

*Photo Carol-Ann Larocque*



What will 2023 bring to the streets and riverbank of our lovely neighbourhood, shown in this stunning sunrise shot taken from a balcony at Rideau and Charlotte streets.

*Photo Bob Meldrum*

*Photo John Verbaas*



*Photo supplied*

*Photo Christine Aubry*

## The times they are a-changing!

Sandy Hill honours its past, but knows well that things must turn over, pivot and evolve. This new issue of IMAGE brings you news and commentary on things going down and coming up.

Clockwise, from above — After many months with a stationary CAT on its lawn, 335 Daly became a pile of rubble in December. To see what was there a year ago, see page 13.

At the end of November, the homes at 197 and 201 Wilbrod St. were demolished. These properties have been empty and abandoned for over 20 years, with many considering them an eyesore. The City recently approved their replacement: a 4-storey, 19-unit apartment building (17 bachelor units and a pair of 2-bedroom units).

In November, Jess Vaillancourt returned to Sandy Hill to open an indie clothing and bookshop on Somerset East. See page 7.

### Meet our new city councillor

Stéphanie Plante was sworn in as our new Rideau-Vanier city councillor on November 15. She responds to Marie-Pierre Lefebvre's questions on page 4.





IMAGE

Founded in 1972 under the direction of Diane Wood

22, av. Russell Ave.  
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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.

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Phil Caron's Portfolio



The first snow of the season is always a nice surprise.



Another "IMAGE in the Wild" shot, this one from the top of Mount Benson in Nanaimo, British Columbia. Who's behind the paper? Occasional guest editor of IMAGE, Hilary Duff, who travelled to Vancouver Island in October to visit her brother.

Photo Garrett Duff



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Lucien

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Sandy Hill's  
place  
in the Market

Côte-de-Sable  
se retrouve  
au Marché



Photo Paula Kelsall



**The Amnesty International club** at the University of Ottawa hosted a two-day letter writing event in early December as part of the annual Write for Rights Campaign. This year’s cases include an anti-war activist in Russia, a Bangladeshi environmental activist, and a human rights lawyer in Hong Kong. If you’d like to take part in Write for Rights, it’s not too late; the cases are available at [amnesty.ca/writeathon](https://amnesty.ca/writeathon).

**Sandy Hill Community Health Centre loses a community pillar**

**R**ob Boyd, long-time director of the Oasis program at the Sandy Hill Community Health Centre, has moved on to a new position. In October 2022, he became the Chief Executive Officer of Ottawa Inner City Health, where he will continue his advocacy to champion safe supply and harm reduction-based primary health care. Rob was with the SHCHC for nearly 20 years and was often quoted in this newspaper.



**Rob Boyd**

We’ll quote him again: “It was a privilege to work alongside the Board and staff at the Sandy Hill Community Health Centre for the past two decades to address the needs of highly vulnerable people in our community. Many communities are struggling with the fallout of COVID-19, the toxic drug supply, and the ongoing affordable housing crisis. It is critical that all voices come to the table to develop sustainable solutions.” - *Larry Newman*

# Test your memory and IMAG(E)ination

**H**ave you seen the statue pictured below on one of your neighbourhood walks? If not, keep walking and looking. It’s nearby!  
Send your answer to [image22@rogers.com](mailto:image22@rogers.com) and you may get a newsprint shout-out in the next issue of IMAGE.



Photos Bob Whitelaw

## Holiday bonus...

Now where have you seen the checker-board pavement in the photo at right?  
Send your answer to [image22@rogers.com](mailto:image22@rogers.com)

### Last issue’s mystery revealed

The wooden men watch over Laurier St. E. from the firestation lawn. A tip of the IMAGE hat, once again, to **Poonam Varshni** who lives nearby.





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## Meet our new municipal councillor: Stéphanie Plante

Marie-Pierre Lefebvre

As of November 15, 2022, Stéphanie Plante is now the councillor for Rideau-Vanier. I had the opportunity to chat with Stéphanie to get to know her better and to see where she will focus for the next four years. Let's see what new energy she brings to the ward!

**MPL : Stéphanie Plante, parle-moi un peu de toi, qui es-tu, d'où viens-tu?**

SP : Je suis née à Tecumseh, Ontario, petite ville proche de Détroit. Mon père vient de Valleyfield, Québec et ma mère est Suisse. Mon père a toujours été très strict avec le français quand je grandissais. Un de mes premiers souvenirs est que quand j'étais toute petite, mon père m'avait sortie de la classe pour pouvoir regarder les obsèques de René Lévesque. Mes parents m'ont enseigné que pour militer pour nos droits linguistiques, les petites actions de tous les jours comptent presque plus pour assurer la vitalité et la longévité du français.

Étant donné qu'on habitait proche des États-Unis, on y allait souvent et quand on arrivait à la frontière (institution fédérale), mon père s'adressait en français à l'agent. Si l'agent ne parlait pas français, mon père éteignait le moteur et restait là jusqu'à ce qu'un agent vienne et lui parle en français. On est aussi descendu en famille à Ottawa pour les manifestations de l'hôpital Montfort.

J'ai déménagé à Ottawa quand j'étais étudiante à l'Université de Windsor parce que j'avais un stage avec Herb Gray, député et membre du cabinet du premier ministre Jean Chrétien. Il m'a demandé si je parlais français et quand j'ai dit oui, il m'a tout de suite embauchée.

Depuis ce temps-là j'habite à Rideau-Vanier. J'ai habité dans tous les quartiers : la Basse-Ville, Vanier et la Côte-de-Sable, où je vis encore. Mon premier job était dans un resto au Marché By. J'ai toujours été dans le coin, donc quand j'ai entendu que Mathieu Fleury prenait sa retraite, j'ai voulu m'essayer... et ça a marché!

**MPL : Why did you decide to go into municipal politics?**

SP: I have a bachelor's and a master's degree in political science. I have always been very involved in the community. I have a lot of ideas and I want to implement them. One of my main issues is affordable housing. I think I am the only elected City official to live in an affordable housing situation; I live in a co-op. We can't, in 2022, only have overnight shelters and then throw out the most vulnerable come morning. We also don't have enough family doctors. As the capital city of a G7 country, this makes no sense.

Before going into municipal politics, I worked on Parliament Hill. I saw firsthand the truckers' convoy. I was shocked by what was happening, but I didn't have the power to solve those issues. In mu-

nicipal politics, I can solve problems! My son even told me that people already ask me questions and ask for advice, so why not make it official and make it my job to help and advise them?

I was also inspired by Valérie Plante (no relation!) who won her second mandate as mayor in Montreal not long before our own elections. I have a lot of the same values as her and I thought that if Montreal elects her, I have a chance too. We have many strong female mayors in Canada who have the same messages and platforms. I want to join this movement of women who believe that municipal government is the way to change.

**MPL : Quel est le premier dossier auquel tu vas t'attaquer?**

SP: Le logement abordable et les médecins de famille.

Je veux mettre des familles dans les édifices fédéraux qui sont vides, dont plusieurs sont à proximité ou dans le Marché By. Il faut renouveler ce coin et en créant du logement pour des familles, ça va changer la dynamique. Elles vont insister pour avoir des espaces verts, des épiceries, une mixité économique et familiale. J'ai une vision!

Je veux aussi essayer d'éparpiller les ressources pour les sans-abris partout dans Ottawa. Les banlieues aussi souffrent de surdoses et de villages de tentes. Je veux qu'on puisse imiter Montréal et Toronto qui ont demandé à leurs arrondissements de trouver de l'espace pour un abri et des services pour les plus vulnérables. Il faut arrêter de fermer les yeux. On doit travailler ensemble et tous les conseillers doivent comprendre les enjeux et accepter de faire partie de la solution.

**MPL : Tu as toi-même une famille; comment vas-tu gérer ton nouveau rôle?**

La première conversation que j'ai eue avant de faire quoi que ce soit était avec ma famille. J'ai obtenu le soutien dont j'avais besoin. De toute façon, je ne suis plus « cool » aux yeux de mon pré-ado! Il a 12 ans, est plus autonome et n'a pas besoin de moi comme quand il était petit. Je lui ai dit que je ne serais pas toujours là les fins de semaine ou le soir et il m'a plus ou moins dit « who cares »!

**MPL : What scares you the most?**

SP: Climate change; we only have one planet. And spiders.

For climate change, powers lie with different levels of government, including municipal. The City of Ottawa has a Climate Change Plan 2020, that includes building retrofits and electric vehicle fleets. What I want to do is create 15-minute communities where you can find everything you need within a 15-minute walk. I want to bring in a hardware store, grocery stores, ensure we have all the services for all demographics of life, from young families to the elderly. I want us to have a waste-free grocery store, I want to turn all the green space into parks that we can enjoy, with benches and art. I want Rideau-Vanier to be known as a green community that encourages local artists and culture.

### Supporting the Most Vulnerable and Making Life More Affordable This Holiday Season

Dear Sandy Hill residents,  
For many people, the holiday season means festive and joyous times ahead. But, for many others, this can be the most financially challenging time of the year. With global inflation driving up the price of goods like groceries, gas, and medication, more people are expected to rely on food banks this holiday season.

Facing higher food costs and unprecedented demand this year, food banks like St. Joe's Supper Table are feeling the financial pressure too and they need our community's support to help as many people as possible. I invite you to give back if you can by donating funds, gift cards, or non-perishable food items.

We also recognize that food security will present a challenge as students return to school in the new year. Each day, one in five children in Canada risks going to school hungry. It's why we are working on a pan-Canadian school food policy. We launched a consultation questionnaire for the new policy during a visit to Carson Grove Elementary School in Ottawa-Vanier, a school known for its food security leadership.

It's also why we introduced affordability measures to make life more affordable for the Canadians most affected by rising prices. Certain measures are already making a difference for millions

of Canadians, like double the GST rebate for six months, a \$500 one-time payment to renters through the Canada Housing Benefit, and up to \$1,300 through the Canada Dental Benefit to cover dental care for children under 12.

We're also supporting postsecondary students and recent graduates by eliminating interest on all federal student and apprenticeship loans. This builds on measures introduced in recent months, like freezing student loan repayments for people earning a yearly income of \$40,000 or less, permanently increasing the Canada Child Benefit and Old Age Security, and cutting childcare fees through the Canada-Wide Early Learning and Child Care Plan. Taken together, these measures will deliver relief to Canadians struggling to put food on the table.

My constituency office is available to provide assistance on federal programs and services. Contact us by calling 613-998-1860 or sending an email to [Mona.Fortier@parl.gc.ca](mailto:Mona.Fortier@parl.gc.ca).

Merry Christmas and Happy Holidays!

Joyeux Noël et Joyeuses Fêtes !

Photo Rob Sinclair



The Sandy Hill used book sale returned in November, following two years of COVID limbo. Volunteer Jane McNamara welcomed local bibliophiles.



Q&A

# Peter Nor (aka Groomer Pete) revs up for another season on the Rideau Winter Trail

Martha Jeacle

The Rideau Winter Trail is a free recreational trail, groomed from Donald Street to Bank Street, for cross country skiing (skate and classic), walking, snowshoeing, and fat biking. It is run entirely by volunteers, with support from the City of Ottawa, the National Capital Commission, some government grants, amazing sponsors, and donations from community members.

RWT volunteer Martha Jeacle sat down with trail groomer Peter Nor to get a sense of the season ahead.



