

Photo F. Adam Sopuck



Who's his stylist, anyway? Nature's flamboyant red-crested fashionisto—the male pileated woodpecker—flies into Strathcona Park to enjoy a summer feast.

The one and only residence for seniors in Sandy Hill will close by summer's end

Closure of Sandy Hill's last retirement residence presents substantial community harm

Judy Rinfret

By September 30, Rideau Place (aka Rideau Place on the River, at 550 Wilbrod St) will cease to be a residence for seniors. Chartwell Corporation, owner and operator, recently informed the current residents that they must find other accommodation by that time.

Mary Perrone Lisi, Chartwell's Senior Director of Communications and Public Relations, says Rideau Place will be sold, but "at this time" she does not know of any plans for the handsome building or lovely garden at the eastern end of Wilbrod Street. She explains that residents may choose alternative Chartwell locations in the urban area and that the company will "fully support their moves". The staff now employed at Rideau Place will be offered jobs at other Chartwell institutions, "if possible."

IMAGE readers may recall Chartwell's 2014 closure of the former Rideau Gardens, adjacent to the library on Rideau Street, which is now a student residence. It seems students and seniors are interchangeable inhabitants of multi-residential institutions.

► *Rideau Place on the River*, page 6

Photo: Odyssey Theatre



A panoply of summer festivities in Strathcona Park and Sandy Hill, p. 13

Editor's Choice:

Quick and Easy DIY Smoke Buster Build

see p. 7

IMAGE

Founded in 1972 under the direction of Diane Wood

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Publicité, articles, photos et autres soumissions

le 18 septembre 2023

(livraison prévue le 5 octobre)

Phil Caron's Portfolio

Illustration: Phil Caron



Homegrown Sandy Hill cherry tomatoes and lots of other veg. coming soon!

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From the IMAGE In-box

Co-ops in crisis

Hildegarde Henderson

What are co-ops, and why should we care about them? Ottawa is blessed with many co-ops. Co-op Voisins, which sits on the southern edge of Sandy Hill, is one of the best. In these changing times when affordable housing is in the daily news, Co-op Voisins provides 76 affordable apartments for all kinds of people from all walks of life.

There is a housing shortage here as elsewhere, and other co-ops beside Voisins are also in the midst of crises. The former administrators of Voisins have fled, and City of Ottawa staff have come in once a week to keep things going, but much has been lost. Committees run co-ops, and those running this co-op have largely fallen by the wayside during the troubles. Even the first responders who sound the alarm and take charge in emergencies cannot gain access to their

chosen volunteer jobs. The parking lot and the bike room are limping along. The City has done nothing about these issues despite numerous reports and complaints. Other co-ops have also had serious problems.

I have been at this co-op for 18 years. I am an elderly person and have never experienced anything like this. The co-op had always been extremely well run and a friendly place to live, and now this beloved co-op is in crisis. There has been verbal abuse, harassment, and bullying. These eventualities have had a profound effect on the mental health of many of the residents of this and other co-ops. Some people are afraid to complain.

We of Co-op Voisins are very concerned about these issues and hope to open people's eyes about what is going on here and in other co-ops. We love living in Sandy Hill and hope to be here for years to come. We do not want to see co-ops fall by the wayside.

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Open letter from the Sandy Hill Community Health Centre
Our commitments to help keep streets safe and people healthy

To our neighbours across the Sandy Hill community:

Our team at the Sandy Hill Community Health Centre would like to thank you for your frank, open feedback about very real concerns regarding your experiences as neighbours — housed and unhoused, residents and business owners alike. We are also grateful for your efforts in helping bring forward potential solutions with respect to addressing our shared concerns in a productive way. These difficult conversations initiate change.

Between February and April, community members from across Sandy Hill participated in a series of facilitated community conversations that helped us hear your concerns and ideas about how to keep our streets safe, our sidewalks clean, and our people healthy. We also heard that we need to do better as a health service agency and community partner.

As a result of these candid conversations, we would like to outline the following commitments to the community.

In the short-term, we are collaborating with members of the ASH Community Association and the City of Ottawa to establish a working group made up of stakeholders who can contribute ideas, resources, and help expand our collaborative network and solutions-driven approach. We are confident that this working group can assist in addressing the prevailing local needs or service gaps and likewise function as a spearhead for other related objectives.

Through this group, we will monitor the success of our collective efforts as well as any potential gaps in service. Our hope is that the working group will leverage data, partnerships, and innovative thinking in an effort to generate solutions.

SHCHC has identified and implemented measures within current operations to immediately expand respite services in Sandy Hill for those who are displaced. SHCHC drop-in services are now open Mondays to Fridays, 1:00 p.m. to 6:00 p.m. at the Centre. These services are designed to cover the period of highest demand. This timing has been coordinated to complement other drop-in services that offer respite spaces in the morning.

SHCHC has been able to reallocate resources, and we are in the process of expanding outreach services in the surrounding areas of the Centre. That means that this daily service, operating between 8:00 a.m. and 6:00 p.m., will be implemented in short order to include the engagement of all community members in the area and respond to localized concerns in relation to those directly or indirectly impacted by harm reduction practices, overdose response, and community clean-up.

We continue to ramp-up to pre-pandemic service hours for the Consumption and Treatment Site. In June, this service will be made available on Saturdays and Sundays from 8:00 a.m. to 6:00 p.m. We are confident that this will encourage people to access services within our space as an alternative to street use. We will monitor the impact for

Sandy Hill Community Health Centre

www.sandyhillchc.on.ca

Centre de santé communautaire Côte-de-Sable

We invite our members and community to our

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For more information, contact Cristina at ccoiciu@sandyhillchc.on.ca, or follow this link to register www.surveymonkey.com/r/SHCHC_AGM_2023.
 Pour plus d'informations, contactez Cristina à ccoiciu@sandyhillchc.on.ca, ou suivez ce lien pour vous inscrire www.surveymonkey.com/r/SHCHC_AGM_2023.

service users and neighbours before moving to our eventual model, which will involve operating the newly designed service seven-days-a-week from 8:00 a.m. to 8:00 p.m.

SHCHC is committed to supporting the working group through full engagement and any practical resource supports the group desires (e.g., meeting space/virtual meeting platform, clerical support, partner and funder relationships).

We will continue to play a leadership role in bringing the service provider community, funders, and elected officials together to address operational gaps.

In the medium to long-term, we will work hand-in-hand with the working group, partners, and funders to continue to adapt our services to the changing landscape and needs. We will continue to advocate for adequate funding to meet health and social needs, including affordable housing, equitable access to health and social services, and harm reduction. We will monitor new funding as well as opportunities to

address current and emerging issues. We will continue to work with service providers and community partners to plan for safer inhalation services in Ottawa.

We commit to keeping the conversation going, to listen deeply to stakeholders, and to expand and create new ways to keep our community safe and healthy for everyone by finding solutions to our collective concerns. We are all connected by this shared experience and we here at SHCHC are deeply appreciative of this community's drive to create a responsive, vibrant, and connected community for all.

Should you have any questions, comments, or feedback for our team, we can be reached at: info@sandyhillchc.on.ca or (613) 789-1500.

Thank you, and we look forward to hearing from you.

David Gibson
Executive Director

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ASH's first EcoFair opened eyes to local causes and info sources

Marilyn Whitaker

The Sandy Hill EcoFair in Strathcona Park on Saturday, May 13, 2023 had more than 20 exhibitors from eco-friendly organizations and attracted some 300 people. Visitors got to interact with exhibitors, take part in guided bird walks, and participate in a children's scavenger hunt. After Covid restrictions and protracted cool, wet weather, neighbours were eager to meet, talk and enjoy a lovely spring day. It was also an opportunity to reflect on what each of us can do to reduce negative environmental impacts in our daily lives and globally.

The opening ceremony was led by Elder Irene Compton, co-founder of Minwaashin Lodge, who brought people together in a circle for drumming, singing, and reflection. Councillor Stéphanie Plante gave a welcoming address. Dozens of people joined guided bird walks, led by master birder Richard Knapton, and were able to discover many bird species in the park and along the riverbank. A children's scavenger hunt ran throughout the day to encourage children to explore the park environment. BottleWorks was on site to collect empties in support of their work with at-risk youth. Importantly, people were able to wander to various booths, ask questions, and find out more about environmental activities and opportunities.

The EcoFair was a priority project for the newly formed Environment Committee of Action Sandy Hill. The intent was to enable Sandy Hill residents and others to learn about environmental programs, services, and opportunities to participate in environmental projects, particularly as they relate to biking, gardening and the natural environment, energy conservation, and waste reduction. Committee members contacted organizations at all levels of government, non-profits, and private-sector businesses, and many agreed to take part. Various groups also helped by distributing information about the EcoFair to their membership. Organizers were delighted with the response.

On the issue of solid waste reduction, for example, there was a city official who was happy to talk about garbage, recycling, and solid waste programs. Earthhub, which repurposes or recycles items that are often missed in recycling programs, had a table with Sandy Hill resident Christine Aubry. Diverting clothing and other items from landfill and making them available to others who will enjoy them are the concerns of the uOttawa Sustainable Development Office and local vintage clothing store, Bee You Creative Styles. A range of approaches, expertise, and opportunities could be found on other environmental issues as well.



Several Sandy Hill residents were up with the birds for sightings along the Rideau River with ornithologist Dr. Richard Knapton. For those who had never been part of a bird walk, it was very educational. The experienced birders were impressed that Dr. Knapton found over 25 species in just over an hour. The bird walk was the first event at Action Sandy Hill's 2023 EcoFair.

Photo Marilyn Whitaker

Many volunteers and the support of ASH helped make the inaugural EcoFair a success. People are looking ahead to another EcoFair next year. If you have suggestions or would like to volunteer, please let us know.



Not surprisingly, many visitors arrived on bikes. They found two safe cycling groups with advice, maps and other information.



Opening ceremony with Elder Irene Compton

Photo Marilyn Whitaker



Photo Jane Waterston

Above: Volunteer Janette Niwa of Safe Wings Ottawa explained what to do with a fallen bird.

Right: Jonathan Rausseo, Campus Sustainability Manager at uOttawa, chatted about furniture salvage efforts during and after move-out week and handed out basil planting kits.



