

APRIL - MAY 2022

AVRIL - MAI 2022

Sandy Hill stands in solidarity

Russian Embassy on Charlotte Street becomes a gathering spot for those calling for an end to Putin's atrocities in the Ukraine

Photo Hilary Duff



Clockwise from above—Flora and Karen live on nearby Wurtemberg Street and came out to show their support for the Ukrainian people.

The City of Ottawa installed Free Ukraine street signs along Charlotte St. in early March. The signs are meant to be a gesture of solidarity from the city, which is home to an estimated 25,000 Ukrainian Canadians.

"How about a hockey game instead of a war?" yelled this protester. The laundry detergent jugs strapped to the stick were there, not only because of their colours or value as noise-makers, but also because the company making that detergent has no production base in Russia.

More photos from March demonstrations, p. 4



Photo F.S.



Historic Bettye Hyde school building on Blackburn Avenue to be sold

Hilary Duff

The shareholders that own the historic Carriage House at the corner of Blackburn Avenue and Osgoode Street have passed a motion to list the property for sale by May 31, 2022 — with the preferred buyer set as Bettye Hyde Co-operative Early Learning Centre (BH-CELC).

The decision was made during SHO Developments Limited's Annual General Meeting on March 21. The Carriage House at 43 Blackburn Ave. has been a model for innovative community ownership since it was purchased in 2012 by a group of more than 25 investors.

That project was led by Sandy Hill resident Leanne Moussa, and stemmed from her desire to see the home become a family and community hub, as opposed to another multi-unit student rental. With the heritage home renovated and restored, the non-profit Bettye Hyde daycare moved into the property in 2014, after nearly 40 years



The shareholders who found a way for Bettye Hyde Cooperative Early Learning Centre to move its well-loved community resource down to the corner of Osgoode and Blackburn Avenues have met their goal.

operating in the lower level of the former All Saints Church.

"The Carriage House project is a beautiful example of cooperation that reflects the spirit of Sandy Hill," says Leanne Moussa, whose four children attended the daycare. "After a decade of investment, shareholders understandably would like the ability to transition the property to other ownership."

While a listing price has not yet been decided, Moussa says there have been open lines of communication between SHO and the Bettye Hyde Board of Directors to come up with flexible terms of sale that would enable them to purchase the property.

Both Moussa and Cindy Mitchell, who was the director of Bettye Hyde from 1992

until her retirement in 2020, say the current situation has been emotional for everyone as many feel a deep connection to the school and its continued success.

"The school must move quickly to secure financing to purchase the Carriage House, or, alternatively, find new investors or a new landlord," said Mitchell in a written statement to *IMAGE*. "The last 10 years have demonstrated that investors owning the property, the school renting the main floor, and the Child, Adolescent and Family Centre of Ottawa renting the upstairs, is a viable economic model and great for the community."

SHO and Bettye Hyde say they hope to find a "strong champion" to move the project forward, and suggest this could be a Sandy Hill resident or a Bettye Hyde parent or alumni.

For more on this story, watch future editions of *IMAGE*. For interest in the project, you can reach Leanne Moussa, President of SHO Developments Ltd. at leannemoussa@gmail.com or the Board of Directors of Bettye Hyde Cooperative ELC at BettyeHydeOttawa@gmail.com.

IMAGE

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Phil Caron's Sandy Hill Sketchbook



Sandy Hill needs a lot more official heritage properties. Philomene Terrace on Daly Avenue was thankfully saved.



It won't be long now... summertime on the Rideau River. Photo Kathleen Kelly



Illustration Phil Caron

But first... Bunnies are being spotted in Sandy Hill gardens.



Photo Kathleen Kelly

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The City's Community Engagement Team represents help for Sandy Hill. Let's seize the opportunity.

Susan Khazaeli

A homelessness crisis, a toxic drug supply, mental health challenges, and pandemic disruptions have had profound impacts in our community, and the City of Ottawa promises to help.

In February, the City launched the Community Engagement Team (CET), a pilot project responsible for outreach and engagement with residents and businesses in Lowertown/ Byward Market and Sandy Hill. The team is led by Kent Hugh, a long-time City employee.

"We have heard the needs and concerns of residents, business owners, and service providers in these communities regarding individuals experiencing distress, increased drug use, petty crimes, discarded needles, and garbage, along with an apparent increase in aggressive and threatening behaviours toward others," a spokesperson from the City told IMAGE, via email.

Surprisingly, Sandy Hill was not part of the original catchment area for the CET. As president of Action Sandy Hill, I raised strong objections to our omission, enumerating the long list of social services and providers in Sandy Hill.

Sandy Hill feels the impacts of this intensification and needs the same level of support as our neighbours in Lowertown. Councillor Mathieu Fleury, who deserves praise for his tireless push for the City to undertake this pilot, supported my request. Within four days, I heard back from Laila Gibbons with the City. She allowed that the City must "include the



northern side of Sandy Hill in the engagement model" and swiftly renamed the "Lowertown Community Engagement Team" to CET.

CET currently has seven staff on the ground who engage local businesses, partners, and residents daily to better assess the needs of the community. So far, we have seen an improvement in the City's maintenance services, which have added teams to clean up detritus in parts of northwest Sandy Hill.

Part of CET's mandate involves social work. CET staff work directly with those who are experiencing homelessness to facilitate access to the right resources and to connect those who want to work to employment opportunities.

The other part is community outreach. The team walks around and listens to people who live and work in northern Sandy Hill, whose collective experience includes things like being afraid to leave their homes; having to clean up human feces, urine, and vomit; being forced to collect discarded sharps from their doorsteps (when the City refuses to do so because "that's private property"); and dealing with aggressive or intoxicated individuals who trespass, vandalize, and — as some residents have reported — set fires on their property. For residents and business owners in the area, CET is a beacon of hope.

► **Engagement Team, p. 4**

Test your memory and IMAG(E)ination



Do these chutes look familiar to you?

Let us know where they are in Sandy Hill and we'll give you some newsprint applause in the next issue of IMAGE.

Photos Bob Whitelaw



Last issue's mystery revealed

The golden rings amuse children 12 months a year in Laurier Park (soon, maybe, to be Cindy Mitchell Park) on Chapel St.

Our frequent guesser **Poonam Varshi** found the answer again in record time. She had competition this time, though: **Allison Clouthier** and **Stephen Smith** also submitted the correct answer. We expect they (perhaps their children) will be on top of this month's mystery object too. *Good luck!*

Photo Bob Whitelaw



IMAGE's March Break — John Clisby takes time from his busy day as manager of the Embassy Inn in Victoria to read IMAGE in front of the city's Inner Harbour.

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► Engagement Team from p. 3

This group has long felt forsaken by City staff, officials, and — at the risk of causing some to bristle — our community association. I can appreciate why. These are not easy conversations; they are fraught with emotion and frustration, the problems are seemingly intractable, and the subject matter is unpleasant.

Those who reside or own businesses in the northern part of Sandy Hill are also aware that their concerns about the decline of their neighbourhood will be misconstrued and dismissed as NIMBY-ism (i.e., Not in My Backyard).

There is perhaps no more effective way to shame or silence someone than to imply that they are heartless. It is possible to care about your community, the sanctity of your home, your property value, the environment, and to care about those who are vulnerable. Please let's retire this false dichotomy.

Not everyone who is angry at the externalities surrounding the concentra-

tion of social services is indifferent to the welfare of those suffering homelessness and addiction. Until now, the City has excluded these people in conversations surrounding the vulnerable, only hearing proposed solutions from the social services sector. In engaging those in northern Sandy Hill — people who remain attuned to the neighbourhood after the social services have locked up at 4 p.m. — CET stands to potentially disrupt this model.

Residents in Sandy Hill must come together to acknowledge that things could be better. No one should fear for their safety (nor should we attempt to delegitimize someone's perception of personal safety). We should be free to walk our streets without being accosted or worry that we might interrupt a drug deal or frenzied drug binge. And we should not be apprehensive about our children playing in our parks because we are concerned about the presence of needles and crackpipes.

It is time for us to collectively work towards solutions. To do so, we must desert the dichotomies of us versus

them, of charitable liberal vs. heartless conservative, of tolerant vs. NIMBY. Shying away from difficult conversations is not the answer.

It is my sincere belief that everyone in Sandy Hill cares deeply about our neighbourhood and understands that services for those who are experiencing homelessness, trauma, distress, and the disease of addiction are required.

We should continue to ensure that those who need and want access to services are able to receive them. At the same time, we must ensure our community has the capacity to cope. The City's new CET may be able to help fill the gaps.

For those living across Sandy Hill, we must not ignore that those who are both housed and unhoused here are suffering. Yes, the suffering of those who are housed is different and so is the severity of that suffering, but it is suffering all the same.

In the next issue, I'll share ideas for how we can work together for the betterment of all. Stay tuned.



Susan Khazaeli lives on Daly Ave. Though she is the president of Action Sandy Hill, the views shared in this piece are personal and do not necessarily reflect the views of ASH.

Scenes from March protests at the Russian Embassy on Charlotte Street

from page 1

Photo F.S.

Photo Hilary Duff



Photo Hilary Duff



Yellow and blue ribbons can be seen tied to park benches and OC Transpo posts. This one along Charlotte Street also has a #FreeNavalny sticker, referring to Russian opposition leader and Putin critic, Alexei Navalny, who was recently sentenced to nine additional years in Russian prison.



Jeff drove in from Kanata to attend a Saturday demonstration. Demonstrators are a common sight in front of the Russian Embassy on Charlotte Street these days. More often than not, they're joined by an RCMP patrol vehicle.

Photo Hilary Duff



Ross and Joe came from Old Ottawa South to protest in front of the Russian Embassy. Joe's grandfather was from Dashev, a small town in Ukraine, where he lived until coming to Canada in 1912. With balloons, a Ukrainian flag visible on his car's back dash, and yellow caution tape, Joe made quite the scene during one Saturday protest in March. "Sometimes when the going gets rough, it's time to bring in the clowns," he says.

Ottawa Police can't stop the rise of the far right — nor are they able to keep our community safe

Nick Grover

Most of us assume there is a social contract between cities and the police: we pay them a lot of money, and in exchange they keep us safe.

For three weeks in February, residents of downtown Ottawa got to see first-hand the folly of that assumption. As a right-wing convoy occupied the city centre—noise at all hours, residents harassed, service workers put at risk by anti-vaxxers refusing to wear masks—it was clear the police did not have our backs. It was up to residents to take care of each other, which they did with neighbourhood walks, mutual aid, legal initiatives, counter-protests, and blocking trucks from entering the downtown.

The Ottawa Police Service's excuse for inaction was some variation of "we need more money." But the OPS budget is already a whopping \$344 million. That's about 10% of our total municipal budget and it's one of the only departments that can count on reliable year-to-year funding increases: it got a \$12 million top-up this year.

If that much money isn't enough to ensure basic safety measures, then maybe policing is not the right approach. What might we do instead?

For starters, we can deny vehicles such easy access to the city centre. Converting Wellington into a tramway and making surrounding streets accessible only to pedestrians, buses, and cyclists would



achieve this while making our neighbourhoods quieter, less polluted, and nicer to live in.

We also need to tackle the far right's ability to garner so much support. Mistrust in government was at the heart of the convoy. Upper levels of government must address this by fixing long-neglected social and health care programs, but we can begin to foster safety and belonging, rather than isolation and resentment, in our own city by reallocating money and responsibilities away from police into public services.

Affordable housing and supportive housing-first programs like Options Bytown would provide stability to those who are actively, or at risk of becoming homeless. Free counselling, treatment services, and a mental health response team separate from the police service (as Toronto is doing) would mean reduced interactions between police and people experiencing mental health issues. Improving and expanding public transit would reduce car traffic, accidents, and the need for police to manage either.

Cities cannot run deficits and must either raise taxes or reallocate existing funds. We wouldn't need as large a police force if we addressed the gaps in our social

safety net to create a truly safe, healthy, and liveable city.

Even at its best, police work often involves managing the social issues that politicians don't want to touch: homelessness, addiction, mental illness, and poverty. Through a cycle of confrontation, arrest, and incarceration, police move people in need out of view while deeper policy failures go unchanged.

This tends to make many folks less safe as recent OPS scandals illustrate. The death of Anthony Aust during one of OPS's many "no knock raids" into people's homes; drawing weapons on a group of unarmed Black youth; the arrest of 12 Black and Indigenous activists for blocking a single intersection while protesting the police budget—the list goes on.

Edmonton city council seems to be coming to grips with this. That's why it voted to decrease the city's 2022 police budget by nearly \$11 million, with the intent of directing it towards community services and homelessness programs. As one Edmonton city councillor put it, "We're paying way too much for the wrong services, at the wrong time, at the wrong place."

True freedom means a society with the social and community scaffolding to meet peoples' needs—to keep them safe, nurtured, and enable them to thrive. This could and should be a vital issue in this fall's municipal election.

