

IMAGE is Sandy Hill's volunteer-run community newspaper. We're looking for new writers and contributors – learn more on page 2

Photo supplied by Michael Mathewsie

Democracy at City Hall

Many qualified candidates are seeking election to represent us

Judy Rinfret

Since Mathieu Fleury unexpectedly announced he would not seek re-election as City Councillor for Rideau Vanier, aka Ward 12, 10 candidates are vying for his position. They are: Patrick Auguste, Hicham Boutaleb, Burthomley Douzable, Tyler Cybulski, Julie Fiala, Jwane Izzetpanah, Kim Leclerc, Alex Osorio, Stéphanie Plante, and Laura Shantz. Ward 12 has more candidates running than any other ward in Ottawa. Voting takes place on or before Monday, October 24.

► Election special report, see page 3.



Volunteers with the Strathcona Heights Community Garden like to grow sunflowers to help bring the bees around. “We are grateful for a great session of gardening at Strathcona Heights Community Garden,” says one volunteer.

Photo Harlequin Studio



Committed protestors, like Sandy Hill resident Eric Schiller, are keeping the protest alive outside the Russian embassy on Charlotte St.

► Read more, page 5.

UNaffordable housing in Sandy Hill and beyond

Christine Aubry

In January 2020, Ottawa became the first Canadian city to declare a housing and homelessness emergency. This fall, affordable housing is front and centre in our municipal election, as the housing crisis persists for lower-income renters.

My eye-opener was last summer when my family was looking to move my senior in-laws closer to our home in Sandy Hill. Each one is single, retired, and a life-long renter. They don't have private pensions, so each lives off CPP, Old Age Security and Guaranteed Income Supplement payments. In Sandy Hill, their income could only afford a bedroom in shared housing (aka a student bunkhouse).

A recent search on rentals.ca. shows that renting a single room in a shared house in Sandy Hill will cost you between \$700 and \$1,000/month. For a one-bedroom apartment you need at least \$1,500.

Fiona Rowan, an addictions counsellor currently house-sitting in Sandy Hill, is trying to move to the neighbourhood permanently. Her elderly parents live here and she'd like to rent a place closer to them. But with a monthly rental budget of \$1,200, Rowan is not optimistic she'll be able to find something affordable in Sandy Hill – at least not something she would consider “decent and safe.”

According to the Canadian Mortgage and Housing Corporation, and all levels of government, affordable housing means one's dwelling costs less than 30% of gross monthly income.

The City of Ottawa's 10-year Housing and Homelessness Plan (2020-2030) claims that to afford renting a bachelor apartment, a person needs to make at least \$32,000 annually (roughly \$2,600/month). Anything less and you would be considered a low-income earner. That means everyone working full time and earning minimum wage (\$15.50) qualifies as low-income.

► UNaffordable housing, see page 4.

IMAGE

Founded in 1972 under the direction of Diane Wood

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

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

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

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

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(target delivery December 9)

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Publicité, articles, photos et autres soumissions

le 14 novembre 2022

(livraison prévue le 9 décembre)

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Two well-established childcare services join forces

Merger ensures continued operation of the Betty Hyde Cooperative Early Learning Centre on Blackburn Ave.

Two of Ottawa's oldest childcare providers – Andrew Fleck Children's Services (AFCS) and Betty Hyde Cooperative Early Learning Centre (BHCELC) – are joining to allow for the purchase of the historic carriage house property at 43 Blackburn Ave.

The property has been owned by a group of community investors since 2012. "The carriage house project is an example of meaningful city building, the kind needed to make our urban neighbourhoods vibrant, walkable, and livable. We are thrilled that it will remain a childcare space and become more affordable," said Leanne Moussa who assembled the investors and led the effort to repurpose the residential property. "I hope that those running in the municipal election recognize the herculean effort of neighbours to save a community in the face of zoning, planning, and financial incentives that worked against good development and adaptive re-use."

Built in the early 1900s by Lt.-Col. James W. Woods, the building originally housed only horses and carriages but was turned into a residence in 1940 by architect Gordon Hughes, before becoming home to noted collectors of Canadiana, John and Betty Ellis in the 1970s.

In 2012, after Betty Ellis' passing, it was purchased by the group of motivated neighbours, and the house and its grounds were saved from almost certain transformation into a rooming house. The adaptive re-use of this building as a childcare centre was done by Darryl Hood of CSV

Architects with Alain Tremblay and the Tremblay brothers as the builders. It was recognized by the City in 2015 as an example of outstanding architectural conservation.

"The Carriage House project seemed destined to succeed from the start, with the school's founder and namesake, Betty Hyde, and Betty Ellis, the former owner of the carriage house, having been dear friends," said Janet Leblanc, Director of Betty Hyde Early Learning Centre.

"Similarly, as two of the most long-standing not-for-profit childcare providers in the city, the joining of Betty Hyde Early Learning Centre with Andrew Fleck Children's Services also makes sense and will allow us to continue to offer quality programming."

This decision comes at a time when the Canada-Ontario Early Learning and Childcare Agreement is coming into effect. Not only will families be able to continue walking or biking to access quality childcare services in their neighbourhood, but it will also ensure affordability for parents.

"As leaders in the childcare community and in early childhood education in Ottawa, Betty Hyde is a natural fit for Andrew Fleck Children's Services," said Kim Hiscott, Executive Director of Andrew Fleck. "We take pride in being innovative, progressive, responsive and – most importantly – committed to excellence in all our programs and services. We look forward to continuing this tradition with the Betty Hyde program in the Sandy Hill area."

Editor's note: Due to the timing of this update, the text above was drawn from the joint press release issued on October 3 by Leanne Moussa, Andrew Fleck Children's Services, and Betty Hyde Cooperative Early Learning Centre.

IMAGE needs your help!

IMAGE relies on people willing to write (or be assigned) stories – in English and French. We are especially looking for contributors from the uOttawa community and those with a fresh take on the issues faced in our neighbourhood. No journalism experience is necessary, and our editor can work with you to refine story focus and offer other guidance.

For the December issue we would like to assign someone to investigate the recent business closures on Somerset Street East. Why did they leave and what advice would they give to others looking to open shop?

We are also looking for volunteer photographers and those with Adobe InDesign skills. Sound like you? Email image22@rogers.com – we look forward to hearing from you!

À la recherche de..

IMAGE compte sur des gens qui s'offrent pour écrire des articles en français et en anglais, soit de leur propre inspiration ou proposés par la rédaction. On cherche en particulier des contributions de la communauté d'uOttawa, ainsi que d'autres personnes qui peuvent apporter un regard nouveau sur les enjeux auxquels fait face notre quartier. Pas besoin d'expérience en journalisme; notre équipe peut travailler avec vous pour peaufiner votre article et pour offrir d'autres conseils.

Pour le numéro de décembre, on cherche quelqu'un intéressé à faire un suivi par rapport aux fermetures récentes de commerces sur la rue Somerset Est. Pourquoi sont-ils partis et quels conseils pourraient-ils donner à d'autres qui voudraient y ouvrir boutique?

On cherche également des photographes bénévoles et des gens ayant des compétences en Adobe InDesign. Ça vous ressemble? Envoyez un courriel à image22@rogers.com. On a hâte de recevoir de vos nouvelles!



Tyler Cybulski is a resident of Vanier who works in product design. He speaks English and is learning French

Julie Fiala is a resident of Vanier who works as an artist and professor. She speaks English, French, and some Hindi.

Alex Osorio does not live in the ward but is pastor of the Fire of God Ministries on Murray Street. He speaks English, Spanish, and some French.

Stéphanie Plante est une résidente de la Côte- de-Sable qui travaille sur la colline du Parlement en administration. Elle parle anglais, français et allemand.

Laura Shantz is a resident of Vanier who works in civic engagement, especially with marginalized women. She speaks English and French.

Many qualified candidates seek to win your vote on October 24

Continued from page 1

The last term of City Council has been fraught with accusations, shortcomings, and a lack of civility. Since Ottawa will have a new mayor and at least 11 new councillors, we may hope for better local government.

IMAGE posed questions, which could be answered in either English or French, to nine of the Rideau-Vanier candidates (one did not provide contact information). The answers from the five who responded (pictured above) are published below.

It is not only surprising but also inspiring that so many worthy candidates have the interest and courage to seek election. We owe it to ourselves and to them to vote. We encourage the nine who are not elected to continue to contribute to the wellbeing of our community and maintain their passion for municipal affairs.

IMAGE: Why do you want to be the municipal councillor for Sandy Hill?

Tyler Cybulski: Sandy Hill is a historical treasure in the heart of the city. We are currently witnessing the persistent problems in the ByWard Market and Rideau Street spilling over into Sandy Hill at an alarming rate. Additionally, we are lacking effective by-law enforcement in Sandy Hill. As councillor, I hope to address both of these issues to ensure that the community maintains its charm and history.

Julie Fiala: I want my life to make a difference in the lives of others. I love our ward and I want to make it an even better place. We can make change together with creative problem-solving and more listening to residents. As residents, we are experts on the community already, and we are equipped with all the necessary skills and knowledge to make it amazing! It already is.

Alex Osorio: I would love to represent the Sandy Hill community because I do believe that it must be a safe, thriving, and inclusive ward. Our residents deserve representation that will get things done – not just fancy words – but a councillor that can get their boots on and hands on. I am that person. Our ward needs to be clean and safe. As your next city councillor I will work hard to secure safety and cleanliness as a top priority.

Stéphanie Plante: I have been involved in community building and engagement since I moved to Ottawa in 2004, always in the Rideau-Vanier area. I believe in the 15-minute neighbourhood but think we need to shore up some foundational services in our ward to ensure no one is left behind. This goes for everything from

housing, Francophonie, parks, to transit etc.

Laura Shantz: I want to be the councillor for Sandy Hill and Ward 12 because our city needs progressive change to ensure that Ottawa is a city for everyone. We need new voices and diverse experiences at City Hall to create a future that is more inclusive, greener and where residents feel that their voices are heard. Through my work with marginalized residents, my advocacy efforts around public transit and food security, and my research and work experience in housing and homelessness, I have the skills to make positive change for our community

IMAGE: What do you think are the most important municipal issues in Sandy Hill and how do you propose to deal with them?

Tyler Cybulski: The concentration of social services downtown has been a strain on adjacent neighbourhoods. We need to reconsider what programming we are offering and where those services are located. In addition, our next council must acknowledge and address the rampant drug use and homelessness issue that have taken over downtown. Sandy Hill is being impacted by both of these problems.

Julie Fiala: Sandy Hill is a complex and multi-faceted community. Increasing the quality of life of residents means different things to different people and changes street to street. However, this being said, the most immediate concern is tackling drug addiction which plays a big role in homelessness and contributes to mental health issues, crime levels, and poverty.

Many residents have noted increased public drug use and drug paraphernalia left behind in the streets and Strathcona Park. Some of these problems stem from the growing demand for emergency shelters and associated support services, like drop-in centres. Going forward, we need to house people immediately using alternative models and shared housing strategies to restore dignity and give them a fighting chance to rebuild their lives. In parallel, we need to increase access to mental health services and support workers to combat chronic homelessness and addiction.

Alex Osorio: After speaking with so many residents and listening to their concerns, **safety** is a top priority. Our residents want and need to feel safe. With the growing opioid crisis and growing homelessness residents don't feel safe. I will work with OPS to ensure crime is brought under control and residents feel safe.