Rideau Winter Trail groomer Peter Nor      Photo Martha Jeacle

**Martha Jeacle: Trail prep starts well in advance of snow falling. What does that involve?**

**Peter Nor:** Prep for next season starts during the current season. We are always looking for input on how to improve the trail by listening to users, skiing, grooming, and observing where wind is blowing the snow. Then we take a break and go to do non-trail stuff! In late summer we finalize our plans for the coming season and coordinate with our partners. Important preseason activities include grass cutting, tree and brush clearing, coordination with waste removal, and snow clearing services. Our partners at the NCC and City of Ottawa are great to work with!

**MJ: How do you determine when you can do the first grooming of the season?**

**PN:** There are a couple of factors having to do mostly with avoiding damage to the land around the trail. We look for at least 10 cm of snow on the ground. In the early season we try to pack the snow as much as possible so we have a good base that will last. This means that until we get enough snow, we cannot set tracks for classic skiing without damaging the ground underneath the snow and our equipment.

**MJ: When it snows during the season, how do you decide when to groom?**

**PN:** That's a tricky one and one that can often result in much discussion in the grooming shed. Generally, the snow needs a couple of hours to set after being groomed and before being used. Ideally, we look for temperatures in -1°C to -10°C range.

**MJ: What kind of equipment does it take to groom an urban winter trail?**

**PN:** We have been improving our stable of equipment every year. We use what's considered light equipment and includes a variety of implements that are dragged behind an ATV or snowmobile. For packing deep and fluffy snow we use a roller that is basically a very large rolling pin, two feet in diameter and eight feet long. When snow is icy or compacted from being walked and skied on, the snow requires "renovation" by chopping up the hard snow and breaking it down to a nice powder. This is where our light equipment has limitations compared to a snowcat that you would see at a ski resort but we are able to get really good results.

Sometimes it just takes more passes. Once that snow is "just right" we form it into a nice corduroy pattern and if we have enough snow depth, we set tracks for classic skiing.

**MJ: How long does it take to groom the RWT from end to end?**

**PN:** It depends on which equipment we are using and the conditions. Heavy snowfalls and ice slow down operations significantly, and a full groom can easily take six to eight hours.

**MJ: Do you have a favourite part of the trail (although we know you love it all!)?**

**PN:** Grooming at night in the Hurdman Hills area is spectacular and I often see wildlife that I cannot believe lives in the city. That being said, meeting folks who are enjoying the trail anywhere makes me happy.

Please follow the RWT on Twitter, Instagram, or Facebook to learn more, or visit: [www.rideauwintertrail.ca](http://www.rideauwintertrail.ca).





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**Nous rendons la vie plus abordable et soutenons les personnes les plus vulnérables en ce temps des fêtes**

Chères résidentes et chers résidents de la Côte-de-Sable,

Pour beaucoup, le temps des fêtes signifie un temps festif et joyeux. Mais, pour beaucoup d'autres, cela peut être une période difficile financièrement. Avec l'inflation mondiale qui fait augmenter le prix des biens comme l'épicerie, l'essence et les médicaments, on s'attend à ce que davantage de personnes comptent sur les banques alimentaires durant le temps des fêtes.

Confrontées à des coûts plus élevés et à une demande sans précédent, les banques alimentaires telles que la Table du souper de Saint-Joe (« St. Joe's Supper Table ») ressentent la pression et elles ont besoin du soutien de notre communauté pour aider le plus grand nombre de gens possible. Je vous invite à redonner si vous le pouvez en faisant don de fonds, de cartes-cadeaux ou de denrées non périssables.

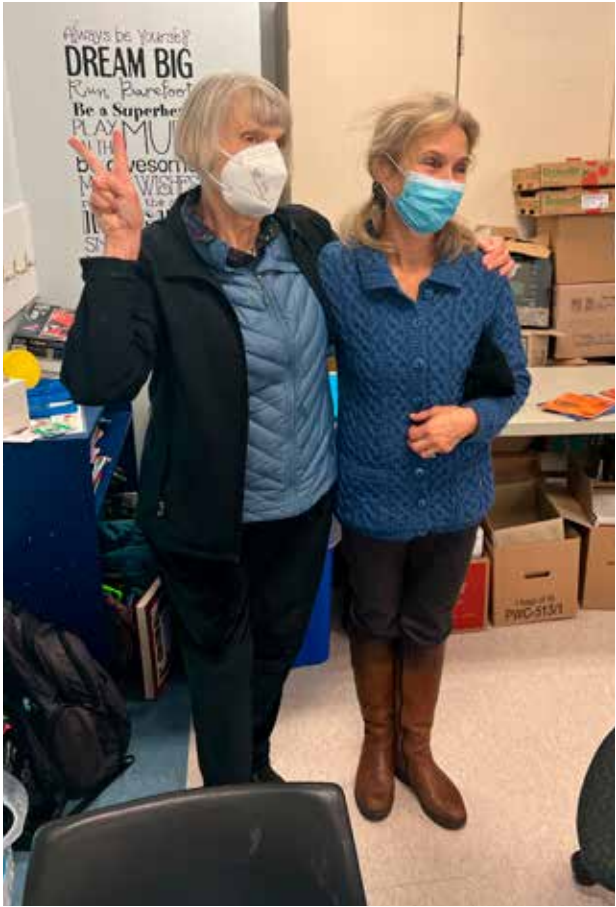
Nous reconnaissons également que la sécurité alimentaire présentera un défi lorsque les élèves retourneront à l'école en janvier. Chaque jour, un enfant sur cinq au Canada risque d'aller à l'école le ventre vide. C'est pourquoi nous travaillons sur une politique pancanadienne en matière d'alimentation dans les écoles. Nous avons lancé un questionnaire de consultation pour la nouvelle politique lors d'une visite à l'école élémentaire Carson Grove à Ottawa-Vanier, une école reconnue pour son leadership en matière de sécurité alimentaire.

C'est aussi pourquoi nous avons introduit des mesures d'abordabilité pour rendre la vie plus abordable pour les Canadiens les plus touchés par la hausse des prix. Certaines mesures font déjà une différence pour millions de Canadiens, y compris le doublement du remboursement de la TPS pendant six mois, un paiement unique de 500 \$ aux locataires par l'intermédiaire de l'Allocation canadienne pour le logement et jusqu'à 1 300 \$ par l'intermédiaire de l'Allocation dentaire canadienne pour couvrir les soins dentaires des enfants de moins de 12 ans.

Nous appuyons aussi les étudiants postsecondaires et les nouveaux diplômés en éliminant les intérêts sur les prêts fédéraux aux étudiants et aux apprentis. Cela s'ajoute aux mesures introduites dans les derniers mois, comme le gel des remboursements de prêts étudiants pour les personnes gagnant un revenu annuel de 40 000 \$ ou moins, l'augmentation permanente de l'Allocation canadienne pour enfants et de la Sécurité de la vieillesse, et la réduction des frais de garde d'enfants grâce au Plan d'apprentissage et de garde des jeunes enfants. Ensemble, ces mesures apporteront un soulagement aux Canadiens qui luttent pour mettre de la nourriture sur la table.

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Photo Rob Sinclair



**Book bonanza**

Judy Rinfret (left) signed up for duty when Charlotte de Neeve (right) and her Marlborough Avenue neighbours revived the Good Book Sale at the One and Only Arts and Crafts Sale in November.

The sale was welcomed back by the Sandy Hill community in a big way. Thousands of books were donated and almost \$1,400 was raised for the Viscount Alexander School library. The book sale committee would like to thank all who brought in books, pitched in to help and/or came looking for something good to read.



# Housing – Always on My Mind (Willie Nelson)

Larry Newman

It seems that housing is on everybody’s mind. It’s on the front cover of the most recent *Economist* magazine, presented as a horror show of high prices. Of 17 countries in North America and Europe, the *Economist* identifies Canada as one of the most exposed in a housing risk chart. Canadian housing debt is now 186% of net disposable income. During his fall election campaign, now-mayor Mark Sutcliffe promised to “... build 100,000 new homes in our city over the next 10 years,” 10,000 of which would be “affordable.” Our premier, Doug Ford, has something to say about this, too. Back in December 2021, the Ontario Affordability Task Force was formed to investigate ways to deal with housing affordability. In April 2022, the task force’s nine members—six of whom were in the real estate or development business—reported its conclusions and recommendations.



The Economist cover at the end of October captured the anxiety attached to this problem.

The topmost conclusion of this task force is that Ontario needs more housing—to be specific, 1.5 million more homes over the next 10 years. Many of their recommendations were incorporated into Bill 109, More Homes for Everyone

Act, which received royal assent in April 2022. Unsatisfied with Bill 109, Premier Ford recently proposed Bill 23, More Homes Built Faster Act. This bill expands on the measures introduced in Bill 109 and includes changes to several provincial acts, including those related to planning, conservation authorities, the Ontario Land Tribunal, and more. Bills 109 and 23 have cribbed generously from the Affordability Task Force recommendations. Since Bill 109 became law, the City of Ottawa’s planning department has been working to implement the changes to planning procedures and rules that it calls for. Now, with the implementation of Bill 109 in progress and the enactment of Bill 23, Ottawa City staff have been studying the new bill. On November 7, Don Herweyer, interim general manager of planning, real estate, and economic development, wrote a memo to the mayor and council members to explain the impacts. I have a copy of the memo and I’ll crib too. The following are a selection of Bill 23 requirements that I believe relate specifically to affordability and/or will be of interest to Sandy Hill residents who read Christine Aubry’s affordable rental housing story in the October-November 2022 issue of IMAGE: Allow up to three “gentle intensification” principal units (example: granny additions) on any urban-serviced residential lot, including in a detached, semi-detached or townhouse. Prohibit a zoning bylaw from regulating minimum unit size or requiring more than one parking space per unit. These units will be exempt from development charges, parkland, and community benefit contributions. Exempt affordable and inclusionary zoning units (example: rent geared to income) from development charges, discounts to community benefits, and parkland dedication.

Require a maximum parkland dedication cap of 10% for sites less than five hectares in area, and 15% for larger sites. Halve the maximum parkland dedication rates for land and cash-in-lieu [of land]. Require 60% of development charges and parkland funds to be spent or allocated on an annual basis. Prohibit municipalities from requiring site plan control on matters of exterior design or of sustainable design for a proposed building. Exempt buildings of up to 10 residential units from site plan control entirely. Allow “as of right” residential housing up to four units and up to four storeys on a single residential lot. (In this case, as-of-right means building without needing to pay development charges). Remove all third-party appeals (example: neighbourhood associations) on planning decisions from consideration by the Ontario Land Tribunal. Increase the threshold requirements for new Heritage Conservation District plans. Require conservation authorities to direct levels of responsibility largely toward concerns of flooding and erosion, which may make some current lands available for development. Limit inclusionary zoning (example: affordable housing based on income) to a maximum cap of 5% and a maximum term of 25 years. Bills 109 and 23 are intended to accelerate the building of homes in Ontario and I believe they will. The elimination of development charges and the reduction of parkland contributions could be sufficient for builders to begin more projects. However, because the cost of housing is largely market driven how will the reduction of these “soft” fees deliver more affordable homes? To be determined. Stay tuned for a follow-up housing article after Bill 23’s final form is implemented.



