

Photos HS Studio



ASH board unmasked! Several new and returning members of the 2021-2022 board of directors of our community association gathered for an introductory photo on May 30. They include (l-r) Jan Finlay, Trina Cooper-Bolan, Will Milner, Michael Barnes, David Elden, John Verbaas, Peggy Ducharme and Susan Khazaeli. Not pictured are four returning members of the ASH board, Hilary Duff, Cathy Major, Megan Reilkoff and Yipeng Gee.

Action Sandy Hill has a new president

François Bregha

At its May 27 annual general meeting, Action Sandy Hill elected a new president, Susan Khazaeli, who will replace Susan Young who is stepping down after two years in office.

Susan Khazaeli is originally from Toronto and moved to Sandy Hill for her doctoral studies at Ottawa U. She fell in love with the neighbourhood—its history, architecture, ethnic diversity, and bilingualism—and decided to stay. As a mother of two young children living in the northern part of Sandy Hill, she is concerned by the health and safety issues related to discarded syringes and drug paraphernalia. At her son's daycare a needle was found by a preschooler who then had to be tested for hepatitis and HIV.

While Ms Khazaeli recognizes the many issues that the rising student population has raised for Sandy Hill, she is concerned that not enough attention is given to the adverse effects of the shelters and harm reduction services in the area.

Ms Khazaeli would also like to help ASH expand its membership and promote an enhanced sense of community. She looks

**Susan Khazaeli, ASH President**

enviously at what the Glebe has been able to achieve especially with the Great Glebe Garage Sale and the like. That said, she recognizes that ASH will likely have to wait until after the pandemic to pursue such ambitions.

For the second year in a row, the annual general meeting was held virtually. In

**Rob Sinclair, Volunteer of the Year**

previous years, the association's AGM attracted a sizeable crowd to the Sandy Hill Community Centre and was an opportunity to meet our elected representatives at the municipal, provincial and federal levels as well as to hear ASH's annual report. This year, ASH streamlined the agenda to focus on the business of the AGM.

Last year again was a busy year for the ASH board despite being at less than full strength throughout the year. Once again, issues related to planning and development took up most of the attention. Still, among other things, ASH also sponsored a set of guided walks, maintained 11 planters and flower beds throughout the neighbourhood, published a regular newsletter for its members, liaised regularly with our Councillor Fleury, City officials, the University of Ottawa and members of other community associations, administered the skating rink, and started planning for the construction of a new gazebo in Strathcona Park.

The AGM elected new members to the board to replace those who are stepping down (Susan Young, Paula Tchen and Claude Jobin). Besides Susan Khazaeli, these are Peggy Ducharme (formerly with the Rideau BIA), long-time resident Jan Finlay and Will Milner.

Volunteer of the Year

At every AGM, ASH recognizes an individual based on outstanding contributions to the community. This year, it is Rob Sinclair for his tireless efforts to make the Rideau Winter Trail a success.



Parenting challenge

John Cockburn took this photo on the Hurdman pedestrian bridge in early May.

He wondered at the time how the goose would get the goslings off the buttress—a 30-foot drop to the river below. If you saw it happening, please let IMAGE know!

Good news from the ByTowne Cinema

On May 27, the ByTowne's proprietor Bruce White released some very good news, lightening the gloom of the pandemic's third wave lockdown.

After the pandemic has been brought under control, he announced, new management will take over and the ByTowne will re-open. The new owners plan to continue the tradition of the ByTowne and operate an indie cinema that will offer international films, documentaries and Canadian movies.

Meanwhile, the theatre's marquee is still open for business. A Sandy Hill resident commissioned the message shown above at the beginning of June, applauding the hardworking staff of the community health centre across the street.



IMAGE

Founded in 1972 under the
direction of Diane Wood

22, av. Russell Ave.
Ottawa K1N 7W8

Fondé en 1972 sous la
direction de Diane Wood

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

IMAGE is published in **February, April, June, October and December**. 7,500 copies are printed (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.

IMAGE reserves the right to edit in whole or in part all such contributions.
Tel: 613-237-8889
E-mail: image22@rogers.com. Requests to join our IMAGE Specials email distribution list are welcome.
Website: imagesandyhill.org

Editor:
Jane Waterston

Rédactrice de langue française :
Betsy Mann

Advertising: Jan Finlay, Peter Rinfret

Administration: Christine Aubry, François Bregha, Hilary Duff, David Elden, Jan Finlay, Frank Heilingbrunner, Betsy Mann, Jan Meldrum, Kathy Moyer, 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, Pierre Cantin, Hilary Duff, Kathleen Kelly, Paula Kelsall, Bob Whitelaw

Deadline

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

September 19, 2021
(target delivery October 8)

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

Questions re delivery?

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

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

En 2021, IMAGE sera publié en **février, avril, juin, octobre et décembre**. Son tirage est de 7 500 exemplaires (6 000 durant la pandémie COVID). Il est distribué gratuitement dans la Côte-de-Sable. On peut également l'obtenir aux plusieurs commerces du quartier.

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

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

IMAGE se réserve le droit de modifier en tout ou en partie les documents soumis.
Tél: 613-237-8889
Courriel : image22@rogers.com. Nous vous invitons de vous joindre à nous!

Date de tombée

Publicité, articles, photos et autres soumissions

le 19 septembre 2021
(livraison prévue le 8 octobre)

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

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

You've
been
flagged



Letters to the Editor of IMAGE

Sandy Hill must have a Green New Deal

As climate science piles high, it is crystal clear Sandy Hill and the nation's capital must enact a Green New Deal. Referring to our climate crisis as "climate change" diminishes its severity and consequences for us and all life. It's very much like referring to genocide or extinction as "population change."

We are in a dire climate emergency. Our climate, ecological and health crises are all interlinked. But we no longer see the links between them because our relationship with nature is broken. We have to connect the dots.

A Green New Deal is a "climate positive" step forward in this regard because it would help us to understand that humans are not separate from nature and that we can no longer behave as such.

Solutions or mitigation practices for our climate crisis won't be found in the concepts of "Net-Zero Greenhouse Gas Emissions 2040 & 2050" currently espoused by city, provincial and federal governments. We can't stop global heating; we can only slow the effects of it. And this is an extremely time-sensitive issue.

I respectfully ask all Sandy Hill residents to familiarize themselves with the notion of a Green New Deal (<https://canadians.org/greennewdeal>) and contact the city councillor, MPP and MP to voice concern for our environment.

Please demand a new path for Sandy Hill and Ottawa. Demand a Green New Deal. It's the right thing to do.

Mike Mackey
Stewart St.

Back with a bang! Working Title's reopening BBQ

On May 22, the Working Title Cafe came back with a bang! On the terrace, the grill was set up and ready to cook delicious-looking burgers, Mexican corn and outstanding squid (don't shudder, it really was superb!), the ice cream stand was open, and lines of customers were happy to wait, delighted to be chatting with each other. You could either do takeout or spread a blanket on the grass and eat picnic-style just outside the terrace proper.

We can vouch for the grilled octopus salad (actually it was squid)—a generous

helping of wonderfully tender squid pieces that topped fresh young greens, juicy mini-tomatoes, and red onions served with an "ink mayo" dressing. It all was prepared right in front of our eyes and it was all excellent.

Leanne said she is looking forward to doing this as often as possible. We'll be back—what a great way to celebrate the arrival of summer right in our neighbourhood!

Dodi and Larry Newman
Laurier Ave. East



This photo, taken in a grocery store in Berlin, Germany, advertises "New merchandise—just arrived: COVID-19 fast antigen test". Pay 4 Euros (about \$5.50), self-test at home, and in 15 minutes you have the results. Why can't we do this in Ontario? — **Dodi Newman**

To our beloved customers

All of us at the Cadena Spanish Restaurant & Tapas Bar wish to extend sincere gratitude for your ongoing support throughout these difficult times.

The support you have shown for our family-owned and family-run restaurant is immensely appreciated. Your contributions have played a significant role in our growth and opportunity to provide for our community.

We cannot wait to open our doors once again and continue working alongside you. We are eager and ready to invite you and your loved ones to a badly needed special night out!

Sandra Cadena
Somerset St. East

Chez
Lucien

BAR

137 Murray
@ Dalhousie
Byward Market
241.3533

Sandy Hill's
place
in the Market

Côte-de-Sable
se retrouve
au Marché

DENYS
BUILDS
DESIGNS

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

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

EXPERIENCE THE DENYS DIFFERENCE

Subject: Street and sidewalk maintenance

To: Councillor Mathieu Fleury, Mayor James Watson
From: Larry Newman, Sandy Hill

Photos Larry Newman

Some weeks ago, I walked across Laurier Avenue East at Nelson on a nice brick paved intersection, and noticed that the city had used asphalt to fill in the spaces where the bricks were missing. This was not the first time that I had observed this and I took pictures. I thought that I would, someday, write a letter of complaint to the City Paving Department.

A few days ago, I was walking on Sweetland Ave and noticed that the city (I suppose) had recently patched part of the sidewalk.

This seems to be a longstanding practice and I think it looks shoddy and temporary. This sort of patching is everywhere. What is the point of laying out an attractive, decorative brick crosswalk, then, when a brick disappears (crumbles, stolen?), spending a few minutes patching it with the cheapest material one can find?

One has to ask another question: why do these bricks pop out anyway? Are they laid poorly? Is our climate too demanding for brick crosswalks?

The bottom line is that I object. I object to using the lowest cost repair that cheapens the look of a crosswalk that we had decided deserves a bit of a decorative architecture. I want the City to remove the asphalt patch and do the right thing – replace a brick with a brick. Retain the original look.

Care about your/our crosswalk architecture.



Test your memory and IMAG(E)ination

Photo Bob Whitelaw



Does this look familiar to you? Let us know where it is in Sandy Hill and we'll give you some newsprint applause in the October issue of IMAGE.

Photo Bob Whitelaw



Last issue's mystery revealed (above)
The roofline we featured last issue is the third floor right side dormer window at 500 Wilbrod St., built in 1903 by J.R. Booth for his eldest daughter Helen and her husband Andrew Fleck. Today the house is occupied by the Algerian Embassy; previously it was Canadian HQ of Maharishi Heaven on Earth Development Inc.

Congratulations to **Michael Barnes** for correct identification of the photo, shortly after a neighbour across Wilbrod St. disqualified himself because he "savour[s] this gorgeous building every day of the year."

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

Webinars for community—the alternative to Zoom and Netflix

Judy Rinfret

During the last twenty years, it has been discouraging to "fight city hall." Time, effort, and money seem to have effected very little. Nevertheless our neighbour to the south, (Old) Ottawa East, is promoting community values.

Recently Ottawa East successfully challenged the new ward boundaries, which would have added the University of Ottawa's Lees Avenue campus and all the apartment blocks and park near the transitway to our Rideau Vanier ward. After years of expectation, the Flora footbridge has been built. Though somewhat compromised, the development of the Oblates property on Main Street has been prescribed by the community's plan.

During 2021, Ottawa East's newspaper, *The Mainstreeter*, the Community Activities Group of Old Ottawa East, and the Mauril-Bélanger Social Innovation Workshop are presenting a series of webinars to inspire all communities.

Community Advocacy was the fourth of the six webinars. Four panelists amplified the theme: John Dance and Heather Jarrett, long time residents and activists in Ottawa East; Angela Keller Herzog, executive director of CAFES (Community Associations for Environmental Sustainability); and Councillor Shawn Menard.

The discussion was lively and pertinent. John Dance explained the realization of the Flora footbridge across the canal (between Clegg and Fifth Avenues). One hundred and twelve years ago Ottawa

East was promised a bridge to join the city of Ottawa! The community's vision, research, and advocacy were enhanced by the crucial support of other potential user groups, the ward councillor, MPP, and MP.

Heather Jarrett described Ottawa East's diligence, expertise, and creativity to uphold the community design plan for the former Oblate property next to St. Paul's University.

Angela Keller Herzog spoke about the huge commitment and work involved to analyze and prepare a position paper (The People's Official Plan or POP) for Ottawa's proposed Official Plan, particularly focusing on the aspect of 15-minute neighbourhoods which will only be a concept without intense community effort.

Councillor Menard expressed appreciation to these panelists for the support and assistance community groups offer to his work at City Hall.

All panelists agreed that grassroots efforts, whether successful or not, also help create strong, vibrant communities, getting from NIMBY to YIMBY.

Future sessions

There are two more sessions: *Living Safely in the Community* - Wednesday, September 15 at 7:30 p.m. (Register at: https://bit.ly/publicsafety_ooe) and *Old Ottawa East 2040* - Wednesday, November 17 at 7:30 p.m. (Register at: https://bit.ly/ooe_2040).

Previous webinars - *Food Security & COVID-19*; *Sustaining Biodiversity in Old Ottawa East*; *Affordable Housing & Healthy, Diverse Communities*; and *Community Advocacy*—may be viewed at: <https://drive.google.com/drive/>



Decorating Ottawa & area since 1948!

Residential ~ Commercial ~ Builders

CONSULT WITH A SPECIALIST...