Our ward must be clean. Residents want their streets not to be a garbage place for everyone. Our taxes are high enough and we must stretch every

dollar and get our streets clean. The safe injection sites are a concern for residents. I am not in favour of giving more needles, instead programs and services should be introduced to get these people off their addiction and reintegrate back into society.

Stéphanie Plante: Many municipalities have put efforts into recruiting family physicians and those efforts have paid off. I want the City to consult with physicians to see how we can make Ottawa an attractive place for family physicians to work and stay.

I am passionate about la Francophonie and want to ensure the continued flourishing and sustainability of the French language. I will work with our local school board trustees to ensure this including doing outreach to parents and residents who wish for their children to learn and master French as well as represent Francophone issues at City Council, including more French daycares. I will also work tirelessly to fight against linguistic insecurity and will consult with First Nations and Inuit residents for projects in our ward.

Rideau-Vanier is special because we have a diversity of residents but it has become unaffordable. We need to ensure the longevity and vitality of our public housing options and ensure that those who want to live here can afford to do so.

Residents have told me over and over that they want streets that accommodate “stroller to walker” especially in the winter, access to public toilets, water fountains, more public art and less garbage. If elected I will champion this at City Hall.

There is no plan B for our planet. We need reliable and affordable public transit, active transportation options and greenspaces. We need to protect our tree canopy, ensure our parks, bikes lanes and sidewalks are inviting and accessible places for everyone.

I support promoting and protecting Ottawa's history and small businesses to ensure our biggest tourist destination has dynamic restaurants, thriving markets, unique retail, and of course public art!

Laura Shantz: Intensification is changing Sandy Hill. The community is growing and this growth needs to reflect the diversity of the neighbourhood, so that families, students, and seniors of all income levels have a place that they can feel proud to call home. I will ensure that Sandy Hill is a vibrant place for everyone by maintaining our parks and green spaces, protecting the mature tree canopy, and ensuring that property standards are maintained, especially in rental buildings.

Addictions and mental health issues are daily concerns. Harm reduction services save lives, and we need

these services city-wide to meet demand and take pressure off Sandy Hill Community Health Centre. I will address the negative effects that neighbours experience from drug use, through improved Needle Hunters service in parks, more needle receptacles and improved street cleaning. I want to see a social work response to addictions and mental health issues: the tools we have now do not address root causes. I will push for public toilets in parks and along Rideau Street that are open at all hours to ensure everyone can access a toilet when needed.

Sandy Hill's relationship with the University of Ottawa and its students is another challenge. I want to increase engagement between the residents and the university through the Town and Gown committee and through the University's role as a landowner and landlord for our local housing co-operatives and Bernadette Child Care Centre. I want to ensure that these community institutions have a secure future in our neighbourhood.

For more information about Ottawa's upcoming election:

Visit: ottawa.ca/vote. You can scroll to Ward 12 where all candidates and contact information, including websites, are listed.

Watch: The Rogers Ward 12 debate on YouTube, <https://youtu.be/rubKfPvy2rM>

Read: Ward 12 candidates answer a CBC Ottawa survey: <https://www.cbc.ca/news/canada/ottawa/ottawa-municipal-election-ward-12-1.6568030>

Please vote on or before October 24. Visit the City's website (above) to find out where, when, and how.

ON OCTOBER 24TH
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UNaffordable housing in Sandy Hill and beyond

Continued from page 1

As is anyone relying on the Ontario Disability Support Program (\$1,200/month), and seniors like my in-laws (whose combined government payments range between \$1,400 and \$2,200/month). Those full-time workers earning minimum wage who want to stay within range of affordable rentals cap out at a rental price tag of less than \$800/month.

In addition to rising real estate prices, provincial changes to rent control measures (or rather, the elimination of) have resulted in a huge loss of affordable rental housing.

Sadly, stories abound of people being forced from their rental homes, some dubbed “renovictions,” including several properties in Sandy Hill.

If you can’t afford to pay rent, you must rely on social supports. These range from emergency and short-term rentals to supportive or social housing. Ottawa has 10 community shelters/transitional housing programs, all bursting at the seams. Currently, the City of Ottawa’s website says there are approximately 10,000 households on the waiting list for social housing. For those in the most dire situations, there are financial aids, albeit minimal and not without administrative challenges.

Rowan, who as a counsellor works with clients in need of safe and stable housing, sums up the situation: “It’s impossible,” she says.

Every level of government says affordable housing is a priority – there are a multitude of task forces, commissions, strategies, initiatives, programs, and plans. But ask anyone with boots on the ground and they will tell you the system is broken. Even Rideau-Vanier’s outgoing councillor, Mathieu Fleury, did not hide his frustration during the August Action Sandy Hill (ASH) board meeting: “I’ve been losing my hair around council [regarding] investing in affordable housing,” he said.

Sandy Hill has always been a mixed-income neighbourhood, although clearly divided into socio-economic pockets. The last decade has seen the explosion of rooming houses targeted at low-income renters, mainly students. Rosaline Hill, an award-winning and forward-thinking Ottawa architect, knows that community opposition is “not because they don’t want students or affordable housing next to them, but because [people can see] what has been wrong with development.”

Hill spends a lot of time and energy envisioning and promoting good, sustainable development. She thinks Sandy Hill needs more thoughtful intensification: “We’ve got to figure out not whether to infill, but how to do it well,” she says.

Hill explains that Ottawa’s current development rules are part of the problem: “R4 zoning [which permits the construction of low-rise apartment buildings] added some permissions but the site plan application process is long, complicated and really expensive. It makes potentially good development models cost prohibitive [for the developer],” she says.

While Hill sees zoning as a critical piece in solving the affordable rental housing crisis, she says change will also require a mindset shift. She is critical of the North American desire for increasingly larger homes: “We can’t continue to have as much. It’s not sustainable,” she says.

This opinion is shared by the new Chair of Action Sandy Hill, Louise Lapointe, who says: “We need to look at different ways of living.”*

When asked why the community association had not followed other local groups in endorsing the non-partisan Starts with Home campaign launched by the Alliance to End Homelessness Ottawa (whose goal is to mobilize support and promote specific actions for the next city council), Lapointe



Fiona Rowan and her 82-year-old mother Pat. Fiona’s 87-year-old father lives with a new partner on Daly Avenue. Fiona is the main caregiver for both of her parents and is looking for an affordable apartment in Sandy Hill.

explained that the new board of ASH is waiting until after the municipal elections to identify priorities and make any statements. But she also shared some of her personal thoughts on the housing situation in Sandy Hill.

Lapointe explains that the University of Ottawa has not properly dealt with the housing needs of a rising student population: “Students who could be housed in residences must find lodging in the community. This adds pressure to an already highly saturated rental market.”

And unfortunately, desperate students are easily exploited. While researching for this article, I received numerous messages from students living in unsafe, derelict conditions in Sandy Hill. None wanted to be identified for fear of reprisal from their landlord.

Lapointe is very concerned about another group: seniors who want to remain in their homes or neighbourhoods. “We aren’t talking [enough] about housing protection,” she says. She wants to see more options, such as multi-generational housing and housing geared to the “missing middle” (multi-plexes for various family configurations).

Lapointe points out that Sandy Hill has four non-profit housing co-operatives where rent is geared to income and dignified living is a key principle. “It’s a model that works well. Why aren’t we looking at it more closely?” she asks.

The City’s recently approved Official Plan seems to respond to some of the concerns expressed by Rosaline Hill and Lapointe: its goals include building healthier and more inclusive walkable neighbourhoods, with a mix of housing options.

It is expected that comprehensive zoning changes will be introduced to protect existing rental housing stock, promote a range of housing options (including co-ops), and increase low-rise multi-unit residential development in all neighbourhoods across the city, including in Sandy Hill.

Whether these goals can be achieved will depend in part on our new mayor and council, who will need to collaborate with the other key players: our provincial and federal governments, social service organizations, and developers. As Hill concludes: “Ultimately, housing affordability is a big system problem.”

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Voting Day
October 24



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If you can’t make it to a voting place, you can appoint a proxy to vote on your behalf.

Ottawa has new ward boundaries for the 2022 Municipal Elections and 2022-2026 Term of Council. Use the “Who is running in my ward?” tool on ottawa.ca/vote to verify your ward name and number, and to view the list of candidates running in your ward.

For more information about the 2022 Municipal Elections, visit ottawa.ca/vote or contact the City of Ottawa’s Elections Office by phone at 613-580-2660 or by email at elections@ottawa.ca.

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A committed “family” of protesters keep up the pressure on the Russian Embassy

Photo Mariia Nepop

Kerry McElroy

As a neighbourhood of embassies, Sandy Hill residents are used to gates, flags, and diplomatic license plates. But it’s possible that the neighbourhood has never seen seven months quite like the last because of Sandy Hill being home to the Embassy of Russia in Canada.

Many residents will remember the thousands of protesters who showed up in front of the embassy in the first chilly weekends of the war. In many ways, that was just the beginning.

It’s likely you’ve seen them, honked your horn, or flashed a peace sign as you walk by: a truly tenacious group of Ottawa residents – many who live in Sandy Hill – who have protested in front of the Russian Embassy almost daily for a remarkable 200+ days.

The core group is comprised of people from all walks of life, ethnic backgrounds, and ages. A chance to interview them around the six-month mark of their daily vigils found residents happy to explain the myriad of reasons why they keep showing up.

Ukrainian-Canadian Angela Kalyta described walking by the embassy in early March while two women stood holding a Ukrainian flag. “And I said, ‘yes. I have to do that.’ It means a lot to me what’s happening there. Now I’ve been doing it ever since,” said Kalyta.

Kalyta noted that the passing of time hasn’t impacted the group’s commitment. “We’re actually a bigger group now than when we started. [...] As long as Russia is in Ukraine, we’re here in front of the Russian Embassy.”

Mariia Nepop, who moved from Ukraine to Ottawa with her immediate family in 2018, found the group by coincidence. “I live not far from here,” she explained. “I was sitting outside and I heard ‘Bayraktar’ [a popular Ukrainian pop song]. I couldn’t believe it. In Ottawa?”

Nepop, most of whose family remains in Ukraine, is especially grateful to local people with no connection to the country who protest simply on principle. “They keep doing it, like a job. They understand that there’s no shades in this. It’s just bad,” Nepop said.

She thinks the protest by ordinary Canadians has ruffled those inside the embassy. “What’s important, is that *they* feel it,” she says, gesturing at the embassy gates. “In this super peaceful town, they get all this pressure from people who are definitely not here for money, not for fame.”

Long-time Sandy Hill resident Irene Tomaszewski has a keen perspective on the politics and history of the region. Born in Poland in a Soviet concentration camp during the Second World War, she came with her family to Canada as resettled refugees in 1949. Connecting her own life story with the events of this year, To-



As of September 24, several of the embassy protesters have been added to the Russian sanctions list, meaning they are now banned from entering Russia (and if they had property or financial assets in the country they would be seized). The protesters are wearing the decision like a badge of honour – quite literally! Pictured are Orest Zakydalsky and Angela Kalyta. Also on the sanctions list are Kerry McElroy (author of this story) and Peter O’Neil (all names shared with permission).

Photo Harlequin Studios



The “family” of protesters in front of the Russian Embassy on Charlotte Street.

maszewski said bluntly: “This is Russia as I know it. They invade. They dispossess. They’ve been an empire from day one. It was an empire under the tsar. It’s an empire now.”

Tomaszewski described an altercation with one of the embassy staff who told her she wasn’t allowed to sit in front of its gates. “And I said, ‘You guys are really tough. You kill children and you tell old ladies they can’t sit down. I’m a Canadian.’”

