



The early years: IMAGE played a pivotal role in the annual summer festival parades of the seventies.

Photo Bob Meldrum

## 50 YEARS OF IMAGE

The preeminent volunteer-based community newspaper of Sandy Hill goes golden. ➤ see page 11

### Ken's Bygone Sandy Hill

## Sandy Hill Arena on Mann Avenue is on thin ice

### Ken Clavette

The February 1982 edition of IMAGE (vol. 10(2)) marked the 10th year of publication. In that edition there was an extensive article on Mel Malette, the president of the Sandy Hill Ottawa East Sports Association. It was headlined "Our Neighbour." Mel contributed a regular column to the paper, reporting on the association's activities and often on his struggles with the bureaucrats at City Hall. The association also organized the kids to deliver IMAGE. In a letter to the editor, George Wilkes, a founder of Action Sandy Hill and pioneer of community organizing, expressed his appreciation for Mel's work, saying it made Sandy Hill a "place for families."

Back in the late 1960s, Mel secured a small grant from Saint Joseph's parish that helped him kick-start the association, which was a grassroots organization that made sure any child that wanted to take part in sports had a chance to do so in our community. The association also ran men's and women's fastball, but

at the heart of it was kids' hockey.

The only rinks available for use in those early days were several scattered outdoor ones that the association maintained. Then Mel teamed up with Nancy Smith from Ottawa East, who would go on to become our city councillor (1980-1991). They made it their goal to have an arena built that would serve both Sandy Hill and Ottawa East. In those pre-merger days that created the big City of Ottawa, the two communities were combined into St. George's Ward. Under Mel and Nancy's leadership, and with community support, they were able to open the Sandy Hill Arena on Mann Avenue in 1974.

Time has moved on, and if you haven't heard, the City is now looking at 10 community rinks that may be demolished as a money-saving move; the Sandy Hill arena is on that list. These are all single-surface rinks that are about 50 years old. When I heard this sad news it was Mel and Nancy and all they did to secure the funding for the local arena that came to mind.

There has certainly been a decline in

the use of the rinks for hockey, as that sport has become so expensive. Combine the penny pinchers at City Hall with the Recreation Department, which likes larger multi-surface arenas, and our small community rinks could find their days numbered. If the City invests in new facilities, those are not going to be built in the older communities like Sandy Hill. They will be built in the suburbs, and therefore will require time and a car to travel to them. This will deny a great number of families close access to arenas.

While the city is preparing to undertake community consultations, we are emerging from a winter that has shown us that outdoor community rinks may not have much of a future with climate change. The canal didn't open this year, and local outdoor rinks struggled. Without those rinks, where will local kids skate and play hockey?

Perhaps the answer lies in rinks like the one opened at the Canterbury Recreation Complex in 2017. Attached to the current arena is an outdoor rink with a permanent roof and a refrigerated ice surface

that can be maintained by the arena's Zamboni. This rink allows a long skating season, December to April, weather permitting. The surface is completely covered to ensure usage in most weather conditions. Just imagine: no shovelling of snow before you get to skate! There are real hockey boards, benches, and glass, that provide a fantastic experience for outdoor hockey and public skating.

In the summer, the structure provides a community space. Once the ice surface is completely removed, it creates a space for basketball, with permanent hoops lowered from the roof structure. Ball hockey and community events can take place under the covered roof. No need to worry about rain. If the City were to pursue this type of rink/arena combination, we could double our ice surfaces all while increasing community space. Keeping our community arenas will mean easy access for everyone. Ottawa's aging urban indoor hockey rinks are on thin ice.

➤ Sandy Hill Arena, see page 11



IMAGE

Founded in 1972 under the  
direction of Diane Wood

22, av. Russell Ave.  
Ottawa K1N 7W8

Fondé en 1972 sous la  
direction de Diane Wood

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

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

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

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

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

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

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

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Date de tombée

Publicité, articles, photos et autres soumissions

**le 23 mai 2023**

(livraison prévue le 8 juin)

Phil Caron's Portfolio



Rain or shine, spring is always lovely.

Illustration Phil Caron



"I can't see any berries through this blasted snow," cried the cardinal.

Photo Kathleen Kelly

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# Editorial

## Can a community overdose on too many THC dispensaries?

The rabid proliferation of cannabis stores involves a decrease in local consumer choice.

When I arrived in Ottawa roughly three and a half years ago, I was happy to find that there was a local watering hole where I could perhaps develop a few local friendships. It was a small pub called Sandy Hill Lounge and Grill. Then the pandemic hit, destroying virtually all possible unregulated public social interaction and ushering in a period I call the atomistic age.

It was not until people started emerging from their protective, sanitizer-slathered cocoons that an opportunity to visit the bar presented itself. I was received by a number of warm, distinctive characters there, and was quickly initiated into the scene through an exchange of jovial ribbings and quasi-philosophical insights, like in *Cheers*. When I reported this intel back to my girlfriend, who is a relative newcomer to Ottawa as well, she became intrigued. It was a natural reaction for a die-hard *Cheers* fan (Nooooorm!). But alas, she missed her chance, for soon after my visit to the establishment, the business shuttered. The pandemic and its aftermath seemed to put an incredible strain on small businesses throughout Ottawa — note that the Royal Oak on Laurier, a university student bar, also permanently closed during the pandemic.

However, while some businesses continue to struggle, others seem to thrive. One sector that appears particularly pandemic-resistant is the cannabis industry. There are eleven or so dispensaries a twenty-minute walk from my apartment. Given the ubiquity of these stores, whenever I observe a new cannabis storefront, I ask myself: What sort of business could have been made locally available to us instead? A fruit and vegetable shop? A hardware store? A bakery? A florist? A pharmacy? — probably already enough pharmacies. What's more, it's a sad thought that instead of sharing big dreams around a pint of cheap beer, students are at home smoking reefers in front of their computers (admittedly, "the anti-social stoner" is a stereotype).

Granted, there are complicated economic forces at play that determine the viability of any given business, and economic forces cannot be isolated from the interests of consumers. Sandy Hill businesses are in the vicinity of a large university student population, for example, which, if we are to again indulge in some more or less innocent stereotyping, might help explain the high concentration (no pun intended) of cannabis stores. But if one pursues that stereotype a little further, surely students also enjoy visiting bars. And besides, don't people who smoke pot also enjoy fruits and vegetables, fresh bread, and

pretty flowers? Moreover, certainly the fact that virtually everywhere one looks is a cannabis store can, in part, shape people's interests. A broadening of local shopping services might facilitate a corollary broadening of interests.

In the backdrop of the discussion regarding the proliferation of cannabis stores are questions about the societal and health consequences of the legalization of cannabis. Does the legalization of cannabis lead to an increase in consumption? Does legalization have an effect on crime? Is cannabis consumption on the whole good or bad for one's health? A cursory review of the literature on such topics gives me the impression that even the most dedicated of scholars will have their work cut out for them separating the signal from the noise. And a lack of true clarity in this regard paired with the explosion of cannabis stores is, I believe, cause for some concern.

As I walked down Rideau street the other day on my way back from a pharmacy, I was approached by two teenage males. Trying to put a twenty-dollar bill into my hands, they asked me if I would kindly go and purchase some cannabis for them. They insisted that they were of legal age and that they had simply forgotten their IDs at home (pretty lame cover). Of course, I refused.

When I neared the liquor store and a number of immiserated people injecting hard-drugs, a new sign caught my eye: behold, it was a magic mushroom dispensary. It is only a matter of time before teenagers start approaching me to buy shrooms, it seems. When I got home, I turned on the news only to hear that small quantities of cocaine and opioids have been decriminalized in British Columbia — much the same policy change is being initiated in Toronto. It will be interesting to see whether this policy, ostensibly designed in part to "reduce the stigma" of drug use and therefore to mitigate the associated harms of such stigma, will have a net positive societal effect (I suspect reducing stigma in this case is a double-edged sword).

How do we incentivize a diversity of local businesses rather than a cannabis (or, dare I say, pharmacy, or pizza, or shawarma) monoculture? How do we effectively encourage businesses that promote societal health and expand rather than diminish the horizon of local consumer choice? And finally, if we are going to have a multiplicity of local cannabis stores, then there should likewise be a nice pub or two in our area so that we may practice relaxed free association once again and shed what is left of our atomistic pandemic cocoons.

F. Adam Sopuck

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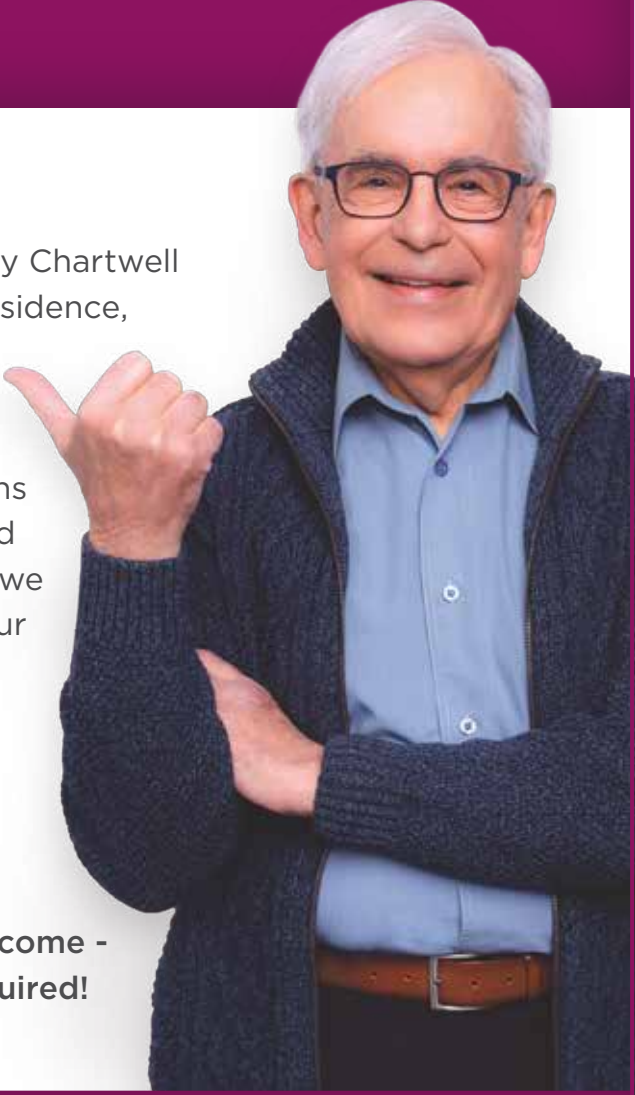
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# MUTTSHOTS

BY F. ADAM SOPUCK

## CAN YOU MATCH PICTURE TO PROFILE?

Cruising the local streets and parks on their routine walks, the dogs of Sandy Hill are a delightful feature of the neighbourhood. Below are five “mugshots” and five profile descriptions of dogs whose proud owners were happy to share a few details about their prized four-legged specimens. Guess which profile description corresponds to which dog. Sometimes looks can be deceiving!

