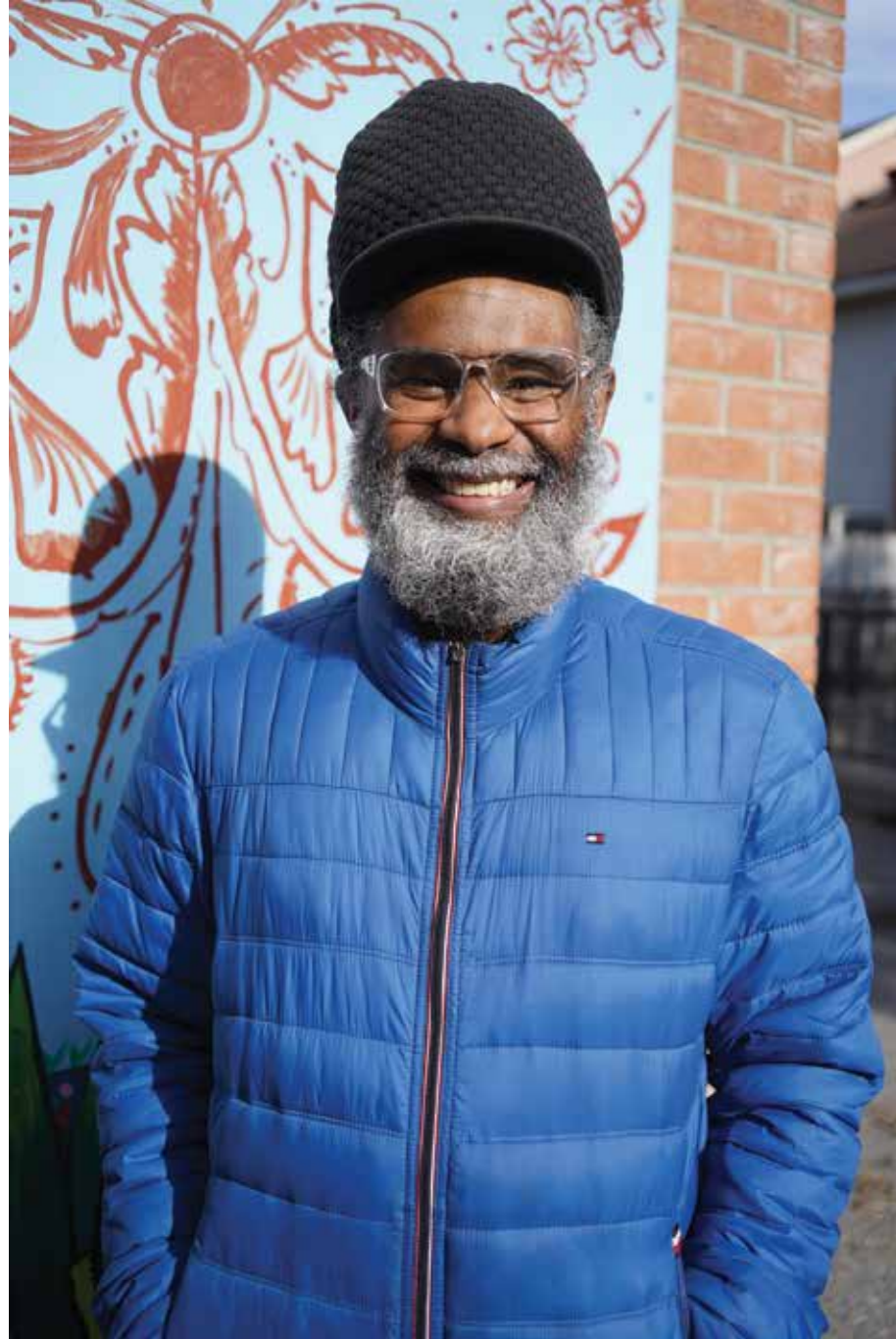


Photos Hilary Duff

Gerald Dragon



Mia Hunt and 4-year old, Phoebe
Nicki Bridgland



Yipeng Gee

Leanne Moussa



Four full seasons of pandemic under our belts and we're still smiling

Reflections on the extraordinary year past from a parent, outreach coordinator, frontline worker, and two neighbourhood businesses, on pages 6-9.

Setting the tone for urban densification

Sandy Hillers weigh in on the 2 Robinson Ave. development

Cynthia Mitchell

Affordable housing, a grocery store, and a development that becomes a world-class "15-minute neighbourhood" were a few of the top priorities for Sandy Hill residents in the community survey on the proposed development of 2 Robinson Ave. The survey asked respondents to think big and bold. What do we want to see this development do for our neighbourhood?

Sandy Hillers enthusiastically responded, with over 50 responses collected. The survey was open during March, promoted through the Action Sandy Hill newsletter and on community posters and lawn signs. Here is what our neighbours had to say.

Commercial amenities: 77% of respondents said the development should include a grocery store, sorely needed in Sandy Hill. Other top priorities included restaurants with a focus on fresh and healthy food, a bakery, pharmacy, and coffee shop.

Walkable neighbourhood and community hub: A number of residents want to see services and businesses that will also create good jobs, such as a library, daycare and again, restaurants. A community hub that would provide space to support neighbourhood initiatives such as a tool library, community health centre, co-working space, and bike shop was also enthusiastically rated, with 89% of respondents voting in favour of these amenities.

Additional services: Community members really dove into the question of what additional services Sandy Hill residents want, with 92% saying a swimming pool, followed by a multi-use community centre. The potential for re-developing the current Sandy Hill arena to make it a multi-sport community recreation facility, complete with a pool, was noted in Action Sandy Hill's submission to the City.

Parks: The creative juices continued to flow on the question of the proposed park at the corner of Chapel and Lees: Biodiversity? Recreation? Relaxation? One respondent said a mix of all of the



Photo Hilary Duff

Cynthia Mitchell at the site of the proposed development.

above, noting "...think Central Park NY! Relaxation, beauty, family-friendly, high-quality infrastructure, gardens, venues for music, running paths, bike infrastructure, lots of trees, public art installations, water features/fountains." Both Action Sandy Hill and Co-op Voisins expanded on this suggestion in their submissions to the City, calling for the entire inner courtyard of the development to be car-free, a grand central park, and gathering place.

Transportation and traffic: 80% of respondents rated an increase in traffic as their major concern. One way for the City and the developer to mitigate the increase in traffic is to encourage and provide infrastructure for other forms of transportation such as cycling, walking, and public transit. Residents strongly agreed that better bike lanes, safer connectivity to the LRT, improved and more efficient bus service, and traffic calming measures on Lees and Chapel will be needed to ensure the safety of current and future residents of the neighbourhood.

2 Robinson, continued on page 6

IMAGE

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IMAGE is published in **February, April, June, October and December**. 7,500 copies are printed (6,000 during the pandemic) and distributed free of charge to all residents of Sandy Hill. Free issues can also be picked up at various commercial locations.

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

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

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Website: imagesandyhill.org

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Administration: François Bregha, Hilary Duff, David Elden, Jan Finlay, Frank Heilingbrunner, Betsy Mann, Jan Meldrum, Dodi Newman, Larry Newman, Judy Rinfret, Peter Rinfret, Jane Waterston, Dave Willis, Bob Whitelaw

Production: Bob Meldrum, Metroland Media (Toronto), Jane Waterston

Photographers: Christine Aubry, Hilary Duff, Kathleen Kelly, Paula Kelsall, Bob Whitelaw

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Letters to the Editor of IMAGE

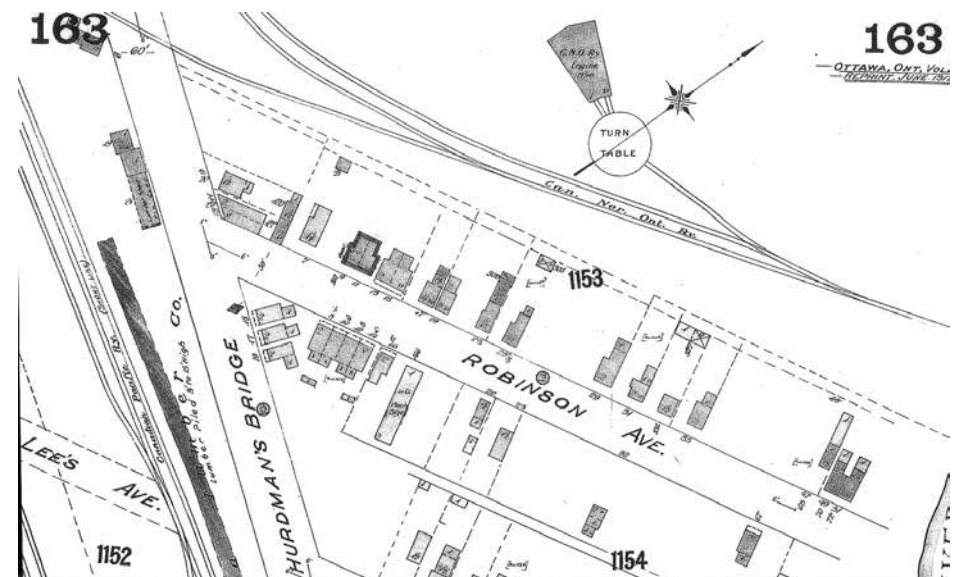
The February-March issue of IMAGE featured photos of snow people and stories about our rail bridges. It triggered these notes from readers. — Editor



Les amoureux, dit-on, sont seuls au monde.

Pierre Cantin

rue Range



More history on local rail lines and Sandy Hill

With the area south of Mann Avenue changing rapidly, it is interesting to find this bit of history of what the area looked like over 100 years ago.

The figure above was copied by the Ottawa Railway Historical Circle from a 1912 fire insurance map. At the left you can see the many railway lines that used to traverse this area.

The most interesting point to me is that where the playing field is today was in 1912 the home of the locomotive support facilities for the Canadian Northern Ontario Railway.

Bob Meldrum

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Sandy Hill and the Official Plan

An update from Action Sandy Hill

In November 2020, the City of Ottawa released its draft new Official Plan (OP) to the public for comment. In the new OP, Sandy Hill becomes part of the newly designated Downtown Core Transect. Sandy Hill's Secondary Plan (SP), originally conceived in 1976, is folded into a new Central and East Downtown Core Secondary Plan. Action Sandy Hill (ASH) reviewed the new OP with a focus on this new SP. Residents were surveyed for their comments and questions. In addition to comments made at the City's presentation of the new OP, ASH sent two submissions to City planners. The main issues and requests in the first submission were:

Heritage—Unlike the existing SP, there is no reference to heritage in the new SP. ASH asked that the Sandy Hill Rationale for heritage currently in the existing SP be included in the new SP along with a commitment that the new SP be updated following a visioning exercise.

Chapel Street was classified as a minor corridor in the new SP which would stimulate the demolition of good housing stock including residential housing and possibly see the reopening of the south end of Chapel. ASH asked that this classification be withdrawn.

Good housing—The new SP lacks a definition of 'good housing.' ASH asked that this term be defined.

Building heights—The new SP has schedules showing maximum building heights in Sandy Hill. ASH asked that the schedule showing maximum building heights of up to four storeys be changed to reflect the R1 zoning in the southeast corner of Sandy Hill. ASH also asked that the schedule showing maximum building heights of five to six storeys in Sandy Hill west be changed to reflect this area's R4 zoning.

Wilbrod property—A section was added in the new SP outlining the redevelopment of land on Wilbrod between Cumberland and King Edward (currently occupied by St. Joseph's Church and the former St. Joseph's Primary School) for institutional use by uOttawa. ASH noted this was a Heritage Conservation District and such a monumental change should require community consultation.

The response from City planners to our requests was extremely disappointing and gave no hope that our requests would be considered. Since these issues are very important to our community, ASH felt it necessary to impress upon City planners the need to reconsider our requests. In a second submission to the City, ASH reiterated the above requests and added that:

- Somerset Street be formally recognized as a cycling corridor in the new SP
- References to the Alta Vista Corridor be removed from the new OP
- Strengthen the wording of the interprovincial truck route in the OP

City planners responded to the second submission saying they would take our requests into consideration when updating the new OP. You will find these submissions at bit.ly/OfficialPlanSandyHill.

We are not the only community association to experience frustration with the consultation process and the contents of the new OP and SPs. The City has received hundreds of questions and submissions from individuals and community associations. This reaction has resulted in the City extending the timeline of the OP and has caused planners to revisit some of the content of the new OP.

We can only hope that the planners reconsider our requests. In the meantime, we can still submit comments on the OP and SP until it goes to Council in the fall. We encourage you to have a look at the plans if you have not already done so and submit your comments to the City with a copy to ASH (info@ash-acs.ca). The new OP and SP documents can be found at bit.ly/OfficialPlanSandyHill.

ASH will continue to keep a close eye on the situation and will respond to any proposed changes to the plan. If you have any questions or comments in this matter, please send them to info@ash-acs.ca.

Susan Young
President, Action Sandy Hill

Editor's note: At the March ASH board meeting, Councillor Fleury said he has brought community concerns to Alain Miguez, the City's Manager of Policy Planning.



Test your memory and IMAG(E)ination

Does this roof line in the northeast sector of Sandy Hill look familiar to you? Let us know and we'll give you some newsprint applause in the June issue of IMAGE.

Last issue's mystery revealed (right)

This colourful mural is by the entrance of the Strathcona Heights Community Room at the corner of Wiggins Private and Chapel. If you haven't seen it up close, go take a look!

Good luck to all with this issue's challenge (above).

Photos Bob Whitelaw



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Spring thaw: Clean up and stay active

As we head into spring and shake off the last remnants of winter from our boots, but still remain in a pandemic, we continue to look for ways to get out, stay active and positive.

One thing I have always enjoyed as the ground begins to thaw is that the trees and plants and parks become more alive again. For many in this city, an annual spring program, Clean Up the Capital, is also the mark of spring.