Daryle Evan Kent, another daily protester, is First Nations and originally from Manitoba. “I don’t think the Russians should have done what they did,” said Kent. “And I admire the Ukrainians. I’ve learned about their history.”

“I’m here because I saw the images of the children leaving,” explained Judi Ward, another core protester. “There was a little boy who was walking. He couldn’t have been more than five or six. And he was carrying a bag, with all his belong-

ings in the world. It was the winter, so he was wearing winter boots, and he was sobbing and walking, and dragging his feet. That broke my heart. I have three kids and a bunch of grandchildren. I’m here for the children.”

Matt McCaughey has been coming to the protests since March from Stittsville. He has become famous as “the bike guy,” bringing multiple “ghost bikes” painted in the colours of the Ukrainian flag as memorials to the children killed in Russian attacks.

McCaughey’s posters and activist art installations are a particular fixture, the latter festooned with heart chains made by Watergate apartment resident Flora Benoit and other group members. Each heart represents a child killed, with the chain now grown into the multiple hundreds. In recent weeks, the group has begun a solemn ceremony of reading the name of each murdered child aloud.

Karen Niven-Wigston, another of the “women of Watergate” wished to express how much the group appreciates the support from the Sandy Hill community. While protesters have every intention of disrupting Russian Embassy staff with music, chants, and horns, they try to be sensitive to residents whose homes are nearby. The group has delivered handwritten notes to the embassy’s immediate neighbours expressing thanks for their patience and quoting Elie Wiesel, a political activist, on the moral imperative to protest.

The night of August 24 was a major one for Ottawa’s supporters of Ukraine: it was both Ukrainian Independence Day and the six-month anniversary of the Russian invasion. Several hundreds of people marched from the usual spot in front of the Russian Embassy to Parliament Hill for speeches, songs, performances, and prayers.

As the sun set and the Ukrainian flags began to dwindle on Parliament Hill, I struck up a conversation with Alexandra, a young Ukrainian-Canadian woman.

Alexandra was passionate about the need for consequences for Russian crimes, whether on the international stage or here in Ottawa. And she stressed the need for the group to keep up the constant pressure and visibility, both in front of the Russian Embassy in Sandy Hill and anywhere around the city. “Every single person should know. When you see yellow and blue, you should know immediately what it’s all about.”

Editor’s note: Irene Tomaszewski and Daryle Evan Kent penned an opinion piece for the Ottawa Citizen on September 24 entitled “A protest to inspire us to look beyond ourselves.” You can read that column at: <https://ottawacitizen.com/opinion/tomaszewski-and-kent-a-protest-to-inspire-us-to-look-beyond-ourselves>

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New environmental education garden opens at St. Joseph's Parish

Bob Whitelaw

A new community garden at St. Joe's Supper Table on Laurier Avenue East is under development to offer environmental education to students and community youth.

The project was started in summer 2022 with the support of the TD Environmental Leaders Grant established by the University of Ottawa and TD Bank. It involves a partnership between University of Ottawa's Faculty of Education, St. Joe's, and Genvironment Canada, which is an Ottawa-based youth-centred sustainability education organization.

In addition to growing vegetables like corn, beans, and squash (known as the Three Sisters), the new community gardens will also demonstrate the importance of native plants. Another aim of the garden is to provide habitat for local native insects and pollinators, while also sequestering carbon and organic matter in the soil.

The garden – located at the edge of the University of Ottawa campus – increases volunteer and “living classroom” opportunities for students at the University's Faculty of Education.

Professor Giuliano Reis with the Faculty of Education has been a key player in developing grant applications to support the garden. He says the space provides students with a nearby outdoor classroom to learn about environmental science and biodiversity, which will help students in their future careers as teachers. The project also offers placement opportunities for student teachers from University of Ottawa to facilitate environmental education workshops with local elementary and high schools, as well as with community groups. The gardens recently



Organizers and volunteers start the work during the summer to redesign and rebuild the community gardens at St. Joseph's Parish as part of the St. Joe's Supper Table community programs. Left to right are Noémie Pound, Emily Bruce, Sarah Bruce, Brad Gilmour, Winston Edwards, Zakir Virani, Joy Weng, and Patricia Malikail.

Photo Michael Harrison



Giuliano Reis, professor with the University of Ottawa's Faculty of Education and Zakir Virani, lead educator and curriculum designer for Genvironment discuss the design plans.

Photo Michael Harrison

expanded volunteer opportunities to all University of Ottawa students, regardless of faculty. Also involved in the project is Genvironment. “Genvironment's curriculum links experiential learning activities on regenerative agriculture, sustainable economics, history, and cultural studies,” explains Zakir Virani, lead educator and curriculum designer with the organization. In every case, Genvironment's focus is on social and environmental equity. Virani's role is to help communities develop local environmental initiatives through programs offered by Genvironment. The vision is that all youth can explore nature in their own backyards and develop a lifelong connection with the Earth and their community, in order to become environmental stewards and leaders. St. Joe's Supper Table has been actively engaged in the redesign of the garden space. The garden is accessible by clients of St. Joe's Women's Centre as well as the clients of St. Joe's Supper Table. The space is also suitable for those who are in a wheelchair or use other mobility devices.

Kathleen Strader, interim operational coordinator for St. Joe's Supper Table, welcomes the new learning initiative. In the past, the garden has provided vegetables for the Supper Table. Today, donations from other sources provide the needed vegetable and garden produce. Strader says the new use of the garden for environmental education is welcomed.

The garden at St. Joseph's Parish is a pilot project to see what can be accomplished in a small urban space. Virani says he hopes the garden will continue to grow and develop into a biodiverse ecological hub, as well as an educational hub that can be enjoyed by all – students, teachers, and Sandy Hill community members alike.

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- ✓ Safe and clean streets for everyone
- ✓ Protect and promote the heritage and history of Sandy Hill
- ✓ More greenspaces



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LE 24 OCTOBRE 2022

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- ✓ Un quartier inclusif pour tous et toutes



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Transit talk

Comprehensive considerations for the planet

Judy Rinfret

For those of us who live in urban centres, the private car is an indulgence this planet cannot afford.

Cars need roads that must be constantly upgraded, expanded, and maintained (very expensive for taxpayers in this climate especially). They also require parking spaces (yet more asphalt instead of greenery or housing) and traffic control. Every car needs fuel to operate, plus steel, plastic, glass, toxic batteries, etc. to function. And though we seem to be pinning our hopes on electric vehicles, their assault on the environment is not significantly less than those powered by gas. After a few years of use and expensive maintenance, most cars and their batteries end up in landfill. In other words, all aspects of private car operation contribute to our climate crisis.

We taxpayers pay for roads and parking spaces on those roads as well as upgrades to and maintenance of them. Our major



routes are very noisy, treeless, and polluted. Those who cannot afford to live on leafy residential streets are assaulted by the cacophony, danger, and contamination of cars, trucks, and buses; residents, who can barely afford to rent housing, let alone own a vehicle, are dependent on public transit.

Ottawa's public transit is, to understate the case, unreliable, inefficient, and very expensive. It should not be surprising that as fares increase, riders decrease.

If Ottawa invested more in upgrading and improving public transit services and less in maintaining our massive maze of roadways, our city would be much more attractive and livable, and the savings to the environment and the city coffers would go a long way to supporting better and ultimately free public transit.

Ottawa has declared a climate emergency with promises to make significant changes to mitigate the harmful pollution of vehicles. The electrification of buses, trucks, and taxis, combined with free, reliable, convenient public transit, would render most private vehicles obsolete.

A Sandy Hill take on electric vehicles

Cynthia Mitchell

The future of the automobile looks undeniably electric. With recent declarations from U.S. President Joe Biden that the "great American road trip is going to be fully electrified" and mandates from the Trudeau government for automakers to sell completely electric fleets by 2035, more car-owners are plugging into the idea of going electric.

But how does this global trend toward electric vehicles (EVs) look in Sandy Hill? IMAGE set out to find answers.

There are currently two public EV charging stations in Sandy Hill, one at Laurier Avenue East and Russell Street, and another at Daly and King Edward Streets. Installed in March 2022, both stations are marked as owned by FLO, a manufacturer and network operator of electric vehicle (EV) charging stations; they are listed on the City of Ottawa's EV webpage. However, a representative of FLO confirmed that these stations are owned by Enviri, a subsidiary of Hydro Ottawa Holdings, Inc.

According to the City, the charging station locations are chosen based on public consultation. That includes "a particular focus on inner-urban neighbourhoods which have a higher population density and areas with a greater number of rental households, multi-unit residential buildings, and lower levels of household income," says Mitchell House, project manager with the City's Environmental Program.

Seeing as Sandy Hill fits much of these criteria, it's probable we'll see more stations installed here in the future. House says Sandy Hill residents (and all Ottawans) will have the chance to provide feedback as part of the City's upcoming Electric Vehicle Strategy.

One user of the public EV charging stations in Sandy Hill is Thomas Ducellier, a neighbourhood resident who recently purchased a 2022 Chevrolet Bolt EUV. He's using the public station until he has a more powerful EV charger installed at home.

A challenge he sometimes encounters is people not respecting the public charging station parking. "I once found a moving truck blocking two EV charging spots," says Ducellier. The City only recently installed "Parking only for EV" signs at the two stations in Sandy Hill, a move that will hopefully prevent similar such mishaps in the future.

Photo Thomas Ducellier



EV charging at the FLO station on Laurier Avenue East.

Ducellier notes that the price for charging stations is set by the companies that own them. Users are billed based on time or at a flat rate, rather than the amount of electricity consumed. This is seen as unfair because EVs charge at different speeds, with some able to charge more quickly despite using the same amount of power.

As Ducellier puts it, "[the federal] government has largely privatized public EV charging infrastructure." A much-preferred method, he says, would be what's done in European countries, where users are charged per energy consumed. A Government of Canada website says it is "developing requirements" to allow for this model of pay-per-use charging.

As for apartment buildings in Sandy Hill, a representative for Homestead Land Holdings (property manager of the Sandringham and Balmoral buildings on Range Road), confirmed that they have two charging stations available for use by residents in both buildings. According to the *Globe and Mail*, one-third of Canadians live in multi-unit residential buildings that don't have charging stations, so having easy access to EV chargers is a must for these so-called 'garage orphans.'

Though there are some challenges for early EV adopters, overall, these inconveniences seem to be worth it. As Ducellier declares: "I'm very happy to own an electric car—I'm not going back!"

Do you own an EV and live in an apartment or condo building? Have you used the FLO stations in our neighbourhood? Please contact IMAGE at image22@rogers.com.

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Photo Richard Gervais



Did you know Sandy Hill is home to a few outdoor banana trees? Though summer is over, here's a look back at the always-magnificent gardens along King Edward between Laurier and Wilbrod.

Amnesty International celebrates eco-defenders

Photo Julie Zhang



On September 24, an apple tree was dedicated in memory of Honduran environmental activist Berta Cáceres, and all defenders of the environment and Indigenous lands. The event included the creation of a "river of solidarity" with rocks painted by Amnesty supporters, and neighbours of the office at Laurier and Russell. That includes Guylaine Lemaire and sons Mathis, Philippe and Pascal, pictured above.

Photo Julie Zhang



The community art installation was designed and guided by Colombian-Canadian artist Claudia Salguero, who has created numerous murals in Ottawa, including the enormous butterfly that flutters on the side of an apartment building at Rideau and Wurtemberg streets.

Sandy Hill is a great neighbourhood. How can we keep people here?