Photo Jane Waterston

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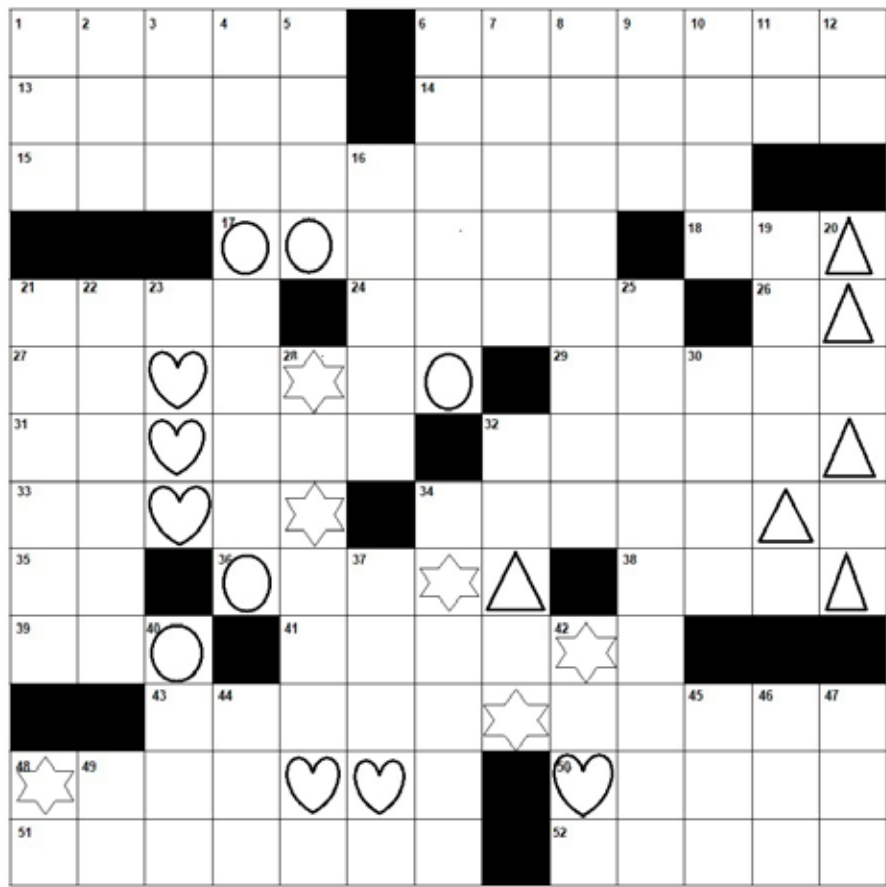


Left: BeeYou vintage store on Somerset East provided information about Stitch and Mend nights (where they provide needles, thread and other supplies, as well as expert advice), and other reuse and recycling initiatives.

SANDY HILL THIS AND THAT

By Ralph Blaine

Solution on page 11



ACROSS

1. Up to (the point in time or event) (5)
6. A metal whose compounds produce deep yellows and reds (7)
13. Salt water (5)
14. The class of egg-laying mammals (7)
15. Dedicated grass clippers in Strathcona Park (6,5)
17. Those who bestow monikers? (6)
18. Liturgical vestment worn by some Catholic, Anglican (etc.) officiants (3)
21. Prefix for “colon” or “detached” (4)
24. Come or go into (a place) (5)
26. Letters sometimes following suburb or regal or Victor (2)
27. Refusing to be persuaded or change one’s mind (7)
29. This word sometimes describes a car but might also apply to Ottawa’s LRT. (5)
31. In the middle of a country, away from the sea (6)
32. Financial institution that was until recently at the corner of Rideau and Friel (6)
33. Members of, say, St. Joseph’s Church on Laurier, who are not part of the clergy (5)
34. The seats occupied by sovereigns on state occasions (7)
35. Present tense, second person singular of *être* (2)
36. An elected senior Spartan magistrate in ancient Greece (5)
38. How a surface that has just been lubricated might be described (4)
39. Severe symptoms of alcohol withdrawal called (for short) “the _____” (3)
41. If you’ve gained some weight your tailor might have to _____ the waist of your trousers (3,3)
43. The Sandy Hill crossing where you can check yourself in a mirror on the way to Vanier (5,6)
48. Don Juan or Casanova, for example (7)
50. Derogatory or mocking in an indirect way (5)
51. An outer layer of skin (7)
52. Having the mouth open in wonder and surprise (5)

DOWN

1. Large university in Vancouver (3)
2. Influential gun lobby organization (3)
3. Metal alloyed with copper to produce the bronze historical plaques on Sandy Hill buildings (3)
4. How one might describe a bear in the depths of her hibernation (9)
5. The unstable clay underlying much of Sandy Hill (4)
6. Clear, logical and convincing (often applied to an argument) (6)
7. Prevent or ward off (often applied to disaster) (5)
8. A good name for a business that looks after the soundness of large truck engines? (abr.) (6, 2)
9. Mona Fortier, Yasir Naqvi, David McGuinty (abr.) (3)
10. Acronym for the multinational UN organization that seeks to support peaceful uses of nuclear power (4)
11. Ancient (c. 3800 BC) Sumerian city state (Mesopotamia) whose ruins include a ziggurat (2)
12. So you’ve got your B.A. but still working at Starbucks. Maybe trying for this higher degree would help. (2)
16. Make minor changes (in a text) to make it clearer, more up to date, etc. (5)
19. Name of a model train maker from 1903 on and also first name of singer/songwriter Richie (6)
20. Pseudonym of an English contemporary street artist, political activist and film director whose real name and identity remain unconfirmed (6)
21. Departed on a boat (6)
22. American poet _____ Vincent Millay (abr.) (4, 2)
23. Landlocked country and former colony of France in West Africa (4)
25. Turning a computer off and immediately turning it back on again (9)
28. One could say “Just take whatever seat you like” or “You can sit _____.” (8)
30. Iranian prophet (3rd century AD) and the founder of Manichaeism (4)
32. A strong, regular beat, as in: heart _____ (5)
34. The pregnancy of a mammal which has lasted the normal time span is said to have gone _____ (2, 4)
37. Canada is sometimes described as “A _____ of wood and drawer of water.” (5)
40. Prefix for masochism, sometimes (4)
42. These two constellations share names but one is a “major” and the other is a “minor” (4)
44. A word that describes the skating season on the Rideau Canal in 2023 (3)
45. “Day” in Mexico City (3)
46. The most commonly used measure for the size of an economy (abr.) (3)
47. The widest of all shoe sizes (3)
48. Direction from the Rideau Library branch to Strathcona Park (abr.) (2)
49. Common term for the agricultural fair and carnival that used to take place in Lansdowne Park in the early fall, as in, “Let’s go to the _____.” (2)

Sandy Hill Bygone Bonus Clues — All bonus answers filled in top to bottom, left to right in a given row.

- O — Deli on Rideau — Once the place for breakfast dates, smoked meat, knish
- Δ — No fakery here: classic lunch counter, rye bread. Gone now.
- ♡ — Arlo Guthrie never made it to this bulk food palace on Somerset — too bad, the baklava was splendid.
- ☆ — You’d have been hard pressed to find better cheese bread than what this family grocer on Somerset once made.



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Ken's Bygone Sandy Hill

History under our feet

Ken Clavette

Last fall as the community gardeners up on Strathcona Heights picked their last tomatoes and zucchinis, their chatter was as much about finding cannonballs as it was the harvest. It seemed that several suspected cannonballs were among the vegetables dug out of the ground last year. Two people even managed to sell theirs on eBay. I got a call to come and take a look at the mysterious items. A quick consultation with an expert revealed that rather than cannonballs, the gardeners were finding balls from a game called *Pétanque*, a French game with a long history going back to the Romans and the Greeks of old. In Italy they play a version called *Bocce*. Both *Pétanque* and *Bocce* are forms of lawn bowling, so to speak.

So, we found out they were not cannonballs, but we still have a mystery: Where did they come from? I asked Mel Malette, who was the head of the community association on the heights before the redevelopment in 1989. He told me that each Sunday, there were men that came and played a game that sounded a lot like *Pétanque/Bocce*. The only problem was that they did so down in Robinson Field, not on the Heights. We are left to wonder why and how

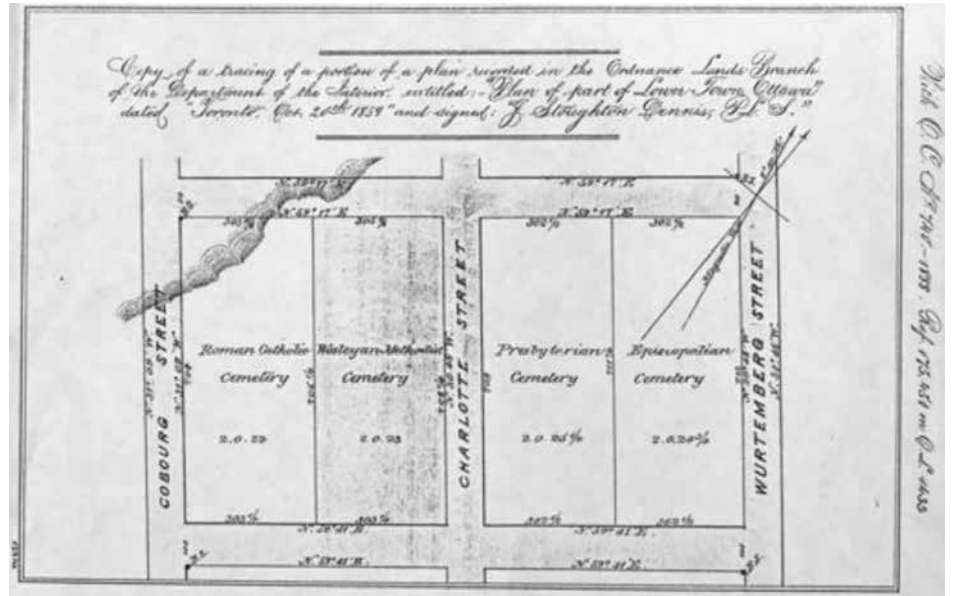
Right— Community gardeners Richard Mathewsie, Michael Mathewsie, Michael Souliere holding a suspected cannon ball, and Joel Caron.



those balls got buried out there under their community garden. How long have they rested there?