**Lucille Collard**  
MPP / députée Ottawa-Vanier



**En tant qu’élue pour représenter Ottawa—Vanier ...**

je me sens responsable de partager les différentes réalités existantes au sein de notre communauté diverse. Pouvoir connecter les quartiers entre eux en sensibilisant chacun aux besoins des uns et des autres me semble essentiel pour favoriser l’entraide et la solidarité. L’arrivée des températures froides nous fait penser aux préparatifs que nous effectuons tous pour l’hiver et le temps des fêtes qui approchent. Pour un nombre croissant d’entre nous, l’arrivée du temps des fêtes augmente les inquiétudes liées au besoin de pouvoir se nourrir adéquatement et peut-être gâter nos jeunes. Avec l’augmentation constante du coût de la vie et des denrées de subsistance, les banques alimentaires voient un plus grand nombre de personnes de notre circonscription se tourner vers elles pour combler leurs besoins en nourriture. C’est pourquoi j’aimerais encourager chacun à appuyer la mission de nos organismes caritatifs, dont les banques alimentaires, à aider ceux qui en ont besoin. Vos dons peuvent faire une différence pour un voisin près de chez vous, que vous croisez peut-être de temps à autre dans la rue sans connaître la précarité de sa situation. Les organismes dans nos quartiers peuvent certainement profiter de votre générosité si vous pouvez vous le permettre. Depuis le début de la pandémie qui a coïncidé avec mon élection, j’ai eu le loisir de constater à de multiples reprises les valeurs d’entraide et de solidarité qui vous caractérisent déjà. En cette période encore plus propice à faire preuve de générosité je me joins à vous pour essayer de faire une différence dans la vie des plus vulnérables. Cela fait indéniablement partie de la meilleure façon de se mettre dans l’esprit des fêtes, que je vous souhaite remplies d’heureux moments.

**As the elected representative of Ottawa—Vanier ...**

I feel responsible for sharing our community’s realities. Connecting neighbourhoods by highlighting each other’s needs seems crucial to promoting mutual aid and solidarity. Colder weather reminds us of holiday preparations. Many of us worry about being able to eat adequately and treat our children during the holidays. With rising costs of living and food, more people in our riding are using food banks. That is why I would like to encourage everyone to support the mission of our charities, including food banks, to help those in need. Your donations can make a difference for a neighbour near you, whom you may meet from time to time on the street without knowing the precariousness of their situation. Organizations in our neighbourhoods can certainly benefit from your generosity if you can afford it. Since the beginning of the pandemic, which coincided with my election, I have had the opportunity to witness on many occasions the values of mutual aid and solidarity that already characterize our community. At this time, when generosity is even more important, I join you in trying to make a difference in the lives of the most vulnerable. This is undoubtedly one of the best ways to get into the holiday spirit. May your holiday season be filled with many happy moments.

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Photo Christine Aubry



Jess Vaillancourt opened her business, Bee You Creative Styles, four years ago. She recently relocated the shop from Carp to Somerset Street East in Sandy Hill. Welcome, Jess!

# Bee You: Vintage and second-hand shop builds community

Karine Charland

In November, Sandy Hill celebrated the official opening of Bee You Creative Styles, an indie clothing and book shop at 323 Somerset St. E. For four years, owner Jess Vaillancourt had been seeking the ideal spot to relocate. As a former resident of Sandy Hill, she hoped our neighbourhood would be more accessible to a variety of existing and new customers than her previous venue in Carp. She was quickly proven right: in addition to familiar faces, the range of new clients—including men—exceeded her expectations, prompting her to open additional space in the basement. This positive response is no surprise given the variety and quality of goods on offer. The shop displays a handpicked selection of beautiful vintage and second-hand clothing for all styles and age groups, from babies to grandparents. It also offers new and gently used books spanning six genres: style, music, environment, crafting, fiction, and nostalgia—the owner’s specially selected 1920s fiction and rare used books. Vaillancourt is also proud to offer a space where local artists and artisans can sell their products, including artwork, jewelry, candles, soaps, crocheted hats, cards, and pottery.

Vaillancourt sees her shop as a place where people can truly “bee” themselves, as its name and logo suggest. She replicates the cozy feeling of walking into someone’s home or closet, and inspires customers to explore their own creativity when dressing. But the “bee”—a vital contributor to our ecosystems—is also a metaphor for sustainability, a core value underlying the owner’s business model. In fact, Vaillancourt sources many items through consignment, which she sees as “a wonderful win-win”: members of the community can support local business while giving new life to beautiful items that are useful to others. Some items even come with a personal story. In Vaillancourt’s words, the shop “brings people together through their things.” Some of the most touching moments she has witnessed involve mothers and daughters bonding when they finally find the perfect item for an important event—at an affordable price—after a fruitless search in malls and box stores. Vaillancourt also donates certain items to local charities as another way to strengthen bonds within the community. If you have not yet discovered Bee You Creative Styles, see its website ([www.beeyoucreativestyles.com](http://www.beeyoucreativestyles.com)) or, better yet, drop by the shop on Somerset. You will get a friendly welcome and personalized service, and you may find an unexpected treasure.

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SANDY HILL CROSSWORD

By Ralph Blaine

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ACROSS

1. Famous hot sauce named for a Mexican state but made in Louisiana (7)

5. Aflame [with 7 down] (2,4)

8. Former Sandy Hill swimming spot south of Strathcona Park (8,4)

10. A cylindrical rod (frequently made of wood) often used to reinforce joints in cabinetry (5)

11. Make a sudden quick movement to somewhere (4,3)

12. [See 6 down]

13. What most nails are bound to meet (6)

16. Machu Picchu has llamas and ruins but, alas, these days there are... (2, 5)

18. The solemn ceremonies observed by various groups of religious faith (5)

20. This long-standing shop on Laurier will make you a calendar, brochure, or poster (7,5)

22. The Sandy Hill place to eat in a regal setting might be the Shawarma ... [with 21 down] (6)

23. What one might call a remedy that promises relief in 24 hours (3,4)

DOWN

1. How you might address a greeting card presented on the third Sunday in June (2,3)

2. Recently reeling from a near death experience, this local business is back up and showing (7,6)

3. Specialist in a particular branch of study (7)

4. Use to excess (6)

5. Additional (5)

6. As October’s municipal election approached, residents of Sandy Hill, Vanier, and Lowertown were probably wondering who would (6,7,6) [with 12 across]

7. The second note on a major scale (2)

9. At a great distance (4)

12. An adjective similar to alright and acceptable (4)

14. Decrease in size or wasting away of a body part (7)

15. On the border of Sandy Hill there is a bridge and an . . . . . that share the name Cummings (6)

17. This Nobel Prize winner is honoured in Sandy Hill, not with a street or avenue but a Private. (5)

19. French Composer and pianist Erik . . . . . (5)

21. Dad (2)

► Solution, p. 18

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# Sandy Hill mourns loss of award-winning filmmaker Peter Evanchuck

*Photo Hélène Lacelle*

# Christine Aubry

While the return of Sandy Hill's One & Only craft fair this past November was a joyous occasion, for many it was also a sad reminder of the loss of a friend and neighbour, Peter Evanchuck, who passed away on September 20, 2022, at the age of 82.

When a group of Sandy Hill neighbours started the One & Only in 2006, Evan-chuck prepared a free buffet for hundreds of people. His partner, H  l  ne Lacelle, one of the founders of the One & Only, recalls: “My mom said ‘This is a banquet, not a buffet!’ He would walk the floor, with his chef’s hat and serve people. As many people came for food as for the craft show.”

If you are a faithful reader of IMAGE, you will remember Evanchuck's regular feature, about his movies, art shows, or the Sandy Hill community garden he loved so much.

Evanchuck lived in Robinson Village with Lacelle, his partner in life and creativity. I sat down with Lacelle in November to learn more about the personal side of the man I unfortunately never had the privilege of knowing.

Shares Lacelle: "He loved the Rideau River, kayaking, riding his bike along the trail. Every morning he visited the garden to count tomatoes and pick berries, and then made his way to his bench to eat



**Peter Evanchuck travelled the world with his camera. His travels and the people he met were his sources of inspiration.**

sardines." Lacelle has kept all the sardine cans and plans to eventually turn them into a piece of art.

Evanchuck held several degrees in literature, theatre, and film and spent 20 years teaching in universities and colleges. When he received a cancer diagnosis in 2006, he left teaching to dedicate himself to creating original media with Lacelle, herself a mixed-media visual artist.

They began with a series of books then they moved on to movies. Together, they produced nine movies which garnered critical acclaim in Canada and internationally. *Crazy Daisy May*, filmed in New Brunswick and starring Lacelle, won nine international awards.

Evanchuck's movies dealt with mental illness, individuality, and existential ideas of how life should be lived freely and creatively.

“He sought truth,” says Lacelle. “He was a bubble-burster for sure. He wanted to demystify the reality of everything; that was his mantra.”

Evanchuck's drive to create never faltered, despite the marathon of medical treatments. Even when he broke a leg and shoulder while undergoing chemotherapy, he still drove from Ottawa to Chipman, New Brunswick, where he and Lacelle have a second home—their "art house," she calls it.

"Every day, as sick as he was, he would not stop," says Lacelle, wiping the tears from her cheek. "He taught me you can do anything. Nothing is impossible."

While his professional life was on the world's stage, there was a Peter not many knew. My conversation with Lacelle ended on this touching note: "What was in his heart, the depth of his soul, I don't think people really knew."

To learn more about Peter Evanchuck's and Hélène Lacelle's work, visit: [www.bookshandmade.com](http://www.bookshandmade.com) ; [www.movie-shandmade.com](http://www.movie-shandmade.com) and [www.marvelousrealismcanada.blogspot.com/](http://www.marvelousrealismcanada.blogspot.com/).

To read Evanchuck's articles in previous issues of IMAGE, see: <http://home.imagesandyhill.org/tag/peter-evanchuck/>

*All our contributions to understanding  
life start with our curiosity to pursue  
knowledge of our lives and our culture.*

– Peter Evanchuck

## Remembering François Bregha, the man who shared Sandy Hill's stories

## Hilary Duff

To describe François Bregha as someone who documented the history of Sandy Hill seems like an understatement. For so many, including myself, François brought to life a century and a half of Sandy Hill history. He used his research, storytelling, and writing abilities to help us learn about the people and places that shaped our neighbourhood — and by extension, our city and this country.

His labour of love can be seen on the “Sandy Hill Stories” website ([ash-acsc.ca/history](http://ash-acsc.ca/history)). As a community resource, the site is amusing and relatable. It humanizes Sandy Hill’s most prominent residents, while also highlighting the lesser-known stories of the activists, French language champions, public servants, and everyday individuals whose stories are an integral part of our neighbourhood.

On July 14, 2022, François died peacefully at home after a two-year battle with ALS. A month earlier, he had celebrated his 70th birthday and had cheekily changed his laptop screensaver to one of the Queen's platinum jubilee celebrations, claiming the 70th anniversary as his own.



**Jane Waterston and the late François Bregha outside their Russell Avenue home. François was recognized as Action Sandy Hill’s “Volunteer of the Year” in 2014, though his record of neighbourhood engagement stretched over more than a decade.**

pedic knowledge of all things Sandy Hill.

One of his frequent collaborators was Trina Cooper-Bolam. In 2018, François and Trina teamed up to represent ASH over the proposed demolition of the former Ugandan High Commission building at 231 Cobourg St. The pair made the case that the building, which had been home to Lester B. Pearson during an important period in the former Prime Minister's life, had significant heritage value.

Although the building was more recently constructed than its neighbours, François argued for recognition of its historical associations and character-defining interior and exterior elements. It was a difficult argument to make given the modesty of the building's architecture, yet it was a line François believed important to draw, particularly given that permission for its demolition had been granted to make way for the construction of a modern non-residential building at odds with the surrounding heritage streetscape.