It is vital that Ottawa doesn't take a short-sighted approach by increasing police funding in the name of peace and security. Doing so will undermine our ability to truly achieve it.

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Let's think critically about what renaming the Sandy Hill Community Centre could mean for our neighbourhood

Bryan Dewalt

The City of Ottawa is considering a plan to drop the name Sandy Hill/ Côte-de-Sable from our community centre. City Councillor Mathieu Fleury made brief reference to this matter at the Action Sandy Hill board meeting on February 28. As far as I know, this subject has not been raised in a public forum like IMAGE, and I think it requires far wider discussion before the proposal goes any further.

Losing the historic Sandy Hill name on the centre would be a loss to this critical neighbourhood institution and a blow to our community identity. Generations of local children have attended playgroups, after-school programs, and summer camps at the community centre. Older children and young adults have found part-time work there. Adults of all ages have taken advantage of its recreation programs and meeting spaces. And of course, as citizens we have gone there to vote.

Having Sandy Hill in the name evokes a common geography and history that firmly links the centre to the community it serves. Moreover, the name is inclusive, non-political, and non-commercial. It does not commemorate any individual or group who might now, or in the future, be perceived as problematic or divisive. And it does not associate the centre with a corporate brand, as has happened to some suburban community centres in Ottawa (e.g. the "Northwind Wireless Fibe Centre" in Constance Bay). Any plan to remove such a resonant name from the community centre must be supported by a very compelling argument.



IMAGE file photo

At the ASH board meeting in February, Councillor Fleury argued that the name is too similar to the Sandy Hill Community Health Centre, and this has caused such confusion that emergency personnel called to the health centre are arriving instead at the community centre. Although the health centre is 'younger' than the community centre and serves an area far wider than Sandy Hill, it is incorporated and provincially funded. According to Councillor Fleury, this makes renaming the health centre difficult.

This is indeed a problem that needs to be addressed, but it is not clear that renaming our community centre is the best or most fair approach. I will set aside the question of whether renaming either institution really addresses the underlying issue.

If the community health centre continues to move toward serving a city-wide population, it might be time to align its name more clearly with its mandate. This should be possible without rewriting its enabling legislation, through following the example of many other corporations that have adopted operating or "brand" names that better reflect new priorities. Renaming the community centre instead shifts the burden from an institution that seems to have outgrown its identity to a local community that is working hard to preserve its own.

Sandy Hill already faces challenges in maintaining a sense of community, as it struggles against forces that seem intent on re-engineering our neighbourhood as an aggregate of downtown housing units to provide short-term accommodation to a mobile population.

In recent years we have lost several important Sandy Hill institutions, including All Saints Anglican Church, St. Paul's-Eastern United Church, and the Sandy Hill Minor Hockey Association. Let's stop the erosion by keeping the Sandy Hill name on the community centre.

Under the City of Ottawa's commemorative naming policy, any member of the public or City Council may propose the renaming of a municipal street, park, or facility. The policy provides for a 30-day public consultation period, assessment by a Commemorative Naming Committee composed of city staff and elected officials, and final approval by City Council. This process should not begin before we have a full and public debate on whether to rename the community centre at all.

Bryan Dewalt lives on Blackburn Avenue.

Sandy Hill's neighbourhood Early Learning Centre

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This hazardous corner at Range Road and Laurier Avenue East is getting a minor facelift in hopes of making things less chaotic for pedestrians, cyclists, and drivers alike. This editor would love to see a four-way stop or a crosswalk!



Race to Zero: Climate action in our City

I love a good race. It is all about getting to the finish line and rejoicing at how you got there.

Right now, the City is in a critical race to zero.

One of the most critical races globally, this race will eliminate greenhouse gas emissions by 2050. The City has entered this race with a commitment to reach the finish line by implementing a Climate Change Master Plan and Energy Evolution. This action plan targets greenhouse gas emissions.

With our Official Plan through resiliency, we have also made commitments to bring environmental, climate, and health considerations to the forefront of planning.

To meet our Council-approved targets, the community will need to decrease emissions by five to six per cent each year over the next five to 10 years. Additionally, the City is updating its Solid Waste Master Plan to help guide how waste is managed for the next 30 years. The City has launched an engagement series for residents to offer input on what they think can help shape this plan, including a survey online at <https://engage.ottawa.ca/solid-waste-master-plan>.

The survey is available until May 8th. Help the City create best practices to divert waste in established urban neighbourhoods such as Sandy Hill, where there are many multi-residential buildings, where diversion programs could greatly influence our overall race to zero goals.

Lastly, coming to Council this spring are new High-Performance Design Standards also known as Green Standards, for new construction which has been in place in the City of Toronto since 2006. We are working with colleagues to increase the green checkpoints and requirements ahead of its final report approval expected in April, such as emerging label for new home buyers. I introduced a motion the Standing Committee on Environmental Protection, Water and Waste Management will consider to develop additional mitigation measures. These measures should include incentives for new and existing buildings. A better and greener building is good for our City, support our community and allows new home buyers certainty from future energy cost waves.

With this race the finish line is integral to how our future is shaped. Ottawa has faced freeze/thaw cycles, flooding, and tornadoes showing there are direct impacts and costs of Climate Change. One of the outstanding, but essential step is to ensure the Federal and Provincial governments update their respective building code standards to advance the construction of greener buildings. I intend to continue pushing for this step, as requirements, not just guidelines, allow for a better tomorrow. We will remain seconds off from our ultimate victory once we can have a net-zero standard within building codes across Canada.

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News Bites

Debrief continues post-Panda Game

The police debrief on the 2021 Panda Game incidents in the community was held on April 12. Action Sandy Hill (ASH) will be working with uOttawa and City reps to prepare for the next big event on the university calendar to affect Sandy Hill — which occurs later in April when many students move out of their current accommodation.

Cleaning up the neighbourhood

The City recently installed temporary garbage and recycling bins at several locations in Strathcona Park. Action Sandy Hill has received many complaints about the amount of dog faeces and litter (especially discarded masks) around the neighbourhood.

Councillor Fleury will be hosting a Community Spring Clean event sometime in the weeks ahead, supplying equipment and possibly hosting a post-clean-up BBQ.

Pick up after your pups

As the snow melts, we're discovering lots of nasty presents all over Sandy Hill. No one likes stepping in poop or having to clean up after someone else's dog, so please remember to stoop and scoop. Failure to pick up after your dog and dispose of it properly is an offence under Section 37 of Ottawa's Animal Care and Control bylaw.

The One & Only Craft Show returns

Action Sandy Hill is planning to sponsor this community event again in November at the Sandy Hill Community Centre. The first online planning meeting has taken place and volunteers are welcome. If interested, contact Dave Eldon at: info@ash-acsc.ca.

Summer infrastructure projects

Work will begin in April to complete the improved pedestrian and cycling access around Nicholas Street and Laurier Avenue East.

Mackenzie Bridge Redevelopment issues: plans are being reviewed with outstanding issues around pedestrian crossings, a safer cycling route, and lane width. The bus stop at Cumberland Street and Laurier Avenue East will be permanently moved by a half block to improve safety and ease congestion at that corner.

Heritage & planning

A quick overview of the development applications currently underway in our neighbourhood:

641 Rideau: The developer is working through the items required by the City before planning approval is "unblocked." As such, the appeal period against the increased density allowance has begun. A 25-storey apartment building has been proposed for the site, which is located near the Cummings Bridge on Rideau.

2 Robinson: Zoning has been approved but is on hold until the developer presents its plans regarding three outstanding issues: transportation linkages, affordable housing, community spaces.

Wanted: New crossing guards

Do you love being outside? Do you have spare time in the morning or afternoon? You may enjoy becoming a crossing guard. Shifts are during morning and afternoon school bell times. The average shift is 40-60 minutes and the pay is \$17 per shift. For more details and to apply, please see Crossing-Guard.ca

Action Sandy Hill hosts its first in-person Annual General Meeting since COVID-19

Action Sandy Hill is planning the association's annual meeting. The meeting is open for all residents of Sandy Hill, ASH member or not. This is when your community association board reports back to you.

The meeting will take place on Thursday, June 16 between 6:30-9 p.m. at the Sandy Hill Community Centre (250 Somerset St. E).

ASH volunteers are a diverse group with one thing in common: we want to make Sandy Hill an even better place to live. Think you might like to help? Please consider becoming a volunteer board member of ASH.

Here are a few active issues we need your help with:

- Leadership and other roles for our project to build a gazebo in Strathcona Park
- ASH's comments to the City on various renovation/development projects in the neighbourhood
- Protecting the built heritage in our neighbourhood
- Local action to help the environment
- Improving communications and making connections to our members and the community at-large

ASH members will be electing new directors at the June AGM. If you have a question about volunteering with ASH, we'd love to hear from you at info@ash-acsc.ca

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Development at 70 Nicholas St. proposes a coffee shop for the community – and that’s it.

Cynthia Mitchell

It’s more of the same for a proposed development of 70 Nicholas St., a property owned by Cadillac Fairview and the site of the historic City of Ottawa Registry Office. That means a lack of affordable housing and minimal public amenities available to the community.

On March 1, more than 50 participants at an information session hosted by Councillor Mathieu Fleury learned more about the developer’s plans for the site. Located on the block bounded by Nicholas Street, Daly Avenue, Colonel By Drive, and the Mackenzie King Bridge, the site is currently home to green space and the registry office, built in 1874.

Barry Padolsky, the heritage architect for the development, addressed community concerns about the re-location of the registry office. According to Heritage Ottawa, the office would be moved some 10 metres to the north of the property to allow for its integration into the development. Discussions are ongoing as to how the building would actually be moved, but what is known is that it would remain a unique heritage site and be open to the public. A retail component is proposed for the registry office, most likely a coffee shop.

That’s where the community aspect to this development begins and ends and is where residents at the session voiced their frustration. The development includes two 21-storey rental apartment buildings, with a mix of one- and two-bedroom units, but no affordable units. The overall sentiment from residents was that the redevelopment represents more of the same: more high-end rentals, without any affordable housing or community benefits.

“I was pleased to see that the development will be a rental building, but really disappointed that none of the 21 floors

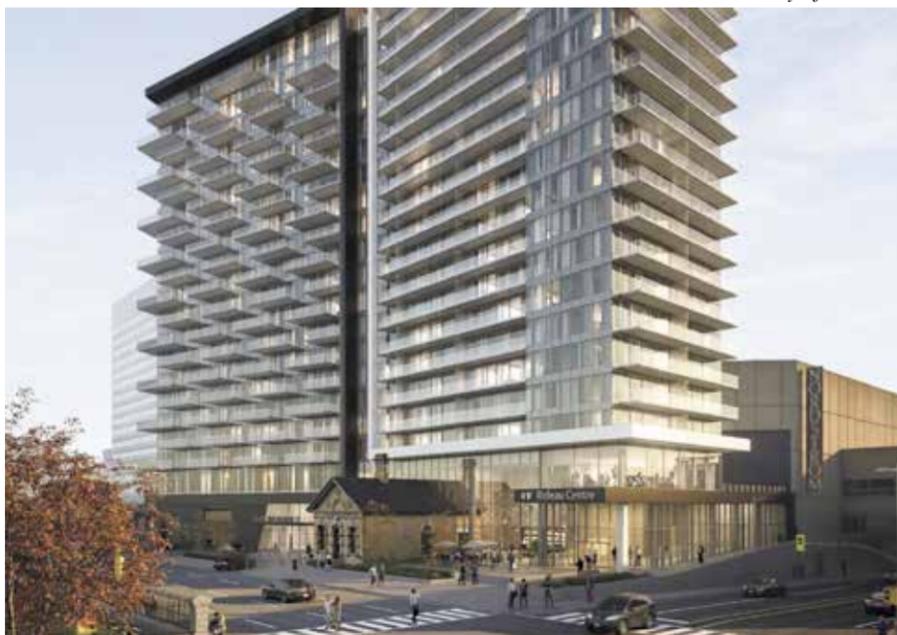


Photo City of Ottawa

The architectural rendering for a pair of proposed 21-storey residential towers at 70 Nicholas St. The City of Ottawa Registry Building can be seen incorporated into the building’s lower level.

in two towers are dedicated to affordable housing, considering how badly it’s needed,” notes Kristin Fardy, a Sandy Hill resident. “It’s unfortunate to lose the green space in that location, but this development would be a much more positive addition to the neighbourhood if lower-income neighbours were going to share in the benefits.”

Residents were also disappointed that the development’s plans don’t include public amenities besides the coffee shop. A gym, theatre, dog park, and lounge space on the top floor are proposed for the development, all of which will be for apartment residents only.

While further intensification is expected in our community under the City’s new

Official Plan, development can’t only be about building physical structures and benefiting developers – it has to be about building community, too.

With the planner indicating they anticipate receiving approvals over the coming months and starting construction in the fall, we unfortunately won’t see any community benefits or affordable housing included at 70 Nicholas Street.