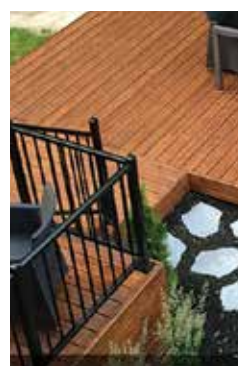
Paints | Stains | Window Treatments | Wallpaper | Designer Fabrics | Furniture
Flooring | Granite & Quartz Countertops | Kitchen/Bath Knobs & Pulls
Paint Colour Matching (any brand) | Stain Matching
Decorating & Colour Consults

CUSTOM BLINDS, SHUTTERS, DRAPES & SHEERS



- Featuring Hunter Douglas, Shade-O-Matic, Altex and Maxxmar – quality choices for every price point, including motorized operating systems
- Guaranteed fit
- Visit our in-store gallery or arrange for a FREE in-home or virtual consultation

PAINT, STAIN & SUPPLIES



- Ottawa's go-to place for paint and stain colour matching – any brand
- Featuring top-performing products for all your interior, exterior and cement surfaces including C2, PPG, Sansin, SICO Proluxe and Storm
- Professional in-store and in-home colour specialists
- Poster-sized, real paint, take-home chips
- Randall's in-store exterior specialists can advise you about good wood and cement health for your deck, porch, fencing, the exterior of your house, and all your interlock and cement surfaces, including pools


🍁 Shop Local 🍁

555 Bank St. (FREE parking behind store, off Isabella St.)
randalls.ca | 613-233-8441 | bankst@randalls.ca

CITY COUNCILLOR

MATHIEU FLEURY

CONSEILLER MUNICIPAL



Version française disponible en ligne au mathieufleury.ca

CREATING BETTER ROUTES, SAFER STREETS:

NEW MEASURES & PLANS COMING TO SANDY HILL FOR ALL

Soon cyclists in Sandy Hill will be rolling along.

Thanks to \$2M Section 37 money from the development located at 151 Chapel, cycling improvements in the neighbourhood are getting a significant boost.

These new improvements will connect to existing cycling infrastructure in Sandy Hill, through Lowertown to enter the ByWard Market.

The route in focus begins at York Street and King Edward Avenue and goes east, across King Edward to Beausoleil Drive, then to Chapel Street to Somerset East.

Currently, a consultant is working with City staff to create this plan, which will also likely have the added benefit of offering traffic calming initiatives, to help favour a safe cycling corridor.

Once the draft plan is available, I am looking forward to sharing it with the community for input to make sure this route reflects the needs of our community and cyclists.

LEES OVERPASS

As we travel along to the other end of the neighbourhood, there are several concerns about crossing the Lees Avenue overpass. To name a few of the issues we are looking at fixing:

- o The bike lane stops abruptly halfway up the overpass
- o Buses stop on the top which blocks traffic
- o People try to pass the buses and risk hitting oncoming traffic
- o People do not stop at pedestrian crossing

To address these, we are working with road safety and the City's cycling teams to improve the cycling integration over the overpass to Mann Avenue. As a vital link for our community and new developments being proposed along the corridor, these fixes are necessary – especially as we will see more pedestrian and cyclist movement in the future. I look forward to updating the community about what these improvements will be and when we can see the changes implemented.

GATEWAYS

Safety in our community is of utmost importance. And one of the main drivers of worry is speeding along our residential streets. Now, this worry will soon be a thing of the past – with the introduction of 30km/hr zones in all Rideau-Vanier communities on residential streets.

The reduction of speeds makes for safer communities. These targeted reductions in Sandy Hill will improve safety to get to and from parks, schools, places of worship, etc. As many know, traffic speed has a direct impact on the safety of our streets and having gateway speed zones of 30 km/h—coupled with temporary traffic calming measures, enforcement and other traffic calming initiatives increases safety for all.

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

News Bites

Besserer Park still under threat

As reported in the last issue of IMAGE, at least 10% of Besserer Park could be lost and about 20 mature trees cut if approval is given to TC United's road-opening application. The application asks that Besserer Street be extended into Besserer Park to provide access to three parking spaces at the rear of the developer's proposed 20-unit apartment building at the bottom of a steep slope at 244 Fountain Place. This application which conflicts with both the Uptown Rideau Street Secondary Plan and the Sandy Hill Secondary Plan is still ongoing.

Over 1,000 apartment units are under construction on Rideau Street nearby, so the City's statement in its Parks and Recreation Master Plan, "*One main requirement for this plan is to determine the need for parkland to meet population growth*" should be taken seriously. It is even more important to preserve public parkland for future neighbours.

Traffic calming

An all-way stop at Sweetland and Templeton has been accepted and will be implemented in June. A speed limit reduction to 30 kph in the Sandy Hill neighbourhood south of Laurier has been agreed to by Council. More work needs doing before the Sandy Hill neighbourhood north of Laurier gets re-designated.

Sandy Hill Community Health Centre seeks board members

Clients of the SHCHC are invited to consider serving as volunteers on its Board of Directors. If you can commit to monthly meetings, advocacy and networking activities for a two-year term, please email Cristina Coiciu at ccoiciu@sandyhillchc.on.ca to get more information.

Pandemic Perspective

Rebecca Gibbons offers an audio Pandemic Perspective that fits nicely into the suite of pandemic stories you found in the April-May edition of IMAGE. For her sound cloud clip wherein five visitors to Strathcona Park tell us how the park is helping them cope with the pandemic go to the IMAGE Sandy Hill website and search *Gibbons*.

Bigger bins coming to Strathcona Park:

Are you tired of seeing garbage overflowing from the small bins in Strathcona Park? Some good news for you: bigger recycling and garbage receptacles are coming to Strathcona Park sometime in June as part of a City pilot project!

New regulations for short-term rentals:

Ottawa City Council passed the long-awaited regulations for a new bylaw that would establish a host permit system for local short-term rental hosts, and rules for short-term rental platforms, like Airbnb, and property managers. The City's new short-term rental regulations will require hosts to provide guests with clear instructions (including: waste management, parking, how to minimize community impacts, etc.) and will also require contact information from hosts and property managers to be provided to the City in order to resolve any community issues in a timely manner. In addition to these measures, the bylaw's regulations also restrict short-term rentals to principal residences. Four additional bylaw officers will be hired to enforce more proactively. A group of landlords has launched an appeal. The Ottawa Fairbnb Update Report and more info on short-term rental regulations are available at: mathieufleury.ca/nouveau-reglement-pour-les-locations-a-court-terme/

Robinson Village Tree Renewal Project

Council has received many calls from the community about the 25 trees recently removed around Robinson Village. Rest assured, all were approved by the City Forestry Manager and went through the correct procedures. The Forestry team is developing a fall replanting plan and this will be shared with the community when approved.

Garbage galore, my everlasting nemesis

Photos Bianca Bertrand

Spring is here, Covid-like still!
Amid a polyphony from songbirds
Blossoming tulips, daffodils and
fragrant hyacinths
Trees and bushes awakening and
burgeoning
But what do I also see on my daily stroll?
Rubbish, detritus, waste, debris, scattered
garbage!!!
On my street, on sidewalks, on my
neighbours' front yards
In my neighbourhood, in community and
city parks
Even on my favourite Poets' Pathway!
Trash, junk, rubble, odds and ends, you
name it:
This pandemic year... a multitude of
discarded masks, gloves, mostly blue
As usual... numerous cigarette butts,
empty packs and their plastic wrappings
Those dreadful plastic water, juice and
pop bottles
Plastic straws and utensils, beer cans,
empty of course!



Even redeemable wine bottles \$\$\$
Tin foil, chocolate bar, candy and gum
wrappers



Even some personal toiletries and
contraceptives!!!
How many disposable coffee cups and
lids, you ask?

Local baristas, take your cue:
With every purchase, strongly advise
clients not to litter!
Local landlords, take your cue:
With every rental, help tenants to keep
premises clean!
Every week or so, my partner and I
collect bags of scraps
Every week, an ever-growing despair
overwhelms me
One talks about global climate change
I talk about community indifference
How will Mother Earth ever survive?
Adopt a road*, adopt the sidewalk in
front of your home
Adopt your own yard for Nature's sake!
Get together at a distance and adopt a
park.
What are most Sandy Hillers waiting for?
Spring is here, again this year,
thankfully...

Bianca Bertrand
Adoptive co-parent of
Blackburn Avenue

*Adopt-a-Park and Adopt-a-Road is a
City of Ottawa program

Eye on Development

Photo Michael Barnes



High-rise tower proposed for 641 Rideau

Michael Barnes

Theberge Homes has proposed that a 25-floor high-rise residential apartment tower be built at 641 Rideau Street, close to the Cummings Bridge. The existing five 3-floor red brick apartment buildings would be demolished. The plan calls for a tower to sit atop a 9-floor street-fronting building podium, providing 311 apartments and 228 parking spaces in a 4-floor underground parking garage.

The proposal violates the City of Ottawa Official Plan and Uptown Rideau Street Secondary Plan. The Uptown Rideau Plan provides clear direction and what is being asked for is not permitted. The developer seeks a 321% height increase from 19 meters to 80 meters.

Furthermore, the proposal would radically increase the mass of the development by 40%. Again not permitted. The developer is applying the secondary plan's provision of "density redistribution" to justify the large mass of the development. However, the proposal fails the "prerequisite minimum standards" for density redistribution; the lot must abut at least two public realms (public areas like streets) to use this provision. It does not. And therefore does not qualify for density redistribution.

In addition, facts should be clearly disclosed to the public. For example, The Transportation Impact Assessment Report notes, "During both the AM and PM peak hours, the study area intersections operate well." No doubt the figures are accurate but the data was collected on January 14,

2021 from the intersections of Rideau Street at Wurtemberg, Charlotte and Cobourg Streets. No wonder the traffic was light that day; it was the first day of the Ontario wide stay at-home-order in the midst of a pandemic.

Shadow analysis is a planning submission requirement which provides a visual model of how the proposed development will cast its shadow. Unfortunately, all 29 shadow analysis images lack the North arrow for orientation and all 29 images fail to show the as-of-right height and massing shadowing and just show the proposed height shadowing. So it is impossible to determine the net increase in shadow against criteria for shadow sensitive areas such as parks and open spaces. The study doesn't appear to meet the required City standard.

Finally, directly across the street from the proposal is the only entire block of 2- and 2 1/2-floor heritage homes on all of Rideau Street. The proposal violates the Secondary Plan in that, "buildings that line the street are a mix of heritage and new buildings, the latter achieving sensitivity to established neighbourhoods." To propose a 25-floor new building facing these heritage homes and the adjoining Besserer-Wurtemberg Heritage Conservation District is totally insensitive. The vibrations from excavation and shoring work of a 4-floor underground garage are a concern for heritage properties. The developer failed to provide a geotechnical study as well.

To sum up: incompatible, noncompliant and insensitive, this application should be rejected.

Proposed development at 2 Robinson

For this large site the City has before it a huge development proposal for residential towers with 1600 units including ground-floor community and commercial space and a new municipal park. There has been consultation between the developer and community organizations—Action Sandy Hill, Sandy Hill Community Health Centre, Ottawa Community Housing, and Coopérative d'habitation

Voisins—facilitated by Councillor Fleury. The 2 Robinson working group is now busy working on: transportation links, community facilities (both parks and gym), affordable housing, and height limits to influence the City Planning report which is due in August. To reach the group contact Cynthia Mitchell: cynmitch@outlook.com or info@ashacs.ca.

— notes from Kathy Moyer



Lucille Collard

MPP / députée Ottawa-Vanier



Chers résidents et résidentes d'Ottawa-Vanier

L'été est dans l'air et j'espère que ça vous remonte le moral! Alors que nous envisageons de laisser cette pandémie derrière nous, je tiens à exprimer ma gratitude à tous ceux qui ont partagé leurs préoccupations avec moi, me permettant d'y attirer l'attention du gouvernement. Je veux également profiter de cette occasion pour donner une brève mise à jour des enjeux auxquels je travaille depuis mon dernier article.

La fin de la session à Queen's Park a été marquée par plus de demandes pour un déploiement de vaccins plus accessible et plus équitable dans la circonscription. Malgré mes questions, mes lettres et mes déclarations répétées, notre communauté a été mal desservie par la distribution de vaccins du gouvernement provincial. Malgré cela, je suis reconnaissante des efforts de Santé publique Ottawa pour combler le vide en reconnaissant le besoin de plus de vaccins dans nos quartiers et en travaillant pour rejoindre les plus vulnérables.

Le 19 mai a eu lieu le débat de mon premier projet de loi à Queen's Park. Il a été extrêmement décevant que le gouvernement ait choisi de rejeter ma proposition d'enseigner aux enfants les réalités des iniquités raciales et sociales en Ontario par le biais du système d'éducation. Cependant, je reste déterminée à bâtir une province plus équitable.

Parmi les autres questions sur lesquelles je me suis exprimée, il y a eu des congés de maladie payés adéquats, l'engagement à offrir des services de garde d'enfants accessibles, la mise en œuvre des recommandations de la Commission d'enquête sur la COVID-19 dans les foyers de soins de longue durée et l'amélioration de la protection de l'environnement. Je tiens à assurer aux résidents d'Ottawa-Vanier que je suis toujours à l'écoute des préoccupations sur le terrain. J'utilise tous les outils disponibles à Queen's Park pour inciter le gouvernement à proposer de meilleures lois pour répondre aux besoins et respecter les droits des résidents de notre communauté et de toute la province.

Comme toujours, merci de continuer de faire votre part dans la lutte contre la 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

Summer is in the air and I hope it's raising your spirits! As we look towards leaving this pandemic behind us, I want to express my gratitude to all those that have shared their concerns with me, allowing me to bring them to the attention of the government. I also want to take this opportunity to give a brief update on what I have been working on since my last column.

The end of the session at Queen's Park has been marked by more requests for a more accessible and equitable vaccine roll-out in the riding. Despite my repeated questions, letters, and statements, our community has been underserved by the provincial government's vaccine distribution. Despite this, I am grateful for Ottawa Public Health's effort to fill the gap by recognizing the need for more vaccines in our neighbourhoods and by working to reach the most vulnerable.

On May 19th, we debated my first Private Member's Bill at Queen's Park. It was extremely disappointing that the government chose to vote down my proposal to teach children about the realities of racial and social inequities in Ontario through the education system. However, I remain committed to building a more equitable province.

Other causes I have been vocal on include adequate paid sick leave, committing to accessible childcare, instituting the Long-Term Care Commission's recommendations, and doing more to protect the environment. I want to assure residents of Ottawa-Vanier that I am always listening to the concerns on the ground. I am using every tool available at Queen's Park to urge the government to bring forward better legislation to address the needs and respect the rights of residents in our community and across the province.

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.

