

## Ottawa Vanier riding is still red in a sea of blue

Lucille Collard is heading back to Queen's Park.



Mme Collard was one of three candidates who took part in an "all" candidate debate on May 30.

Read John Cockburn's report on the virtual event, page 20.



When the world wearies and society ceases to satisfy, there is always the garden. (Minnie Aumonier)  
Illustration Phil Caron

## After three terms as city councillor, Mathieu Fleury steps away

Rideau-Vanier n'aura pas le choix de se trouver un nouveau représentant.



Un dernier entretien avec Mathieu Fleury, Conseiller municipal

voir à la page 8

## What we can do to encourage healthy downtown trees

Photo Marilyn Whitaker

### Marilyn Whitaker

Trees are increasingly seen as important contributors to a healthy environment. Particularly in light of climate change, more can be done to develop and retain a good tree canopy cover throughout neighbourhoods like Sandy Hill.

Concerns about a dwindling urban forest in Ottawa prompted the development of *Putting Down Roots for the Future*, the Urban Forest Management Plan which was approved by City Council in June 2017. The UFMP talks about the benefits of urban forests, such as better air quality, heat reduction, and UV protection, as well as improved mental and physical health and enhanced property values. The UFMP sets out recommendations for growing Ottawa's urban forest and making it healthier, more diverse, and resilient.

People can now access expanded information and forestry services on the city's website ([Ottawa.ca/trees-and-urban-forests](http://Ottawa.ca/trees-and-urban-forests)). Suggestions on what to do to keep trees healthy with regard to the spongy moth, or *Lymantria dispar dispar* (LDD), formerly known as gypsy moth, can be found here: [Ottawa.ca/trees-and-forest-health](http://Ottawa.ca/trees-and-forest-health).



uOttawa student volunteers Andrew Calderon, Yutong Zhang and Victoria King, along with Bryan Dewalt, planting native species to increase shade and help control invasive weeds

Trees on municipal property, such as the City's portion of the roadway in front and at the side of residential lots, and City parks, are a focus for City attention and programs. Anyone who notices a City tree in poor health can complete an on-line service request, and a forestry inspector will visit the site within 15 business days to examine the condition of the tree and determine the work to be done. Under the Trees in Trust program, property owners can request the City to plant a tree on the street frontage and then assist with the new tree's care. There is no charge to the property owner for trees, which are at least 2 to 3 meters in height, although there is often a wait.

Many groups and downtown communities are undertaking new initiatives to develop and retain a healthy tree canopy throughout neighbourhoods, including areas which are privately owned.

In Centretown and Old Ottawa South, community neighbourhood projects are underway in which volunteers are conducting an inventory of trees, noting where there are gaps and where "succession planning" could replace aging trees.

► *Healthy Trees*, p. 2

## IMAGE

Founded in 1972 under the direction of Diane Wood

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Ottawa K1N 7W8

Fondé en 1972 sous la direction de Diane Wood

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

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

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

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**Requests to join our IMAGE Specials email distribution list are welcome.**

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**September 19, 2022**

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Publicité, articles, photos et autres soumissions

**le 19 septembre 2022**

(livraison prévue le 7 octobre)

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From the IMAGE In-box

### 'Affordable Housing' — a copy editor speaks out

The term 'affordable housing' [see Alliance to save co-operative housing in Sandy Hill, this issue] makes me sick: just another political lie in these days of speculation, AirBnB and inflation. Certainly, 'affordable', when used by politicians, landlords, and their developer friends, is many times greater than the number you first thought of.

In the early years of my involvement with IMAGE, one real estate agent had a regular column which I occasionally had to edit. I developed a few rules for dealing with the jargon —

'House' and 'Home' are *not* interchangeable

'Home' and 'Residence' *might* be interchangeable

'Residential' *includes* houses, condominiums, and apartments, owned and rented

'Up to \$N' includes all numbers from zero to N

'Affordable' must be defined. Affordable by whom? Politicians, speculators, homeless?

**Dave Willis**

Range Rd.

### I am a FAN of Chef Ric's on Rideau

One of Chef Ric's frozen items is always in my freezer as a "backup." To show off three of my favourite dishes, I decided to have a Chef Ric's Dinner Party for a couple of friends. They were mightily impressed with how tasty the food was. Lots of fun and not much cooking! Here's how it went with three small plates for four people. First, meatloaf on sourdough bread toast with marinated tomato, olive and chip crumbs, grilled. Second, butter chicken with asparagus, and mango chutney. Third, shepherd's pie with mustard pickle and stir-fried broccoli and cauliflower.

If you haven't sampled Chef Ric's food, it's good clean food that tastes terrific and is inexpensive. Go for breakfast, lunch, a sandwich or the frozen meals. (All take out.) Chef Ric's is a unique social enterprise for The Ottawa Mission and a community asset for people from all walks of life. Open 7:30 am to 2 pm at 384 Rideau Street, chefrics.com.

**Liz MacKenzie**



**Meatloaf on sourdough bread toast with marinated tomato, olive and chip crumbs, grilled**

#### ► Healthy Trees, from page 1

In addition, outreach efforts encourage property owners to plant trees. Preparations are underway in Old Ottawa South to order several tree species and distribute them in the fall to property owners for planting in their yards. Similarly in Old Ottawa East, bareroot tree stock has been potted and will be distributed around the neighbourhood.

In Sandy Hill, Action Sandy Hill and the Sandy Hill Tree Group compile lists of trees requiring attention or

replacement and periodically submit these to City foresters for action.

Depaving projects have replaced pavement with trees and garden beds. Volunteers are working hard to control invasive weeds in parkland areas and replace them with native trees and other plants.

Would you like to assist with this work? Are there new activities that you wish to see in Sandy Hill to develop and retain a healthy tree canopy throughout neighbourhoods, with other communities? You can share these ideas by emailing sandyhilltreegroup@gmail.com.

**Chez Lucien**

**BARB**

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in the Market**

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se retrouve  
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*Paul Denys*

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# Plans for a new north-south corridor for Sandy Hill cyclists

**John Verbaas**

For some time now residents and our councillor have been advocating for a more cycling friendly north-south corridor in Sandy Hill, linking the east-west connection along Somerset Street East through to the ByWard Market. This past month the City held an initial consultation with residents to kick off the process of bringing such a connection towards reality. The project involves both a Sandy Hill and a Lowertown component. On the Lowertown side, the route will follow Beausoleil Drive to York Street via on-street cycling lanes and then onwards across King Edward Avenue to the ByWard Market. The most expensive part of the project will be some significant changes to the King Edward/York intersection to provide a protected crossing for cyclists.

On the Sandy Hill side an initial strengths/weaknesses analysis has been performed to compare possible north-south corridors (ie. Chapel, Nelson, Russell, Sweetland, etc). The initial recommendation of the consultants hired by the City was that Chapel Street would be the best corridor. At the public consultation meeting there was considerable discussion on this topic and the City expressed some willingness to take a closer look at the options. For example, although Nelson Street connects to more services within Sandy Hill (community centre, school, community health centre, and grocery store) it is also challenged by a very steep hill at Somerset Street as well as a busy block on the Lowertown side to make the connection between Rideau and York. Alternatively, along Chapel Street the grade of the hill is more reasonable and the connection to the Lowertown side of

the project north of Rideau is much less busy. On the other hand, Chapel on the Sandy Hill side has the highest level of car traffic of all of the corridor options. Others at the meeting suggested a Goulburn/Augusta route that incorporates a potentially widened "Lovers' Lane" connection between Laurier and Wilbrod. This is an intriguing option but would require some property from the Brunei High Commission in order to widen Lovers' Lane. This may be too difficult to arrange.

For all of the potential corridors in Sandy Hill, the roadways are not wide enough to allow the implementation of on-street cycling lanes. Instead, some combination of traffic calming / traffic diversion measures would be considered to increase the safety and comfort levels for cycling.

A significant factor contributing to the initiation of this project has been the receipt of funds provided by the developer of the high-rise on the NE corner of Rideau and Chapel. Known as "Section 37 funds" these are negotiated in instances where a developer has received approvals for a development that is significantly larger than that which the zoning had originally envisioned. In this case \$1.8 million has been earmarked for the project as well as to fund some upgrades to local parks.

The next steps for this initiative involve a closer analysis of the route options in Sandy Hill, decisions about the suite of proposed traffic calming measures, and a detailed design of the King Edward/York intersection. More information about the project can be found on the City of Ottawa website by typing "cycling ByWard Market" into the search bar.

## 50 Ways You Can Be Car Free

Words by Judy Rinfret

*Sing along, with apologies to Paul Simon, as you imagine the beat of drums and tambourines -*

Our planet's dying and we must do our parts  
car free is better for the world and for our hearts.  
Imagine asphalt turned to parkland where play —  
there must be 50 ways to become carless-  
50 ways to leave you carefree

Chorus

Remember once we humans travelled without cars  
We had time to tell our stories and to gaze upon  
the stars

We too can have that world again, it would be bliss  
there must be 50 ways to become carless  
50 ways to leave you car less

Chorus

Use your big feet, Pete  
Skip down the lane, Jane  
Pedal that path, Cath  
get yourself car free...

Take a big hike, Mike  
Sell your old Ford, Gord  
Come round the bend, friend  
Just listen to me...

Just click on those skis, Lee  
Flip on your pack, Jack  
Protect your head, Ned  
Get yourself car free...

Remember your hat, Matt  
No need to park, Marc  
No gas to pay, Jay  
just listen to me...



Photo Paula Kelsall



### You are invited to our virtual Annual General Meeting!

We invite our members and community partners to virtually join our Annual General Meeting on Wednesday, June 29, 2022, at 6:00 p.m.

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

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

Thank you for your continuous support!

### Vous êtes invité à notre assemblée générale annuelle virtuelle !

Nous invitons nos membres et nos partenaires de la collectivité à participer virtuellement à notre assemblée générale annuelle mercredi, le 29 juin 2022 à 18 h.

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

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

Merci de votre collaboration soutenue !

Sandy Hill  
Community  
Health Centre



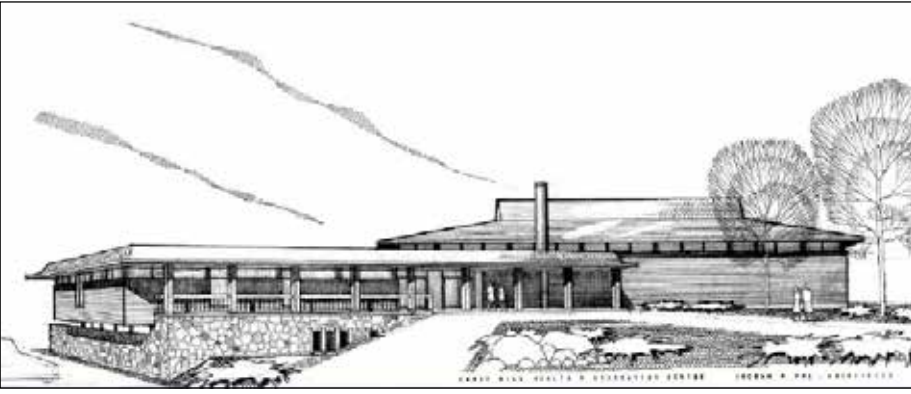
Centre de santé  
communautaire  
Côte-de-Sable

**2021-2022**  
**Annual General Meeting**  
.....  
**June 29, 2022, at 6:00 p.m.**

**Assemblée générale annuelle  
2021-2022**

.....  
**Le 29 juin 2022 à 18h**

CITY COUNCILLOR | CONSEILLER MUNICIPAL

**MATHIEUFLEURY**

## Modernisations nécessaires au Centre communautaire de la Côte-de-Sable

\*English version available on [mathieufleury.ca](http://mathieufleury.ca)

Au début de l'année, j'ai proposé à l'École d'architecture de l'Université Carleton d'examiner les centres communautaires existants pour voir comment ils pourraient être agrandis et améliorés.