It all got me to thinking about the history that lies beneath our feet. My home was built in 1898-99 on the edge of this sandy hill that gave our community its name. There was some infill done to level off the lot. Digging in the garden over the years, I have found bits of history left by the generations before me.

Strathcona Park was once the Dominion Rifle Range, where soldiers were trained before departing for the Boer War in 1899. Within a few years of the end of the war, the Ottawa



MacDonald Gardens Cemetery, 1888

City of Ottawa Archives



Dominion Rifle Range on Range Road

National Archives of Canada/PA-134824

Improvement Commission converted it into a park. I wonder how many bullets or other items of war there may be, buried beneath its grass and trees. When Stephen Brathwaite's ruin-like play structure was being installed in the 1990s, it was discovered that the structure sat within a long forgotten ornamental canal bed that snaked through the earliest version of the park. That meant that water was filling up the holes as fast as the work crew was digging them.

Each time we walk through the MacDonald Gardens Park — at the north end of Charlotte, bounded by Wurtemberg, Tormey, Cobourg, and Heney Streets — we are walking over the

unmarked graves of many of the early European settlers who came to Bytown. The four cemeteries, which opened in 1845, were side-by-side: Roman Catholic, Wesleyan-Methodist, Presbyterian, and Episcopalian. They operated until the 1870s when the Beechwood and Notre Dame graveyards opened. Those buried there who still had families in the city (with enough money) were moved. Those that didn't remain under the park. We are indeed walking over our history every day.

Breaking news: Gardeners reported finding horse shoes this spring. Another mystery. Were they lost by the players of the game or the horses themselves?

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Rideau Place on the River to close

continued from page 1

Several residents who were displaced when Rideau Gardens closed moved to Rideau Place. A few years earlier, the former École St-Pierre, later St. Pierre Community Centre, was repurposed as a seniors' residence, but that edifice is now a boutique apartment building.

Not only is the closure of Rideau Place very disconcerting for its residents, it is also demoralizing for Sandy Hill seniors who had planned to make Rideau Place their final home. There are no longer any placements for seniors in our neighbourhood. Are seniors in Sandy Hill in short supply or determined to age in place?

We shall miss the connection with our most venerable; many of us have enjoyed visiting them during happy hour, concerts in the garden, through interesting talks, and other events. Even more, as we bid them adieu, we are sadly aware that the closure signals the end to friendly chats and greetings with Rideau Place neighbours, both residents and staff.

Photos Judy Rinfret



Long time Rideau Place resident Leo, who often traverses the streets and bus routes in Sandy Hill, ever cheerful and philosophical, hopes to move to New Edinburgh.



A familiar face in north Sandy Hill and an employee of Rideau Place for over 13 years



How we will miss unfailingly optimistic Dr Joe.

Photo: F. Adam Sopuck



A make-shift household air purifier, the Corsi-Rosenthal box

Don't want to pay for expensive equipment in order to breathe clean air? Me neither.

F. Adam Sopuck

In the first full week of June, the air quality was at times so bad from the Quebec forest fires that I was desperate to act. I began late-night researching (to the hellish sound of screeching raccoons) on how to purify air in one's house on the cheap. On that smoky night, I found a solution: The Corsi-Rosenthal box. This thing is a Red Green fan's dream! Yes, duct-taping is involved, and the box is very easy and relatively inexpensive to build. I drove to the Lowe's to load up on duct tape and furnace filters early that morning. Incidentally, I ran into another motivated soul who was there for precisely the same reason. Essentially, the box involves four furnace filters (of Merv 13 or higher rating) taped together so that they form, predictably, a box, at this point with openings on the top and bottom. The

filters in box formation are then secured and sealed to a cardboard floor (again, with tape), and then a box fan (I used a Lasko) is placed on top of them, also secured and sealed with tape. A cardboard "shroud" is cut to the size of the fan and secured on the top of it. Crucially, ensure that the filters' arrows are pointed inward and that the box fan is blowing upward. The test to see if one did things correctly is to take a bit of paper and see if it sticks to the filters when the fan is turned on. This DIY job will likely save you hundreds, and I can attest to the fact that it works well. I suspect that it's at least comparable in efficacy to mid-level (i.e., in the range of \$350-\$500) store-bought air purifiers, but do your own research, of course! Detailed build instructions can be found here: https://en.wikipedia.org/wiki/Corsi%E2%80%93Rosenthal_Box#/media/File:How_to_make_a_Corsi-Rosenthal_Box.jpg



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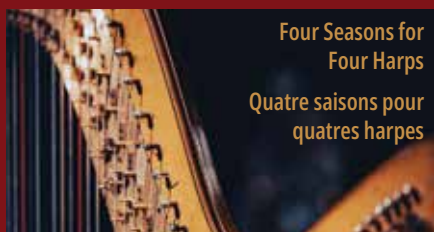
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**MUSIC AND BEYOND 2023
2023 MUSIQUE ET AUTRES MONDES**

July 4-17 juillet

Rue Barrée!

Stéphanie Plante

Déposer ses enfants à l'école le matin peut déjà être un moment de stress intense. Se démener tous les jours entre des voitures qui marchent au ralenti, en essayant d'empêcher des petits à courir dans la rue, c'est juste trop. Il doit y avoir une meilleure solution!

Il s'avère que, grâce à l'ingéniosité des parents, il y en a une.

J'ai découvert une solution créative à ce problème à l'école primaire du Lac-des-Fées, à Gatineau, où l'on a mis en place un « couloir scolaire ».

D'après le site School Streets Ottawa, un couloir scolaire se définit comme suit : ... un couloir temporaire réservé aux piétons et aux cyclistes aux heures d'arrivée et de départ des élèves, généralement aménagé à l'aide de barrières temporaires. Les objectifs d'un couloir scolaire sont les suivants :

- Créer un environnement sûr pour que les enfants puissent aller à l'école à pied ou à vélo en toute sécurité;
- Favoriser les déplacements actifs sains et promouvoir l'autonomie de déplacement;
- Réduire la congestion générée localement dans la communauté.

Tôt un matin de mai, je suis allée à l'école du Lac-des-Fées pour observer l'arrivée des élèves et c'était incroyable! Les enfants étaient très heureux de pouvoir accéder à l'espace sans contrainte. On trouve des couloirs scolaires dans le monde entier, de Londres à Berlin. Je suis très enthousiaste à l'idée de voir nos enfants se réapproprier nos espaces publics pour jouer et faire de l'activité physique.

Les policiers présents lors de ma visite m'ont appris que dans un premier temps, pour démarrer, l'initiative a besoin de l'aide des autorités pour faire appliquer



Photo bureau de la conseillère Stéphanie Plante

De gauche à droite : Marc Bureau, ancien maire de Gatineau, la conseillère municipale Stéphanie Plante, Martin Auger, directeur de l'école du Lac-des-Fées, et Steve Moran, conseiller municipal de Hull-Wright

les règlements. Mais à mesure que la communauté apprend la nouvelle routine, les barricades suffisent à fermer les routes, même qu'elles ne sont pas toujours nécessaires!

Je serais très enthousiaste à l'idée de mettre en œuvre une telle initiative dans le quartier 12. Si vous soutenez cette initiative ou si vous souhaitez avoir d'autres renseignements, veuillez communiquer avec mon bureau et n'hésitez pas à vous adresser à vos conseillers scolaires locaux.

Consultez le site <https://jesuis capable>. info pour en savoir plus! (Leur site web est adorable.)

Action Sandy Hill asks:

Did you know about the new zoning bylaw?

Catherine Major

If you are one who cares and sometimes worries about the size, density and look of buildings along our lovely streets, read on.

The City of Ottawa is developing a new comprehensive zoning bylaw for approval by Council in 2025. The bylaw will implement the policies and directions in the new Official Plan approved by the Minister of Municipal Affairs and Housing on Nov. 4, 2022. Once approved, the new zoning bylaw will replace the current zoning bylaw (Bylaw 2008-250).

Last March, the City released seven discussion papers and corresponding surveys that are residents' latest and best opportunity to have their say about the future of zoning in the city of Ottawa. The papers focus on key policy directions in the official plan that must be implemented in the zoning bylaw.

Intensification, a constant topic of interest to Sandy Hill, is covered in the directions and surveys.

The City's seven key policy directions include:

- Climate change resiliency and public health
- Equity, diversity, and inclusion
- How zoning can regulate trees
- Land use strategies
- Neighbourhood zoning
- Neighbourhood character
- Rural zoning issues

The City and the ASH Planning and Heritage Committee encourage members of the public to review the discussion papers and share their thoughts and ideas, as their input will play a critical role in shaping the future of our city. You might want to start at the Engage webpage (address below) by looking through the Neighbourhood Zones and Neighbourhood Character discussion papers.

The more people who complete the surveys the more likely we will be presented with a Zoning Bylaw we can all live with.

All of the discussion papers and the Official Plan can be found on the City of Ottawa website at <https://engage.ottawa.ca/>. The surveys close **Friday, July 28**.

Please contact the ASH Planning and Heritage Committee at actionsandyhill@gmail.com if you have any questions.

Catherine Major prepared this text on behalf of the ASH Planning and Heritage Committee.

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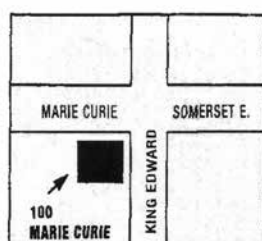
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Have you spotted a heron yet this year?

Claude Bégin

If you haven't seen one yet, well, don't despair, because these magnificent creatures like to hang around the picturesque setting along the Rideau River banks by Sandy Hill's Strathcona Park. Near the Adawe Crossing bridge, you will often see, if you are of the observant kind, a great blue heron standing perfectly still on its long legs, motionless, in shallow water by the banks of the river, waiting patiently to catch its prey.

The gangly and graceful great blue heron is the most common heron species found in Ontario water habitats. With its impressive wingspan of up to 6 or 7 feet, it stands up to 4 feet tall, but it won't weigh more than 5 to 6 pounds. Its life expectancy can be anywhere between 5 to 15 years.