The City of Ottawa's 2021 Cleaning the Capital Program begins April 15 and runs until May 15. Please visit ottawa.ca/clean or call 3-1-1 (TTY: 613-580-2401) to register your cleanup. An interactive map will show you which locations have already been claimed. It is important to follow public health guidelines to reduce the risk of spreading COVID-19.

In a time when social gatherings are limited, this is one way we can stay active six feet apart AND make a difference. I know Sandy Hill residents are very proud of their community, so let's once again this year go out in full force and clean our front yards, parks, and along our streets.

VACCINES

As there are currently not enough vaccines available to vaccinate all the residents in Ottawa, Sandy Hill has been identified as a priority neighbourhood.

A reminder that you can get a COVID test in our community at Sandy Hill Community Health Centre by calling: 613-789-1500.

Ottawa Public Health determined who was most at risk for COVID-19 and vaccines are prioritized for communities with the highest risk.

In our community, vaccination clinics are located at:

Centre Pauline-Charron
St-Laurent Complex
Overbrook Community Center
Ottawa City Hall

All these vaccination sites are available by appointments only; please book by calling 613-691-5505 (if you live in Sandy Hill and are over 70 years of age).

Currently, all Ottawa residents **born in 1951 or earlier**, regardless of where they live in the city, can book an appointment through the Ontario government's booking system.

As more vaccines become available, the province may change the age range eligible for vaccinations. Visit ontario.ca for the most up-to-date information on eligibility.

The provincial vaccine information line, 1-888-999-6488, is available between 8 a.m. and 8 p.m., seven days a week.

OttawaPublicHealth.ca also continues to be the best source of up-to-date information on eligibility and how to book your appointment.

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News Bites

Losing Besserer Park?

Almost 10% of Besserer Park will be lost should a road opening application by TC United Group be approved for its 20-unit development at 244 Fountain Place. The developer seeks the road opening to provide access to three parking spaces at the rear of its property, meaning that Besserer Street would extend into Besserer Park. Given much of the park is treed and/or steeply sloped, the impact on usable park space would be greater and some 20 mature trees would be cut.

The request conflicts with both the existing Sandy Hill Secondary Plan and the Uptown Rideau Street Secondary Plan. Both plans, which are part of the current city's Official Plan, have specific provisions to protect park space. Furthermore, no public meeting has been held to inform residents of this proposed change in use.

Action Sandy Hill opposes the loss of land in Besserer Park. Over 1,000 apartment units are under construction on Rideau Street nearby Besserer Park so it makes sense to preserve public parkland for future neighbours. - *Michael Barnes and Susan Young*

Don't miss Action Sandy Hill's Annual General Meeting

Action Sandy Hill has scheduled its virtual Annual General Meeting for Thursday, May 27 at 7 p.m. All neighbourhood residents are invited to attend and can become an ASH member in advance of the meeting in order to run for the board of directors. You need not be a member to join the meeting. For more information on becoming a member or to receive the meeting link, email info@ash-acs.ca

Rideau Winter Trail on east side of the river a hit

Although the new Rideau Winter Trail organizers were unable to actually count trail users—skiers, snowshoers, walkers or bikers—there was hardly a time this winter when the trail was not in use. On the funding side, 244 individuals contributed to a GoFundMe campaign which raised \$14,350 for equipment and operations. A second campaign in late winter, for additional grooming equipment next year, has raised \$2,015 so far. It's never too late to donate (www.rideauwintertrail.ca). — *Rob Sinclair*

Clean up Sandy Hill's streets!

The melting of snow has revealed some unwanted debris from our streets, sidewalks, and parks. That means it's time for another season of the City's "Cleaning the Capital" campaign. Strathcona Park is already being covered, but the rest of the neighbourhood is up for grabs! Councillor Mathieu Fleury's office has garbage pickers and gloves available for those who wish to get involved in the spring clean-up. His office can be contacted at Mathieu.Fleury@ottawa.ca or by calling 613-580-2482. - *Kathy Moyer*

Peruse this new nearby farmers' market

Sandy Hill residents searching for fresh fruits and vegetables from Ottawa-area farmers will soon be able to visit the York Street Farmers' Market launching this May in the ByWard Market. The market of locally grown produce will run every Saturday through to Thanksgiving. Artisanal and Canadian products will still be available seven days a week from the ByWard Market.

Photo Bob Whitelaw



Preliminary work on plans for new park pathways and park rehabilitation started in Strathcona Park on March 25, when a surveyor arrived with his equipment.

Photo Bob Meldrum

The University of Ottawa plans a "transitional" year for 2021-2022

Kathy Moyer

More information has been revealed about the University of Ottawa's 2021-2022 school year and how the University plans to eventually house a greater number of students in on-campus accommodation. Details were shared as part of a virtual Sandy Hill Town and Gown Committee meeting that took place on March 23.

Attended by University and City of Ottawa staff, along with members of the Sandy Hill community, the Town and Gown Committee is dedicated to enhancing communication and relationships between the groups. The Committee meeting in March was the first discussion since June 2020.

The University has 43,000 students enrolled, the majority of whom have been

studying off-site and online due to the pandemic. The academic year beginning this September will be seen as a transitional one, with the goal to provide all students with the choice to take at least one course on campus.

This slow return to normal will increase the number of students in on-campus accommodation. This year, about 850 students are being accommodated in five buildings. This is expected to increase to around 3,150 students in September, about a thousand students fewer than were accommodated before the pandemic. Physical distancing guidelines mean that move-in dates will be spread out, with students expected to arrive on campus as early as August 21.

Turning to the future, the University of Ottawa's owned or leased student accommodation buildings do not currently have the space to house the estimated 6,500 students who will need on-campus hous-

ing by 2025. These projections are currently being reviewed to take into account the pandemic and potential change in the mix of students seeking enrolment.

Plans will also need to account for the fact that four current residences—Marchand, Stanton, Thompson, and Leblanc—will likely be decommissioned within three years, creating a further potential shortfall of 1,347 beds.

As a result, over the next five to 10 years the University is considering making use of the existing condo developments along Rideau Street and in the ByWard Market, as well as potentially developing various University-owned properties. These include Brooks Residence on King Edward, and land at 30 Mann, 1 Robinson Ave., and 200 Lees Ave. With the University's pledge to be carbon neutral by



2030, any new builds would have to meet certain environmental standards and could potentially bring new green spaces or commercial businesses to Sandy Hill.

Going forward, the University plans to work with a consultant to develop a research plan, gauging community, alumni, university staff needs, affordable housing concerns, and more. Action Sandy Hill will be involved in this process and more information will be shared after the next Town and Gown meeting in the fall.

Keep your eyes open for invasive weeds in our parks and gardens

Marilyn Whitaker

Concerns have been growing about invasive weeds along the Rideau River shoreline as well as in nearby parks, open areas, and private property. This year, the Sandy Hill Tree and Greening Group (SHTG) has organized several virtual meetings of Sandy Hill residents concerned about the spread of invasive weeds such as buckthorns, Japanese knotweed, dog-strangling-vine, garlic mustard, and wild parsnips.

These plants are able to out-compete native plants for resources such as light, moisture and soil nutrients and in turn affect wildlife species that are adapted to native plant communities. For example:

Garlic mustard can change the soil chemistry, making it less suitable for native plants;

Dog-strangling-vine and other invasive plants can form dense mats of vegetation; Japanese knotweed can form dense thickets of bamboo-like vegetation, and its extensive rhizome (root) system can damage infrastructure;

Giant hogweed and wild parsnip sap can irritate skin and eyes, while common buckthorn has sharp thorns which can cause injury.

Mapping of areas with invasive weeds has started. Even with the snow-cover of early March, extensive patches of Japanese knotweed can be seen in parts of Strathcona Park, along the riverbank, and across the pathway in private yards, as well as in areas near Robinson Village. Melting snow and ice will no doubt reveal more plants.

Discussions are being held with neighbourhood groups along the Rideau River to find out what they are doing and what has or has not been helpful. Various agencies have been contacted as well.

At this point, there seems to be good information for identifying invasive plants, tracking them, and suggestions about removal. The Ontario Invasive Plant Council (OIPC) was founded in 2007 to provide a coordinated provincial response to the growing threat of invasive plants which are affecting natural areas, agriculture, forestry, recreational areas, and

Photo Liz West via Wikimedia Commons



Japanese knotweed, flowering (above)



Photo Marilyn Whitaker

One of the patches of Japanese knotweed beside the riverside pathway behind Range Road.

are posing human health and safety issues. Detailed information can be found at ontarioinvasiveplants.ca/resources. Sightings can be reported through their app at EDDMapS or by emailing info@invadingspecies.com.

The Rideau Valley Conservation Authority (RVCA) has brought together government bodies, community groups, and volunteers to monitor and remove invasive species. The City Stream Watch Program began removing targeted species in 2010 and distributing seeds and plants of native species. While Brewer Park and Billings Park have been removal sites, the RVCA wants to keep its focus on stream ecosystems and not expand to other areas.

The City of Ottawa takes measures to control wild parsnip, giant hogweed, as well as poison ivy on city property, generally by spraying. The City's website has helpful information (search invasive plants at ottawa.ca), but private property owners are responsible for removing these plants from their properties. Active removal or support to groups wanting to remove other invasive plants do not seem to be generally available.

At this point, the SHTG is exploring options through the City for support for removal of invasive weeds, particularly Japanese knotweed. If you would like to help, please email sandyhilltreegroup@gmail.com. Keep an eye out for this plant in your own yard or neighbouring properties. Since it can regrow easily, a workshop on removal do's and don'ts is being planned for later in the spring. Check the ASH website and future issues of IMAGE for updates.

weekday and 3,200 on weekends. The average length of trip was 1.9 km and lasting for 15 minutes. A survey was conducted in which 46% of the respondents said they drove less as a result of the availability of e-scooters. With respect to walking, 35% said they walked less than before, while another 30% said they walked more than they would have before.



Photo Jan Meldrum

The return of the e-scooter

John Verbaas

How you feel about last year's e-scooter pilot project probably influences whether the title of this article sounds like a horror film to you! The reality is that last year's e-scooter program will be back again in 2021, and with a vengeance. The City has decided to run the trial program for another year and to more than double the number of scooters available, from about 600 to 1,200-1,500 this year. The City will be tendering for up to three different companies to offer the program locally, and will also extend the geo-fenced area in which the scooters can operate to include other parts of the city, possibly Vanier and the Preston Street area. The exact enlarged boundaries have not yet been specified.

The report summarizing the 2020 experience provided some trip information, such as the fact that 238,000 trips were logged by 73,000 unique riders. On average, 2,700 scooter trips were made per



Lucille Collard

MPP / députée Ottawa-Vanier



Chers résidents et résidentes d'Ottawa-Vanier

Pour beaucoup de monde, Ottawa-Vanier est devenu inabordable. Les refuges sont de plus en plus sollicités et trop de résidents occupent des logements inadéquats, inabordables ou inappropriés. Nous avons donc lancé le Groupe de travail sur le logement abordable en collaboration avec nos conseillers municipaux locaux, Tim Tierney, Mathieu Fleury et Rawlson King. Depuis octobre, nous nous réunissons régulièrement et je tiens à partager avec vous une mise à jour sur ce que nous avons accompli jusqu'à présent.

Nous avons commencé par cartographier les terrains publics appartenant à tous les paliers de gouvernement à Ottawa-Vanier et au-delà pour explorer le potentiel d'exploitation. Nous avons ensuite identifié les principaux intervenants dans le domaine du logement et recueilli leurs commentaires afin de guider nos prochaines étapes. Nous avons communiqué avec le ministre provincial des Affaires municipales et du logement pour demander l'aide de la province pour nos efforts. Nous avons également soumis des recommandations et une demande d'appui au gouvernement fédéral lors des consultations pré-budgétaires le mois dernier. De plus, nous avons récemment entamé la conversation avec les développeurs dont la participation active est essentielle pour trouver une solution.

Dans notre recherche de partenaires intéressés à poursuivre des projets de logements abordables innovants et durables, l'aide de la communauté est la bienvenue! Je vous invite à partager vos idées et votre intérêt à ce sujet avec mon bureau.

Vos représentants à tous les paliers du gouvernement se sont engagés à travailler ensemble pour faciliter la mise en œuvre de solutions efficaces et adaptées au manque de logements abordables dans notre communauté.

Comme toujours, merci de continuer de faire votre part dans la lutte contre COVID-19. Mon équipe demeure 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

For many, Ottawa-Vanier has become unaffordable. Shelter beds are increasingly in demand and too many residents are living in inadequate, unaffordable or unsuitable housing. That is why, in a collaborative effort, our local City Councillors, Tim Tierney, Mathieu Fleury, Rawlson King, and I launched the Affordable Housing Task Force in October. We meet regularly to work on this important issue and I wanted to share an update on what we have accomplished so far.

We began by mapping out public lands from all levels of government in Ottawa-Vanier and beyond to explore potential land use. Then, we identified and sought feedback from key housing stakeholders to help guide our next steps forward. We formally reached out to the provincial Minister of Municipal Affairs and Housing, the Honourable Steve Clark, to request that the province assist with our efforts. We also submitted recommendations and requests for support to the federal government as part of their pre-budget consultations last month. Finally, we have recently started the conversation with developers to seek their input as their active participation is vital to finding a solution.

As we continue our search for interested partners looking to pursue innovative and sustainable affordable housing projects, the help of the community is welcome! I invite you to share any ideas and interests you may have on this subject with my office.

Your representatives at all levels are committed to working together to facilitate the implementation of effective and suitable solutions to the lack of affordable housing in our community.

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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News Bait

April 1 — At a pressed conference conferred as we go to press, Mayor O'What announced after the ravages of CO VED, a new approach to tax grabbing - more taxing on big buzz. "The small will get and the big will fret," says Mayor O.

What does this mean for Sanity Hill? "With the exception of one big farma, there is no big buzz in Sanity Hill, a win win for all the small buzz businesses," says Con. Furry.