On a more optimistic note, an inclusionary zoning bylaw, which would mandate new developments to include a percentage of affordable units, is expected to be brought to the new Council in the fall. If passed, it could start to make a dent in the City’s affordable housing crisis.



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2022 Annual General Meeting Assemblée générale annuelle 2022

All Sandy Hill residents are invited to attend this meeting of our local community association.

We are also looking for interested neighbours to join the ASH Board of Directors.

Become an ASH member to run for and vote on the board!

Tous les résidents de la Côte-de-Sable sont invités à assister à cette réunion de notre association communautaire locale.

Nous recherchons des voisins intéressés pour rejoindre le conseil d'administration d'ACS!

Devenez membre de l'ACS pour vous présenter et voter au conseil!

6:30 p.m. Thursday, June 16 | 18 h 30 le jeudi 16 juin
Sandy Hill Community Centre, 250 rue Somerset St. E.

More details/plus de détails: info@ash-ac.s.ca



Lucille Collard

MPP / députée Ottawa-Vanier



Une démocratie mise à l'épreuve

Au courant des derniers mois, nous avons entendu des cris de « liberté » résonner à travers notre centre-ville. Cependant, ces cris ont gravement perturbé la vie de plusieurs résidents d'Ottawa-Vanier. Plusieurs gens n'avaient pas la liberté de se rendre au travail et n'avaient pas la liberté de marcher en sécurité face au harcèlement des occupants. Même si nous sommes sûrement tous d'accord que les citoyens ont tous le droit de manifester paisiblement, il faut aussi se rappeler que « la liberté des uns s'arrête là où commence celle des autres. »

De l'autre côté du monde des cris similaires se font entendre en Ukraine, mais ces derniers se produisent suite de l'invasion russe, un pays classé comme régime autoritaire par le Democracy Index. Cet acte de guerre grotesque doit être condamné par tous. Nous devons continuer à appuyer l'Ukraine, tendre la main à nos voisins Ukrainien-Canadiens et faire notre part pour aider.

Le fait que ces deux événements se soient produits l'un après l'autre nous permet de constater à quel point l'occupation était une exagération absurde de la réalité. Les occupants qui comparaient nos gouvernements à des tyrans peuvent voir de leurs propres yeux qu'en Russie les gens qui manifestent paisiblement contre les décisions de l'État se font arrêter immédiatement par les forces policières. Puisque les conflits sont créés par l'opposition et le mépris des principes des droits d'autrui, il est impératif de défendre les intérêts démocratiques et de diminuer la polarisation au Canada et à travers le monde. Nos gouvernements ont la responsabilité de proposer un équilibre qui respecte la liberté d'expression tout en protégeant la liberté des Canadiens de vivre paisiblement avec la démocratie en toile de fond.

Democracy put to the test

Over the past months, we have heard cries of "freedom" echoing through our downtown core. However, these cries have severely disrupted the lives of many Ottawa-Vanier residents. Many people did not have the freedom to go to work and did not have the freedom to walk in safety from the harassment of the occupiers. While we can all agree that citizens have the right to demonstrate peacefully, we must also remember that "one person's freedom ends where another's begins."

On the other side of the world, similar cries are heard in Ukraine, but these are in response to the Russian invasion, a country classified as an authoritarian regime by the Democracy Index. This grotesque act of war must be condemned by all. We must continue to support Ukraine, reach out to our Ukrainian-Canadian neighbours and do our part to help.

The fact that these two events occurred one after the other shows us how absurdly exaggerated the occupation was. The occupiers who compared our governments to tyrants can see with their own eyes that in Russia people who peacefully demonstrate against state decisions are immediately arrested by the police. Since opposition and disregard for the principles of the rights of others create conflict, it is imperative to defend democratic interests and reduce polarization in Canada and around the world. Our governments have a responsibility to strike a balance that respects freedom of expression while protecting the freedom of Canadians to live peacefully with democracy as a backdrop.

Constituency Office /Bureau de circonscription

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<https://lucillecollard.onmpp.ca/>

A Q&A with Sandy Hill's new Community Police Officer

Photo supplied

Our neighbourhood has a new Community Police Officer. After five years in Sandy Hill, Const. Sébastien Lemay is turning to focus exclusively on the ByWard Market and Lowertown. His replacement, Const. Mohamed Islam, started in the neighbourhood in January 2022. IMAGE editors posed a few questions to him.

Can you share with neighbours a little bit about yourself?

My name is Const. Mohamed Islam and I'm the new Community Police Officer (CPO) for the Sandy Hill area. I've been employed with the Ottawa Police Service for five and a half years. Prior to community policing, I was a frontline patrol officer responding to calls for service in the west end of Ottawa. Prior to that, I worked 15 years in community building with various community organizations, including the Pinecrest Queensway Community Health Centre, Boy and Girls Club of Ottawa, Somali Centre for Family Services, and the Centre for Resilience & Social Development.

What appealed to you about becoming the Community Police Officer for Sandy Hill?

My passion for community safety and well-being is what motivated me to join the CPO team. Upon learning about my CPO assignment to the Sandy Hill community, I was so thrilled. As a CPO I want to break down barriers and be the conduit to bridge the gap in communication and enhance collaboration.

What are your thoughts on the St. Patrick's Day policing strategy and the outcome of the OPS activities in our community?

From a policing perspective, the St Pat's Day celebrations went without any major incidents and that was in part due to early planning and engagement done by our Police Liaison Team (PLT). Our PLT canvassed door to door and engaged with students and residents promoting safe St Pat's celebration. a

Our theme message centered around "safety & security being a shared responsibility." I want to take this opportunity to thank all partners including students for their role in making sure the St Pat's Day celebrations were a success for all from a safety standpoint.

How has the work of the City's Community Engagement Team impacted your work in Sandy Hill?



Const. Mohamed Islam has been with Ottawa Police Service for over five years.

The Community Engagement Team started around the same time I joined the CPO team. Kent Hugh is the coordinator and has been making the rounds to different platforms in the community so that he can better understand the issues affecting Sandy Hill. I look forward to working with him and his team to explore what more can be done and how we can build on the success. — IMAGE staff

If you have any comments or concerns regarding our community, you can reach Const. Islam at IslamM@ottawapolice.ca or 613-236-1222 ext. 8334.



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Monster escapes!

Photo Bob Whitelaw



Sometime during the weekend of March 19 – 20 the Rideau River Monster, which appeared last year, departed the Rideau River just south of Adawe Crossing at Strathcona Park. The monster, also known as a large tree embedded in the low water following the spring runoff, was a popular site for photographers and sunning turtles. IMAGE readers are encouraged to report future sightings.

Quiet Saint Patrick's Day

Bob Meldrum

The police operation in Sandy Hill on St. Patrick's Day was very successful. It kept the revelers from being too wild and dangerous, but allowed them to enjoy the lovely weather. As a correspondent for IMAGE, I walked around the area, especially Russell

Avenue, three times from noon to 9 p.m. I was greeted by both students and police — especially when I said 'thank you' to the police on my last round.

Editor's note: According to Const. Islam, Sandy Hill's Community Police Officer, about 40 fines were handed out for bylaw infringements, including two for \$1,000, but overall, the St. Patrick's Day celebrations occurred without major incident.



Ontario Provincial Police officers check in on a Chapel Street gathering. When I returned a couple of hours later, the party had dispersed.

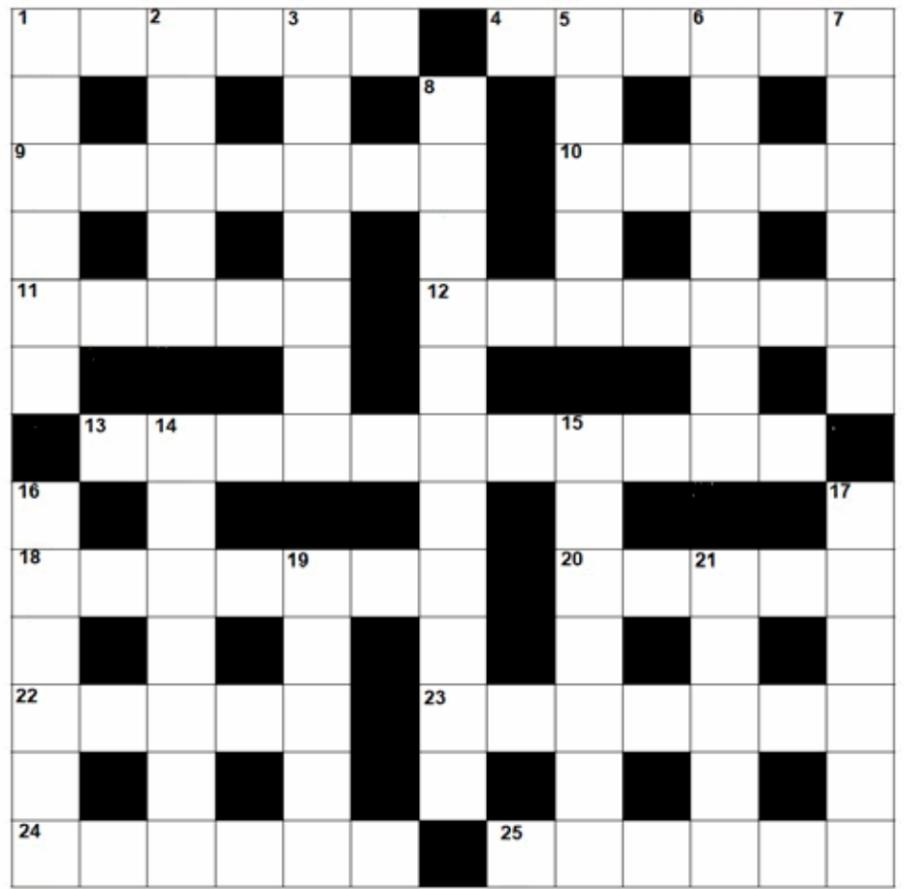


Bylaw enforcement officers monitor young people going into a party on Blackburn Avenue. Within an hour, a major Ottawa Police platoon shut the party down.

LOOKING AROUND SANDY HILL

(and other stuff)

By Ralph Blaine



ACROSS

1. A flying insect which appears in huge swarms and destroys vegetation
4. The name of this Sandy Hill coffee shop on Laurier has hints of fruit and Mozart
9. Sweetland, Henderson, and Daly are all _____. [write it backwards]
10. A joint at the junction of the foot and leg
11. The most recent American President to visit the ByWard Market
12. The huge land mass that Columbus is said to have discovered
13. The name of uOttawa teams and what they do
18. The family name given to both a street and a bridge (once) in south Sandy Hill [write it backwards]
20. A basketball shot that goes through the net without touching the rim of the basket
22. Evita and Juan anchored this family name in Argentinean politics
23. This local store sounds like it is tossing out all legalities
24. The chefs at the Cordon Bleu do this to their potatoes before slicing them
25. Consents

DOWN

1. Let that be a _____ to you
2. Raw in Barcelona or hangover in Veracruz
3. What Lynn Miles did at the NAC [two words]
5. What is in your hands as you do this crossword?
6. If you need to know more about *West Side Story* star Moreno you may just have to _____ [two words]
7. Begin in [as in a new concert tour – two words]
8. The neo-Classical gem on the quad of uOttawa. [two words]
14. In the early 20th century, this very tall plant shaded many Sandy Hill streets
15. How one might describe the condition of a mail carrier who has fought off the flu [two words]
16. To buy quickly or eagerly [two words]
17. What all those PhD students at uOttawa are labouring over
19. A Sandy Hill road with embassies and a park
21. How you might feel if you get to the library five minutes after closing

Hilary Duff, Paula Kelsall, and Bob and Jan Meldrum provided invaluable editing suggestions for this crossword.

► **Solution, p. 19**

UrbanOttawa.com

What our clients say!

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Looking back on your transaction, what stands out the most in your mind?

"The people supporting Natalie." Peter

Ce que nos clients disent de nous!

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"Natalie est visible, engagée, présente dans notre communauté. Elle connaît bien le quartier et peut répondre à nos besoins. Natalie est bilingue et nous voulions faire affaire en français."

Quel aspect de votre transaction se démarque dans votre esprit?

"Natalie avait les ressources et les contacts pour faciliter notre achat." Lucie et Johanne

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BULLETIN BOARD

Seeking a short-term rental from July 2-8 for a family of three adults, from France, visiting relatives in Sandy Hill. Looking for a 2 bedroom (or more) home or apartment to rent. Please contact Christine at caubryhome@gmail.com or 613-725-4245.

Recherchons logement meublé à louer du 2 au 8 juillet: famille française (3 adultes) désire louer appartement ou maison avec au moins 2 chambres à coucher. Veuillez contacter Christine: caubryhome@gmail.com (613-725-4245).