**PROFILE 1:**

Favourite Treat: Boiled carrots  
Favourite Toy: Soccer ball  
Vice: Doesn't understand the meaning of pointing  
Personality: Expressive

**PROFILE 2:**

Favourite Treat: “Bacon strips”  
Favourite Toy: Squeaky ball  
Vice: Disrupts Zoom meetings  
Personality: Sassy

**PROFILE 3:**

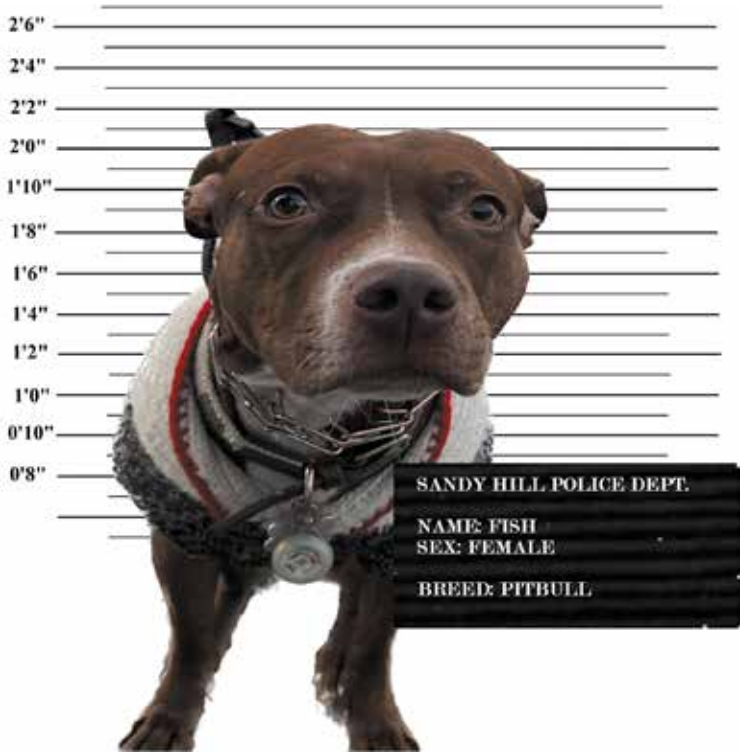
Favourite Treat: “Bacon strips”  
Favourite Toy: Small teddy bear  
Vice: Chews master's shoes  
Personality: Smart

**PROFILE 4:**

Favourite Treat: Dried liver  
Favourite Toy: Octopus plushy  
Vice: Eats anything on the ground  
Personality: Goofy

**PROFILE 5:**

Favourite Treat: Bully sticks  
Favourite Toy: Any embroidery on Master's socks  
Vice: Barking  
Personality: Loyal



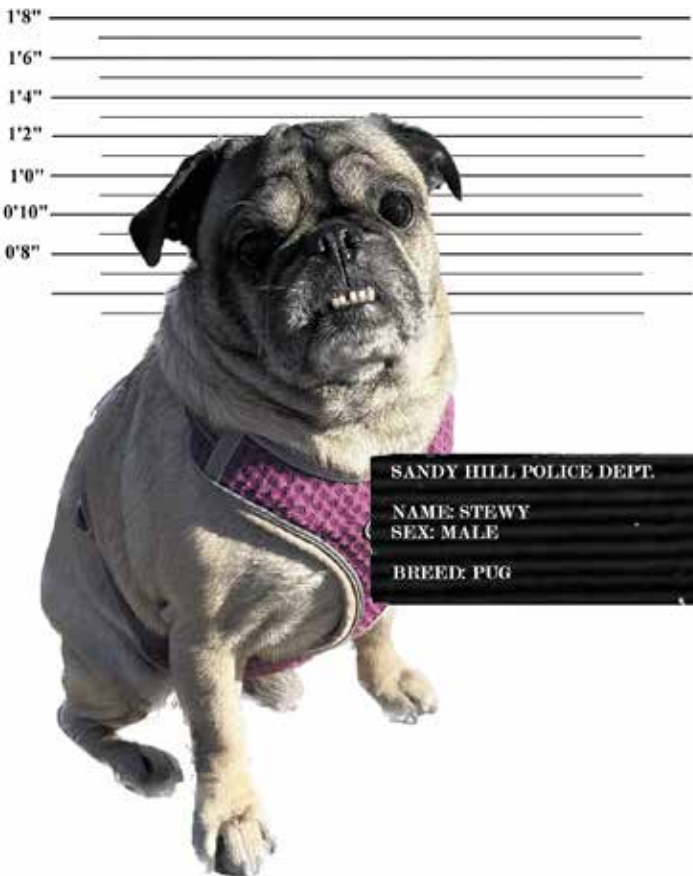
SANDY HILL POLICE DEPT.  
NAME: FISH  
SEX: FEMALE  
BREED: PITBULL



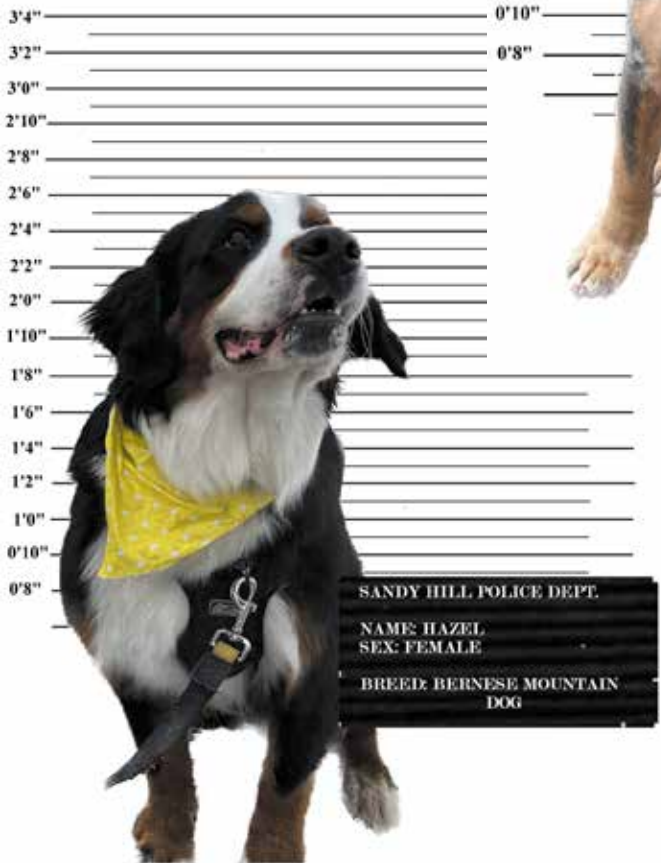
SANDY HILL POLICE DEPT.  
NAME: ALDIE  
SEX: MALE  
BREED: CHIHUAHUA



SANDY HILL POLICE DEPT.  
NAME: NYLAH  
SEX: FEMALE  
BREED: AMERICAN BULLY



SANDY HILL POLICE DEPT.  
NAME: STEWY  
SEX: MALE  
BREED: PUG



SANDY HILL POLICE DEPT.  
NAME: HAZEL  
SEX: FEMALE  
BREED: BERNESE MOUNTAIN DOG

Answers on page 6



# Heritage preservation and protection — setback 20 years!

David Flemming

Well, the dust has settled on the provincial government's notorious Bill 23. The bill, introduced the day after the province's October 2022 municipal elections to avoid any opposition, passed second reading with limited opportunity for public comment and was given final reading in the provincial legislature without any debate.

Premier Doug Ford has used the pretext of increasing the number of new homes in Ontario to dismantle most municipal policies on intensification and heritage protection. This has been done without reference to the current regulations contained in the *Planning Act* and the *Ontario Heritage Act*. The premier even reneged on his electoral campaign promise not to allow urban sprawl into the green belts around cities like Toronto, Hamilton, and Ottawa in order to enable new housing projects that will place additional burdens on municipal infrastructure.

Bill 23 provides, among other things, amendments to the *Ontario Heritage Act* that will increase ministerial power to override heritage protection and reduce the value of the Heritage Register by limiting listed properties to a maximum of two years. It further prevents properties that have been delisted from being returned to the register for a period of five years. These provisions will ultimately result in the loss of many of our city's cultural heritage resources.

The Ottawa Heritage Register has grown to 4,000 properties. It provides the City of Ottawa with a 60-day opportunity to *consider* for designation any property that is the subject of a demolition request. It is an important planning tool that recognizes the cultural value of a property to the community.

Many in the development community see the Register as a tripwire or a waiting room for designation. It is neither. In the decade since the establishment of the Register, out of the 53 Notices of Intent to Demolish a listed property, the City has approved 52. Only **one** has resulted in the City passing a bylaw designating the property to be of cultural heritage value under Part IV of the *Ontario Heritage Act*.

Other changes are based on the erroneous view that Heritage Conservation Districts, as currently regulated, are an impediment to intensification. This is not the case. Heritage properties are routinely leveraged in intensified development proposals that provide for more much-needed housing in already serviced communities while preserving Ottawa's cultural and architectural heritage.

Bill 23 also increases the prescribed criteria for designations contained in Ontario Regulation 09/06, "Criteria for Determining Cultural Heritage Value or Interest." To necessitate that a candidate property for designation requires *two* of the legislative criteria for designation instead of only one does not reflect the increasing 21<sup>st</sup> century importance of historical associative and contextual value beyond a property's architectural significance.

Another threat to our built heritage is the bill's direction to remove municipal authority to regulate exterior features, sustainable design, character, scale, and design features through site plan control. Likewise, the exemption of buildings of up to ten residential units from site plan control is a further threat to our Heritage Conservation Districts.

Heritage Ottawa strongly supports an increase in the number of homes built in the Province of Ontario and believes that this can best be done by providing Ontario municipalities with the responsibility to develop housing projects and preserve their built heritage resources in a manner that best suits their communities and not the developers. We shall continue to work with the City as allies in the fight to mitigate the adverse effects of this retrograde legislation.

*This article first appeared in Heritage Ottawa Newsletter, February 2023 (Vol. 50 / No. 1) and is reprinted here with permission. Visit [www.heritageottawa.org](http://www.heritageottawa.org) to find the original and other issues of the newsletter.*



## 2023 ANNUAL GENERAL MEETING

Our 2023 AGM will take place on Thursday, May 18, in the preschool room (downstairs) of the Sandy Hill Community Centre, 250 Somerset Street E, from 6:30 pm to 9 pm. The AGM meeting is open to all residents of Sandy Hill, whether or not they have an ASH membership.

Are you interested in joining our Board of Directors and helping to make Sandy Hill one of Ottawa's best neighbourhoods? To become a Director or vote at the AGM, you must have an active ASH membership. Consult <https://ash-acs.ca/join-ash> to find out how!

We are looking for Directors who are motivated, creative, and engaged individuals to lead and contribute to:

- Planning and Heritage, by reviewing planning applications and coordinating residents' comments with the city on the new Zoning Bylaw and various development projects in the neighbourhood,
- Communications, by coordinating media communications, creating posters, writing articles, engaging residents and stakeholders,
- Bylaw enforcement liaison working with the city,
- Good neighbour engagement with various community stakeholders to address problems related with garbage, litter, public disturbances.

Come meet new neighbours and learn more about ASH! To RSVP:  
**Email [actionsandyhill@gmail.com](mailto:actionsandyhill@gmail.com).**

**Please join us on May 18 and join Action Sandy Hill!**

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## Nous sommes à la recherche de nouveaux membres pour notre Conseil d'administration

Nous invitons les gens qui sont des clients de nos services et/ou des membres de la communauté francophone à s'investir comme bénévoles en devenant membres du Conseil d'administration. Si vous :

- êtes client(e) du CSCCS et/ou vous vous identifiez comme une personne francophone,
- connaissez le rôle que joue le CSCCS dans la collectivité et appuyez sa mission,
- êtes âgé(e) de 18 ans ou plus,
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- résidez dans la ville d'Ottawa,
- pouvez-vous engager à participer à des réunions mensuelles, à défendre les intérêts des résidents et à avoir des activités de réseautage pour un mandat de deux ans,

envoyez un courriel à Cristina Coiciu à [ccoiciu@sandyhillchc.on.ca](mailto:ccoiciu@sandyhillchc.on.ca). En ce moment, nous recrutons des personnes qui sont des client(e)s de notre centre et/ou des personnes francophones.