“François was such an incredible diplomat and put forward such a cogent and persuasive argument in a way that was still polite and gentle,” describes Trina. “He was always able to deal with these contentious issues while still being respectful of everybody. He was really the good cop to my bad cop.”

Former ASH president Susan Young met François in the early 2000s. The pair worked together on several professional and community projects. Susan remembers his modesty and even-tempered nature—always served up with a quirky sense of humour.

“[Because of François] we all know so much more about the place where we live,” says Susan. “François’ work also tied into initiatives like Prime Ministers’ Row and the idea that we need to learn more about Canadian history by meeting the many characters who lived here in Sandy Hill.”

Though François is no longer with us, his legacy lives on in the stories he shared and the projects he championed. His community activism inspired many, and no one can discount his knowledge, humility, passion, or kindness.



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# Une grande perte pour la Côte-de-Sable, l'Université d'Ottawa et la communauté spirituelle d'Ottawa

Christine Aubry

Les matins sur l'avenue Blackburn ne sont plus pareils depuis la fin septembre. Auparavant, lorsque je sortais promener mon chien, je rencontrais très souvent mon voisin, Nérée St-Amand, qui faisait tranquillement son chemin jusque chez Safi Fine Food pour prendre son café matinal.

Alors qu'il avait de plus en plus de difficulté à marcher, lui qui autrefois courait des marathons, il ne se plaignait jamais. Au contraire, toujours souriant, il s'exclamaient soit devant le temps, ou mon chien, ou la simple joie de vivre.

C'est Mohamed Ali Abdo, co-propriétaire de Safi Fine Food, qui m'a fait part du décès de mon voisin. Abdo partagea avec moi sa profonde tristesse : « C'était un mentor pour moi, une inspiration, une sagesse. Il a fait parti de mon cheminement vers la réussite de mon commerce et me conseillait durant notre café du matin, expliqua-t-il. Il me disait toujours "Merci d'être là" et "Gardez votre sourire quoiqu'il arrive." »

St-Amand, fier acadien originaire du Nouveau-Brunswick, fut professeur de service social aux Universités d'Ottawa et de Moncton. D'abord directeur de l'École de travail social à l'Université de Moncton, il fut ensuite un des fondateurs de l'École de service social à l'Université d'Ottawa dans les années 90.

Très critique des structures sociales, il était défenseur ardent des droits des personnes marginalisées. Abdo me raconta que durant la pandémie, lorsqu'ils se promenaient à deux sur la rue Rideau, St-Amand s'arrêtait quand il voyait un sans-abri : « Il voulait savoir pourquoi

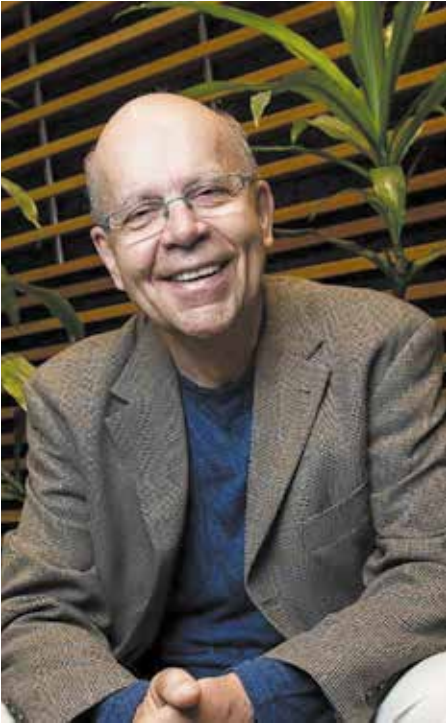


Photo fournie par la famille St-Amand

**Nérée/Utsahi St-Amand, qui habitait l'avenue Blackburn, était un des fondateurs de l'École de service social de l'Université d'Ottawa et propriétaire du magasin Garden of Light. Il est décédé subitement le 21 septembre 2022.**

cette personne était dans cette situation, me dit-il. Il avait un grand cœur lorsqu'il s'agissait de travail social. »

St-Amand fut aussi connu sous le nom d'Utsahi (mot Bengali signifiant « enthousiasme »), disciple du maître spirituel indien Sri Chinmoy depuis plus de 35 ans et propriétaire du magasin Garden

of Light. C'est dans ce contexte que je l'ai connu un peu mieux, lorsqu'il offrait gratuitement des soirées d'introduction à la méditation.

Petit havre de paix en plein centre-ville, Garden of Light fut longtemps sur la rue Laurier ici dans la Côte-de-Sable, avant de déménager sur la rue Bank dans le quartier Old Ottawa South. Lors de ses voyages au Népal, St-Amand avait établi de liens serrés avec les artisans et leurs communautés. Il en importa donc divers objets décoratifs et spirituels, y compris encens, cristaux, instruments de musique, coussins de méditation, etc. Il allait tous les jours au magasin pour y jouer les bols chantants tibétains, musique qu'il enseignait aussi.

Une de ses employées, Brahmata, me relata la grande perte de sa communauté spirituelle : « Il était la personne la plus joyeuse. Il rentrait toujours avec un grand sourire, en chantant. C'était le meilleur patron au monde! Il était tellement gentil, encourageant et reconnaissant. » (Traduit de l'anglais)

Mais l'endroit le plus paisible pour St-Amand, c'était son chalet dénommé «La Chanterelle» sur le lac Neil, au Québec, où sa lumière s'éteignit subitement le 21 septembre. Lors de la cérémonie de la vie de St-Amand, sa famille ainsi que ses collègues et amis ont tous décrits une personne qui leur était une source d'inspiration, avec une énergie débordante, une joie de vivre contagieuse, mais aussi une grande sensibilité.

St-Amand nous laisse avec ces mots de Thomas Campbell, qu'il partagea dans son testament : « Vivre dans les cœurs de ceux que nous laissons derrière nous, ce n'est pas mourir. »

Nérée, Utsahi, tu restes dans mon cœur et dans le cœur de ta grande communauté.



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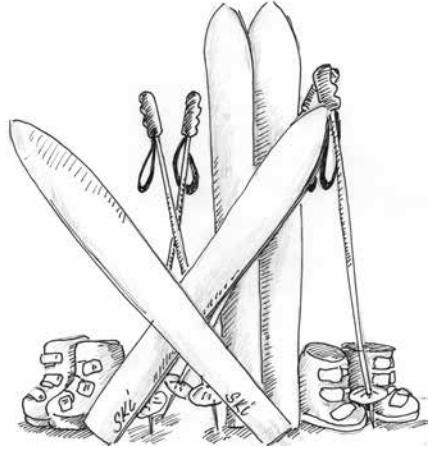


Illustration Claire MacDonald

# Christmas at Carty House: Creating my own Canadian Christmas

Ishimwe Marie-Laure

My family is from the East African country of Burundi, so I grew up there, in Rwanda, and in Kenya. I'm still new to Canada, but this year is my second Christmas living at Carty House in Sandy Hill, the only home in Ottawa dedicated to refugee women.

Christmas in Africa is a big thing and it's a huge rush. Here in Canada, you have that rush but it's prolonged because people have been thinking about holiday gifts since October. Back home, parents decide on December 24 how much they have to spend, and everything is bought last minute. You see Christmas trees being bought everywhere—people even carry them home under their arm while taking motorcycle taxis!

Traffic can get really bad in the city, and there are people who walk from car to car selling everything you can think of. My dad is a last-minute person so he would often buy his gifts while stopped in his car. You can literally do all your shopping in 30 minutes.

For a lot of families, Christmas is the main time of year when parents can do something for their kids. So it seems like the whole city has new outfits. Everyone is cooking good, looking good, feeling good. And everybody is together.

Growing up, we always hosted a lot of people for Christmas. I have five siblings, so we're a big family. Christmas was knowing there were going to be a lot of good people around. My mom loves to host. For her it was the food and dressing well, and she's the type of person who wants people to be happy. My dad is very funny and outgoing. He talks to everybody and would joke about everything.

On Christmas day we would eat chicken and rice because that's the best thing to



**Christmas 2022 at Carty House was celebrated with a fun night of games, prizes, and lots of yummy food and cookies. They even had a visit from Santa! Author Ishimwe Marie-Laure is in the back row, third from left.**

make for a big group of people. All the kids would sit on the floor. At the start we'd be shy to talk to each other, but then you share food and end up playing and talking.

Even when there was war, it felt like the rebels rested on Christmas. One thing about Africans is that they really respect that it's Jesus' birthday. It was always like, "Not today, it's a party." People could let down their guard and everyone would come together for a good time.

We grew up watching lots of western

Christmas movies. So I thought Christmas in Canada was going to be like the movie Home Alone. I watched that movie a lot, and I remember how they had a house with lots of gifts, decorations, and a big tree.

Last year for my first Christmas at Carty House, we all decorated the house together, and I really liked that. I went to a British school in Kenya, so kids would always talk about their Christmas and I heard how different it was from mine. I've always wanted to experience a west-

ern-style Christmas.

Louise, the operations manager at Carty House and our Canadian mom, gave us gifts from Carty House and the staff planned games. Even though we're all older, you could see the inner child in everybody because many of us never had this growing up.

And of course we still had African food! It was a collaborative meal and everyone cooked rice, chicken, and plantain. Because of this, Christmas still felt like Christmas from back home, but we also incorporated Canadian desserts.

Another thing that's good about Christmas at Carty House is that you get to learn about and appreciate other cultures. All 10 of us living here come from different social backgrounds, cultural backgrounds, and there's a huge age difference. At the same time, we're going through the same thing as refugees in Canada. Because this is a transitional home, we try to cherish celebrating Christmas together, because we might not get to do that again next year.

Last year I also had Christmas with my brother. It really brought back memories to experience some Christmas from back home as well as a new Canadian Christmas. I love this blend.

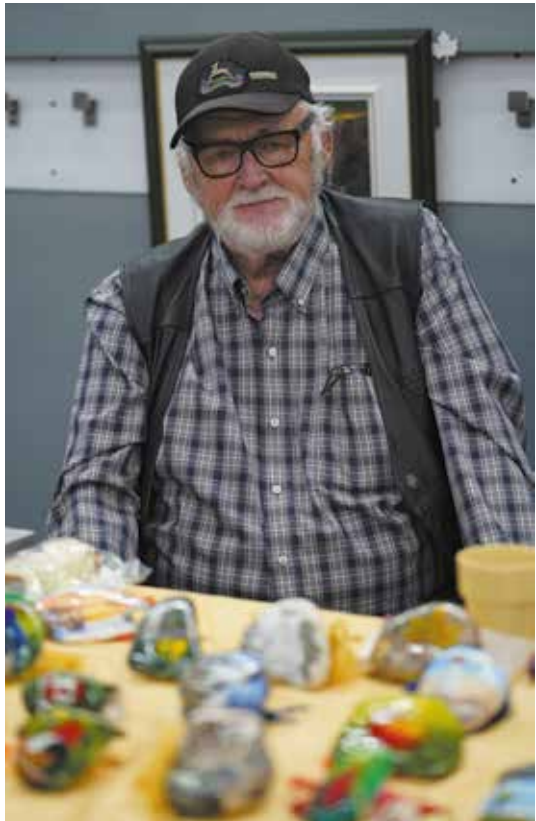
I'm very close with my family and we always try to have a video call so we feel like we're still celebrating together. My parents are big on that. It's hard with the time difference because it's night for them and they want to drink, but I can't "cheers!" them at 10 in the morning. Seeing everyone growing up, having kids, and living their own life can be kind of sad sometimes, but it's a good change.