Photo F. Adam Sopuck



Blue Heron caught trying to imitate Claude Bégin's marvellous painting of a Blue Heron



Illustration Claude Bégin

Scene from Claude Bégin's children's picture book *Monarch! Monarch! Where Are You Flying To?*

Other characteristics of this majestic bird are the long feather plumes on its head, neck, and back, its mostly greyish-blue colour, and its S-shaped long neck. Sporting its orange-yellow, dagger-like bill, the great blue heron likes to feed on

frogs, fish, reptiles, crayfish, insects, and even small rodents. When disturbed, it will make a loud *kraak* or *fraunk* sound.

This species of bird nests high up in trees, building its nest with twigs and sticks. They usually nest in large colonies

called heronries; however, when out hunting for a snack, they tend to fly solo. The female can lay between two and seven eggs at a time, and parents take turns incubating the eggs over the course of approximately four weeks. Chicks can be nestlings up to 75 days before flying out on their own. Herons have to be on the lookout for predators such as foxes, raccoons, eagles, hawks, and other birds of prey.

The great blue heron is the largest heron to migrate to Ontario from more southern regions; it is also one of the most common types of heron to do so. There are several other not-so-common types of migrating herons to be spotted in and around Ontario.

Here are some examples:

- The Great Egret — large white heron with long black legs. Looks somewhat similar to the great blue but with all-white plumage and a greenish area between its eyes and the base of the bill.
- Black-Crowned Night Heron — small and stocky with black head and back with a white belly and grey wings.
- Green Heron — small with long, sharp bill. Chestnut-brown head with deceptively long neck; grey-green back with green-black cap on the head.
- Cattle Egret — a smaller version of the great egret, with a yellow bill. This species typically lives in fields, often sighted looking for ticks on the backs of cattle. The cattle egret is originally from Africa but found its way here approximately 75 years ago.
- Least Bittern — a small, hunch-backed heron with a long and pointed bill. Females are dark brown and males are dark green.
- The American Bittern — a brown-beige, medium-sized stout heron.

Classic Theatre Festival



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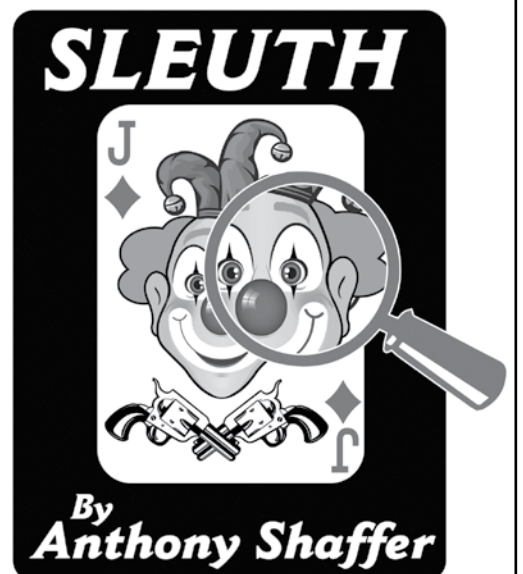
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Campaign launched to restore one of Sandy Hill's oldest buildings

St. Albans is downtown Ottawa's oldest surviving church building and one of its most historic. If you take a step inside its doors, you will likely find much more than a beautiful historic building; rather, you will see a place of community, practical support, worship, and art.

Any day of the week, you will find the staff of Belong Ottawa's Centre 454, a community ministry of the Anglican Diocese, welcoming upwards of 150 people who access laundry, showers, internet, counselling services, and other social programs and resources on the lower level of the building.

Most days, if you head upstairs, you will notice that the church nave has been transformed into a peaceful place for people to sleep during the day, with chairs replaced by cots. This constitutes a stark difference from the lively crowds you will find gathered in the nave for two church services on Sunday mornings: St. Albans at 10:00 in



Photo Rev. Michael Garner

Above — St. Albans' Gothic interior, before a concert



Photo Sarah Williams

Left — Three members of the St. Albans Masonry Task Force on a recent Sunday morning — from left to right: Michelle Sorenson, the Rev. Michael Garner and Robyn Sulkk

This article was prepared by members of the St. Albans Masonry Task Force.

English and la Communauté St-Bernard à St. Albans at noon in French.

If you come by in the evening, you may find youth playing games, a local theatre group practicing a new piece, or a crowd gathering for a concert or meal together.

It's not hard to recognize the importance of this building. However, there is currently a price tag attached to keeping it in good shape for generations to come. A significant masonry project is underway to repair the stonework that keeps the walls from falling in; it costs \$450,000.

In anticipation of this work, and with the support of the Anglican Diocese of Ot-

tawa, the Anglican Foundation, as well as the City of Ottawa's Built Heritage Grant and donations from community members, past and present, St. Albans and St-Bernard have managed to raise a significant portion of what's required. They are now seeking to raise a final \$35,000 towards the project.

People interested in contributing to the St. Albans masonry fundraising campaign can find out more at <https://stalbanschurch.ca/donate/>, with charitable tax receipts issued for donations. Contact guy4448@hotmail.com

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Tell me what you really really want: Back to the 90s at Viscount Alexander Public School

Photo Scott Macklin

Bryn & Simoona

Have you ever heard of the greatest decade of all time, with Jennifer Aniston, Macaulay Culkin, and Baby Spice? Those are just a few of the famous celebrities that the Grade 5 & 6s tried to recreate at our awesome Wax Museum! On May 3, Viscount Alexander's Grade 5/6 went back in time to the time of talking on a cell phone the size of a brick, slap bracelets, and playing with your Tamagotchi until it dies. The 90s.

The Wax Museum is one of the most popular events at Viscount Alexander School. Every year one of the teachers picks a theme, and the Grade 5/6 classes dress up accordingly. This year it was 90s: booya! The event happens every year, but it took a break during the lockdown. For the event, students write a speech about a character and present it to a few kids at a time. As one of the Grade 5/6ers said: "The Wax Museum was very fun and I think everyone enjoyed it!"

This is what happens at The Wax Museum, a Runway participant explains: "We choose our theme, then we choose our character; after that we write our speech about our character; after, we choose our costume, then we practice like crazy, then we choose our song; after, we do the runway and recite our speech to the Grades 1 to 4. Oh gotta go, my Tamagotchi is about to die!"

On the May 3rd Runway Event day, our Grade 5/6s worked really hard to recreate one of the best decades ever: the 90's. Our lead organizer is the Grade 5/6 English teacher, Ms. Fulford. Everyone walked down the red carpet that Ms. Fulford laid out. Our students dressed up as singers, actors, songwriters, comedians, politicians, writers and even a prime minister. Some students said: "I was super excited." "Even the speech writing part was fun." "We got to learn about so many new people, and I think the little kids enjoyed it," said a Grade 6 student.

Wax Museum is one of the best highlights of the year for all the students, even the kids who don't participate! "I was re-



Which 90s figure do you recognize in this picture? Is that master swordsman Zorro I see? Is that that pesky troublemaking genius Steve Urkel with his accordion?

ally nervous because we only practiced on stage three times," said a student in Grade 5. Wax Museum has been part of Viscount for a long time, and we're happy to be able to do it again after the lifting of Covid restrictions.

Everyone had so much fun. Parents took photos, and they were so happy to see all their favorite 90s celebrities. Some of the people that attended were Jim Carrey, Serena Williams, Tom Cruise, and so many more. As another Grade 5/6 student said, "The Wax Museum was very stressful, but overall it was a very fun blast from the past."

SOLUTION TO THIS AND THAT CROSSWORD on page 5



- NATES
- △ BAKERY
- ♥ ALICES
- ☆ AYOUBS

A new graphic novel from a Sandy Hill author

Paula Kelsall

Kyle Vingoe-Cram had a very busy May. Over the course of the month, the young author visited comic arts festivals in Vancouver, Toronto, and Montreal, promoting their first graphic novel, *Kettle Harbour*.

Back home in Sandy Hill, Vingoe-Cram reflects on an experience that was especially joyful after three pandemic years. Whether they were mingling with fans and fellow creators, taking part in a live drawing "character battle" for young people in Montreal, or participating in a panel discussion of parenting and creativity in Vancouver, "It was like I finally got to meet my people in person," they said.

Kettle Harbour takes place during two summers, twelve years apart, in the seaside town of the book's title. In the summer of 2006, cousins Andrea and Brendan come to stay with their grandparents, working at summer jobs and preparing for life after high school. There are beaches, bonfires, first love, and teenage heartbreak, but there are also episodes of sexual trauma and anguish.

In 2018, Andrea comes back to Kettle Harbour to see her cousin, who is now



The stylish front cover

married to Michael, the boyfriend he first met twelve years earlier. The lives of all three characters are coloured by their memories of that teenage summer, but they are also complicated by many new elements like professional restlessness, worries about aging parents, and struggles with mental health.

The novel does a particularly good job of portraying the inner lives of its characters. When Brendan is in the frame, it's often full of little thought balloons, showing all the ideas competing for his attention as he does the shopping or greets a neighbour. When Andrea, Brendan, and Michael go to a play written by Michael's mother, the black-and-white narrative suddenly blooms into colour, as all three characters react to an experience that touches them vividly.

Kyle Vingoe-Cram made comics through childhood and adolescence, but moved into art history at university. *Kettle Harbour* started out as a prose novel, but as Vingoe-Cram worked on it, it seemed increasingly obvious that drawings were needed to tell the story.

Now they are at work on a second project, *A Rift in the Valley*, working with co-creator GHY Cheung. The new book features a Canadian Breughel scholar, which has given Vingoe-Cram the opportunity to visit some wonderful art.

Perhaps we'll see Kyle Vingoe-Cram working on this new book at the Happy Goat, where the final edits of *Kettle Harbour* were done. And we can look forward to meeting the author at a book signing at Perfect Books on Elgin Street in early September.

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Ukraine - Heritage, Spirit and Future winner Illia Bondarenko of Kyiv plays *Piece for Illia* by Ryuichi Sakamoto in the rubble of a school destroyed by Russian missiles in Zhytomyr.

Rebuilding an arts facility in war-torn Ukraine

Hnatyshyn Foundation fundraiser planned for June 25 at Carleton Dominion-Chalmers Centre

Marianne Brown

Given that Sandy Hill is within walking distance of some of Ottawa's best arts institutions — the Ottawa Art Gallery, the National Gallery of Canada, the Ottawa Little Theatre, and the ByTowne Cinema, to name a few — it is perhaps difficult for residents of this neighbourhood to imagine a world without art. And since Ukrainian flags still adorn homes and embassies, and dedicated people continue to protest in front of the embassy of Russia, the impact of the Russian aggression on Ukraine is felt deeply here in Sandy Hill.