Nous avons la chance de vivre dans l'une des plus anciennes communautés de la ville, mais cela signifie aussi que notre infrastructure vieillit. Nous n'avons malheureusement pas eu les investissements nécessaires pour que nos installations continuent à être modernes et à répondre aux attentes des résidents.

Heureusement pour nous, les étudiants ont accepté d'étudier une possibilité d'expansion pour les centres dans notre communauté. La seule condition qui leur a été donnée était d'inclure un gymnase de taille réglementaire dans chacune des installations. Après deux mois, un groupe d'étudiants enthousiastes de deuxième année en architecture a proposé des plans pour l'ajout d'espaces de loisirs à trois centres fréquentés dans Rideau-Vanier.

L'une des trois installations analysées par les étudiants pour le projet était le Centre communautaire Côte-de-Sable. Comme nous le savons, le centre communautaire n'est actuellement pas équipé d'un gymnase suffisamment

grand pour répondre aux besoins de la communauté en matière de sport et de programmation. Bien que la salle multi-usage fonctionne parfaitement pour les programmes parascolaires et les programmes de camps de jour d'été pour les jeunes, le centre ne permet pas aux jeunes et aux familles de grandir en profitant des espaces requis pour les pratiques et le jeu.

Grâce à la créativité et à l'ingéniosité des étudiants de l'Université Carleton, nous disposons maintenant de plusieurs projets qui pourraient inspirer une expansion et une revitalisation futures du Centre communautaire Côte-de-Sable.

En plus de ce projet par les étudiants de l'École d'architecture, j'ai une autre nouvelle excitante à vous partager. L'équipe de planification des parcs de la ville a commencé l'examen préliminaire de l'expansion potentielle du Centre communautaire Côte-de-Sable! Restez à l'affût des consultations qui auront lieu au cours des prochains mois.

J'ai hâte de partager le travail des étudiants avec la communauté. Nous travaillons avec l'École d'architecture pour que les plans soient disponibles sur notre site Web en juin.

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## News Bites



Joe Silverman and Flora continue to protest the war in Ukraine in front of the Russian Embassy. Now the Ukraine-Freedom bike is a new staple locked to the pole!

### Sandy Hill riparian forest biodiversity project gets underway

As reported in the April - May edition of IMAGE, the Sandy Hill Riparian Forest Biodiversity Project was one of the projects selected for grant funding from the TD Environmental Leaders Program. This project builds on work begun last year by Sandy Hill residents, with support from the City of Ottawa, to remove and suppress Japanese knotweed in several areas along the Rideau River path.

Six student volunteers were recruited this spring through the uOttawa Community Engagement Team. In early May, these volunteers along with some

community volunteers began to monitor and clear Japanese knotweed and other invasive plants in and around sites where work was done last year. To create shaded areas where knotweed and other invasives are less likely to thrive, a variety of native trees, shrubs and perennials are being planted. These include species which can withstand spring flooding, or offer erosion control on steep slopes, or adapt to sunny or shady conditions, and thus help maintain a diverse and resilient environment. The project continues into June.

— Marilyn Whitaker

Photo Marilyn Whitaker



An evening planting session wraps up with uOttawa student volunteers Andrew Calderon, Tabatha Dovan, and Fatoumata Fané, along with Cathy Major.

### Who will take over for Mathieu Fleury in October?

Local resident and activist **Stéphanie Plante** is considering running in the 2022 municipal election for the seat in Rideau-Vanier and is excited about this possibility.

**Laura Shantz** is a mom, a community advocate and a runner, and she wants to run for something new: to be councillor for Rideau-Vanier.

### Attention all book lovers!

The Good Book Sale is back at the One and Only Arts and Craft Sale on November 12 at the Sandy Hill Community Centre. We will happily accept your donations of gently used good books a few weeks before the sale. More information in the Fall issue of IMAGE.

For questions or to volunteer, contact Charlotte: [deneveweber@gmail.com](mailto:deneveweber@gmail.com) or 613-290-7131.

### Avis aux amateurs de lecture!

La Vente de bons livres sera de retour le 12 novembre prochain à la vente d'artisanat "One and Only" au Centre communautaire de la Côte-de-Sable. On acceptera avec plaisir vos dons de beaux livres en bonne condition quelques semaines avant la vente. Plus de renseignements seront disponibles dans le numéro d'automne d'IMAGE. Pour toute question ou si vous voulez faire du bénévolat, contactez Charlotte : [deneveweber@gmail.com](mailto:deneveweber@gmail.com) ou 613-290-7131.

# Pragmatic solutions to homelessness

Susan Khazaeli

The ugly truth that no politician dares say publicly is that shelters are degrading, affording the unhoused less dignity than our jails are mandated to provide to our worst offenders. Shelters are a stopgap. Though they are doing more than the nothing our governments can claim, they are an industry. You can find out about more about how this industry operates by speaking to their clients, those who work there, and checking out their finances and impact at Charity Intelligence.

Shelters understandably have rules but they aren't favourable to someone who might want to try to get a job. You can't just check in and out when you want. With the opioid crisis raging, there are now bed-checks done at 15-minute intervals to make sure everyone is alive and well, but I imagine it only makes sleep even more impossible. It is the luck of the draw whether their roommates each night will be violent, abusive, erratic, or just plain annoying. The only thing that is certain is that everyone there is going through the absolute worst point of their lives. Come morning, they must all take their belongings and leave.

Are we really that surprised to see people masturbating, having sex, urinating, and defecating in public during daylight – all the same very normal things we all do in the privacy of our own homes?

We must immediately begin to redirect the very substantial resources that fund shelters towards solutions that get people off the street and into their own homes.

Housing First is one approach. It moves people experiencing homelessness into stable and long-term housing without precondition and with necessary supports. But let us be bolder. My personal favourite is supportive housing, specifically residential programs tailored to those who have severe mental health issues or addiction. There is a managed alcohol program whose residents are offered "The Pour" – that is a small glass of alcohol every hour from 7:30 am until 9:30 pm every day – under medical supervision. It is a break from traditional recovery approaches that romanticize abstinence and sobriety. And it works; they are not on the streets panhandling, prostituting, or stealing to feed their addiction and instead are working through trauma, repairing old ties, and forging new ones. A less known program in Ottawa does the same with opiates. But



something is different because residents aren't complaining about discarded needles, drug dealers, and public consumption.

I am sure there are those who think we should not reward addicts or people who don't pay tax. OK, so let's talk numbers.

According to the Canadian Mental Health Association those suffering from addictions cost the Canadian economy \$38 billion in health care, criminal justice, lost productivity, and they impact you and me every day. HomelessHub reports that the annual cost to society for people struggling with homelessness is about \$7 billion because of the staggering costs of emergency interventions, criminal justice, and the impacts on businesses and residents. What would happen if governments invested differently? What if just the \$34 million from the City of Ottawa's annual funding alone went directly toward housing the approximately 1400 unhoused individuals and families currently crammed in shelters or in rundown motel rooms over the bridge in Vanier? The City pays \$3000 a month per room at this particular motel. It is more cost-effective to give people homes where they can be themselves than to maintain them in a cycle of poverty. It is also more dignifying for the recipients.

Sandy Hill has a front-row seat to the suffering and social disorder caused by addiction and homelessness. We must start demanding new and innovative solutions that address the root causes and recurring pathways to these problems or otherwise content ourselves with playing whack-a-mole with the "shooting galleries" that punctuate our community. Without pragmatic solutions, those suffering from homelessness and addiction and the communities that surround them will both be stigmatized.

Sandy Hill residents who care about people experiencing homelessness and addiction, who want a cleaner and safer neighbourhood, and who want to see better programs should join Action Sandy Hill (ASH). You can read more about ASH's position on these issues at its website. And they should support political candidates who are prepared to do what is undoubtedly hard work and commit themselves to the long haul of holding our elected officials accountable.

# Test your memory and IMAG(E)ination



Photo Bob Whitelaw

Did anyone see this UFO unidentified flying object above the sky in Sandy Hill during mid-May? Let us know where it is in Sandy Hill and we'll give you some newsprint applause in the next issue of IMAGE.



## Last issue's mystery revealed

The plastic chutes shown in the last issue are in Dutchie's Hole park, as guessed by Lulu Salter, age 6. As a regular user of this and other slides in the 'hood, she should know!

Poonam Varshni submitted a guess within hours of receiving her copy of the April-May IMAGE. But she thought it was in Annie Pootoogook Park so Lulu gets our applause and admiration this time around.

Photo Bob Whitelaw

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Natalie Belovic

# Local housing co-op provides support to east end co-op following fire

Stuart Hammond

On the evening of April 28, Ottawa area firefighters responded to 911 calls at the Better Living Residential Co-op on Ogilvie Road in the city's east end. The fire ravaged the co-op's four-storey building, forcing occupants of 12 units to find shelter elsewhere. No one was injured.

After a May 1 fundraiser, Better Living Co-op received over \$22,000 in donations. Members of Ottawa's Sandy Hill Housing Co-op have shown their support by donating \$5,000.

The Sandy Hill Housing Co-op along with the Co-operative Housing Association of Eastern Ontario (CHASEO) has issued a challenge to other co-ops to consider what they could afford to donate to the cause. Two principal co-op tenets are "Co-operation among co-operatives" and "Concern for the community."

Founded in 1984, the Sandy Hill Housing Co-op is made up of approximately 150 people in 63 units near the University of Ottawa. Members of the Sandy Hill Housing Co-op are proud of their support for their own residents in need, such as seniors and those living with disabilities, by providing rent subsidies from their own capital funds. Gillian Graham is on its board of directors and has lived and raised her family here for 14 years. "Our co-op not only provides stability in the Sandy Hill neighbourhood, it also supports the broader community through initiatives like this one," she explains.

Co-ops also play a role in building strong, supportive neighbourhoods. In December, with the desire to support local businesses affected by the pandemic, the Sandy Hill Housing Co-op hosted a film screening at the ByTowne Cinema.

At a time when Canada is facing escalating housing prices, co-operative housing offers a viable, democratic and sustainable



Photos Stuart Hammond

*Above — Better Living Co-op members receive a \$5,000 donation from members of the Sandy Hill Housing Co-op. Better Living office manager Yvonne Ashby holds the cheque. Board member Stuart Hammond is second from right.*

*Right — The Better Living Co-op Building after the devastating April 28 fire.*

solution to the affordability crisis. In the Ottawa region alone, there are 65 housing co-operatives providing 3,600 homes for people with low and moderate incomes, including seniors, families, newcomers and those living with a disability.



## Classic Theatre Festival

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# Alliance forming to save co-operative housing in Sandy Hill

**Glenn Grignon**

Sandy Hill is home to four housing co-operatives: Conservation Co-op, Sandy Hill Housing Co-operative, St. Georges Co-op, and the *Co-op d'habitation Voisins*. These co-operatives keep families in and bring diversity to Sandy Hill by offering affordable housing democratically governed by the community. Sandy Hill's affordable housing stock has been under pressure for many years as family-unfriendly and unaffordable student-specific buildings erode the housing stock. See IMAGE, February 2018 — <http://home.imagesandyhill.org/2018/02/beyond-bunkhouses-visioning-sandy-hill/>

Two of these co-operatives, Sandy Hill and St. Georges, located in the King Edward Precinct between Templeton Street and Laurier Avenue, have formed a strategic alliance to protect the affordable family housing for their combined 131 households. Together, the two co-ops have provided affordable family housing

in Sandy Hill for over 35 years, with 30% of households having some form of university affiliations – students, student families, faculty and staff current and retired – not counting the large alumni populations.

The two co-ops lease their lands from the University of Ottawa. These leases are due to expire in two and five years. The University has yet to commit to long-term lease renewals. Representatives of the two co-ops recently met with City Councillor Mathieu Fleury and representatives of the Ottawa Community Land Trust, Action Sandy Hill, and the Co-operative Housing Association of Eastern Ontario to discuss strategy.