It makes me feel like I can find my own way. That is what this move to Canada has really been about for me. A time to figure out who I am, what I want to do and what I like. That means finding my own Christmas, too. — As told to Hilary Duff



# One & Only art show, 2022

The One & Only Arts and Crafts Fair returned after the two-year pandemic hiatus! Hosted on Saturday, November 12 at the Sandy Hill Community Centre, the fair was organized by members of Action Sandy Hill, our local community association. Here are a few of the faces and wares that were on display at one of the first craft shows of the season.



Terry Cowan’s table was full of smooth, colourful stones painted glossy with natural landscapes, wildlife, and birds. The stones come from either the Bay of Fundy in New Brunswick or Lake Superior in northern Ontario. Many of Cowan’s scenes are painted from memory or made up entirely, though his OC Transpo scene is a reference to when he used to work with the public transit agency.

## Photos and text by Hilary Duff

A few pendants, earrings, and brooches meticulously created by Curtis Shaw. Each piece features an origami figure dipped in resin.



Élise Gauthier grew up in Sandy Hill and learned about the One & Only Arts and Crafts Fair from her mom, long-time IMAGE volunteer Betsy Mann. This was her first official craft show selling her “unique and whimsically imperfect yarn creations.”

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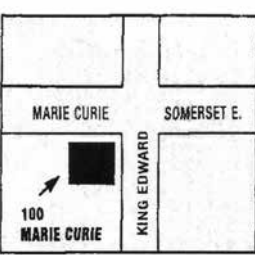
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Dimanche 10h00 - 14h00  
Sunday 10:00 - 2:00



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Orleans-based artist Lynn Dempster had a table full of mittens made from re-fashioned sweaters. Rummaging through bins and racks at Value Village and the Salvation Army thrift store, Dempster especially covets sweaters made of wool, boiled wool, and anything colourful! Each sweater yields between two to three pairs of mittens.



Polymer clay ornaments made by Line Labrecque. These expressive Santa heads (and fish, birds, and snowmen—not pictured!) are carefully crafted around a glass ornament before being baked in the oven. Each ornament takes Line a few hours of work and requires her complete focus, though she calls the process quite meditative.




Painter Pierre Lambert and his sister, Carole.





Yulia Lisitsyna draws inspiration from East European, Nordic, and Italian design for her ornaments and magnets.



Events like the One & Only can't run without a dedicated team of volunteers! Pictured in between serving snacks and selling raffle tickets are Louise Lapointe, Christine Aubry, and Krista Ranacher.



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# A tour of the Moroccan Embassy on Range Road

Hilary Duff

One of the most striking architectural elements in Sandy Hill is the hand-carved oregano pine and cedar wood door of the Embassy of Morocco at 38 Range Rd. Constructed by master carpenters and sculpted by artisans in the Moroccan city of Fes, the door is an impressive entryway into the recently renovated embassy.

In October, myself, a few Sandy Hill neighbours, and a delegation from Heritage Ottawa were fortunate to receive a tour of the Moroccan Embassy. Our gracious host was Ambassador Souriya Otmani, who was eager to showcase the significant time, care, and investment that have gone into transforming the building. The timing is fitting—2022 marks 60 years of diplomatic relations between Morocco and Canada.

When the embassy reopened in 2021, construction manager Assad Bouayed described it as a “gallery.” As you can see from the photos, this is an understatement. Though the offices are modern in function, the design of the alcove spaces, boardroom, and ambassador’s office feel like stepping into a peaceful corner of a Moroccan riad.

One trademark of Moroccan design is mosaic tilework called *zellige*. Individual hand-chiseled tiles fit together to form complex geometric motifs, including radiating star patterns. In the Embassy of Morocco, these *zellige* tessellations appear in multiple rooms, from the backsplash of the boardroom to the walls of the VIP and driver sitting areas.

The *zellige* is even more impressive when Bouayed shares how it was as-



The Sandy Hill delegation with Ambassador Souriya Otmani (front row, second from right). For more information on the exterior door of the Moroccan Embassy, visit the IMAGE website and search “Morocco” for our story about the door in the June 2021 issue.

sembled. Crouched on the floor, artisans arranged tile after tile like a giant puzzle. Liquid cement was poured over top, left

to dry for several days, and then the single heavy slab was hoisted and secured to the wall with more liquid cement.

The hand-carved wood ceiling and wall panels (white and red cedar) are equally hefty, and careful calculations were made to reinforce the structure to support the weight. In the ambassador’s office, brass lanterns and sumptuous green velvet couches complete the ambience. Though the other offices are less ornate, each boasts a hand-carved wood door, custom made in Fes.

Bouayed—who is himself Moroccan-Canadian—brought over five artisans from Morocco to work on the interior of the embassy. For months, the artisans performed meticulous, intricate work, from installing the marble slab floorway with *zellige* tiles to the mosaic and wood installations.

“The whole thing was such a reflection of Morocco and I think it’s a huge, huge success,” says Katherine Spencer-Ross, President of Heritage Ottawa and a Sandy Hill resident. “From the front door to the interior, it really is an invitation to come to Morocco.”

From a heritage perspective, Spencer-Ross also applauds the embassy’s decision to renovate the existing building. Constructed in 1950 as a private residence for Ottawa architect Auguste Martineau, the building was purchased by Morocco in 1972. The embassy decided to incorporate Moroccan elements through the door and interior, rather than constructing a new building on the lot that may not have blended as well with the streetscape of Range Road.

Overall, the Moroccan Embassy is absolutely stunning from the moment you enter the front gate. We hope these photos offer a small glimpse, and that we may see it on the list for next year’s Doors Open Ottawa!



The VIP sitting area on the main floor of the Moroccan Embassy.

Photos by Katherine Spencer-Ross and Hilary Duff

Detail of the decorated door at the ambassador’s office.

UrbanOttawa.com

Wishing you and yours a happy and healthy year to come. Thank you kindly for all your business and referrals again during 2022. I look forward to working together in the years to come.

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Je vous remercie d'avoir fait affaire avec moi et de m'avoir recommandé vos proches au cours de l'année 2022.

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Around the World in Sandy Hill tour

Photo John Zvonar

Hilary Duff’s “Around the World in Sandy Hill” walking tour for Heritage Ottawa took place on an unseasonably warm day at the end of October and toured 40 people around the diplomatic missions and residence buildings on Range Road and Wilbrod Street. That included the Algerian Embassy building at 500 Wilbrod Street (pictured above). Hilary hopes to offer the tour again in the spring for Sandy Hill residents and friends.



Photo Peter Rinfret

CAT house now gone

In late November 2021, a once magnificent but unoccupied house at 335 Daly Ave. mysteriously burned to the extent that it could not be salvaged. In spring 2022 this large CAT arrived taking up the entire front yard, and neighbours and passersby wondered why and when it would be used. Finally, an answer. Around December 8, the machine demolished most of the house and two days later was still standing on a pile of rubble with a small part of the building remaining (see photo page 1).

— Judy Rinfret

# An update from Sandy Hill’s community association

Louise Lapointe



Beginning this issue, Action Sandy Hill (ASH) is invited to provide a regular update for IMAGE readers on its committees, activities, and various goings-on in the community.

ASH is Sandy Hill’s venerable community association, founded in 1969. One of the objectives of ASH is to preserve and conserve the elements of historic and architectural merit in buildings and properties.

It is worth noting that, after 50 years of committed community association activity, the neighbourhood’s built and cultural heritage—and all the progress made to protect it—is once again under threat, this time through the province’s Bill 23.

ASH is a volunteer association that brings together community members who share a common passion for their neighbourhood. Residents can contribute through participation in one of ASH’s committees or by volunteering to help at an event like the upcoming Winter Carnival in January (see ad on page 7).

ASH’s current priorities are to identify solutions to some of the most pressing problems that the neighbourhood faces. These include concentration of social services in the area, transportation, planning, development and heritage, the environment, and university relations through the Town and Gown committee.

Through its various committees, ASH provides recommendations on City proposals, solicits resident input on issues pertaining to planning, bylaws, and transportation, and continuously engages with residents and

businesses, politicians at all levels of governments, City administration, and agencies providing services in the neighbourhood.

ASH also celebrates the community and creates opportunities for gathering and togetherness through a variety of events, including Art in the Park, the One & Only Arts and Crafts Fair, the Winter Carnival, and by sponsoring community events in Strathcona Park and throughout the community. Led by volunteers, ASH also maintains and operates the community rink in Annie Pootoogook Park behind the community centre.

Finally, ASH publishes a monthly online newsletter for its members that provides updates on committee activities, important neighbourhood information, and interesting and informative trivia about our heritage. Sign up for the newsletter at the website (ash-acsc.ca).

The ASH Board meets on the last Monday of every month (except August and December) and holds an AGM each June. All are welcome to attend these meetings. If you want to become a member, join the Board of Directors, champion a cause, or just say “hi,” please attend an upcoming meeting or drop us a line at info@ash-acsc.ca! We want to hear from you.

Keep an eye out for upcoming articles on committee activities.

Louise Lapointe is chairperson of ASH.

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# One Besserer Street home and its early 20th century occupants

Sarah Carter

Amelia McLean Paget (1867–1922) lived at 451 Besserer St. from 1899 until her death in 1922. She was best known as the author of *The People of the Plains* (1909) about the nehiyawak (Plains Cree) and Saulteaux (Plains Anishinaabe / Ojibwe) of Treaty Four in southeastern Saskatchewan. McLean Paget was well acquainted with them, spoke their languages fluently, and researched her book through a three-month field trip and interviews with Elders in 1906.

Amelia was born at Fort Simpson in the Northwest Territories and was raised at Hudson’s Bay Company (HBC) trading posts including Fort Qu’Appelle. She was the eldest of 12 children born to W.J. and Helen McLean.

Helen’s great-grandmother was an Indigenous woman and Amelia had a vast network of fur-trade relations with Indigenous ancestry. She also had deep roots in the Red River Settlement (Winnipeg) where she attended the Anglican St. John’s College Ladies School.

From the age of 19, Amelia and her family lived at Lower Fort Garry where her father oversaw the Lake Winnipeg district for the HBC. While here, Amelia worked occasionally for the Department of Indian Affairs (DIA) as a translator. Her language skills were highly valued. While McLean family children did not identify as Métis, Amelia and other siblings applied for and received Métis scrip, a Canadian government-issued document that could be redeemed for land or money. Amelia was awarded \$240 in 1894 after detailing her Métis ancestry.

The McLeans, including Amelia, were briefly national celebrities in 1885 when they were stationed at Fort Pitt during the resistance and spent two months with the nehiyawak leader Mistahimaskwa (Big Bear) and the Plains and Woods Cree who



The property at 451 Besserer St. is still standing today. Visit for yourself to read the heritage plaque.

were trying to avoid the Northwest Field Force. Amelia was singled out by the press in June 1885 as “plucky enough for a life guardsman” as saying about her months with the moving camp that “she would not have believed the endurance they all manifested possible, but now looks back at most of it with enjoyment.”

In 1899, Amelia married Frederick H. Paget, who that year was appointed chief accountant of the DIA and was transferred from the Winnipeg office to Ottawa. They settled at 451 Besserer St., built in 1867 by plasterer William Beattie. The building is now a designated heritage property with elaborate interior plasterwork. She

gave birth to a daughter, Helen, in 1901.