Constituency Office /Bureau de circonscription

237 Montreal Road, Ottawa, ON K1L 6C7

613-744-4484 / LCollard.mpp.co@liberal.ola.org

<https://lucillecollard.onmpp.ca/>SANDY HILL
CONSTRUCTIONYour neighbourhood
QUALITY HOME RENOVATIONS
and restoration specialistsAWARD WINNING CONTRACTOR –
RENOVATOR OF THE YEARFor a comprehensive overview,
please visit our web site:www.sandyhill.ca or call

Nathan Gurnham at (613) 832-1717

SERVING OTTAWA EAST FOR OVER 20 YEARS

Fern Hill School
Preschool to Grade 850 Vaughan Street
Ottawa, ON K1M 1X1Contact:
(613) 746-0255
www.fernhillottawa.comNow accepting registrations
for Grade 7 for the
2021-2022 school year.

**MONA
FORTIER**Députée / MP
OTTAWA—VANIERMona.Fortier@parl.gc.ca
613-998-1860
www.monafortier.libparl.ca**BON ÉTÉ À TOUS ! 🍁 HAVE A GREAT SUMMER!**

Dear friends and neighbours,

I hope you're all doing well and taking advantage of the gorgeous weather we've had all throughout the month of May and enjoyed the Canadian Tulip Festival! As we keep following public health guidelines and wearing our masks into June and summer, it's good to finally be doing it in shorts and t-shirts again!

Throughout the last two months, our government has accelerated vaccine deliveries and we're now seeing the results! Canada has more people vaccinated with their first dose relative to population than our neighbours to the south, and as we get in line to get our shots, more and more Canadians are getting protected.

Last April, Minister of Finance Chrystia Freeland unveiled our 2021 Budget in the House of Commons. I had the privilege of being a part of both the writing and consultation process. From coast to coast, my colleagues and I heard the stories of small business owners, health professionals, teachers, seniors and youth groups, and of course of Ottawa-Vanier residents.

The future is now beginning to look brighter and our government is working hard to accelerate our economic recovery. This significant and historic budget invests in small businesses and entrepreneurs, in youth, women and visible minorities, in the economy of the future and in a green recovery. From our 10\$-a-day childcare program to our commitment to create 1,000,000 jobs before the end of the year, we're betting on the success of Canadians again, this time with an inclusive, green, and fairer economic recovery.

Among the numerous support measures our government is putting forward, we're investing \$4 billion over four years to help small and medium-sized businesses, \$1 billion in the tourism sector, and \$1.5 billion dollars for the Rapid Housing Initiative.

I've been meeting with many of our most involved community leaders and constituents and hearing their concerns. We're all looking forward to summer and gradual reopenings if we keep doing our part, and until then we're going to continue to give our all to help you, your family, small businesses, and Canadians from all around the country.

My office is always ready to answer your questions and concerns. Don't hesitate to call us at 613-998-1860 or email us at mona.fortier@parl.gc.ca!

Chers amis et voisins,

J'espère que vous allez bien et que vous profitez du beau temps qu'on a eu pendant tout le mois de mai, le Festival canadien des tulipes, et maintenant le mois de juin. Alors qu'on continue de suivre les recommandations de la santé publique et de porter nos masques, ça fait du bien de pouvoir enfin le faire en shorts et t-shirts!

Au cours des deux derniers mois, notre gouvernement a accéléré les livraisons de vaccins et nous voyons maintenant les résultats! Le Canada compte plus de personnes vaccinées avec leur première dose par rapport à la population que nos voisins du sud, et à mesure que nous prenons rendez-vous pour recevoir nos vaccins, de plus en plus de générations sont protégées contre la COVID-19.

En avril dernier, la ministre des Finances Chrystia Freeland a déposé le Budget 2021 à la Chambre des communes – un document historique auquel j'ai eu le privilège de participer, tant à sa rédaction qu'au processus de consultations. D'un océan à l'autre, mes collègues et moi avons écouté nos commerçants, nos professionnels de la santé, nos enseignants et enseignantes, nos jeunes, nos aînés, nos plus vulnérables ainsi que les résidents d'Ottawa-Vanier.

Des jours meilleurs sont maintenant à portée de main, et alors qu'on finit le combat contre la COVID-19, notre gouvernement travaille avec acharnement pour accélérer notre reprise économique. Ce budget significatif et historique investit dans les PME et nos entrepreneurs, les jeunes, les femmes et les minorités visibles, dans l'économie de demain et une reprise économique verte. De notre programme de garderies à 10\$ par jour à notre objectif de créer un million d'emplois avant la fin de l'année, en passant par nos nouveaux fonds et programmes de formation pour les industries et secteurs en croissance, on mise sur le succès des Canadiens encore une fois avec un budget inclusif, vert et juste pour affronter la prochaine année.

Parmi les nombreuses mesures de soutien qu'on propose, on investit plus d'1 milliard \$ dans l'industrie du tourisme, 4 milliards \$ pour les prochaines quatre années pour aider nos PME à grandir et prospérer, et 1.5 milliards \$ pour l'Initiative pour la création rapide de logements en 2021-2022.

J'ai rejoint certains des commerçants et leaders les plus impliqués au sein de notre capitale nationale il y a quelques jours pour discuter du budget. Nous avons tous hâte à cet été et les réouvertures progressives si on continue de faire notre part. Nous continuerons à soutenir vos familles, les petites entreprises, et les Canadiens de partout au pays à travers ce dernier effort!

Mon bureau est toujours disponible pour répondre à vos questions. N'hésitez pas à nous appeler au 613-998-1860 ou de nous envoyer un courriel à mona.fortier@parl.gc.ca!



Activists gathered Wednesday in Vancouver's Downtown Eastside neighbourhood to show how bringing drug use into the light could help save lives.

EXTRA, EXTRA — FREE DRUGS IN VANCOUVER!

Larry Newman

Does that headline wake you up? How about this one in *The Tyee*, a free newspaper in B.C.: **For one day, BC activists handed out clean heroin and cocaine?**

I received permission from Robyn Smith, Editor-in-chief of *The Tyee*, to copy verbatim some parts of the article which was written by Jen St. Denis. Tyee is the indigenous name for Chinook Salmon, a native fish.

I've written about the illegal drug situation in Ottawa in IMAGE this past year. There were two reasons: The first was the establishment of a Supervised Consumption Site at the Sandy Hill Community Health Centre with the expected increase of drug users and dealers into Sandy Hill. The second reason was to shine some light on the details of illegal drug sale, consumption, and treatment. Supporting the sale of safe opioids to drug users was the topic of my last article in the 2021 April-May issue.

Now, we will hear about free drugs in Vancouver —

"Illicit drugs are usually bought in the shadows, and then often consumed alone. But as Canada's black market drug supply has become increasingly tainted with unstable mixes of fentanyl and benzodiazepines [tranquilizers], both are increasingly deadly activities.

"The protest came as British Columbia entered its fifth year of a public health emergency because of rising deaths due to poisoned drugs. The group, the Drug User Liberation Front, staged a similar event last year.

"At Dunlevy and Hastings Streets, members of the Drug User Liberation Front set up a table and gave out heroin, cocaine and methamphetamine in small cardboard boxes. The boxes were clearly

labelled with what was in the drugs and at what percentage — for instance, '40 per cent heroin, 60 per cent caffeine.'

"The group said the drugs had been tested before distribution and did not contain 'fentanyl, fentanyl analogues, benzodiazepines and many other harmful cuts, buffs or adulterants.'

"Mary, a Downtown Eastside resident who picked up a box of heroin, said she had overdosed several times. She marvelled at the small box in her hand, with its label showing what exactly she would be taking. 'We don't do heroin — it's fentanyl down here, or whatever somebody makes us in a bathtub,' she said.

"Mary has tried prescribed safe supply in the past, but it hadn't worked for her because her doctor was not allowed to increase the dose of her prescribed opioid.

"Scott said he'd never had unadulterated cocaine, and he wanted to know what it was like. He said he had overdosed several times.

"If it was done with government backing, then we would know what's in our drugs. If it was sold in stores, people would know as consenting adults,' he said. 'Take a look at what's going on — the black market is forcing us to take adulterants, which is killing us.'

"Eris Nyx, one of the organizers of the event, said the drug handout was limited to people over 18 who already use illicit drugs. 'The group bought the clean drugs on the internet using cryptocurrency', she said."

Bonnie Henry, BC Provincial Health Officer, in 2019, wrote, "The decriminalization of people who are in possession of drugs for personal use is the next logical and responsible step we must take to keep people alive and connect them to the health and social supports they need."

Well said, Ms. Henry.

—with notes from Jen St. Denis of The Tyee



One of Sandy Hill's oldest residences gets a facelift thanks to the Estonian Embassy

Photo Hilary Duff

Hilary Duff

Sandy Hill is home to more than two dozen embassies and ambassadorial residences, and on July 1 it will welcome its latest diplomatic mission: the Estonian Embassy.

Parking his red-plated car across from the future chancery at 168 Daly Ave., Ambassador Toomas Lukk arrived for our conversation with research in hand. It's the October 2000 edition of the now defunct *The Laurier Express* newspaper, and on the front page is a black and white rendering of the building we're here to discuss.

Located near the corner of Daly and King Edward avenues, 168 Daly Ave. is one of the first residences to be constructed in Sandy Hill east of King Edward. The building has Category 1 classification under the City of Ottawa's heritage designation, meaning it is one of the best examples of the overall character of the Daly Avenue Heritage Conservation District.

The stone mansion was constructed in 1875 and was originally owned by William Stewart, a merchant, member of the Legislative Assembly, and land agent for Louis Besserer. Stewart was responsible for subdividing Besserer's property and laying out the streets. (note: Besserer inherited this land from his brother, who was granted it by Colonel John By in 1828. Records say Stewart owned the property since 1840; the structure as it stands today, however, is thought to have been built 35 years later).

Estonia's Ministry of Foreign Affairs purchased the building at 168 Daly Ave. in 2018. Presently, the embassy functions out of a rented space on Dalhousie Street. Renovations and restorations on the Daly location began in 2019 and are now in the final stages.

Gesturing to the architectural rendering, circa 1912, Ambassador Lukk says the goal has always been to maintain the appearance and splendor of the original building. "Renovating something which is valued by the local community and society, you can do it well and you can also fail," he says. "Judging so far from people passing by and talking to me when I'm here, everyone is pretty happy with the result. I think that's the best assessment: if your local community accepts what you have done."

Estonians, Ambassador Lukk notes, are sensitive to maintaining heritage—he points to Estonia's capital, Tallinn, which was established in 1154. The city's Old Town is one of the best-preserved medieval cities in Europe and is a UNESCO World Heritage Site. Interestingly, limestone was a popular construction material in Europe in the Middle Ages, and



Photo Google Streetview

The limestone mansion at 168 Daly Ave. was historically a private residence; this is the first time the building will house a chancery. The glass structure along the upper terrace is temporary—it's allowing for a fresh coat of paint to dry!

Left—A Google Street-view capture of the building in May 2019 before renovations began.



Ambassador Lukk with his 2000 copy of *The Laurier Express* featuring none other than the future Estonian Embassy building.
Photo Hilary Duff

the limestone structure at 168 Daly pulls that thread through to modern times.

Of the many exterior renovations, one involved reconstructing the upper terrace that was part of the building's original design. The front entrance was also brought up to today's accessibility standards, and the base of the building was reinforced with concrete—the residence had no foundation and was built directly on sand. The Estonian and European Union flags were recently raised on June 4, the country's National Flag Day.

Once complete, the chancery will be decorated and furnished by Pille Lausmäe-Lööke, a well-known Estonian interior architect. Ambassador Lukk says the design will be Nordic in style with simple, clean

lines and shapes.

For Ambassador Lukk, the opening of this new embassy emphasizes strong Estonia-Canada relations: "Instead of being in a temporary office, we have established ourselves here in Ottawa. It basically means we are here in Ottawa to stay and this means business and co-operation with Canadians."

As for the Sandy Hill connection, the Estonian Embassy team has initiated a conversation with City staff to have a plaque installed, either on the building or in the yard, so all who pass can learn about this important piece of the neighbourhood's built heritage.

Meanwhile, Ambassador Lukk and his wife have already spent time walking

Sandy Hill's streets, observing the design of other embassies. "It's very tranquil," he notes of the neighbourhood. "We want our house to also be embedded into the environment rather than different from the rest of the ambiance of the area."



Hoyle
SALES REPRESENTATIVE



Jobin
REPRÉSENTANT DES VENTES



claudejobin.com 613.804.7979

Pandemic social services reduced/cancelled

We cannot aim for a “return to normal” — a more equitable recovery is needed

Christine Aubry

There has been a lot of coverage in the media about the disproportionate and devastating impacts of this pandemic on marginalized populations. This had me thinking a lot about our neighbours and other Ottawa residents who rely on the social services provided in Sandy Hill.

While unfortunately I could not interview clients, I was able to speak to staff from three neighbourhood agencies. Jen Clark works at St. Joe’s Women’s Centre, the daytime shelter and Day Program for Ottawa’s homeless and low-income women and their children, on Laurier Avenue. Aileen Leo is on the senior management team at The Ottawa Mission, the emergency shelter and community and social service provider for the homeless and those at-risk of homelessness, on Daly Avenue. Rob Boyd directs the Oasis program based out of the Sandy Hill Community Health Centre (off Rideau Street), offering a range of health and social services to individuals who use drugs, with a focus on harm reduction.

The pandemic’s emergency public health protocols resulted in the cancellation or reduction of essential health and wellness services; for those with poorer health profiles, within a social service system that was stretched beyond capacity pre-pandemic, this spelled disaster. Rob Boyd spoke of having to make life-or-death decisions from day one, with respect to reducing service levels in the consumption service during an opioid crisis.

“[The pandemic has] had terrible effect on participants with addictions and mental health issues—it is difficult for them to grasp and understand, especially without access to phones, cable and/or internet,” said Jen Clark, “Zoom is not an option for this population.”