The strategic alliance is growing its community partnerships to ensure the long-term sustainability and growth of affordable housing within Sandy Hill.

*Glenn Grignon, Treasurer of the Sandy Hill Housing Co-operative, submitted this article on behalf of the Sandy Hill and St. Georges Housing Co-operatives.*

Illustration Phil Caron



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#### Two students and a truck

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#### Ottawa lit up for refugees!

June 20 is World Refugee Day and the Ottawa sign in the Byward Market will be lit up in the colours of Carty House (in Sandy Hill), a first home and helping hand to female refugees who come alone to Ottawa.

#### Wine tasting with international sommelier Véronique Rivest

Wed June 29: Join the Carty House community for a fundraising evening with great wine and food at Soif Bar à vin (rue Montcalm in Gatineau). Tickets and info at [CartyHouse.org](http://CartyHouse.org)

#### A Company of Fools presents *The Tempest* June 20 - August 13 in Strathcona Park

After two long years, a Company of Fools returns with its Torchlight Shakespeare in the park Summer Tour. This summer A Company of Fools presents *The Tempest*, touring to over 40 local parks throughout Ottawa and beyond. Their version of the classic is set in 1920's New Orleans, where curious crocodiles, tricky spirits, handmade instruments, and a jazz-inspired musical score enliven the bayou. WHEN: Mondays June 20 & 27, July 11 & 18, August 11 & 8 at 7 pm WHERE: Strathcona Park, under the willows near Osgoode COST: Pay-what-you-can with a suggested donation of \$20 per person. Bring a lawn chair or blanket, bug spray, picnic, and your sense of humour. Pass-the-hat donations are collected at the end of the performance and can be submitted in the form of cash, credit card, cheque, or bars of gold. For more information on the show and a detailed park schedule, visit [www.fools.ca](http://www.fools.ca)

#### Art in Strathcona Park - Saturday, August 6

ART IN STRATHCONA PARK celebrates its 21st annual exhibition and sale, 10 am - 4 pm. Featuring the work of many local artists and artisans. Free admission. Enjoy the barbecue, silent auction and any visiting performers who wish to 'pass the hat'. A fundraiser for MICA: Mental Illness Caregivers' Association, which supports family members of those living with mental illness. Information: 613-860-7800.

# Un dernier entretien avec Mathieu Fleury, Conseiller municipal

Photo Chris Bricker

## Marie-Pierre Lefebvre

On May 10, Mathieu Fleury announced he will not run for reelection as City Councillor in the fall. After twelve years, he tweets that he needs a pause from public life to focus on his family. He is a young man full of energy, for whom networking and community building is a priority. From the early age of 24, he started to make a difference for Rideau-Vanier, for Sandy Hill. I spoke with him, and here is what he had to say. Due to our common bilingualism but also both our mother tongues being French, we went back and forth, but always seemed to end in French.

### Quel est ton plus beau souvenir des 12 dernières années ?

Il n'y a pas un seul souvenir, mais plusieurs interventions, investissements, projets qui aident à bâtir une communauté. Je pense au terrain de basketball à Strathcona Heights, la passerelle Adawe, la rue Rideau, le changement du nom du parc de la Côte-de-Sable au parc Annie Pootoogook.

Pour la pérennité de la communauté, un des éléments centraux a été la création du comité *Town and Gown*. Me basant sur un modèle existant, je l'ai mis sur pied avec le président d'Action Côte-de-Sable de l'époque dans le but de faciliter la communication continue et le règlement de différends entre la ville, le campus, les résidents et les étudiants.

### What are three things you'd tell the person taking over in the fall?

They are not starting from scratch. Some initiatives I created, others I inherited. My top priorities would be the people, the environment, Town and Gown, infrastructure, active transportation and protecting heritage.

First, focussing on Town and Gown mitigates the risks of community impacts associated with big events such as Canada Day, St. Patrick's Day, etc. Second, continuing to advance active transportation investments; we've done the bridges, but the streets need to be modernized for pedestrians and cyclists. And third, we are a historic area with development pressure, and it's easy to just give an exemption or lose sight of the risk of further development, but once you lose sight of that risk, it can tumble.

### What did you want to be when you were growing up?

I'm not that kid who had a plan; I enjoyed



*Mathieu Fleury lors du changement de nom du parc de la Côte-de-Sable à Annie Pootoogook, un moment mémorable pour notre conseiller.*

life and I grew up in this community. I know what I want *now*; my long-term goal is to be the President of the International Olympic Committee. I think sport can drive many benefits in society and bring the world together. In a bizarre twist, here I am at 36, after 12 years of elected office, and I don't know what's next! I want to continue to contribute to my neighbourhood and the city—I haven't decided how, but I am open-minded. Maybe one day I'll come back to politics; it would be a privilege to represent the community again, or the City.

L'implication politique a toujours été dans mon ADN, mais je ne me suis pas impliqué politiquement dans des partis. Une de mes forces qui m'a aidé est que je suis à l'aise à parler devant des foules (dans les deux langues en plus!). Même jeune, je gagnais des concours d'art oratoire. Aussi, mon séjour comme moniteur au camp Tim Hortons m'a beaucoup transformé. Ça m'a ouvert les yeux aux besoins des communautés et des gens marginalisés.

Mon expérience au bureau d'un ministre m'a démontré que le milieu politique n'est pas différent de moi et toi, *mononcle, matante*, c'est juste un autre niveau. Il faut juste avoir la confiance.

### Tu as eu de la pression pour te présenter comme maire. Est-ce que tu l'as considéré ?

Oui. Je savais en gagnant cette dernière élection que c'était ma dernière, que si le maire ne se représentait pas, j'allais aussi sortir de l'arène parce qu'il était temps qu'on change de génération. Deux facteurs ont eu l'effet d'une douche froide, premièrement ma responsabilité de père d'un enfant de 5 ans. Depuis septembre, je ne suis jamais allé chercher mon enfant à l'école et ce n'est pas normal. Deuxièmement, j'ai vécu beaucoup de crises de par le quartier que je représente et de par mes responsabilités à la table du conseil municipal (entre autres président du conseil d'administration du Logement communautaire d'Ottawa), et je ne pense pas que les gens le réalisent. Depuis le *sinkhole* sur la rue Rideau, c'est une crise après une autre. Tous les enjeux de la pandémie, les projets de l'Armée du Salut, les inondations, la tornade, les camionneurs, toutes ces crises et plus, je les ai vécues aux premières lignes.

Tous les élus locaux ont vécu la pandémie de la même façon en ce qui concerne les questions de leurs électeurs, mais ici c'était particulièrement difficile. C'est la communauté avec les plus faibles revenus, beaucoup de logement communautaire, les gens qui ne parlent ni anglais ni français, le chaos dans les refuges, toute la communauté d'affaires (plus de 700 marchands juste dans le Marché By)—ils veulent tous des réponses.

Être maire n'est pas hors de question, je suis encore jeune donc j'ai plusieurs années devant moi !

### Quelle est ta couleur préférée ?

Quand j'étais jeune, j'étais toujours habillé en bleu. Mais en vieillissant j'ai découvert le mauve-bourgogne. Aujourd'hui en 2022, c'est le bourgogne !

### Do you regret anything?

Non, pas de regrets. J'avais confiance dans toutes les décisions que j'ai prises au moment où je les ai prises, mais c'est certain que dix ans plus tard, les choses peuvent avoir changées. Si je pouvais donner des conseils à un.e jeune qui se présente, je ferais beaucoup moins d'événements officiels. Par exemple ce soir je vais à quatre événements. Je regrette le peu de temps de qualité que je passe avec la communauté. Ce que je ferais maintenant serait de faire le tri de manière à pouvoir rester plus longtemps à chaque événement, à pouvoir y participer plus comme résident que comme politicien.

Le plus difficile de ma décision était de surmonter le sentiment que j'abandonnais des dossiers importants pour la communauté. J'aimerais qu'il y ait de la continuité et que le prochain.e élu.e puisse prendre le flambeau, à sa manière.



# Good urban planning can't overcome bad decisions

Michael Barnes

A case in point was when the Mayor and 13 city councillors voted to approve the development of a 311-unit / 25-floor residential tower at 641 Rideau Street.

How is it that this mayor and his previous city council approved the Second Uptown Rideau Street Community Design Plan on December 9, 2015 and then opted to ignore it when the rubber hit the road? Sadly, that's urban planning in Ottawa. All four rural councillors and several suburban councillors along with the mayor provided the 14 votes that approved this development. Mathieu Fleury, the Rideau-Vanier councillor, and nine others voted against it.

The project didn't meet the essential requirements to build what was being sought. But that didn't stop those 14 politicians approving it. The developer just pays a fee, under Section 37, and gets what they want. In this case it works out to about \$2,500 per unit.

The City of Ottawa Report to the Planning Committee for this development proposal is seriously misleading when it says, "The proposed Official Plan Amendment to the Uptown Rideau Secondary Plan to permit a minor increase in the Floor Space Index on the subject lands are consistent with the Provincial Policy Statement and the City of Ottawa Official Plan." Nonsense! The maximum Floor Space Index is 5.0 for the site and the devel-



oper got 6.9. That allows them to build 85 units more than the maximum on the site. Few rational people would say that an increase of 27.5% is minor.

Furthermore, the underground parking garage will enter directly onto Rideau Street with hundreds of vehicles and deliveries arriving and departing daily. It's likely to become the most accident-prone spot on Rideau Street, with high-speed traffic a common feature on a street with 30,000 vehicles daily.

The Architectural Review Panel said the tower height should be reduced, the tower size should not exceed the maximum allowed and sunlight and views of the sky would be lost. All ignored! The public comment period ran from December 16 to January 7. Another well-designed technique used to ensure fewer public comments over the holidays.

In the next municipal election, consider candidates who commit to returning integrity to the urban planning process for Ottawa residents and aren't financially beholden to developers to finance their election campaigns.

## IMAGE's images

Scenes from the northeast end of Sandy Hill, May, 2022

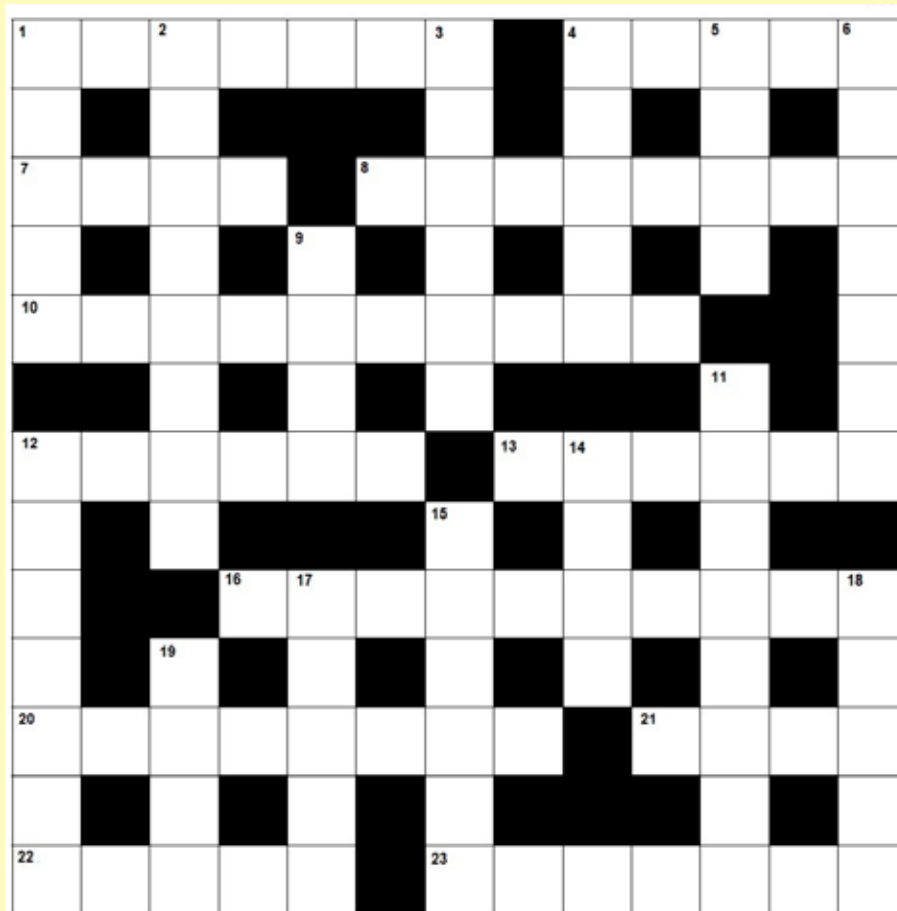


Photos Marie-Pierre Lefebvre

Local business owner Mordy Bubis can be seen, and heard, every morning protesting against Russia's invasion of Ukraine.