Letter

Photo Marie-Pierre Lefebvre

Eric moved to Sandy Hill from the Greater Toronto Area in 2015, with his then girlfriend, who is now his wife. They lived in the same apartment on Wilbrod Street until September 2022. When they found their one-bedroom apartment in Sandy Hill, they fell in love.

They loved the area, the neighbours, the landlords, and the rent. Their landlords at the time, an elderly East Coast couple, owned and lived in the same house, in another unit. They had lived there for 50-some years and showed pride of ownership. They planted trees, they cared for the house and the yard—the flowerbeds and rose bushes were their pride and joy. They ensured their property showcased the charm of the era and that the tenants were happy and felt at home.

In 2020, the owners sold the house. It was time to move on. Over the last two years, Eric and his wife only met their new landlord a few times after the house was sold, as most communications were handled through a property manager who was focused on rent and basic upkeep.

While they loved their neighbours and community, the quality of life was not the same as it was under their previous landlords. They no longer felt the same pride in the building and attachment to their apartment. Thinking of the future, they also agreed it might be time to look for a bigger place to call home.

They loved Sandy Hill and its vibe, huge trees, history, and community atmosphere it offers. They loved being close to shopping, parks, entertainment, and life! They looked far and wide for a three-bedroom rental in the neighbourhood, to no avail. Unfortunately, it seemed that either their timing was off or that rentals in Sandy Hill cater mostly to students looking for a smaller place, or to families looking to rent an entire house with a bigger budget.

When Eric and his wife moved out in August, they crossed the river to Vanier,



Eric and his cat, Luna, on moving day.

where they found an affordable three-bedroom house where they can grow. While they are enjoying Vanier so far, Eric mentioned he would also love to come back to this side of the river, but he is not sure when or how. The price of houses is through the roof, and rents have also gone up. Their old one-bedroom apartment, that they paid \$1,087/month for, was increased to \$1,400/month as soon as they left.

Sandy Hill is a great place to live and I'd love to have my neighbours back. I understand the issues that our community faces and I hope the new leadership in the city and the ward will help in creating affordable, comfortable rentals for all sub-populations, not just for students.

Sandy Hill is the place to be, to live, to have children in (or not!), and to thrive. It's not just a temporary residence for uOttawa students!

Marie-Pierre Lefebvre
Stewart Street



Lillian Lee and Yukie Whittleton from the Japanese Cultural Centre as part of the Japanese Summer Festival that happened on Sunday, August 28 in Annie Pootoogook Park behind the Sandy Hill Community Centre.



Laura Shantz

for/pour Rideau-Vanier

Laura Shows Up:

Laura is a longtime Rideau-Vanier resident and community advocate. She has been a consistent voice across the city for quality housing, better transit, and safer communities. Laura is a leader who will show up for **you** at city hall. Learn more at www.laurashantz.ca

Laura est là pour vous :

Laura vit à Rideau-Vanier et est active au sein de sa communauté depuis de nombreuses années. Elle milite depuis longtemps pour des logements de qualité, des transports en commun fiables et le droit de se sentir en sécurité dans son quartier à l'échelle de la ville. Laura saura se battre pour vous et porter votre voix au conseil municipal. Pour en savoir plus, consultez le site fr.laurashantz.ca.



168-170 Osgoode before renovation.



146 Osgoode after renovation.

Rosemary's renoviction story

Photos Larry Newman

Larry Newman

For about two years, IMAGE has been following the “renovictions” and related problems facing low-income tenants in the rooming houses at 146-170 Osgoode St. The first eviction notice was sent June 2020; almost a year later, the complaints of the six remaining tenants were heard at a meeting of the Landlord and Tenant Board. After negotiation, on 27 April 2021, the tenants signed a lease with Smart Living Properties, Inc. (SLP) guaranteeing them a unit at the existing rent until renovations in the other units had been completed. The remaining tenants’ units were to be repaired but not renovated.

Rosemary is one of the last three original tenants, the others apparently have accepted an offer from the landlord, Smart Living Properties (SLP). She plans to continue to live in one of these buildings after renovation and has applied to do so. She believes that, after renovation, she has the legal right (Residential Tenancies Act, 2006, 53-3) to rent it for the same price she is paying now – \$400/month.

She has so far resisted entreaties from SLP to move, including one offer that she said would have paid her as much as \$20,000 to leave immediately. Rosemary knows that studio apartments cost three times what she now pays and is afraid that \$20,000 won’t last until SLP renovates their final unit. She also doesn’t believe their promises and, given SLP’s failure to meet other obligations, this skepticism seems understandable (for more on its building code violations, see IMAGE April-May 2022).

I inspected the unit that Rosemary lived in until recently. It was in very poor repair. I immediately noted a large hole in the wall that could easily accommodate the rats and mice that Rosemary describes living with. When she had a cat, she felt she had to take it with her wherever she went as there were so many rats in her unit (17 at one count) that she feared for its life. I saw a hole in the ceiling which, she explained, “cause[d] me to get wet when I slept, and if multiple containers were not put under the hole, a significant puddle developed, soaking my books that happened to be on the floor and my bedding.”



Hole in the ceiling where the water leaked.

Rosemary has lived in this property since 2018. Because of the deplorable conditions in her building and “treatment by SLP employees” she has withheld her rent of \$400/month since 2020. She also describes not being “able to receive mail when living in either of my units until SLP finally delivered the actual key to my mailbox in May of 2022.”

Because of her refusal to pay rent, SLP opened a case against her at the Landlord and Tenant Board. The hearing was in January 2022 and she was served with an eviction order. In response, she filed a Review of the Order, stating that neither she nor her legal representative, Josh Hawley, had been informed of the hearing and asked for another opportunity to make her case. At the next hearing, the decision was made to elevate the case to the Divisional Court of the Superior Court of Ontario, which has not yet ruled.

In the meantime, some of the other units have been renovated but Rosemary has not been told she can move in. I was invited by a new tenant to look at his renovated unit in 146 Osgoode. The one-room unit was small and the hallways still showed their age, but there was a large, modern communal kitchen and a spacious lounge in the basement. I was told the rent was \$1,400/month.



Wall behind the fridge with a rathole in it.

Will Rosemary ever get her renovated unit?

Will the Divisional Court finally require Smart Living Properties to really repair and maintain her current building?

It’s been well over two years since the first eviction notice and Rosemary’s story isn’t over yet.

‘Renoviction’ formally in the City’s lexicon

In June 2022, the City of Ottawa’s joint Planning and Community and Protective Services committees met to offer four recommendations to City council about how to deal with the issue of renovation-driven evictions. To the author’s knowledge, this is the first time the word “renovictions” was referred to in an official City document.

Included in those recommendations was the suggestion that Mayor Jim Watson, on behalf of council, take up the issue of protecting tenants and affordable rental housing stock with the provincial Minister of Municipal Affairs and Housing. The committee recommendations also said the City should explore amending the demolition control by-law so full or partial demolition of a rental property of six or more units would require a City-issued permit.

The full list of recommendations can be found by reviewing the Ottawa City Council agenda from June 22, 2022. Mathieu Fleury’s office did not respond to requests from IMAGE about whether these recommendations are being acted upon. — Larry Newman



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Out and about in Sandy Hill



Work crew returns to Range Road and Somerset Street intersection to install vehicle-calming speed bumps

In early September, work crews added a raised traffic-calming speed bump at the intersection of Range Road and Somerset Street East. There is already a four-way stop at the intersection. Community concerns resulted in the decision to revisit the intersection, which was completed last year as part of the major

Range Road and Mann Avenue infrastructure rebuilding program. The work is in addition to the installation of a new three-way stop and pedestrian calming extensions at the corner of Range Road and Laurier Avenue.

Photo and text: Bob Whitelaw



New protected intersection coming at Laurier East and Nicholas

In recent months you've likely encountered a traffic snafu as a result of construction on Laurier Avenue East between Nicholas and Waller streets. This is the latest phase in the City's east-west bikeway, which will improve Sandy Hill's cycling link to the segregated bike lanes on Laurier Avenue West and the Rideau Canal pathway.

While the project is still underway,

you may have noticed a few changes already, namely the addition of bike lanes on the south and north sides of Laurier. The right-turning lane from Laurier onto Nicholas has also been eliminated to expand the separated space for pedestrians and cyclists. A green thermoplast strip will be added to the Nicholas and Waller crosswalks later in the fall, adding visibility to the crossing.



Lucille Collard

MPP / députée Ottawa-Vanier



Quel bel été nous avons !

Quel bel été nous avons eu ! C'était vraiment agréable de pouvoir vous retrouver aux événements auxquels j'ai pu me rendre et de constater la grande bonne humeur qui régnait dans la communauté.

Lors de la session d'été à Queen's Park, les soins de santé ont dominé les discussions. La pandémie a mis en crise notre système de santé déjà mis à rude épreuve. Des changements importants sont nécessaires.

Pour retenir le personnel de santé et attirer davantage de personnes dans ces professions, nous devons offrir des conditions de travail respectueuses. Des investissements importants sont nécessaires afin de créer de meilleurs environnements de travail dans lesquels le personnel de santé reçoit l'appui dont il a besoin.

À cause du sous-financement chronique et du manque de personnel, nous constatons que partout en province des urgences ferment ou sont sur le point de fermer et que le nombre de lits et de services importants est réduit. C'est arrivé à Vanier : L'hôpital Montfort a été contraint de fermer temporairement son service d'urgence, privant ainsi les gens de soins essentiels auxquels ils ont droit.

Nous devons recruter de nouvelles personnes pour combler les nombreux postes vacants. Il faut donc diversifier nos tactiques de recrutement, en incluant des incitatifs financiers, et plus de places dans les établissements post-secondaires. Nous devons également faire en sorte qu'il soit plus facile pour les professionnels de la santé formés à l'étranger de travailler en Ontario.

En tant que votre députée provinciale, je continuerai d'être à l'écoute et de lutter afin que chaque personne, dans Ottawa-Vanier et dans notre province, ait accès à des soins de santé de qualité et en temps opportun.

What a great summer we've had!

It was great to be able to reconnect with people at all the events I attended and see people enjoying themselves again!

During the summer session at Queen's Park, healthcare dominated the discussions. The pandemic has brought our already strained healthcare system into crisis. Meaningful changes are necessary.

To prevent healthcare workers from leaving and to attract more workers to these professions, we need to provide respectful working conditions. Substantial investments in the healthcare system are required to help create better work environments where healthcare workers receive the support they need.

Due to chronic underfunding and understaffing, we're witnessing across the province ERs closing or on the brink of closing and the number of beds and important services being reduced. It happened in Vanier: Montfort Hospital was forced to close its ER temporarily, depriving people of the essential care they have a right to.

We need to recruit new people to fill the many available positions. This means diversifying the ways we attract new recruits, from financial incentives to new spaces in universities and colleges. We also need to make it easier for internationally trained professionals to work in Ontario.

As your MPP, I will continue listening and fighting to ensure every person, in Ottawa-Vanier and in our province, has access to timely and quality healthcare.

Salute to Sandy Hill spy agency

Did you know that Sandy Hill was home to Canada's first spy agency? A commemorative plaque unveiled in August pulls back the curtain on this piece of our neighbourhood's history. The National Research Council's Examination Unit was housed in an Edwardian mansion that stood on the property immediately east of Laurier House (now an apartment building).

Its 50 employees – 40% of whom were women – decrypted secret enemy messages and shared foreign intelligence with British and American allies. Go visit the plaque yourself, or Google "Examination Unit plaque" to read a CBC Ottawa story profiling a 101-year-old woman who worked in the codebreaking bureau.