For the homeless, while the City provided beds in arenas, to compensate for forced reductions in existing shelters, this was not a solution for everyone, especially women: “They feel safer sleeping outdoors,” said Clark. According to Aileen Leo the number of people sleeping outside has doubled from previous years. And while homelessness has not necessarily increased, “It suddenly became much more visible,” explains Boyd, as



The team at St. Joe’s Women’s Centre stands outside the building located at 151 Laurier Avenue East, behind St Joseph’s Church, which is also home to St. Joe’s Supper Table. Pictured left to right: Jane, Marsha, Kathryn, Aaron, Jen.

echoed by a client of St. Joe’s who told Clark: “I have noticed a lot of homeless women getting better access to housing during this pandemic because people finally have realized that people are at greater risk in the shelter system, but this has always been the case and still will be once COVID is over.”

Leo also emphasized the devastating impact on food security in this neighbourhood: “The ward and riding in which we sit has the highest rate of food insecurity in all provinces. It was bad before and now is awful.” The Mission is now providing 2,500 meals a day, up from 1,400 before COVID.

With closures, distancing rules and sanitation requirements, all services had to be re-arranged and re-thought. “What would have taken five to 10 years of change management happened in a few months,” said Boyd.

Being able to reach clients and ensure their basic needs were met required not only time and effort, but money. For those agencies that relied on large fundraising events, you could say it was a double whammy. While there was some additional public funding, corporate and individual donations filled some of the

gaps.

Leo compared the support received from the community during this pandemic to what the Mission saw during the Great Depression: “People in Ottawa have a high degree of compassion for people who are homeless; they recognize the need and they step up. Our neighbours are very kind, compassionate people, we are very grateful.”

The Mission’s community meal program added meals and groceries to-go, as well as a food truck service, now providing 3,000 meals per week—it is so successful that they are raising funds to purchase a second truck. St. Joe’s staff dropped off food and essentials to seniors with health conditions, and a generous toy donation allowed moms to have activities for their children during the April school break. A donation of cellphones from Telus allowed Boyd and his colleagues to keep in touch with their clients, albeit often temporarily. For the Mission’s hospice clients, a donor purchased iPads so they could remain in contact with loved ones.

Some of the new services and changes will be maintained post-pandemic—from phone consultations to food delivery to Zoom memorials.

But for now, at St. Joe’s Women’s Centre, even post-lockdown the impact remains palpable. “We pride ourselves on having a home away from home, but this pandemic has stripped that away, [what was] a warm and inviting space is now all sanitized; [the pandemic] has taken away the centre clients once knew,” said Clark.

The constant changes and vigilance have been, understandably, exhausting for staff. “We used to refer [clients] to so many services that are no longer available and when we cannot refer outside, we need to take the work on ourselves. We’ve had to adapt and become “jack of all trades”—cleaners, counsellors, crisis managers, even Ottawa Public Health navigators,” said Clark.

Boyd spoke of the added stress on staff of witnessing so much trauma first-hand while having to manage their own anxiety: “What we were doing was already very difficult, but now it’s in really obscene conditions.”

With so much media focus on hospitals and seniors homes, you could say the front-line social worker is the forgotten hero working in the shadows. “They continue to come to work. They administer to the needs. They are remarkable people,” praises Leo.

The health literacy component of the job now includes vaccine promotion and coordination, which means convincing some, but sadly not in the way we might assume: “We have heard ‘I’m not worthy of the vaccine’,” Leo explained. “They know the risks, but it is not uncommon to hear them speak that way; we have to convince them that their life has value.”

While many of us are excitedly making post-pandemic plans, the long-term impacts of the pandemic are nowhere near over. Boyd says we can expect a surge in mental health and substance use needs across these communities, what he refers to as “the undertow of the pandemic and the response to the pandemic.” He warns that there will likely be another wave of evictions when CERB payments get clawed back.

Much like the problems that have come to light in long-term care homes, we cannot aim for a “return to normal.” As Boyd insisted: “It is really important that we don’t return to the way things were—it was not working for a lot of people. We need to be talking about equitable recovery.”

Learning support for students

Betsy Mann

“We know that many families have struggled to help their children’s learning over the last year,” says Scott Hopkin, “and people in the St. Albans Church community wanted to offer support.” Since January, Hopkin has been the program coordinator of the solution St. Albans came up with: a free, virtual “homework club,” especially for newcomer and low-income families who might face language and affordability barriers to obtaining help for their children and youth through other services. Calling on his own six years of teaching experience, Hopkin has been in charge of recruiting and vetting volunteers from both the St. Albans community on King Edward and the St. Bernard parish in the south of Ottawa. He then matches them with families who have requested the service.

Even though the program is sponsored by two church communities, it is not exclusively for parishioners. “St. Albans is a very welcoming and inclusive community,” Hopkin hastens to add. “This program

is open to everyone, even if they are not members of the parish.”

“We have a great group of volunteer tutors, ready to help students in grades 1 through 12,” Hopkin says. “All the adult volunteers go through a vulnerable sector police check to ensure safety.” Program volunteers offer their experience and their skills in different subjects, including multiple languages. “I was recently able to match a student with special needs with a volunteer who had experience in that field,” Hopkin is pleased to say.

“We’ve made contacts with a number of schools and have been able to help families in Sandy Hill, Lowertown and beyond,” he continues. “For the time being, however, the response to the program has been lower than expected. We recognize that it is challenging, especially for younger students, to spend so much time in front of a screen and that may be discouraging participation.” Given pandemic restrictions, help can only be offered online, but the hope is that contact between volunteers and students can be given in person in the future.

Asked what the role of a “homework club” might be when school is out, Hop-



**Free
Tutoring**
**St. Alban’s Online
Homework Club**

Free online tutoring for children and youth, grades one to twelve. Offered in English or French. To learn more, contact ohc-cde@stalbanschurch.ca

kin explained that the program is ready in the next few months to support students who may want to catch up on skills over the summer to prepare for classes in the fall. He gives examples: “Volunteers can be there for even simple things like listening to young children practise their read-

ing skills, or for older ones to go over material they didn’t quite understand in their compressed high school courses.”

For further details about participating in this program, send an email to Scott at OHC-CDE@stalbanschurch.ca.

A glimpse into Morocco’s architectural heritage, right here

Photos Hilary Duff

Hilary Duff

Many neighbours have written to IMAGE about the recently-completed renovations at the Embassy of Morocco at 38 Range Rd. I, too, have been admiring the work, reminiscing fondly of my own explorations in the North African country in 2017.

Reaching out to Ambassador Souriya Otmani about the renovations, she explained there is a story behind every design element, and that the chancery has been drastically improved in both form and function. That includes one of the most impressive exterior features: a striking wooden door with brass accents.

The renovations were overseen by Services Conseil Atlas, a construction management company. According to SCA, the door was custom built by master carpenters and skillfully sculpted by artisans from the old streets of Fes. The northeast city is known as the cultural centre of Morocco and the door was designed, constructed, and carved there over the course of six months. Its materials—oregano pine wood and cedar—were carefully handpicked to withstand the unforgiving Canadian winter.

“Its aesthetically pleasing presence reflects the very essence of the Kingdom of Morocco: a harmonious marriage of modern times and deeply rooted traditions,” describes SCA of the design.

Peering through the gates of the chancery, one may notice the two distinct parts of the door. The upper section is sculpted in Moroccan cedar wood. On each side panel is an open web floral design known as *tawriq* which enables the morning light to penetrate the east-facing entranceway.



The renovated 38 Range Rd.’s door details. Note the arch that has become the trademark of Moroccan-Moorish architecture. This particular design pattern is known as *tasstir*, and it features geometric figures and bi-axial symmetry.

The door’s lower section is constructed from a large oregano pine slab, the sides of which are also sculpted with the floral *tawriq* design.

Also notable are the bronze inserts and handles. These features reflect the long tradition of metal use in Islamic architecture and echo the door designs of many medieval mosques and *madrasas* (an

Islamic school or college), including the 12th century Qarawiyyin Mosque in Fes.

“All this history and all these organic materials and forms, binding together, allow this magnificent door to transcend time and frontiers to showcase but a slight glimpse of the architectural wonders unique to Morocco’s rich and long history,” says SCA.



In addition to the door, the *zellige beldi* mosaic tiles on the front stairway were also imported from Fes, and the mosaic continues throughout the interior of the embassy. Diplomatic offices are modern in their function but each door is opulent and handcrafted and custom built; marble slabs compose the main foyer floor and the ceilings are crafted of wood. “It’s such beautiful, complex pieces that have taken a lot of time because it’s all manual work,” explains SCA. “A part of it is truly a gallery.”

The renovations that started in the summer of 2019 have since been completed, though the Embassy won’t be formally opened until further COVID-19 restrictions are lifted.

Said Ambassador Otmani in an email exchange: “It is with great pride that we contribute to improving the appearance of our beautiful neighbourhood with a state-of-the-art embassy that projects a snapshot of Moroccan culture, embedded in a building of Canadian heritage.”

Photo Hilary Duff



The building at 38 Range Rd. was originally built in 1950 as a private residence by architect Auguste Martineau. It was sold to Morocco in 1972.

Photo Google Streetview



The building has changed significantly since this Google Streetview image was taken in May 2019.



By way of contrast... the rear yard of the Embassy of Senegal just around the block,, on Marlborough Ave. — John Cockburn

“When you help parents,
you help children.”

PRC has many supports for parents and children:

- Community Parent Cupboard
- Parent Support Line / Counselling
- PRC Toy Library
- Art packs/crafts available
- Virtual Programming

• June Activity Schedule includes some outdoor activities!

Visit our website or call (813) 565-2467 for more information

Parent
Resource
Centre
parentresource.ca

Pandemic perspectives



Le phénomène des Chiens de pandémie

Alia (gauche) et Anaïs (droite) avec leurs nouvelles chiennes Mookie (une goldendoodle âgée de 11 semaines) et Maïa (berger australien âgée de 5 mois). Les adolescentes et leurs familles, qui habitent les rues Besserer et Chapel, ont décidée que cette pandémie offrait le moment idéal pour adopter un chiot, puisque tout le monde se trouvait à la maison pour contribuer à l'élevage. Elles ont été très

chanceuses de tomber un peu par hasard sur ces petites chiennes - à l'échelle mondiale, la demande est forte! Les adoptions se sont faites en quelques jours mais il n'y a aucun regret. Et les deux familles pratiquent la séparation, pour que le retour éventuel à la vie normale se fasse, on espère, aisément.

—Christine Aubry





Pas encore l'été, mais... Prise le 4 avril dernier au Parc Strathcona.
— Pierre Cantin



Residents of Sandy Hill have seen several control signs posted throughout the community this spring. Hopefully they will soon be historic artefacts.



Socially distanced cyclists and strollers wait for a weekend lunch from the barbecue at the Rideau Sports Centre.
—Paula Kelsall



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

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 !

In praise of Sandy Hill and its people

Nawar Touchan

Photo contributed



Dr. Nawar Touchan has found much to enjoy and value in Sandy Hill.

As a periodontist practicing in Sandy Hill over the past 10 years, I've come to learn so much about our vibrant community and the people who breathe life into all of its rich, diverse, and storied corners. I settled into the community nearly a decade ago when I purchased my practice nestled near the corner of Friel Street and Besserer Street.

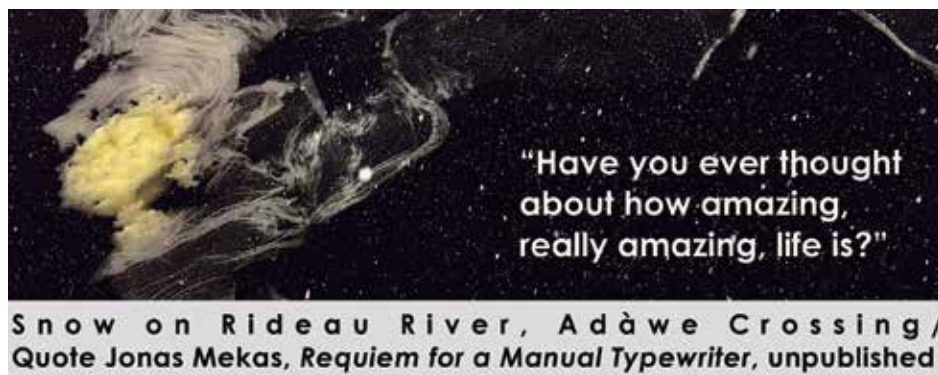
As a newcomer to Sandy Hill, I assumed my connection to the community would be circumscribed by my Monday – Friday schedule: I anticipated that I would drop in to the neighbourhood and perform in my capacity as a gum specialist. I figured that I'd then head home at the end of the day as anonymously as I had entered in the morning. This wasn't what I was hoping for, rather, this was my expectation of city life and working in a downtown neighbourhood.

I've since come to learn how delightfully wrong I was. Over the past several years of working (and also living) in our community, the margins before and following appointments have become some of the most lush of my professional life – the moments between the reclining and eventual raising of the dental chair always get filled with stories of the people of Sandy Hill. I've learned so much about the qualities of the people who comprise our community over my time lingering in these margins with my patients.

A veteran Sandy Hill resident comes in for a dental implant. She hopes to restore her smile like she's restored her heritage home – an iterative process that's spanned years she tells me. She says she doesn't mind – it's a part of living in Sandy Hill. Comes with the territory, she says. The dedication to upholding her property is as much servitude to her home as it is servitude to our community – preserving a peek into the past of our neighbourhood for the visual delight of all those who pass by. A student sits in my chair – she's studying at the university nearby.

She tells me that she loves the mixture of buildings old and new. She says she feels that the diversity of the streetscape speaks to her and gives her a place that she feels at home in – a neighbourhood as diverse and multifaceted as her own background, she says. I see a local business owner with a fractured tooth from grinding excessively – he tells me that although his business has been hard hit by the pandemic, he will carry on. He vowed to never close his doors, for he wants Sandy Hill to have access to the amenities that sustain a community.