Our reporter, Charity Wildechild, during a masked phone interview with womanger of our local Starstruck, Gillian Steamer, asked for her counter reaction to the tax break out news.

Steamer claims Starstruck will now offer many more hours of happiness to all repeat customers.

Stay safe for other break out news for April fools.

2 Robinson

From page 1

Housing: Community members said that affordable housing and a mix of housing types must be included here. Sandy Hill residents want to see more diversity in housing, fostering inclusive, supportive, resilient communities, desperately needed in the city. As one resident noted, “I hope the city/community is able to press the developer hard for affordable housing, specifically rental housing. The housing crisis in Ottawa is severe and we need action urgently, especially for renters. What we don’t need is more luxury condo towers.”

Our 2 Robinson working group has heeded this call to action and is working on a proposal to ensure that 30% of the units are designated as affordable housing: a mix of rent-geared-to-income and affordable market rent. As the developers have previously indicated, they are interested in including affordable housing; our group is committed to making this happen. We will keep the Sandy Hill community updated on our progress in future issues of IMAGE.

Lastly, it was clear that residents want to see this development set the tone for what urban densification can be in Ottawa, with a focus on beauty, opportunity, and community health and well-being. As one resident noted, “what an exciting, once-in-a-generation opportunity to transform the neighbourhood—let’s make it count!!”

Photo Hilary Duff



Pandemic perspectives

A gradual reopening in store for allsaints’ kitchen and café, Working Title

Photo Hilary Duff

Hilary Duff

By this point in April, you may have already welcomed the opening of the fire-engine red doors of Working Title Kitchen + Café and the allsaints event space at the corner of Laurier Avenue East and Chapel Street.

The business had been closed since the province-wide lockdown in December. “We all needed some time to regroup, both in terms of getting COVID numbers under control but also because people have worked really hard this year in an environment that’s not always easy,” explains Leanne Moussa, founder and Managing Partner. Unable to offer her team full-time employment, she made the call to keep the business closed so people had the chance to collect employment insurance or look for other work.

“Our goal this year was just to keep ourselves afloat,” admits Moussa. “We’ve been so overwhelmed and touched by the community support, the lovely emails we’ve received. It’s gotten us through periods that were really difficult.”

The bakery re-opened for takeaway-only over the first weekend of April, with hot cross buns and high spirits. Despite the current April lockdown, Moussa and her team are looking forward to scaling-up their offerings in the months ahead—as COVID-19 restrictions permit.

The bakery and café will be open daily with scrumptious new offerings from Chef Christophe Measson, who relocated to Ottawa after designing the Advanced French Patisserie program at George Brown College in Toronto. Moussa lists the expanded bakery service as one of Working Title’s best COVID-19 pivots. “We used to rely a lot on our events for revenue, and obviously because of what happened this year we had to focus on developing our restaurant and bakery,” she says. “I think in the



Leanne Moussa and her team are again looking forward to hosting neighbours at allsaints and Working Title.

end we’ll have a better product for people to enjoy.”

Also tentatively planned for this summer are outdoor movie nights and live music. “Because [allsaints] is owned by so many neighbours, everything we develop is really designed to make Sandy Hill a better, more interesting place to live,” adds Moussa, pointing to their large outdoor space as the ideal location for distanced gatherings.

A number of small weddings are also planned for the months ahead. To consider the shifting public health guidelines, allsaints will be erecting a few white, event tents along Blackburn Avenue to allow celebrations to move outdoors as required.

COVID-19 has, in many ways, been a promotional campaign for walkable

neighbourhoods like Sandy Hill, and Moussa says she was delighted by the number of people who strolled or cycled in from New Edinburgh, Lowertown, and beyond to enjoy the terrace.

“I cannot imagine what it would have been like to go through this year any place else,” she expands. “I’ve lived in Sandy Hill for more than 15 years and there were things I appreciated about our community and our neighbourhood this year that I hadn’t noticed before.”

With the business gearing up again, Moussa says there’s one more thought getting her through this challenging time: “When COVID is done, we are going to have the biggest party at allsaints. It’s this little piece of hope that I’ve held onto the entire year!”



Virtual / Virtuelle

**2021 Annual General Meeting
Assemblée générale annuelle 2021**

All Sandy Hill residents are invited to attend.

Discuss the issues that matter to our neighbourhood. And become a member to run for and vote on the ASH Board of Directors!

Tous les résidents de la Côte-de-Sable sont invités.

Discutez des sujets qui comptent pour la Côte-de-Sable. Les membres peuvent se présenter et voter pour des postes de directeurs au sein du conseil d'ACS!

7 p.m. Thursday, May 27 | 19 h le jeudi, 27 mai

For the link and membership email/
pour le lien et l'adhésion contactez: info@ash-acs.ca

Pandemic perspectives

Photo Hilary Duff



Nicki Bridgland, founder and CEO of the Rideau Sports Centre, says the pandemic likely led to more people from across the city learning about their facility.

A reimagined Rideau Sports Centre at the Adàwe crossing

Hilary Duff

Nicki Bridgland laughs when she remembers an online yoga class her friend taught on New Year's Day: "When she said 'pivot your left foot' I just felt like 'enough! No more pivots!'" Bridgland is the founder and CEO of the Rideau Sports Centre, an open-to-the-public sports and wellness facility located on the Overbrook side of the Adàwe Crossing. Her same sentiments are likely shared by business owners across Ottawa after a tumultuous year of COVID-19 restrictions.

"It has been a wild ride and a rollercoaster of emotions and logistics," describes Bridgland of the pandemic so far. "While that has been tiring, it's also been really exciting in a strange way because it's sharpened our innovation and creativity."

With a staff of 70 and more than a half-dozen lines of business—from tennis courts to outdoor and indoor dining; personal fitness training to group sports—the RSC team had to stay on top of the nuances that accompanied each new public health restriction. That demanded on-the-go problem solving, and yes, plenty of pivots.

For one, its bar and restaurant, The Bridge Public House, installed electric heaters on the terrace so diners could eat there year-round. And the addition of five outdoor fire pits—an idea once imagined for down the road—became a popular gathering spot for those looking to socialize safely with friends and family. A portion of each fire pit booking goes to the Rideau Winter Trail [see IMAGE February-March 2021, page 7] of which Bridgland is a board member and founder.

Outdoor yoga and fitness classes, along with altered summer programming and a new advanced booking system, capped off the RSC's major 2020 changes.

Despite these new customer experiences, Bridgland says there's no denying the business took a hit financially, because of the lockdown closures. RSC fortunately qualified for the Canada Emergency Wage Subsidy for a period of time, as well as rent assistance and other business loans.

While she's grateful for the government support, Bridgland says she wishes it had been more: "For a four-acre property, the support never feels like enough because there are so many carrying costs for RSC. If you imagine heat and electricity for two tennis domes, plus a 17,000 square foot building: all of those costs continue even if there's no revenue coming in."

Now that RSC has re-opened, with limited capacity and several health and safety guidelines in place, Bridgland is

seeing some interesting business shifts, especially as the weather continues to warm.

Working from home has meant people can dash over for a midday workout, or drop their kids off for a tennis lesson, during the time when they may have previously been stuck commuting. On a mild Monday in March, Bridgland points to the fact that 12 fire pit bookings were made that day. "The traditional peak times aren't the same anymore, and it has distributed business throughout the week," she notes.

Though a lot has changed over this past year, one element Bridgland has seen maintained, and even strengthened by the pandemic, is the yearning people have for community.

"We're coming back to simpler roots where people just want to connect and have some good, home-grown fun," she says. "A place like this really enables people of all ages to do that in a safe way."

The Rideau Sports Centre operates on a pay-as-you-play model and doesn't require a membership. For more information about their facilities and programs, visit www.rideausportscentre.com.

Here is what's happening at the RSC this spring and summer, pending COVID-19 guidelines:

- Outdoor tennis on clay courts will begin as near to May 1 as possible, weather dependent; indoor tennis continues throughout the summer. All courts can be booked by the hour. Also available are tennis programs, ladders, round robins. All skill levels welcome, including beginners.
- Outdoor beach volleyball and ball hockey courts will be opened. Courts can be booked by the hour.
- Full-day kids summer camps, multi-sport, and dedicated sport options with daily swims.
- Drop-in swimming pool with dedicated times for Aquafit, lessons, lap swim, playful swim.
- Master's Morning Swim Program coached by Pierre Lafontaine, former National Team Director at Swim Canada.
- Outdoor, indoor, and online yoga and fitness classes.
- Personal fitness and yoga training.
- Renovated fitness centre with new equipment.
- Wednesday night live music on the upper deck of the Bridge Public House overlooking the Rideau River.
- Community markets with local makers.



L'hon./The hon. Mona Fortier
Députée/Member of Parliament - Ottawa-Vanier

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Dear Neighbours,

Spring symbolizes hope and new beginnings. This year, it is not only the sunshine and melting snow bringing me a renewed sense of optimism, but also the sense that this difficult pandemic period will soon be coming to an end.

I, like many of you, breathed a sigh of relief as my parents received their vaccines. I am proud to say that with Pfizer, Moderna, AstraZeneca, and the Janssen vaccine approved and secured for distribution, we will have enough vaccines available for every Canadian by the end of September. We are almost there, so in the meantime please continue to follow the measures laid out by Ottawa Public Health.

Our Government has and will continue to do everything we can to keep you safe and supported; this includes our commitment to rebuild our economy. That's why Budget 2021 that will be tabled on April 19th, is focused on jobs and inclusive growth, recognizing the plight of small business and our most vulnerable. Although the recovery will not be easy, I know that with the lessons of the past year, Canadians are able to tackle these and other challenges together, such as homelessness and climate change.

I am thrilled to report that we are injecting \$31.9 million through the City of Ottawa into affordable housing through the Rapid Housing Initiative (RHI). Four projects have been selected, one is our Shepherds of Good Hope that is receiving \$10.8 million of the RHI investment for transformative programming to care for our homeless community and will provide 48 units of supportive housing.

On climate change, I am happy to report that the recent Supreme Court of Canada decision on the carbon pricing has given the Government of Canada the clear authority to act. We can now make the bold, difficult decisions needed to combat this global threat. It is the right thing to do for our planet. It is the right thing to do for our children.

So although there is optimism in the air, we must continue our hard work and collective resolve to keep our loved ones and ourselves safe, our businesses alive and hopefully thriving, our most vulnerable cared for, and our planet healthy for the next generation.

Chères voisines, chers voisins,

Le printemps symbolise l'espoir et les nouveaux départs. Cette année, ce n'est pas seulement le soleil et la fonte des neiges qui m'apportent un regain d'optimisme mais aussi le sentiment que cette période difficile de pandémie touche bientôt à sa fin.

Comme beaucoup d'entre vous, j'ai poussé un soupir de soulagement lorsque mes parents ont reçu leurs vaccins. Je suis fière de dire qu'avec Pfizer, Moderna, AstraZeneca et le vaccin Janssen approuvés et sécurisés pour la distribution, nous aurons suffisamment de vaccins disponibles pour chaque Canadien d'ici la fin septembre. Nous y sommes presque, sauf qu'il faut continuer à être COVID avisés et suivre les directives de santé publique énoncées par Santé publique Ottawa.

Notre gouvernement a fait et continuera de faire tout ce qui est en son pouvoir pour assurer votre sécurité et pour vous soutenir – cela inclut notre engagement à reconstruire notre économie. C'est pourquoi le Budget 2021, qui sera déposé le 19 avril, est axé sur les emplois et la croissance pour aider les petites entreprises et les personnes les plus vulnérables de nos communautés. Même si la reprise ne sera pas facile, je sais qu'avec les leçons de l'année 2020, nous sommes en mesure de relever ensemble ces défis, notamment la communauté sans-abri et le changement climatique.

C'est la raison pour laquelle on attribue 31.9\$ million à travers la ville d'Ottawa pour les logements abordables grâce à l'Initiative pour la création rapide de logements (ICRL). Les Bergers de l'Espoir recevra 10.8\$ million de l'investissement IRCL pour des programmes transformatifs qui prennent soin de notre communauté sans-abri.

Je suis ravie d'annoncer que la décision de la Cour suprême du Canada sur le prix sur le carbone a donné au gouvernement le pouvoir d'agir. Nous pouvons désormais prendre les décisions audacieuses et nécessaires pour lutter contre le changement climatique. C'est la bonne chose à faire pour notre planète. C'est la bonne chose à faire pour nos enfants.

Nous devons maintenant, à la lumière de cet optimisme, continuer notre travail acharné pour assurer notre sécurité et celle de nos proches, pour maintenir nos entreprises en vie afin qu'elles prospèrent, pour prendre soin de notre communauté sans-abri et de garder notre planète en bonne santé pour les prochaines générations.

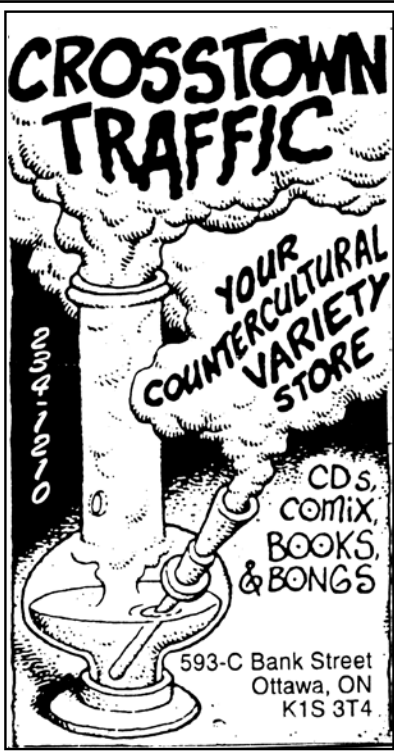


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Pour de plus amples informations, SVP contactez-nous à steanne@aladin.services ou visitez notre site internet à

www.aladin.services



Pandemic perspectives

Parenting through a pandemic rollercoaster

Mia Hunt

Compared to some, my pandemic experience has been smooth. Our family has not faced death or illness. We are housed. We have jobs. And still, the last year has been gruelling, lonely, and often painful. It has also ushered a strengthened sense of community and some newfound appreciations.