Photo and texts: Hilary Duff

A new neighbourhood walking tour: Around the world in Sandy Hill

Hilary Duff

When I moved back to Ottawa in February 2020 after four years of living abroad, I still had itchy feet. I love to travel, and since 2015 I'd had the privilege of interviewing folks in more than 20 countries in my various roles as a journalist and communications consultant.

Settling in Sandy Hill, I planned to continue travelling often for work. But COVID-19 had other plans. And so, in the early days of the pandemic, I found myself having to get creative as to how I "travel."

That's where Sandy Hill's more than two dozen embassies, diplomatic offices, and ambassadorial residences entered the picture. Soon, I found myself guessing the flags along our many leafy streets; I watched seasons change over the under-construction Egyptian Embassy (Range Road and Laurier Avenue East). I wrote about restorations of the Estonian and Moroccan embassies in past issues of IMAGE. While not exactly the same as visiting a new country, I tried to approach my neighbourhood walks with the same sense of curiosity I'd have when wandering the streets of a faraway place.

On Sunday, October 23, I'll be sharing some of the stories of these diplomatic missions in a new walking tour for Heritage Ottawa. It's called "Around the World in Sandy Hill" and I've had a blast putting it together.

Here's my pitch as to why you should join that tour: I think there can be a sense that Sandy Hill's heritage is something confined to yesteryear. We can get all too nostalgic about how our neighbourhood used to be before Building A became a large apartment building or Building B was rezoned and is now a student bunkhouse.

This tour will serve up all the architectural splendor and heritage home talk you might expect from a walk with Heritage Ottawa. From former prime ministers to lumber barons to tales from the Second World War, the tour takes a deep dive into the archives to uncover stories of our neighbourhood's past residents.

History not your thing? Don't worry, the dust ends there. As a journalist, I've been fascinated to chat with people about how the present-day destiny of these buildings collides with some of the issues we face in our community (and the world) today.

For example, on any given weekday you might notice the line of U.S. state license plates along Range Road in front of Venezuela's embassy. Perhaps you've cheered for the tenacious group of protesters standing by Russia's Embassy on Charlotte "Free Ukraine" Street. Or maybe you've watched the decaying state of the former Uganda High Commission and other chanceries in our neighbourhood. This tour is also about these stories—the modern function and form of these properties and the people connected to them.

I hope you'll join me and Heritage Ottawa on Sunday, October 23, from 2:00 to 3:30 p.m. for this Around the World in Sandy Hill tour. There's a \$25 cost for non-members, with all ticket proceeds going to the organization. Advanced registration is required, and can be done at <https://heritageottawa.org/events/around-world-sandy-hill>

My sincere thanks to the late François Bregha for his input on an early version of this tour. François poured hours into his "Sandy Hill History" research, the results of which can be found at: www.ash-acs.ca/history. I've also pestered heritage architect and Sandy Hill resident Barry Padolsky more times than I'd like to admit (thanks, Barry!). —Hilary Duff

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Q&A with the Friends of Sandy Hill group

Photo Harlequin Studios

These uOttawa volunteers find ways to bridge the gap between students and non-students in the neighbourhood



Jack Brady, Brandon Edwards, and Lila Galipeau are members of the Friends of Sandy Hill group. All three are second-year commerce students at uOttawa.

This fall was much more lively than usual in Sandy Hill with the full return of uOttawa students to campus. IMAGE wants to offer a warm welcome back to these neighbours; it was also interesting to come across a student-led group called the Friends of Sandy Hill.

President of the club, Brandon Edwards, was kind enough to answer a few of our questions. Brandon is a second-year commerce student with the Telfer School of Management at uOttawa and has lived in Sandy Hill for about a year.

When and why did you form the Friends of Sandy Hill group?

Brandon: I started the group Friends of Sandy Hill following last year's infamous Panda Game. The goal was to repair the relationship between the community and the uOttawa student body. It would not have been possible without the help of my close friends who supported and put sincere effort into the cause—Lila Galipeau, Jack Brady, Sasha Kelly, and Amelia Proulx. Our mission now is to actively better the Sandy Hill community that we live in by hosting and sharing philanthropic events.

We are a new group in the community but growing fast. Our Instagram (@FriendsOfSandyHill), with almost 300 active followers, is the best way to keep up with our group and learn about volunteer opportunities.

Last year we had two clean-up events, one in the fall and one in the spring. We cleaned up the Sandy Hill Community Centre, Annie Pootoogook Park, St. Germain Park, and Viscount Alexander Public School.

What does the Friends of Sandy Hill group have planned for the neighborhood in the months ahead?

Our first event of the year will take place on Sunday, October 16 from 1-4 p.m. at Annie Pootoogook Park. The event is called BarbeCLEAN, a play-on-words of barbecue and clean.

We will be going around the park and walking through the streets with garbage bags, socializing, and picking up trash as we go. Following the cleanup, we will be barbecuing hot dogs and hamburgers (vegan and gluten-free versions as well). This is the only event planned so far, however, we will definitely have a couple more in the future!

What do you like most about living in Sandy Hill?

There are so many things I love about the neighbourhood—proximity to campus, cafes, and extracurriculars—but my favourite part about living in Sandy Hill is all the green space in the community. Having Strathcona Park so close to go for a long walk after a stressful day of classes is such a perk.

uOttawa students often get a bad rap in Sandy Hill, especially after last year's Panda Game. What would you like our neighbourhood's non-student residents to know about you and the student community?

The majority of students want the same thing as non-student residents: A safe and clean neighbourhood where everyone can live in peace and harmony. We want to help foster that dynamic between students and non-students in Sandy Hill because we feel it's important to show that the few students that misbehave aren't representative of all students living in the area.

Thanks to Brandon for answering our questions. We look forward to keeping up with the Friends of Sandy Hill over the course of the year!

— IMAGE staff



A group photo from the 2021 community clean-up organized by the Friends of Sandy Hill. Join them on October 16!

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Planning for the future, living in the neighbourhood now: What Sandy Hill has taught me during my time in office

A lot can change in a decade. For some cities or towns, a decade can make them unrecognizable. Where once a field or school lay, now could be condos or a subdivision. For the neighbourhood of Sandy Hill, nestled between a river and a university, growth outwards was next to impossible. Development inwards became next to unlivable. As more ageing families downsized, large, older homes would go up for sale. And with a blink of an eye, we saw rooming house conversions fit to suit the young university student, who had no choice but to live off campus, as campus housing was next to non-existent.

And so Sandy Hill's infill flux boomed into a neighbourhood-coined term: bunkhouses – much to the dismay of long-time residents. A neighbourhood which grew thanks to its proximity to Parliament Hill, once housing the Prime Minister himself, the area knows and understands well what changes in social economics can do to a community. As the rich moved out, the middle class moved in and embassies also began to play a prominent role. Then again, changes came with the proximity to the University of Ottawa and its growing campus, adding another layer of needed housing to the area.

And as many of us know, housing – a wide range of housing typologies for every income level – is needed. Only the way it is built, to fit in with a neighbourhood, is just as important as the type of housing. This is where, I can say, after a decade of hard work, we have seen progress. This area was turning into the wild west of zoning for developers who cashed in on student needs. Per square foot rental is much more expensive than a downtown condo. With no real direction, aside from a neighbour here or there crying foul, developments were built to the detriment of the community. The bunkhouses met low enough standards for approval without proper planning department reviews. Approvals remained in the building code department at the time, limited to their requirement to ensure safety standards only. This significantly impacted our built form (lot line development, roof-top patio, 8+ bedrooms in one unit, no waste standards, poor selection of building materials etc.) but is now the past.

Our Heritage Conservation Districts struggled as they tried to keep history alive.

I am proud to say one of my most significant accomplishments is that Sandy Hill is more protected than it was when I was first elected in 2010. Nine zoning reports later for our community might not be perfect, but we have made progress. We captured several building proposals that would have gone under the radar with a specific Sandy Hill site plan requirement. Ensuring garbage is managed indoors, lighting, choices of exterior materials, fencing, and adequately defined at-grade amenity space are discussed and built into the proposals. Furthermore, we have added more heritage conservation in this district – protecting our history.

I requested staff to examine the boundaries of the Sandy Hill Cultural Heritage Character Area and the seven Heritage Conservation Districts to determine whether the boundaries are appropriately protecting the heritage character of the area. I specifically asked the study to include consideration of built heritage from all periods of development in Sandy Hill. We created the Town and Gown committee, which helped create a space where the community, the university, and the City could speak and discuss shared concerns and issues and create real solutions – including creating a housing and campus master plan.

Another success is the development of the Uptown Rideau Street Secondary Plan – a plan that helps guide public and private development along the corridor.

As I said, a lot can change in a decade – and so much of the work that the community, City, and I have done has protected the core issue Sandy Hill faced, but that doesn't mean that we are entirely out of troubled waters.

The City's Official Plan work clarifies neighbourhood protection, while the province's push to meet supply through Bill 109 can be of concern for City reviews and heritage protection considerations. The bunkhouse is a failed example of poor planning policy. As the University is part of the community's fabric, it is essential to ensure the appropriate City reviews are in place to ensure the Sandy Hill neighbourhood character remains dominant to the benefit of all residents, including University students.

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Building the community with innovative housing

Ken Clavette

I moved to Sandy Hill from Centretown in the summer of 1981. That first Halloween, I sat outside waiting for the kids to come by. It was a cold October, and I froze waiting in vain for them to show up. Then in 1983, news came that the many vacant lots and run-down houses owned by the University of Ottawa were to be developed into much needed housing for students and the community.

As part of that plan, uOttawa partnered with community members who wanted to build not-for-profit housing on university-owned land. One of those projects was the Sandy Hill Housing Co-operative (SHHC), which received a funding commitment in April 1984 for 64 units. SHHC came to an agreement with the university for a lease of the unused land and several of their still-standing houses. The neighbourhood was about to change. The goal of SHHC was to create housing that would bring a balance of young people, families, and seniors into the southwest end of Sandy Hill bordering the campus.

"The Housing Crisis" was the IMAGE headline in April 1984 and spoke to the situation at the time. The waiting list for affordable not-for-profit housing was growing ever longer. The market rents of the day may sound unbelievable to today's readers: bachelors for just under \$300, one-bedroom apartments for \$400, and two-bedrooms renting for \$560-\$575. The vacancy rate was 2% and these rents were accounting for over 40% of people's net income.

The teamwork of the community, the federal government, and the University of Ottawa joining to build rent-to-income housing was a step in the right direction in dealing with Sandy Hill's lack of housing. Construction on the SHHC began later that year. Thirty-eight years later, our



IMAGE from April 1984 bears some resemblance to the stories we see in this issue.



The Sandy Hill Housing Co-op, as seen from Henderson Avenue.

Photo supplied by SHHC

Celebrating the opening of the Sandy Hill Housing Co-op in 1984.

Photo supplied by SHHC

neighbourhood is a much richer place because of that partnership.

When the St. Georges Housing Co-operative was established on Henderson Avenue in 1992, it followed the partnership example set up by the SHHC. That co-op saved several uOttawa-owned heritage homes from demolition, which helped preserve the historic feel of Sandy Hill. Both co-ops bring life and vibrancy to an area that once felt abandoned. There was also a major change come Halloween that continued for decades afterwards, with many more children now living in and around Somerset, Osgoode, and Henderson.

In 2022, there remain original members still living in the SHHC. They moved in and aged into seniors in our community. Mature students settled down and raised families here. With housing charges based on income, many people who otherwise could not afford to live in Sandy Hill today continue to do so because they are supported by their neighbours.