Pour plus de renseignements sur notre organisme et nos services, veuillez consulter notre site web à [www.sandyhillchc.on.ca](http://www.sandyhillchc.on.ca).

## We are looking for new Board members

We invite clients of our services and/or members of the Francophone community to become involved as volunteers on our Board of Directors. If you:

- are a client of the Sandy Hill Community Health Centre and/or identify yourself as a Francophone,
- are aware of the Centre's role in the community and support our mission,
- are 18 years of age or older,
- have awareness of current health and social issues,
- are a resident of the city of Ottawa,
- can commit to monthly meetings, advocacy and networking activities for a two-year term,

send an e-mail to Cristina Coiciu at [ccoiciu@sandyhillchc.on.ca](mailto:ccoiciu@sandyhillchc.on.ca). At the moment, we are recruiting individuals who are clients of our Centre and/or Francophones.

For more information about who we are and what we do, please visit our website at [www.sandyhillchc.on.ca](http://www.sandyhillchc.on.ca).



Photo courtesy Carty House



Carty House recognizes International Women’s Day with a special panel

The Refugee Support Association, a student club at UOttawa, hosted a panel discussion in honour of International Women’s Day on Contemporary Refugee Issues and the Refugee Experience. The evening brought together women and men, students and community members, to share stories and speak about concrete actions for refugee support. Ticket proceeds went to Carty House, a first home and helping hand for female refugees, located in Sandy Hill. Pictured above are, left to right: panelist Pamela Walker, Carleton U, Prof of History, student organizer Ilira Mucaj, panelist Louise Ebeltoft, Carty House Manager of Operations and Refugee Services, and panelist Justine Nkurunziza, past resident of Carty House. — Michelle Miller



### MUTTSHOTS

from page 4

PROFILE 1: FISH

PROFILE 2: STEWY

PROFILE 3: NYLAH

PROFILE 4: HAZEL

PROFILE 5: ALDIE



A poem fit for a cat named after a god

Poet *Cyril Dabydeen* honours the life of his cat and beloved neighbourhood personality in this poem

Photo Natasha Penknovich

Song for Zeus

For Alana

Wherever he is,  
let him be, in what nether  
world it may seem--  
a farther place.

Looking at me with  
those eyes, his face,  
and manner too, my  
tabby Zeus, I know.

Being himself only,  
coming or going inside,  
then outside and looking out  
long on Somerset Street.

Passersby knowing him  
with his own vulnerability,  
sometimes purring, and  
living his own life

I didn't really know,  
his intelligent eyes, you see,  
and handsome face--  
to behold always,

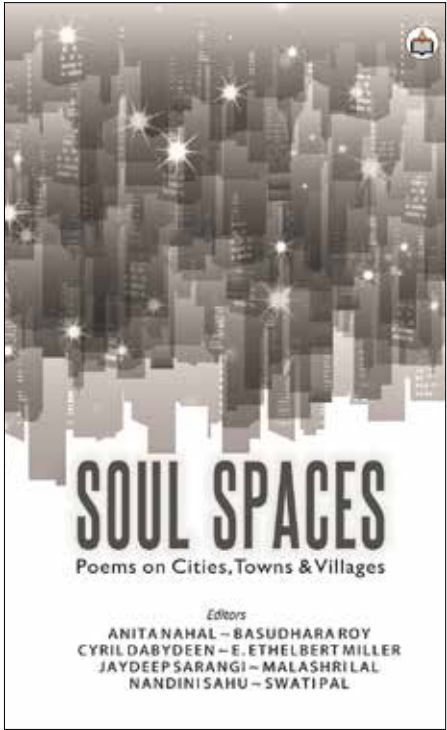
A lifetime, far away,  
in my memory, or consciousness,  
his soul, or his spirit  
locked in with mine

Gone with a blessing.



Zeus in his element on the steps

Soul Spaces: Poems on Cities, Towns and Villages



*Soul Spaces* is a special collection of world poetry, said Sandy Hill’s Cyril Dabydeen, who was invited to be one of the eight editors of this new volume just released.

It’s a handsome collection of works by about 70 writers from the US, India, Australia, the UK, South Africa, the Caribbean, the Kingdom of Bahrain, and elsewhere.

The poems in the volume are about those locales that capture “. . . our imagination, and . . . create a shared artistic space, as poets from around the world relate geospatially, psychologically, and culturally.”

The book inspires people to explore certain connections for themselves and to fantasize about places that capture the human spirit. The book is available through Amazon/Kindle edition.

*Cyril Dabydeen is Ottawa Poet Laureate Emeritus and fiction writer. He taught Writing at the University of Ottawa for many years.*



## Heures du quartier - Ward Hours

### Venez discuter avec moi!

Vendredi, le 21 avril, 12 H - 15 H  
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Photo F. Adam Sopuck



## “Ch-ch-ch changes coming to the Byward Market”

Stéphanie Plante

**B**ig changes are coming to the ByWard Market. By June of this year, the Market might look the same on the outside, but the internal governance structure will have changed. The Market’s Business Improvement Area will dissolve and the Municipal Services Corporation currently known as Marché d’Ottawa Markets will receive an expanded mandate for broader district operations. What does this mean, and how will it affect the ByWard Market experience?

A Municipal Services Corporation, or Municipal Owned Corporation is somewhat self-explanatory in that it is a corporation owned by and answerable to the City. In Ottawa, there are a few well-known municipal corporations, such as Hydro Ottawa and the Ottawa Community Housing Corporation. Other famous examples include the Granville Island market in Vancouver, BC, and the Distillery District in Toronto. While the ByWard municipal corporation won’t be a carbon copy of those national landmarks, it will follow their model. Not bad company to be in!

Under the new district model, the ByWard Market will enjoy the benefits of coordinated area operations. Previously, the BIA, Marché d’Ottawa Markets and the City operated with a cumbersome decision-making structure. We all know what happens when there are too many cooks in the kitchen. Under the new model, area operations, programming, advocacy and marketing will happen under one roof.

The new district model will allow the area to speak with one voice and advocate for priorities that support commercial vibrancy and an enhanced experience for residents and visitors.

The ByWard Market will celebrate its 200<sup>th</sup> birthday in 2027. It is older than Confederation! But the Market has had an incredibly difficult time recovering from the blow dealt by the pandemic and over-concentration of social services. If we want the Market to be around for another 200 years, it needs to be nimble and self-reliant. This evolution will be instrumental in keeping the ByWard Market healthy and vibrant for the long term. Stay tuned for City Council consideration of this opportunity in June.

Photo Harlequin Studios



### IMAGE in the (political) wild: Did you hear the helicopters in the air?

An IMAGE reporter and photographer, Philip Owen, was on the scene to document President Biden’s two-day visit to Canada (March 23-24). The President can be seen here giving an impassioned speech in front of the powerful symbolism of interlacing Canadian and USA flags.



**Lucille Collard**

MPP / députée Ottawa-Vanier



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

Ces premiers mois de la nouvelle année ont été très animés. Certes, après la pause des fêtes et un début de janvier plutôt calme, les activités, rencontres et réunions ont maintenant repris avec vigueur. Je sens une nouvelle énergie et une détermination renouvelée pour résoudre les enjeux qui nous affectent, tels que le coût de la vie, le système de santé, l’éducation, l’environnement, les camions sur la rue King-Edward et les sans-abris. Au niveau communautaire, plusieurs événements locaux ont eu lieu. Ces occasions sont une démonstration de la solidarité et de l’entraide dans notre communauté. D’ailleurs, et face à cette inflation galopante avec laquelle nous devons vivre aujourd’hui, n’oublions pas ceux qui sont moins fortunés et qui vivent des défis au quotidien pour pouvoir subvenir à leurs besoins.

Alors que la pause législative d’hiver est maintenant derrière nous, je continue de défendre les intérêts d’Ottawa—Vanier auprès du gouvernement de l’Ontario sur toute une série de questions. Je le fais notamment en écrivant des lettres à divers ministres pour inciter le gouvernement à prendre des mesures sur des questions importantes. L’une de ces lettres incitait le procureur général à traiter les retards de la Commission de la location immobilière en embauchant davantage de personnel à temps plein et en rétablissant les audiences en personne. J’ai également demandé l’embauche d’un plus grand nombre de francophones dans notre système judiciaire. Il est important que les Ontariens puissent avoir accès aux services dont ils ont besoin dans la langue officielle de leur choix.

De plus, j’ai eu l’occasion de participer à des consultations budgétaires à Windsor et Essex où le Comité permanent des finances et des affaires économiques tenait des audiences en personne. Ces consultations sont une excellente occasion pour les députés d’entendre la population de l’Ontario. Les semaines à venir seront très occupées et je suis prête à continuer à faire le maximum pour que le gouvernement prenne les mesures nécessaires vis-à-vis des nombreux défis auxquels nous faisons face.

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

These first months of the new year have been very busy. Certainly, after the holiday break and a rather quiet start to January, activities, meetings, and gatherings have now resumed with vigour. I feel a new energy and a renewed determination to address the issues that affect us, such as the cost of living, the health care system, education, the environment, trucks on King Edward Street, and homelessness. At the community level, several local events took place. These occasions are a demonstration of solidarity and mutual aid in our community. Moreover, in the face of rising inflation with which we have to live today, let us not forget those who are less fortunate and who live with the daily challenges of being able to meet their needs.

After the winter break, I continue to advocate for Ottawa—Vanier on a variety of issues. This includes writing ministers to urge government action on important issues. One letter urged the Attorney General to hire more full-time staff and resume in-person hearings to reduce the backlog at the Landlord and Tenant Board. I also requested more Francophone justice workers. Ontarians must be able to get services in their preferred official language. I also attended budget consultations in Windsor and Essex where the Standing Committee on Finance and Economic Affairs held hearings in person. These consultations are a great way for MPPs to hear from Ontarians. The next few weeks will be busy, and I will do my best to ensure that the government addresses our many challenges.

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*Paul Denys*

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# Summa Cum Laude!

## Four Years. An Original Musical

Written and directed by Ann Lambert

Claudia Bouliane

Full disclosure: I am not a Broadway enthusiast, I know next to nothing about musicals, and I have not even seen *Cats* or *Rent*. So, I must admit that last Friday night, after a very busy week, I dreaded having to go out again in the cold to attend, of all things, a three-hour-long musical created and performed by students of the Drama Department at the University of Ottawa. As a Faculty of Arts professor, I am always curious about the artistic achievements of students, but there's a difference between reading a post in passing about an alumna's successes as a playwright and committing to sit in front of a performance for 180 minutes. That's quite the ordeal! 180 minutes! Come to think of it, that's about the length of the classes I teach...