Although our neighbourhood is comprised of an eclectic landscape both in people and topography, I needn't look too closely to see the strong community identity present in those I have the great fortune of treating each day. My reverence for our community is ever-renewed each time someone sits in my chair. The souls here, as I've seen again and again, at once are keepers of the memory of our neighbourhood, a call home for those seeking diversity and inclusion, and dedicated protectors of the neighbourhood, ensuring that it thrives perennially. I can't imagine more compelling qualities in a community than that.



Remembering Ann Lazear 1926-2021

On March 22, 2021, our community lost an esteemed friend and neighbour in the late Ann Lazear. Mrs. Lazear, née Tarantour, was proud to call Sandy Hill home for over 80 years, recalling in a recent interview her kind reception by fellow neighbour Prime Minister William Lyon Mackenzie King. The Sandy Hill rink was where she first got to know her husband.



Mrs. Lazear was an accomplished teacher, poet, and painter, who inspired generations of students. To neighbours on Blackburn Ave., she was the gracious (and quietly glamorous) lady who sent cards and waved hello, always interested in what the other had to say. She especially enjoyed the beauty, life, and activity of Strathcona Park. Witnessing the comings and goings of decades of families, Mrs. Lazear expressed a love for her neighbourhood in all its exuberance and kaleidoscopic diversity. On YouTube, you can watch Mrs. Lazear read 'In time gone by, with mighty hand', her 1965 poem that honoured Canada's new flag. In 2015, Mrs. Lazear's poem was read in Parliament.

Mrs. Lazear and people like her are those who made and make community. She is missed and will be fondly remembered by her neighbours for years to come.

—Trina Bolam

Ask about our Weddings "Al fresco"

HARLEQUIN STUDIOS

613 / 241 . 5733  brides@k1n7t6.ca



335 OSGOOD STREET - SANDY HILL

Architect-designed custom home by Jim Colizza, just steps to Strathcona Park & Rideau River parkland.



If you are considering a move, it would be my pleasure to help you.

JUDY FAULKNER

BROKER OF RECORD

613.231.4663

Judy@HomesInOttawa.com



613-789-0800

A Beautiful Smile and Healthy Teeth.

Please come see us for a SMILE consultation.

New patients and Emergencies always Welcome.

Appointments available on evenings and Saturday

389 Rideau St. (at Friel)

FREE PARKING

The murals of Claudia Salguero

Christine Aubry

Claudia Salguero stands in the empty gymnasium of Viscount Alexander elementary school on Mann Avenue, beside the “Belonging” mural that she painted with the students pre-pandemic.

Originally from Colombia, Claudia has called Ottawa home for the past twenty years and is literally changing the face of the city. Across Ottawa, you can find more than 40 of her bright, colourful, joyful murals on the exterior and interior of buildings, in community centres, shopping centres, public libraries, schools and parks. Claudia calls herself a Community Engaged Artist. She is a proud MASC artist (Multicultural Arts for Schools and Communities) and board member of Arts Network Ottawa.

Claudia was recently recognized for her talent and community engagement by the Ottawa Arts Council, receiving the Peter Honeywell Mid-Career Artist Award. Nicole Milne, Executive Director, had these lovely words to say in the letter that accompanied the prize:

“It is important that the Ottawa Arts Council acts as a catalyst in our community to support all artists, but in this case, someone who is making a significant impact in the sector. Your work connects communities. And it is presented in a way that reminds us of the importance of the value of art in our everyday lives. It provokes discussion and contemplation, and contributes directly to our well-being. Thank you for sharing your talent with us. I have long admired your work and look forward to seeing where your next creative adventure will take you.”

Like many artists, Claudia is finding this pandemic very difficult, but her heart really goes out to the children: “So many



Claudia Salguero and her mural Belonging, at Viscount Alexander School.

murals have been installed without any celebration, it is so sad for the kids.” Claudia has been doing art workshops online, “But it is not the same,” she says, lamenting the loss of community and sense of connection that you get from creating art with others. With the extension of this latest stay-at-home order, she has had to start work alone on her next mural. The Wisdom Mural, inspired by Indigenous teachings from around the world, will be installed on an Ottawa Community Housing property on Bank Street. Claudia is very excited about this project and cannot wait to work with her neighbours again.

For more information about Claudia, the murals around Ottawa, and the Wisdom Mural, visit www.claudiasalguero.com. You can follow her on Facebook at Claudia Salguero Art, and on Instagram as @claudia_salguero.

A little digital miracle is going on down in lower Sandy Hill

Peter Evanchuck & Hélène Lacelle

Man and machine now occupy our little piece of Sandy Hill. Inmates of Hurdman and Robinson hear the familiar sound of construction as the roar of the pandemic is usurped by the roar of loaders, dozers, cranes and trucks. It’s the 21st century and “times they are a-changin’.” For our area, condo mania has overtaken nature.

Many of us sit and watch our life being interrupted and changed as this isolated island of greenery will soon be overrun with hundreds of interlopers.

Meanwhile with the help of Apple’s iMac27 and final cut pro software, we have reached out digitally to the international community of creative folks showing them bits and pieces of our Canadian way of life through art, photography and movies.

The success of our documentaries and dramas has been overwhelmingly far above what Helene and I expected – awards, recognition and invitations to Florence, Moscow, L.A., Rome, New York, Venice



Posters: Helene Lacelle and Peter Evanchuck

to name a few, have been in my emails for the past three years as our movies appeal to a wider and wider festival audience.

Our latest documentary, *Strange Uncle Gerry*, about my bi-polar buddy is a real and raw documentary shot with new digital camcorders that allow enormous freedom of movement and freedom from the high cost experienced when I was shooting film. As is Alice Unloved starring my partner Hélène Lacelle who gives a fine performance as she attempts to live an existential life to reach her full potential as an artist but discovers she can’t live without love. Both are original and unique... sort of like movies you’ve never seen before.

They were supposed to premier at the ByTowne but that’s closed now as once again condos remove the life that I had for the crowding overflow of the modern world.

I’m now working on a new documentary <bipolarBUDDIES. I plan to use Zoom to garner comments from Sandy Hillers; if anyone wants to say a few words about mental illness contact pevanchuck@hotmail.com and we’ll set up a Zoom session.



The Main Farmers’ Market is back for another great year of fresh, local food.

Le marché agricole de la rue Main est de retour pour une autre excellente année de produits agricoles frais et locaux.

210 Main Street. Every Saturday, May to October, 9 a.m. to noon.

Pre-order online, or shop in person—it’s your choice. To pre-order, go to mainfarmersmarket.org and follow the link.

210, rue Main. Tous les samedis jusqu’au 30 octobre, de 9 h à 12 h

Précommandez en ligne ou achetez en personne, c’est votre choix. Pour précommander, allez sur mainfarmersmarket.org et suivez le lien.



mainfarmersmarket.org
Facebook (@mainfarmmarket613)
Instagram (@mainmarketottawa)



CHARTIER
PHYSIOTHERAPIE

WALK-INS
WELCOME!

We are
OPEN

Virtual Telehealth + in person
appointments available

Physiotherapy ~ Massage Therapy
Medical Acupuncture ~ Personal Training
Workshops ~ Naturopathic Medicine

Contact us for
Personal Training
Summer Specials

SAME DAY
APPOINTMENTS
AVAILABLE

Nous sommes
OUVERT

Télésanté virtuelle + en personne
rendez-vous disponibles

Physiothérapie ~ Massage thérapeutique
Entraînement personnel ~ Ateliers
Médecine naturopathique ~ Acupuncture médicale

Contactez-nous pour nos
Offres d'été
d'entraînement personnel

RENDEZ-VOUS
le jour même
DISPONIBLES

www.chartierphysio.com

613.680.3993

Sandy Hill freebies

A Facebook group allows members to share

Dancia Kendra Susilo

In times of isolation, financial hardship, and stressful news, it can be difficult to maintain a positive perspective. Luckily, the “Buy Nothing Sandy Hill, Ottawa, ON” group on Facebook is active and bountiful. This group gives hope, help, and happiness for people throughout the neighbourhood during these precarious times.

Members can make a post on the group page, listing what they have to offer for free. Items can generally range from food, to clothes, to furniture, to pet accessories. People are also allowed to post a request, asking others if they are in need of a particular item. However, there are restrictions at times due to the pandemic. This is moderated by the group admins who must approve the listing before it is published in the group. Other members can comment on what they would like and the member who receives the item is selected by whoever listed the items. Selections can be made by the following methods: first come, first served; a draw using a digital randomizer; or necessity. The items are then exchanged through pick up or delivery, with COVID-19 guidelines in effect.

Members of the “Buy Nothing Sandy Hill, Ottawa, ON” have enjoyed connecting with fellow members of the community, feeling better established in this neighbourhood. This is especially true for people who have recently moved to Ottawa for educational or professional purposes and do not know anyone here. The generosity of members and compassion of everyone involved creates happiness. Whether providing free items, receiving free items, or watching the transaction, people have a sense of joy. It feels eunoic [from eunoia, which the online Cambridge dictionary defines as “a feeling of goodwill, being friendly and wanting to



Stephanie and Louie trading dog toys with Dancia and Chipper

help”] knowing people in the community care about one another.

This community kindness has encouraged many people to stay in the neighbourhood and form better relationships with their neighbours. Not only does this reinforce mental wellness, but it is also more eco-friendly and creates a sustainable way of living. Rather than discarding items that would otherwise end up in landfills, other people can make use of these items. The majority of items are functional and used for their intended purpose, but this can also be a great way to find materials to reuse in different ways. Some items can be used for art projects or recreated into a new tool.

A few members who have lived in various neighbourhoods mentioned that there are similar groups throughout Ottawa. However, they noted that “Buy Nothing Sandy Hill, Ottawa, ON” is the most

welcoming. This comforting feeling encourages more interactions and listings. It makes people more willing to help out other members of the community who are in need. This altruistic drive doesn’t end at undesired items. People often loan items, trade, or volunteer their time. As one member describes it, “We are promoting a circular economy with a dose of kindness.”

Those who are not members are encouraged to join and interact with fellow group members. It is a great way to learn about the community and feel connected with others. This community generosity is not to be taken for granted and we are lucky to be living in a wonderful neighbourhood. Promoting an earth-friendly and neighbourhood-friendly solution to wastefulness and clutter, “Buy Nothing Sandy Hill, Ottawa, ON” is an incredible group to join.

Just Ask IMAGE

Where did those Nextdoor Sandy Hill letters come from?

Residents of several streets in Sandy Hill were surprised recently to receive a stamped envelope labelled to “Sandy Hill Neighbour” with their address. Inside was a letter inviting them to use a free app called Nextdoor Sandy Hill to connect with neighbours. The letter was signed by ‘Your neighbour, Dr. Isabelle Roy, Chapel Street.’

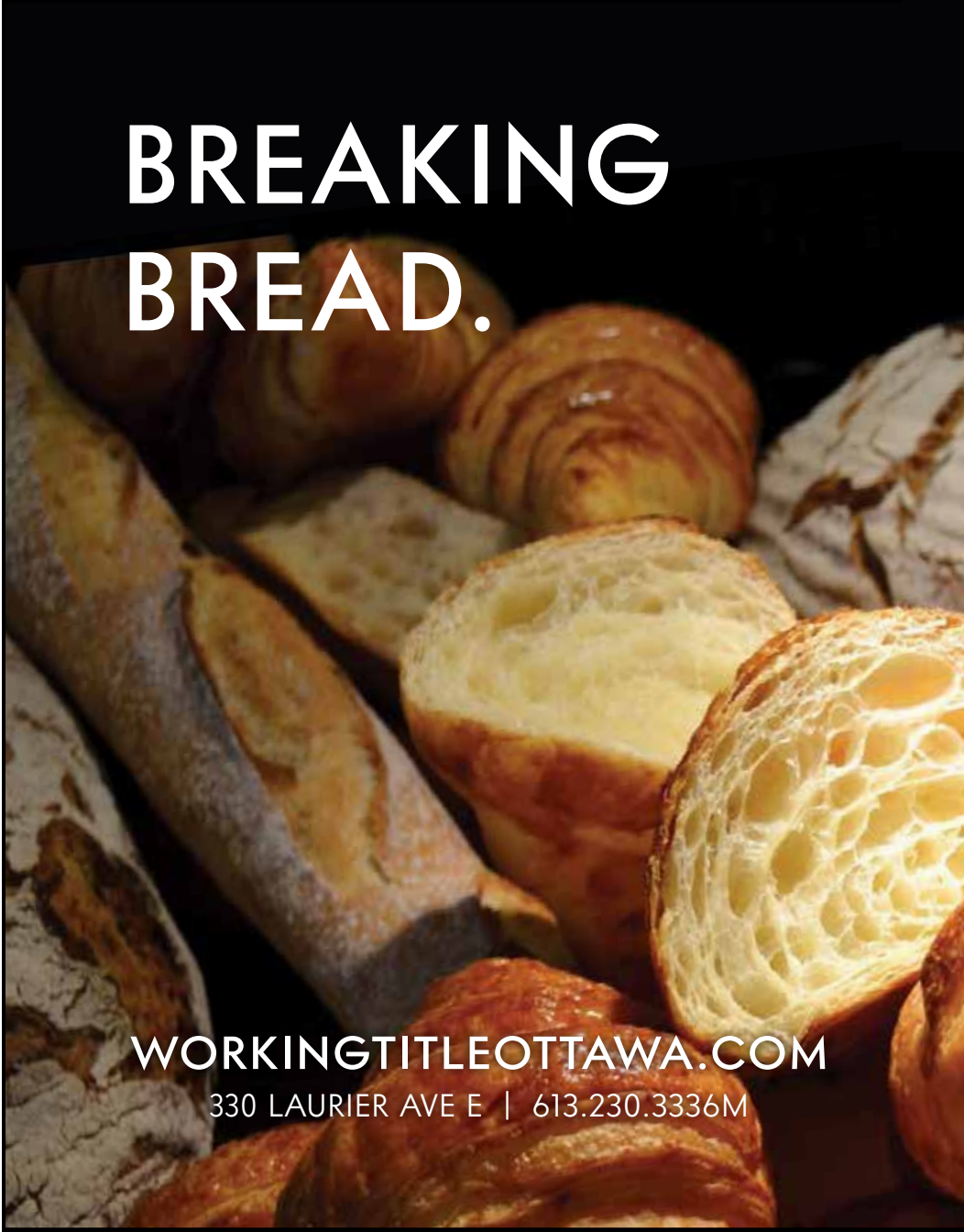
Intrigued by this invitation, IMAGE contacted Isabelle Roy at her chiropractic office in Kildare House at 323 Chapel. Dr. Roy explained, “I’m still learning about how this app works myself. I heard about it from a colleague in the States who said it was sort of like a smaller, better Facebook, where neighbours could exchange local information like lost pets and safety updates, and stuff to buy and sell. It sounded like it could be really useful.”