Rental accommodation sought 60-year-old man seeks to rent lodging in Sandy Hill. Former U of O student, quiet, studious, has some skill with tools, volunteers with IMAGE. Likes animals. Rented for 25 years in a house in Lower-town, now hoping to return to return to Sandy Hill. Frank Heilingbrunner, fheiling@yahoo.ca

Non-profit office moving out sale! Located at 5 Blackburn Avenue. Excellent deals on desks, shelves, office chairs, and technology. To make an appointment to come by between 9-5 on April 22, 29, or May 6, text Heather at 613 853-8925.

Ottawa Newcomers Club is a non-profit social organization for women who have recently moved to this area or who have experienced a significant life change and would like to meet new people of similar interests by joining our many group activities. See our website: ottawanewcomersclub.ca or contact newcomersclubottawa@gmail.com

Jane's Walk Ottawa-Gatineau returns to local streets on May 7-8. Information: janeswalkottawa.ca

Update: evictions, deaths, and investigations at 168 and 170 Osgoode St.

Larry Newman

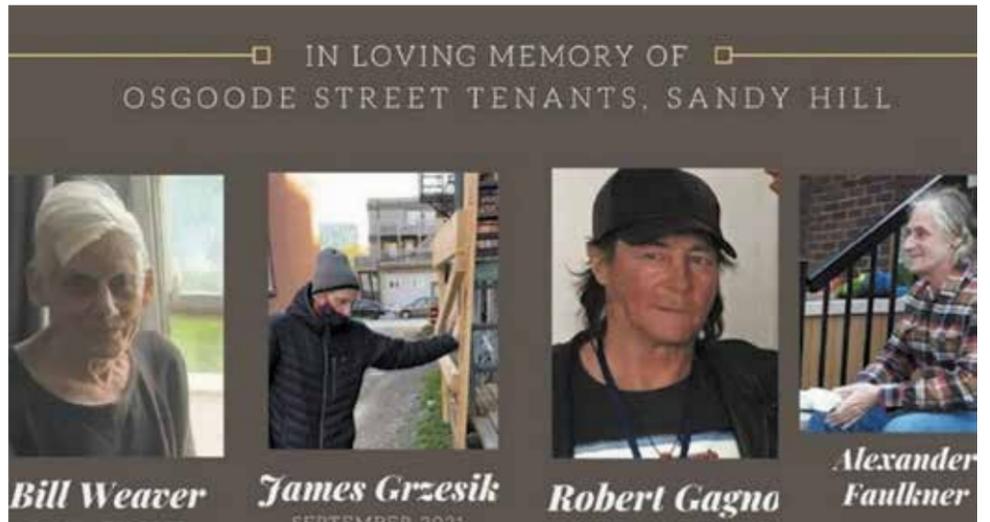
IMAGE first reported on the eviction notice received by low-income tenants in the rooming houses at 146-170 Osgoode St. in the October-November 2020 issue.

The eviction notice was sent in June 2020 and almost a year later the complaints of the six remaining tenants were heard at a meeting of the Landlord and Tenant Board. After negotiation, in May 2021 the tenants signed a lease guaranteeing them a unit at the existing rent. These units were to be repaired but not renovated.

It looked at the time like this settlement would solve the problem for the six remaining tenants. However, according to Josh Hawley, the tenants received a second eviction notice this past February and were offered a \$15,000 buyout to leave. Hawley is a PhD student in sociology at Carleton University who is acting pro bono on behalf of the Osgoode Street tenants, as well as others in the city facing renovations.

The tenants refused the buyout. Like their original objections and concerns related to the renovation, tenants felt there were no rental accommodations in the city that would match the Osgoode Street rooming houses for price and walkable access to grocery stores and pharmacies.

In a statement about why they served this second eviction notice, the PR Team from Smart Living Properties said: "... the property at 170 Osgoode Street requires serious repair and refurbishment and the City of Ottawa has ordered that



This graphic remembering the four residents was shared to the group's Facebook page earlier this year.

it must be vacant before the work can be carried out." These are building code violations. The City's Building Code Services did not return calls for comment before deadline.

Since the first eviction notice was issued in 2020, four of the original tenants have died, two since signing of the lease. Because of these deaths and the absence of any significant repairs to the units, the tenants hired Accurate Buildings Inspection Inc. to conduct a safety inspection of 170 Osgoode St. Their August 2021 report lists over 100 safety violations.

A petition on Change.org was launched by tenants, calling for a coroner's inquest into these deaths. "Since July 2020, four tenants have died at 168 and 170 Osgoode Street in the Sandy Hill neighbourhood of Ottawa," states the petition

description. "We are demanding a coroner's investigation into the deaths at this rooming house and the potential of criminal neglect on the part of the landlord, 146 Osgoode Street Holdings Inc., which is led by Tamer Abaza and his company Smart Living Properties."

Coroner Dr. Susan Tector confirmed to IMAGE that an investigation into the deaths on Osgoode Street is ongoing. Her report is not yet ready and when released, will only be available to tenants and family members of those who have died.

For the latest information on the situation at 146-170 Osgoode St., search "Tenants of 146-170 Osgoode St vs. Renovictions" on Facebook and look for their petition on Change.org.



Photo Bob Meldrum

My visit to Collective Growers on Somerset St.

Bob Meldrum

There is a new business on Somerset Street East at Chapel. Collective Growers has set up shop to provide our area with recreational cannabis. Always curious, I had to go in and check it out. Walking through the door I was confronted with a solid wall. Hmmm, I had not come across one of these since bars had a similar barrier to keep you from seeing patrons enjoying alcohol.

There was a sign that said "Stop and show ID." Okay, but I had already put on my mask. A clerk arrived just as I got my driver's license out. "Pull down your mask," she said. And I thought she was just checking that I was over 18!

Next, we got to the counter. Wow, it was

just like the old LCBO stores. All products hidden away in the back, but at least you didn't have to fill in a coded piece of paper by hand.

I explained that I was cheap but wanted to try an edible. I was sent home with THC cookies and cream white chocolate. Before consuming my purchase, I checked with experts. It turned out this product had much more THC than CBD and would have sent me on an LSD-type trip. Not what I was expecting.

Next time I returned to the store, I requested an edible with mostly CBD — the calming, pain-removing drug — or so I had been led to believe. This time I got peach serene gummies with 50 mg of CBD.

So far, I have not consumed anything, but feel good about supporting a local business.



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Can we help you find a restaurant or little free library in Sandy Hill?

Cathy Major

In the summer of 2021, Community Associations for Environmental Sustainability (CAFES) proposed some opportunities for 15-minute neighbourhood community builders. One of these opportunities was a partnership with Carleton University to undertake a community engagement project on communications and messaging around the 15-minute neighbourhood concept.

The principles of 15-minute neighbourhoods are integral to the strategic directions contained in Ottawa's new Official Plan, which was approved by Council in late 2021. It centres on neighbourhoods becoming more walkable, liveable, and "complete."

In September 2021, Action Sandy Hill (ASH) member Hilary Duff and I participated in this project with eight Carleton University students. Since the premise of



the 15-minute neighbourhood is to be able to walk to basic services within that time, residents must be aware of which services currently exist in Sandy Hill and where they're located.

We commissioned our group to take an inventory of all the services in the neighbourhood, categorize them by type (e.g. healthcare and community services, banks and credit unions, etc.) and create a map that people could easily use to locate a particular service. We also asked the students to undertake the same exercise to create an Active Transportation map to show bus routes, bike paths, Commu-nauto stations, etc. in our neighbourhood. We were amazed at the number of services they found which we didn't know existed!

One of the students who helped build the maps, Zack Ward, had a similar experience. "I learned about the richness of Sandy Hill in the local small businesses that serve numerous daily needs," says Ward, a geography student at Carleton. "I hope residents realize how many things might be around the corner from them."

The Carleton students familiarized themselves with our neighbourhood by physically walking up and down the

streets to conduct the inventories. They also attended a few ASH board monthly meetings to gain an appreciation of how the board functions and engages with the community.

The Community Services and Active Transportation maps are easy to use and have been posted on the ASH website (on the dropdown menu under Community Resources). There have been over 100 views since posting the maps in February 2022.

Concludes Ward: "After the experience, I saw that many of the goals of the 15-minute neighbourhood concept are already well developed in the neighbourhood. I think that Sandy Hill is definitely a model for the rest of the city for a healthy, walkable neighbourhood."

If you have suggestions on how to improve the maps or notice any services or transportation items that are missing, please let us know at actionsandyhill@gmail.com.

With notes from Hilary Duff

Expanding efforts to control invasive weeds and increase Sandy Hill's native plant biodiversity

Marilyn Whitaker

In February, the University of Ottawa Community Engagement Team announced that the Sandy Hill Riparian Forest Biodiversity Project was selected for a grant from the TD Environmental Leaders Program. This project will involve uOttawa students and expand on the work started last year by Sandy Hill volunteers to control the spread of Japanese knotweed in areas along the Rideau River.

As reported last year in IMAGE, some Sandy Hill residents were concerned about the spread of invasive plants along

banks of the Rideau River, in nearby parks, and other areas. Plants like Japanese knotweed and common buckthorn can out-compete native plants for resources such as light, moisture, and soil nutrients. They can create thick stands and affect wildlife species that are adapted to native plant communities and lessen people's enjoyment of an outdoor space.

Last summer and fall, Sandy Hill volunteers, with City support, dug out or cut-back knotweed plants along the Rideau River path between Strathcona Park and the entry to Robinson Village. They covered these areas with tarpaulins and mulch to suppress regrowth. Although City Forestry promised to replant these areas with native trees and shrubs, this is

now expected in the fall of 2022 or 2023.

The Sandy Hill Riparian Forest Biodiversity Project will expand efforts to enrich biodiversity and enhance resilience by planting native species in key locations along the riverbank and adjacent upland areas in Sandy Hill. Starting in May 2022, student volunteers will work with Sandy Hill residents to monitor and clear more invasive plants. Adjacent to the tarped areas, a diverse selection of native trees, shrubs, and perennials suited to the local conditions will be planted to create shaded areas where knotweed and other invasive plants are less likely to thrive.

Students will prepare information material for Sandy Hill residents wanting to

remove invasive plants from their own properties. The project thus aims to enhance the environmental experience of the students and Sandy Hill residents alike.

Funding from the TD Environmental Leaders Program enables orders to be placed for native trees, shrubs, and perennials suited to the site conditions. People with sunny windows or grow lights interested in growing additional native perennials can get seeds and trays by contacting sandyhilltreegroup@gmail.com. Classrooms and seniors' residences are welcome to get involved and make it a community effort.

Please check the Action Sandy Hill newsletter and future issues of IMAGE for updates.

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Plan now for a 2023 heritage grant from the City of Ottawa

Luis Juarez

With the new season comes the motivation for residents to do spring cleaning and maintenance of their properties and/or any necessary repairs. For many Sandy Hill residents, it's also an opportune time to complete heritage restoration projects that were planned in the winter.

While it is incumbent on all property stewards to maintain their properties, owners of designated heritage properties have the added responsibility of maintaining the heritage attributes associated with their properties in accordance with the *Standards and Guidelines for the Conservation of Historic Places in Canada*.

Proper restoration and rehabilitation projects often require the expertise of skilled tradespeople who are knowledgeable in heritage conservation techniques. To help make these heritage restoration and rehabilitation projects more financially feasible for property owners, the City of Ottawa offers a matching grant program of up to \$10,000 for projects on residential buildings, and up to \$25,000 for projects on commercial, institutional and large-scale residential buildings.

To be eligible for the matching grant, properties must either be individually designated under the "Ontario Heritage Act" or be considered a contributing building within a Heritage Conservation District (HCD).