Well, maybe I should break out singing more often, because that makes for a wonderful moment, at least when done as passionately and as proficiently as *Four Years'* cast. The two-act play, written and directed by the already very professional Ann Lambert as part of the Unity for Action productions, presents four characters, each in a different stage of an undergraduate program, all respectively struggling to find their way in life. Given that the plot was constructed out of the diverse stereotypes of the lonely freshman desperate to make friends, the straight A sophomore led by ambition, the scrappy junior juggling two jobs, and the nostalgic senior now facing big life decisions, the narrative could have easily been a series of clichéd scenes. But the dialogues sounded genuine, and they were interpreted very naturally by the cast, with just enough theatrical emphasis for the subtle movements and reactions to catch the eyes of spectators in the last row. Kaia Bater, as Callie the junior, had notable scenes with Connor Overton, who played her coworker with whom a more-than-friends relationship was blossoming. Tegan Stassen was believable as the ill-at-ease Abby, shy as any newcomer can be but willing to adjust to her social surroundings.

That being said, the voices would certainly have benefited from such an amplification. At the beginning of the first act, I wondered whether I was going hard of hearing as I had to make efforts to get all the words. The actors got more confident as the show progressed, and I did not miss many of their lines in the second act.

Other activities, organized or encouraged include: a returnable bottle and can drive in the parking lot of Strathcona Park organized by BottleWorks in support of homeless and at-risk youth in Ottawa; an organized scavenger hunt for the children, and "explore the park."

It is migratory bird season, so bring your binoculars to spot the warblers. Sometimes it is best to just observe our beautiful park and river and their inhabitants. Let them teach us their lessons to help increase our understanding of our world.

"EcoFair" is an appropriate name, as "eco" has its root in the Greek oikos, meaning "house." From the Rideau River to its namesake canal, from Rideau Street to Strathcona Heights and Robinson Village, this is our house, our home; this is

our habitat. Of course, Sandy Hill is a human construction—a human habitat—and ASH's focus on environmental issues is to meet human needs. Everyone benefits from a well-functioning urban environment that promotes physical and mental health, where relationships between humans and the natural world are sustainable over the long term.

The Sandy Hill EcoFair 2023 is being organized to help us all better take care of our home. In so doing, we can also make a contribution to addressing global environmental challenges such as climate change and biodiversity loss.

Please join ASH in Strathcona Park on May 13 for Sandy Hill EcoFair 2023. More details will be available closer to

performer. Jérémie Poirier, the actor who played Beth's boyfriend, had nice duets with her; their voices complemented each other. There was also a good duet between Frances Quilty, as Daria (the soon-to-be graduate student), and Katrina Kearney, as Sadie (Daria's girlfriend). Kaia Bater has a strong voice and could belt out bluesy songs that made the audience rejoice.

The supporting cast was effective in their roles, and group scenes were impressively well executed, with silent acting choreographies (some in comic relief) and interpretive dances (some quite athletic) supplementing the main storylines. All talents were put to work and that gave a dynamic and entertaining musical. I smiled for all three hours!



The cast and audience join together to give Ann Lambert, writer/director, some well deserved applause.

# Action Sandy Hill to host EcoFair 2023

Tim Williams

Save the date! Action Sandy Hill is organizing a spring environment fair. May 13 is the day for Sandy Hill EcoFair 2023, from 10 a.m. to 2 p.m. in Strathcona Park.

ASH is inviting organizations and people that work toward environmental solutions to gather in our magnificent Strathcona Park and to answer your questions. Groups such as Bike Ottawa, Rideau Valley Conservation Authority, Safe Wings Ottawa, and EnviroCentre will be found in tents along the path starting from the central parking lot and leading to the play structures.

Other activities, organized or encouraged include: a returnable bottle and can drive in the parking lot of Strathcona Park organized by BottleWorks in support of homeless and at-risk youth in Ottawa; an organized scavenger hunt for the children, and "explore the park."

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Please join ASH in Strathcona Park on May 13 for Sandy Hill EcoFair 2023. More details will be available closer to



Photo Kathleen Kelly

Our local park is a popular venue for public gatherings like this year's upcoming EcoFair.

the date, so keep an eye on the ASH website [ash-acs.ca](http://ash-acs.ca) for updates.

If you are interested in volunteering at the EcoFair, please send an email to [actionsandhill@gmail.com](mailto:actionsandhill@gmail.com).

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Dear residents,

Hope you are well and have taken the opportunity to enjoy the pleasures of winter by snowshoeing, cross country skiing or taking a walk on our winter urban trails.

Finally, spring is upon us!

Canada has made a remarkable recovery from the COVID recession. Canada's economic growth was the strongest in the G7 over the last year, and today, 830,000 more Canadians are employed than before the pandemic. We've recovered 126% of the jobs lost to the pandemic, compared to just 114% in the United States. Our unemployment rate is near its record low, and there are more Canadians in good jobs today than ever before.

But I understand that people are worried about what awaits them. On Tuesday, March 28, the Honourable Chrystia Freeland, Deputy Prime Minister and Minister of Finance, released Budget 2023—A Made-in-Canada Plan: Strong Middle Class, Affordable Economy, Healthy Future (<https://www.budget.canada.ca/2023/home-accueil-en.html>). It builds on the work we are already doing to make life more affordable for Canadians, strengthen our universal public health care system, and build a clean economy that will create good, middle-class jobs across the country.

On March 8, we celebrated International Women's Day to recognize past and present women's contributions within our community. Gender equality is still an unachieved goal. Parity

between men and women has been maintained since 2015 in the Cabinet. Moreover, the Liberal government launched the first strategy for women in entrepreneurship as well as an investment of \$660 million for the prevention of violence against women

In honour of this day, I launched an award to recognize exceptional women and girls of Ottawa—Vanier. Congratulations to the recipients: Marie-Caroline Badjeck, Pauline Baron, Irene Compton, Erica Groome, Antoinette Irarera, Fatimah Karim, Nancy Millson, Sheila Niven, Deborah Pierre and Kayla Spagnoli. You are an inspiration!

The month of February was also marked by an agreement in principle between our federal government and the government of Ontario which includes a federal investment of \$73.97 billion over 10 years, including \$8.41 billion for a new agreement focused on our four common health care priorities.

Since it's tax season, you are invited to a free tax clinic organized by my team and that of our MPP Lucille Collard on April 22 from 9 a.m. to 1 p.m. at 237 Montreal Road. To book an appointment please call 613-744-4484. If you would like a paper copy to complete your taxes, we have copies at our office at 233 Montreal Road.

Keep in touch with me and share how we can continue to work together to make life more affordable for us all.

IMAGE turns fifty

Bob Meldrum

A 1970 report stated “Sandy Hill appears initially as a pleasant older downtown neighbourhood containing an expanding university. It does, however, possess many of the problems of an inner city community: the pressures of growth, the physical decline of some housing stock, the disruption from through traffic, and the possibility of new transportation routes severing the community.”

This report led to the funding and creation of the Sandy Hill Neighbourhood Study by the City of Ottawa. One recommendation from the study was that there should be a newspaper for the area.

Diane Wood took up the challenge and recruited Elinor Mueller and Jan Meldrum to help. Using a mechanical typewriter and paste-up to cardboard sheets, and aided by the technical help of Steven Rector, they created the first edition of the neighbourhood newspaper within the span of a final all-night session. That no-name edition came out December 10, 1972.

A contest was held for a permanent name. Richard Lee, then a 26-year-old Carleton student, suggested Image: “. . . a word that in both French and English conveys the idea of holding a mirror up to the community.” He beat-out 49 other suggestions.

A front page editorial in that first issue outlined the paper’s aim: “. . . to help involve as many people as possible in . . . [community] activities and . . . to make us all aware of the political happenings and projects of all kinds which affect our community.” IMAGE’s aim has continued to be basically the same. For 50 years it has endeavoured to be a focus for community dialogue.

IMAGE began as an eight-page monthly run by volunteers and funded by ad-


vertising revenue. IMAGE volunteers are forever grateful to the local business people who continue to support the paper and especially remember those who bought ads in the first issue — sight unseen.


Through 50 years, the publication frequency and size changed such that now you see 20 pages or more and usually five issues a year. However, a volunteer staff is still in charge, and advertising revenue continues to cover costs. In the early years, even door-to-door delivery was done by volunteers — much trudging the streets in all weathers. Fortunately, a contractor now does the job.


Over the years, IMAGE has had many fine editors. Some served for a year — or a few — but in the 1990s there arrived three dedicated volunteers: Hilary Russell, who held the post for about six years before moving out of Ottawa, and Jane Waterston, who began in 1999 with the help of Judy Rinfret. These editors brought the paper into the age of colour and computers, making it into the professional-looking 20-page publication it is today.

In fact, we can add award-winning to the description. In June 2021, the Federation of Citizens’ Associations (68 Ottawa area community groups, including Action Sandy Hill) selected IMAGE for their 2021 Excellence in Media Award, in particular for the coverage of the pandemic in the April 2020 issue (available at the IMAGE website Archives section). Hilary Duff’s article on community response and Martha Milne’s article on Somali women’s outreach were specifically commended in the citation.

As Jane Waterston steps back from over 20 years at the editor’s desk, making space for new volunteers such as Adam Sopuck (who is this edition’s guest editor), the need is ever-increasing to keep the community informed.








Page one banners from the 70s and 80s: we’re not known for graphics!

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► **Sandy Hill Arena**, from page 1

Photo F. Adam Sopuck



The game must go on! A good ol' rec. hockey game at the arena on Apr. 3, 2023

## President's Report



### Removal of infra-red heaters at arenas

Yes that is correct; City Hall has notified us that a recommendation for their removal has been prepared for City Council approval. The proposal is part of the City's policy to conserve energy and the reduction of cost.

If you people remember in the last issue of IMAGE, I mentioned the heavy cost increase for our ice allotment next year, approximately costing \$2000.00.

They now expect the volunteers to freeze and also maintain order in hall ways and equipment rooms where all juveniles and spectators will gather to keep warm.

City Hall also claims in their letter that these heaters only provide a good psychological stimulus to the spectators.

Well, you don't have to work at City Hall to know who is nuts on that statement. They go on to claim Sandy Hill Arena with twenty 22 heating units at 4.3 Kw each for a total load being 94.6 Kw.

If the City of Ottawa closes the Sandy Hill Arena, neighbourhood kids will have nowhere else to go. If we lose these, we're never going to get them back. It's time to speak up for our community. Just ask yourself what Mel and Nancy would have done, then get to it! If we manage to save our community arena, then maybe we should rename it after Mel Malette, the Sandy Hill community member who helped get it built.

**Mel Malette, President of the Sandy Hill Ottawa East Sports Association, demonstrating his continued community engagement and passion for kid's hockey in another President's Report, published by IMAGE in 1982.**

Photo F. Adam Sopuck



A wall of trophies at the rink preserves some of Sandy Hill's deep hockey heritage.



**L'hon./The hon. Mona Fortier**  
Députée/Member of Parliament - Ottawa-Vanier

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Chères résidentes, chers résidents,

J'espère que vous allez bien et que vous avez eu l'occasion de profiter des plaisirs de l'hiver que ce soit avec la raquette, le ski de fond ou une balade sur nos sentiers urbains hivernaux.

Enfin, le printemps est parmi nous !

L'économie canadienne s'est remarquablement redressée après la récession COVID. L'année dernière, les Canadiens ont enregistré la plus forte croissance économique du G7. Aujourd'hui, 830 000 Canadiens de plus travaillent qu'avant l'apparition du COVID et nous avons récupéré 126 % des emplois perdus à cause de la pandémie, contre seulement 114 % aux États-Unis. Notre taux de chômage est proche de son niveau le plus bas jamais atteint et il y a aujourd'hui plus de Canadiens qui ont un bon emploi que jamais auparavant.