It’s at this Sandy Hill property where Amelia completed *The People of the Plains*, a positive portrait of Indigenous peoples that defied negative stereotypes of that time and beyond.

In the book, she directly challenged negative representations of Indigenous women, portraying them as knowledgeable, industrious, creative, and as outstandingly attentive mothers. The book conveys a wealth of information on the history and culture of Treaty Four Peoples.

Amelia died in Ottawa in 1922 and she is buried in Winnipeg.



Amelia McLean Paget  
University of Winnipeg Archives, Western Canada Pictorial Index. Nora Hiam Collection (A0633-19590)

*The McLean family’s two months with Big Bear’s group during the North-West Resistance is described in The Circle Broken, Manor Park resident Judith Lishman’s poignant historical novel of this tragic time. The book is available at Books on Beechwood.*

*Sarah Carter is Professor and Henry Marshall Tory Chair Emerita at the University of Alberta, Department of History, Classics and Religion, and Faculty of Native Studies. She wrote the fascinating introduction to the reprint edition (2004) of The People of the Plains which is available in the Ottawa Public library.*



## World Cup fever floods Sandy Hill

Nov. 27 — The Bridge Public House at the Rideau Sports Centre was jam packed for Canada’s second World Cup match, against Croatia. A viewing party hosted by new Rideau-Vanier Councillor Stéphanie Plante (left), Croatian Ambassador Vice Skračić (centre), and Rideau-Rockcliffe Councillor Rawlson King, was well attended despite the early start time. Unfortunately Canada lost the match to Croatia 4-1, despite a notable goal by Canadian Alphonso Davies.





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Illustration Dawna Moore



Photos Michael Souliere

During the first few weeks of winter, broccoli remains to be picked and has a delicious flavor to it. Our thanks to Michael for sharing these shots from the Strathcona Heights community garden! Pictured left to right: Richard Mathewsie and Michael Mathewsie.





Ken's Bygone Sandy Hill

# Where all legal bigwigs met, one century ago

Photo Ken Clavette

Ken Clavette

For over 100 years, Sandy Hill was the centre of legal Ottawa, and the heart of that was the Albion Hotel. The lawyers, judges, juries, criminals, and police have departed. Now, only the buildings remain.

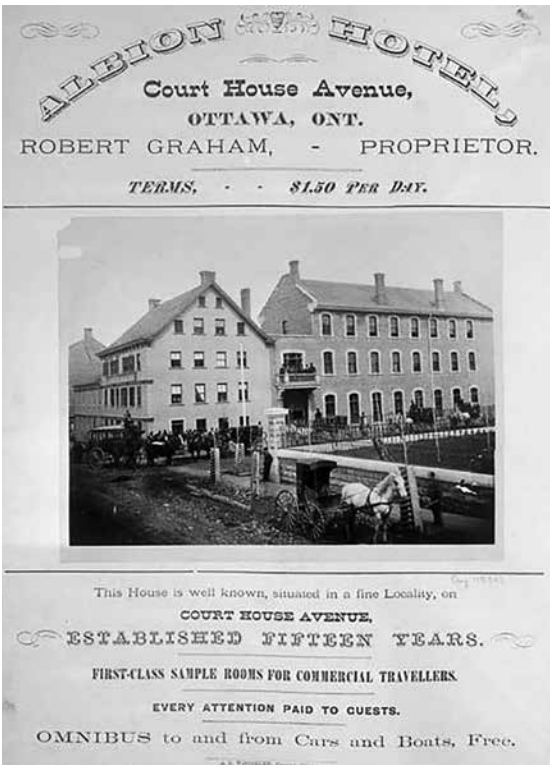
In 1862 the gaol (jail) was built at 75 Nicholas St. Ten years later the province would build a Court House on Daly Avenue. Sometime before that there was a hotel on Daly with its origins covered in the mists of time. By the 1870s the Albion Hotel would be the location where all in the legal community would meet to eat, drink, and often have a case settled and presented to the judge after lunch. If a jury could not reach a verdict, they would be taken across Daly to be kept at the Albion over night. William McSeveney, who grew up on Nicholas Street, wrote in *Lost Ottawa*, “the coppers, the Magistrates, court clerks, and yes the criminals all drank here, sometimes at the same table.”

In 1957, the Ottawa police abandoned their deteriorating station on Queen Street and moved into a new headquarters building at 60 Waller St. Now all the city’s legal community was on the doorstep of the Albion. It would not be unusual for the police to turn up requesting some of the patrons to cross the street to join a line-up parade if they needed to identify a suspect. And of course, the hotel was a good place for an after-shift drink or two.

By the 1970s and 80s the pressures on the now aging buildings meant changes were coming. The first to depart was the jail, moving out to Innes Road in 1972. The building and its ghosts remain now as a backpackers hostel. The next to leave was the police station to a new building on El-



The Albion Rooms today. Perhaps you’ve been here for a cocktail or two?



gin Street in 1983. The courthouse was closed by the province and sold to the City of Ottawa—and in 1985 became the Arts Court. That left only the old Albion Hotel and it was too far away from those who once worked in legal Ottawa. On Friday, July 13, 1984, the bartenders pulled their last pints as the community held a wake to say farewell to a venerable institution. The City gave a heritage designation to the exterior of the Albion as it was included as part of the Novotel Ottawa hotel. The walls now hold The Albion Rooms, a cocktail bar and restaurant.

What remains was once a part of a larger establishment with a long and storied history in Sandy Hill. There are many Albion stories still to be told.

Left—The Albion Hotel, as pictured in *The Ottawa Citizen* on September 8, 1934.

Photo 1875 LAC C-002230

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Illustration Dawna Moore

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# The Other Path—Odyssey Theatre launches new audio drama podcast

Leslie Kellestine

If you have missed Odyssey Theatre Under the Stars performances in Strathcona Park the past few summers, you will be glad to know that Odyssey Theatre has launched a new podcast series called *The Other Path*. You can now enjoy the magic of this award-winning theatre in your own home.

What if the magic from myth, legend, and folklore existed today? Find out in *The Other Path*, a haunting audio drama series filled with mystery, danger, and magic. The podcast was named by New York Magazine's Vulture as one of their "five spooky podcasts to check out right now."

Artists from across Canada were brought together by Sandy Hill residents Laurie Steven and Janet Irwin. Steven, who is Odyssey's Artistic Director, was the series creator and director, and shared the script advisor role with Irwin.

Steven invited five acclaimed writers to create an audio play inspired by an international folk tale but set in our modern world. Among the writers are internationally recognized fantasy author Jo Walton, winner of the Hugo and Nebula awards in 2012, and Marty Chan, creator of *The Dim Sum Diaries* that aired on CBC Radio from 1994 to 2000).

State-of-the-art sound and music with high-impact performances from 15 Canadian actors transport listeners to a world where witches, shapeshifters, and trick-



Ottawa actors Bruce Spinney and Erin Eldershaw record *Heart's Home* for Odyssey Theatre's *The Other Path* podcast.

ster spirits are found among us in parks, garage sales, and dive bars. Listeners will recognize local and Odyssey veteran actors, including Soo Garay, Maryse

Fernandes, William Beddoe, Erin Eldershaw, Bruce Spinney, Jesse Buck, and Alix Sideris.

In Steven's search for a way to continue

Odyssey's work during the pandemic, the idea to create a podcast came from a source she least expected—her teenage goddaughter. "She is an avid podcast listener and regularly engages with vlogs and web series. When I saw her connect with stories told digitally, I began to plan how Odyssey could do it too. After all, with no sets, costumes, lights or staging to worry about, how hard could it be?"

Steven quickly discovered just how much work goes into making an audio drama series like *The Other Path*. She notes, "The soundscapes, sound effects, music, stereo effects all have to work together and took many months, interrupted at times by the pandemic."

Steven and Irwin worked with 40 theatre artists and professionals during the pandemic to bring the series to life. Odyssey veteran and well-known actress, Soo Garay, called the series a lifeline for her and her fellow actors during the pandemic.

Two years after Steven first got the idea, the series has now launched and is reaching international audiences. "I am already thinking about a second season for the podcast, but I am looking forward to returning to live performance in Strathcona Park next summer," says Steven.

Just in time for the holidays, season one's five episodes are available now for listening at [theotherpath.ca](http://theotherpath.ca), where you can also learn more about this unique local initiative. The series is also available on your favourite podcast streaming platform.



## Another Laurier Avenue East rebuilding project complete

Laurier Avenue East was closed for approximately two weeks between King Edward and Range Road in late October and early November as part of intersection rebuilding and realignment work (photos at right from Nelson). Road signage in the area redirected traffic to nearby routes while allowing local access to residents and businesses. This is a further project to enhance the pedestrian, cyclist, and vehicle traffic along Laurier.

— Photo and text Bob Whitelaw

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## Film review

# On the Water, Peeter Simm

Ralph Blaine

Last month the Estonian Ambassador, recently installed in his new Embassy in the renovated heritage house at 168 Daly, offered IMAGE two tickets to *On the Water*. This is the most recent film by Estonian film director Peeter Simm, which was shown on November 29 at the European Film Festival. We were delighted to get the tickets and share our experience with you.

Peeter Simm was born in Soviet Estonia in 1953 and graduated from a Moscow film school in 1976. His first full-length film, *Ideal Landscape* (1980), dealt with life on an Estonian collective farm and has been hailed as the best Estonian film ever made. It was immediately banned by the Soviet state. Simm then pivoted to a children's film, *Arabella* (1982), and went

on to direct many more films, both before and after the break-up of the Soviet Union.

*On the Water* is like a remake of a Tom Sawyer movie—except with more fishing. Andres, our hero, even has a Huck-Finn-like sidekick who is, well, constantly fishing. In his small town, Andres is surrounded by a rough-and-tumble crew of seemingly feckless adults. The men may beat their wives; the women may fight in the streets, but in the end, they are always there to guide Andres through the usual thicket of adolescent trials. Rest assured that the school bullies are subdued; a golden-haired girl is beguiled and Andres is soon catching more pike, pickerel, and perch than his grandmother's frying pan can deal with. What film director can resist a coming-of-age story? Simm gives us no original takes on this genre, but he does offer charm and a few sly winks at the commissars of the Soviet era in which the movie is set.



The Estonian Embassy in Ottawa officially opened its chancery at 168 Daly Ave. on November 21, 2022. Ambassador Margus Rava (right) hosted Estonian President Alar Karis (centre), as well as other Canadian, European, and Estonian dignitaries, in the restored limestone home.

## Ottawa winter film festivals

Sandy Hill residents are lucky to have easy access to film festivals throughout the year. Here are a few that are coming up this winter.

### Banff Mountain Film Festival

January 29-31, 2023, at the ByTowne Cinema. The actual festival in Banff has just ended, and some of the best selections will reach us early next year. These screenings tend to sell out, but tickets can be purchased now from Trailhead, [www.trailheadpaddleshack.ca](http://www.trailheadpaddleshack.ca)

### International Film Festival

March 8-19, 2023. The program hasn't yet been released, but the 2022 festival featured 27 films so there is certain to be something for every film lover. Keep your eye on [iffo.ca](http://iffo.ca) for the details. The IFFO is hosted by the Canadian Film Institute, which is based out of the Arts Court building at 2 Daly Ave.