In 2024, the land lease between uOttawa and the SHHC expires; it is my hope that for years to come the community will continue to benefit from such a unique partnership with a public institution like the university – using land they own but don't need for education, but are willing to dedicate to affordable housing.

Similar news stories are being repeated in 2022: "Vacancy rate in Ottawa close to zero for those needing affordable housing" read one headline this past spring. The federal government budget has once again established funding for co-operative housing – could Sandy Hill benefit?

I hope my "Bygone Sandy Hill" column never has to be about how Sandy Hill was once home to innovative not-for-profit housing co-ops but no longer is.

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The bizarre saga at St. Brigid's is over



Opinion

Let's make sure it doesn't happen again

Nick Grover

At the end of September, the organization called The United People of Canada (TUPOC) was finally evicted by court order from the deconsecrated St. Brigid's Church in Lowertown. The group had been there since July, and the months past saw the situation go from foreboding to farce.

TUPOC denied any association with the "Freedom Convoy" – the recruitment drive organized by far right groups that occupied downtown Ottawa for three weeks in winter 2022. Yet two of its three board members have direct links to the convoy and the group hosted many flagged trucks and anti-vax events at the church. Their goal from the start, despite insisting they just wanted a community space where anyone was welcome, was clearly to make an "embassy" for the convoy in Ottawa – a base of operations where they could continue to rage against public health measures, show the staying power of a movement that harassed workers and residents, and peddle conspiracy theories. Very welcoming indeed, especially after they set up their own private security force to patrol the grounds.

The community wasn't having it. Over 3,700 people signed a petition from the Lowertown Community Association and Horizon Ottawa demanding that the City take the property into public hands and ensure it's actually used as a community space.

But TUPOC's undoing was their own incompetence. They didn't pay rent, insurance, or secure permits to alter a heritage site and got evicted. They then flipped this narrative into one where they were being persecuted for their beliefs and began squatting, claiming they could arrest any bailiff that shows up to remove them. This is precisely their playbook: they come to your house, stomp on your flowers, then blame you for getting their shoes dirty.

With TUPOC finally out, it is tempting to look back at their tactics – fending off onlookers with water guns while their leader wears a cape and a tin foil crown – and decide the threat was never present. But we shouldn't lose focus just because TUPOC became a parody of itself. The saga raises the same question many in the U.S. asked after their 2020 election: what if the next Trump is slightly more competent in pursuing his agenda?

I hate to say it but there will be more truckers, more churches, more TUPOCs, and more deep pocketed donors. This won't go away on its own, especially with Pierre Poilievre, the new leader of the federal Conservatives, openly supporting the convoy (and vice versa). Even here in Rideau-Vanier, we have Tyler Cybulski running for City Council. He partook in the convoy protest and parroted their conspiracy theories in since-deleted tweets. Meanwhile, Shannon Boschy, who the Canadian Anti-Hate Network called out for his "history of anti-transgender activism," is running to be the OCDSB Zone 6 School Board Trustee.

Our community is vulnerable when public spaces in our neighbourhoods can be bought and sold to the highest bidder, be it a developer or deep pocketed anti-masker. Public space should belong to the community, not only to shut out the far right but to create a better city for all of us. Converting old buildings and churches into affordable and supportive housing, with community gardens and markets to swap old clothes, tools, and furniture, could build a real sense of solidarity and local ownership while tackling the high cost of living and isolation that pushes people towards far-right movements in the first place.

The convoy and TUPOC are reactionary movements; they seize on real anxieties but offer no real solutions. True freedom means having what enables us to thrive: the social scaffolding on which we can build ourselves and our relationships. It starts with spaces where we can empower each other free of intimidation by those with no interest in community wellbeing.

Phil Caron's Portfolio



Harvest season is wrapping up. I hope your 2022 garden was bountiful.

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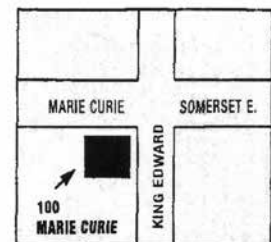
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Celebrating life milestones and sisterhood at Carty House

Hilary Duff

Christiane Koffi remembers the day she became a Sandy Hill resident: “I felt peaceful. I got a nice bed in my own room. I just said ‘thank God!’”

Koffi currently resides in Carty House, Ottawa’s only home dedicated to refugee women. Located on the southern side of Sandy Hill, Carty House has private rooms for 10 women who, like Koffi, have come to Canada alone and with no other support.

Unlike other housing or emergency shelter options for refugees, Carty House is unique in the level and longevity of support it offers. Rather than capping stays at six months or even a year, the majority of women stay at Carty House for two years.

Feeling settled and safe is central to anyone’s wellbeing. But according to Louise Ebeltoft, Manager of Operations and Refugee Services at Carty House, the opportunity to lay down roots in their new home is especially important for refugees.

“So much happens in the first year [in Canada],” states Ebeltoft. “They have their refugee hearing, apply for permanent residence, and get their work permit. Then after the year they can start looking for housing. Having that extra buffer of the second year is when you can start a school program or get a job.”

Or, if you’re anything like Koffi, you start a school program, get a job, and make it through a global pandemic – all while adjusting to a new home country. Koffi came to Canada from Côte d’Ivoire in late 2018 and moved

Photo Hilary Duff



Louise Ebeltoft and Christiane Koffi sit on the front porch of Carty House.



Photo supplied

Graduation day from École des adultes Le Carrefour in June 2022.

to Carty House just weeks before the COVID-19 pandemic.

A beautician and hairdresser by trade, Koffi had started working at a salon in the Merivale Mall. Pandemic closures soon ended that chapter, and Koffi decided to go back to school to complete her high school diploma and become a Personal Support Worker (PSW).

Enrolling at École des adultes Le Carrefour, Koffi says her studies were at first a challenge. She hadn’t been in school for a long time and many of her classes were online because of the pandemic.

Being at Carty House during this period made a difference. Koffi says she had a private room where she could study, had access to a computer, and if anything came up, she could ask her

“sisters” for help.

“The way we are living here helped me to be a new person and be okay to study again. If you don’t have peace, you can’t go to school. Waiting for my [refugee] hearing was scary because I didn’t know if they would accept me,” explains Koffi. “If I didn’t have this house, I don’t know if I would have been able to do all these things.”

In June 2022, Koffi walked across the stage at Le Carrefour and received her high school diploma. Ebeltoft was there cheering her on and adds that she’s always honoured to receive an invite to these milestone moments. “I’m proud of them, knowing how much they’ve accomplished and how hard they’ve worked, especially as adults coming here and having given up a career,” smiles Ebeltoft.

Today, Koffi is a PSW at Élisabeth Bruyère Hospital and is considering returning to school to become a nurse. “But it might be hard for me—I’m not young, you know!” she laughs. In the meantime, Koffi approaches her patients at Bruyère with humility and compassion.

“Every day I try to improve myself to show love and empathy,” she says. “God prepared me to do this job, because when you suffer in life you can feel the suffering of someone who is sick. This is a mission for me.”

For those wishing to support Carty House and the women they serve, they’re always looking for donations of cleaning supplies, paper towels, and other everyday items. Clothing donations during seasonal shifts are appreciated and monetary donations are also always welcome. For more information and current needs, including volunteering, visit cartyhouse.org.

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À Francojeunesse !

Marie-Pierre Lefebvre

L'école a repris le 30 août dernier et après un été occupé qui a passé trop vite, les élèves de Francojeunesse étaient contents de se retrouver. Cette année, la direction a décidé de créer un thème, ce qui a été grandement apprécié des élèves. Le thème c'est l'eau/la mer et chaque année est représenté par un animal marin. Les classes devaient apprendre ou écrire une chanson, un poème ou un autre texte lié à leur animal. Ce fut une bonne initiative pour pouvoir créer des liens entre les élèves et un esprit d'appartenance. À voir ce que nous réserve le reste de l'année en lien avec les animaux marins!

L'école fait aussi sa part pour aider la communauté ukrainienne à s'installer



dans la région. Particulièrement, Francojeunesse a admis dans une classe de 4^e année un jeune ukrainien, arrivé de Kyiv le 4 juillet, ne parlant ni anglais ni français. Un peu craintif au début, il a été tellement chaleureusement inclus dans les jeux des autres enfants qu'il a maintenant plusieurs copains. L'école s'est montrée ouverte et a décidé de relever le défi que représente avoir un nouvel élève qui ne parle pas leur langue. Ayant fait un petit tour dans sa classe, j'ai remarqué qu'il y a une

feuille sur son bureau avec les expressions de base en français et leur traduction en ukrainien. Quelle belle façon de s'assurer qu'il puisse communiquer et qu'il se sente bienvenu! Il a même pris l'autobus scolaire pour la première fois de sa vie, en plus tout seul et dans une nouvelle ville!

Les activités parascolaires ont aussi recommencé, au grand plaisir des élèves et des parents! Les enfants peuvent désormais s'inscrire à des cours de piano à l'heure du dîner et d'autres activités viendront sûrement au courant de l'année. Renseignez-vous auprès de l'école. Le groupe Facebook des parents de l'école déborde aussi d'information, d'invitations et de discussions, c'est une belle communauté active et bienveillante.

Photo Marie-Pierre Lefebvre



Every two years, the only white ash left along the path to Robinson Field receives injections of the insecticide TreeAzin, against the Emerald Ash Borer. Photo Bob Whitelaw

Sandy Hill residents invited to make their views on the "Freedom Convoy" heard

John Cockburn

At the end of September, the Ottawa People's Commission held a hearing at Patro d'Ottawa in Lowertown about this year's occupation by the so-called Freedom Convoy. The hearing kicked off a series of in-person and online events that over the next three months will give community members – downtown residents, business owners, service providers and others, including supporters of the convoy's aims or actions – a chance to share their experiences and perspectives on the trucker blockade that paralyzed parts of the national capital for three weeks last winter.

Four commissioners with deep experience in human rights and community action have been recruited: Alex Neve, Leilani Farha, Debbie Owusu-Akyeeah, and Monia Mazigh, with Sandy Hill resident Randy Boswell serving as communications coordinator.

The hearing's opening remarks set the tone in noting that the abuses inflicted by the convoy were serious abuses of the rights of not only residents but also those who worked and had business in the downtown core. A few examples of what was shared:

A Centretown resident described how access to her home was restricted by trucks on Kent Street, noise and littering was constant, personal confrontations with demonstrators were frequent, and

there was general apathy by police and bylaw to her predicament.

An Overbrook resident focused on the impact of the convoy refuge on Coventry Road. In his view, the impacts in Overbrook were not recognized because of the racialized and low-income makeup of its population.

A downtown social worker noted many trucks had been outfitted with locomotive horns operating above 150 decibels.

An intensive care nurse who lives on Parkdale Avenue described how she was unable to sleep after her 12-hour shifts due to truck noise as they exited the 417.

A disabled senior from Centretown noted that he and his peers had no options, compared to those in other well-off parts of the city, for adjusting to life with the

convoy and that many lost their support services. On the other hand, the convoy seemed extremely well outfitted with food, drink, and police escorts.

Concerns expressed by others were fears resulting from uncertainties about the convoy's intentions and the general lack of response by authorities.

It's clear there are not only many issues specifically with respect to the convoy but also more general disaffection with the functioning of our government on many levels. This, it seems, is shared by the convoy members and residents alike.

If you have views on how the convoy affected your life or Sandy Hill (there were no Sandy Hill intervenors at this hearing) visit www.opc-cpo.ca/ and let them be known.