Mais je comprends que les gens s'inquiètent de ce qui les attend. Le mardi 28 mars, la vice-première ministre et ministre des Finances, Chrystia Freeland, a présenté le Budget de 2023 – Un plan canadien : une classe moyenne forte, une économie abordable, un avenir prospère (<https://www.budget.canada.ca/2023/home-accueil-fr.html>). Celui-ci s'appuie sur le travail que nous faisons déjà pour rendre la vie plus abordable pour les Canadiens, renforcer notre système de santé public universel et bâtir une économie propre qui créera de bons emplois pour la classe moyenne dans tout le pays.

Le 8 mars dernier, nous avons célébré la Journée internationale des femmes afin de reconnaître les contributions féminines du passé ainsi que celles du présent au sein de notre communauté. L'égalité des sexes est un objectif qui n'est pas encore atteint. La

parité entre hommes et femmes a été maintenue depuis 2015 au sein du Conseil des ministres. D'ailleurs, le gouvernement libéral a lancé la première Stratégie pour les femmes en entrepreneuriat ainsi qu'un investissement de 660 millions \$ dans la prévention de violence contre ces dernières.

Dans le cadre de cette journée, j'ai lancé un concours de reconnaissance de femmes et filles exceptionnelles d'Ottawa—Vanier dont j'ai dévoilé les récipiendaires. Toutes mes félicitations à Marie-Caroline Badjeck, Pauline Baron, Irene Compton, Erica Groome, Antoinette Irarera, Fatimah Karim, Nancy Millson, Sheila Niven, Deborah Pierre et Kayla Spagnoli. Vous êtes source d'inspiration !

Le mois de février a aussi été marqué d'une entente de principe entre notre gouvernement fédéral et le gouvernement de l'Ontario qui comporte un investissement fédéral de 73,97 milliards de dollars sur 10 ans, dont 8,41 milliards de dollars pour une nouvelle entente axée sur nos quatre priorités communes en matière de soins de santé.

Étant donné que c'est la période des impôts, vous êtes invité à une clinique d'impôt gratuite organisée par mon équipe et celle de notre députée provinciale Lucille Collard le 22 avril de 9 h à 13 h au 237, chemin Montréal. Afin de réserver un rendez-vous veuillez appeler le 613-744-4484. Si vous désirez une copie papier pour compléter vos impôts nous en avons des copies à notre bureau au 233, chemin Montréal.

Restez en contact avec moi et partagez comment nous pouvons continuer à travailler ensemble pour rendre la vie plus abordable pour nous tous.

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# International Film Festival opens windows on the world

Paula Kelsall

The third annual International Film Festival of Ottawa, which was held from March 8-19, brought a world of cinema to Sandy Hill. Most of the festival's screenings and events took place at the ByTowne Cinema or the Ottawa Art Gallery. Even though these two venues are so close together, with half a dozen films to choose from some days there were often difficult decisions for the filmgoer to make, and here the ByTowne may have had the advantage, with its fresh popcorn and fine selection of beverages.

With around forty films from countries as geographically diverse as Senegal, Romania, Brazil and Japan, the IFFO provided lots of scope for vicarious travel, sometimes to very out-of-the-way places. It was deeply engrossing to witness the story of two young women growing up in Kazakhstan in the film *Balaban*, for instance. The film combined elements of modern romance and old-fashioned suspense with a look at the trade in endangered falcons and the situation of young people living with HIV.

In *Marcell*!, we followed the young daughter of a family of street performers through the streets of her Italian neighbourhood. Sword fights with the boy next door, saxophone practice, and fruitless attempts to attract the attention of the popular roller-skating girls down the street all give way to a road trip, as she and her mother head for an out-of-town theatre festival, and the audience sinks into a rather surreal dream of summertime in Italy.

Some of the films also crossed national borders to remind us of the vibrant global village that our world has become.

*Return to Seoul* tells the story of a young woman, adopted in Korea and raised in



Emily Diana Ruth, director of the short film *Likeness*, leads an audience discussion of family dynamics in real life and in the movies.

France, who returns to the country of her birth. This film has stayed at the ByTowne for an extended post-festival run, and it's a fascinating look at the challenges faced by a young person forging her identity while investigating cultural and family connections that have been mysteries to her.

*Queens of the Qing Dynasty* shows the growing friendship between Star, a young woman in Cape Breton who has been hospitalized following a suicide attempt, and An, the Chinese university student

who is her volunteer visitor. An, who is gay and loves to sing Chinese opera, is a vivid contrast to the taciturn Star, but these two atypical individuals are able to see each other without judgement and make a strong connection.

*Maya Nilo (Laura)* is a riotous road trip of a movie about two sisters from Sweden who hit the road for Portugal when their mother informs them that she is having a health crisis. Nilo's daughter Laura, who is enjoying an online flirtation with a boy in Germany, comes along

for the ride and is the catalyst for a detour to Hamburg.

Each screening in the festival was preceded by a short film. My single favourite movie in the festival might have been *Desi Standard Time Travel*, the tender-hearted, 24-minute story of a young man on the verge of fatherhood who is given the opportunity to travel back in time for a quick visit with his deceased parents at the same stage in their lives.

There was an interesting echo of the time travel device, and the longing to connect with parents, in another short film, *Likeness*, which showed an older woman and her daughter experiencing the confusion of the mother's dementia as literal shifts in time and identity.

As befits any festival worth its salt, IFFO also gave audiences a chance to hear from the makers of the films. Ziyin Zheng, one of the stars of *Queens of the Qing Dynasty*, charmed us with his account of his transformation from foreign student to scriptwriter and actor. Emily Diana Ruth, the director *Likeness*, led the audience in a discussion of mother-daughter relationships after her film was screened along with *Maya Nilo (Laura)*.

There's something about a festival and the experience of taking in several films or plays in a short span of time, encountering the people who worked on them, and going home to talk about them with your companions. It shakes you up a bit, freshens your view of the world, and reminds you of what a creative species we belong to. I can hardly wait for next year.

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# Sandy Hill choristers shine in powerful show at the NAC

Photo Lena Capkun

Christine Aubry

I did not need much convincing to buy tickets to the production in which our young neighbour was performing (the themes of forgiveness and compassion immediately appealed to me).

The play *I Forgive You* is based on a true story — that of choral director Scott Jones left paralyzed at the age of 27 after a homophobic attack in Nova Scotia. His story garnered international media attention when Jones chose to publicly forgive his attacker during the trial.

Sold-out performances of *I Forgive You* ran at the NAC's intimate Azrieli Studio theatre from March 1-11, 2023, and many in the audiences came to see the choir of Ottawa youth, directed by Jones himself.

In that choir, Sandy Hill residents would have recognized at least two faces — those of Emma Barrette and Henri Trépanier, both Grade 9 students at l'École secondaire publique De La Salle and its Centre d'excellence artistique de l'Ontario.

Barrette and Trépanier, who both, at the young age of 14, already have considerable experience singing and performing, were selected out of 85 youth who auditioned for only 21 spots, based not only on their voices but their personalities as well.

Robert Filion, the play's music director and a well-known name in Ottawa's music and choir scene, was responsible for selecting a diverse group of choristers that would also move and dance on stage, and in some cases, play the piano, as did Trépanier.

Filion explains that it was also very important for Jones to feel a connection with the children, which is why they took the time to really get to know each other before the staging rehearsals even began.

Trépanier admits the practices were intense, with some eight-hour days and only one day off per week. And the monosyl-



The cast of *I Forgive You*, with Scott Jones (front row, centre), Emma Barrette (back row, third from right) and Henri Trépanier (back row, fourth from left).

Photo courtesy of Robert Filion



Ottawa Music Director Robert Filion with Henri and Emma.

labic musical pieces, adapted from the songs of the Icelandic band Sigur Rós, were at times challenging.

But Trépanier insists he loved the entire experience, especially being on stage. "The shows were fun!" he exclaims.

This sentiment is echoed by Barrette who added "You could see people react — laughing, crying. It was really cool to see!"

The actors' powerful performances, displaying a wide range of emotions from anger and despair to sadness and joy, left no one unmoved. The subject matter was heavy, which is why the show has a content warning.

"I was so impressed with the care that Artistic Fraud (a St. Johns, Nfld. company) took [with the children]," said Filion, explaining in detail how the wellbeing of the children was always a priority. "We

all agreed that this was a place where we could learn."

Barrette and Trépanier clearly have no regrets despite the intensity of the work and subject matter, and Barrette had this advice to share: "If you ever get the chance to do something like this, go for it! It is one of the best experiences you will have."

For more information about the Ottawa production, including the biographies of all involved, visit the show's program notes at <https://nac-cna.ca/en/event/31897> and follow Artistic Fraud at [www.artistic-fraud.com](http://www.artistic-fraud.com) if you want to be kept apprised of possible future performances.

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# Le rendu, new work at the Ottawa Art Gallery

Maureen Korp

The University of Ottawa and the Ottawa Art Gallery have a close physical relationship as Sandy Hill neighbours, and they are also intimately related programmatically, as we see in *Le rendu*, a new exhibition on the fourth floor of the gallery. *Le rendu* presents the work of five recent graduates of the Master of Fine Arts program at the university. Ongoing faculty review and intense peer pressure are integral to any MFA program. It is thus virtually guaranteed that for more than two years these five artists have been asked and were asking themselves questions like: “Where is this going?” “What motivates this choice?” “What is art?” In *Le rendu*, we see answers. Maxime Boisvert-Huneault’s installation makes an old truth visible: we are of the earth, and return to the earth; we flower. Joel Sectar’s composition displays the importance of order and tabulation. Neeko Paluzzi’s exhibit is drawn from his study of another’s unfinished work. Madeline Richards’ paintings float us into a vivid world of summertime swims. And Antoine O’Donoughue’s triptych asks darker questions of nightfall.

Maxime Boisvert-Huneault’s installation has its own softly shadowed alcove. Entitled *La perle et la peau* (the pearl and the skin), 2022, the work is a stylized sculpture garden. Walk inside. Here are two life-size male figures. One kneels at the feet of the other who lies on its back, high upon a dais, legs opened in a wondrous urological display of . . . The bodies are terrains of soft pastel; their surfaces display aerial views of veins within and without—fields and rivulets drawn as finely as any MRI image. Both figures display mustachioed faces and life-size male genitalia. Both are bedecked in sparkles, as is the surrounding vegetation. Yes, the story of Lilith, Eve, Adam, and a missing rib or two might come to mind. In a separate room of the gallery, Madeline Richards hung five large oil paintings on three walls. The fourth wall is windowed and looks out onto the Ottawa

cityscape. The installation is entitled *The World Made Strange*, 2022. Sit for a moment. In this setting, we see Richards’ paintings as non-specific memories adrift in pretty summer waters. In *Untitled (pool)*, 2022, for example, a thin blue arm is bent in backstroke. So, too, is the figure afloat in *Untitled 2 (on grief)*, 2022. Here, no one demands that anything more be done today or tomorrow; let us just float.

In another room of the gallery, we find



Photo Neeko Paluzzi

*Olympia*, 2022 by Neeko Paluzzi is part of his *Tales of Hoffmann* installation

Neeko Paluzzi’s multi-media installation, *Tales of Hoffmann*, 2021-2022. The work is an homage to composer Jacques Offenbach’s operetta of the same title, premiered as an unfinished work in 1881: the composer had died a few months earlier. Alone on a small shelf is a white porcelain doll’s head: a found object. On the wall opposite is an ink drawing entitled *Olympia*, 2022. It might well be a veiled shrine to the maidenhead. The melody we are hearing in this room is Offenbach’s *Birds in the Arbour*, also known as *The Doll Song*.