### Ottawa Black Film Festival

March 24-26, 2023. The OBFF fosters inclusion by showing films that share the realities of Black people from Canada and around the world. The first two years of the festival were hosted online, but there's a chance we might see the program in real life this year—and perhaps even at the ByTowne Cinema. More details: [ottawablackfilm.com](http://ottawablackfilm.com) — Paula Kelsall

# A new recipe for helping your neighbour: Start a Meal Train

Betsy Mann

I remember my mother's freezer filling up after my father died, 40 years ago. Her friends, her neighbours, the ladies' group from her church—they all brought enough casseroles, pies, and muffins to feed the family for weeks. It's an age-old tradition to bring food to a family going through a challenging time, whether due to sickness, bereavement, or a new baby. Though the nature of community connections has changed, the desire to show support with food is still strong. Now technology is there to help build a wider and more efficient web of community than was possible in 1982.

It was a good thing my mother had a freezer then, because the meals and baking all came in at once. The contributions were much appreciated and generous, but not coordinated. Even with family members arriving for the funeral, without the freezer, food would have spoiled. And how many tuna casseroles could we eat in a week anyway? Today, free apps like Meal Train help solve this coordination problem.

Once a Meal Train page is created for the person or family who could use support, people can sign up to bring a meal on a specified date. They can also describe the dishes that they will bring; by letting other cooks see what was sent recently, the family avoids getting three tuna casseroles in a row! The Meal Train page also has room to note preferences and dietary restrictions, so no one provides food that the recipients won't enjoy. The app also sends reminder emails in advance, one to the cook in case they've forgotten what they promised, and one to the recipients to let them know what's coming. The whole process is smooth and easy for all involved.

Former Action Sandy Hill president Susan Young used the Meal Train platform a couple of years ago to set in motion regular meal deliveries to Jane Waterston and François Bregha during François' long illness. Names quickly appeared beside dates for this couple who were well-



Dodi Newman's delicious recipes, published in IMAGE, make perfect Meal Train offerings. Find this one, **Scalloped potatoes with ham**, at <http://home.imagesandyhill.org/> under December 2016.

known from their years as active volunteers in the community. If the process was easy from the contributors' side, Jane confirms that it was wonderful for her and François. "It made a huge difference," she says, "and not only because it was a night off from cooking. We could consult the Meal Train page and know what to look forward to each week. The variety was very welcome."

Jane and François opted for a Monday night dinner, making sure there would be someone home to receive the hot meal between 5:30 and 6:00 p.m. "It made Monday a special day," remembers Jane. "Porch drop-off turned into an opportunity to socialize a bit. Then returning pans and dishes to people was an outing for me and another chance to see them." In this way, she points out, using Meal Train actually increased personal contact, contrary to the usual view of technology's effect on social relationships. "I got to know people better through what came out of their kitchen," reflects Jane.

Another Sandy Hill resident also used technology to organize support for a family dealing with medical challenges a number of years ago. Preferring to remain anonymous, she explains, "I really didn't do much, just set up something like an Excel spreadsheet which I shared through Google Docs with people in the

family's networks: neighbours, work colleagues, their children's friends' parents." The shared schedule included information about quantities, food preferences, and best times for drop-off to suit the family's schedule. She found lots of people who wanted to help, but who hadn't been sure how to do it. In addition, these people, coming from different milieus, weren't necessarily in touch with each other so coordination was difficult. Providing a structure for meal delivery centralized their efforts and channelled their good intentions into something that was helpful

without being overwhelming. "Since the meals were coming from different kitchens, there was lots of variety to stimulate the appetite, which is often affected by illness," this community-minded person observes, then continues, "But it's about much more than the food. It's concrete evidence that people are thinking of you."

This part hasn't changed since my mother's community filled her freezer with food. With each bite prepared by someone who cares about you, you know you are not alone in your troubles. Or as Jane put it, "It was a very real help. It felt like a big hug!"

For more information about the Meal Train app, visit [www.mealtrain.com/features](http://www.mealtrain.com/features).

## SNOW MOLES 2022

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### Instructions for Age-Friendly Ottawa SNOW MOLES

1. When you go out for an errand or a walk, please use the **Snow Mole Questionnaire** to note features and conditions that are "safe" (e.g., a bench cleared of snow) as well as "unsafe" (e.g., snow piled up in intersection).
2. We encourage you to **take and submit photos** of both safe and unsafe features and conditions. Send photos to [snowmoles@coaottawa.ca](mailto:snowmoles@coaottawa.ca)
3. Complete the questionnaire between **January 1 and March 31**. Online [coaottawa.ca/snowmoles](http://coaottawa.ca/snowmoles) or drop off/mail it to: The Council on Aging of Ottawa, 217-815 St. Laurent Blvd, Ottawa, K1K 3A7

Questions? 613-789-3577 ext.103

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Thank you for joining the Snow Mole Patrol!



Book review

# Images Made with Plants: On the nature of impermanence, by Barbara Brown

Maureen Korp

Barbara Brown is an artist whose work with labyrinths is well-known in Ottawa. For many years people have gathered at Christ Church Cathedral to walk a labyrinth she designed. The artist built a larger one at the Experimental Farm in 2014, centered on the big oak tree. A good many Carleton University students found their way to its centre. What better way to calm oneself before writing an exam?

In 2021, the artist's outdoor installation of four large panels at the School of Photographic Arts caught the eye of many. "Earth Bound a study of photosynthesis" portrayed plant beds as human silhouettes, vegetation returning to the earth. Could that be?

Barbara Brown is an artist whose earth-centered art has long been one of a quiet awareness of change. Her latest work, entitled *Images Made with Plants*, is an "artist's book." It is not a book about art, but is itself a unique artistic medium.

She has subtitled this work, *On the Nature of Impermanence*. Read the book in daylight; natural light is a variable. Turn the pages slowly. See what she means. The colours of each page change as the eye becomes more sensitive to ambient light. The text is lightly printed. In a few moments, the eye sees better and the text becomes easier to read.

Photos provided by the artist.



Anthotype #15c. *Basella rubra*.  
Malabar Spinach leaf

The book opens with a double-page spread of 24 small black-and-white drawings of plants—leaves, stems, flowers. They appear again as place markers.

Turn the page. The first print is a soft wash of light rose, lavender, of lost thoughts. It is a Bougainvillea, its leaves larger, smaller. Turn to the next page. Another full page, but darker. Silhouettes of Saragundi leaves fade into twilight.

How do the plants grow and die? What do we see of this?



Anthotype #17f. *Turmeric curcumin*.  
Turmeric root

In 2020, Barbara Brown travelled to Costa Rica for a month-long artist's residency, courtesy of the Mauser Foundation. Her studio location enabled her to walk out early every morning, foraging plants. Her book brings us into that quietude, gently. She was gathering materials for her work—anthotype photography, an old method of making imagery without a camera lens, of seeing what plants and sunlight make as one. (See [www.alternativephotography.com/anthotypes-anthotype-process](http://www.alternativephotography.com/anthotypes-anthotype-process).)

In the book's design, Barbara Brown brings us into her thoughts as she learned to see even more. The work is divided into three parts—Morning, Daytime, and Dark. In its text, the artist does her best to describe how she learned to make the images we see on these pages. The reason for holding the book in your hands and turning its pages is not to learn the how, but to see the why. Photography, literally, means "drawing with light."



Anthotype #5 *Canna indica*.  
Canna Lilly flower

*Images Made with Plants: On the nature of impermanence* by Barbara Brown. Signed, limited first edition, \$50. Available at Studio Sixty Six Art Gallery, 858 Bank St., Suite 101, in the Glebe.

# Hutzelbrot A healthy holiday treat—imagine!

Dodi Newman

Hutzelbrot is a flavour-packed and delicious fruit bread from southern Germany. It contains no eggs, added fat or sugar, and is rich in minerals and vitamins. Children have a great time when you let them help you to work all that fruit into that little bit of bread dough—it is rather like making mud pies and just as messy, but the results are so much better! Ten loaves may seem like a lot, but the loaves make welcome holiday gifts from your kitchen and I have found that 10 is barely enough. The recipe can be halved.

Yield: 10 small loaves of Hutzelbrot.

## The fruits

- 500 grams dried apricots
- 500 grams prunes
- 500 grams dried figs (the kind that are strung on a length of raffia work best)
- 250 grams golden raisins
- 250 grams currants
- 5 tablespoons dark rum
- 200 grams walnut halves
- 200 grams hazelnuts
- 200 grams almonds, blanched
- 125 grams candied citron peel, finely chopped
- 125 grams candied orange peel, finely chopped
- The grated rind of 2 lemons

## The bread dough

- 2 cups water
- 2 teaspoons sugar (optional, for proofing the yeast)
- 1 envelope dried yeast
- 2 tablespoons salt
- 6 cups unbleached all-purpose flour or bread flour
- 2 teaspoons anise seeds, finely chopped
- 1 teaspoon ground cinnamon
- 1/2 teaspoon ground cloves

## Decade later by Mila Bjelakovic

it all feels  
so different  
once you get to  
know the real version  
at first it hurts  
almost like a bee sting  
but then it stays inflated  
for weeks to eventually  
blossom into an iris  
that will guide towards  
a path of independence

there you might meet  
a fountain shaped  
like a triangle  
it will grant you  
one thing but  
only if you provide  
good reasons to not  
getting it yourself

Then it will ask  
for you to sit down  
focus on the motion  
of stirring gas station coffee  
as you wipe a tear  
to the rhythm of  
sweet sixteen

Mila is a high school student at École  
secondaire publique De La Salle.

Photo Dodi Newman



The night before making the bread, cover the apricots, prunes, and figs in plenty of water in a very large pot.

On baking day, remove the figs from the pot and reserve. Stew the remaining fruits in just enough of the soaking water to cover them for 20 minutes or until the fruit is done but not mushy. Drain, saving about 2 cups of the stewing liquor, and cool. Soak the raisins in the rum, cover and reserve, stirring occasionally.

While the fruit is simmering, make the bread dough and set to rise. When doubled in bulk, punch it down and let it rise again.

Trim the stem ends of the figs and cut them in thirds or quarters. Chop the citron and orange peel. Pit the prunes and pull the prunes and apricots in halves. Butter and flour two large cookie sheets.

Now the fun begins: pull the risen dough into a large, thin round. Spread all the fruits and nuts (except the almonds—reserve them for later) over the dough and work the whole mess so that the fruit and dough are mixed as evenly as possible. Divide the mixture into 10 equal portions, shape and smooth them into round loaves and place them on the greased and floured cookie sheets. Decorate the loaves with the almonds, hedgehog fashion. Let rise again.

Bake the bread in a preheated, 360°F oven for 30 minutes. Turn oven down to 325°F; bake the loaves for another hour. The bread will be very dark, but the fruit needs time to dry. Meanwhile, boil down the stewing liquor to 1-1/3 cups. When the bread is done, brush each loaf with the liquor while it is still very hot. Thoroughly cool the loaves on a rack.

The Hutzelbrot will keep for a few days unrefrigerated. Serve it sliced into 1/2-inch slices and, if you want to gild the lily, spread a slice with some cold butter. This bread freezes very well. To freeze, wrap the loaves in plastic wrap or seal in a plastic bag. Let them defrost in their wrapper and, if desired, crisp them in a 350°F oven for 10 minutes.