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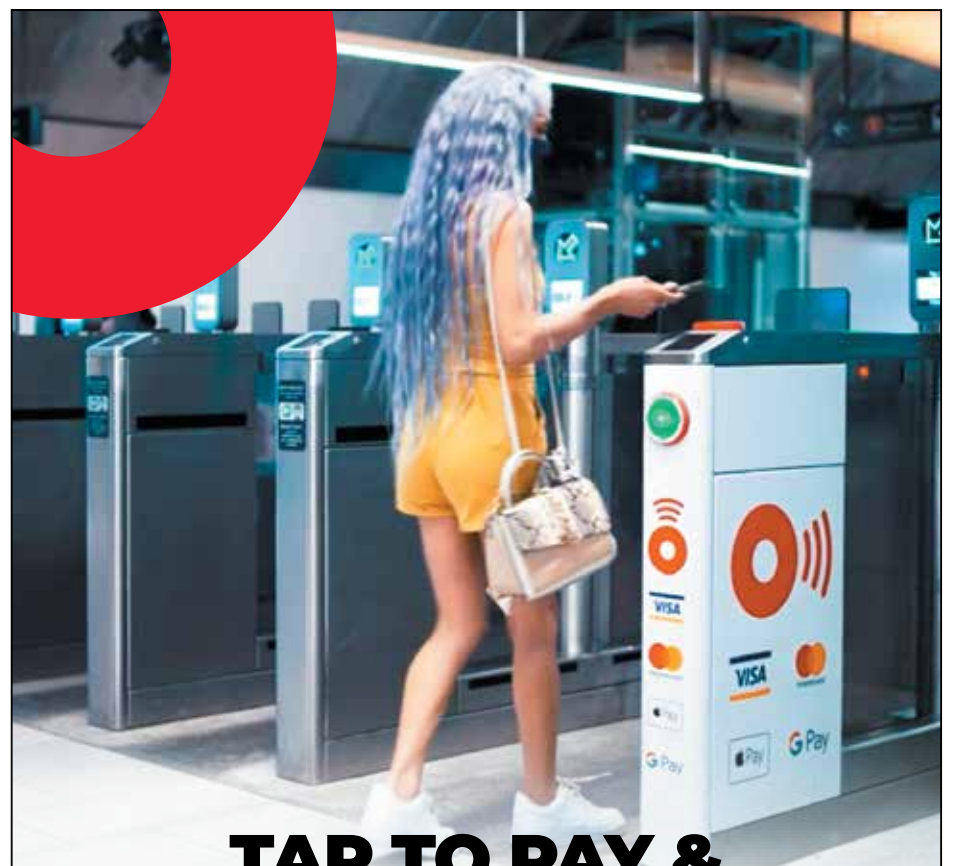


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Breaking the isolation, one step at a time

Photo Betsy Mann

Betsy Mann

"After two years of the pandemic, I knew that people were hungry for connection," says Amy Carnegie. "A fellow teacher and I had been meeting up for regular walks since the beginning of lockdowns, and I thought that this could work for others too." Having come up with the idea of forming a walking group, this energetic teacher didn't wait for someone else to make it happen. "I was already a member of the Sandy Hill online 'Buy Nothing' group," she continues, "so I put out the word on that platform last March, offering my time to organize a weekly group walk around the neighbourhood. I soon had lots of replies, so I knew I was on the right track."

The next step was to set up a Facebook group under the name "Feisty Feet" to easily communicate with everybody who had expressed interest. There are currently about 20 members, but usually about six to ten eager walkers show up on any given week. Members of the Facebook group can see when the walk will happen that week. Most often, it's

been on Sunday afternoons, but other times, including evening walks, could be planned depending on people's availability. Sometimes the group has a destination, like a farmers' market, but most often they simply choose a route from their meeting place at the corner of Chapel and Laurier. "We are lucky in Sandy Hill," Carnegie observes. "There are lots of interesting trails we can access from here."

Being active is certainly one of the group's goals, but it's important to note that this is not a power walking bunch. The pace is leisurely with lots of time to stop and notice the surroundings. Linda, who uses a walker for stability, appreciates this approach. "I tried walking with another group but even though I was going my top speed, they were too fast for me," she says. "I feel part of this group. We chat as we walk, and over the hour, you can have conversations with a number of the other people."

Debbie, who is a newcomer to Sandy Hill, has also found Feisty Feet outings a way to meet other congenial people. "I've discovered lots about the area and about activities going on here," she says. "It's a bonus that I've also met people with whom I share interests and we can



The Feisty Feet walkers like to chat as they walk on paths through and around Sandy Hill, like this one along the Rideau River, taken on a recent Sunday afternoon. Don't be misled by the photo; men are welcome to join the group for their weekly outings.

plan activities together."

Carnegie was right: people are hungry for contact and for staying active while also staying COVID-safe. Feisty Feet answers those needs. If you are inter-

ested in finding new walking partners in the neighbourhood, search for "Feisty Feet of Sandy Hill" on Facebook and ask to join. They'd love to meet you.

Connecting women for half a century

Sandy Hill resident discovers the Ottawa Newcomers' Club

Karine Charland

When Everlily (Eve) Moulding moved to Sandy Hill during a pandemic lockdown, meeting new neighbours proved difficult, and there was a real risk of isolation setting in. In her former community of Navan, Moulding had forged strong bonds with retired women who walked, snowshoed, shared meals, and even travelled abroad together.

Seeking similar connections in her new hometown, Moulding discovered the Ottawa Newcomers' Club (ONC), a volunteer organization run by and for women who are new to Canada or to the city, or who are experiencing a significant life change, such as retirement, divorce, or widowhood. According to Moulding, ONC opened the door to "a variety of activities that would suit any kind of member that joins." These included virtual coffee chats, book clubs, and Netflix movie nights, as well as outdoor walk and talks, offering new opportunities to socialize and discover



Eve in her Sandy Hill home.

parts of the city where she may not have ventured on her own.

Closer to home, a walking tour of Sandy Hill introduced her to local restaur-

rants and historical sites. As Eve recalls, "it made my move here a little bit more comfortable, it became such a positive place." In fact, when friends later visited from Navan, she seized the opportunity to show them around Sandy Hill and Ottawa with knowledge and enthusiasm.

Building on her positive experience with ONC, Eve recently joined its board of directors and became its new webmaster. She now manages the club's website and coordinates the publication of its monthly newsletter. While she recognizes these volunteer roles

"are involving, it's also nice to know you are doing something for your team." As she explains, members are encouraged to join the board or convene activities as a way to support other members while enhancing their own knowledge, skills,

and confidence. Imagine, for example, a retired accountant serving as treasurer, a refugee artisan hosting a basketweaving workshop, or a new immigrant taking French lessons. To make activities more accessible, the club even has an OC Transpo convener who helps members navigate the city using public transportation, while other members offer carpooling.

And while ONC has embraced technology to broaden its activities, its mission of connecting women began long before the advent of the internet and Netflix. In fact, the club recently celebrated its 50th anniversary. So what is in store for the next 50 years? Moulding hopes the club will attract a greater diversity of members from different age groups, life experiences, and ethnic and cultural backgrounds: "I would like to see a lot of people, especially from the different ethnic groups, finding out about us and being able to take advantage of what the ONC offers."

To learn more about ONC membership and its activities, please visit www.ottawanewcomersclub.ca

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Paul Denys

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What's happening at Strathcona Park?

Photo Judy Rinfret



Tarrah Mauricette, mid-left in bright pink tights, is the infectious, welcoming leader of Caribbean Fit Fete in Strathcona Park. No matter your age or fitness level, all are invited to participate (by donation) on Wednesday evenings from 6:30 to 7:30 and Saturday mornings from 10:30 to 11:30. The Caribbean rhythms and Tarrah's energy inspire anyone to smile and move. Visit www.caribbeanfitfete.ca for more information, as times and locations may change with the shifting of seasons. — Judy Rinfret



Photo Paula Kelsall

Champagne Bath turns 100!

On September 17, a celebration was held to mark the 100th anniversary of the Champagne Bath on King Edward Avenue. Despite being located next door in Lowertown, this fitness centre has long been an important and special space for people in Sandy Hill.

After more than two years of the pool being rarely open, it was lovely to step inside, enjoy a slice of cake from Chef Ric's, and see the light streaming onto the pool and the sunny deck with its lovely tiles designed by Mimi Cabri and Jill Elder.

The pool complex was named for Napoleon Champagne, who served two terms as mayor of Ottawa in 1908 and 1924, after first being elected as an alderman in 1892. When it first opened 100 years ago, the facility was mainly intended to promote hygiene among the working classes of Ottawa. Early advertisements for Ottawa's public baths announced that they were



Photo Waymarking.com

A stunning poolside tile mural.

the "finest equipped and most sanitary in Canada," with hot and cold showers and electric hair dryers!

Nowadays we cherish the Champagne Bath as a place to improve our swimming skills and keep fit, both in the pool and the weight room upstairs. The fitness centre is now open every day, although hours may vary from week to week as the City, like every other employer, deals with post-pandemic staffing issues.

— Paula Kelsall



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Organismes partenaires









Finding a second life for second-hand clothing

Krista Ranacher

Photos: Krista Ranacher



uOttawa Free Store
100 Thomas More Private, Room 102,
near King Edward Avenue and
Osgoode Street

Monday and Wednesday, 10:00–15:00
Tuesday, 10:00–14:00

The Free Store accepts donations of all kinds: clothing, household items, office supplies, books, and food. Donations can be dropped at a different location: A red donation bin (shown in photo at left) under the main staircase in the Learning Crossroads (CRX) building at 100 Louis Pasteur Private. The main doors for that building are beside Tim Hortons at Louis Pasteur and Marie Curie, the continuation of Somerset East. The bin is tucked around to the left of the stairs if you use that door. Students, employees, and alumni of uOttawa are welcome to avail themselves of Free Store donations in the shop.

Facebook — Buy Nothing Sandy Hill
www.facebook.com/groups/316681619659848

This is the Sandy Hill-specific group of the Buy Nothing Project, a global collection of community-based groups that encourage neighbours to donate their unwanted items and share freely with one another. With over 1,800 members in Sandy Hill, this is by far the most active neighbourhood group out there.

Always one for thinking globally, acting locally, thrifting and gifting, your correspondent was assigned a mission to find a community clothes closet allegedly run by the owners of The Hill Pet Supply, at the corner of Friel and Wilbrod streets. Mention of the community closet was initially spotted in the Buy Nothing Sandy Hill Facebook group. Not yet a member of that group, I headed out to investigate, taking along some of the worn-but-good shirts, trousers, and dresses in my personal giveaway pile.

Shopkeeper Candace at the thoughtfully stocked The Hill Pet Supply explained that they did indeed organize an outdoor community cupboard of clothes donations, which they expanded through the summer to include homewares and furniture. She confided that, given support from donors and enough market interest, The Hill Pet Supply hopes to reorganize and relaunch something next summer. Meanwhile, she urged me to take my donations over to May Court Bargain Box or to the uOttawa Free Store.

For others looking to pare down their closet and give their worn clothing a second life, I encourage you to visit the following neighbourhood spots.



May Court Bargain Box
228 Laurier Avenue East

Tuesday–Friday, 11:30–15:00
Saturday, 10:30–13:30

Volunteer shopkeepers are on hand to help customers and serve as stylists. All sales profits are in support of the May Court Hospice.