While we have dutifully kept our distance, our social connections in the neighbourhood have deepened. We know our neighbours better than before. We're now more likely to hang out on the front stoop than the backyard. People seem friendlier and the streets of Sandy Hill are more active. And this West Coast girl felt heartily Canadian last winter, bundling up for nighttime distanced drinks with other local moms in -20 C conditions. I don't think I could have made it through without the solidarity—and without the beer, to be honest.

After our kids had six months "off" last year (the longest March break in history) and after supporting their online learning over many weeks, I have a deepened appreciation for what our teachers do. The teachers and staff at Viscount Alexander have been remarkable at supporting them—academically and emotionally—and at pivoting on a dime between in-class and online learning. And they have done this while supporting their own families. They deserve respect, holidays, medals.

The pandemic has not made me a better parent but I sure feel for my kids. Whether they can articulate it or not, I know this year has been hard on them. Regressions, tears, isolation—and then there was Phoebe asking, "What's a playdate, Mama?" Having recently turned four, she



From left to right: Phoebe, Mia, Tamago the cat, Nicholas, and Rowan on the front stoop of their Sandy Hill home.

Photo Hilary Duff

may have few pre-pandemic memories. How heartbreaking! Because there's little else to look forward to, their excitement over calendar holidays has skyrocketed. Time has also been punctuated in small ways, with regular family dance parties, Friday movie nights with ice cream sandwiches, trips to museums when permitted, but wow, we are itching for change!

The pandemic has been a rollercoaster. The lows have been so low and our cups

are empty. This has been hard on parents and frankly hardest on working moms. COVID has completely thrown work and life out of balance. But my God, we're almost there! Finally seeing crocuses and hearing robins brings a sense of relief and optimism like no spring before. I know hugs are around the corner. There are lots of people I want to embrace for getting us through this.

You are invited to our virtual Annual General Meeting!

We invite our members and community partners to virtually join our Annual General Meeting on Wednesday, June 23, 2021, at 6:30 p.m.

The business meeting will include the election of the Board of Directors, presentation and approval of the Board Chair's and Treasurer's reports, By-law review and appointment of auditors for the next fiscal year. More information will be posted on our website at www.shchc.ca, and sent by e-mail to our members and community partners at least 30 days before the meeting.

Get involved in our Community Health Centre and become a member! Only members in good standing may vote at the AGM. Membership comes into effect 30 days after the application is approved by the Board of Directors. If you're interested, send an email to Cristina Coiciu at ccoiciu@sandyhillchc.on.ca.

Thank you for your continuous support!

Vous êtes invité à notre assemblée générale annuelle virtuelle !

Nous invitons nos membres et nos partenaires de la collectivité à participer virtuellement à notre assemblée générale annuelle mercredi, le 23 juin 2021 à 18 h 30.

À l'ordre du jour seront inscrits l'élection de membres du Conseil d'administration, la présentation et l'approbation des rapports de la présidente du Conseil et de la trésorière, l'examen des règlements administratifs et la désignation des vérificateurs pour le prochain exercice financier. De plus amples renseignements seront affichés sur notre site Web à www.shchc.ca, et envoyés par courriel à nos membres et à nos partenaires communautaires au moins 30 jours avant la réunion.

Engagez-vous dans notre Centre de santé communautaire et devenez membre ! Seuls les membres en règle ont droit de vote à l'AGA. Le statut de membre en règle prend effet 30 jours après l'approbation de la demande d'adhésion par le Conseil d'administration. Si vous êtes intéressé, envoyez un courriel à Cristina à ccoiciu@sandyhillchc.on.ca.

Merci de votre collaboration soutenue !

Sandy Hill
Community Health Centre
Centre de santé
communautaire Côte-de-Sable

2020-2021
Annual General Meeting

Assemblée générale annuelle
2020-2021

June 23, 2021, at 6:30 p.m.

Le 23 juin 2021 à 18 h 30

Pandemic perspectives

Community development in the time of COVID-19

Gerald Dragon

Since March 2020, the Community Development and Engagement team (CDE) at the Sandy Hill Community Health Centre has had to adapt to the reality of how we provide services within the context of COVID-19. In a usual situation we might have been attending meetings, coordinating after-school programs, or supporting a partner agency and their initiative in the Strathcona Heights neighborhood. As a Community Development Worker, where the *raison d'être* is to be out in the community engaging with residents and working alongside them to find solutions to issues being identified, this was a challenge early on in the pandemic. While we've had some successes along the way, we're continuing to learn as time goes on. There's a certainty that the future of our work has forever been changed.

Below are several CDE initiatives which were re-imagined with restrictions in mind; they have either already taken place or will be happening in the near future.

Together ApART mural: The Sandy Hill Community Health Centre along with artist Claudia Salguero invited 32 Sandy Hill residents to work separately, yet collaboratively, to create a mural that would be installed in Strathcona Heights. Participants received a copy of their segment of the mural outline, paints and brushes, and a canvas on which to work. Guided by a video Claudia created to outline the process, participants brought their own creative vision to their piece of the mural "puzzle." The canvases were then collected, and Claudia used her years of mural creation experience

to connect them into one beautiful piece. The canvas was then photographed, and the image printed onto an aluminum panel and installed in the neighbourhood.

Let's Get Cooking: Working with the Centre's Dietician, Stephanie Cyr, we will be registering between 10 and 12 families to participate in a fun family lunch event for three days during the April break. Each household will receive the ingredients necessary to prepare the various recipes they'll be tasked with creating. Participants, through a Zoom link, will be cooking along with Stephanie who will be stationed in the first-floor kitchen of the SHCHC.

I Love to Dance: The City of Ottawa program typically has nearly 50 participants registered when done in person. This first virtual pilot session will be limited to 12 participants between the ages of 8-12, who will follow the instructor's moves as they build a choreographed dance.

Strathcona Heights Gathering Garden: With funding from the TD Environmental Leaders Program through the Michaëlle Jean Centre for Global and Community Engagement, Strathcona Heights residents will be working with SHCHC, Ottawa Community Housing, and students from the University of Ottawa. The project will focus on strategies to increase community gardening activities in the neighborhood.

The list of activities demonstrates that despite the challenges we're currently facing, there remain opportunities for engagement; while we're being asked to keep six feet apart, we must still find ways of coming together.

Gerald Dragon (photo on page 1) is on the Community Development and Engagement team with the Sandy Hill Community Health Centre.

Photo Dr. Geneviève Moineau



Dr. Yipeng Ge takes time for a photo at CHEO.

Highs and lows for a public health resident physician

Yipeng Ge

Over 22,400 people have died from COVID-19 in Canada as I reflect today on a year into the pandemic that has shaken and touched everyone's life in some way.

It is excruciatingly clear that the impacts of the pandemic have been neither equitable nor equal on communities and peoples. The pandemic has exaggerated the fault lines of structural vulnerability in our society, due to the systemic health inequities and social injustices that have predated the pandemic. As a society, we must learn to value health and well-being

above all else—to be kind, patient, and compassionate to each and every person.

I acknowledge my privilege this past year, in having a job that I love, being able to learn from great teachers and mentors, a roof over my head, an adequate supply of food and resources, and friends and family that support me.

All in a year, I completed my last clinical rotation as a medical student, graduated from medical school, started residency training in family medicine and public health and preventive medicine, and contributed to both the healthcare and local public health response to COVID-19.

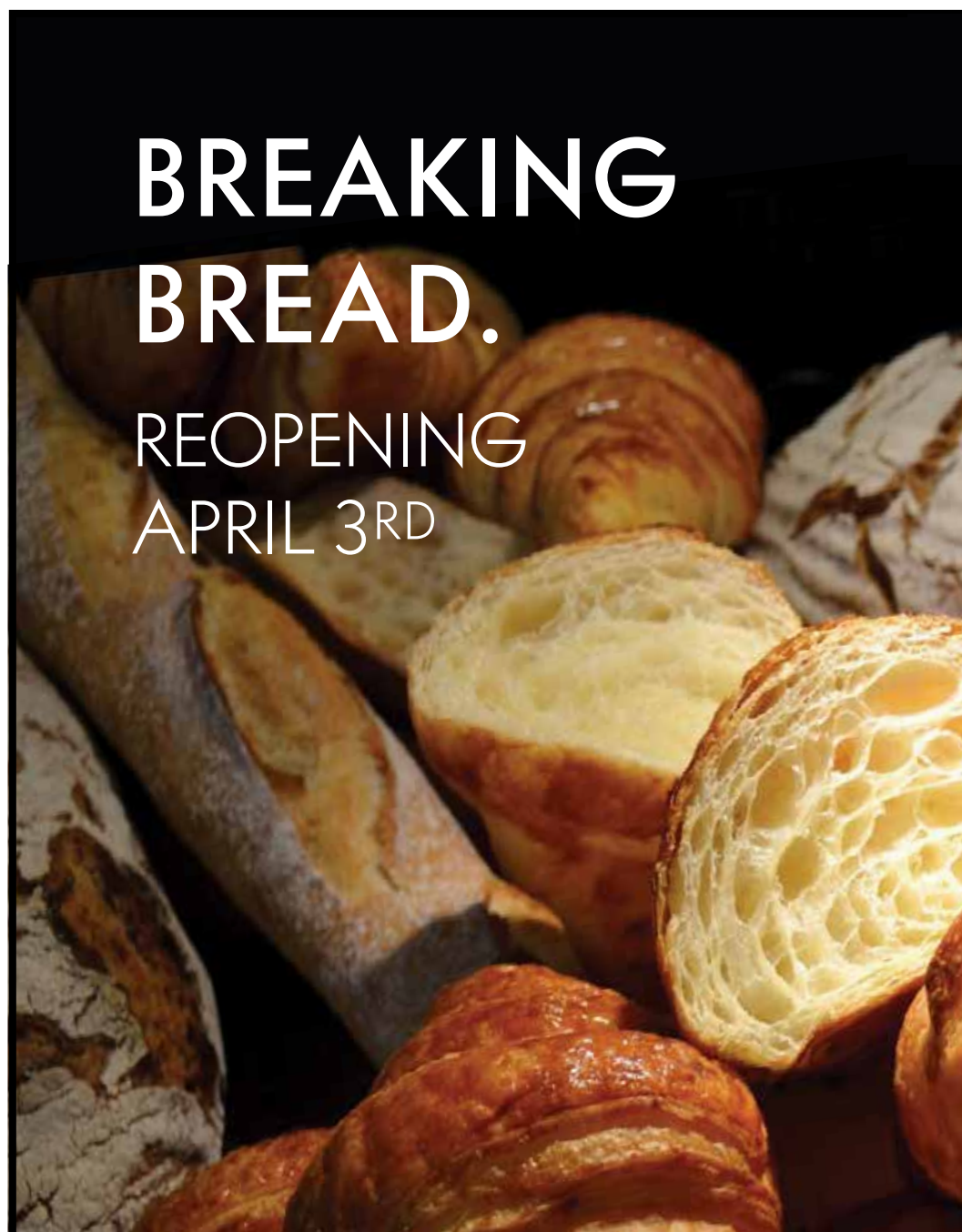
The most compelling and impactful interactions I have had over this past year have been with patients and their loved ones, and the many staff (healthcare and public health workers) who have been working continuously around the clock to support quality patient care and the community of Ottawa.

The most difficult stories and narratives were those of patients and community members living in long-term care homes and retirement homes, people without a home in precarious living situations, and people struggling with making a livable income to support their families—working essential jobs, working multiple jobs, and without paid sick leave.

It was this past year too that I moved to my new home in Sandy Hill, where I am very proud and happy to live—a place for me to continue to learn and grow as a person and as a professional.

The most important reflection that I have been reminded of time and time again is that life is precious. Our time is limited. Each moment that we have the privilege of sharing with one another is beautiful.

I went into medicine and public health wanting to tackle and think about health equity and determinants of health—it has become a practice of art and science, and most importantly, humanity and compassion for the human spirit.



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We are looking for new Board members!

We invite people who are clients of our services to become involved as volunteers on our Board of Directors. If you:

- are a client of the Sandy Hill Community Health Centre,
- are aware of SHCHC's role in the community and support our mission,
- are 18 years of age or older,
- have awareness of current health and social issues,
- are a resident of the city of Ottawa,
- can commit to monthly meetings, advocacy and networking activities for a two-year term,

email Cristina Coiciu, our Executive Assistant, at ccoiciu@sandyhillchc.on.ca and indicate that you are a client. At the moment, we have Board openings for individuals who are clients of our Centre.

For more information about who we are and what we do, please visit our website at www.shchc.ca.

Nous sommes à la recherche de nouveaux membres pour notre Conseil d'administration !

Nous invitons les gens qui sont des clients de nos services à s'investir comme bénévoles en devenant membres du Conseil d'administration. Si vous :

- êtes client(e) du Centre de santé communautaire Côte-de-Sable,
- connaissez le rôle que joue le CSCCS dans la collectivité et appuyez sa mission,
- êtes âgé(e) de 18 ans ou plus,
- êtes au courant des problèmes actuels sociaux et de santé,
- résidez dans la ville d'Ottawa,
- pouvez-vous engager à participer à des réunions mensuelles, à défendre les intérêts des résidents et à avoir des activités de réseautage pour un mandat de deux ans,

envoyez un courriel à Cristina Coiciu, l'adjointe exécutive, à ccoiciu@sandyhillchc.on.ca et indiquez que vous êtes client(e) de nos services. En ce moment, nous avons des postes vacants au Conseil d'administration ouverts à des personnes qui sont des client(e)s de notre centre.

Pour plus de renseignements sur notre organisme et nos services, veuillez consulter notre site web à www.shchc.ca.