More than 1,373 cultural institutions have been destroyed or damaged in Ukraine since the war erupted, according to Ukraine's Deputy Minister of Culture, Galyna Grygorenko. Yuliya Kovaliv, Ukrainian ambassador to Canada, notes, "Ukrainian culture and historical heritage

are among the targets of Russia's brutal invasion. Destroyed museums, libraries and historical heritage are among the attempts to erase Ukrainian cultural identity." The Hnatyshyn Foundation in Ottawa is raising funds to help counteract such erasure.

The Hnatyshyn Foundation is an arts-granting organization established by former Governor General, the late Right Honourable Ramon John Hnatyshyn. For its 20th anniversary, its president, Gerda Hnatyshyn, decided to honour her late husband's Ukrainian roots with a special awards program for Ukrainian artists. On June 25, a concert gala will raise funds to help restore or rebuild an arts facility in Ukraine. "There is one submission from Ukraine, a violinist who is playing the violin in ruins, in front of a school that has been demolished by the war. You can't help but be affected by something like that," said Hnatyshyn.

Ten Canadian artists of Ukrainian ancestry and, provided all goes well with visas,

an EDM band from Kyiv, will perform at this unique event. Afterward, guests will be invited for a reception and silent auction, featuring items gifted by artists such as acclaimed photographer Edward Burtynsky and by several local businesses and organizations. Folks who can't attend but would like to contribute are encouraged to donate or gift a ticket to a Ukrainian newcomer living in Ottawa. Tickets are being sold on a pay-what-you-can basis, with all funds supporting Ukrainian arts. Guests are encouraged to make a donation in the amount of their choosing when ordering tickets. For access to the silent auction and reception, the Foundation asks for a minimum \$25 contribution per person. The gala is presented in partnership with the Ukrainian Embassy in Canada and is generously sponsored by the Temerty Foundation, the Canada Council for the Arts, the Shevchenko Foundation, and Joe Clark & Associates Limited.

Hnatyshyn Foundation fundraiser

Date: Sunday, June 25, 6:00 p.m.-10:00 p.m.

Location: Carleton Dominion-Chalmers Centre, 355 Cooper Street

Tickets, Program, and Donations: rjhfgala.com/

Photo F. Adam Sopuck



Photo F. Adam Sopuck



Protestors amassed a defiant presence as the Russian Embassy held its Victory Day in Europe anniversary celebration on May 9.



SUMMER SPECIALS!

June 7 to Aug. 29

Ottawa Bagelshop Musicfest

The Ottawa Bagelshop and Deli is holding a three-month-long music festival this summer at its Wellington Street location. The free-to-attend music festival will host 48 local solo music artists from all over Ottawa and Gatineau. Events occur at 2:00 p.m. on Wednesdays and Sundays at 1321 Wellington St. W.

July 3, 10, 17, 31, Aug. 7, 14, 21
A Company of Fools presents Hamlet

Enjoy a fast-paced, 90-minute rendition of *Hamlet*. Visuals include disembowelled puppets, a sword fight to the death, live underscoring, and 5 actors taking on 15 different roles. Bring a lawn chair! 7:00 p.m. at Strathcona Park.

July 4 to July 17
Music and Beyond at allsaints

Music and Beyond is delighted to present ten concerts at allsaints event space. For more information, please visit www.musicandbeyond.ca.

July 7 to July 30
Affairs of State, by Louis Verneuil

Love and intrigue collide in this post-World War II romantic comedy, part of the Classic Theatre Festival. 1:30 p.m. Wed. to Sun. matinees; Evening shows on Wed., Thurs., and Sat.; 7:30 p.m. at Arts Court Theatre, 2 Daly Ave.

July 13
2023 Paddling Film Festival Screening

The Paddling Film Festival has been showcasing the very best paddling films since 2006. Be inspired to explore rivers, lakes

and oceans, push extremes, appreciate wild places and fully embrace the paddling lifestyle. Join us at this screening. 7:00 p.m. at ByTowne Cinema.

July 21
Mirror Mountain Film Festival presents Jakean x Annie Socoria

Live Music and Film Performance
Ottawa-based Oji-Cree electronic musician Jakean will be collaborating with local experimental audiovisual artist Annie Socoria to kick off the 2023 festival with an immersive, original live experience. 7:00 p.m. at LabO Theatre in Arts Court.

July 27 - Aug. 20
Odyssey Theatre's The Miser in Strathcona Park
www.odysseytheatre.ca

July 30
Historical Society of Ottawa 125th Anniversary Celebration

Help HSO celebrate its 125th anniversary. Come hear Paul Weer Trio: Songs About Ottawa's History; Connie Gun, The Women's Canadian Historical Society of Ottawa (WCHSO): Beginnings & Legacy. Special guests: Albert Durmont & James Powell. 2:00 p.m.-5:00 p.m. at Beechwood Cemetery (Main Building), 80 Beechwood Ave. Advanced registration required.

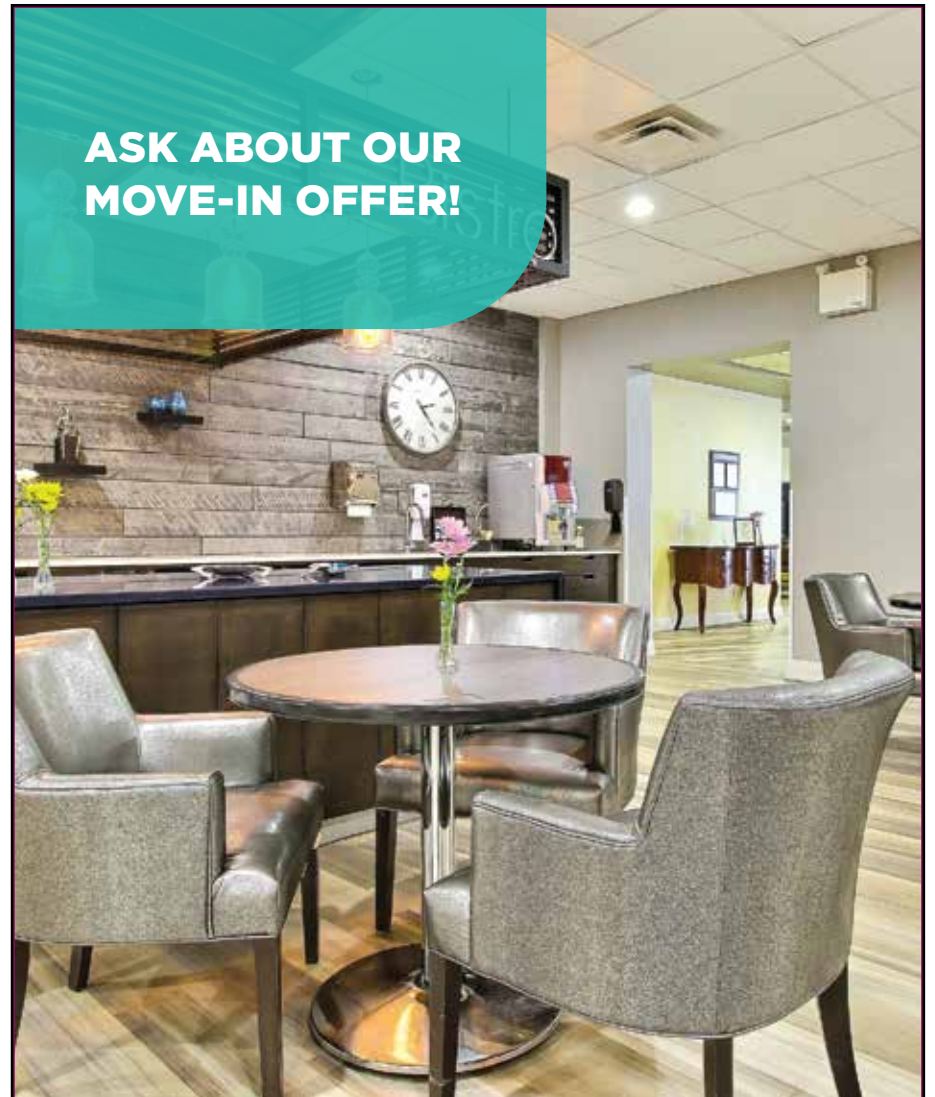
Aug. 19
Art in Strathcona Park

Spend a day at the park enjoying one of Sandy Hill's favourite fresh-air events featuring a colourful spectacle of many talented artists and artisans exhibiting their work among the trees. Established artists and artisans as well as undiscovered talents will come together to sell their work directly to the public and to raise public awareness about mental illness. The event doubles as a fundraiser for MICA, the Mental Illness Caregivers' Association. Art in Strathcona Park offers paintings, jewellery, pottery, musicians, a silent auction, and a BBQ. Musicians and entertainers feel free to pass the hat. Free admission. 10:00 a.m.-4:00 p.m. at Strathcona Park.

A new book by longtime Sandy Hill resident Jo-Ann Oosterman

Tom's Story tells of Jo-Ann's friendship with Tom Hogan, a First Nations man who was perpetually homeless, a self-described chronic alcoholic, and a person who had episodes of psychosis. He was also a magical storyteller and a gifted Woodland-style artist. Jo-Ann met Tom in 1998 when she volunteered to help co-ordinate an art group for people marginalized because of poverty, addictions, mental illness, trauma, and homelessness. With Tom's permission, she documented the hard realities of his life.

It is available in local, independent bookstores.



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MUTTSHOTS 2: DOUBLE TROUBLE

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, especially when they come in pairs! Below are four “mugshots,” each of which showcases a dynamic dog-duo and corresponds to one of the four profiles provided. Guess which profile corresponds to which dogs. Sometimes looks can be deceiving!