She went on to say that she did not actually write or send the letter herself, but merely suggested streets that the letter could be sent to. “The Nextdoor company took care of the rest. Because people need to sign up with a code that has been mailed to their home address, only people who are verified to actually live in the neighbourhood can join the group. You are connecting with your neighbours, not someone on the other side of the world.”


The letter says there are already over 800 posts on Nextdoor Sandy Hill. IMAGE would be interested to hear from anyone who has had experience with the social networking app themselves: either here, in another neighbourhood, or in one of the 11 countries where it is active.

— Betsy Mann

BREAKING BREAD.



WORKINGTITILEOTTAWA.COM
330 LAURIER AVE E | 613.230.3336M



BY: all saints

ARTISAN BAKERY

OPEN DAILY 8AM TO 5PM

THE MERRY DAIRY ICE CREAM

OPEN DAILY ...SOON

SAT/SUN BRUNCH

10 AM - 2 PM | OPEN JUNE

RESTAURANT with COVERED TERRACE

7-DAYS A WEEK | OPEN SOON

We were once Ottawa’s railway centre

LAC PA-165400

Ken Clavette

Over the years I have had the chance to listen to people reminisce about Sandy Hill’s railway history. Families struggling through the depression of the 1930s would send their children down to the tracks running along the canal to collect the coal that would fall off the fully loaded trains as they pulled out of the Union Station. Many families in the southern part of the community were employed in some way with one of the railways. Young Richard Merritt Jr, who lived in my home, was working as a baggage handler at the Union Station when he enlisted in World War One.

Tracks ran adjacent to the Rideau Canal starting in 1896 when lumber baron J.R. Booth built the Central Railway Depot to serve his Canada Atlantic Railway (CAR). The Depot was just south of the building known as the Union Station, later as the Government Conference Centre and now serving as the Senate Chamber. In 1909 construction began on the new station, opening to the public in 1912. It served Ottawa until 1966 when trains no longer came downtown but stopped at the Alta Vista Station. Gone was the last of Sandy Hill’s long connection with the railway history of the city.

The canal tracks were only part of “Railway” Sandy Hill. In 1890 Booth built a Railway Roundhouse to service and repair his Canada Atlantic Railway rolling stock. The large building was just south of Mann Avenue (then called Gladstone), about where the OTrain and the Nicholas Street interchange with Highway 417 now are.

In 1898 the Ottawa & New York Railway (ONYR) came into Ottawa. Unable to use the CAR Depot along the canal, they build a terminus station at the foot of King Edward Avenue.



Dec 5, 1909 Canadian Northern Railway first train arrived at Henderson and Mann. LAC

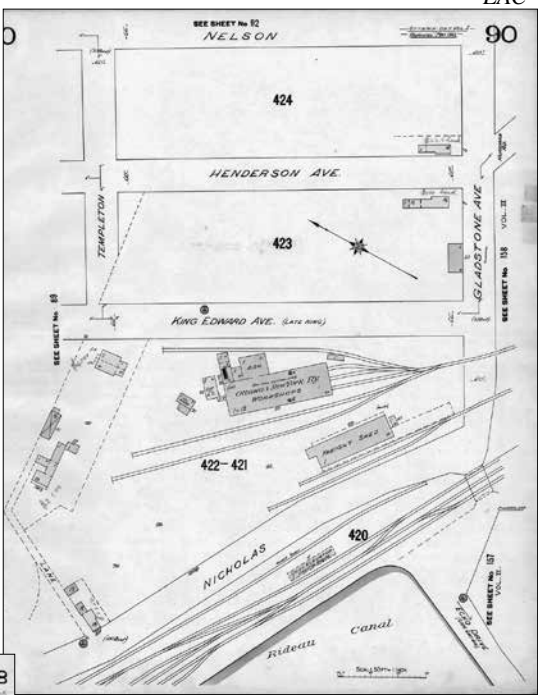
The Canadian Northern Railway was the nation’s lesser know third transcontinental railway. It was put together over 20 years from several smaller regional railway lines. The first Canadian Northern train arrived in Sandy Hill on December 5, 1909. Like the Ottawa & New York it didn’t have access to the CAR Depot so used the station at the foot of King Edward where the uOttawa SITE building now stands.

As time went on the railway companies were merged. Canada Atlantic Railway was absorbed into the Grand Trunk Railway (GTR) in 1914. Canadian Northern

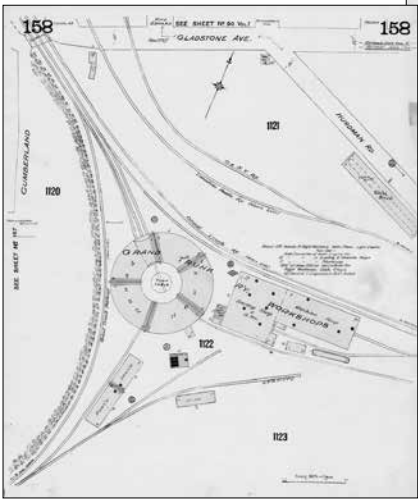
was merged into the government’s own Canadian National Railways (CNR) in 1918. Then in 1923 the GTR, on the verge of financial collapse, was fully absorbed into the CNR as it became a Crown corporation.

For many years the community was surrounded on two sides by railway tracks. The many railway companies provided work for residents but also contributed noise and dirt in an age of coal-fired steam locomotion. As the railways merged into the CNR and Canadian Pacific, the Union Station became Ottawa’s train station. In North America, any train station serving more than one railway is automatically known as a “Union Station.”

LAC



Above — 1912 Fire insurance map, Ottawa & New York railway



Left — 1912 Fire insurance map, Grand Trunk round house

Below — CNR train at Union Station, Ottawa, Ont., 1927

Clifford M. Johnston, LAC PA-056248






Straightforward · Caring · Dedicated

Janny, Jeff & Shan...


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

proven performance in
Sandy Hill since 1986



JannyMills · JeffRosebrugh · ShanCappuccino

Sales Representative Sales Representative Sales Representative



613.238.2801

jannyjeffandshan.com

Summer arts round-up

Watch for these virtual and a few in-person offerings

Photo Clelia Scala

Hilary Duff

As Ontario tentatively re-opens and more of us roll up our sleeves to get jabbed, the ongoing pandemic has meant the cancellation or postponement of summer arts events in Sandy Hill for the second year. But all is not lost! IMAGE checked in with a few neighbourhood theatre and music groups to see what pivoted plans are in the works.

Odyssey Theatre

Know any kids who consider themselves a maker of masks or have a passion for puppets? If so, you might want to register them for one of Odyssey Theatre's popular mask and puppet design workshops this July.

For the second year, the online sessions will be led by Clelia Scala, a Kingston-based mask and puppet designer who has worked with Odyssey on past productions. Each workshop is \$20, which covers the cost of a supply kit and shipping.

Odyssey's youth apprenticeship program will also be hosted online this August. The free program is an excellent opportunity for high school students to learn more about the theatre profession through workshops taught by award-winning actor, playwright, and director Eleanor Crowder (Bear & Co.). Applications are due on June 23 and the program is open to thespian-loving teens across Canada.

As temperatures cool in September, Odyssey will be launching a Zoom reading series featuring folktales from cultures around the world. The online story time is a warm-up for Odyssey's first-ever podcast series, coming this October... stay tuned to IMAGE!

Meanwhile, we will have to wait another year until we can again attend one of Odyssey's Theatre Under the Stars productions. Artistic director and Sandy Hill resident Laurie Steven and the board made the decision in April to cancel its shows for a second summer—meaning the anticipation continues to build for this Commedia dell'arte theatre group's 35th anniversary.

Visit www.odysseytheatre.ca to learn more about this summer's online offerings.



A minotaur mask from last year's Odyssey workshop, inspired by Greek mythical beasts.

A Company of Fools

June would normally be a busy month for Fools, but COVID-19 has foiled their plans yet again! Not only has a Company of Fools been unable to rehearse for an upcoming performance—they can't even enter their indoor space! Even if they could, general manager Keith Jackson says it's not quite the same to prepare while masked and distanced. All this in mind, the troupe made the decision to postpone their performance of Shakespeare's *The Tempest* until 2022.

Until then, the Company will partner with the Ottawa Public Library for a second

year of online acting and movement workshops for kids (ages 7-9 and 9-12) and teens. The free weekly workshops are set to begin in July and will run through the end of August. Once announced, updates and registration can be found at www.biblioottawalibrary.ca/en/program.

"We do miss Strathcona [Park]", says Keith Jackson. "It is our biggest crowd and we do hold opening night there. The community is extremely supportive and we appreciate it. We'll be back!"

Programming updates (including the potential of fall performances) can be found at <https://fools.ca>.

Music and Beyond

Don't be surprised if your doorbell or building buzzer rings one day and you find yourself serenaded by a professional cellist. Julian Armour is the Artistic and Executive Director of Music and Beyond (and the cellist), and he will again be offering a series of pop-up concerts around Sandy Hill and other Ottawa neighbourhoods starting in July. Dates and locations are kept secret to minimize crowds and maximize spontaneous musical joy.

Armour says Music and Beyond is also looking forward to filming and releasing more high-quality performances on their YouTube channel—they have posted more than 200 since the pandemic began.

"We've been wanting to really explore ways that we can do things digitally and promote it around the world," says Armour of the opportunity presented by COVID-19. "With the Viennese Winter Ball [a Music and Beyond fundraiser event] we got donations from all across the United States and from Europe. Those people aren't coming to our live event but on the other hand maybe we have a model where we can do a live performance and a virtual one."

In the meantime, be sure to mark your calendars for April 2, 2022—the date of Music and Beyond's first officially scheduled concert! The festival will be hosting one of the few North American stops for the Vienna Piano Trio's farewell tour.

Find out more at musicandbeyond.ca and subscribe to Music and Beyond on YouTube: www.youtube.com/user/musicandbeyondvideo

Art in Strathcona Park

The August event in support of the Mental Illness Caregivers Association of Canada (MICA) is on hold for a second year—meaning another postponement of the event's 20th anniversary festivities. Art in Strathcona Park is the primary means of fundraising for MICA. Those interested in still donating to the organization can do so at micaontario.com/.

Do you have other arts events we should know about (in-person or virtual)? Email us at image22@rogers.com.



CAMMAC invites you to make music this summer

Have you heard of CAMMAC?

Guylaine Lemaire

Well-known and loved by many amateur and professional musicians from the Ottawa area, CAMMAC (Canadian Amateur Musicians / Musiciens Amateurs du Canada) is a non-profit organization dedicated to creating opportunities for people of all ages to experience the joy of both making and listening to music together.

CAMMAC Online

When forced to cancel summer music programs at the CAMMAC Music Centre last year because of the pandemic,

CAMMAC's director and teachers rallied quickly to create an extensive online program that is now a popular resource for both CAMMAC members and the general population alike.

Each month, a varied program is offered for amateur musicians of all ages and levels. There are instrumental and voice workshops, master classes, a virtual choir, lectures on various musical topics and genres, and even yoga classes. In addition, there are online concert events with internationally known ensembles such as The Gesualdo Six, the Studio de musique ancienne de Montréal and les Violons du Roy. Private coaching is also available.

This summer, stay tuned for chamber music lectures given by Julian Armour

in partnership with Music and Beyond. Also, in partnership with CAMMAC, several NAC orchestra musicians are offering workshops.

You don't need to be a member to sign up for a class—everyone is welcome to join online to connect, learn and be inspired. Classes are either bilingual or offered in both French and English.

CAMMAC Music Centre

Founded in 1953, CAMMAC has a long tradition of attracting people from the Ottawa area to spend a week (or more) during summer at the CAMMAC Music Centre, situated on Lake MacDonald in the Laurentians.

Activities at the Music Centre are on hold again this summer, but in normal years seven weeks of summer programming attract over 1,000 musicians of all ages and abilities to come and make music in a relaxing, fun and non-competitive environment.

Seniors, younger adults and multi-generational family groups mix together, with people returning year after year to get their summer music fix. Participants perfect their technique while discovering new repertoire and learning from a teaching staff of well-known, dedicated professional musicians from Canada and abroad. Everyone enjoys the great food and beautiful surroundings, and life-long friendships are made while "at camp."

Ottawa region

CAMMAC holds regional events in the Ottawa-Gatineau area, including sight readings, in-person workshops, concerts and the very popular "Come Sing Messiah," performed every year on the first Friday in December at Carleton Dominion-Chalmers Centre, uniting the voices of over 600 singers for the event. In-person events are currently suspended but will resume as soon as possible.

CAMMAC invites you to discover all that is on offer: become a better musician, discover new perspectives and stay inspired in your own personal musical journey.

Want to find out more?

There is a summer camp video on YouTube at www.youtube.com/watch?v=JauHF5gZb3g

You can also visit the CAMMAC website at www.cammac.ca

Guylaine Lemaire lives in Sandy Hill with her husband, cellist and Director of Music and Beyond, Julian Armour. She is Artistic Director of CAMMAC.