## WANDERING SANDY HILL STREETS AND AVENUES

By Ralph Blaine



### ACROSS

1. You can find one at the May Court 7
4. How your pet might be transported to the vet 5
7. It might be planted on a cheek 4
8. "To sum it up" 3,2,3
10. You might expect a bit of Alpine atmosphere in this Sandy Hill auberge 5,5
12. One might need some of this soapy stuff to get a close shave 6
13. P.M. MacKenzie King organized one of these to contact his long dead mother 6
16. Name of a Sandy Hill riverine park 10
20. Without compassion; cruel 8
21. You can get one at Working Title. The rye is just one of many 4
22. A little out of practice; or could be a TV rooster 5
23. Jack might walk his Terrier on this Sandy Hill Avenue 7

### DOWN

1. Prepares cakes, cookies pies etc 5
2. Impulsively undertake 4,4
3. This Sandy Hill street might remind you of the British naval victory at Trafalgar 6
4. What the RCMP is charged with fighting 5
5. A "Happy" omnivore featured at a local coffee shop 4
6. A Sandy Hill route that seems to invite your presence once each 24 hrs 4,3
9. "East" or "This" in Bogatá 4
11. Playing directly against a single opposing player 3-2-3
12. Sandy Hill route named after a former Prime Minister 7
14. A sound rebound 4
15. Flag 6
17. Belly 5
18. Extremely disagreeable 5
19. Therefore 4

► Solution, p. 16

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# Un accueil chaleureux pour deux ukrainiens dans la Côte-de-Sable

**Marie-Pierre Lefebvre**

La Russie a envahi l'Ukraine le 24 février 2022. Depuis, des millions d'Ukrainiens se sont enfuis de leur pays pour sauver leur vie. Le Canada en accueille beaucoup et la communauté au complet s'est levé immédiatement pour leur ouvrir les bras. J'ai tout de suite senti le besoin d'aider et de donner. Avec ma famille, nous avons décidé d'ouvrir notre maison. Nous avons les moyens, nous avons un peu d'espace et nous avons du cœur, donc la décision n'a pas été difficile à prendre. Un dimanche après-midi, je reçois un message d'une bénévole coordinatrice des jumelages qu'un jeune couple arrive jeudi et cherche un espace pour poser leur tête un bout de temps. Après s'être parlé un peu, ils sont arrivés! Après avoir fait quelques milliers de kilomètres de voiture à tourner en rond en Europe pour trouver refuge et un vol intercontinental, ils ont été recueillis par un autre bénévole d'Ottawa qui est allé les chercher à Montréal pour les amener ici, dans la Côte-de-Sable. Ce fut émotif. Ils étaient épuisés. Nous étions excités. C'était la longue fin de semaine de Pâques, donc on a pu passer quatre beaux jours ensemble à écouter, à pleurer, à visiter, à apprendre à se connaître. Nous leur avons donné l'espace dont ils avaient besoin. Leurs familles sont restées en



*La famille et leurs invités ukrainiens. De gauche à droite en arrière : Marie-Pierre, Etienne, Samuel et Zoia. En avant : Loup, Julianna, Émilien et Edik.*

Ukraine, mais ils étaient déterminés à repartir du bon pied ici. Tout le voisinage s'est montré avenant. Une voisine leur a offert tous les meubles de sa mère qui est placée; un autre les a invités à un rassemblement entre amis pour son anniversaire, question de socialiser. Un autre voisin a aidé en révisant leurs CV, d'autres en faisant circuler leurs CV. Ils ont été invités à souper chez plusieurs. Nous les avons aidés avec leurs cartes d'assurance-santé, leur NAS, les avons guidés pour l'obtention d'un permis de conduire. Nous les avons amenés à l'épicerie pour qu'ils voient ce qui se vend, combien ça coûte. Nous leur avons simplement donné un coup de pouce, parce que fuir sa maison à cause d'une guerre, c'est inimaginable. Ils ont été touchés par l'accueil chaleureux et par les manifestants toujours présents devant l'ambassade de la Russie, par le jaune et le bleu un peu partout dans la ville et dans les fenêtres des maisons du quartier. Ils ont senti qu'on était avec eux. Le Canada a ouvert ses bras, mais plus particulièrement la Côte-de-Sable. Nos deux nouveaux amis sont maintenant nos voisins. Ils ont choisi de rester dans le quartier et ont trouvé un appartement tout près; ma famille est très contente. Les voisins aussi! Si vous voulez vous impliquer aussi, contactez-moi au lefebvmp@gmail.com; il y a plusieurs façons d'aider. Ce que nous avons fait prends du temps, mais ça vaut la peine!



*Sandy Hill still supports Ukraine.*

## Spring sunshine illuminates Sandy Hill

Photos by Bob Whitelaw



*Above — During mid-May major intersection work at the corner of Range Road and Laurier Avenue was completed to include a three-way stop and pedestrian calming extensions to the curbs along with new street markings. The remedial work at this intersection will greatly improve pedestrian and vehicle safety at this busy intersection.*

*Right— Residents of Sandy Hill were able to enjoy their own community tulip festivities in mid-May as tulips emerged on the front lawns and along park pathways. Residents could enjoy quiet walks through the neighborhood without traffic jams, parking issues and crowds of people. The picture was taken at the start of Mann Avenue along the pathway leading along the Rideau River to Strathcona Park.*



# Have your say: Is it time for a tribute to essential workers?

**Stéphanie Plante**

Many cities, including New York, Moscow, and Dublin have erected or are in the process of approving memorials or plaques to thank the thousands of essential workers who selflessly kept our economy and lives afloat during the pandemic.

Local resident Stéphanie Plante is seeking comments and feedback regarding the possibility of establishing a tribute to essential workers in our neighbourhood.

Memorials, plaques, statues and other commemorative efforts have persisted for centuries to establish empathy with past events and to honour the lives of the deceased. Ottawa is home to the Ottawa Firefighters Memorial, many World War I and World War II commemorations and the National Cemetery of Canada. Memorials serve to transfer information to new generations who benefit from their presence in our nation's capital.

While it may seem premature to erect a dedication to frontline workers given that the pandemic is not over, it is suggested that as we spend more time outside in the warmer months we can take a moment to envision what such a memorial could be and where it could go. A memorial will help us recall the countless contributions of the essential and frontline workers as we hope to build a lifelong gratitude to them.

Please reach out to Stéphanie at [stephanie.plante@gmail.com](mailto:stephanie.plante@gmail.com) and more details will be unveiled in the coming months.



Sir Wilfrid Laurier Park was renamed Cindy Mitchell Park as a tribute to the Director of Bettye Hyde Cooperative Early Learning Centre, for her important work for children in Sandy Hill. In the photo: Stéphanie Plante and Susan Khazaeli, who made this happen!

# Voulez-vous faire partie de la famille Mirela ?

**Mélanie Le Boursicot**

Je suis une nouvelle résidente de la Côte-de-Sable, étudiante au doctorat en sociologie à l'Université d'Ottawa. J'ai eu la chance ces derniers mois de découvrir les beautés humaines, architecturales, historiques et naturelles de mon quartier d'adoption, tout comme ses enjeux de société, en particulier les enjeux liés à l'accès au logement. J'ai eu l'opportunité de participer il y a peu à des activités organisées par l'Atelier d'innovation sociale Mauril-Bélanger de l'Université Saint-Paul. À cette occasion, Amélie Neault, qui en est la coordinatrice, m'a présenté un projet très porteur que je voudrais partager à mes voisins de la Côte-de-Sable.

Qu'est-ce que Mirela? Megan Sicard, l'une de ses cofondatrices (avec Mireille Leroux et Pascale Thériault) l'explique bien : Habitations partagées Mirela est depuis 2021 un organisme à but non lucratif, qui vous accompagne pour trouver « des solutions concrètes pour vous loger de façon abordable et pour diminuer votre isolement social ». Mirela s'engage dans le lien humain et favorise les solutions d'entraide. « Notre objectif, explique Megan Sicard, est de faciliter la cohabitation entre des personnes de différentes générations et cultures par un processus



Photo Marta Sobral Garcia

Consultation publique organisée par Mirela Habitations partagées afin de continuer à sonder les besoins, toujours dynamiques, de la communauté.

de jumelage et d'accompagnement entre accueillant.e et accueilli.e ». Pour cela, Habitations partagées Mirela recueille les besoins et attentes de chacune des parties. Le processus suppose un ensemble de vérifications formelles pour fournir à tous des garanties.


Quelle est la position de Mirela ? Elle est un « intermédiaire et médiateur dans le processus de vivre ensemble », résume Megan Sicard. L'organisme prend en effet le temps d'évaluer, d'administrer

des ententes de cohabitation mais aussi d'accompagner et de conseiller en servant d'intermédiaire pendant toute la période de cohabitation. Les cofondatrices et l'équipe de bénévoles et d'amies de Mirela, ainsi que l'Atelier d'innovation sociale Mauril-Bélanger, croient en ces projets inclusifs et innovants pour le bien-être de chacun.e et l'équilibre de l'écosystème de la communauté. La solidarité intergénérationnelle est également une valeur forte pour Mirela. Face aux

enjeux actuels, Mirela souhaite venir offrir son soutien pour rendre possible ces liens humains qui font du bien. Mirela s'engage ainsi à « contribuer à la résilience et à l'entraide des personnes et des communautés francophones en Ontario », comme le souligne Megan Sicard.

L'organisme a reçu la bourse Desjardins en innovation sociale en décembre 2020, en partenariat avec l'Atelier d'innovation sociale Mauril-Bélanger de l'Université Saint-Paul. Amélie Neault, coordinatrice de l'Atelier, précise que l'Atelier cherche à « promouvoir une participation démocratique et à propulser l'innovation sociale, ainsi qu'à répondre à des besoins dans la communauté francophone ». Exacerbés par la pandémie, des besoins se font ressentir et l'Atelier s'engage auprès de Mirela pour y répondre. Ainsi, « choisir Mirela, c'est choisir son bien-être et celui de sa communauté », résume Megan Sicard.

Vous souhaitez montrer votre intérêt à faire partie de la famille Mirela ? Vous pouvez écrire directement à [habitationsmirela@gmail.com](mailto:habitationsmirela@gmail.com). L'équipe vous répondra ! Vous pouvez aussi en savoir plus ici <https://hpmirela.ca> et là <https://www.facebook.com/HPMirela/>. Je suis certaine que Mirela peut apporter son soutien dans ce bel environnement humain et participer à relier encore davantage ses habitants. Alors n'hésitez surtout pas à contacter Mireille, Pascale, Megan et Amélie !