Joel Sectar has two sculptures on view: *Stock Cart*, 2021, and *Polish*, 2022. In both, we see materials of work yet-to-be. *Stock Cart* is an old, well-used pushcart.



Butterfly 2 (on grief), 2022 by Madeline Richards    Photo Richard Max Tremblay



Photo Maxime Boisvert-Huneault

*La perle et la peau*, 2022, by Maxime Boisvert-Huneault makes an old truth visible.

Photo Chris Snow



Stock Cart, 2021 by Joel Sectar

Its 24 compartments display bits that may become something — e.g., red thread, white paper, exposed film, and blue letters. A Bates Royal Automatic Numbering Machine sits atop the cart. Nearby, the artist’s ironic arrangement of three floor sculptures is entitled *Polish*. The artist notes that the piece arises from his study of vintage hockey lapel pins and masculinity.

Antoine O’Donoughue’s large oil and acrylic paintings on wood form an awkward nighttime triptych. Remember the long nights of lockdown? The *Molson*, 2021, was ever out of reach. Is that Humphrey Bogart over there on the left assuring Ingrid Bergman, “We’ll always have Paris” *Casablanca*, 1942? No, it is *Grimes and Elon Musk*, 2022. Hard to avoid bizarre thoughts walking alone in the dark. Witness *Frankentoine*, 2022, on the right.

More might be said about the work of all. See for yourself. The Ottawa Art Gallery is right in the neighbourhood, at 10 Daly Ave.



Frankentoine, 2022, by Antoine O’Donoughue

Le rendu / The rendering

Curated by Stephanie Corbo, University of Ottawa, and Rachelle Dickenson, PhD. Ottawa Art Gallery

10 Daly Ave.  
Free. Wheelchair accessible.

Open Tuesday, Wednesday, Sunday, 10 a.m. – 6 p.m.  
Thursday, Friday, Saturday, 10 a.m. – 9 p.m.

Photo Antoine O’Donoughue



Photo Christine Aubry

# Action Sandy Hill strikes new environment committee

Tim Williams

Act globally, act locally — a twist on an old environmental maxim. To address environmental degradation, global systems need to change, but grassroots action can help achieve that change and benefit the local community at the same time.

With this reformulated maxim in mind, last fall Action Sandy Hill (your local community association) identified addressing environmental issues in Sandy Hill as a focus for its efforts and struck an environment committee to get the ball rolling.

According to its terms of reference, the Environment Committee will:

- engage with, consult, and inform members of the Sandy Hill community as well as any other relevant community or non-governmental organizations — including other committees of ASH — in order to promote activities and measures that improve the environment of Sandy Hill; and
- advise the ASH board on methods by which ASH might influence the City of Ottawa's plans, policies, and bylaws such that they better serve the joint goals of improving the environment of Sandy Hill and ensuring that the City plays a major role in achieving global environmental objectives.

The committee meets on the second Monday of every month, both in-person and with a virtual connection. It has now met four times to identify its priorities and begin actions, such as:

- organizing a spring environment fair in Strathcona Park;
- replanting and protecting Sandy Hill's trees to support biodiversity and create shade for protection from the increasing heat of summer;
- addressing the persistent issue of garbage and litter;
- encouraging growth of native plants, particularly those that attract pollinators, and controlling invasive species;
- engaging with the City to reduce the use of road salt, while improving winter mobility on sidewalks

Addressing environmental issues can seem overwhelming. The headlines scream: "Climate crisis! Biodiversity crisis!" Governments worldwide meet at seemingly endless, futile conferences.

But what can we do? What can Sandy Hill do as a community? The ASH Environment Committee is here to help answer those questions. There is so much to do. If you are a resident of Sandy Hill and interested in joining the committee or helping to support its work, please contact either Bryan Dewalt, [bdewalt.ash@gmail.com](mailto:bdewalt.ash@gmail.com), or Marilyn Whitaker, [marilynwonash@gmail.com](mailto:marilynwonash@gmail.com).



The bigger they are, the harder they fall: a massive tree in Robinson Field is pulverized into splinters by the terrible ice storm of early April.



**BULLETIN BOARD**

The City is organizing a **hazardous waste collection event** near us. If you can't get there, ask neighbours if they can take your waste along with theirs.

**Date:** Sunday, April 23

**Hours of Operations:** 8 am to 4 pm

**Location:** 300 Coventry Road – RCGT Stadium

**For more information:**  
<https://ottawa.ca/en/garbage-and-recycling/hazardous-waste-and-special-items#section-bf1a7a79-9ca3-4c71-beed-593de44201b0>

# Une jeune famille ukrainienne s'établit à Ottawa

Madeleine Cloutier

Depuis le mois d'août de l'année dernière, une famille ukrainienne composée d'un jeune garçon de quatorze ans du nom de Valentyn et de sa mère Iryna, nous a rejoints dans notre beau quartier de la Côte-de-Sable. Ils habitent depuis lors chez une résidente, qui a bien voulu les héberger jusqu'au mois de juin prochain. Notons que cette dame, Madeleine Cloutier, est soutenue dans cette belle aventure par un valeureux comité de bénévoles.

Dès le mois de septembre, Iryna a trouvé du travail à l'hôtel Lord Elgin comme femme de chambre. Elle détient des diplômes d'enseignement et de massothérapie de l'Ukraine. Quant à Valentyn, il étudie à l'école Immaculata. De jour en jour, nos deux protégés progressent dans leur intégration.

Depuis l'arrivée de nos hôtes, le petit groupe de bénévoles a pourvu à tous leurs besoins tels que le logement, la nourriture, les vêtements et les a aussi appuyés dans leurs activités scolaires et récréatives. Toutefois, la petite famille est maintenant à la croisée des chemins : elle doit se trouver un logement décent et voler de ses propres ailes. On constate déjà avec bonheur que Valentyn est grandement attaché à l'école Immaculata. Étant donné que la stabilité est la clé d'une intégration réussie, à notre avis, il est impératif de trouver un logis dans notre quartier.

Soucieux d'atteindre ce but et dans un esprit de solidarité, nous venons donc solliciter votre aide. Un coup de pouce de votre part nous permettra de renforcer notre action afin de bien accueillir Iryna et Valentyn chez nous. Enfin, n'oublions pas que nous avons bon espoir de voir l'autre fils d'Iryna, âgé de dix-neuf ans, venir rejoindre sa mère et son frère cadet.

Si vous souhaitez contribuer à cette cause humanitaire, votre contribution vous permettra d'obtenir un reçu à des fins d'impôt, grâce à l'appui de la Basilique Cathédrale Notre-Dame.



Photo Ginette Bocage



Photo Ginette Bocage

Two Ukrainian refugees, Iryna et Valentyn, spent a Canadian Christmas in a Sandy Hill home. Their hostess, lifelong Sandy Hill resident Madeleine Cloutier, has started a fundraising campaign along with others in the welcoming committee. The goal is to help this family move to its own lodgings in June. For more pictures and information about the family, go to <https://gofund.me/3a51f46f>.

Madeleine Cloutier et Valentyn devant l'école Immaculata.

Pour plus de renseignements sur la famille et le projet, veuillez consulter le site Web suivant : <https://gofund.me/3a51f46f/>.

Comité d'accueil :  
Madeleine Cloutier,  
Ginette Bocage,  
Jeanne Charron

from page 8  
SOLUTION to CROSSWORD

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# Crafty fibre fans gather at Working Title

Christine Aubry

After having to postpone several times, I finally met with a special group of ladies on the first Tuesday in April, but unfortunately, their leader was missing in action—recovering at home from emergency dental surgery.

Thankfully, I had met Margaret Gouin previously, and she had shared with me that it was her love of knitting that led to the creation of a regular “knitters’ group” that meets every Tuesday afternoon at Sandy Hill’s Working Title Kitchen on Laurier Avenue.

What began in 2019 as a small group of five knitters and crafters slowly grew, as some brought friends, and passers-by asked if they could join. Gouin’s mailing list now includes 13 crafters of all levels and experience.

“Any kind of fibre art is welcome,” said Gouin, “be it knitting, crocheting, embroidery, sewing.”

“We have women from all walks of life,” said Trish Heal. Indeed, the group boasts an impressive array of artists of all mediums, including painters, quilters, a puppeteer, a weaver-spinner, and even a botanist.

Given that not all of the women live in Sandy Hill — some walk several kilometers to the café — I asked if they have ever considered meeting somewhere else. While they were obliged to move during the beginning of Covid and again this past January during the restaurant’s renovations, they have always returned and intend to remain faithful to Working Title Kitchen.

“We love the high ceilings and the openness of the space,” said Angela Sumegi.



Photo Christine Aubry

“It’s hard to find a coffee shop that can fit a group this large and that would allow us to just sit and chat.”

“They are very accommodating for a group this large; Leanne has been exceptionally good to us,” added Lee Sullivan.

Leanne Moussa, owner of allsaintsotawa and the Working Title Kitchen, stopped by the group’s table (reserved for them every week), to say hello and share what she loves about hosting this regular group of patrons:

“We want Working Title Kitchen to offer something for everyone. We want people to come and stay for tea, and be proud to show off their neighbourhood,” she said.

When the group raved about the restaurant’s gorgeous patio on Laurier Avenue, where they love to gather in the nice weather, Moussa asked if they were the ones who had “yarn bombed” the trees in front of the patio during the pandemic. While no one claimed responsibility, Moussa said she would love to see more — a joint endeavour for the group?

As for their missing leader, her friends exclaimed: “She’s worth an article on her own!”

Perhaps for a future issue I will be able to convince Gouin to tell me more about her love of all things fibre. I may need to dust off my knitting skills on Tuesday afternoons to get the full scoop.

**Photo — Some of the women who meet every Tuesday afternoon at the Working Title Kitchen, gathered around their usual table under a Bhat Boy painting that features Laurier Avenue houses and buildings, including the former church where the restaurant is now located. From left to right: Nathalie Thirlwall, Carol Miller, Lee Sullivan, Angela Sumegi, Trish Heal, Barbara Abu-Zahra, Hélène Séguin, Wendy Nicholson (front centre).**

# The joy of home birth for one Sandy Hill resident

Megan Reilkoff

The COVID-19 pandemic has had an unimaginable effect on everyone. Uncertainty, anxiety, lockdowns, restrictions, physical distancing, etc. have taken their toll. From personal experience, this pandemic has been particularly stressful for pregnant and birthing women, with added worry about the effects of the virus on the pregnancy and unborn baby. I gave birth to two babies (my third and fourth children) during this pandemic: a girl born in March 2020 and a boy born in July 2022. The new COVID-19 protocols were very unsettling. Not being permitted to bring one’s spouse to appointments, and prenatal appointments over the phone were not fun.

Notwithstanding the times, pregnancy and childbirth have been the most profound events in my life. I am grateful to have had wonderful, organic birth experiences, in large part because midwifery supported each of my pregnancies as a normal, healthy process instead of a scary medical event.

I am grateful to the midwives who gave choice of birthplace during this pandemic. Women experiencing low-risk pregnancy have the choice to give birth in hospital, at a freestanding birthing centre or at home. Midwives are the only care providers in Ontario who receive highly specialized education and training to help women safely give birth at home. This highlights the personal sacrifice that midwives make, having to negotiate their own concern with being in someone else’s home and the risks to their own health associated with that



Photo Elena Bovo

**The Reilkoff-Williams family (from left to right): Orly, Esmé, Echo, and Megan, with Scott in the background holding baby Avi.**

during a pandemic.