Solutions on page 19

PROFILE 1:
Favourite Treats: Anything peanut butter (both)
Favourite Toys: Kong chew toys (both)
Vices: Jumping-up when happy to see you (both)
Personalities: A dog’s dog (left). Human-like (right)

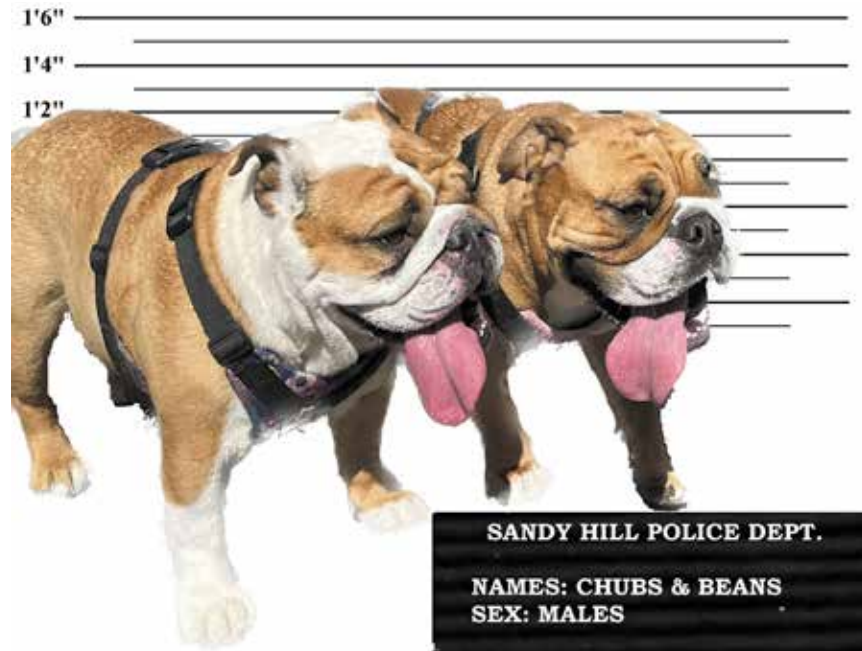
PROFILE 2:
Favourite Treats: Sausages (left). Raw-hide bone (right)
Favourite Toys: Squirrels (left). Small soccer ball (right)
Vices: Squirrel Chasing (left). Binge-watching *Hudson and Rex* (right)
Personalities: Bouncy (left). Independent (right)

PROFILE 3:
Favourite Treats: Watermelon (both)
Favourite Toys: Plushy hedgehog (left). Tennis ball (right)
Vices: Digging (left). Garbage-eating (right)
Personalities: Diva (left). Loyal (right)

PROFILE 4:
Favourite Treats: Cheese (both)
Favourite Toys: Ropes (both)
Vices: Chewing (both)
Personalities: Hyper (left). Stubborn (right)



SANDY HILL POLICE DEPT.
 NAMES: LENIN & CHARLIE
 SEX: FEMALE & MALE
 BREED: GOLDEN RETRIEVER



SANDY HILL POLICE DEPT.
 NAMES: CHUBS & BEANS
 SEX: MALES
 BREED: ENGLISH BULLDOG



SANDY HILL POLICE DEPT.
 NAMES: CHICO & BERETTA
 SEX: MALE & FEMALE
 BREEDS: DOGO ARGENTINO/PIT CROSS; PURE PIT BULL



SANDY HILL POLICE DEPT.
 NAMES: ABBY & ANGUS
 SEX: FEMALE & MALE
 BREED: WEST HIGHLAND TERRIER

The people organizing this year's One and Only Craft Fair seek your ideas, contacts and advice

Photo Dave Elden

Dave Elden

The *One & Only Arts and Crafts Fair* is organized by members of Sandy Hill's community association, Action Sandy Hill, and is held each November at the Sandy Hill Community Centre on Somerset St. E. Funds raised are used to support work in the community by ASH and local youth and arts organizations. Artisans, artists, and shoppers returned for a very successful and enjoyable event in 2022 after the event's two-year hiatus. Proceeds went to support École secondaire publique De La Salle and the 40th anniversary celebration of its Centre d'excellence artistique de l'Ontario — which was commemorated by the creation of a painted wall mural inside the school. They also went to support MASC, which offers schools and communities art experiences mediated by professional



Slavic dolls were featured in the previous iteration of the One and Only Arts and Crafts Fair.

artists, through contributing to the newly added birch-bark workshop of April atelier programming in Arts Court.

The *One & Only* volunteers invite local youth and arts organizations to let us know if they have projects they feel we might be able to support in the future with funds from the Fair. We can be reached at oneandonlyartscrafts@gmail.com.

Furthermore, we invite artists and craftspeople to apply for a presentation spot at this year's event, which will take place on **Saturday, November 18, 2023** (10 a.m.-3 p.m.) at the Sandy Hill Community Centre. All the information you need is at: ash-acs.ca/sandy-hills-one-only-arts-crafts-fair-2023-vendor-information-application/.



Photo Odyssey Theatre

The stage in Strathcona Park has been the scene of many excellent Odyssey shows and fun Sandy Hill evenings. The team is "thrilled to be back performing live under the stars," says Odyssey founder Laurie Steven.

Odyssey Theatre under the Stars returns this summer!

Photo Odyssey Theatre

John Forster

And, they're back! Theatre fans will be thrilled to know that for the first time since the pandemic, Odyssey Theatre is returning to its open-air stage in Strathcona Park this summer.


Odyssey is presenting Molière's comedic masterpiece, *The Miser*, from July 27 to Aug. 20. Molière's comedy takes aim at greed and hypocrisy through the machinations of Harpagon, a corrupt businessman who tries to manipulate his daughter into a marriage that will add to his wealth. Molière's brilliant language will be combined with Odyssey's signature masks and physical movement — a sure hit for audiences of all ages.

Andy Massingham, who directed Odyssey's *The Servant of Two Masters*, which won the Rideau Award as Best Production, returns to direct a stellar cast, including Jesse Buck (who was in *Servant*) as well as Ottawa's own Kate Smith, Marlow Stainfield, and Tracey Guptil.

Tickets for *The Miser* are on sale through the theatre's website: www.odysseytheatre.ca.



The company, with roots in the conventions of *commedia del arte*, is known for masks, high jinks and humour.



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Summer is for sonnets and sleuths and stories

Starting with these selections from neighbourhood literati

Word sonnets

Seymour Mayne

For the Birds
for John Batts

Travel
is
strictly
for
the
birds:
no
line-ups,
no
security
checks,
no
departure
taxes.

Flight
for Nora Molina

A
flutter
of
wings
and
the
feathers
of
snow
fill
the
eyes
with
flight.



The word sonnet is a relatively new variation of the traditional form. In essence, it is a fourteen-line poem, with one word set for each line. Concise and usually visual in effect, this miniature version can contain one or more sentences, as the articulation requires. Seymour Mayne is one of the chief innovators of the form. Seymour Mayne's collection, *Cusp: Word Sonnets*, first published in the original English in 2014, has now appeared in a Mandarin translation in China rendered by Prof. Lin Wang (Dixie W Publishing Corporation).
—Ed.

Book review

The Windmill Mystery
by Pamela Jones

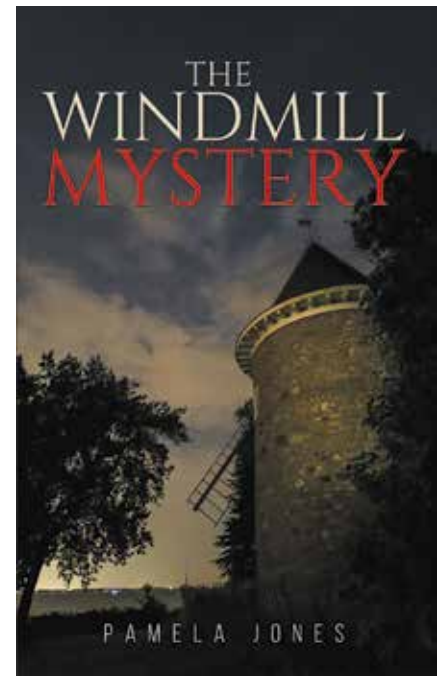
Maureen Korp

Pamela Jones has recently moved to nearby Gatineau. In another lifetime, she was a choreographer who taught music and dance in Montreal at the National Theatre School. Today, she is the author of a most intriguing murder mystery, *The Windmill Mystery*. Its foreshadowing is carefully, quietly paced. The casual is not by chance. Police Staff Sergeant David Fraser and Constable Catherine Hébert are the investigators; theirs is a perfectly timed *pas de deux*.

The setting is Canada Day in the Anglophone community of Pointe-Claire Village on the island of Montreal. The year is 2008. Waving flags about, people sometimes get hurt in celebratory holiday excess, don't they? Fraser and Hébert are patrolling on bicycles. Fraser grew up here; knows everyone by first name. Hébert does not know the place or its history. Their cheery banter includes mention of "the English," as well as the Patrimoine Québec, the FLQ, pizza or healthy-choice sandwiches.

Pointe-Claire's landmark since 1709 is the windmill. As the two officers bike towards it, Fraser recounts its history, pointing out the nearby convent. Then, behind the windmill, they see a body: a dead woman, a flagpole rammed into her gut. The flag is as blood-soaked as the corpse. Who is she? Two pages further, we learn more.

Trudeau arrives. This Trudeau, however, is the convent's mother superior. Soeur Trudeau identifies the body. It is Amy Trahun, an investigative reporter. The good nun tells them that Trahun was going to join the convent. Really?



Trahun had one more story to write first. About what? Soeur Trudeau names Marc Sanscerre, leader of the Parti Québécois.

Who did it? By the time the reader reaches Chapter 4, four people have been named. All had opportunity and motive to kill Trahun.

This book could not have been written in another time and place. The killer will be found. The plot's telling clue is given in a graveyard by a rapper, a drug addict who quotes Verlaine's poetry. Along the way, we read a bit of Acadian history, as well as the role of gambling casinos in elder abuse today.

The Windmill Mystery is a quick read, well-told. Its foreshadowing so skillfully worked on the page, that the reader might read it again just for the pleasure of the dance. This reader hopes Fraser and Hébert are assigned other cases soon. Let us read more, *svp*.

Pamela Jones. *The Windmill Mystery*. New York: Austin Macauley Publishers, 2023, Paperback, 160pp. \$16.95.

Man from Lahore

Cyril Dabydeen

This flash fiction piece stems from a casual encounter in a Quickie's corner store, one that acquainted me with a sense of personal identity and the horizon of possibilities for old and new Canadians alike. It is a prize-winner in the Strands International Flash Fiction Competition, Sept. 2021, and was first published in Confluence, a UK-based magazine.