Eligible in Sandy Hill are the over 30 individually designated properties in the community or contributing properties in one of Sandy Hill's eight HCDs

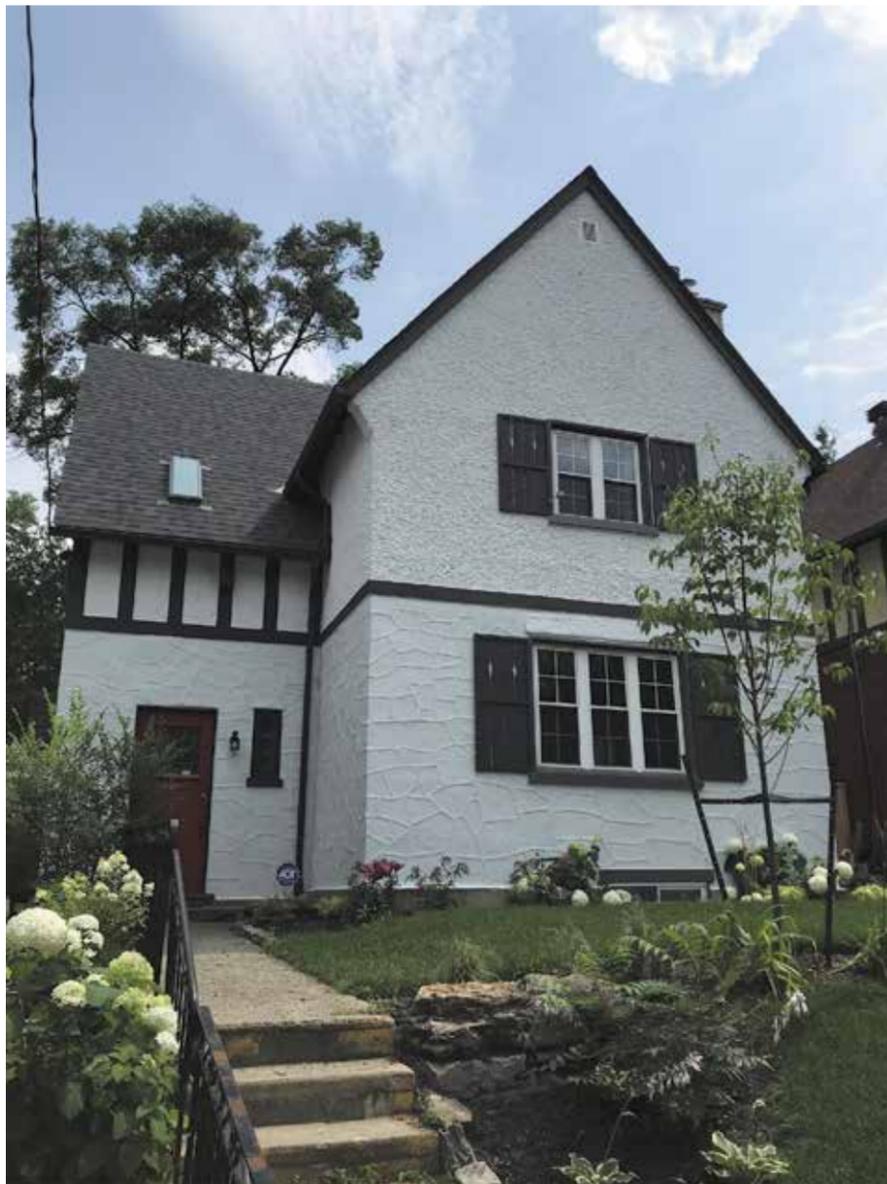


Photo: City of Ottawa

Completed stucco repair at 434 Daly Avenue, a successful 2021 heritage grant project.

(Sandy Hill West, King Edward Avenue, Stewart Street/Wilbrod Avenue, Daly Avenue, Sweetland Avenue, Russell Avenue-Range Road, Wilbrod-Laurier, Besserer-Wurtemberg).

The matching grant program was implemented in the 1980s. In 2019, City Council doubled the program's budget from \$150,000 to \$300,000. Over the years, the program has assisted with several notable projects across Sandy Hill, including porch restorations at Philomène Terrace and masonry restoration at the Winterholme apartments on Daly Avenue. Equally as important as these notable restorations are smaller-scale projects that ensure the continued and efficient use of heritage properties into the future. Examples of these types of projects include foundation repointing, wood window repairs, and chimney stabilization. In 2021, the city issued 11 matching heritage grants and associated heritage permits to properties in Sandy Hill ranging in scope from stucco repair to tin roof repainting.

The application period for 2022 heritage grants has now closed and staff were evaluating applications throughout March. As warmer weather arrives and property stewards begin heritage restoration projects across Sandy Hill, staff encourage property owners to consider what grant-eligible restoration projects they may want to apply for in 2023.

Applications are generally accepted between January and the end of February for projects to be completed that same calendar year. For more information about the program, eligibility, submission requirements, and contact details, please visit: Ottawa.ca/HeritageGrants.

Luis Juarez is a Heritage Planner with the City of Ottawa.

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Earthub: Really recycling recyclables

Christine Aubry

Earthub is a relatively new initiative that was launched in January 2019 by University of Ottawa civil engineering graduate Brittanny Belanger (EIT, C.E.T., LEED Green Associate).

Belanger, an avid recycler, often shared her eco-knowledge with friends and family: “A lot of people asked ‘how do you know all this?’” she explains. That got her thinking about how she could use her engineering and science expertise to launch a website that would raise awareness and share information.

Belanger says she is very skeptical about recycling programs. According to her and supported by a 2019 study published by Environment and Climate Change Canada, only 9% of what Canadians put in the blue bin is recycled. Even then, the process of doing so is costly and energy-consuming.

That’s why Belanger tried, in vain, to convince her pharmacy to re-use her own pill bottles for her prescriptions. Her search for a better alternative to recycle these bottles led her to Matthew 25: Ministries, an Ohio-based international humanitarian aid and disaster relief organization, that accepts and reuses clean pill bottles. Belanger realizes that shipping the bottles produces its own carbon footprint, but she says it’s still better than using new bottles while old, perfectly good ones may end up in landfill.

Belanger then started thinking about what else could be reused. During her daily COVID walks, she noticed how many egg cartons were in black recycling boxes.

Earthub’s “Items to Keep Out of The Landfill” program grew from there. Via a series of Earthub bins, volunteers collect a variety of items from their neighbours to be reused or recycled in vetted specialty programs. Belanger says she has done her



Photo: Christine Aubry

Sofia Barrette dépose des boîtes à oeufs, des attaches en plastique et des bouteilles à pillules dans le bac Earthub sur l’avenue Blackburn pour qu’elles soient réutilisées.

due diligence to ensure that everything collected by Earthub is used as claimed by each organization or program.

The Earthub program now has a dedicated volunteer coordinator managing six official chapters and almost 150 Earthub locations. Among one of its many waste diversion achievements, the program has sent 40,000 clean, reusable pill bottles to Matthew 25: Ministries.

I decided to host an Earthub bin here in Sandy Hill after seeing a call for volun-

teers on Facebook from Ottawa-Centre team lead, Erin Ladouceur, who lives in Lowertown.

It was Ladouceur who investigated a closer location for bringing empty egg cartons and found the Partage Vanier food bank on Marier Avenue. Most food banks receive eggs on large cardboard pallets and need smaller cartons to send home with clients. Reusing egg cartons is not only eco-friendly but cost-saving. The food bank also appreciates Earthub

because they receive one large shipment they know has been quality-checked.

Belanger knows that being eco-friendly can require significant upfront costs. In 2021, she started the Earthub ecoStore (only available in Ottawa for now), where she sells affordable cleaning materials, personal hygiene products, and mesh shopping bags. Belanger calls herself a terrible businessperson because she does not profit from her endeavours. “I want zero-waste products to be as accessible and cheap as possible,” she says. “That’s what makes me happy.”

Belanger plans to expand on the education and awareness-raising component of Earthub once she obtains her Professional Engineer (P.Eng.) designation. She wants Earthub’s drop points to remain completely free and run entirely by volunteers. That has made it challenging to move forward with her many ideas. “Most need money and funding to implement, so it’s difficult,” she explains. Undeterred and clearly passionate about the cause, she hints that there are exciting announcements coming.

To obtain the address of your closest Earthub bin (including the one in Sandy Hill), email your location to environment@earthub.ca. All Earthub drop-off locations are volunteers’ homes, so addresses are not made public.

The items accepted for collection depend on your location and only clean items should be dropped off. If you have questions, Earthubers are more than happy to help. For example, the best way to neatly remove the label off a prescription bottle? Leave it in the freezer overnight!

To learn more or volunteer, email Belanger at: ottawa@earthub.ca. You can also help Earthub cover shipping costs or expand further by donating via e-transfer to accounting@earthub.ca. And if you are on Facebook, please like and share the Earthub page and help spread awareness.

Advocating for public toilets: Where to go when there’s no place to go!

Bessa Whitmore and
Kristina Ropke

Photo: Bessa Whitmore



A common sight throughout the pandemic!

“Nature calls, what to do? Will I be able to find a loo! A bathroom, a restroom, a porta-potty, a WC, a lavatory, the Ladies, the Gents, the facilities, an outhouse, a powder room, or a toilet. This could be me, this could be you!”

No matter what we call it, we all need to use them. But where are the toilets when we need them?

The COVID-19 pandemic has laid bare the lack of access to toilet facilities in Ottawa. Prior to the pandemic there were some “hidden” toilet facilities available in local businesses and public buildings. But these toilets were not equally accessible for everyone, as many local businesses do not allow access to their toilets unless a purchase is made. We are dealing with a serious access issue which is hardly unique to Sandy Hill (or Ottawa).

During these last two years, our sense of locality has increased. Many of us have re-engaged with our neighbours, supported local businesses, and taken to the streets, parks and pathways to exercise, enjoy fresh air, and alleviate social isolation from being cooped up in our homes. Yet too often our time away from home has been cut short, specifically because we need to access a toilet.

The lack of access to toilets affects everyone but it presents an unsurmountable

barrier to numerous community members. For many seniors, people living with disabilities, people who suffer from intermittent or chronic medical conditions, and

families with young children, the need to access a toilet is even more dire. Not having a place to pee or poo results in either staying home, risking an accident, ducking into the bushes, or into the yards of residents. The lack of access to basic amenities not only affects our physical health but can seriously impact one’s psychological health, leading to an increased sense of loneliness, social isolation and depression.

And let us not forget those who are most vulnerable in our communities. For people experiencing homelessness, the search for a toilet is always part of their day. Having access to toilets and running water would do wonders for restoring their dignity, as well as reducing human waste in parks and on privately owned property.

So what can be done to improve toilet access in Sandy Hill and downtown Ottawa? See the box on the right for a few ideas.

Advocate for a range of options:

Stand-alone public toilets: While the City is planning two stand-alone public toilets (Sparks Street and the ByWard Market), these are expensive to build and maintain.

Subsidy for local businesses: Contact your local BIA and ask them to help identify businesses that would open their toilets to the public in exchange for a small subsidy in partnership with the City. This would not only expand the availability of public toilets, but it would be a particularly cost-effective approach.

Porta potties (in season) placed in key locations.

Street signage identifying the location of public toilets in downtown Ottawa (an especially modest budget item).

Contact the mayor and your city councillor and stress the need for more public toilets. Make it an issue in the upcoming municipal election this fall.

Support the GottaGo campaign: Share your stories (anonymously, if you wish) on our social media platforms (website, Facebook, Twitter, Instagram). Talk to your friends and neighbours about this issue. You can learn more about the GottaGo campaign at www.gottago-ottawa.ca/.

Rain Ready Ottawa — keeping rainwater runoff at bay

Photo Brian Ash, English Wikipedia (licensed under Creative Commons)

Bryan Dewalt

Residents of Sandy Hill can now take advantage of Rain Ready Ottawa, a City of Ottawa pilot program to learn how we can manage rainwater runoff on our properties with rain gardens. As a result, we might see the flourishing of more rain gardens in our community.

A rain garden looks much like any other planting of ornamental grasses, flowers, and shrubs. What makes it different is that it is designed to collect runoff from hard impermeable surfaces like roofs, sidewalks, and driveways and hold it long enough for the water to be absorbed into the soil. A rain garden is generally a few inches lower in elevation than surrounding areas and features an inlet such as a downspout for the source water and an outlet for overflow. It is planted with native plants that thrive in the resulting moist conditions.

Managing runoff is an important job for any city. With climate change, major storms are becoming more frequent and more severe. Over the past 15 years, governments have invested hundreds of millions of dollars in Ottawa on major engineering works to mitigate the impact of stormwater on our aging combined sewer system. Through the Rain Ready Ottawa program, the City hopes residents will learn what they can do to reduce the flow at its source.

With densification, stormwater runoff is a growing problem in Sandy Hill. Large building footprints and paved driveways and parking areas shed water quickly. In some cases, redevelopment is also causing local drainage problems, with runoff from newly hardened surfaces pooling in lower-lying neighbouring yards.

This runoff is more than a problem for our foundations and city infrastructure. It



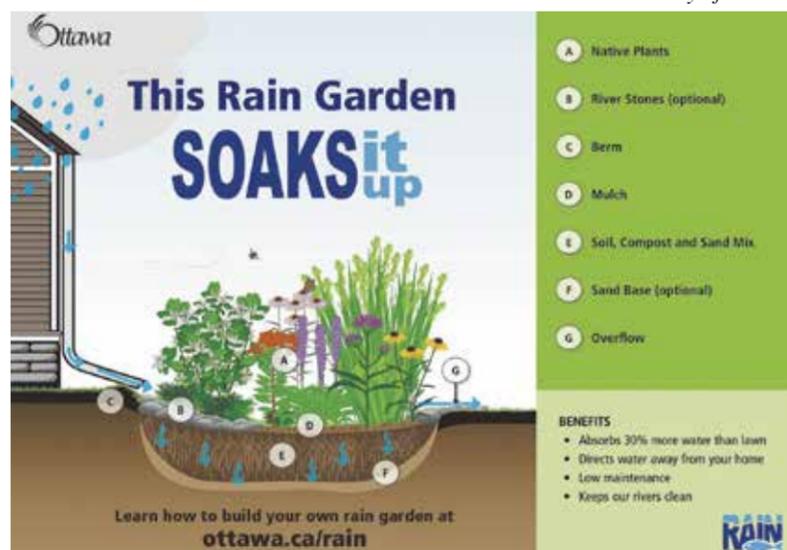
Through its Rain Ready program, the City of Ottawa provides information on how to build a rain garden or take other steps to manage runoff on private property. You can find these resources on the City's website by searching "Rain Ready Ottawa." Through the EnviroCentre, the City is also offering residents of Sandy Hill free assessments of rainwater management options on their properties. The number of assessments is limited and available on a first-come first-served basis, so do not wait too long before taking advantage of this opportunity.