After reading literature on my birthing options, I decided that I wanted to birth at home. In fact, three of my four children were born at home. Home provided a safe, calm, and healthy environment to

labour and deliver my babies without having to go to an overrun hospital or worry about whether my baby and I were at increased risk of exposure to COVID-19 in a hospital setting. It also allowed my other children to meet the new baby right away. Given that my house was built in 1866 and home birth was common until the early 20<sup>th</sup> century, I can’t help but wonder how many babies were born in this house. Lots, I assume, although I am grateful for improved sanitation and the skill set of today’s midwives, who no doubt made my home births much safer than they were in the past.

Did you know that there is excellent Canadian research\* that shows that home is one

of the safest places to birth a baby for healthy women whose pregnancies fall into a low-risk category? Many factors contribute to the safety of midwife-attended home births in Ontario.

Midwives are regulated health professionals with extensive university education specific to births and responding to emergencies. My husband met our midwife at the front door and helped carry in two large, heavy duffle bags with an impressive amount of medical equipment, sterile instruments, medications, and birthing supplies comparable to those available in a birthing centre or hospital that provides Level I care. This allows the midwives to closely monitor mother and baby to prevent complications and manage emergencies should they arise.

It is with deep appreciation that I acknowledge my midwives, Amanda and Rosie (2022) and Whitney and Jessica (2020). They’ve worked tirelessly and at great personal sacrifice during this pandemic to help women experience the greatest celebration of life – childbirth.

- According to Megan Reilkoff, these two sources of information are the best:
1. Association of Ontario Midwives, Guideline for discussing choice of birthplace with clients, 2016, available online at: [Choice of birthplace.pdf](https://www.ontariomidwives.ca/ChoiceofBirthplace.pdf) (ontariomidwives.ca)
  2. Expert Advisory Panel on Choice of Birthplace, Association of Ontario Midwives, Guideline for discussing choice of birthplace with clients: Methodology and review of evidence, 2016, available online at: [Choice of Birthplace | AOM](https://www.ontariomidwives.ca/ChoiceofBirthplaceIAPOM.pdf) (ontariomidwives.ca)



Photo Alison Sydney



## The joyous return of an annual tradition

The warm and sunny January weather provided the perfect backdrop for the much-anticipated return of the Sandy Hill Winter Carnival, held on Saturday, January 28, 2023. The afternoon event, which is a yearly tradition (barring any pandemics), brought out a crowd of at least 300 people, all eager to partake in the festivities.

The carnival was organized by Action Sandy Hill community volunteers and featured a variety of outdoor and indoor activities. The event started with music by local radio station JUMP! 106.9 and hooves clomping on the pavement; children and adults alike climbed aboard John Cundell's horse-drawn carriage for the opportunity to ride through the streets of Sandy Hill.

Other outdoor activities included ice skating, bubble making, snow sculpting, tug-of-war, and snow soccer. The maple taffy was a favorite among attendees—the sweet smell of boiling maple syrup filled the air, as volunteers poured the hot liquid onto the snow. Wandering Star Wars characters and an Ottawa Police Service Tactical Unit van added a “cool factor” to the event.

Indoors, the teams of City Councillor Stéphanie Plante and MPP Lucille Collard served up hot chocolate as well as treats and snacks generously provided by Sandy Hill families.

Photo Alison Sydney



Is this fair? Where's the ref.?! Some tug-of-war at the Winter Carnival



Photo Bob Whitelaw

OC Transpo workers were busy on March 30 installing a new bus shelter on Range Road at Templeton Street. The new modern unit, important to people taking bus 16 to downtown Ottawa, enhances the streetscape.

## Test your memory and IMAG(E)ination

Where have you seen this architectural attraction in our neighbourhood?

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.

### Last issue's mystery revealed

The statue, an art piece that was originally used to demonstrate to engineering students the various approaches to using steel in construction on OttawaU's campus stumped you all.!



However, Poonam Varshni provided the answer to the Holiday bonus photo of the pavement chessboard behind the community centre on Somerset East.



Photos Bob Whitelaw



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# The fine art of juliennening

Photo Dodi Newman

Patricia Newman,  
with Dodi Newman

I can vividly remember the first time I mixed julienned root vegetables. The look was striking — an elegant Mikado-style jumble of longish matchsticks — and the texture and feel were so unfamiliar I thought I was tasting something new. When I found out it was carrots and other root vegetables, it was a real revelation, a lesson in the importance of technique.

I didn't apply that technique much myself, though, until I learned Asian-style juliennening, which is quick, easy, and safe: position the vegetable on the cutting board where it least tends to roll; slice it diagonally into ovals, then stack the ovals two or three high and slice them into thin sticks. Google "Asian juliennening," and you'll find excellent (and entertaining) tutorials on the subject.

Another way to julienne vegetables is with a mandolin. I have used the classic Benriner mandolin (model 64W) for years and appreciate its superior quality, exceedingly sharp blades, and relative affordability.

Here are some of the things you can do with julienned vegetables:

**Julienned root vegetables:** Julienne any combination of yellow, green, and white root vegetables. Steam them in a small amount of water with a bit of salt, then drain, and swirl in some butter. This is an elegant, light side dish, perfect with white fish or chicken breast.

**Carrots, kohlrabi, and herbs with ramen noodles:** Set water to boil for the noodles; julienne the vegetables; thinly slice some scallions, and roughly chop



Three stages of juliennening

some cilantro. While the noodles are soaking, steam the vegetables in water, fish sauce, soy sauce, and ginger until tender-crisp. Add herbs and dark sesame oil; mix with noodles.

**Carrot, almond, and sesame seed salad:** Julienne the carrots very thinly (use the finest blade if you're using a mandolin). Make a mild vinaigrette with white vinegar, canola oil, salt, and a tiny bit of sugar or honey. Slice almonds three or four times lengthways into sticks. Toss everything, including sesame seeds. This can sit for hours before serving.

**Zucchini and peas with blanched and slivered almonds, parsley, and olive oil:** Cut the zucchini into long sticks (4–5 mm wide, 2 mm thick), either Asian-style or with the mandolin; chop parsley, and grate parmesan. Heat olive oil in a pan, add almonds, then stir-fry until light golden and remove from pan. Add frozen peas to pan and cook them until they're almost done, then add zucchini. Return almonds to pan; add parsley (optionally cream, mmm) and cheese. Also excellent with sage (fried in oil) instead of parsley.



We've made it through another winter! Here's to the patios, outdoor markets, and locally-grown greens we have to look forward to. Enjoy the spring, everyone, and please share stories of your favourite Sandy Hill food experiences with [image22@rogers.com](mailto:image22@rogers.com)

## Adelitas Cafe & Galeria, 495 Rideau St.

Si Señor, the popular Mexican restaurant at 506 Rideau St., is a really heartwarming neighbourhood success story. It's survived these last three crazy years and has even opened a second branch, on Preston Street. Now Si Señor's owner, Hugo Crespo, is about to open a new place right across the street from his original location. Adelitas Cafe will serve coffee, cakes, and breakfast sandwiches. It has plenty of seating, and should be a welcome change of scene for students and home-based workers.

## Mergi Shop, 382 Rideau St.

When the Mergi Shop first opened in a tiny space a little further west on Rideau street, it was mainly a showcase for snacks, drinks and non-perishable items like cosmetics and quick-cooking ramen soups. Now there are freezers full of all kinds of noodles, dumplings and other savoury Asian foods, as well as sweet treats. Frozen coconut and mango bars have become staples at our house, and summer is bound to find us trying out other flavours, such as melon and burnt sugar.

## Universal Grocery, 140 George St.

With the Salvation Army across the street and a construction site next door, the grocery store that's moved into the former premises of Home Hardware has opened up in a difficult spot. Nevertheless, it's a good source of ingredients from many cultures. We've been pleased to discover there large vacuum-sealed bags of Moroccan olives as well as fresh corn tortillas and ready-to-eat eggplant bharta. There doesn't seem to be enough traffic in this shop yet to support a really dependable produce selection, but once in a while we have found lovely avocados, Asian eggplants and fresh mint.

## Reggae Rooster, 321 Somerset St. East

The former Sandy Hill Lounge and Grill didn't stay vacant for long. It will be fun to check out the Jamaican-Canadian menu; here's hoping the new restaurant's food will live up to the handsome bird on its sign!

# Wondering what they serve up in the morning at Sandy Hill's charming Bed and Breakfast establishments?

Philip Owen

Good morning, Sandy Hill! I am one of your trusty local reporters at IMAGE. I was lucky enough this week to wake up early and go visit some local B&Bs. One of the most overlooked features of our neighborhood is the luxury of having guests and family come and visit at our B&Bs.

The first stop was at the **Auberge King Edward Bed and Breakfast**, 525 King Edward Ave. The breakfast was full of delicious croissants and marmalades accompanied by teas and coffees. Richard was amazing, laying out quite the spread in a Victorian atmosphere of plants and high ceilings. Quaint furniture accented the home decor. There is unique staircasing with arches everywhere on the main floor. It's an ideal location for gardeners to visit, as the front garden is lush and bountiful in the summer.

The next stop was **McGee's Inn**, 185 Daly Avenue, and what a delicious surprise that was. Multiple choices of plates of crêpes and sausages with signature white napkin place settings, shiny cutlery, and ample fresh orange juice were involved. It was a most refreshing experience with Victorian antiques at every corner. Happily, Sarah was able to answer many questions about Ottawa history and the house.



Delectable crêpes at McGee's Inn

Photo Harlequin Studios

Located in the nest of embassy homes next to Strathcona Park, **Ambassador Bed & Breakfast**, 450 Laurier Avenue East, is a lively option. Irina was serving up a few specialties of crêpes and

Turkish coffee. The table was complete with bread and fresh juice and cheese. I chatted with the international guests, savoured bread, and enjoyed swapping stories of Ottawa history. I was hoping

to taste their specialty Slavic pancakes, but the kitchen renovations delayed my experience. That delay gives me a good excuse to make a future reservation!





The ample serving at No Forks Given

## The Sandy Hill burger beat

Paula Kelsall

Sometimes in the depths of winter you need a treat to lure you out of the house. This year, we consoled ourselves for icy winds and freezing drizzle with semi-regular dates for burger lunches with friends. We found that in a neighbourhood with a big population of students, there are lots of options when it comes to the humble hamburger.

One snowy day in January, we began our investigations at **In's Kitchen**, the Korean restaurant at 65 Templeton St. We had enjoyed their traditional Korean dinners several times, but were curious about the Korean BBQ burger, available at lunchtime only. It turned out not to be a traditional hamburger at all, but rather a hearty sandwich of sliced marinated beef served on a seedy triangular bun and garnished with shredded cabbage as well as a house sauce; it makes for a hearty and extremely tasty meal. All lunches at In's are \$17.00, which includes a beverage, and options like bibimbap were available for those who weren't into meat or a hand-held meal. As we left, we were charmed to notice that near the door were disposable cups that held plant cuttings that were free to take home. Clearly, the owners of In's have green thumbs as well as cooking skills.