The Literary Page

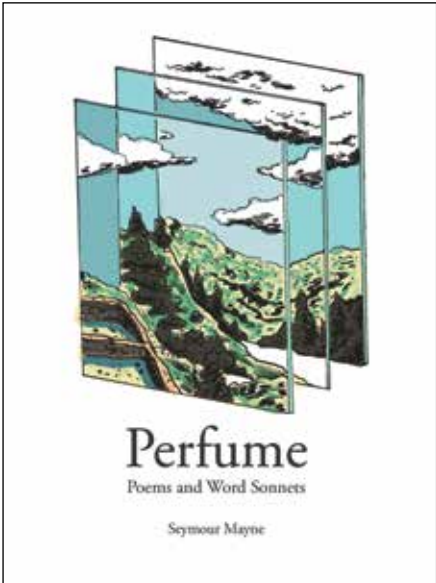
We are fortunate to count many a writer and bard among the residents of Sandy Hill. The first notable poet who graced our neighbourhood in its early years was Archibald Lampman who spent a good part of his short life living in Philomene Terrace, Daly Ave.

Word sonnets

Seymour Mayne

Word sonnets are fourteen-line poems, with one word per line. Seymour Mayne is one of the chief innovators of the form. These word sonnets come from *Perfume: Poems and Word Sonnets* recently published by Ronald P. Frye & Co.

Copyright © 2021 Seymour Mayne



Perfection *for Tony Rudolf*

I
sit
back
in
spring
rain –
perfection
of
heart
is
as
elusive
as
ever.

Tilting *for Alexander Monker*

Are
these
your
ancient
grandmother’s
molecules
tilting
the
tip
of
the
leaf
in
sunlight?

Comfort *In memory of Bonna Haberman*

Where
do
molecules
of
our
speech
migrate
when
our
hands
cease
touching,
giving
comfort?

Fractured

What
ancient
shellfish
fractured
its
shield
so
its
pulsing
fear
rises
through
our
veins?

Wristband *For Betty Warrington-Kearsley*

I
put
out
my
hand –
the
wind
circles
it
with
a
wristband
of
breath.

Winter Squirrely *for Margot Maclaren*

When
in
doubt,
stay
in!
The
fox
may
be
about
so
save
your
skin.



Photo Kathleen Kelly

Think like a Goose!

Riel Schryer

Mr. Goose, how have you such nerve,
To dare to live life with such pomp and such verve,
While people rage and people die,
While the earth cracks, shakes, bakes, and cries,
While plagues run amuck, fascist, and viral,
When the world stuck in an unendable spiral.

During it all, you float, and you waddle,
You chew and swim and nibble and dawdle,
Your spindly leg, kicking with glee,
As you eagerly pick at some grassy debris
I want to ask; how dare you be calm?
Have no clue as to what’s going on?
This is no time to lounge in a creek,
Or soothe itchy skin with the tip of your beak.
Why aren’t you cranky, fearful, or filled with despair?
And flailing your wings to escape to the air?

I’m truly sorry, Mr. Goose, it isn’t your fault,
That the news is like picking at barbed wire and salt
Maybe it isn’t best,
That you be anxious and stressed,
Maybe it’s me who is being obtuse,
Maybe it’s me who should think like a goose.

Enjoy Seymour Mayne in conversation on Ottawa Public Library’s YouTube channel

Friends and neighbours of Seymour Mayne will enjoy viewing him launch and read from *Perfume* in a recent post on the public library’s YouTube channel, in the OPL Adult line. It shows Mayne in an evening of literary conversation with his colleague from uOttawa, Natalia Vesselova. Mayne reads and talks about the poems and his writing process. <https://www.youtube.com/watch?v=XrnDoAX2kKw>



“La Neige” . Assemblage by Sharon Katz, 2016

Poetry Tourism Canada Message

There is always room for poems in the spacious pages of the IMAGE Inn.



Sandy Hill Poetry Project

Rebecca Gibbons

We want to know what this past year – during the pandemic – has meant to you. The Sandy Hill Poetry Project invites you to write a poem about your experiences. Everyone has been through a lot. There have been highs and lows. Share your story through this initiative and inspire those around you. The first 20 poems submitted will receive a \$10 gift card to Happy Goat Coffee Company! It’s as simple as this — **Write a short poem** Put in writing a short personal reflection on the pandemic. A few stanzas will do.

Do a voice recording of your poem, 90 seconds maximum You can use the Voice Memos app on iPhone, a simple voice recorder app on Android, or any other recording device. **Send the voice recording to sandyhill-poetryproject@gmail.com by Sunday, July 18, 2021.** A website will be created for the Sandy Hill Poetry Project. There you can listen to the poems of others in your neighbourhood. Everyone is encouraged to participate, regardless of poetic experience. Poems can be in English or French. Take time to reflect and create, and share your thoughts about your pandemic experiences. If you have any questions, please email sandyhillpoetryproject@gmail.com. This project is supported by a community service grant and TakingITGlobal.

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

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

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

CROSSTOWN TRAFFIC

YOUR COUNTERCULTURAL VARIETY STORE

CDs, COMIX, BOOKS, & BONGS

593-C Bank Street
Ottawa, ON
K1S 3T4



Fortunately, the weather these days makes it pleasant to get out and explore, so there's also something to be said for just heading out the door for an eating adventure. Please share stories of your favourite Sandy Hill food experiences with

image22@rogers.com

It's getting to be hard to keep up with the province's rules around food sales, and the clever strategies our neighbourhood shops and eateries have developed to keep up. By the time this column appears, the eating-out landscape will probably have undergone many changes, so be sure to call ahead or check online if you want to visit a favourite business.

The Best of Byward

Early in the pandemic Byward Fruit, Sasloves Meat, Lapointe Fish and International House of Cheese banded together to fill their clients' grocery needs. We could send an order by email to one of these businesses and include items from the others, and everything could be paid for and picked up or delivered at once. This service has proved popular, and can now be accessed via an online ordering platform at bestofbyward.com. If you're not ready to return to pre-COVID shopping practices, or if you've just learned to love having your groceries delivered, check out this website where you can browse, order, pay and select your pick-up or delivery time. As an added bonus, Maverick's Donuts are available here too!

The Bridge Public House, 1 Donald St.:

The Rideau Sports Centre is putting aside questions of seating arrangements and capacity for now, and has set up a barbecue right outside its front entrance. From 9 a.m. to 7 p.m. daily they are luring passersby to stop for a beverage or a bite to eat, which can be consumed at picnic tables on the grounds or taken away to home or the surrounding parks. Word has it that their burgers are huge, and the potato salad and coleslaw are top notch.

Cadena Spanish Restaurant and Tapas Bar, 323 Somerset St. East:

Grab 'N Go Empanadas . . . Highly Addictive! says the sandwich board outside Cadena. At \$3.95-\$5.50, these turnovers really are a tasty and filling snack, with tender pastry and generous fillings. The chicken version is stuffed with moist chunks of white meat, and the veggie filling is packed with a variety of colourful morsels, black beans and greens. There are also lots of more substantial items on the menu, such as the succulent and creamy Spanish-style shrimp or the lively pasta with salsa espanola. For a really celebratory treat, as-



A stunning platter of paella from Cadena

semble a small (public health-approved) group of friends and order up a stunning paella.

No Forks Given, 191 Somerset St. East:

There's a new burger place in the premises of La Maison at Somerset and King Edward. It's a little hard to spot, as the former sign is still in place, but the neighbourhood seems to know about it: on any given day at lunchtime you'll find a little crowd of people waiting to pick up their orders. The brief wait is worth it; the burgers are fat and tasty, and the onion rings are outstanding, with a very crisp batter covering generous slices of sweet, tender onion. Strangely, given their name, they gave me a fork. None was needed.



Purely Dates deliciousness

Purely Dates, 103 Mann Ave.:

There is a very limited inventory at this new shop, but it's well worth a visit. Plump Algerian dates are available, pitted or on their stems, along with date syrup and date sugar. The shop also sells gift boxes of dates stuffed with nuts or dipped in very good chocolate for a special treat. At home, we've learned to love making a quick, festive and just-sweet-enough dessert with pitted dates, a dab of soft cheese and a pecan or walnut half. The hours at Purely Dates seem to be a little erratic, but late afternoon is a good time to try, or call ahead at 613-252-8380.

Berries, drupes and pomes are coming!

Dodi Newman

Soon we will all be revelling in the superb local berries, drupes (peaches and cherries), and pomes (pears and apples) that will be flooding Ottawa's markets – just thinking of the aroma of a basket of ripe strawberries, raspberries, or peaches makes my mouth water!

What to do with all that wealth? Obviously, the simplest and purest way to taste fresh berries, peaches and cherries is to make sure they are perfectly ripe and not refrigerated, and eat them plain, maybe with just a bit of sugar?

Going a step further (some cooking involved here), you could make a blueberry sauce, spoon it still hot into individual serving bowls, and drop a dollop of vanilla ice cream on top.

In the summer, I like to keep things simple. Individual, free-form raspberry or strawberry pavlovas; if you are lucky, you can buy good, ready-to-eat meringues for the base. Then there is Mark Bittman's peach cobbler made with Ontario Red Haven peaches—accept no substitutes!—and that is about as complicated as I want to get.

No cooking is required for the following recipe, but you do need to plan ahead because the cream will take 6 hours to set. On the other hand, you can make it a day ahead. If you are a vegetarian, you might try using agar agar instead of gelatine. Halving the recipe works very well.

Raspberry cream

8 servings

400 grams fresh or thawed frozen raspberries

1 envelope unflavoured gelatine powder

4 eggs, whites only

125 grams (½ cup) extra fine sugar (but not confectioners' sugar)

250 ml (1 cup) whipping cream

Mint sprigs or extra raspberries for garnish, optional



Purée the raspberries and at the same time remove the seeds by pressing the berries through a sieve with a wooden spoon. Be sure to extract as much of the pulp as possible.

Dissolve the gelatine powder in 4 tablespoons (¼ cup or 60 ml) almost boiling water, stirring until all the gelatine is liquefied. With a whisk beat the gelatine into the raspberry purée, add half the sugar, beat until the sugar has dissolved, and place the mixture, covered, into the refrigerator.

In a medium bowl, beat the egg whites until 'stiff still but not dry' and gradually beat in the remaining half of the sugar to make a meringue. Fold in the sugared raspberry purée and mix well. Cover and place in the refrigerator.

In a very large bowl, beat the cream until it holds a peak without sagging—be careful not to turn it into butter. Fold a fifth of the whipped cream into the raspberry-egg-white mixture until well mixed, then pour that mixture into the remainder of the whipped cream and fold it in thoroughly with a large spatula or wooden spoon. Pour the raspberry cream into a serving bowl, cover and refrigerate for at least 6 hours or overnight. Garnish before serving, if desired.

Working Title, 330 Laurier Ave. East:

It's been wonderful seeing the food service at allsaints come back to life over the last couple of months. Their baker really knows his stuff, and their croissants and apple turnovers make for a fabulous breakfast treat. The delicious chocolate cookies are back, and the quiche (best to order ahead if you want one of these) is celestially light and tender. Working Title's Lockdown Lunchbox calendar is a lot of fun, and there are lots of good artisanal

takeout items in the cooler if you'd rather assemble your own lunch. The soups are all delicious, and the smoked tofu is great sliced thinly on a sandwich. Of course, what the neighbourhood really longs for is a return to the beautiful terrace at allsaints, and it's good to know that Working Title is poised and ready to oblige as soon as regulations allow. An enticing aroma of burgers on the barbecue is already drifting over Laurier on some weekends (see Letters to the Editor).

UrbanOttawa.com



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.



326 Boudreau \$2,600 monthly

Quartier Vanier: Fantastic space in this Urban townhome format: 3 bedrooms, 2.5 baths, open concept living-dining-kitchen, main floor family room AND finished basement. Flooded in natural light. Hardwood throughout. Long term lease available.



345 St. Denis, U 203 \$299,900

Quartier Vanier: Funky 1 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!



Natalie's
URBANOTTAWA
the art of urban living

RE/MAX hallmark realty group | brokerage

613.747.9914

Broker | Courtier

Natalie Belovic

An urban Arcadia

Samuel Close

Ottawa is a green city, even by Canadian standards, with some one-third of the city being under direct tree cover. The benefits that these pockets of nature bring to the urban environment are well documented, from cooling to air quality and mental health improvements. Of the impressive 50-some tree varieties found in Sandy Hill, the most common are native to Canada, which is an adequate reflection of the city as a whole, though in fact many of the species here were brought over with early European settlers to the area. While the majority of trees in the Ottawa Valley and Ontario in general are evergreens, numerous species of deciduous or broad-leaved trees can also be found, such as the ubiquitous sugar maple, our national symbol, as well as the familiar paper-white bark of the common birch. Many other species of popular hardwood trees from the last century and the one before are still standing, as grand oak, elm and beech were in fashion as the city grew rapidly in the mid to late 1800s. The many conifers in the Ottawa Valley are a result of natural selection, as the trees that use waxy, water-insulating needles instead of broad leaves can perform photosynthesis all through the winter and so have more energy and further promoting their spread. They are also notable for their softwood bark and ability to grow in more rugged soil and climate conditions, further propagating their spread. Pines are able to make up the majority of the Ottawa Valley's tree population because of its rocky, silty soil and long winters. They typically live longer and grow to impressive heights here in their natural environment. Some prominent examples of hardwood species can be found in Strathcona Park, where rows of century-old willows stand tall and provide a barrier of sorts from the strong winds blowing in from the open river. Just across the water in Vanier's






















Riverain Park, a similar situation exists with towering willows growing along the river's banks providing welcoming shade and shelter. Younger softwood spruce and cedar have much potential for growth and to shelter residents from the noise of the nearby Trans-Canada highway. A few blocks inland one can find Sandy Hill (soon to be Annie Pootoogook) and St. Germain parks. They are lined along their fringes with a variety of trees, mostly deciduous shade providers such as maple, locust, and willow. The two parks with their facilities are fan favourites for summer and winter sports alike. Just up the hill Tabaret lawn is another great spot to take in some local nature. It is home to several fine old broadleaf varieties which offer shade under which students can read and dog walkers can rest on a sunny day. Bright colours are aplenty here in the fall season. The nearby Rideau Canal is also perfect for a stroll under its tall and slender maple trees. The western side specifically has many a bench and is well covered by greenery for most of the downtown portion of the canal. The most famous stretch just upstream from the Ottawa River was planted in the 1950's as part of the Greber plan modernization effort.