Working together to make
our community healthy

Ensemble pour
une communauté en santé

Photo Larry Newman



The Respect Rx drugstore on Rideau Street is the site of the Safer Supply pilot program that provides safe prescription opioids to drug users.

Safer (drug) supply on Rideau Street

Larry Newman

“To get in, you have to pee dirty.”
What?

This is a quote from Jason, responding to my question about how to join the program dispensing safe opioids at the Respect Rx drugstore on Rideau Street next to the Petro Canada gas station. When a urine test reveals one of the street opioids like fentanyl or heroin, the opioid user is then eligible to receive a prescription for the corresponding safe drug, in Jason's case methadone. As long as Jason pees clean he can remain in the program. I asked him if he pays for it; he replied, “No, the Province pays.” I suspect that he is enrolled in the Ontario Disability Support Program which pays for safe drugs. His addiction would qualify him for that program.

Jason is a guy that you might have seen outside the exit door of the Rideau Loblaws. This is one of his panhandling locations. I stop now and then to talk and sometimes give him some money. Now he gets his methadone prescription filled once a day and he says that interval works for him. One big advantage is that he knows that he is going to get it every day, reliably. Not like a street drug.

Drug overdoses in Ottawa have risen sharply this past year—again. One of the reasons is the uncertain strength of the drug purchased from the more-or-less underground market. Fentanyl is a very powerful opioid, and carfentanyl is an order of magnitude stronger. The uncertainty of provenance is another danger, adding to other drug-associated dangers.

Frustrated by the inability to control opioids available illegally, British Columbia has opted to supply prescription drugs to street users. This province recently invested in a program called Safe Supply which provides safe prescription opioids via vending machines. Users are allowed these drugs after passing a provincial examination; then they use a palm print to access the machines.

This is Ottawa: we aren't there yet. But Health Canada has provided funds this past summer to start a similar program—without the vending machines. They are calling it Safer Supply and there are many contributors to the project. Donna Sarrazin, the Director of Pathways to Recovery, is the overall manager/coordinator

of Safer Supply Ottawa, with funds from Health Canada. She has called on many of our community service organizations to help. They are:

1. **Pathways to Recovery** – local project management and coordination
2. **Sandy Hill Community Health Centre** – family- and community-based support services
3. **Somerset West Community Health Centre** – family- and community-based support and some drug prescribing
4. **Ottawa Inner City Health** – both prescribing and family- and community-based support
5. **Recovery Care** – both prescribing as well as community- and family-based support
6. **Respect Rx** – prescribing for recovering opioid users who come for tests and daily methadone treatments

So how does it all work? Historically, organizations like the community health centres and Inner City Health have seen and treated opioid drug users. The SHCHC OASIS program, for instance, has dealt with addicts for many years and has operated a supervised injection site (SIS) at Nelson and Rideau Streets for the last three. It is these organizations that have been in contact with drug users and have the knowledge and staff to recommend treatment as well as offer wrap-around support.

Now these organizations can refer clients to Recovery Care or Respect Rx. Both are focused on ensuring that the opioids taken by users are safe. Although their programs are focused on the medical part of treating substance use disorder, they also offer mental health programs which are essential to every treatment plan.

This is one more effort to protect drug users from death by street drug. First came free, clean drug paraphernalia, then supervised injection sites were legalized, and now the substitution of prescription drugs for street drugs is allowed. Safer Supply looks to me like a textbook program: funded by the federal and provincial governments, but administered by the people who have experience working with drug users. This process gives the program a very good chance of being successful.

That sinking feeling: Sandy Hill's geological hurdles

Samuel Close

It's no secret that Sandy Hill's terrain can be difficult at times to navigate, as anyone making their way up an icy incline can attest to!

Geography is a crucial part of the identity of our community and has shaped its history and culture in ways that are not immediately obvious.

Sandy Hill's namesake hills increase in elevation as one travels north and west, with another milder slope to the south. This forms a three-planed depression of sorts facing the Rideau River and Strathcona Park to the east.

The geology of Sandy Hill and the surrounding region is dominated by rock formations from the Precambrian and Paleozoic eras. This allows us to better understand the soils of Sandy Hill.

The topmost strata has three components: (1) a thin strip of gritty sand atop a larger deposit of clay, (2) glacial deposits known as till, and (3) a hard layer of bedrock, deep underground.

Clay found here is often of the troublesome Leda, or "quick" variety, and is prone to rapid dissolution in the presence of excess water, as in a flood or heavy rainfall. This can cause landslides. The

glacial till on the other hand was deposited by the ebb and flow of the ancient Champlain Sea some 10 to 12,000 years ago as the vast glaciers that once covered North America in the last ice age retreated.

These geological characteristics have led to a variety of challenges in the development and maintenance of structures in Sandy Hill. This can be seen at street level by the conglomeration of larger apartment and residential complexes in the extreme north and south of the neighbourhood, where the landscape plateaus for a short while. Contrast this with the smaller, single-family dwellings more common in the hillier portions. The tendency for older houses to sink through their foundations over time is not uncommon. The weight of their building materials, such as brick and stone (versus lighter wood, for example), only accelerates this process.

Various restoration techniques exist to slow or even reverse the effects of this sinking and subsidence. Unfortunately, many are out of reach to the average citizen due to their high cost and the tendency of insurance companies to classify this increasingly common phenomenon as normal wear and tear rather than something caused by the natural conditions of the region. With some luck, early warning



Photo S. Evans, courtesy of Ottawa-Gatineau Heritage

The effects of unstable soil quality can be seen in the 1993 Lemieux landslide, 50 km east of Ottawa on the South Nation River.

signs of this problem can be identified. These include cracks in ceilings or walls, the presence of water, and in extreme cases noticeable bends or curves in the floor.

If it seems there are few upsides to living on this mound we call home, consider the

health benefits that come with the extra exercise! The next time you're loathing that morning walk up one of our neighbourhood's hills, think how the ground beneath your feet shapes the ways and places we live.



Derek Holmes, hockey player, IMAGE alumnus and jolly good fellow

IMAGE's roving photographer Bob Whitelaw set out to see how Sandy Hill residents were enjoying the record temperature of 20 degrees Celsius on March 25.

On Range Road near Templeton Street four gentlemen were having a distanced visit and checking tender shoots pressing forward in the early spring garden. The party included (l-r) Des Keon, Derek Holmes (homeowner), and Pat Draper.

Holmes, Bob discovered, is a retired

hockey player, coach, administrator and agent who on March 29 was to be inducted into the Ottawa Sports Hall of Fame. His visitors were hockey buddies come to reminisce and celebrate the happy event.

And there is more. Holmes, it turns out, helped deliver IMAGE at one point in its long history. All in all, IMAGE also celebrates his lifetime achievement.

Photo Bob Whitelaw

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From Ken Clavette's Album of Bygone Sandy Hill

The explosions that rocked Sandy Hill

Ken Clavette

When we first moved to Henderson Avenue in 1981, our landlady had told us the story about the time sewers exploded down the hill. Already the events were fading out of living memory save for a few of the older, long-time residents in the neighbourhood; but it was true. Ninety years ago, on January 28, 1931, Sandy Hill was rocked by a second sewer explosion, the first having happened two years earlier on May 29, 1929. Both started in Centretown and travelled through the sewers, hitting Sandy Hill, Lowertown, Vanier, and New Edinburgh.

As the explosions travelled along, they blew off manhole covers along Templeton Street, Nelson Street, and Somerset Street East. In 1929, 192 Henderson Ave., home to Charles Nicholson, had a hole blasted through the living room floor. 211 Henderson owned by Sam Blackler, a Captain at Fire Station #3, was knocked off its foundations, and the apartment building at the corner of Somerset and Chapel was badly damaged with the ground floor grocery store completely wrecked.

While extensive damage was caused to the sewers and buildings along the way, only one person lost their life in both explosions. Hannah Hayden, aged 73, was in 37 Templeton St. in 1929 when flames entered, setting her clothing alight. She escaped the house but succumbed to her injuries. Several others suffered burns, cuts, and broken bones.

The *Ottawa Citizen* reported that the January 1931 explosion sent 60-pound sewer covers flying over the top of hydroelectric poles, shattering streetlights and blacking out homes from Henderson to Range Road. Residents told the newspapers that the sewer covers were transported 100 feet away, snapping into pieces when they landed.

Louis Torontow, the owner of the Somerset grocery store badly damaged in 1929, immediately knew what was happening when he heard the explosion but was so traumatized that he was powerless to move. He told a reporter "I just couldn't get away from there and seemed rooted to the spot." However, his daughter was less affected: "My little girl was reading a book in the house. When she heard the explosions, she came out to the front of the store, book in hand, looked at the smoking manhole and then went back in the house and continued reading. It sure must have been an absorbing book."



Residence of Captain Sam B. Blackler, of the city fire department, 211 Henderson avenue, which was almost completely wrecked by the explosion and an ensuing fire. This view shows the south side and the rear of the house.



Grocery and flour and feed store of Louis Torontow at the corner of Chapel and Somerset street east, which felt the full force of the blast, the walls of which were bulged and the interior looked as though it had been bombed. Three were slightly injured here.

And in 1931, Lillian Pettapiece, who had suffered serious burns in the 1929 explosions, was travelling on a bus near her home when a manhole exploded. She collapsed in fright and shock. Children were skating on the Sandy Hill rink when gaping holes appeared in the streets around the rink. Others were outside during both explosions but were fortunately unharmed.

There were several studies and inquiries into the possible cause of the explosions, but no conclusions made. Mayor John Allen wanted to set up a judicial inquiry, but that effort failed. The City sued the Ottawa Gas Company, unsuccessfully. The exact cause of the explosions was never determined, though leaking "illuminating gas" used for lighting was believed to have been the culprit. However, poor ventilation of the sewer system before 1929 that was not corrected in the following two years was also to blame. The next time you are to walk over a manhole cover in Sandy Hill, remember the fright residents were given 90 years ago—then maybe step around it, in memory of those moments.

On Sandy Hill

Mrs. Wilfred Grace, wife of ex-Ald. Grace, 77 Blackburn avenue, said: "I was on the telephone calling Con. Lewis' home to complain about the gas smell when the explosions occurred. I was told that the controller was at the Board of Control meeting and had just thanked the party when I heard the explosion. Hanging up I rushed out of the house and saw the smoke coming from the sewer at the corner of Blackburn avenue and Somerset street."

Mrs. Grace said that the gas company's men had been down three or four times in the past few days and each time had stated that it was gasoline fumes that were in the cellars and houses and that it was up to the city to correct the fault, not up to the gas company.

Forgotten Ottawa recently released a short video about the sewer explosions. You can see it at [youtube/voHaJ4pQ0](https://www.youtube.com/watch?v=voHaJ4pQ0)

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When will I get my vaccine?

The City of Ottawa is following the provincial roll out for vaccine delivery. We will provide vaccines to more age groups as the vaccine becomes available.



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- Follow your favourite local news source.
- Follow the City of Ottawa and Ottawa Public Health on Facebook and Twitter.



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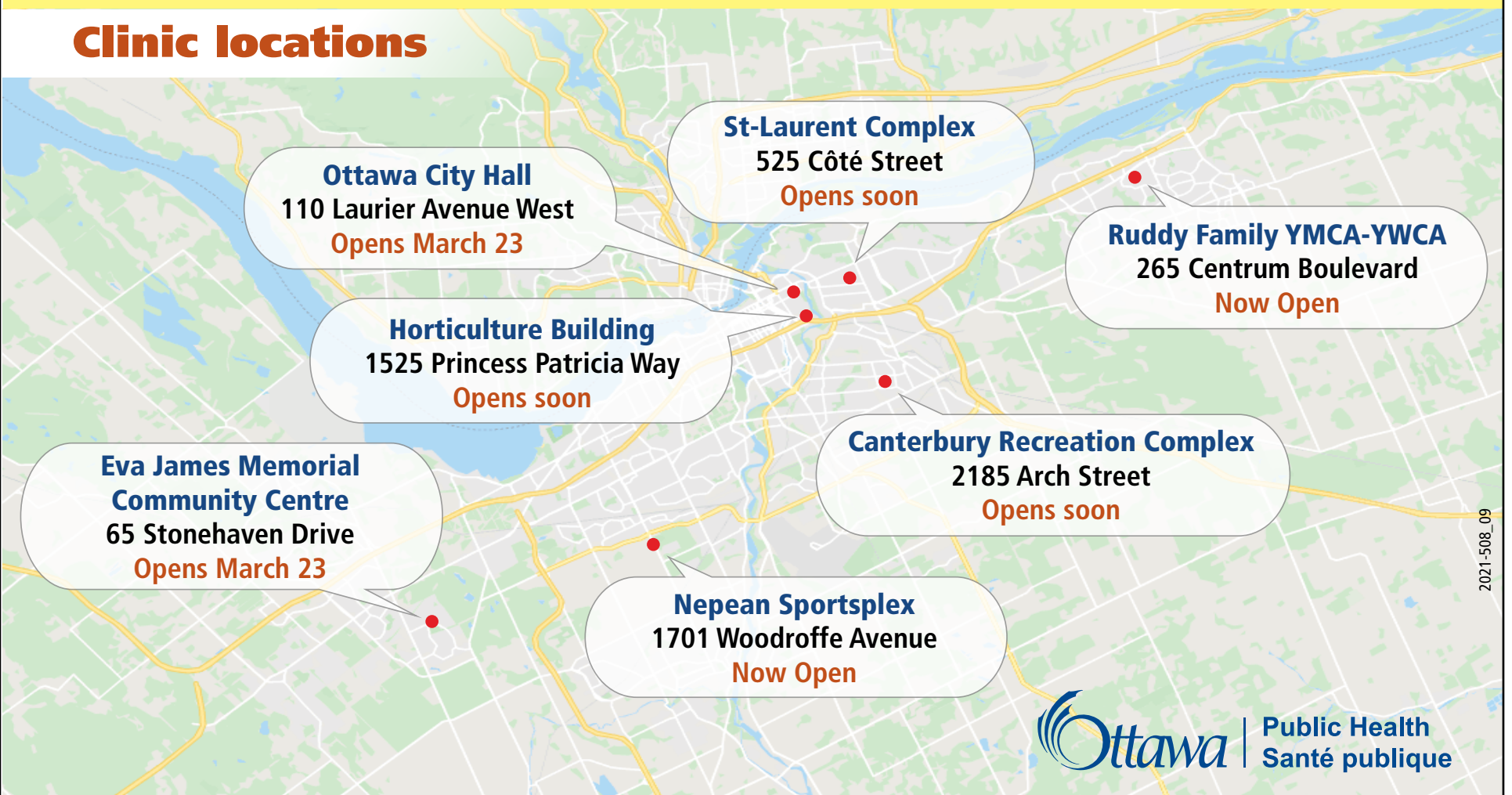
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Meet Mona on Mann and her neighbourhood missions

Photo Christine Aubry

Christine Aubry

I only recently met Mona Staples in person, which is surprising, given our paths have crossed many times, probably quite literally. I first encountered Mona through our local Buy Nothing group on Facebook (a platform where neighbours give away unwanted items or ask for items they need). She was collecting items to send to Northern communities, and I wanted to learn more.