Our next outing was to **Egg Pops**, at 358 Rideau St. We all found the name of this new takeout place a bit too cute. Somehow I couldn't stop picturing an egg on a stick, or perhaps a breakfast treat meant to be warmed up in the toaster. But it turns out that Egg Pops' menu consists of breakfast sandwiches and burgers, each topped with an optional fried egg. The young proprietor told us that this is the type of food he likes to fix for himself at home, and it seems he is onto something; we all found our meals delicious. Egg Pops gets its excellent buns from Art is In bakery, and they were up to the challenge of containing the generous portions of fillings and the extra richness of the runny egg yolk. Prices range from \$6.50 for a basic egg and cheese breakfast sandwich (which is really the only option for vegetarians) to \$12.50 for the Meat Pop, a burger garnished with bacon, smoked turkey and smoked cheddar cheese. Good luck taking a bite out of this one without doing some deconstruction! Along with our sandwiches we got a side of homemade chips — crinkle-cut rounds of deep-fried potato that were a truly delicious treat.

**No Forks Given**, 191 Somerset Street E., is a classic student hangout. There's plenty of seating space in the upper level and a good selection of beers on tap. Burgers range in price from \$11.00 to \$18.00, and seem to be aimed at youthful appetites, as the basic ones promise 6 ounces of meat and the larger ones are 9 ounces. It's a lot of food! Once again we

found that generous brioche-style buns were doing a good job of holding things all together. The meat was divided into thin patties, two per burger, crisped-up around the edges in a pleasingly savoury way. You will have the usual choices to make regarding cheese and bacon. If you really want to pile on the calories, there is one that comes with a slab of deep-fried mozzarella. There are some plant-based burgers, a mac and cheese option, and likewise a flavourful elote salad, based on corn and cheese, for the vegetarians. There are also onion rings, coyly referred to on the menu as *The Lord* — “of the rings,” explained our waitress — which are well worth sampling.

Want to settle into posh surroundings, enjoy a post-lunch cappuccino, and maybe pick up a loaf of excellent sourdough and some croissants on your way home? **Working Title Cafe**, at 330 Laurier Ave. East, is the place for you. At \$22, their burger was a little more expensive than most of our samplings, but not outlandishly so, and it came with a generous side of excellent roasted potato wedges. The burger had much to recommend it, with an excellent bun and crisp pickle garnish. We had mixed feelings about the meat patty itself, however, which was tasty, but extremely dense, and so thick that it was a bit of a chore to chew. And the smoked Applewood cheddar was pretty hard to taste on top of all that meat. Working Title's excellent soups and quiche made for nice alternatives for the non-burger eaters in our party. We left in good spirits, having enjoyed basking in the company of the enormous paintings of historic Ottawa by Bhat Boy, beautifully displayed on the restaurant's walls.

Our final stop was **Le Bac à Frites**, the classic chip stand that has stood in the University of Ottawa parking lot at 56 University Private for many years. They were doing brisk lunchtime business when we visited, with students and construction workers carrying away feasts of poutine and hotdogs. We found our sides of fries and onion rings to be nicely browned and tasty. And I have to say that the hamburger was exactly what I'd hoped for: hand-shaped, nicely adorned with lettuce, tomato and mustard, not too plump to take a bite out of. There are no fancy housemade sauces or artisanal buns here, but there's a good selection of mustards, sauerkraut and other condiments. The grilled cheese sandwich and the chicken burger earned lacklustre ratings, but I wouldn't hesitate to recommend the burger for a quick and tasty \$7.50 lunch; it evoked memories of the beachside snack bars of my youth.

There are so many places we didn't get around to! **Safi Fine Foods** on Somerset E. serves burgers, as does **The Bridge** at the Rideau Sports Centre — not to mention **Burger Lovers** on Laurier Avenue. If you'd like to recommend a favourite of yours, please send a few lines to [image22@rogers.com](mailto:image22@rogers.com) for our next issue.

## Were you part of the City's Origin-Destination Survey?

John Verbaas

Was your household selected this fall to participate in the City's Origin-Destination survey? Are you wondering what this is all about and what happens next? This survey forms an integral part of the next phase of the development of the City's Transportation Master Plan. This Plan sets the vision and direction for transportation infrastructure capital investments for the next 25 years.

To start this process the city wants to get a picture using this survey as a baseline of how residents are moving about today. The sample size for the survey is about 30 thousand households, including Gatineau, and is carefully selected to ensure all areas of the city and all types of households are properly represented.

This information is then combined with two additional sources of information. First, projections are added of where new residential and employment growth will occur during the next 25 years, based on the recently approved Official Plan. Second, some assumptions are made regarding targets for how many trips will happen by car, transit, or active modes, and how these will change over the next 25 years. This results in a new forecast for trip patterns and volumes in 2046 by car, bike, walking, and transit. Based on those forecasted volumes, deficiencies in the transportation network will be identified and a list will be proposed of new road, cycling, and transit projects over the next 25 years.

The last time an origin-destination survey was conducted was in 2011. When the new results are published in mid-2023, it will be interesting to see how travel patterns have changed due to population growth, work-from-home changes, and the rise of new technologies such as ride-hailing apps, food delivery apps, and online shopping.

In Sandy Hill, our greatest challenge remains the volume of cars and trucks through our neighbourhood connecting to interprovincial bridges. We will be especially interested to see what the survey will reveal about changes in demand for interprovincial travel, and how this may impact future plans for long-awaited interprovincial transportation infrastructure, whether it be an LRT from Gatineau to downtown Ottawa, a new bridge across the Ottawa River or a tunnel better linking the existing Macdonald-Cartier Bridge to Highway 417.

Sandy Hill will also be watching for what the City's views will be on the future of the proposed Alta Vista Corridor. This is a road expansion project that has been on the City's books for more than 20 years. It proposes to build a new four-lane arterial road across the Rideau River linking to Nicholas Street at the 417 interchange. In the 2013 version of the master plan, this project was lowered in priority and pushed off to sometime beyond 2031. In this update, will it be pushed yet further back in time, or perhaps finally dropped altogether? ASH will be monitoring this closely.



Milo, Simoona, and Prince showcase a few of the new books at the school.

## What's going on at Viscount?

Scott Macklin

**Library Renewal:** this year is an exciting year of renewal in our library! Our librarian, Lisa Power, has been carefully going through the collection and removing old books which no longer circulate. Lisa has identified a few areas where our library needs updating, such as books that better reflect the identities of our student population, graphic novels, and non-fiction titles in French. These new purchases are being funded through our School Council and a generous donation of \$1,346 from the Good Book Sale at the craft fair last November! The students are really enjoying taking these new books home to read.

**New Mural:** our two grade 5/6 classes had the opportunity to create a legacy mural for our front foyer with artist Claudia Salguero. This mural was designed and painted to large panels by the students. It will be mounted on the wall in April.

**Tournaments:** our students are thrilled

that extra-curricular activities are back! In the fall we had two soccer tournaments and a cross-country running meet. Recently, many students participated in a Borden ball tournament. Both of our teams came in second place at their respective tournaments. Borden ball is a variation on European handball which was created for younger players.

Our much-loved office administrator, Janice Kreviazuk, has retired. Janice has been with our school for many years and will be missed dearly.

**Kindergarten Registration:** we are still accepting Kindergarten Registration online! If you have a child born in 2019, you can register your child in the coming months for school in September 2023. You can register in person during school operating hours. Please bring your child's birth certificate or passport and proof of address. You can also register online by going to [www.ocdsb.ca](http://www.ocdsb.ca) and clicking on the green “Register” button.

Scott Macklin is principal of Viscount Alexander School on Mann Avenue



# Amazing avians among us

Photo F. Adam Sopuck

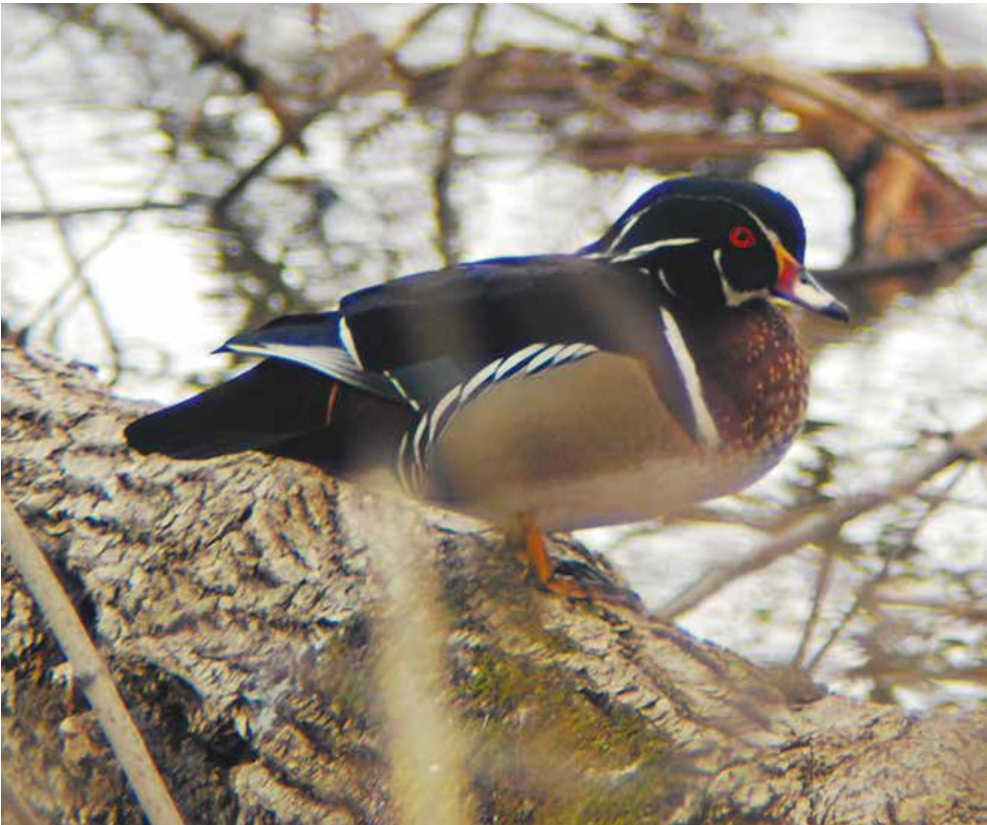


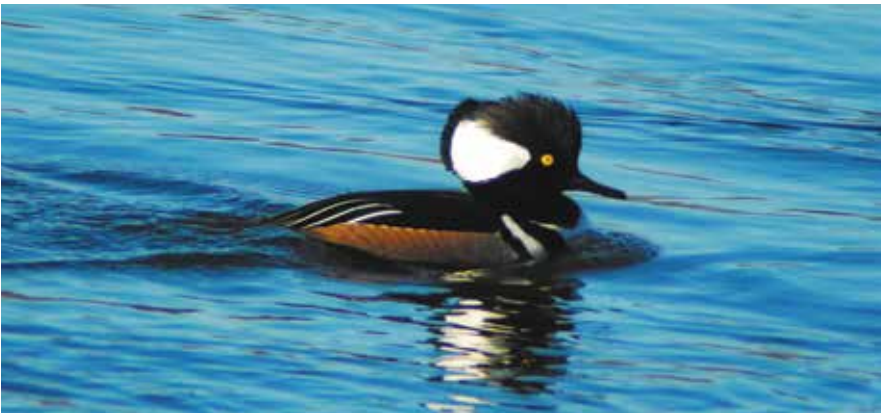
Photo F. Adam Sopuck



Photo Kathleen Kelly



Photo F. Adam Sopuck



# THIS IS THEIR TIME

And this is the place. From pre-kindergarten to Grade 12, our students develop the skills, passion and curiosity of lifelong learners. With the support of our community, their confidence, resilience and strength of character grow so they can take smart risks, use their voice and realize their true potential.

- Small class sizes
- Co-curricular opportunities
- International Baccalaureate World School
- Healthy meals prepared onsite
- Transportation and before + after care available