Photo Hilary Duff



The main lawn of Tabaret Hall

The effort to expand public parkland can be seen in the City of Ottawa Urban Intensification plan, which I encourage everyone to read and provide feedback on, as our green spaces are a common source of good that matters not only to us but future generations as well! —with notes from Marilyn Whitaker

OAK		Smooth	Opp	D	OSIER WILLOWS		Smooth	Toothed	Alt.	D
BEECH		Shiny	Alt.	D	SALLOW		Smooth	Toothed	Alt.	D
HORNBEAM		Toothed	Alt.	D	CRAB APPLE		Smooth	Toothed	Alt.	D
BIRCH		Smooth	Alt.	D	PINE		Pairs	-	E	
ALDER		Rough	Alt.	D	CEDAR		Bunches	-	E	D
LARCH		Smooth	Alt.	D	LARCH		Bunches	-	E	D
LIME		Toothed	Alt.	D	SPRUCE		Brush	-	E	
HAZEL		Rough	Alt.	D	YEW		Spiky	-	E	
ELM		Rough	Alt.	D						
ASH		Smooth	Opp	D	HOLLY		Shiny	Alt.	E	
ROWAN		Toothed	Alt.	D	HOLMOAK		Leathery	Alt.	E	
SYCAMORE		Leathery	Opp	D	BOX		Shiny	Opp	E	
Field MAPLE		Smooth	Opp	D	WHITE BEAM		Toothed	White under	Alt.	D
MAPLE		Smooth	Opp	D	WALNUT		Smooth	Opp	D	
PLANE		Leathery	Alt.	D	ELDER		Toothed	Opp	D	
SWEET CHESTNUT		Shiny	Alt.	D	CHERRY		Smooth	Alt.	D	
BLACKTHORN		Toothed	Opp	D	MULBERRY		Smooth	Alt.	D	
HORSE CHESTNUT		Toothed	Opp	D			Shiny	Toothed	Alt.	D
WHL. POPLAR		White under	Alt.	D	MEDLAR		Downy under	Alt.	D	
BLK. POPLAR		Smooth	Alt.	D	HAWTHORN		Shiny	Alt.	D	
ASPEN		Toothed	Alt.	D						

Opp.= Opposite Alt.= Alternate E= Evergreen D= Deciduous

Nun & Stevens Ltd., Leicester, England.

Strathcona Park

A useful chart to identify trees in this area.



Photo Kathleen Kelly

Mobile resources in Strathcona Heights

Thanks to mobile resources, Thursdays are the day when Strathcona Heights residents can access services close to home: books, meals, and fresh food. Here's the current schedule. Thursdays from 11:30 am to 12:30 pm - **Ottawa Public Library Bookmobile** stops at 731 Chapel Street in Strathcona Heights, bringing books, movies and more. You can also renew your library card. Thursdays from 2:30 pm to 3:30 pm - **The Ottawa Mission Food Truck** parks at 731 A Chapel, at the corner of Wiggins, and distributes free hot meals to go. This is a partnership of the Mission, the Sandy Hill CHC / CSC Côte-de-Sable and the Parent Resource Centre/Centre de ressources pour parents. Thursdays from 5:30 pm to 7:30 pm - **Goodfood on the Move** brings residents' produce orders to 731 Chapel for pick up. Orders must be purchased online ahead of time between 9:00 am Wednesday and



9:00 am Monday at <https://www.marketmobileottawa.com/locations>. There is a wide variety of fruits and vegetables available, including some local and some organic produce, at reasonable prices. In addition, every second Tuesday from 11:00 am to 1:00 pm, there is a baby cup-board distributing baby food and diapers open at the back door of 300 Wiggins Private. Next dates are June 15 and June 29. Bring a health card for each child and proof of address in Strathcona Heights. For more information of what is going on in Strathcona Heights, visit the public Facebook page of the **Strathcona Heights Neighbourhood Circle group**.

PHARMACIE

CAMPUS

PHARMACY



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

613-563-4000

Welcoming the entire Sandy Hill Community

Les résidents de la Côte-de-sable sont bienvenus

POUR TOUS VOS BESOINS PHARMACEUTIQUES....

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

FOR ALL YOUR PHARMACY NEEDS ...

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

et **Plus!**

and **More!**

Interac • VISA • Mastercard • American Express

Lundi-jeudi 8h30 - 20h00

Mon-Thurs 8:30 - 8:00

Vendredi 8h30 - 19h30

Friday 8:30 - 7:30

Samedi 10h00 - 17h00

Saturday 10:00 - 5:00

Dimanche 10h00 - 14h00

Sunday 10:00 - 2:00



www.campuspharmacy.com

Sprucing up the neighbourhood with tree giveaways

Anouk Mackenzie

Deciduous or evergreen? That's the question Sandy Hill homeowners will soon be able to ask themselves, as Ecology Ottawa ramps up its 2021 campaign to distribute 15,000 free tree seedlings to property owners across the city.

Dozens of tree giveaways are being scheduled, including one co-hosted by the Conservation Co-op on Mann Avenue later this month.

Urban trees provide many well-documented benefits, ranging from increasing property values, to capturing stormwater, to providing a noise barrier, as well as cooling and shading.

Robb Barnes, Ecology Ottawa's Executive Director, says, "They're a vital tool for climate change adaptation." Large mature trees, in particular, are good at absorbing atmospheric carbon and filtering air pollutants. They also protect against UV exposure, and alleviate the "heat island effect" that anyone pounding the sidewalk on a hot summer day will be familiar with. Those are problems we're likely to see more of with climate change, according to Ottawa's 20-year urban forest management plan.

The emerald ash borer, an invasive beetle, has already destroyed tens of thousands of Ottawa's ash trees. Development is also adding to the pressure on our tree canopy. As the City paves the way for an estimated 1.14 million inhabitants by 2031, and competition for square footage intensifies, trees sometimes lose out. The City manages over 148,000 street trees plus thousands of park trees, but it

can only do so much. "It's critical we get homeowners involved," says Barnes.

Even property owners who are new to tree planting are being urged to put boot to shovel, and they'll have plenty of options to choose from. Seventeen species—a mix of conifers, deciduous and fruit- or nut-bearing trees, native to Eastern Ontario—will be arriving from the Ferguson Tree Nursery in Kemptville. Camille Franquet, Outreach Coordinator for Ecology Ottawa, says that people can find instructions for caring for trees on the website. "We're making it easy for people who have never done this before so that anyone can get involved."

Planting a mix of native trees is seen as one strategy to curb the emerald ash borer's voracious appetite, as well as a boon to local birds and wildlife. But arguably it's humans who stand to gain the most

from having more resilient trees around, in ways we don't always realize.

"Living among trees offers direct benefits for human health," says Andrea Prazmowski, a certified nature and forest therapy guide who leads walks in the Ottawa region. "Studies have shown that hospital patients with a view of a tree outside their window tend to recover faster and are discharged sooner than patients who overlook a parking lot or another building."

Given the many benefits of trees, it's perhaps no coincidence that some of Ottawa's most desirable neighbourhoods are also the leafiest.

Tree seedlings will be available at the corner of Mann and Goulburn, Saturday, June 26, 9 a.m. – 12 noon. For more information, visit ecologyottawa.ca/tree-campaign.

Photo Ecology Ottawa



On June 26, Ecology Ottawa is co-hosting a tree giveaway (like the one above) outside the Conservation Co-op on Mann Ave. at Goulburn.

Photo Bob Whitelaw



Sandy Hill and the Rideau River near Strathcona Park have a new "River Monster" that should be given a name as it will be in the neighborhood for some time. It arrived with the breakup of the Rideau River ice and became stuck in the middle of the river near the Adèle Crossing. Let's remember that a barge has been grounded for a century on the Niagara River above its falls.—Bob Whitelaw

Seeking help with establishing butterflyways throughout Sandy Hill

Carina Harb

Pollinators, such as bees, hummingbirds, and butterflies, are extremely important to our ecosystem. I could write pages upon pages about how amazing they are. They are essential to provide us the food we eat, and to flowering plants and fruits that support wildlife; we cannot live without them. In the last decade there has been a steep decline in their population, which is most likely due to habitat loss, climate change, and the increased use of pesticides. With all this saddening knowledge, I wanted to do something to help. I've tried buying more organic and local produce, and I've also joined the Butterflyway Project by the David Suzuki Foundation, which brings awareness about pollinators in urban areas and encourages individuals and communities to make a difference by creating pollinator patches.

Photo Bob Whitelaw



"Pollinator patch" is a term for describing native plant-filled habitat that supports local bees, butterflies, and other beneficial insects. Native plants are species that are from a specific region, and for centuries have cohabited with other species and developed an ecosystem. Ottawa is part of the St. Lawrence Lowlands ecoregion, which means that the entire area is home to a diverse group of species. In fact, the St. Lawrence Lowlands is one of the areas with the highest biodiversity found in Canada. Examples of native

plants here are butterfly weed (*Asclepias tuberosa*), blazing star (*Liatris spicata*), or the purple stemmed aster (*Symphyotrichum puniceum*). These three are also hosts to butterflies, which means that they feed off the flower and the females lay their eggs on the same plant.

When choosing native plants, it's very important to select a plant by its scientific (Latin and sometimes Greek) name since common names are not very specific and may apply to more than one species or sub-species. It is also important to choose pesticide-free seeds, which is why it's best to visit specialized suppliers. The benefits are that most of these plants are adapted to their regions, are perennial, and require minimal care!

Which is why I'm asking your help, Sandy Hill residents! If you have a small patch of dirt in your front or back yard, or even an empty pot on your balcony, consider planting native flowers which will help our pollinator friends.



FATHER AND SONS
SERVING SANDY HILL SINCE 1967

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

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

TAKE OUT MENU AVAILABLE
FREE wireless access

www.fatherandsons.com

Sandy Hill's neighbourhood Early Learning Centre



Bettye Hyde Cooperative Early Learning Centre

For children 18 months to 5 years.
Please be in touch to arrange a visit.
Now compiling a waiting list for 2021-2022.

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

Pour enfants de 18 mois à 5 ans.
Prenez rendez-vous pour nous visiter.
On dresse actuellement la liste d'attente pour 2021/22.

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

www.bettyehyde.com
bettyehydeottawa@gmail.com
613.236.3108

If you'd like to learn more, and perhaps start your own native plant garden, please reach out to me at: carhar2001@gmail.com. I'd love to share some links and resources to help out, such as native plant suppliers and plant lists. Thanks for your help!

Here are some resources to get you started

Beaux Arbres (beauxarbres.ca) is a native plant nursery in Bristol, QC. You can contact them to place an order and request delivery.

Ritchie Feed and Seed also has a selection of seeds and plants, but you'll need to refer to a list of suitable plants to make sure you get the right type. You can find the list and planting guide for the St. Lawrence Lowlands at pollinator.org/guides.

Tulips celebrated in a Russell Ave. home and many Sandy Hill gardens



Michel Gauthier (above), who chairs/ directs the Canadian Garden Council, Gardens Ottawa, the International Garden Tourism Network and World Tulip Society, lives on Russell Avenue in Sandy Hill. New this season are murals on his gate and porch, created by Chris Seiler and Sarah Doll (below), creating a boisterous context for the landmark blue tulip on his porch. As you can see above, the tulip theme continues on walls, furnishings and decorations within. Terrific tulips. Michel!

Photo HS Studios



Photo HS Studios



Photo Michel Gauthier

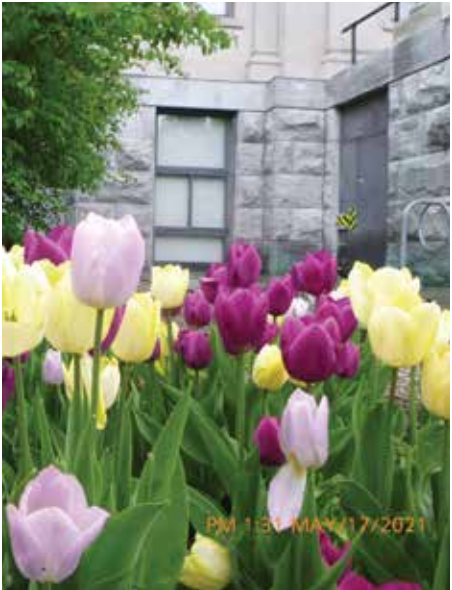




Photo HS Studios

Not to be outdone by the reproductions, the show of tulips in Sandy Hill gardens was ne plus ultra in 2021! Here is a glimpse of the show in some north end gardens.



INSPIRING GIRLS

Elmwood is an independent day school for girls from Pre-kindergarten to Grade 12. At Elmwood, each girl is encouraged to challenge herself to excel in the classroom, develop confidence, and lead with strength.



ELMWOOD
SCHOOL

Only a few spots remaining in Elmwood's Junior School for September 2021!

Learn more about everything we can offer you and your daughter:

- Early Years (2.5-5) to Grade 5
- Safe and secure environment
- Average class size of 15
- Unparalleled academic program

- Healthy meals prepared by our on-site chef
- Before-and-after-school care



Call (613) 744-7783 for more information or visit elmwood.ca/admissions for on-demand open houses, virtual tours, testimonials and more.



WORLD EDUCATION



ROUND SQUARE



Distinguished School

Recognized by Apple as a distinguished school for innovation, leadership, and educational excellence.