Left — A newly planted rain garden

Photo City of Ottawa

is an underappreciated source of water for local plants and trees suffering increasing stress. As a result of many factors, dry periods are becoming longer and deeper. Capturing and holding runoff, so it slowly percolates into the soil, allows plant roots to make use of this moisture for their growth.

Property owners in Sandy Hill can do a number of things to reduce the harmful impacts of rainwater runoff and make better use of this valuable resource. We can redirect downspouts to a permeable surface away from our foundations. We can capture water in a rain barrel. If we have the budget and the appetite for civil engineering, we can install a soak-away pit (i.e. a dry well) or permeable pavement. Perhaps the most pleasing approach, however, is to build a rain garden.



Rain Ready Ottawa provides information on how to build a rain garden.



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Ferme L'eau du ruisseau is an eco-friendly farm just 30 minutes north of the city, and we love visitors. Come see the animals, pick your own fruits and vegetables, and get farm-to-table food from our charming store.

Go with the flo

Photo Hilary Duff

Hilary Duff

A few of you wrote to IMAGE noting a curious new addition near 301 Laurier Ave. E., across from Amnesty International. It's a curbside electric vehicle charging station equipped with two 7 kW charging points.

According to AddEnergie, the Quebec City headquartered company that oversees the FLO electric vehicle charging network, the stations were purchased and installed by the City of Ottawa, in collaboration with Envari Energy Solutions.

As part of this recent deployment, FLO stations will be installed at a dozen new sites across Ottawa. These stations can be located and used by downloading the FLO EV Charging app. While this is currently the only station in Sandy Hill, there are others nearby at the Rideau Centre and Ottawa City Hall.

Says Sylvain Bouffard, the Director of Communications and Public Affairs at FLO, "We are very excited to see our first curbside stations being installed

Photo Hilary Duff



in Ottawa, as we know these are very important in making EV ownership accessible to all, especially those without a private parking space equipped with a residential charging option."

Have you seen the Range Road tennis court?

Photo Hilary Duff

Hilary Duff

During January's Omicron lockdown, a delightful video landed in my inbox. It was filmed by longtime Sandy Hill resident Barry Padolsky and showed him playing tennis in the parking area behind his Range Road home.

If that sounds pretty par for the course given the past two years, consider that Padolsky's winter tennis training involved moving two vehicles onto the road. This revealed a pair of cleared patches amidst the otherwise snowy surface — asphalt islands where, if he calculated his stroke just so, he could bounce the ball and continue his practice.

Padolsky is no stranger to backyard tennis. He inaugurated the Range Road tennis court shortly after the COVID-19 pandemic began in March 2020. Prior to the lockdown, he had been a regular at the nearby Rideau Sports Centre, playing up to three times a week.

Like many others, he was desperate to stay active when courts closed. Fortunately, his own back parking area presented a solution. The abutting property owners, the Embassy of Côte d'Ivoire, had recently replaced the historic stone retaining wall with a utilitarian concrete slab. This was done much to the dismay of Padolsky, a heritage architect and enthusiast. But perhaps it was fate.

"When I saw that wall, suddenly I was inspired," recalls Padolsky. "I created a net line with white gorilla tape and there was the Range Road tennis court, all ready to play!" For precision's sake, he even calculated his improvised net's cat-



Says Padolsky: "The whole two years of COVID revealed that communities and individuals can be quite creative in how they adapt."

enary curve, the natural dip that happens on actual tennis nets.

Soon, the court was attracting his tennis playing friends from across the city. "One or two players would show up and we'd keep our social distance. They would hit while I sat in the garage having a beer, and we'd trade off like that," says Padolsky. He even hired one of the city's tennis pros, Zhenya Kondratovski, for weekly training. "That was a lot of running," Padolsky laughs.

About two-thirds the size of one side of a tennis court, Padolsky says the rapid pace



Occasionally, Padolsky hits a tennis ball too high, and it ends up on the grounds of the Embassy of Côte d'Ivoire, thus warranting a nighttime reconnaissance mission onto another nation's territory!

of the game made it more akin to squash than tennis. "The benefit was that when you got back on a real tennis court, things really slowed down," explains Padolsky, who says these solo rallies helped maintain his game over the course of the pan-

demic.

Though Padolsky is now back to regularly playing at the Rideau Sports Centre, he plans to continue hitting in his backyard — an activity that should be a little easier after spring thaw!

Strathcona spa

Photo Betsy Mann



A plump beaver takes a break from combing its fur to admire itself in a watery mirror, an opening in the ice on the Rideau River. Did you know that beavers have a toe on their hind foot designed specifically for preening? They use their double toenail to prevent their fur from matting and to spread the castor oil that keeps their fur waterproof. At the temperature of the Rideau in early spring, they need the insulation!



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Palm Sunday, April 10

10am Holy Eucharist
12h Messe en français

Maunder Thursday, April 14

7pm Holy Eucharist

Good Friday, April 15

11am Meditation on the Cross

Holy Saturday, April 16

7pm Great Vigil of Easter

Anglican Church of Canada
Online or in-person

Q&A

Meet Raven Groves, allsaints' new music programming director

Hilary Duff

Working Title Kitchen and allsaintsottawa have hired a new Music Programming Director, and there are already plenty of performances underway behind those red doors. Raven Groves started her role in early March but has roots in the neighbourhood that reach back much further.

Can you start by telling us more about your connection to Sandy Hill?

One of the first places we lived in my early childhood was at Charlotte and Daly. A lot of my fondest early childhood memories were in Strathcona Park — walking across the river — and walking tree-lined streets in Sandy Hill. My father (the late Stephen Groves, a gifted guitarist and jazz musician) grew up on Nelson and taught students from all walks of life from his studio, “The Ottawa Guitar School,” which was located on the 300 and 400 blocks of Rideau Street through the 90s and early 2000s. He was very active in the local community. So, essentially, I was a neighbourhood kid!

You used to perform with your dad as well. Do you have memories of performing with him here in Sandy Hill?

Definitely. There’s a willow tree in Strathcona Park that we would often sit under and sing our song, “How Deep Is



Photo supplied

Raven Groves is the new music programming director at allsaints in Sandy Hill.

the Ocean” [by Irving Berlin]. Recently, Justin Duhaime, who is a great manouche guitarist, came to perform at Working Ti-

tle. We had never met before that night, but he knew of my father and invited me to sit in with him. I chose that song, and it felt like such a cool full circle moment, being able to come back to the neighbourhood and sing that tune in a new context, with a new accompanist, but still holding all of those lovely memories.

What’s it like for you to be back in Sandy Hill in this new role?

It’s really exciting! I’m looking forward to rebuilding some of the connections my dad made in the community and branching out on my own as an adult with my career and community building.

Events have restarted in full-swing at Working Title and allsaints. What do you have planned for the spring and summer months?

We’re going to be having live programming on Tuesdays, Wednesdays, and Thursdays. On Tuesday and Thursday we’ll have performers and Wednesday will be our curated open mic. I’m really hoping that we can get a lot of

different types of performers and artists in here — not only music but also visual art, spoken word, and maybe some storytellers as well.

The open mics are going to be a really exciting addition to the community. There are some other places running them, but this space in particular is a really unique one.

A lot of the programming is in the chapel room. It’s an intimate space with gorgeous stone walls, high ceilings, and great acoustics.

What has it been like to see people gathered together to listen to live music again?

It’s a beautiful thing after a couple of years of lockdowns and restrictions. It brings joy to my heart to see folks gathering here, enjoying the community and really what this space was built for.

In the back end of the chapel there’s a large semicircular couch. To see people sitting on it laughing, singing, and enjoying themselves was an incredible experience. That’s the kind of thing I’m looking forward to a lot more of.

To keep up with the latest performances and event schedule, follow Working Title Kitchen on social media or visit www.workingtitleottawa.com.

Annie Pootoogook Park to host a new arts festival

Mary-Margaret Annab

Spring is in the air and it’s time to get outside!

MASC is thrilled to be partnering with Action Sandy Hill, Sandy Hill Community Health Centre, Sandy Hill Community Centre, the City of Ottawa, Councillor Mathieu Fleury, and the Canadian Tulip Festival to present **Awesome Arts in the Park in Annie Pootoogook Park on May 21 and 22**, a free event open to the whole community.

The all-ages weekend festival will include workshops, visual art, dance, music, and drama, as well as performances

for all ages, with a focus on Indigenous artists and their work. Annie Pootoogook was an Inuk artist known for her evocative pen and coloured pencil drawings reflecting her life and community. The park was renamed in her honour in 2021, and MASC is excited to bring new programming to this wonderful outdoor space. Local vendors will be selling artwork, jewelry, and other handmade goods, with refreshments available on both days.

This programming is a continuation of MASC’s *Awesome Arts en folie*, a bilingual, annual program and festival that brings free arts programming to diverse communities in Ottawa, led by professional MASC artists. This year’s Festival *Awesome Arts en folie* took place on

April 14 at the Ottawa Art Gallery, and featured works from École élémentaire publique Francojeunesse, Viscount Alexander Public School, York Street Public School, École élémentaire catholique Sainte-Anne, Christie Lake Kids, Strathcona Heights, Boys and Girls Club Ottawa, and the Riverside Park Community Association.

With this spring festival, MASC hopes to reach even more of the community and continue sharing Awesome Arts programming year-round.

“MASC has a long and fruitful history with the Sandy Hill/Strathcona Heights community, as we have worked together to bring Awesome Arts to the neighbourhood for the past 10 years,” says Jessica



Ruano, Community Program Director for MASC. “Participants look forward to seeing the artists come back every year; they have grown up with us. We always try to listen to what the community wants, and we’ve been hearing that they want more arts-based activities throughout the year. So we decided to organize another festival!”

For more information, visit www.masconline.ca or find us on Facebook, Twitter, and Instagram @masconline.

The Ottawa Children’s Festival returns to Arts Court and beyond

Kaitlynn Steele

The Ottawa Children’s Festival de la jeunesse (OCF) is bringing its full festival back to LeBreton Flats Park and beyond!

This year we will have shows running from May 19 to 29 at Arts Court, the Canadian War Museum, and LeBreton Flats Park. This multi-day theatrical extravaganza features award-winning artists from around the world, taking the stage to inspire audiences of all ages to ignite their creativity and imagination through thought-provoking performances.

Sandy Hill residents can experience the following shows within walking distance at **Arts Court** (2 Daly Ave.).

How to Catch a Star

Branar Téatar do Pháistí, Ireland – 45 minutes, Ages 4+, non-verbal, May 19-23

A Story of a House That Turned Into a Dot

Teatret Gruppe 38, Denmark – 40 minutes, Ages 8+, English, May 26-29

Countries Shaped Like Stars

Di Gaetano and Pearlman, Ontario – 45 minutes, Ages 6+, English, May 26-29

The Librarian

Brú Theatre, Ireland – 40 minutes, All ages, English, May 19-23

Returns Department

The Kif-Kif Sisters, Quebec – 50 minutes, Ages 5 – 10, Bilingual production French/English, May 19-23

The remaining performances will take place at the Canadian War Museum and LeBreton Flats Park.

Tweet Tweet!

Femmes du Feu, Ontario – 40 minutes, Ages 0 – 5, English

The original Machine de Cirque show, Machine de Cirque



Quebec – 90 minutes, All ages, Non-verbal

La grenouille au fond du puits croit que le ciel est rond / The frog, at the bottom

of the well, believes that the sky is round

Vélo Théâtre, France – 75 minutes, Ages 6+, English and French

The OCF family is thrilled to welcome audiences back to in-person events in a safe, family-friendly environment. In addition to captivating performances, the festival will also include a variety of on-site educational workshops and activities.

For more information, visit ottawachildrensfestival.ca. OCF is proud to offer discounts for schools, daycares, and groups of 10 or more. For details, contact our festival coordinator, Joni Hamlin at joni@ottawachildrensfestival.ca or kaitlynn@ottawachildrensfestival.ca.

Ken's Bygone Sandy Hill

Robbery and intrigue at Ottawa Beef Co. Ltd.

Ken Clavette

If having the largest abattoir in the city made Sandy Hill feel like it was part of the wild west in the past, then robbery at the Ottawa Beef Company would fit right in. On Friday, Jan. 22, 1965, the manager found the company's telephone operator and cashier/bookkeeper lying on the floor of the office, unconscious, in a pool of blood, and the cash payroll she was working on gone. Located at the end of Lees Avenue in Hurdman Village (also known as Robinson Village), the company was on a dead end at the Rideau River. The location meant the business did not have passing traffic, and with the managers out for lunch, along with the other 40 employees, there were no witnesses to the crime.