**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!

**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-acs.ca](mailto:info@ash-acs.ca)

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!**

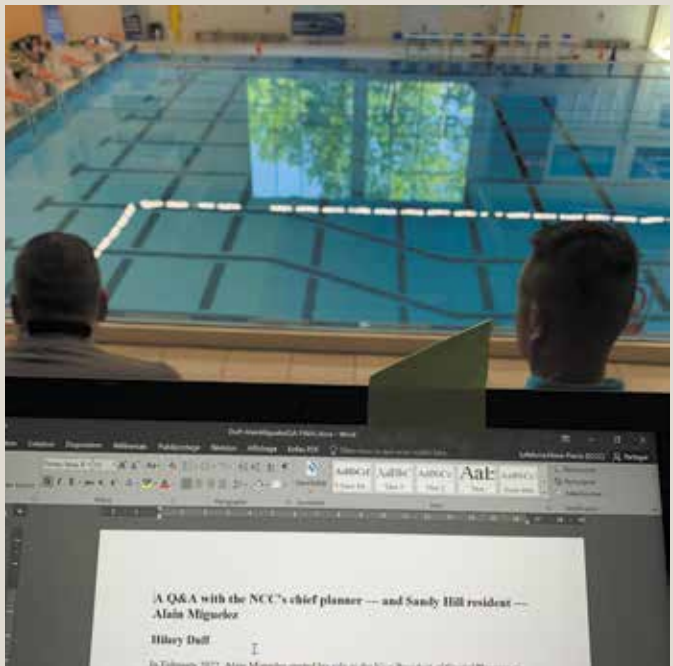
Devenez membre de l'ACS pour vous présenter et voter au conseil!

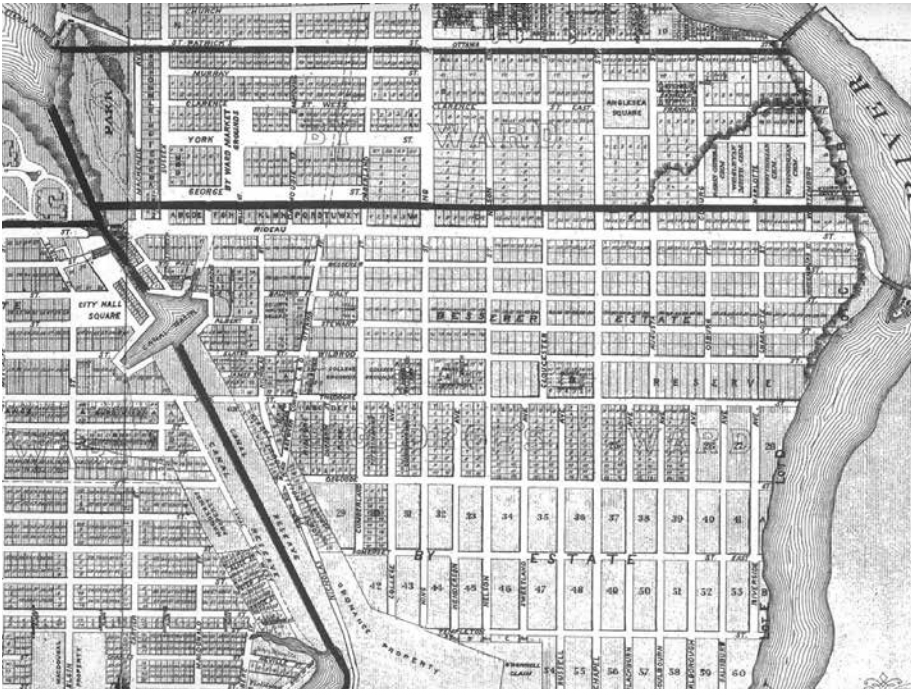
**IMAGE's image**

Volunteering for the community can be a great fit with your other responsibilities.

*Right — Editing IMAGE while at the poolside in Blainville, Québec, waiting for the start of an artistic swimming competition.*

Photo Marie-Pierre Lefebvre





## Ken's Bygone Sandy Hill

# Daly was considered *the* street of Ottawa

Ken Clavette

Along with supervising the building of the Rideau Canal, Colonel John By was tasked with laying out a town plan for what would in time become Ottawa. The "Upper town" was west of Barracks Hill (Parliament Hill) and "Lower town" was east of the canal. Upper town was on the high cliffs, and it quickly became the home of the English Protestant class. Lower town, largely built on drained cedar swamp, was settled

by the Irish and French Roman Catholics that came to labour on the canal and stayed to build a city. In short order, with its ByWard market, it became the commercial centre of what was then Bytown.

With the growth of the lumber industry, Lebreton Flats became Ottawa's first suburb with both workers and owners building homes close to the mills at Chaudière Falls. Sandy Hill would be the creation of those coming to build a capital of the new nation Canada. When in 1865 the civil servants began to arrive and search for homes, they found the available land was filling up quickly. It was to the sandy

hill south of Rideau they turned to fill their needs. These newcomers gave our community a distinct feel; it was mixed both religiously and in language. It also developed a reputation of elite-ness. No street more so than Daly Street, which would later become an Avenue to match the stature of the residents.

In November of 1925 the *Ottawa Citizen* took a look back to 1878, providing us with a detailed view of the individuals and the homes that spread east from the canal to Charlotte Street on Daly. As the *Citizen* reporter noted, "It must not be assumed that everybody who lived

on Daly Street had large bank accounts," but "generally speaking, the street was the place of residence of people who were 'somebodies' either in the civil service, in the professions, in politics, or in the wider avenues of commerce."

The article makes for an interesting read of the bygone days of Sandy Hill, and it gives us an idea of how our community got the reputation it did. How often have I heard, "Oh you live in Sandy Hill," said with an air that assumed I had a large bank account.

## A confectionery shop that has served Sandy Hill for 120 years

IMAGE staff

Located at the corner of Stewart and Cumberland is a convenience store, now called Remac Convenience, where three families consecutively served the needs of the Sandy Hill community for the last 120 years. The photo from 1930 was published on the Lost Ottawa website by Chris Sorrenti, whose grandparents owned the business, then called Smiley's Confectionery, during the Depression.

From the mid 50s to about 2000, the proprietors were Sue Smiley and her brother Eddy, who also had a store in New Edinburgh. It was a hang-out in the early 60s for pupils at St Joseph's school on Wilbrod Street, who among other things enjoyed the red lace and ribbon licorice and bread that cost 10 cents a loaf. When Sue and Eddy took it over, the side window on Stewart was long gone.

Abbi Theva's parents bought the store from the Smiley family around the year 2000 and her family has owned and operated Remac Convenience for the past 20 years, continuing the store's tradition of serving the needs of the diverse neighbourhood to this day, and going strong.

### Abbi Teva tells a tale of six people seeking solutions and her shop that provides them

Kofi works part time as a consulting technician, while finishing an engineering degree at the University of Ottawa. He is waiting to get immigrant status for his wife and son who live in Abidjan, Côte d'Ivoire. How can Kofi get money to them? The solution: Remac, with Western Union and Ria Money Transfer. Kofi can also send packages of school supplies for his son via Remac's parcel service.

Jeanne is studying for a Masters in psychology at the University of Ottawa. Often she and her schoolmates drop by in the evening to work together on assignments.



Photo Christine Aubry

**Abbi and her husband's family business is much appreciated by northwest Sandy Hill residents.**

They get hungry. The solution: Remac. The shop offers cheeses, breads, biscuits, party snacks and other party foods.

Julietta, a theatre arts student from Modena, Italy, often likes pasta with a good sauce and cheese. The solution: Remac's pasta, pasta sauce and cheese selection. Remac also offers dog food and cat food for her dog and cat.

Jim sports his white foreman helmet. The day is hot and the work, excavating water pipes, is exhausting. The solution: Remac. The shop offers energy drinks, iced tea drinks, samosas and Jamaican patties.

Meanwhile, Tim, his son, loves breakfast cereals, muffins, chocolate milk, ice cream, peanut butter and such to start the day with. The solution: Remac. For the adults, packaged tea and coffee and even Argentinian maté tea.



Photo Chris Sorrenti Lost Ottawa

**Above, Smiley's Confectionery, in 1930. Below, the shop today.**



Photo Marie-Pierre Lefebvre

Sharmila, an office worker, loves curried rice with condiments. The solution: Remac's selection of Indian curries and condiments.

And Jack, who loves to work late on his computer, can drop by Remac just before 8 pm to buy computer cables, mice and other computer accessories.

# A sculptor carves a family home in Sandy Hill

**Christine Aubry**

As soon as I heard that I had a new Blackburn Avenue neighbour with a fascinating career, I knew it was a story to share with IMAGE readers.

Nicholas ‘Nick’ Thompson is a sculptor, which in itself makes him a rare bird – but he is also Assistant to the Dominion Sculptor of Canada. There aren’t many of those! To be precise, there are currently three assisting John-Philippe Smith who is Canada’s seventh Dominion Sculptor.

Although Nick Thompson and his family are not new to Sandy Hill, having lived on Besserer Street since they moved to Ottawa from Toronto four years ago, they are very happy to have serendipitously become homeowners on one of the best streets in Sandy Hill, in my humble opinion.

The family of four first landed in Sandy Hill when they googled “neighbourhoods within walking distance of Parliament Hill.” Nick tells me he immediately loved the rich architectural history and beauty of Sandy Hill – the variety of building types and materials, the mature trees, the history of the neighbourhood.

“A lot of older parts of Toronto have just one housing type,” he explains. “Here in Sandy Hill, we have this great variety of housing types and building materials. I think it’s really important to preserve this historical building stock. Once it’s gone, it’s gone.”

Nick studied architectural history and began his career in heritage planning, but soon realized his yearning to work with his hands could not keep him behind a desk. He found one of the few places in the world where one can still study traditional Western stone carving – a specialized school in England, the City & Guilds of London Art School, where the curriculum has essentially been unchanged since the early nineteenth century.



*Nicholas Thompson, artist, carver and Assistant to the Dominion Sculptor of Canada, with his family on the steps of their new home on Blackburn Avenue. Nick’s wife Mia Hunt is known to the Viscount Alexander Elementary School community, having been the Co-Chair of the Viscount Parent Council for several years. Their children, Phoebe (age 5) and Rowan (age 9) both attend Viscount. Where it not for Mia’s support of Nick’s unusual career choice, they may never have become our neighbours.*

Nick’s work can be found on historical buildings and churches in several countries, but he tells me his most exciting moment was shortly after graduation, when he won a competition to carve a mother and child figure on Guildford Ca-

thedral outside of London. Every morning for three months, he would climb the bell tower stairs at sunrise, to work on the eight-foot (2.5 m) tall carving from a small, open-air scaffold, high up on the cathedral tower.

Nick’s journey eventually found him working on the West Block restoration of Parliament Hill, and in 2018 he officially became Assistant to the Dominion Sculptor of Canada, a permanent lifetime position.

Nick explains the role of the parliamentary sculpting team: “We are the creators and stewards of sculpture – be it wood, stone, plaster – on Parliament Hill and for all of the Government of Canada, though most of the work is based in the National Capital Region. We ensure that all restoration work is done respectfully, and we also design and create new work.” Amazingly, all of this work is still mostly done the old-fashioned way, with hammer and chisel.

In 1916, during the post-fire restoration of Centre Block, architect John Pearson intentionally left thousands of uncarved stone blocks so that successive generations of carvers could leave their artistic mark. The current restoration process offers Nick and his colleagues an amazing opportunity to access areas that would otherwise pose challenges for carving.

In his spare time, Nick also has his own private fine art practice with a studio in the Rectory Art House of Saint Brigid’s Centre for the Arts on Murray Street. He submits work to exhibitions and does commission work. You can see photos of Nick’s work on his website: <https://www.nicholasthompson.ca/>, or on Instagram: @njthompson\_sculpture

And coming up very soon, you can head down to the Sparks Street Mall from June 24 to 26 for the Canadian Stone Carving Festival, to see Nick and other artists work on pieces that will then be auctioned off on the last day of the festival, to raise money for Ottawa Inncity Ministries. For more details on this event, visit <https://canadianstonecarvingfestival.com>



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# Mental health for children and youth receives timely attention at CAFCO on Osgoode Street

Betsy Mann

It's hard to miss the yard full of laughing children at the corner of Blackburn and Osgoode that signal the presence of Bettye Hyde Early Learning Centre. But have you ever noticed the door at the end of the driveway on the Osgoode side of the converted carriage house? Beside the door, a sign tells you that this is the Child, Adolescent, and Family Centre of Ottawa, *le Centre de l'enfant, de l'adolescent et de la famille d'Ottawa*.