He looks at me with familiarity — my countenance, or allure it seems. Ethnic, too? More than propinquity, you see, with my stance here at the shop's counter, the Quickie's corner store. "Where d'you come from?" he asks forthrightly, but feigns affable ease.

An immigrant's instinctual game we're playing with geography as our guide here in the Great White North (so-called). He forces a grin, making a face — not a stranger's face — this middle-aged man living here in Ottawa, the nation's capital city. A newcomer, as perhaps we all are, what I want him to know; and yes, for me to accept him at his word. Our existential beingness, you see.

Now who's really an immigrant? Indeed he's from Lahore. What the Quickie's corner store confirms, in a manner of speaking: here he works at the cash register; and what he figures I will now purchase with my unaffected ease.

He keeps acknowledging me, because of our common identity-cum-familiarity. And our longing for one place all the while, without aloneness — let it be known.

"In Canada you always buy a lottery ticket," he tells me, entreating me — an overture mixed in with his prescience.

"Oh?"

"To make life good," he assures me with his verbal inflection.

"Really?"

"You will win." His game of chance — I know, but don't really know.

"But...?"

He laughs, because of abiding hope somewhere. And a special spirit he might have cultivated. His charm, no less. He with his new-immigrant's dream of living a full life in Canada. A South-Asian's quest, if only Pakistani-style.

But I would rarely ever buy a lottery ticket, I'm about to tell this man. Yet a vision of sudden wealth flits into my mind. Fantasy with a sense of escape, yes. From what?

He laughs, sort of, with more prescience. I also laugh.

"You must keep trying," he persists, handing me a lottery ticket — my purchase because of his prompt. A rescue point, and freedom with a vague sense of materiality, somewhere.

"But my chances are...?"

"Don't worry about your chances." He sounds definitive.

"Don't?"

"You will win."

An immigrant's cause to celebrate, yes.

"Because--?"

"You are in Canada!" He breathes in hard. I also breathe in hard. Mimesis, see.

He shakes his head in an oversized jacket, like what's just thrown over his shoulders. He twirls his whiskers and looks at me with his lathe-grey eyes. It's what we keep making of each other — our talking, more than made-up conversation, with my presuppositions.

A new identity taking shape with real or just imaginary places with our own immediacy, if only our immigrant space. I unconsciously dredge up more than what's intuitive with my sense of oceans crossed. Will I really win?

I entertain more dreams, but not a far country, do you know? And riches, like being a maharajah in a time of yore, if a castle somewhere in Jaipur, Rajasthan, but not one that's gothic. Yet one far unlike a Wall Street millionaire's, you see. Dream on!

This man wants to know my name, because of what's authentic in me, and now forming between us. More than verisimilitude, you see. And where do I really come from with my own bonhomie, or contrived style?

Familiarity yet oozes. I tell him where — more than a made-up place in my mind's eye. Details I give to him in a casual manner. And he's undoubtedly from Lahore, and has been living in Canada not very long. But how long is long?

I unconsciously pretend being a wanderer — not a wayfarer — in my new style without pretence. He asks another question to establish a marker between us with his outsider's sensibility at work. A subtext somewhere. He wanting to know much more than what stems from sheer curiosity. And yes, about my lottery-ticket

winning chances in Canada aligned to my bona fide immigrant's hope.

Something new to behold in our self-awareness, or self-realization. Indeed our actually being in one place and in one time — here at the Quickie's corner store.

Other customers cast quick glances at us. Our ethnic experience acted out, more than in a trumped-up familiar manner, sure. And my indeed having bought a lottery ticket and dreaming of winning, like a regular pastime.

I keep making up more than sub-continental boundary lines, see. The Far East, and the famed Silk Road, with a genuine cartographer's sense in me. Lottery winner, eh? I look at the ticket in my hand. Breathing it, smelling it. My castle up in the air. Immigrant reality aligned to fantasy ongoing.

But this man's not without his own guile. He pats his whiskers, muttering about real possibilities here in Canada — unlike the life he might have lived in Lahore. The lottery ticket in my hand wavers. I unconsciously rehearse the numbers in my mind.

A prized possession only. And tomorrow the draw will be. A sense of ecstasy grows because of my winning ways. Got you! I hear him say.

The other customers' eyes light up, taking us in. Casually I say my goodbye. Wishful-dreaming, nothing less. Canada — here I come.

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

New textile art exhibitions draw people to Almonte

Maureen Korp

Two textile art exhibitions at the Mississippi Valley Textile Museum in the village of Almonte, a short drive from Ottawa, are thoughtfully paired studies of interspecies communication. *Woven Woods: A Journey through the Forest Floor* is the work of Lorraine Roy. *Knit Markers: Collaborating with Machines* is the work of Greta Grip and Lee Jones. The artists' work will be found inside Almonte's old woollen mill, a national historic site.

In *Woven Woods*, the work of Lorraine Roy, we are shown carefully composed narrations of science and art. The trees are talking to one another, did you know?

The exhibition presents twelve wall hangings, each an intricately pieced fabric mandala — storylines told in units of twelve. Since ancient times worldwide, stories of cosmic order have been told in units of twelve. Twelve is the multiple of the four directions and three planes of the universe — worlds above, below, and ourselves here. Twelve is the marker of time, day and night. Lorraine Roy is working within this tradition.



Lorraine Roy, *Seeds*, 2016

Photos by Ryan Milton

Continuing until July 22, 2023

Woven Woods: a journey through the forest floor
by Lorraine Roy

Knit Markers: Collaborating with machines

by Lee Jones and Greta Grip

Mississippi Valley Textile Museum

3 Rosamond Street East
Almonte, Ontario

By donation; wheelchair accessible

Tuesday to Saturday,
1:00 pm-4:00 pm



Lorraine Roy, *Source*, 2016



Lorraine Roy, *Leaf and Needle*, 2017



Lorraine Roy, *Tree in a Tree*, 2017

In *Source* 2016, for example, we follow a spiralling circle of energies from a blue outer ring of twelve thin trees into layers of complex inner realms — greens, browns, reds — all softly pebbled. Seven of the small trees are black-limbed, five are white-limbed; all reach into a canopy of green. At the top of the circle, stands a black tree framed in a white light. A small card text on the wall beside the artwork describes photosynthesis, the source: seeds become trees.

Each wall hanging is accompanied by an informative card—short texts taken from the artist's studies of forestry and biodiversity, as well as quotes from others who have walked in the woods and listened to the trees, i.e., artists, poets, philosophers.

Leaf and Needle 2017 evokes the yin-yang energies of Taoism. In this work, the artist arranged six yellow leaves on one side of a dark circle, six green seedlings on the other. The botanical process of ectomycorrhizal fungi — that is, how it is Douglas fir (green seedlings) and white birch (yellow leaves) share carbon with one another via an interspecies release of fungi — is described on the accompanying card text. Evidently, the forest's trees know when to help each other, and do so.

Tree in a Tree, 2017 delves further into the exhibition's storyline of shared fungi among diverse species. In this work, twelve dark blue trees are shielded with

in white cubic forms. Along the disc's outer edge are twelve seeds in four loose groupings of time and place. From year to year, seasons are never quite the same, are they?

The text for *Tree in a Tree* includes these words from poet Ralph Waldo Emerson: "Each particle is a microcosm, and faithfully renders the likeness of the world." Reading these texts, we learn the importance of leaving woodlands, feral forests, alone. Dead trees are nests for living creatures. They should be left "... where they stand after they die." Really?

A number of cities internationally now allow the growth of feral woodlands inside the urban core as a mediation of regional climate stress. In Berlin for example, the *Natur-Park Südgelände* was once a trainyard. Today it is a wild woodland in the heart of the city. People visit it only from an elevated walkway. The ground belongs to the forest and its creatures.

Lorraine Roy's wall hangings urge us to learn from the forests how to be better human beings. What about the machinery of daily life?



Greta Grip and Lee Jones, *Wear your Heart on your Sleeves*, 2020-22

In *Knit Markers: Collaborating with Machines*, Greta Grip and Lee Jones ask a number of gentle questions of ambient machinery. The exhibition includes two small machines, perched on little shelves. Walk by; look at each. As you do so, one machine will begin to knit a scarf. Walk away, the knitting stops. Walk over to the other little machine. Look. It cranks up and begins to unravel the fabric it knitted sometime beforehand. Which shall it be?

There may be an answer in *Wear your Heart on your Sleeve* 2020-22, a performance work that Grip and Jones undertook

with input from others. Twenty people permitted the artists to measure their heart rates. The artists then translated the heart-beat data of the twenty souls into machine programming. Outcome? Twenty knitted shawls. Not one the same as another.

In the exhibition, the shawls have been hung on a rack indifferently, casually. They are softly multi-coloured. As a group, they appear more alike than different. So might we all be.

Might we walk more easily down the street, into the woods if we wore our hearts on our sleeves?

End of an era for the Sandy Hill Community Health Centre

Christine Aubry

It's the end of an era for the Sandy Hill Community Health Centre at the intersection of Rideau and Nelson. After 20 years of service, Executive Director David Gibson will be retiring in August.

Gibson has led the organization through immense growth and unprecedented challenges. It was my privilege to listen to his reflections on the last two decades and his hopes for the future of the organization.

Gibson was drawn to SHCHC in 2003 because of its history and exemplary leadership in providing cutting-edge, diverse, quality-based health services to those who faced the greatest barriers to good health — a hallmark tradition, he says, that has not changed.

SHCHC is also unique in that all services are offered in both official languages. Gibson said one of his proudest moments was when the Centre finally received its official bilingual designation from the Province in 2006. Currently, 85% of the staff are bilingual.

A quarter of the Executive Director's time is spent working with the Centre's volunteer Board of Directors (which has included many residents of Sandy Hill over the years), and that has also clearly been a highlight for Gibson. "It has been amazing to watch this very diverse group of people come together to make interesting, informed decisions about the future of the organization," he said.

One of those major decisions was whether to instruct staff to seek a federal exemption to operate a safe injection site. But from what was likely a highly stressful time, Gibson's memories are fond: "The Board really listened and gave us the direction to explore the possibilities. It was an amazing process to observe."