The *Citizen* reporter covering the robbery noted that it "looked like the work of someone familiar with the operations of the company and who knew Friday was pay day."

Several months later the headline in the May 5 edition of the *Ottawa Citizen* read "Butcher admits robbing employer." Claude Pelletier, 37, of Hull, had been apprehended by the Ottawa police and appeared in Magistrate Glenn Strike's court. Detective Lecompte testified that "a rubber hose was used to strike cashier Vicki Larmond on the head." Pelletier said he and an accomplice had hidden "the \$2,536 in the meat packing house, returning the next day and picking up the loot." The detective told the court the money had not been recovered. Pelletier pleaded guilty to the charges.

Then, on May 6, a story appeared in the paper that the injured woman had been charged by Ottawa Police with conspiracy to robbery. Mrs. Larmond, 26, of Eastview, along with Bernard Fournier, 27, of no fixed address, were charged as ac-

complices. On May 8, the paper reported that police had arrested Fournier. Both Pelletier and Fournier were employees of Ottawa Beef.

"Evidence Reduces Jail Term" the May 26 headline read. Pelletier was sentenced to four years in penitentiary, having been given a reduced term for assisting the police. Detective Lecompte told the court Pelletier had been approached by two co-workers with a plan to commit a robbery. The magistrate said, "in view of Pelletier's 'pretty bad record,' the sentence would 'actually have been three times as long' if this new information hadn't come to his attention."

At the Fournier trial on June 18, there was surprising testimony. Pelletier's father, Albert, claimed that the two men had met at his cottage in West Templeton to split the money after the robbery. "He said each man got \$750 and \$1,000 was set aside for the woman" whom, he said, they did not name. He said he was given \$125 for an operation he needed. That amounted to \$2,650 in total. Claude Pelletier, who was already serving four years for carrying out the crime, claimed the two men had met twice to plan the robbery. Another witness, Mrs. Lilian Leduc, told the court the two men left a package at her home where Pelletier was staying, telling her not to open it because it was "none of her business." She testified that she later opened it and found money inside. Mrs. Larmond denied knowing anything about the robbery that left her unconscious and in hospital for several days.

For his part, Fournier confessed only to a summer visit to the elder Pelletier's home but not to the cottage where the money was split, and he stated the testimony given was false. He denied meeting with coworkers to plan a robbery of their employer. In a surprise move, the owner of Ottawa Beef, Mr. Max Weinstein, tes-

tified for Fournier's defense, saying that before he found the bookkeeper lying unconscious in a pool of blood, he "had noticed Fournier going about his duties normally about the time of the robbery." Magistrate Sauve told the court he would reserve his decision until he had read and studied the "conflicting testimony."

On August 12, the *Citizen* reported that Sauve had dismissed the charge of conspiracy to rob against Bernard Fournier, saying the Crown Attorney had failed to present evidence to make a case against the accused. He also remanded the now-unemployed Mrs. Larmond to an August date to review the evidence against her.

But by August, the story disappeared from both the *Ottawa Citizen* and the *Ottawa Journal*. There were no articles about a hearing for Mrs. Larmond. Did she appear in court or not? Did the police drop the charges against her given that she faced the same evidence that Magistrate Sauve already dismissed in Fournier's case? The police had used the evidence of Pelletier to lay the charges, but it was rejected by the court. Was the evidence of a man with a long criminal record given against the others hoping the court would reduce his sentence, as it did? Was he an innocent dupe taken in by his coworkers as he claimed? Or was he the lone bandit that knocked a woman unconscious making off with the company payroll in a crime befitting the wild west of Sandy Hill's slaughterhouse?

In case you are wondering — the \$2,536 in 1965 would be valued at al-



most \$22,000 today. Where did that money go? We may never know.

Butcher admits robbing employer

An Ottawa butcher today admitted his part in the \$2,500 robbery of Ottawa Beef Co. Ltd., 229 Lees Ave., last Jan. 22.

Wellington St., Hull, an employee of the company, will be sentenced May 19 by Magistrate Glenn E. Strike. Detective Paul Lecompte testified a rubber hose was used to strike cashier Mrs.

Vicki Larmond, 400 Grant St., Eastview, on the head. **Hide money** Pelletier and an accomplice then hid the \$2,536 in the meat packing house. Pelletier returned the next day and pick-

ed up the loot and went to the cottage of a relative, where he split it three ways. At noon today police were holding a woman and are looking for a third person. Charged in court this morning with robbery with violence Pelletier said: "I want to plead guilty." Detective Lecompte, who worked on the case with Detective Armand Soucie, told the court none of the money has been recovered. Mrs. Larmond at the time was hospitalized as a result of the injury.

The Ottawa Journal, Wed. May 5, 1965

Evidence Reduces Jail Term

New evidence in circumstances surrounding the Jan. 22 armed payroll robbery at Ottawa Beef Company Limited, where \$2,500 was stolen, saved one of the participants a longer term in Kingston Penitentiary today.

Claude Pelletier, 37, of 178 Wellington Street, Hull, was sentenced in Ottawa Magistrate's Court to four years in

penitentiary. He had pleaded guilty to robbing the firm while armed with a rubber hose. Detective Paul Lacompte told Magistrate Strike today that prior to the incident Pelletier had been approached by two co-workers with a plan to commit a robbery. Pelletier admitted striking a female bookkeeper over the head with a rubber hose, steal-

ing the money and hiding it. It was later split up three ways. None of the money was recovered. Two other persons are before the courts in connection with the robbery.

The magistrate said in view of Pelletier's "pretty bad record," the sentence would "actually have been three times as long" if this new information hadn't come to his attention.

The Ottawa Journal, Wed. May 26, 1965

April is Organ Donation Month — could you change someone's life?

Cathy Major

This story is not about what I have done, but about what you could do to save a life.

My partner, who suffered from kidney disease for many years, was put on dialysis in 2020. The doctors explained that dialysis was not a permanent solution, and that a transplant would offer the best possible improvement to his health and quality of life. It could even extend his life by as many as 15 to 20 years! The doctors also mentioned that a kidney from a living donor would provide a better outcome than a kidney from a donor who was deceased. With a transplant, his reliance on the health care system would be minimized, reducing health care costs in turn.

As a baby boomer and non-relative, I thought my chance of being a donor match was slim. Nevertheless, I agreed to be tested. It was made clear before the testing that only the healthiest people are selected as potential donors and that



Cathy Major lives on Marlborough Ave.

you can live perfectly well with only one kidney.

The testing period took almost a year, but I saw it as the best physical exam I'd have in my life. Phase one was a multi-page questionnaire followed by lots of blood work, other diagnostic tests, and compatibility testing.

Phase two involved conversations with a social worker, a transplant surgeon, scans of all sorts, and more blood work. When the time came, I was shocked to learn I was a good candidate for the transplant.

I didn't consent to the surgery immediately and took time to talk to other health professionals, my general practitioner, and family and friends. I made a list of all the pros and cons. At the end of the day, I agreed to the surgery. This was a gift of life.

The transplant took place on November 18, 2021, at the Ottawa General Hospital. The transplant teams (his and mine) were exceptional. The kidney started to function normally immediately after it was transplanted into my partner. This was the first time in 15 years that he had a kidney that performed to its full capacity.

There are no words to describe the feelings that overcame me after the surgery when I realized what I had accomplished. This one act had a profound outcome for another person. My surgery was laparoscopic, and I was out of the hospital in three days. I am happy to report that I am back to normal (skiing, snowshoeing, and walking) and feel no different now than before the surgery. My partner continues to recover and enjoy life.

It's important to note that you don't need a specific recipient to donate a kidney.

You can also donate anonymously, which to me is an extremely selfless act. The need for organ transplants is much greater than the available supply.

Currently, there are approximately 160 people on the transplant list in the Ottawa area, and in Ontario, 1,051 people await a kidney. Wait times range from a few months to several years. In our city, about 60 to 90 transplants from living and deceased donors are performed every year. Kidneys are not the only organ that can be donated by a living donor. Parts of the liver, blood, and bone marrow can also be donated. Do your research and see if it's right for you — the experience was transformative for me.

If becoming a living donor is not appealing, we should all at least complete the provincial organ donor card or register at www.BeADonor.ca. You can also make your organ donation wishes known to your loved ones. If this story moves you to look into becoming a living kidney donor, you can start by contacting the Living Donor Program at the Ottawa Hospital at 613-738-8400 extension 82778 or LivingKidneyDonor@toh.ca.

Phew!

We've made it through another winter. Time to get out into the neighbourhood, celebrate spring with some favourite treats and see what's new to eat. Please share stories of your favourite Sandy Hill food experiences with image22@rogers.com



Champa Thai, 193 King Edward Ave.

This long time takeout place in Lowertown is under new ownership. They're now run by the folks who own Wandee, a Thai place in Little Italy that has been called one of the best in town. Champa Thai delivers to Sandy Hill, and word has it that their Khao Soi, a chicken curry dish with egg noodles, is delicious.

In's Kitchen, 65 Templeton St.

This pleasant space has seen a couple of different menus come and go in its short life, from Yemeni flatbreads to wraps and milkshakes. It's now home to a Korean restaurant, where we really enjoyed our recent dinner. There's a choice of seven main courses, which arrive on a hot iron plate or bowl with rice and an assortment of condiments in small side dishes. Newcomers to the Korean food scene will be won over by the very tasty marinades applied to lean beef, in Bulgogi, and pork in Jeyuk. Bibimbap is a beautiful sight, with an array of finely sliced vegetables and egg and a splash of spicy sauce atop a bowl of rice, and there are some intriguing soups and stews on the menu as well.

Si Señor, 506 Rideau St.

There are a couple of tables at Si Señor, but for now you may want to take your large, juicy burrito home where it will be easier to overlook a little salsa running down your arm. Soon, though, we can look forward to seeing what creative outdoor dining spaces Si Señor will have for us this summer when we drop by for guacamole and tacos. Last year, their alley/backyard was very colourful and inviting.

Syrian Kitchen, 48 Nelson St.

The lunch counter at the old Portuguese bakery is becoming a really worthwhile destination. Their falafels are delicious—crisp and sprinkled with sesame seeds—and you will find a changing menu of dips, rice, meat skewers, pickles and stuffed grape leaves to make up a platter or sandwich. If the stack of takeout containers at your house is starting to feel a bit overwhelming, they are nice about filling dishes you've brought from home. And there are still Portuguese custard tarts to look forward to for dessert.

Working Title, 330 Laurier Ave. E.

There's a nice buzz in Working Title these days, with some folks chatting over coffee or tapping away on their laptops at the front of the house, while others enjoy more substantial offerings in the restaurant and a steady flow of customers drop in for coffee and treats to go. Those treats continue to be top-notch; the chausson au pommes is a personal favourite with its tender pastry and tart apple filling, and the moelleux au chocolate is pure chocolate goodness. Next to these refined French classics, the vegan cookie has a rather ruggedly wholesome appearance, but it also turns out to be delicious, its nuts and grains held together with plenty of chocolate and just a hint of spice.

Photo Harlequin Studios



Food and fundraising are Ric's house specialities on Rideau St.

Chef Ric Watson and his 23-member team were the top fundraisers in Canada for the 2022 Coldest Night of the Year fundraiser. They raised a whopping \$29,299 for The Ottawa Mission, surpassing their fundraising goal of \$25,000! Watson is the head chef at Chef Ric's, a social enterprise located at 384 Rideau St. in the former Rideau Bakery location. The business sells healthy, affordable, home-cooked meals prepared by folks enrolled in the Mission's Food Services Training Program. That includes Chef Ric's specialty chili, pictured here!

Fresh food on the way from Ferme L'eau du Ruisseau

Photos supplied

Craig Anderson and France-Pascale Ménard live with their family on Blackburn Avenue. Their farm, L'eau du ruisseau in Low, Quebec, has been featured in IMAGE in recent years as it has developed from an idea into reality. Many new things are underway at the farm in 2022.



Some late season baskets of vegetables, almost ready for delivery to Sandy Hill (see ad on page 14 to learn more!).

Farm co-owner and (former Sandy Hill resident) Paul Rockwell cutting marinated steaks fresh out of the smoker — one of the many farm-to-table options that will be available at the farm this year.

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Improvisations on a salad theme

Dodi Newman
with Patricia Newman

Last winter, when I was looking for fresher, less carb-heavy, and yes, healthier alternatives to comfort food, I found salads. Salad making was new to me, but my daughter Patricia is an old hand. With her encouragement, experimenting became fun and I found that salads make delicious, infinitely variable meals. I now make one for lunch every day, and it's always an adventure.

There are no rules or standard recipes. Everything depends on what you have on hand, and what your appetite and senses tell you when you look in your veggie drawer. One day, you might have a dense coleslaw-like salad with earthy flavours and a lot of crunchy texture, the next day it's leafy greens and delicate, shaved fennel. Salads are a great way to use up leftovers. Roasted sweet potatoes go beautifully with black beans and a vinaigrette, for example.