Co-founded by clinical psychologists Dr. Caroline Sullivan and Dr. Julie Desjardins, CAFCO opened in January 2014 in what had been the upstairs bedrooms of the former family home. A multidisciplinary team of dedicated professionals now offers counselling and assessment services in French and English for children, youth and families, services that are increasingly in demand. "There was a mental health crisis before the pandemic," Caroline Sullivan says, "but the needs have become even greater in the last two years. In fact, right now, we have had to make the difficult decision to temporarily close our wait list. We feel it is unethical to put people's names on a list when we know we won't be able to provide any services for many, many months."

A desire to provide timely help prompted CAFCO to put in place a system to meet families' needs as quickly as possible. "We know that when people call us, it's problematic to be told they're being put on a waiting list," Julie Desjardins explains. "So when we re-open our lists—probably before September—we will once again start taking appointments for an initial consultation with a senior clinical psychologist, sort of like triage at the emergency department. It gives



*The leaves on this Family Tree are thumbprints left by the dedicated professional associates, interns and practicum students who over the years have provided mental health services at the Child, Adolescent and Family Centre of Ottawa, situated at the corner of Blackburn and Somerset. The mural symbolizes CAFCO's multidisciplinary team with its many branches, all rooted in a common goal to offer warm and compassionate support to families.*

us a chance to get a clinical impression: what are the family's needs, which of our professionals is the best match, are there other services in the community that might be helpful." At the same time, it's an opportunity to give parents practical, tangible resources they can put in place right away while they wait for an available appointment. "We are really trying to empower parents," continues Julie Des-

jardins. They have evidence the system achieves its goals. "The data we collected on these appointments last year show that the level of family distress goes down after just this one appointment," Caroline Sullivan adds. "It makes a real difference."

This approach, centred on client needs, arises out of CAFCO's central *raison d'être*: a deep concern for the well-being of children and their families. Currently, the centre's team provides counselling—in person or virtually—for individual children and youth, and for their families. In addition, parents looking for assessments for their children can make an appointment with one of the centre's psychometric specialists who work in tandem with clinical psychologists. CAFCO also delivers mental health services through group programs, both for young people and for their parents. These programs bring together clients with similar concerns, meaning the centre can bring services to more people with less waiting time, especially during the time when no new individual clients are being accepted. And while you are waiting for an appointment—or even if you never intend to seek counselling—you can benefit from CAFCO's expertise by checking out the documents on its website, including COVID-specific guidance for parents: [cafco-caefo.ca/resources/](http://cafco-caefo.ca/resources/).

Reaching underserved families has been part of the organization's values from the beginning. "We have worked hard to create connections, for instance with child welfare agencies and Indigenous groups," Caroline Sullivan states. "For example, our team has gone into communities to do assessments of children and give training

about the effects of factors like intergenerational trauma on learning and cognition. We want to move knowledge gained through research into the hands of people who can use it." Cost can present an obstacle for vulnerable groups; to lower that barrier, CAFCO has secured contracts with third-party payors. In addition, the centre has both PhD student interns and practicum trainees who can offer services at reduced fees, under the supervision of a licensed psychologist.

CAFCO is one of the most sought-after placements for students completing the training requirements for their doctorate in clinical psychology—a testimony to the success of the centre's model. "This part of our program has grown tremendously over the years," Julie Desjardins observes. The two co-founders have also been recognized for their contribution with awards from both the Ontario and the Canadian Psychological Association, among other bodies. Modestly, Julie Desjardins insists on putting the emphasis on what she calls "our exceptional team." She elaborates: "Our strength is in the level of care and compassion that all the professional associates put into each client. And that goes for our administrative staff as well. Our Practice Manager, Paige Watts, and our Administrative Assistant, Elif Ibrahim, are ready to listen with support and empathy when people call."

A warm first impression helps put people at their ease, an important consideration since seeking mental health care for the first time can be intimidating, especially for children and youth. The carriage house setting allows CAFCO to provide a comfortable, non-institutional space with a homey feel. Clients who push that black door at the end of the driveway find a sunny waiting room at the top of the stairs, with Elif at her desk to greet them. As announced in the most recent issue of IMAGE, the current owners of the building are looking for a new buyer, but CAFCO's lease extends for a few more years. We certainly hope that this neighbourhood treasure will be with us for much longer.

## Je suis une élève en 6<sup>e</sup> année à l'école Francojeunesse

Julianna Tarro

Je veux vous parler de mon école. À Francojeunesse, on a plein d'activités intéressantes comme le talent-mania, un spectacle démontrant le talent des élèves de la 1<sup>re</sup> à la 6<sup>e</sup> année.. On a aussi des sorties spéciales, qu'on avait arrêtées depuis le début de la COVID, mais maintenant on a recommencé à en faire ! Par exemple, les élèves de la 3<sup>e</sup> année iront au Upper Canada Village.

La direction a instauré un système de nouilles. Pour préciser, chaque classe à un pot vide. À chaque fois que quelqu'un fait un bon coup, on met une poignée de nouilles. Lorsque le pot de nouilles est plein, on l'emmène au secrétariat pour ensuite mettre une balle de ping pong dans un grand pot. Lorsque le grand pot de balles de ping pong est plein, on fait une activité spéciale comme chapeau fou, journée pyjama, cheveux fous, sortie au parc, etc. Ce sont quelques-unes des nombreuses activités que nous avons à Francojeunesse!

Aussi, il y a les professeurs. Les professeurs enseignent bien, ils sont gentils, et considèrent tous les élèves de tous les niveaux. On oublie souvent les enseignants spécialisés qui enseignent les cours d'anglais, d'éducation physique et de santé, de musique et de danse. Ceux et celles qui enseignent ces matières sont :

- M. Jérôme (enseigne gym depuis des années) : il choisit toujours le bon jeu pour satisfaire les élèves!
- Mme Elisabeth (musique) : sa façon d'enseigner fascine les élèves!
- Mme Isabelle (musique, anglais, gym) : elle revient toujours avec une nouvelle idée super intéressante. On ne peut jamais savoir ce que son sujet va être aujourd'hui!

Aussi, notre école aide et contribue à l'environnement. À chaque jour, on compte les dîners sans déchets et on encourage les élèves à faire des gestes écologiques. Les élèves sont aussi encouragés à venir à l'école en transport actif (la marche, le vélo, la trottinette) s'ils habitent assez proche. On a un jardin dehors pour nous enseigner la science et aussi pour nous donner des responsabilités.

À tous les matins, nous avons la radio-franco. Par cette radio, on nous transmet les messages du jour, la reconnaissance des territoires autochtones, l'hymne national et la chanson de la semaine. Celle-ci peut être de tous les goûts; c'est toujours une surprise.

Je suis en 6<sup>e</sup> année cette année et je suis à Francojeunesse depuis la maternelle. Je suis contente de pouvoir avoir une cérémonie de graduation en juin parce que depuis deux ans, les élèves n'ont pas pu célébrer la fin de leur primaire.

Voici à quoi ressemble à peu près Francojeunesse!



Photo Marie-Pierre Lefebvre

# A Q&A with the NCC's chief planner — and Sandy Hill resident — Alain Miguelez

Photo Marie-Pierre Lefebvre

Hilary Duff

In February 2022, Alain Miguelez started his role as the Vice-President of Capital Planning at the National Capital Commission. Prior to joining the NCC, Miguelez was head of the City of Ottawa's planning department where, among other projects, he oversaw the launch of the new Official Plan.

Miguelez was kind enough to answer a few of my questions, meeting with IMAGE both as a professional planner and as a long-time resident of Sandy Hill. These views are his own.

**Let's start with your connection to Sandy Hill. How long have you been in the neighbourhood and how have you seen it change during this time?**

I have lived in Sandy Hill on and off since 1983 when my parents moved here from Alta Vista. I've strayed to other neighbourhoods for short periods and lived in Montreal when I did my Master's in Urban Planning, but Sandy Hill always pulled me back. I have certainly seen the neighbourhood evolve.

On the one hand, it has managed to remain a fantastic place to live because of its proximity to downtown and its great transit and mobility options. It remains a vibrant, mixed neighbourhood with a diverse population, including students, which gives it its own distinct flavour. It's a gorgeous neighbourhood thanks to its Victorian architecture and its tree-lined streets. It has history and it gives you a definite feel of the passage of time.

Progress has been made in traffic calming and cycling facilities, although more remains to be done. Like all downtown neighbourhoods, Sandy Hill has suffered from the disappearance of many smaller retail options (there used to be a hardware at Rideau and Augusta; there used to be more corner stores; there used to be more small local businesses). To some degree, these losses are being compensated by cool new little stores that the City's brilliant micro-retail zoning now permits on streets like Somerset East, and by the evolution of Laurier East as a more commercial street. In addition, no matter what we think of stores in the new University residence building at Laurier and Friel, they are convenient, and popular. And we have the wonderful example of Working Title with its magnificent patio, event space and bakery. All this is possible because of the critical population mass in Sandy Hill. Other neighbourhoods aren't as lucky.

Sandy Hill has been affected by some ugly bunkhouse-type developments, which highlights the need for strong urban design direction. It has also been impacted by suburban-type infills with garages in the front or front yard parking which completely clash with the urbanity and green-front-yard character of Sandy Hill. There is still too much legacy front yard parking that should ideally be removed over time.

**Has being a Sandy Hill resident influenced your approach or perspectives on planning?**

It gives me "boots on the ground" in terms of understanding and appreciating how urban neighbourhoods function (as opposed to suburban neighbourhoods) and what makes them thrive. I think that lots of people have internalized suburban ideas, assumptions or expectations that simply cannot be applied to an urban neighbourhood — in fact, it's quite the opposite. The natural evolution of suburban neighbourhoods is for them to become more urban over time.

**I've heard through the grapevine that you don't own a car. What does this say about Sandy Hill being a walkable neighbourhood?**

It's true, and I'm hardly alone in this. If you look at the most recent data from 2011, 57% of downtown households don't own a car. I personally and professionally think that it should be a goal of public and planning policy to keep increasing those numbers.

I enjoy living on foot, shopping on foot, and using the transit system which allows me to not have to concentrate on driving and lets me relax, listen to a podcast or just enjoy watching the city as a spectator. And, to me, there is a special satisfaction, when you walk, the notion that you keep "going forward" from one place to the next, from one block to the next. You don't need to backtrack to where you parked a car, you just keep going. In my mind, that kind of pedestrian satisfaction cannot be replaced by a motor vehicle.

If I need to use a car for longer trips or errands that require moving heavier things, I borrow or rent one. Those are infrequent enough to make the math work from a financial standpoint as well — and I know of many neighbours who do this too or use car-share services like Communauto.

**Now that you're no longer with the City, I'm wondering if you could share your thoughts on the Official Plan as it pertains to Sandy Hill. As someone who is both a Sandy Hill resident and an urban planner, do you feel the neighbourhood's needs were well represented in the new Official Plan?**

Let me start by saying that I feel a great deal of ownership towards the new Official Plan, and I think it's the right plan for the city and its neighbourhoods in that it sets out a path of evolution that reinforces all the things that we've heard people are looking for as the city grows. People want walkable neighbourhoods, convenient access to things, beautiful architecture and quality public spaces and park spaces.

The transect approach that was adopted by the new Plan is a very useful way to see the city according to each of its distinctive contexts. In the first 20 years of amalgamation, we saw that urban planning rules cannot be the "one size fits all" type but must reflect each area for what it is and talk about where it's going in more place-specific terms.