Our interview began with Mona describing what she calls “my long love affair with Sandy Hill,” which started in high school when she would go to parties at a friend’s house. During her last semester of nursing school, she moved into her first home in Sandy Hill, a bachelor apartment on Wilbrod, from where she would commute by bicycle to her clinicals at the Ottawa General Hospital.

Since then, Mona has lived on several Sandy Hill streets; once jokingly nicknamed Dame Mona of Goulburn, she is now known as Mona on Mann.

She has long been an active volunteer and activist in Sandy Hill, beginning in



Long-time Sandy Hill resident Mona Staples outside of her now-home at the Conservation Co-operative. Give her a wave when you see her out!

1992 with the battle to stop a liquor license from being granted to the new owners of the establishment where Nelson Drugs had stood for 40 years. She also fought to prevent the property next to hers from becoming a rooming house, cleaned up our parks, and led heritage tours as a member of Action Sandy Hill’s Heritage Committee. “When I became part of Jane’s Walk,” she tells me, “I used to say: ‘I am living as Jane Jacobs intended. I have never owned a car. I live, shop, and work in Sandy Hill.’”

After retiring from her long career as a nurse (including 18 years at the Sandy Hill Community Health Centre), it was time to downsize. Mona says

she felt like she won the jackpot when she was accepted into the award-winning Conservation Co-operative on Mann Avenue: “If I could do one thing in life, it would be to create more of this kind of housing. There are some issues, but it is a wonderful model for living. It’s a village with a full range of members, 30% in market-rent units, the remainder in subsidized units. As well as being founded on a plan for ‘living green,’ the co-op mandate includes housing for people requiring accessibility, single mothers with children, and hardworking immigrant families—all raising their children here in a safe place.”

How Mona came to collecting items to send to Northern communities was mostly serendipitous, fueled by her desire to help people in need and her interest in, and previous contact with, Inuit and Northern cultures. She found the Facebook group *Clothing for Our Northern Friends* and

began donating by thinning out her own wardrobe. As friends and neighbours heard about what she was doing, things took off.

“It has been a great pandemic project,” Mona says. “Everyone is clearing out their closets and the need up north is great. The post office has remained open throughout lockdowns and donations are in quarantine for two weeks on their voyage north.”

The group works much like the Buy Nothing group, but with the extra challenge of organizing and paying for shipping. Recipients pay that cost, if they can afford it. Mona has raised money to cover some of her out-of-pocket shipping expenses.

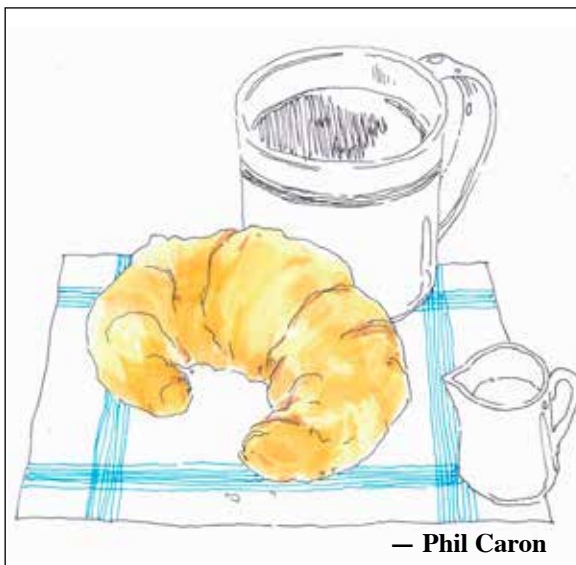
“It can be heart-wrenching when you post something and over 50 women want it,” she says. “You really become aware of how difficult their lives are.”

She tells me that the administrator of the Facebook group sees this as a form of reconciliation—people of the North and of the South coming together. “I’ve had amazing conversations with people living up north,” Mona says. “It’s really heart-warming how appreciative they are.”

Still, the task is not without its challenges. Mona is extremely grateful that the Co-op Board of Directors approved the use of a common room to store clothing that was taking over her apartment! With over 130 boxes shipped and counting, she tells me she is ready to do other things. “I am really enjoying retirement. Being a nurse was a huge responsibility. It is a very gendered job, with a lot of inequity.”

Born in Moncton, which she still visits regularly with mom Florence, Mona says “If I leave Sandy Hill, it will be to go to New Brunswick only.”

It’s no surprise to me that a friendly, community-minded East Coaster would feel so at home in Sandy Hill. And of course, as we say goodbye, Mona insists I come over soon so she can give me a tour of the Co-op, and hear many, many more stories.



— Phil Caron



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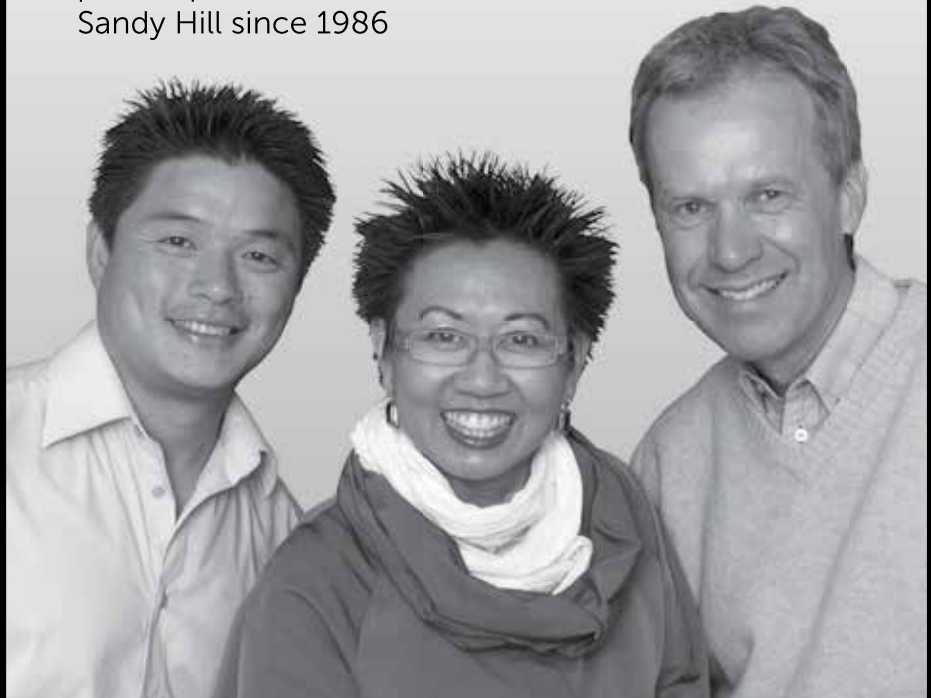
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Photo Lena Creedy



The Poppy Oriental 'Royal Wedding'

Photo Lena Creedy



Lena's flowering rhododendron

Photo Jacksons Nurseries



'Big Blue' Sea Holly perennial.

The art of a garden revamp

Lena Creedy

My garden took a twist 10 years ago when we decided to strip the wooden materials from the façade of our brick house. This included removal of the old veranda, balcony, and some of the siding, all in wood and badly needing painting, but also starting to rot. We considered the pros and cons of carrying on with the usual maintenance or selecting an alternative material, and in the end committed to a different visual theme featuring stonework and a remodelled entrance, which would need little maintenance and also would give more space for the garden.

This decision demanded that we extricate our perennials from the front garden during the time of the renovation. This was not an easy job as I have some treasured plants, several dating back more than ten years, and one that had been with us for over thirty years, and which we brought with us from our previous house when we moved to Ottawa. While I transferred a variety of hostas to the rear garden and

donated others, plants like a rhododendron, a Japanese yew tree, peonies, and pachysandra required storage at the rear with their own soil in jute or plastic bags, with the bags left open for watering.

Assiduously, I drafted a garden plan identifying paths, stone areas, the location of light or other fixtures, and the location for the existing plants, while marking areas for new ones. When the stonework on the façade was completed, I had the earth dug and the connection for light fixtures put in place before layering new topsoil enriched with mushroom compost. When the time came to plant, I was careful to place shredded bark mulch around the plants to prevent weeds from accessing sunlight, and to keep the soil moist. A garden facing north doesn't have the advantages of abundant sunlight associated with south-side gardens, so more scrutiny is needed in the selection of plants to thrive there. Sometimes it is more reasonable to leave a space bare while identifying what may be more suitable.

Revamping my garden gave me an opportunity to experiment with new plants and rekindle my connection to old companions, like the yew, in a different loca-

tion. After setting up a small pond and fountain, I added the effect of the Japanese blood grass 'Red Baron' around it, and expanded the presence of *Stephanandra incisa* 'Crispa' by the pavement, for its crinkled purple-red leaves in the fall. An additional welcome was provided by the summer fragrance of *Lavandula angustifolia* 'Hidcote Superior,' and the white falls of intermediate bearded iris 'Infinity Ring,' with its deep purple edges and mauve upright petals.

Eryngium x zabelii 'Big Blue' was an unusual kind of sea holly with large iridescent blue flowers and thorns that aroused the curiosity of passersby. Interest was also stimulated by the clusters of fragrant, shell pink, tubular miniature flowers at the ends of the branches of *Daphne x burkwoodii* 'Carol Mackie,' *Pachysandra terminalis* 'Silveredge' and *Hibiscus syriacus* 'Blue Chiffon' (Rose of Sharon) are a constant delight.

While it takes a couple of years for the garden to settle in and acquire its shape, all the work and efforts are truly rewarding. Having the basic layout in place permits you to play around when the results are not as expected. The joy of gardening comes with the benefits of relaxation, keeping fit, and the pleasure of doing what you like.



Petal pincher

— Dawn Gallagher Moore

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2020-2021 SHCHC Award for Excellence in Health Promotion

Le CSCCS Prix d'excellence en Promotion de la santé pour 2020-2021

Recognizing outstanding contributions to the promotion of health in our community, and those who have supported others during the pandemic!

This year, the Sandy Hill Community Health Centre will present two Awards of Excellence in Health Promotion, as we are proud to honour those whose activities and initiatives have contributed to improving the health and wellness of our community during the COVID-19 pandemic. Submit a nomination today!

For complete details, including eligibility and award criteria, or to download the forms, visit our website at www.shchc.ca, or email Cristina Coiciu at ccoiciu@sandyhillchc.on.ca. Nominations must be received on or before April 30, 2021. The recipients will be announced at the Annual General Meeting on June 23, 2021.

Souligner les contributions exceptionnelles à la promotion de la santé dans notre collectivité, et ceux et celles qui ont soutenu les autres pendant la pandémie !

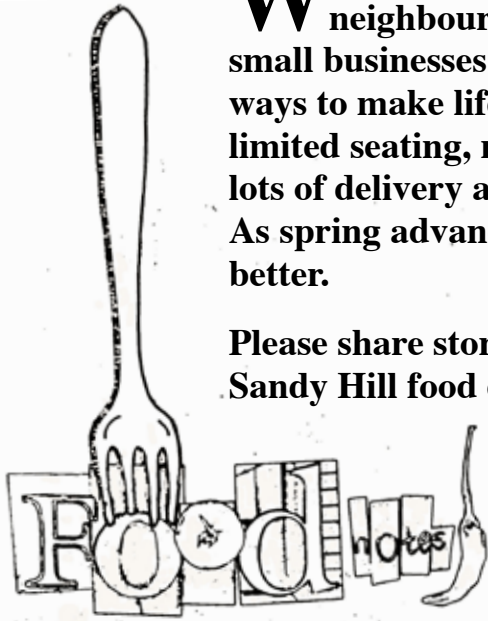
Cette année, le Centre de santé communautaire Côte-de-Sable décernera deux Prix d'excellence en Promotion de la santé, car nous sommes fiers d'honorer ceux et celles dont les activités et les initiatives ont contribué à améliorer la santé et le bien-être de notre collectivité pendant la pandémie du COVID-19. Soumettez une candidature aujourd'hui !

Pour obtenir tous les détails, incluant les critères du prix et d'admissibilité, ou pour télécharger les formulaires, visitez notre site Web à www.shchc.ca, ou envoyez un courriel à Cristina Coiciu à ccoiciu@sandyhillchc.on.ca. Les mises en candidature doivent nous parvenir d'ici le 30 avril 2021 au plus tard. Les noms des lauréat(e)s, seront annoncés à l'Assemblée générale annuelle, le 23 juin 2021.

What an uncertain time for our neighbourhood restaurants and small businesses! But they're finding ways to make life pleasant for us all, with limited seating, new outdoor options, and lots of delivery and take-out possibilities. As spring advances, things can only get better.

Please share stories of your favourite Sandy Hill food experiences with

image22@rogers.com



Rideau Sports Centre Facebook



The Bridge Public House, 1 Donald St.