One tip: Make it simple. Stock the fridge with a week's worth of food that you can throw together quickly. I often cook sev-

eral days' worth of legumes, and store portions in the fridge and/or freezer. If you're strapped for time, you can wash things in advance.

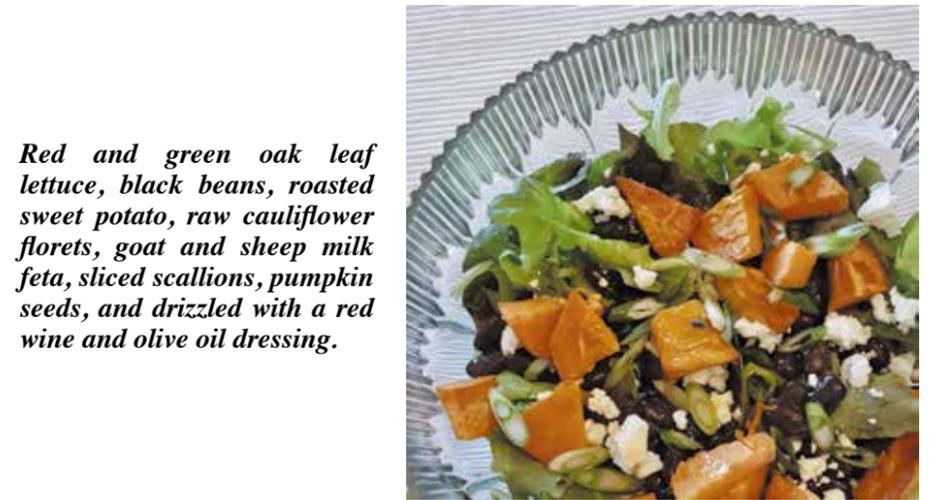
It's helpful to think of salads in terms of these somewhat overlapping categories:

- Volume: Leafy greens, root vegetables, cabbages, tomatoes.
- Texture and crunch: Nuts, seeds, cucumbers, celery stalks, radishes, apples.
- Flavourful accents: Fresh herbs, shaved fennel, Parmesan, feta, olives, capers, berries, flowers.
- Protein and substance: Chickpeas, lentils, edamame and other beans, eggs, tofu; complementary whole grains like quinoa, corn, wild or brown rice, wheat berries.
- Holding it all together: vinaigrettes made of olive oil and red wine vinegar, or canola oil and cider vinegar, with or without Dijon mustard; a miso or tahini dressing found online.

For any salad, select as many items as appeal from each category. By all means, add your own favourites that aren't on the list. Here, just to get you going, are some ideas:



Red and green leaf lettuce, chickpeas, chopped tomatoes, shaved fennel, coarsely chopped parsley, red onion, feta cheese, and finished with a red wine, olive oil, and Dijon mustard dressing.



Red and green oak leaf lettuce, black beans, roasted sweet potato, raw cauliflower florets, goat and sheep milk feta, sliced scallions, pumpkin seeds, and drizzled with a red wine and olive oil dressing.



Chickpeas, thinly sliced raw Napa cabbage, celery stalks and radishes; cubed Lebanese cucumbers, chopped walnuts, chopped dill, topped with a canola oil, cider vinegar, and Dijon mustard dressing.

Book Review

“From every corner of the Ukraine”

Dodi Newman

“Summer Kitchens, Recipes and Reminiscences from Every Corner of the Ukraine” by Olia Hercules was recently reviewed by *The Economist*, and that is how I discovered it. And what a discovery! Her book is a balm for all of us who have been watching as Vladimir Putin inflicts horror upon horror on her native country. Her cookbook is a nostalgic and idyllic tour of the Ukraine and its multifaceted cuisine — from mercifully unstodgy Slavic comfort food in the cold north and temperate middle, to food of mediterranean complexity and sophistication in the warm south.

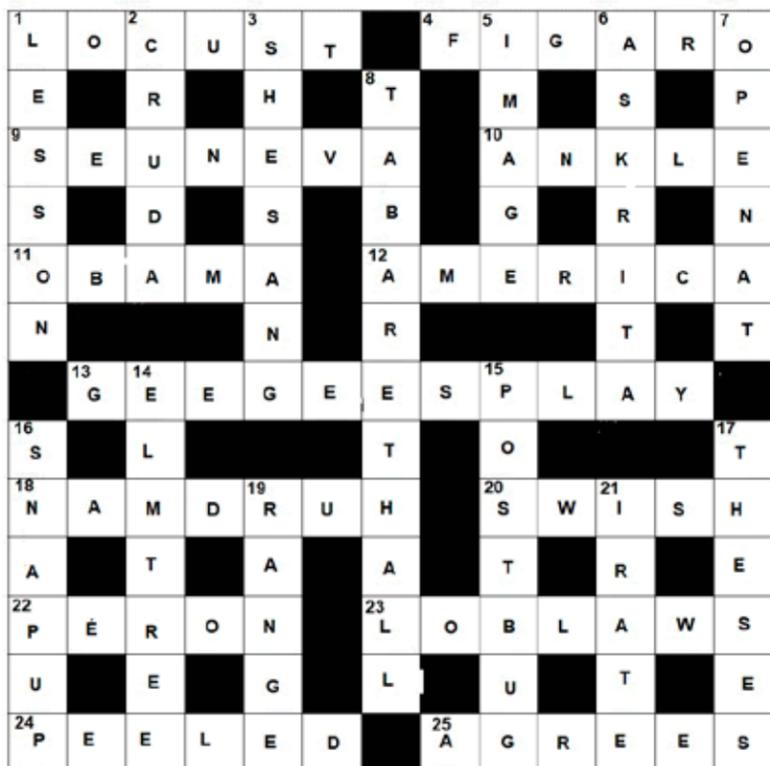
“Summer Kitchens” is part cookbook, part travelogue, and part history, all of it illustrated with superb photographs by Ellen Heatherwick and Joe Woodhouse. The largest and most fascinating chapter is on fermenting, pickling, and preserving — almost always done in summer kitchens. The book ends with eloquent “love letters to Ukraine” written by Ukrainians and their descendants living at home and in the diaspora; they add depth to the stories told earlier.

Olia Hercules came by her pan-Ukrai-

nian cooking credentials naturally. She grew up in Kakhovka, a city in southern Ukraine, not far from the Black Sea. Her Ukrainian mother, her grandmothers with Siberian and Moldavian roots, not to mention all her aunts, taught her how to cook. For over 10 years she has studied and written about the cuisines of her native country and other nations bordering the Black Sea. “Summer Kitchens,” her third cookbook, is a splendid showcase for Ukrainian cooking and an exuberant look at a largely bygone way to cook, to eat, and to live.

Whether in the north, middle, or south, summer kitchens and all they stand for have struggled to survive as agrarian populations migrated to cities, as collective farming and food standardization replaced regional preferences and practices under the bygone Soviet regime, and as the job of food preservation fell to refrigerators and freezers, rather than to labour-intensive home canning. The current war is a further — and maybe the most severe — threat to the way of life described here. But thanks to Hercules' excellent collection of recipes, we can share in its food. *Slava Ukraini!*

Published by Weldon Owen, 352 pages, \$45 plus tax





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The mystery of the two plaques and Minnie Gallaher's war

Eleanor Dunn

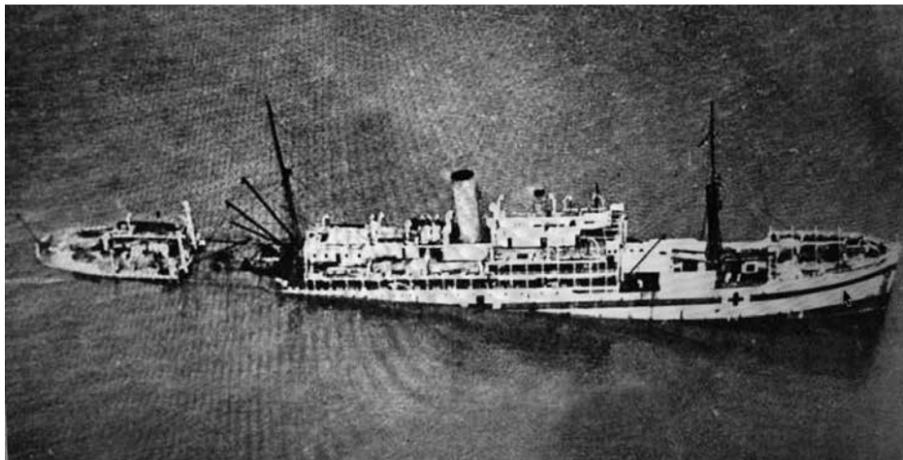
When St. Paul's-Eastern United Church closed its doors at the end of June 2021, its artifacts, including memorial plaques, found a new home in MacKay United Church in New Edinburgh.

There were two plaques memorializing World War I dead. Why two? Some historical research was undertaken; it was discovered that one of the plaques listed the names of those members of the St. Paul's Presbyterian Church who made the ultimate sacrifice, and the other bore the names of the fallen members of the Eastern Methodist Church congregation.

In order to effect wartime economies, the two congregations, which were neighbours in Sandy Hill, started working together and sharing facilities in 1915, with activity centred in the St. Paul's Presbyterian building on Daly Avenue. Eastern Methodist's facility was on King Edward Avenue, later the home of the Ottawa Little Theatre. So it was natural when church union came about that the two congregations became one – St. Paul's-Eastern United Church was the result.

You've all seen them when you visit older churches: plaques, illuminated scrolls, lists of names, sons and sometimes daughters of the church who died serving their country. There might be a stained glass window: author Louise Penny makes the stained glass window in the chapel in the fictional village of Three Pines, depicting three boys from the community who died in World War I, the centrepiece of one of her recent books.

There are stories behind these names. Over the years historian Alan Bowker has presented the stories behind the names of MacKay United's war dead, as part of the Remembrance Day service. This



A tragic view of the HMHS Llandoverly Castle with her stern sinking.

year, he told the stories of the nine men and one woman whose names are on the St. Paul's Presbyterian World War I memorial plaque.

Two of the dead were sons of St. Paul's ministers. The woman, Minnie Katherine Gallaher, was also a child of the manse. Her father was a Presbyterian minister with a church in the Kingston area, but she had been a member at St. Paul's.

While the men died on battlefields in France, Minnie's story is different. A military nurse, she was caught up in one of the worst atrocities of the war – the torpedoing and sinking of the hospital ship HMHS Llandoverly Castle, off the coast of Ireland in June 1918. The German submarine captain believed the Llandoverly Castle to be a troop ship disguised as a hospital ship. He quickly recognized his assumption was incorrect, so when his sub surfaced, he ordered crew to machine gun all the survivors in the lifeboats. He believed no one would live to tell the tale, but 24 did.

Minnie was one of 14 Canadian nurses aboard the ship. A 1901 graduate of the Ottawa Protestant Hospital nurse train-

ing program, she rose through the ranks and became assistant superintendent of nursing at the Ottawa General Hospital. When she enlisted in 1915, she was superintendent of nursing at the Moose Jaw Hospital. She treated the wounded in military hospitals in Britain and France before being deployed to the Llandoverly Castle.

After the torpedo struck, the 14 nurses were helped into a lifeboat. Sgt. Arthur Knight, who miraculously survived, was in charge and he told how, while they lowered the lifeboat quickly to the water's surface, the sea was choppy and they had trouble getting free of the ropes holding the lifeboat to the ship's side. They used the lifeboat's oars in an effort to keep the lifeboat from being pounded into the side of the ship, but the oars broke. Eventually the ropes became loose and the drift carried the lifeboat towards the ship's stern. Then the poop deck collapsed, the lifeboat was drawn into the vortex and flipped over with all aboard thrown into the sea, where they were drawn into the whirlpool.

While all the nurses were wearing lifebelts, two were in nightdress and 12 were in full uniform – heavy floor-length skirts



Nursing Sister Minnie Gallaher. Graduate of Protestant General Hospital. Drowned when Llandoverly Castle was sunk in June, 1918.

and aprons. Sgt. Knight said he sank three times before managing to surface, where he was picked up by the Llandoverly Castle captain's life raft.

Sailors on the HMS Morea were horrified when they came upon the wreckage. The Morea's captain, Kenneth Cummins, described the scene – the floating corpses of the nurses, Minnie Gallaher among them, their huge aprons and skirts in billows which looked like sails because they had dried while floating in the hot sun.

When the war ended, the Llandoverly Castle atrocity was one of six German war crimes tried at Leipzig. Unfortunately, the submarine captain escaped to the independent city-state of Danzig prior to the trial. Crewmen who manned the machine guns said they were "just following orders" so the penalties were light.

Thus ended Minnie Gallaher's war. Her name is on the monument in the cemetery in Halifax commemorating those lost at sea during World War I. She is buried in Beechwood Cemetery.



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