I think Sandy Hill is much better represented in the new Plan than in the old one. There is stronger language on heritage and urban design. There are better development policies that call for the type



Alain Miguelez: NCC's Chief Planner and Sandy Hill resident.

of urban buildings that fit into the context much better than suburban-type buildings that clash with the context. The old Sandy Hill Secondary Plan was updated and brought forward with all its key directions.

**When it comes to planning projects present and future, where do the greatest opportunities lie for Sandy Hill?**

The ongoing consolidation of Rideau Street is the most significant opportunity for Sandy Hill to cement its status as a true 15-minute neighbourhood. Its mixed-use buildings will fill gaps that have existed along the street for decades. Improved cycling facilities, more work on the design of local streets to make them true 30 km/h streets, and more frequent transit along Rideau, Laurier, Somerset and King Edward can only help.

The Prime Ministers' Row initiative is very interesting and has a lot of great potential. It can make Laurier Avenue into a special, thematic destination which could become a special place for the interpretation and understanding of Canadian history through a focus on its prime ministers, and it could also lead to theming any number of supporting elements along the street, from local bars and restaurants to specialty shops or public spaces and street furniture.

More consolidation along Laurier would be beneficial — there are still a few voids along the street, such as the empty lots and parking lots around Laurier and King Edward, which with good buildings could

make the street gel much better. And, of course, it would be nice to have a new pub or two to replace the Royal Oak and the old Dunvegan.

**Are there ways in which you might be able to advocate for Sandy Hill/downtown neighbourhoods in your role with the NCC?**

As a professional planner, I do not advocate. I provide recommendations to my employer based on the result of consultation processes and on sound planning principles. Parts of Sandy Hill are covered by NCC plans and when the time comes to revisit those plans, my new NCC team will consult and make professional recommendations.

That said, as a resident, I am pleased with the NCC's focus to create more outdoor public space for well-being. One example is our partnership with the Urban Winter Trails Alliance, creating 100 kms of groomed winter trails in Ottawa, 12km of which are along the Rideau Winter Trail, along the eastern side of the Rideau River, from North River Road to Bank Street.

*Thank you to Mr. Miguelez for his responses. Web exclusive: visit the IMAGE website later in June to read a longer Q&A with Mr. Miguelez where he reflects on interprovincial planning decisions with the NCC, heritage protection for Sandy Hill, and active transportation. You can find us at: [home.imagesandyhill.org](http://home.imagesandyhill.org)*

## Blackburn block party is back!



Blackburn Avenue residents and friends gathered for a potluck barbecue supper on June 4. While the grown-ups chat with neighbours, the kids thrill at being able to play basketball and ride their bikes up and down the street with no one yelling "Car!" to stop them. Could this be your block on some summer weekend?

— Betsy Mann

# All covers in the summer: a tribute to the tribute bands

F.S.

I'm a shameless proponent of the view that the covers are always better than the originals. This is why, when I saw that "Ottawa's premier live music venue," i.e., MAVERICKS, has a summer and fall line-up that is jam-packed with tribute bands, I took special note of it.

A cursory peek at MAVERICKS' event calendar tells the tale—a few of my favourite headliners: "Maiden Maniacs: Tribute to Iron Maiden" (June 3); "Hard as Rock" AC/DC tribute (June 11); "Garden of Roses: Guns N' Roses Tribute" (June 18); "SOS-The ABBA Experience" (July 9); Crazy on You: Tribute to Heart" (July 16); "Alcoholica"—a play on Metallica—(August 6); "Johnny Cash Revisited" (Oct. 15); "Destroyer: Ultimate Kiss Tribute" (Oct. 22).

Sure, there are also excellent original groups that are slated to play at MAVERICKS this summer and fall—I will certainly be at the Exciter show on July 15, for instance. But this article is not about them. This one is for the cover bands.

In a world saturated with reboots and the corporate monopolization of nostalgia, my claim might appear rather naive and implausible. So first, I will make a few qualifications.

Let us compare apples to apples: when I say that the covers are *always better*, I am speaking only of covers that are executed with talent and precision, or by musicians of comparable artistic depth to that of the original author(s), and not the sort of brutalization of classic tunes that is occurring in practice rooms across the world (including in mine). I'm speaking exclusively about *respectable covers*.



Do you agree covers are always better than originals? It's a view that will keep MAVERICKS on Rideau St. jam-packed this summer.

A song covered by a different artist than its original author and a new performance of that song by the original author are similar phenomena. Obviously it is to do some injury to the terminology to say that when performing their piece again, an original author, in that instance, "covers" their own song. But nevertheless, when I play anew a song I've written years ago, it is as if I am covering it, since virtually all of the hallmark characteristics that make covers particularly interesting apply, at least to some degree. Incidentally, this, in part, is why it is interesting to see musicians play live after having been acquainted with their recorded music; it is often a happy surprise when the performance deviates from the original track, or when the artist adds a new addition to an old song.

I can hear my detractors already. Yes, I acknowledge that I grew up in the golden age of Weird Al Yankovic—*Even Worse* was played to the point of wearing out the cassette. And I will even add that as a

small child, I was particularly entertained by Sesame Street's *Letter B*, an educational reimagining of The Beatles' *Let It Be*. In other words, I've been heavily primed to hold this controversial view. Given my near fanatical devotion to parody, it isn't very surprising that I should like the covers better than the originals.

But one might simply invert the point: A musical parody is a cover of a song, albeit an exaggerated and humorous one. What makes a musical parody so effective? Why was I attracted to parody in the first place? The answer, I propose, lies in the fact that parody bears the marks of being a cover.

With new artists come the aesthetic paradigms of their own age and subculture. So, a cover tends to clothe an old song in the popular stylings of the current times. Covers thus extend the shelf-life of a song indefinitely. For artistic trends come and go, popular sentiments shift, and a song can begin to sound "dated." There

is therefore some truth to the view that, to quote Barney Stinson from *How I Met Your Mother*, "New is always better."

A cover of a tune tends to introduce a new dynamic, one that is absent from its original version. This dynamic is of two distinct artistic directions, i.e., of the original author, and of the new performer—or, in the limiting case, the original author but newly equipped with further experiences that make his or her artistic dispositions in some significant way different from what they were at the time the song was written.

The performing artist carries into the performance their own unique personality. As a result, the song's tempo might decrease; its accents be on different notes; an improvisation error might occur; an opportunity for variation arises. A new voice might express a different story using the same words, insofar as words are expressed through gestures or modulations of voice that have communicative depth. Likewise, the same song played differently may communicate a distinct feeling, mood, or artistic vision.

Thus, do not feel sad for me because I prefer Motley Crue's version of *Helter Skelter* over the original Beatles song. Despair not when I declare that The Riffs outdid The Velvet Underground when they covered *I'm waiting for the Man*. And please forgive me when I say with a straight face that Shocking Blue's original recording of *Love Buzz* can't hold a candle to Nirvana's rendition of the song.

Keep in mind that mimicry is, after all, the highest form of flattery, and that covers are integral to the progressive realization, preservation, and amplification of a song across time.

# The SAW Centre offers artistic programming for all

Emmanuel Sayer

Accessibility and diversity are of utmost importance to the artist-run SAW Centre which is evidenced in the artistic programming offered within its art gallery, SAW Gallery, and its revamped music venue, Club SAW. Club SAW was officially reopened in July 2019 showing off its state-of-the-art sound system, overhauled courtyard, fully accessible stage and all-gender washrooms. November 2021 saw the launch of Nordic Lab, a "research and production space for artists from circumpolar nations" that will "forge collaborations and promote exchange between Indigenous and non-Indigenous communities in the North and



the South along with partners in Scandinavia and other circumpolar nations" according to their webpage. Nordic Lab provides a space for artists-in-residence

but is also a home to SAW's educational programs, which will be geared in particular toward Indigenous youth.

Within these three different spaces, the SAW Centre is host to movie screenings, art exhibits, musical performances, artist workshops, DJ nights and more. With the summer almost here, there are more and more events on the horizon.

An upcoming event that embodies the spirit of accessibility and diversity espoused by SAW Centre is Pique. "Pique is a new forward-thinking, artist-driven quarterly event series featuring eclectic musical, visual and multimedia artists," boasts the event's website.

The winter and spring editions of the series were presented in a hybrid model which made the event accessible both in person and online. Rachel Weldon, the Executive Director of Debaser, the promoter of the event, mentions some of the challenges related to producing events in this fashion. "For arts presenters, it is a challenge to present hybrid events that don't feel as if one side, more likely the virtual side, is an afterthought. Video and livestream production takes a lot of resources and planning to make it look and sound good, and the ticket for these events tends to be valued less than an in-person entertainment experience, so it is harder to make ends meet."

Weldon, who is also the Programmer/Administrator for SAW Centre, thinks that online events, despite being "more accessible and feasible to gather artists or audience members regardless of where

they are logging on from, and innovative" won't be replacing in-person events any time soon. She believes that "we will see producers and organizers integrating new features into what they do moving forward, such as gamification and/or audience Q&As or engagement."

The early portion of the event will involve programming, workshops, demonstrations, and a vendor market at the Arts Court open house party, which are some of the experiences that cannot truly be recreated in an online presentation.

Pique is happening June 11 from 2 p.m. to 10 p.m. at Club SAW. It is free in the daytime (2-5 p.m.) and entry for the evening portion (5-10 p.m.) is on a pay-what-you-can basis. Some of the performances may be livestreamed. Head to <https://thisispike.com> for more information.

Launched in early May, the SAW Prize for New Works multi-disciplinary art exhibition will be on display at SAW Gallery until July 16. Seeing the damaging effects of the pandemic on the artistic community in Ottawa, the artist-run SAW Centre created the SAW Prize for New Works to commission new works from regional artists. Its website announces that in total, SAW has contributed more than \$100,000 in financial, production and exhibition support to 30 artists, musicians, writers and performers from Ottawa-Gatineau and the surrounding First Nations. Shahla Bahrami, Atticus Campbell Gordon, Craig Commanda, Kenneth Emig, Marisa Gallemit, Claudia Gutierrez, Rachel Kalpana James, Don Kwan, Sam Loewen, Troy Lovegates, Feza Lugoma, Mélanie Myers, Michèle Provost, Katherine Takpannie, Guillermo Trejo, and Andi Vicente are all recipients of the prize and have some of their work on display in the exhibition which was curated by Jason St-Laurent.

SAW Centre will be celebrating its 50th anniversary in 2023.

from page 9 • SOLUTION to CROSSWORD

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Photo Alexandre Vovan



*Left—Alexandre Da Costa is coming to town for the Stradivarius in Vienna concert on July 12 at Carleton Dominion-Chalmers Centre.*

history, all concerts will require individual tickets to ensure carefully planned seating arrangements and make sure the audience is adequately socially distanced. A special “Festival Membership” (\$50 for adults and \$30 for students) will provide significant discounts on all tickets.

Festival Memberships and tickets to some concerts are now on sale. Artists include world-class sopranos Mireille Asselin, Hélène Brunet, and Jessica Muirhead; L’Harmonie des Saisons, winner of *Classical Album of the Year* at the Juno Awards this year; trumpet virtuoso Jens Lindemann; star pianists Lise de la Salle, Jean-Philippe Sylvestre, Ian Parker, Frédéric Lacroix, Carson Becke and Jean Desmarais; countertenor Daniel Taylor and the Theatre of Early Music; tenor Charles Daniels; baritones Jonathon Adams and Daniel Luis de Vicente; theremin virtuoso Thorwald Jørgensen; violinists Jasper Wood, Marc Djokic, Yolanda Bruno and Alexandre Da Costa (who just played for Queen Elizabeth as part of her Platinum Jubilee celebrations); cellists Cameron Crozman and Chloé Dominguez; the Orchestre Classique de Montréal; the London Handel Players; the Elmer Iseler Singers; the Studio Ancienne de Montréal; Thirteen Strings; jazz pianist Marcus Roberts; magician Chris Pilsworth; Cirque Fantastic; and many others.