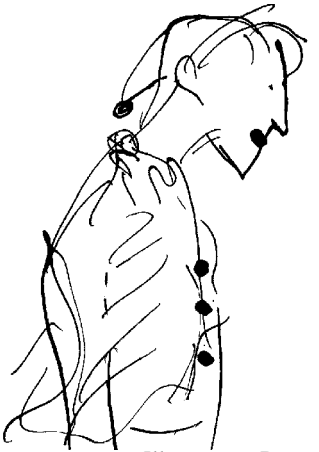


Illustration Dawna Moore

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SOLUTION to CROSSWORD

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## Wanted: Sandy Hill Community Rink Volunteers

Spend lots of time at the outdoor rink? Passionate about having the smoothest ice? Ever wanted the chance to build your own ice from the ground up for the community to enjoy? The Sandy Hill community rink is still looking for volunteers! Volunteer duties include assisting

the coordinator in building the ice, maintaining the ice, and supervision during rink hours. Please reply to [info@ash-acs.ca](mailto:info@ash-acs.ca) by December 31, 2022, if you are interested!

## Sing tenor or bass?

We want you to join our choir!  
Ottawa's Musica Viva Singers (MVS) choir is in search of new voices for its winter-spring term. The community choir especially needs voices in the lower range of tenor and bass, but continues to welcome sopranos and altos. MVS meets every Monday evening in person at the Centretown United Church. Rehearsals are well spaced out and at this time, masks are optional. Those who want to learn more should visit [www.musica-viva.ca](http://www.musica-viva.ca) or email Sandy Hill resident Marjorie at [MusicaVivaMembership@gmail.com](mailto:MusicaVivaMembership@gmail.com). Open rehearsals take place on January 9 and 16, 2023.





Here comes another winter. What neighbourhood eateries will give you joyful moments during the darkest months of the year? Please share stories of your favourite Sandy Hill food experiences with [image22@rogers.com](mailto:image22@rogers.com)

### Chef Ric's, 384 Rideau St.

There's a truly democratic scene to be found on Rideau Street every morning, as commuters, construction workers, students, and folks who may be living through some hard times line up together for one of the best meal deals to be found anywhere these days: a hot breakfast for \$4.99. I would have enjoyed my breakfast sandwich (the Thursday special) more if the cheese had been a little more melted and oozy, but the potatoes that came alongside were tender and scrumptiously seasoned with onions and herbs, and there were two very good fresh orange wedges to brighten the plate and add some vitamins. Sit at the bar in the window and take in the morning life at the heart of our neighbourhood.

### In's Kitchen, 65 Templeton St.

It's great to see that this family-run Korean restaurant made it through its first year, and during the pandemic too. The menu is still short and simple; you still order at the counter and pay in advance. There's a creative cook at work in the kitchen who provides a few welcome surprises. A dish of dak-galbi (chicken, chewy rice cakes, and vegetables in a rather spicy sauce with rice) came topped with a little melted cheese, like an exotic poutine. And the accompanying side salad of finely julienned cabbage was topped with a delicious vinaigrette, a thick, tangy, and colourful slurry of apple and carrot.



The sauce on the dak-galbi will give your tongue a delicious glow; the salad dressing provides a cool contrast.

### Working Title, 330 Laurier E.

The patio has closed for the season, and everyone is gathering indoors. It's great to see that the chapel area is open for general use now, so coffee drinkers and lunching friends can spread out a bit more. The coolers at the front of the house are filled with good things; quiches, soups, pate, and cheese. There is also a new line of wines for sale, so after you stock up at the bakery counter you can go home with all the necessary ingredients for a proper continental picnic.

### Soup Fairy Malatang, 425 Cumberland St.

Another restaurant that opened mid-pandemic and has lived to tell the tale, Soup Fairy offers a variation on the hot pot concept. Fill your giant bowl with whatever combination of noodles, greens, mushrooms, and protein captures your fancy. There are dozens of choices, so it won't be hard to amass the minimum 400 grams. Then hand it over to the staff and choose one of five different broths or a dry spice mix. Minutes later, a big bowl of soup or stir fry is ready for you to top with coriander, scallions, chili sauce, or a few other garnishes. The lemongrass tom yum is delicious, just spicy enough to leave you with a warm glow after you've finished the last bites of tender-crisp broccoli, chewy black mushrooms, and spongy tofu puffs.



Picking out the ingredients for your custom-made dish at Soup Fairy Malatang is a serious and entertaining task. And whether you eat in or take out, the results will be tasty and nourishing.

### Syrian Kitchen, 48 Nelson St.

The Syrian Kitchen's sesame seed-studded falafels must be among the best I have ever eaten. They have become a lunch-time staple in our house. Pick up some pita bread while shopping at Loblaw's; then swing by Syrian Kitchen for a half dozen fresh, crisp falafels and a few dips, and you have a fine meal to bring home. If you're organized, you can even bring your own containers and feel virtuous while enjoying your lunch.

It's well also worth dropping by Syrian Kitchen for one of their full meals, or to get them to make you a sandwich when you haven't been able to find fresh pitas. The chicken skewers (shish taouk) are moist and flavourful; the ground beef kababs come topped with a sweet and tangy garnish of cherries; and the kibbeh (seasoned ground beef fried inside a pocket of bulgur wheat dough) can be bought individually or in a tangy yogurt-based sauce. All meals come with generous portions of rice, salad, and numerous dips and spreads. We have found that two or three meals will feed four people generously.



Syrian Kitchen's chicken skewers are marinated with a touch of citrus and cooked to order for a moist and tasty sandwich or plate.

# À Francojeunesse !

## Marie-Pierre Lefebvre et collaborateurs

J'ai parlé à quelques élèves de Francojeunesse pour savoir ce qui se passe à l'école. Le fonctionnement est revenu comme pré-pandémie. On voit quelques élèves arborés le masque encore, mais ils sont peu nombreux. Ils sont d'ailleurs très heureux de pouvoir rejoindre leurs amis dans la cour d'école, peu importe leur classe, ce qui n'avait pas été le cas depuis le début de la pandémie. Les « zones » sont abolies et les enfants sont libres d'aller où ils veulent et de jouer avec qui ils veulent. La grande cour s'est récemment vu troquer les ballons de soccer pour les boules et bâtons de hockey, ce qui a fait le plaisir de certains et en a déçu d'autres. Dans la petite cour, la structure de jeu a été fermée lors de la première neige.

J'ai eu le plaisir d'entendre Lilia, en sixième année, me raconter que les élèves de son année sont allés faire une randonnée au parc de la Gatineau et ont aussi vu une partie de hockey des 67s d'Ottawa contre Kingston au Centre Canadian Tire. En octobre, il y a eu la course de fond, qui a été précédée par des semaines d'entraînement. L'école avait une grande représentation et les élèves sont retournés à la maison avec quelques médailles, dont

une 1re et une 2e place pour les filles de la cinquième année. En sixième année, Lilia a réussi à arriver en 7e place sur environ 95 coureuses !

Quelques événements : Le 30 septembre était la Journée du chandail orange pour que nous n'oublions jamais les enfants disparus et abusés pendant leur séjour dans les pensionnats autochtones. Le 27 octobre était la Journée Passez au mauve de l'Ontario, pour accroître la sensibilisation au rôle important de la communauté dans le soutien aux enfants, aux jeunes et aux familles vulnérables. Pour l'Halloween, le cycle primaire (1re à 3e année) a fait un concours de décorations de portes de classe. La classe gagnante ne m'a pas été dévoilée ! Pour le jour du Souvenir, les élèves se sont rassemblés au gymnase pour regarder de courtes vidéos, pour entendre l'importance de cette journée et du rôle du Canada dans les guerres mondiales et pour participer à la minute de silence. Le 24 novembre les élèves et les enseignants ont porté des chandails roses pour signifier le refus à l'intimidation.

À l'école, on offre des cours de piano, de violon et d'espagnol. Si vous voulez que vos enfants y participent, veuillez écrire à l'école pour les détails.

L'hiver est à nos portes et les enfants sont fébriles. Les élèves de sixième année préparent déjà leur graduation et les parents intéressés à s'impliquer peuvent le faire !



Julia and Ali were the MCs of the Remembrance Day ceremony.

# What's going on at Viscount?

## Evie Reid & Milo Collister

We are grade six (Evie) and grade five (Milo) Early French Immersion students at Viscount Alexander Public School. The school is a JK to 6 Early French Immersion and English OCDSB school located at 55 Mann Ave. We have lots of great teachers and great activities. Ever since the COVID lockdown, a lot of these activities have been cancelled. But this fall lots of these activities have come back. For example, sports like taekwondo, soccer (girls and boys), and cross country running. In October we had our first movie night since COVID. Our first Remembrance Day assembly in three years was also super special.

We have interviewed some Viscount students about these special events. For soccer we have interviewed two people: one from the girls' team and one from the boys' team. This was their response: Isaac from the boys' team says, "We got third place but I was worried we would get last." Daniah from the girls' team says, "I actually love soccer but when I heard there was a soccer team I did not know if I would try out because I have soccer after school."

The grades three, four, five, and six have been taking taekwondo in gym class since October. Stanley in grade six said, "I was excited for going to taekwondo classes because I first went when I was four."

Our cross country team was led by M. LeMonnier and Mme Deena. Twenty-nine students from grades three to six had a beautiful sunny fall day for their meet at the Terry Fox Athletic Centre and got

some great results. Here are two students to share how it went: Simoona said, "It was really cool. I'm happy I went (this year) and I came in 60th." Friida said, "I'm super happy that I got 13th, I thought I would get last."

We had a great movie night on October 28 where students and parents could see their friends and watch a movie together. We interviewed two people: Sarah said, "I enjoyed it. The only thing I would say is that there was not enough space. So many people wanted to come. It was relaxing and fun. I enjoyed the range of snacks and I liked that there were vegetarian options." Bryn said, "I was kind of excited because it was the first movie night in a while, we needed more space but it was fun. I liked that there was cheese and pepperoni pizza."

We had our first Remembrance Day ceremony in three years on November 11. Ali and Julia served as the MCs. We interviewed Ali and here are his thoughts: "I felt excited but also nervous." Other students performed plays, sang songs, and recited poems. The grade one and two English and French classes sang "Peace in my Fingers", and Mrs. Content's grade three English class read the poem, "A Poppy is to Remember", by Heather Patterson. The grade five and six English class performed a play about a little girl who sends a teddy bear to her dad in war who was going to bring it back but unfortunately the father died.

It's been a great fall getting back into sports and assemblies where we can see our friends again. Now that the snow is here everyone is excited for the winter.

Our thanks to Leila Heikkila for helping put together this report.

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*Paul Denys*

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# Happy holiday, Sandy Hill!



Some of the people who brought you IMAGE in 2022—pandemic, weather and family emergencies notwithstanding—gathered in November for a photo and Christmas party. Pictured above are: Front— Philippe Owen, Malcolm Berwick, Michael Mathewsie, Jane Waterston, Hilary Duff, Richard Mathewsie, Ken Clavette, Bob Whitelaw; Back— Michael Souliere, Adam Sopuck, Frank Heilingbrunner, Larry Newman, Peter Rinfret, Judy Rinfret, Betsy Mann, Paula Kelsall, Jan Finlay, Kathy Moyer, Marilyn Whitaker, Cynthia Mitchell. Would you like to be involved in 2023? Send a note to [image22@rogers.com](mailto:image22@rogers.com).



THIS IS  
THEIR TIME

And this is the place. From preschool to Grade 12, Elmwood students enjoy a small class experience and a wealth of co-curriculars that challenge them to discover their true potential. Surrounded by our supportive community, our students go on to win scholarships and study at universities the world over.

- International Baccalaureate World School
- Financial aid program
- Transportation and before + after care available
- Healthy meals prepared onsite