It's another COVID pivot for The Bridge Public House team. For April, the restaurant's takeout menu and meals @ home series are available for pickup from 3:30-7:30 p.m. between Wednesday and Friday. If you're yearning for a springtime BBQ, the Bridge is also offering Curbside BBQ pick-up every Friday and Saturday between 11 a.m. and 2 p.m. Stay tuned in May for the possible reopening of indoor and terrace dining, as well as The Bridge Public House's newly-created front lobby bistro (see photo). Visit thebridgepublichouse.com/whats-happening-now for the latest updates.



Working Title Kitchen + Cafe, 330 Laurier Ave. E.

This neighbourhood favourite reopened its bakery over the Easter weekend. Grab a hot drink and pastry to go and look forward to soon sampling the new recipes that Chef Brendan Murphy and Pastry Chef Christophe Measson have been testing.

Photo Prapti Jensen

Cadena Spanish Restaurant and Tapas Bar, 323 Somerset St. E.

Cadena's Spanish-style shrimp are just as delicious as ever, served with a creamy garlic sauce and bread to soak it up. There are lots of interesting pasta dishes on the menu, too, as well as the traditional Spanish offerings like empanadas and paella. Order a day in advance if you want to be sure of getting the leg of lamb that's advertised on their sidewalk sandwich board.



Fleur Kitchen, 287 Somerset St. E.

It's good to see that the winter closure did not turn out to be permanent for the former Fleur Tea, which is in the process of reinventing itself. The word "Tea" has come down from the facade but has yet to be replaced by "Kitchen." The shelves of gift items are gone, making for a more streamlined seating area inside. If the whiteboard promising pizza and Philly cheese steak is any indication, the cafe is still aiming for student appetites. Hours can be a little erratic during renovations so it's best to call ahead if you're looking for lunch: 613-606-7280.



Fresh basil and parsley can be whipped up quickly into this bright and brilliant herb-based sauce.

Herbs make everything more interesting!

Dodi Newman

“Herbs deserve to be used much more liberally,” says chef Yotam Ottolenghi. I couldn't agree more—fresh herbs transform ordinary food stuffs into something quite extraordinary. Take tabouleh: lots of fresh parsley and a bit of mint turn a bowl of bulgur wheat and a few chopped tomatoes into a sensation with lemon juice.

The freshest and most flavourful herbs are those you grow yourself. Growing them organically is even better—it maximizes their flavours and keeps you healthier. Herbs will grow anywhere—in a garden, window boxes, and pots—as long as there is reasonably good but not rich soil, a container large enough to accommodate their root systems, and a minimum of six hours of sun a day.

Perennials like rosemary, thyme, and sage, which are not winter-hardy here, can be grown in the garden, but growing them in pots has the advantage that you can bring them indoors to overwinter, though rosemary may find it difficult to adjust. Because our growing season is short, it is best to buy these as one or two-year-old plants. Chives and French tarragon are very hardy and will easily overwinter in the garden. Chives will also thrive indoors, but tarragon won't. Annuals like parsley, dill, Italian and Thai basil will grow in pots, but they prefer to be seeded directly into the ground as soon as the danger of frost is past.

Drying your home-grown perennial herbs in a dry, airy and shady place gives very good results—not perfect, but immeasurably better than commercially dried ones. Annual herbs don't dry so well. But make them into pesto, pack them into small jars, add a layer of olive oil, seal and freeze them. They'll put any bought pesto in the shade and work their aromatic magic for up to two years.

Green sauces, condiments, and dips showcase herbs and add variety and inter-

est to meals the world over: *grüne soße* from Germany, traditionally served with potatoes, features seven different herbs; spicy Peruvian *aji verde* is a cilantro, mint, and jalapeño-based green sauce that is great on tacos, vegetables, and shines on grilled fish and meats; *sauce verte* is its subtler and mellow French cousin; Thai green curry paste is fresh, hotter than blazes, and makes a superb shrimp curry. You can find excellent recipes for all of these sauces online.

And then there is Paola Scaravelli's Tuscan *salsa verde*, pesto's big brother, that does wonders for crudité, potatoes, hard-boiled eggs, and boiled chicken or beef left over from making broth. As with all herb-based sauces, it is important that the herbs be on the young side—they get bitter and tough as they age.

Salsa verde Toscana

- ½ slice best, day-old Italian bread, 3 x 3 x ½ inches
- 1 garlic clove, chopped
- ½ cup tightly packed basil, tough stems removed
- ½ cup tightly packed parsley, tough stems removed
- 2 tablespoons lemon juice
- 2 tablespoons capers
- 1 hard-boiled egg yolk, mashed with a fork
- 2 tablespoons pine nuts
- 1 cup extra-virgin olive oil

Salt and freshly ground black pepper
Place bread, garlic, basil, parsley, lemon juice, capers, egg yolk, and pine nuts in the work bowl of a blender or food processor, process until smooth. Gradually add the oil with the machine running. Correct seasoning to taste.

Refrigerate for at least one hour before using. Tightly covered, this will keep in the refrigerator for up to a week.



Safi Fine Foods, 296 Somerset St. E.

Safi's building permit has finally come through, and the much-missed store is on its way to opening in its shiny new premises in May or early June. Many fans are looking forward to checking it out!

KAZ kitchen + grocery, 207 Guigues Ave.

If the spring weather is inspiring you to take an extra-long walk, head to Lowertown and check out this *depanneur* at the corner of Guigues and Cumberland. The store stocks an interesting selection of groceries, meats, and prepared foods, and offers hot food for takeaway. Check their Facebook page for the daily soup and sandwich offerings, or pick up some house-seasoned burger patties, a container of spicy tomato soup, or a tender-crust pie to serve at home.

Have pandemic fatigue? Try cultivating compassion

Christine Aubry

Our lives have certainly been transformed this past year, in ways no one would have imagined. While many are finding “COVID blessings” (e.g., discovering new hobbies), pandemic fatigue has set in and is affecting all of us. Most of us agree we are suffering from this collective sense of isolation, anxiety, and frustration.

Out of our deep desire to get our lives back, we may be quick to anger and judge the “other”: the neighbour who is still having people over; those who refuse to wear masks; the politicians not delivering the vaccines quickly enough.

Unfortunately, harsh words and criticism rarely change behaviour. And worse, negative emotions affect your own well-being. At the risk of sounding like a 1960s flower child, I have found that compassion and loving-kindness have profoundly improved my mental health and resilience in difficult times.

What is compassion? It is a sense of concern that arises when we are confronted with another’s suffering and feel motivated to see that suffering relieved, even—and I would argue, *especially*—when that person is someone you do not like or whose actions may cause harm to others.

Compassion is not empathy or pity (though you need to feel empathy in order to be compassionate) and it is not about helping those less fortunate than us. At its core, it is the recognition of our shared common humanity and interconnectedness: we all know suffering, no one is perfect, we are not alone, and others’ well-being impacts our own well-being. Demonstrating compassion can be through a gesture (e.g., making someone a meal) but it can also be simply tuning into our desire to see someone’s suffering relieved.

Being compassionate does not mean you cannot get angry. Anger is a very human emotion and it needs to be released or it will fester. But how you deal with that anger is very much within your control.

Isn’t that mindfulness, you ask? Mindfulness is central to compassion, yes, but to be mindful is to be able to observe without judgement or value. Compassion is value-laden; it is driven by a desire for love, kindness, peace, and joy, for all beings.

This pandemic has been a harsh reminder that even more so than mindfulness, we need compassion—not just for others, but for our own well-being.

The benefits of compassion are not only seemingly endless, they have been scientifically proven. The more compassionate you are, the less stressed, lonely, and depressed you will feel. Compassion actually makes us more resilient and more optimistic, because we are focusing on the positive wish to end suffering. And yet, we keep hearing about the “compassion fatigue” experienced by frontline workers. Burn-out is a very real, serious issue, and one can certainly suffer from pathological altruism, but “compassion fatigue” is a misnomer.

In fact, the main beneficiary of your compassion is not the other, but actually yourself. You are not sacrificing your happiness for another. You are creating your happiness by giving it to others. You know that feeling when you spend your money to buy someone a gift? Compassion triggers all of the same happy hormones in your body.

So why is it so hard? Because we live in a society focused on autonomy, individualism, competition, controlling our self and our environment. Our innate nature as compassionate beings (also scientifically proven) is beaten out of us at a very young age. Still, we can recapture it if we intentionally cultivate it. But we need to set a clear intention. Like a muscle, our mind can be trained. We all want a return to normal, but let’s hope and strive instead for a “new normal”—a world with more compassion.

If you want to learn more, or are interested in flexing your compassion muscle (including learning the very important art of self-compassion!), here are a few suggestions:

Book: *A Fearless Heart: How the Courage to Be Compassionate Can Transform Our Lives*, by Thupten Jinpa

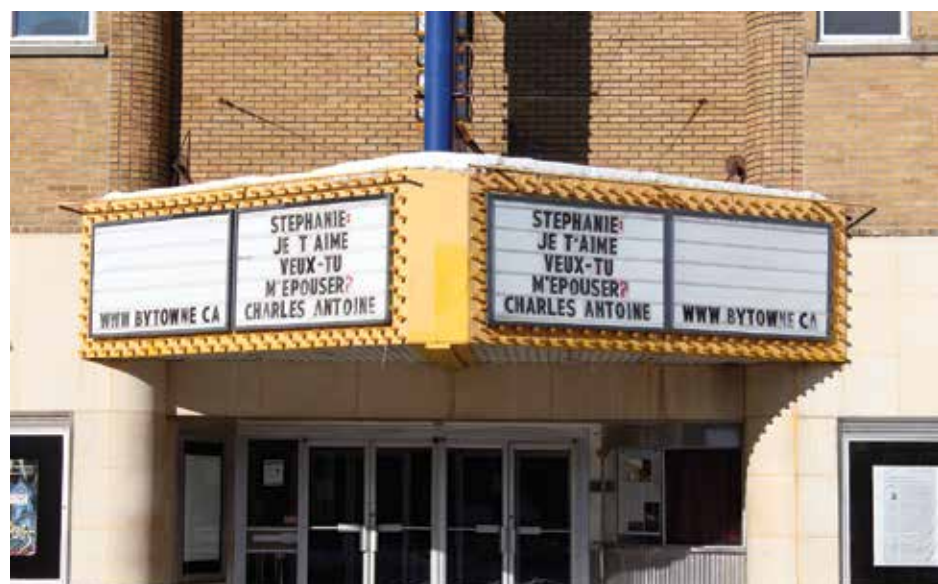
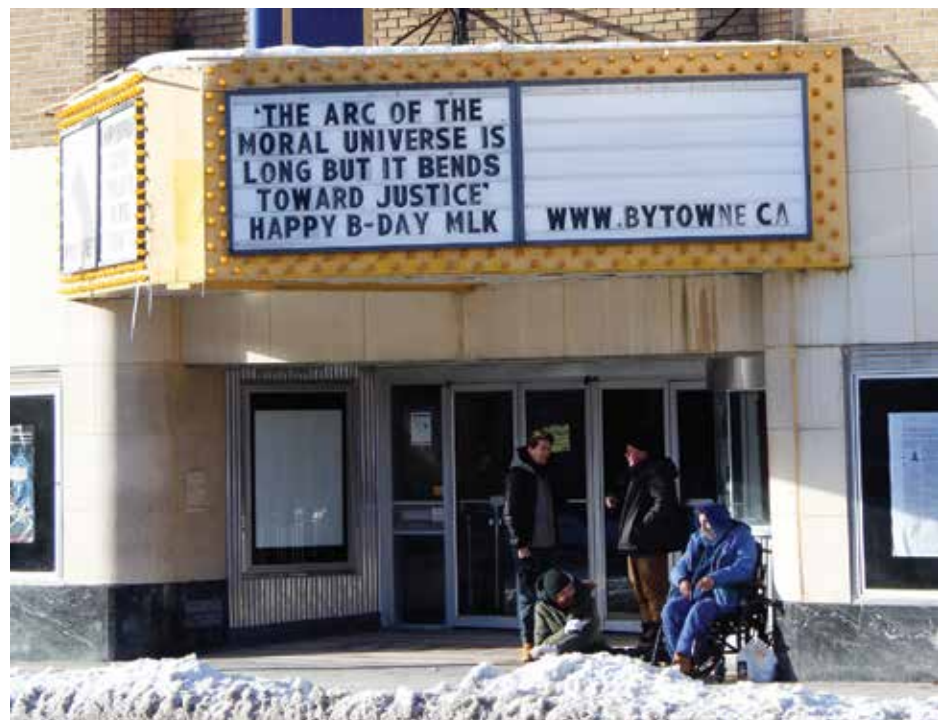
Book: *Self-Compassion: The Proven Power of Being Kind to Yourself*, by Kristin Neff

YouTube video: 10% Happier: Interview with Thupten Jinpa

Short YouTube videos for the whole family by Happify (on meditation, mindfulness, empathy, and compassion)

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It is still worth reading the ByTowne’s marquee! Photos Larry Newman



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251 Thorold \$4,250,00
Rockcliffe Park: Elegant, completely renovated and added to, this meticulously done home boasts over 6300 sq.ft. of living space on one of the neighbourhood’s best streets. Designed for entertaining, main floor spaces lend themselves to endless configurations. Classically styled with timeless materials/finishes. One-of-a-kind Village opportunity. Private viewings available.



345 St. Denis U 213 \$309,000
Quartier Vanier: Funky i bedroom plus den unit at 850 sq.ft. in the iconic “Le St. Denis”. On a quiet street where you are close to everything but not in the midst of it, this converted school building has 10’ ceilings, huge windows, open plan, Terrazo floor hallways and other nifty touches harkening to its former use. Not really sure about condo living: this one may tip the scales!



1705 Playfair Dr. U 209 \$330,000
Alta Vista: Lovely condo with 2 bedrooms/ 2 baths in fabulous, well maintained and managed “Vista on the Park”. This sun-bathed, south facing unit is well laid out and spacious. Generous entrance foyer. Open concept living/dining room provides lots of ways to use the space. Highly functional, well thought out kitchen with a window! In-suite laundry. Storage locker. Garage parking.