There will be a significant amount of “beyond” content including circus, magic, film, and literature, as well as a number of events for young people including a day of music at the Cumberland Heritage Village Museum.

People can get more information and can purchase memberships and tickets by visiting [www.musicandbeyond.ca](http://www.musicandbeyond.ca).

*Sandy Hill resident Julian Armour is the Artistic and Executive Director of Music and Beyond*

## Music and Beyond festival set to return July 4 - 17!

### Julian Armour

After two years of silence, Music and Beyond is once again offering a live festival, from **July 4 to July 17, 2022**. The festival will offer 50 concerts and events over 14 days. This will be Music and Beyond’s first public festival since 2019. Several concerts will be presented in Sandy Hill.

The COVID-19 pandemic created almost insurmountable challenges for many art-

ists and arts organizations. In March of 2020, Music and Beyond pivoted quickly to virtual content and, so far, we have released over 300 videos on our YouTube channels. We have also launched a weekly television series on Rogers that goes into 200,000 homes in the Ottawa area. Over the past two years, we have only presented four live concerts. We are delighted to be finally welcoming people back to a live festival!

Now considered one of Canada’s major cultural festivals and one of Ottawa’s five major music festivals, Music and

Beyond offers a wide variety of concerts including orchestras, bands, choirs, recitals, small ensembles, world music as well as many “beyond” events that link music with other art forms and cultural disciplines. As usual, the festival will present a broad range of top international names alongside some of the best Canadian musicians. The festival will also livestream some events and will film others for future viewing. The overriding theme of the whole festival is celebratory and uplifting music.

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## The Old Man and the Poet: ninth movie, now complete

**Peter Evanchuck**

Digital media allows creative filmmakers without money, but with big ideas, the chance to make important movies on the cheap. The other day I completed my ninth movie highlighting themes revealing various aspects of mental illness, *The Old Man and the Poet*. This is an unscripted real and raw documentary, featuring my two buddies from the old days: Augustus Larrow, a retired, Jamaican-Canadian living poor and alone, dreaming of owning a small home but in reality living in a small, unkempt subsidised bachelor apartment; and Robert Payne, a homeless street poet, living in squats or alleys. Both suffer the injustices encountered by those whose illness has dominated their daily existence. Both make strange and awkward decisions that hinder their wellness, rather than encourage it.

Digital media allows these stories to be recorded with the ease of inexpensive video. The creative filmmakers are not caught up in the “should’ve, could’ve, would’ve” world of seeking investment that is an obstacle to creativity. Without digital media, these ordinary people, like thousands of others, would remain silent. Their truth locked shut forever. A part of the culture’s time and truth forgotten.

Instead, they are now living beyond their silence in the movies forever written on cyberworld’s stone tablets . . . the opening of the ninth gate of human existence.

P S — Augustus Larrow died alone choking to death – Robert Payne disappeared like so many homeless.

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By late May, we'd already had some steamy weekends, perfect for an alfresco brunch before the day heats up or a takeout dinner to help keep the kitchen cool. Enjoy the summer, everyone, and please share stories of your favourite Sandy Hill food experiences

image22@rogers.com

**Champa Thai, 193 King Edward Ave.**

This long time takeout place in Lowertown has been taken over by the folks who own Wandee, a popular Thai place in Little Italy. The Champa Thai menu features a splendid selection of noodle dishes, for anyone who'd like to branch out a bit from Pad Thai. The sweet, creamy coconut sauce that flavours the chicken and egg noodles in the Khao Soi is quite addictive!

**Working Title, 330 Laurier Ave. East**

The stacks of boeuf bourguignon and potato gratin to go are gradually disappearing from the freezer at Working Title. The summer menu will be appearing soon, and by the time this issue of IMAGE goes to press, their barbecue will probably be up and running. The patio continues to be one of the prettiest places in the neighbourhood to enjoy a summer day, and a recent brunch there was truly pleasant. Eggs Benedict were perfectly poached to order and nestled on top of delectable rounds of maple-glazed fennel sausage. Avocado toast was made with the excellent multigrain bread from the Working Title bakery and featured the same beautifully poached eggs. Both plates benefitted from a green salad brightened up with the extra zing of a few roasted cherry tomatoes.



Midnight service with a smile at Kazbah.

Photo Paula Kelsall

**Kazbah, 221 Rideau St.**

It's fun to see that Kaz Kitchen, the interesting corner store and takeout kitchen on Guigues Avenue, has taken over the little kiosk that looks out over Rideau Street on the ground level of Mavericks Bar. It's open Thursdays through Saturdays from 9 p.m. to 3 a.m., so that musicians, their fans and lucky passersby can satisfy their midnight cravings. The menu is short but substantial. The luscious Cuban Melt sandwich is a weighty edifice of tender shreds of pork and paper-thin slices of ham held together with plenty of oozy cheese. The grilled chorizo sausage on naan bread with chili-lime coleslaw looks fantastic, and will doubtless be luring me out some evening after dark.

**Purely Dates, 103 Mann Ave.**

The hours (11:00-5:00, closed Monday) have finally become more predictable at this little shop, but the stock continues to offer surprises. Along with the sweet and tender dates that are their core merchandise, one can now find all sorts of nuts, dried fruits and spices, as well as Algerian biscuits, condiments and other products. There is also a growing selection of pastries and flatbreads, some of which come from Montreal. For me, though, it's the chocolate-covered dates, stuffed with a pecan or an almond, that are the ultimate treat; the dark chocolate, fruity date and rich, crunchy nut make a wonderful combination.

Photo Paula Kelsall



Perfectly poached eggs and roasted potatoes for a Working Title Brunch.



Photo Doki Newman

# Persian summer vegetables

**Dodi Newman**

Well over 50 years ago, Azar O., our Iranian neighbour, taught me how to make this. Back then, on a hot summer's day, a friend and I would spend our children's nap time in Azar's kitchen, trimming and cutting up vegetables and herbs, then sautéing each vegetable separately. This is time consuming but recommended; it lets each vegetable keep its own, distinct character. Then we would chop more herbs, typically 3 parts parsley, 1 part dill and 1/4 part mint, add them to a tub of full-fat plain yogurt, along with a de-seeded, finely diced cucumber and a handful of tangy sweet currants. When all was ready, we'd pack up the food and fresh pita in a basket, gather up our kids, and head for a picnic under the nearest shady tree. This is still one of my favourite summer foods. I always make lots; it keeps beautifully in the fridge for 1 week.

I usually pick a meaty eggplant, call it 1 part and use it as measuring unit for the remaining vegetables.

**Azar's summer vegetables**

- Olive oil as needed
- 2 parts green beans, trimmed, cut slantwise into 3 cm pieces

- 1 part yellow summer squash, cut into 3x1x1 cm pieces
- 1 part eggplants, cut into 2x2x1 cm pieces
- 1 part quartered tomatoes
- 1 part mushroom caps, cut in half, or quartered if large
- 1 part yellow onions, chopped coarsely
- Lots of fresh parsley, chopped, to taste
- Half as much fresh dill, chopped, to taste
- 1/5 fresh mint leaves, slivered, to taste
- Salt and black pepper, to taste
- Lemon juice to taste (optional)

In the order given in the ingredients list, over medium heat, sauté the vegetables, one after the other, in enough olive oil to generously cover the bottom of a wide, heavy saucepan until they are just done. As each vegetable is done, move it to a bowl large enough to hold all vegetables. Add more olive oil to the pan as necessary. When all the vegetables are done, rinse the pan with a little tomato juice or water to loosen baked-on vegetable juices, and pour it over the vegetables. Add a generous amount of chopped herbs, season with salt and pepper, drizzle very lightly with lemon juice if using, and stir to mix thoroughly. Cover the bowl, let the vegetables rest two or three hours at room temperature before serving.

Nooshe jân!



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# Real issues from downtown neighbourhoods raised (and sometimes ducked) at virtual pre-election debate

John Cockburn

On May 30, Ottawa-Vanier community associations hosted a virtual electoral forum to inform residents about the views of candidates in the June 2 provincial election, particularly those issues most pertinent to the ward. It was attended by Liberal candidate Lucille Collard, Lyra Evans for the NDP and Christian Proulx for the Green Party. Invited, but not attending and who will remain unnamed, were a clutch of fringe candidates including the PC candidate. Up to 100 participants attended the meeting – pretty good turnout. Louise Lapointe and Natalie Belovic ably moderated the session.

By the time you read this in your copy of IMAGE the votes will have been counted and the winner will be known. Being aware of the concerns that emerged from the forum will enable you to see how these concerns are addressed by the provincial government in the future. Holding the government's feet to the fire and advocating on issues of particular concern are important roles for all MPPs.

At time of writing, the most current polls suggest the PCs will retain their hold on power with slightly more of the popular vote than the last time. How that translates into seats is a topic that at this time is difficult to predict, but there is a strong likelihood of a PC majority government. It appears that the PC strategy of withholding candidate availability will likely have been successful for them though not so much for the democratic process.

On the Ottawa-Vanier front, Liberals have held the riding since 1971 and not too many were predicting a change. Of note are results of the 2020 by-election with the Liberals at 52 % of the vote, twice that of the NDP; the election turnout was 20%. In the 2018 general elec-



The three candidates in action (clockwise from bottom left: Christian Proulx (Green), Lucille Collard (Liberal), Lyra Evans (NDP), and moderator Natalie Belovic.

tion, the Liberals garnered 43% to the NDP's 29% with a 50% turnout. The Green Party support doubled between 2018 and 2020 from 4% to 8%. PC support dropped by almost half from 2018 to 2020 20% to 11%. Hardly trends but comparing these to the 2022 results may be interesting. Check the trends at [www.elections.on.ca](http://www.elections.on.ca)

More specifically on the issues raised at the forum – there were lots, a veritable potpourri: health care and a community health centre for Ottawa-Vanier were identified as needs, as was repealing Bill 124 that limits salary increases for nurses, and the accreditation of foreign health professionals.

Affordable housing and homelessness generated discussion particularly with respect to the Salvation Army project on Montreal Road. The Liberal candidate remained opposed to the model being proposed and preferred more emphasis on the centre being a service delivery point rather than a residence provider. The Green Party opposed the size of it,

and the NDP candidly felt that the ship had sailed on the project.

Affordable housing meant more densification for the Greens with housing being a social right deserving public subsidy for the NDP. On heritage, the Greens interestingly opined that heritage means continuity of culture, not just buildings.

The issue of interprovincial traffic generated some opposing views that may strike a chord with some affected communities. The Liberal candidate felt further study on the potential for re-routing as the way to minimize traffic levels might obviate the need for more infrastructure. The Greens were for a tunnel while the NDP were pro bridge and felt a tunnel would restrict options for an as yet unheard-of east-west subway.

Education issues included the need to mitigate the effect of COVID measures on student sociability, limits on class size, special needs for indigent groups, cancelling the EQAO standard system, and providing a Grade 13 option. One of few partisan interventions occurred when the



And the record low voter turnout, at the St. Joe's poll and others, was 37.19 per cent in Ottawa-Vanier, versus 51.47 per cent in 2018.

NDP candidate accused the previous Liberal government of lack of support for the provincial education system.

Developer influence on local government planning decisions, electoral contribution limits, support for the Indigenous community, delivery of long-term care improvements were all discussed, and one was left with the impression that no one said anything that the others would strenuously disagree with.

Although there was a multiplicity of issues discussed there were a couple of elephants in the room. There was no substantive discussion of the Freedom Convoy occupation in February and the lack of provincial response. Fundamental issues of police governance with local impact emerged that to a large extent reside in the provincial domain. Further, one would think that a major weather event that wreaked havoc on local infrastructure would have been addressed by those aspiring to provincial office.

Those omissions do not detract from the fact that the forum was a noble effort in the realm of political discourse and can serve as a model for the upcoming municipal elections.

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