The other potato

Dodi Newman



Ipomoea batatas, better known as sweet potato, is not related to the potato at all, nor is it a yam species even though in Canada and the US it is commonly called such. While all three are similarly satisfying, sweet potatoes are loaded with nutrients and have fewer calories than either potatoes or yams. What's more, they are delicious and extraordinarily versatile.

I have loved sweet potatoes ever since I had them in a candied sweet potato casserole at my first American Thanksgiving meal in 1962, cloyingly sweet but interesting. Since then, with the help of the internet, I discovered that, from appetizer to dessert, there is no limit to what you can make with them. Some of my favourite finds include a wonderfully spicy “green curry and lentil soup” (punchfork.com), a gluten-free “sweet potato crust quiche” (amindfullmom.com), and a sumptuous “baked sweet potato pudding” (thespruceeats.com).

The quick and easy stew recipe below came to me all at once after I had thought and read about sweet potatoes for weeks. It is gluten-free, happens to be vegan, and my daughter and I like it a lot—I hope you will too.

Sweet potato, black bean, corn, and tomato stew

Serves 2 generously

1 tablespoon (15 ml) olive oil
1/4 teaspoon cumin seeds

1/2 medium onion, cut lengthwise in 1/2 cm wedges (1/2 cup/125 ml)

1 small fresh, red Fresno pepper, seeded and sliced (about 2 teaspoons/10 ml) or to taste

3 large fresh, peeled Roma tomatoes, quartered (about 2 cups/500 ml) or one 540ml can

1 medium sweet potato, peeled and cut into roughly 2.5 cm chunks (about 1 1/2 cups/375 ml)

1 1/2 cups (375 ml) cooked, drained black beans

1/4 cup (65 ml) bean cooking water

1 cup (250 ml) raw or frozen corn kernels

Salt and black pepper, to taste

Optional: Fresh lime juice and fresh, chopped cilantro for garnish

Assemble all the ingredients.

Over medium-high heat, sauté the cumin in the oil until fragrant, add the hot pepper and onion and continue sautéing until the onion begins to brown. Add the tomatoes and cook until they release their juice, about 5 minutes. Add the sweet potatoes, bean cooking water, salt, and pepper, bring to a boil and cook, covered, over low heat until done, about 10 to 15 minutes.

Add the black beans and heat thoroughly over medium-high heat for about 5 minutes, then add the corn kernels and cook until done, about 2 minutes. Season with salt and pepper and serve with optional lime juice and cilantro.

Q&A with first-time children's book author and Sandy Hill resident, Claude Bégin

IMAGE Staff

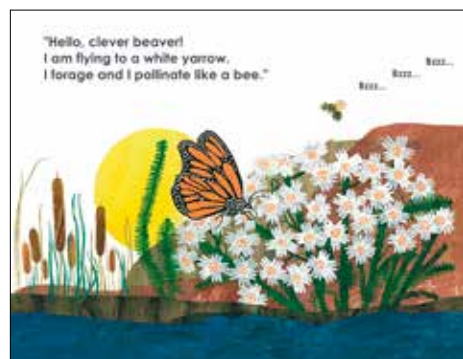
Just as we've experienced the shift from summer to fall, one new children's book talks about a similar natural metamorphosis. The book, *Monarch! Monarch! Where Are You Flying To?* (*Monarque! Monarque! Vers où voles-tu?*) is written and illustrated by Claude Bégin. Claude is a Sandy Hill resident and a part-time contract instructor, often at Francojeunesse.

The 32-page picture book was written for children aged four and older. Bégin told IMAGE a little more about the book and why he chose to write about the beautiful monarch butterfly.

This is your first children's picture book. What made you want to write it?

For a long time I juggled with the idea of writing a children's picture book. About a year and a half ago, I felt it was time to take on a new challenge.

Although the book contains valuable information for the child to learn (the



four stages in the life cycle of a butterfly, the names of animals and of some flowers, the times of the day and the days of the week, the ordinal and cardinal numbers, etc.), it is not intended to be didactic. I just want the magic of transformation to be simple for children to follow.

The story talks about the life cycle of the monarch butterfly. Why did you choose a monarch as the main character?

The different life stages of the monarch butterfly are a good example, metaphorically speaking, of a child growing up. As the tiny egg grows into a small cat-

terpillar, the infant will grow to become a child. As the small caterpillar grows into a larger one, the child will grow to become a hungry teenager. And then, as the larger caterpillar goes through the stages of a chrysalis to a dazzling butterfly, the teenager will go through significant changes that will turn him into a fully developed adult.

Your illustrations are really beautiful! Tell us about the style of the book's illustrations.

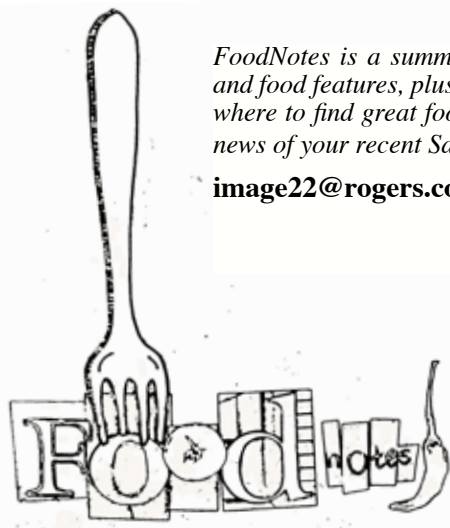
I start my illustration by painting large tissue papers with acrylic paint. Then I sketch on regular paper some rough ideas of the main characters, plants, flowers, etc. Afterwards, based on my sketches, I start to cut out different sections of the coloured tissue papers to match my sketches. These sections are assembled onto cardboard, one by one, using paper glue. There can be many glued sections on just one page. For example, in the illustration depicting the tiny egg on a milkweed plant, I counted over 100 pieces of cut out coloured tissue papers.

Did you draw any inspiration from our Sandy Hill neighbourhood?

Walking and cycling are usually my main means of urban transportation. These modes of getting around offer me plenty of time to look, see, observe, smell, touch, and hear what Mother Nature has to offer. As a daily passerby in the vicinity of the Rideau River adjacent to Strathcona Park/Adawé Crossing, the abundant variety of wildlife is a delight for my senses.

Several of the animals that children will discover in my book have been spotted in and around Sandy Hill. I even saw a doe once, strayed and disoriented, by the bike path along the Rideau River near the new uOttawa building on Lees Avenue. And although there is a bear in my story, I have not seen one yet in the neighbourhood and don't wish to encounter one either.

Thanks to Claude for taking the time to introduce us to his book! *The English version of Monarch! Monarch! Where Are You Flying To?* is available for loan as an eBook with the Ottawa Public Library (via the OverDrive platform), with the French version coming soon. The eBook is also available for purchase through Apple, Kobo, and soon, Amazon (search for the book title and Claude's name). Claude is currently seeking a publisher for the print version of the book.



FoodNotes is a summary of recent IMAGE restaurant reviews and food features, plus other advice from our contributors about where to find great food in and around Sandy Hill. Please send news of your recent Sandy Hill food discoveries to

image22@rogers.com

After a break for the summer, FoodNotes is back with another round of what to eat and where in Sandy Hill! But before beginning, we would be remiss to not mention the closure of a neighbourhood establishment – the Sandy Hill Lounge & Grill on Somerset Street East closed its doors on August 15. A small sign in the window said “Thank you for the memories. Due to significant increases in operating costs and hardships of the past few years we will cease operating.”

We hope to have more to report in the next issue of IMAGE. In the meantime – support your local food businesses!

3Cents Café, 65 Templeton St.

According to a recent broadcast of CBC Radio’s All in a Day, a cafe serving Yemeni flatbreads will be opening in Henderson Square (at the corner of Templeton and Henderson) at the end of October. There is already a branch of the 3Cents Café on Bank St. and photos of their sweet and savoury offerings, which resemble a cross between a Beavertail and an Indian naan, are very intriguing. Something to look forward to on the way to or from the uOttawa gym!

Si Señor, 506 Rideau St.

My recent plan to take a chilaquiles torta from Si Señor to the park did not work out so well. It was a slightly breezy day and my napkins kept blowing away, which was very inconvenient since scrumptious sauce from the enormous sandwich kept running down my arm. You are better off eating in, I think, but this is no hardship since the restaurant is bright and cozy and the staff are friendly. The tortas are the special on Thursdays; Tuesday’s special is tacos and Wednesday’s it’s burritos. At \$6.50 for a burrito or a torta you will find this an affordable and generous meal that sees you through the rest of your day.

Syrian Kitchen, 48 Nelson St.

Whether you’ve chosen crisp falafels or succulent chicken shish taouk, a meal from Syrian Kitchen will include lots of flavorful sides, such as hummus, baba ghanoush and eggplant salad.



Working Title Kitchen and Cafe, 10 Blackburn Ave. (enter through the red doors on Laurier near Chapel)

Working Title’s lovely patio on Laurier was an instant hit when it opened late in June; Sandy Hill had apparently been waiting eagerly for a shady place to enjoy a charcuterie board, a late-afternoon drink, or an ice cream cone. Another innovation that proved to be popular this summer was Sunday brunch. The brunch menu is interesting enough to make for a special outing, with a mimosa or a little smoothie to start, several interesting main courses to choose from, and tea or coffee included in the \$28.00 price.

The cafe also continues to offer its Meatless Monday selections from the menu of its old neighbour, Perfection-Satisfaction-Promise. A dish of dhal, beautifully adorned with chutney, yogurt, spicy pickles, and coriander, was a tasty and filling lunch, and the roasted cauliflower and mushroom soup that was featured the same day was profoundly delicious.



A slice of potato and brie focaccia seasoned with onions and rosemary. Working Title rotates its focaccia offering daily.

Musowu Ramen, 470 Rideau St.

The former home to Korean restaurant GoGiYa, this large space on Rideau is now where you can find delicious bowls of ramen, Bento meals, and bubble tea. We highly recommend the Miso Black Ramen, complete with both delightfully fatty Chashu pork and shiitake – usually it’s one or the other! Musowu also offers vegetarian options, including a vegetarian ramen. The restaurant itself is sparsely decorated but tables are spread out, ideal for those who are looking to maintain a little more physical distance as we approach the colder months.



—with notes from Hilary Duff

Test your memory and IMAG(E)ination

Photo Bob Whitelaw



Have you seen these two, in the photo at left, around on one of your neighbourhood strolls?

Send your answer to image22@rogers.com and you may get a newsprint shout-out in the next issue of IMAGE!



Last issue’s mystery revealed

The bronze saucer is, of course, the shower head on Strathcona Park’s iconic fountain on Laurier E. at Range Rd.!

A tip of the IMAGE hat, once again, to **Poonam Varshni** who provided the answer in short order.



Hints of autumn colours spatter out and inside the Rideau. — Photo Kathleen Kelly

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IMAGE images, Fall 2022

Photo Bob Whitelaw



More than 40 individual displays of rock balancing have appeared along the Rideau River shore.

Photo Bob Whitelaw



Look down, look ahead, and look up and you will see a wide range of garden projects in the neighbourhood!



A bashful squirrel. — Kathleen Kelly



October 1, the show has begun.

Photo Bob Whitelaw



Harvest in Strathcona Heights. "We have had a great, successful food program this year with the community garden plots in Sandy Hill," says Michael Mathewsie (in photo at left). Community housing tenants who cannot garden or receive a plot have claim to produce from common plots maintained by volunteers like Michael and his cohorts above Richard Mathewsie, Malcom Birbeck, and Michael Souliere.

Photo supplied by Michael Mathewsie



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