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“Sheltered in Place,” new exhibition at the Ottawa Art Gallery

Photo: Chris Snow / OAG

Maureen Korp

In these fraught times, what reminds you of another, of someone not beside you now? Is it an old photograph? A song? Something on the news today? A voice message you can never, ever erase?

The Ottawa Art Gallery has a new exhibition of portraiture, portraiture seen as the bric-a-brac of memory, personal history, storyline. Entitled “Sheltered in Place: Portraits of Self, Family, and Community,” the subtitle indicates its wide reach. The exhibition is curated by Catherine Sinclair, Rebecca Basciano, and Michelle Gewurtz. All of the work is by Ottawa artists.

“Ba-Bye Mammy, Ba-Bye,” 2008, a six-minute film by Patrice James, is a montage of familiar banal imagery: the family Christmas tree, outings to Upper Canada Village, a child in her First Communion dress, etc. The film’s narration is constructed from voice messages—everyday reminders from Mammy to her children, and they to her: “take care of the garden,” “keep the doctor’s appointment,” “stay in touch.” James made the film as a poignant memorial to her mother, Margaret Ramirez, 1946-2007.

When someone has died, how often is it we wish there were something more we could say? “Coming Home,” 2002, a drawing by Annie Pootoogook, is a scene of joy and surprise. Through an open door, a man has just walked in. The woman at the kitchen counter stands amazed, reaching forth her hands. He is here—in front of her. He is not dead. Wait. Are those angel wings? Or just two coats on the wall behind him? Is he here to stay?

Annie Pootoogook, 1969-2016, born in Nunavut, died in the Rideau River.

“Portrait of the Viewer as Artist,” 2012, by Max Dean takes us all into the picture. Three sets of glass shelving and two large tables display a variety of objects against a long wall. There are toys, clocks, photo albums, several hearts of rock, and more. Where does your eye take you? Look. You are here, too. The wall is also a mirror. Memories are chosen. You are the memory keeper.



A good song, a good beat, can make everything better, as we see in “The Outsiders,” 2009, by Ron Noganosh. In this sculpture, a toe-tapping band of four critters of the forest has been constructed of detritus. They play drums, piano, guitar. The sassy heads of the two guitarists are made of bicycle seats. Under the strings of their guitars are CDs, should you wish to buy. The drummer is well rooted. Noganosh, 1949-2017, born on the Magnetawan First Nation, knew old stories stay alive when they are walked, talked, told to others. The artist lived many years in Ottawa.

Jessie Oonark gives us another example of story in her stonecut print entitled “Little Woman,” 1983. The girl wears the traditional dress and tattoos of the Inuit, but holds aloft in her hands two stick figures. Will they fly? Where to? Oonark, 1906-1985, born in Nunavut, died in Manitoba.

Martha Kyak’s “Sakiaguti,” 2021 is a gloriously festooned tunic of sealskin and velvet flowers. Born in Nunavut, Kyak is the creator of InukChic, a fashion line made here in Ottawa.

Chantal Dahan, *The Sunlight Zone/ Au-delà du réel (The Twilight Zone)*, 2001. Collection of the artist. Installation view.

Living, breathing people keep traditions alive; historians do not. The historian’s point-of-view is one necessarily dated to times past, not present. This paradox animates the work of both Christopher Lea Dunning and Kosisochukwu Nnebe.

From Christopher Lea Dunning’s point of view, 47 Ottawa artists were somehow omitted from an authoritative history of French art. Dunning corrected the problem in his bookwork entitled *Beneath the Image*, 2016-17. In a multimedia presentation we see the original along with Dunning’s additions.

Kosisochukwu Nnebe looks for multiple points of view in her work too. “Untitled I, 2017” for example, is a wall sculpture of angles, left and right, showing, sometimes, a woman looking at herself in a hand mirror. Other times, however, the viewer sees only herself.

The sculpture is one of a series entitled “Black Woman/ Hyper/in/ visibility,” 2017.

Do not wait for others to keep memory alive. Speak it, breathe it. Faisa Omer photographed the boys hanging around the neighbourhood. The eight photographs of “Ritchie Street,” 2020, are of Black youth, each with a story to tell.

The stories must be told—good, bad, ridiculous. What brought laughter then is likely a rib-tickler today as we see in “The Sunlight Zone, Au-delà du réel (The Twilight Zone),” 2001, by Chantal Dahan. A pink leather sofa is home to a three-screen view of a woman stretched out on her side. She is laughing and laughing, oh how her feet are twiddling merrily. Wasn’t that a great time we all had?

The gallery’s labels for work displayed provide biographical data for the artists in multiple languages, including: Anishinaabemowin (Ojibwe), English, French, Igbo, Inuktitut, and Somali—all languages spoken today in Ottawa by a good number of people, some of whom are artists.

Current exhibitions at the gallery

“Sheltered in Place: Portraits of Self, Family, and Community,” until August 15, 2021

“Filtered,” until December 19, 2021

“(Re) Collecting the Group of Seven,” until November 7, 2021

50 Mackenzie King Bridge / 5 Daly Ave.

Free admission. Accessible. Open Wednesday-Sunday, 10 a.m.- 6 p.m. Visits must be booked in advance: oaggao.ca/oag-reopening

Please note that Maureen Korp visited the OAG prior to the latest round of COVID-19 restrictions. The OAG is currently closed in accordance with Public Health guidelines. Visit: oaggao.ca/plan-your-visit for the latest updates.

Photo Peter Rinfret



The floating backhoe in these photos taken March 19 completed the break-up of all the ice on the Rideau River just before spring melt, well upstream of Sandy Hill. Even though portages were necessary, the ice was eradicated in that long stretch of the river, which has not happened in at least 30 years.

While muddy iceless waters may be a welcome harbinger of spring, due to the backhoe’s clawing and crawling, shallower areas of the riverbed were gouged and dredged, which will almost certainly have a devastating effect on aquatic life. As one resident wrote to our councillor, “It seems to us there is a high probability that

Photo John Cockburn



any aquatic life hibernating on the riverbed has been killed by the machine – of special concern are the very large turtles which we see in the river every spring.”

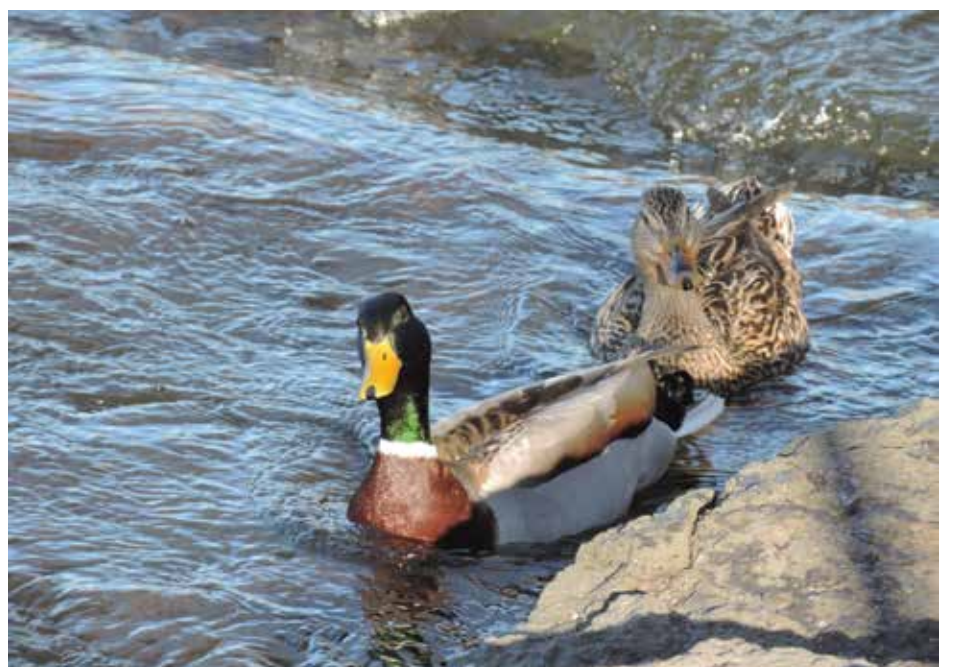
— Judy Rinfret

Sights on the Rideau Shore

Enjoying the results of the floating backhoe’s effort are this couple of Mallard ducks, seen at the Sandy Hill shore on March 22.

And their friend, Ms Lonely Heart, at right.

Photos Kathleen Kelly



A day in the life of a Sandy Hill real estate agent

Claude Jobin



your home is prepared, the faster it will sell and for more money.

It's very much a seller's market at this time. This is frustrating for buyers who don't have deep pockets or are approaching the buying process in a traditional manner—something that isn't working at the moment. Expectations must be adjusted in order to get the desired home. Normal multiple offer situations prescribe going up certain increments according to the number of offers. But this year, with certain properties, logic has totally flown out the window.

Personally, I usually finish the main part of the day by 8 p.m. I chat with my daughter, and then drag my computer to bed to catch up on a few extra projects. Typically about 11 p.m. I will stream an episode or two of my current favourite series. At the moment it's the Tudors; I've become consumed by the 16th Century.

The next day I wake up and do it all again!

Some aspects of my days are predictable, others not. Let's start with the predictable: Get up, make coffee. Catch up on emails. Prepare daily blog post; I may need more time for this if there is an architecture post, or when it's time for the newsletter. Get a second cup of coffee. See if there are clients who need attention. Look at listings and be sure everything is on track.

As mid-morning arrives, I prepare for showings. When it comes to listing appointments, this Forrest Gump quote applies: "Life is like a box of chocolates; you never know what you're going to get." It could be do-it-yourself academics who did renovations thinking they have increased the value of their home. Or it could be an estate with the family out of town and you need to pack 1,001 dusty books and have the cleaners come for three days. How about the one with a few too many red walls? Then there's the enthusiastic young seller who will do exactly what is needed including sending the cats to a friend.

When preparing to sell a home the most important words are declutter, depersonalize, and clean. Ideally, it should look like no one lives there (we've sometimes needed to open the fridge to confirm). I remember once being in an apartment that was so perfect, I wanted to move in. One word of advice for sellers: The better

Sandy Hill real estate update
January 1-March 22, 2021

Houses:
New listings 11, Sold 8, including 5 over asking

Condos:
New listings 47, Sold 25, including 11 over asking

IMAGE's images

Photo Pierre Cantin



Nighttime on the Rideau, February 9. Occasion fournie par Dame Insomnie !

Photo Kathleen Kelly



Morning on the Rideau, a month later.

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Les lapins de Pâques de la Côte-de-Sable

What better pets to feature for the April edition of IMAGE than bunnies! Emma and Sofia Barrette of Blackburn Avenue started with one rabbit and now have three (mom says that is enough). Meet (from left to right): mischievous Mini, who is part lionhead breed and a great escape artist. In the middle is lop-eared Little Bunny Fufu (aka Fufu). And on Sofia's lap is the newest addition to the family, the very easy going red Netherland dwarf bunny, Princess Tiger Lily (aka Lily) Mom Magda-Lena says they are actually perfect pets—not only are they social and very cuddly, but they are litter-trained and you can leave them unsupervised, with food of course, for as long as three days, provided they have enough room to run around in an enclosure. These three friends have a pen in the home's basement, and another in the backyard once the weather is warm enough, which we all hop (pun intended) will be very soon! — *Christine Aubry*

From trash to treasure

Tout en prenant l'air dans le parc de mon quartier, je suis toujours étonnée de voir autant de débris laissés dans le paysage par les usagers. Sacs et bouteilles en plastique, polystyrène, couvercles en plastique, boîtes repas, ustensiles de plastique, cannettes et bouteilles en verre, vêtements abandonnés, mégots, etc. — tout ça dans la nature, parfois près de la rivière, prêt à être emporté par le courant. Quelle sorte d'humains sommes-nous pour expliquer un tel comportement? Je n'ai pas de réponse. Mes sculptures interrogent la relation des humains avec la nature et le manque d'attention que nous portons à sa préservation. La dégradation des déchets de plastique jetés en pleine nature peut être extrêmement longue, de quelques semaines à des milliers d'années. Cela sans compter les dommages aux animaux et aux humains causés par ces résidus. Ces sculptures ont été exposées à la galerie d'art de l'École d'art d'Ottawa à Orléans en janvier et février dernier lors d'une exposition de groupe. — *Rolande Nadeau*



IMAGE's images — Men at work

Photo Bob Whitelaw



Survey team member, Strathcona Park

Photo Harlequin Studios



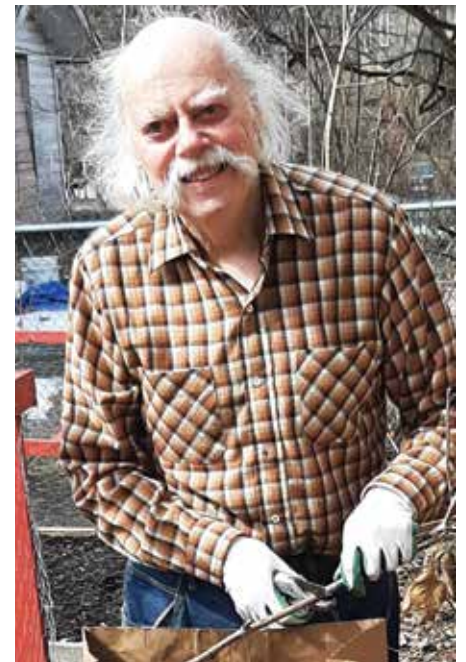
Michel Gauthier (Chapel St.), preparing for Gardens Ottawa, June 12-20.

Photo Kathleen Kelly



Road crew member, Somerset Ave. East

Photo Bob Whitelaw



Terry St. Jean (Templeton Ave.), starting his garden clean up on March 25.



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