Today, the Centre and its partners face much more difficult and complex challenges, which Gibson stresses are national in scope and not limited to Ottawa or Sandy Hill, including:

- an increasing number of new Canadians, who may not speak either official language, and a greater focus on the



Photo Bill Juliette

David Gibson, Executive Director, is retiring in August after leading the organization for 20 years. A farewell party is planned ahead of the June 29 AGM and community members are invited

- need for Indigenous service-delivery; an opioid epidemic affecting all classes;
 - a severe shortage of affordable housing, increasing homelessness, and the use of shelters that were never meant to be long-term housing solutions.
- The Centre was already seeing an in-

crease in mental health and substance-use disorders, and then a pandemic hit. And the funding, of course, is not keeping pace with the increased demand for services. Gibson explained that this perfect storm has resulted in tensions within the community — a phenomenon that is not unique to Sandy Hill, he says.

The pressure on the healthcare system and social services is spilling out onto the streets and into neighbouring communities, creating what Gibson refers to as "a culture clash." He also speculates that the isolation of the pandemic has diluted community bonds and eroded partnerships.

Gibson hopes that all of us can remember how tragic and impactful the pandemic was on those who relied on our social services (or who had to rely on them for the first time ever), and that all of those involved can demonstrate tolerance and patience and prioritize dialogue. "We all have a part to do. So what can we do together? What are some of the options?" he asked. These are the questions that all of us need to discuss collaboratively. Not just the service providers, but all levels of government, should be involved, including the City, the University of Ottawa (as a key player in the housing situation), and the affected communities.

What hasn't changed in 20 years is the dedication of all who work and volunteer at the SHCHC. Gibson repeatedly praised the volunteer board and the medical and social service staff and supports — all key to the Centre's mission of providing quality health services to those who have the greatest barriers to access. "We are more than consumption treatment; we are a whole professional group of over 200 people. Staff through the pandemic showed enormous resiliency," he said.

Part of that resiliency stems from the fact, as Gibson proudly explains, that the SHCHC has always had a "family-first" culture. "I am a father, partner, grandfather, brother, [and] friend, first and foremost. That's where I get my energy, my wisdom, my strength, and my resilience." And now all of those lucky people will be able to enjoy more time with a wonderful man, who has certainly earned his rest.

The Board of Directors of the SHCHC has extended an open invitation to Gibson's retirement celebration at the Shaw Centre on June 29 from 4:00 p.m.-6:00 p.m., preceding the Centre's AGM. To attend, you must register at <https://www.eventcreate.com/edgretirement>

Think about what organized hockey has done for us!

Maeve Blake

When I start to think about what organized hockey has done for us, I am reminded of that old Monty Python line about the Romans: "Apart from the sanitation, the medicine, education, wine, public order, irrigation, roads, the fresh water system, and public health, what have the Romans ever done for us?" Similarly, apart from facilitating regular exercise, instilling life lessons such as the importance of cooperation, teamwork, work ethic, discipline, and keeping a positive attitude, and also apart from creating community, self-esteem, and life-long relationships, and last but not least, apart from hours and hours of FUN and excitement, what has hockey ever done for us?

As an immigrant family from Ireland, getting our kids into hockey was never on the agenda. We're both from rugby families, so getting them onto a pitch with an oval ball was our initial focus. When Cormac, my eldest son, first expressed a desire to play, I actively tried to dissuade him; I was concerned about rumoured 6:00 a.m. practices and the high costs of registration and equipment. Cormac is persistent, and after a year of declining, we resignedly signed him up. It is the single biggest gift we could have given him (his younger siblings quickly followed suit).

As far as I can figure out, 6:00 a.m. practices are an urban legend as we have never had even one in seven years. While the initial outlay for hockey registration can seem high compared to other sports, it's



Photo F. Adam Sopuck

Ottawa East Minor Hockey Association emblem at Sandy Hill Arena

important to take the length of the season into account. It lasts six months! Last year, registration fees for the Ottawa East Minor Hockey Association ranged from \$440 to \$680 per child, with team fees (which cover the costs of tournaments) around \$250-\$300 per kid. Each kid will be on the ice for somewhere around 100 hours over the course of our long, cold,

dark winter, which makes it a pretty good deal, proportionally speaking. What's more, we buy the bulk of our hockey equipment second-hand, and it is passed-on through the sibling line. This helps bring costs down — although perhaps it doesn't do much to increase inter-sibling affection! The Ottawa East Minor Hockey Association also has a Reach Out program

that provides financial support to kids where finances are a barrier.

Yes, getting kids into minor hockey involves a financial and time commitment. The question for most parents when they consider activities is, is it worth it? When Cormac started playing hockey at the ripe age of 9, a dreadfully misinformed former colleague told me that he was too old to start playing. Maybe he has missed his shot to make the NHL. But when I consider the ways in which our kids have grown and matured with their various hockey families over the years, I can only reply that it is absolutely worth the parental commitments. Our daughter plays on a mixed team, and at the age of 11 has gained self-confidence and an athleticism we can only admire. Our middle son has learned how to trust in his own abilities, how to overcome challenges, how to lead, and how to encourage others. Our eldest son has learned that failure is an inevitability on the road to success, that perfection is neither achievable nor desirable, and that you miss 100% of the shots you don't take.

It's not just about the kids. After a family bereavement, hockey friends were quick to reach out to offer comfort and support to us, and that experience once again made me so incredibly grateful for the community that hockey provides. That community is waiting for you, Sandy Hill!

Registration for the 2023-2024 season of Ottawa East Minor Hockey Association opens in early June with an early bird discount for kids registered before August 1. See www.oemha.ca for further details.

Opinion

Zero on-site parking is bad for Sandy Hill

Michael Barnes

City urban planning in Ottawa often fails its urban residents and rewards developers who construct residential apartments that too often do not meet the minimum requirements for parking, building height, building setbacks, etc. City planners tend to consider each development application in isolation, and the cumulative impact of developments is often not a concern. Some might say, “they can’t see the forest for the trees.”

Look at two approved development proposals within less than a block of the intersection of Wilbrod and Friel, for example. City council approved a low-rise apartment building with 40 dwelling units at 326-330 Wilbrod St. The minimum parking requirement was 14 spaces. The developer will provide zero residential parking spaces. The south side of Wilbrod is a dedicated bicycle lane. Further, Francojeunesse School — Kindergarten Pavillon, located on the north side of Wilbrod Street across from the development, has very restricted parking conditions. Only four on-street parking spots exist on that entire block. Even so, residents with cars at 326-330 Wilbrod St. can apply for street permit parking, off-loading their parking needs onto the community for the decades to come.

Rideau Street deserves proper bus lanes

Nick Grover

Imagine being able to grab a bus, without delay, and then sailing past traffic down Rideau Street to your destination. No stress, no checking schedules, and no frantic messages to your friends or colleagues explaining you’ll be late.

Unfortunately, this is a rare experience on Rideau Street. Like Ottawa’s other major roads, it is designed for cars, and this makes bus travel difficult. This is especially frustrating given three of OC Transpo’s ten busiest routes use this street throughout the day. As a transit rider myself, I can attest that they are not enjoyable journeys to take.

The 7, the 14, and the 15 are late on average 20% of the time, with the 7 alone being behind schedule 27% of the time. This is what happens when we make buses fight against traffic to get where they’re going. Different modes of transport have different needs and when cars dominate it makes little sense to make us share a road with them. We don’t make people walk in the streets: we provide sidewalks. So why not bus lanes?

Data from cities around the world show dedicated bus lanes are a simple and effective measure. They speed up transit routes by ten to 25 percent on average, boost ridership by up to 17 percent, and improve safety for all road users. By making transit a more attractive option, they also encourage less driving and, by extension, help quell pollution. At a time when carbon emissions and the cost of living are both dangerously high, surely a viable alternative to private vehicles is well overdue.

As it happens, Rideau Street technically has “peak hour” bus lanes already, weekdays from 7:00 a.m.-9:00 a.m. and 3:30 p.m.-5:30 p.m. Alas, they are abysmally designed. One of the design features of a bus lane, to ensure compliance and deter violations, is painting the lane solid red and clearly printing “BUS LANE” on the road so people understand it is not for cars. However, on Rideau Street the city has opted only for overhead signage and barely visible white diamonds on the road. It is little surprise, then, that these lanes are occupied by parked cars even during the rush hours when they are meant to be exclusively for buses. Without

The second example is the development at 280 Laurier Ave. East, which is across the street from Starbucks. City Council approved an infill addition of 19 dwelling units. But here is the challenge: the infill development will eliminate all 10 parking spaces currently available at the existing six-floor residential apartment building on the same lot. This will make a total of about 70 units (the developer has not provided the exact number), and the developer will not provide a single space for residents, visitors, service providers or delivery services. The developer wins and residents lose once again.

The building that housed the daycare at 300 Wilbrod St. will be demolished following a fire last fall. It is expected that another residential building with 70 dwelling units will be built with zero parking spaces.

These three developments with 180 dwelling units less than 75 meters from Wilbrod at Friel provide ZERO residential parking spaces.

Imagine a developer building 100 homes in the suburbs with zero parking and letting residents park on the street. City councillors from the suburbs and rural Ottawa would flip their lids! But the city planners, city council, and developers say it’s OK to do so in Sandy Hill.

Zero residential parking is bad for Sandy Hill residents, and perhaps one day city council will realize it!

obvious indicators, drivers won’t know or won’t care that the lane is for transit.

We ought to scrap the peak hour nonsense, which fails to account for the high midday and weekend congestion that gums up bus routes anyway. Make Rideau’s two outer lanes for buses only so they can be painted properly and serve bus riders all day long. Then, put a few cameras overhead for enforcement.

The biggest objection to this tends to be from shop owners, who would lose street parking, assuming this would impact their business. However, studies show only about 4 to 10 percent of patrons actually drive to small businesses; they mostly walk or take the bus. Surely better bus service that drops dozens of people outside your store each hour is better than parking space for a few cars’ worth of people.

Drivers also tend to object vociferously to losing a lane, claiming it makes traffic worse. This turns out not to be true either. When a street is effectively narrowed for drivers by converting a car lane to enable a more efficient form of transport, overall traffic and congestion are reduced significantly. That’s good for drivers, the planet, and everyone in between.

Our roads change as our needs change. Lest we forget, Rideau Street had a streetcar running down it once upon a time, until the late 1950s when the tracks were torn up for cars. Well, our needs have changed again. Car dependency isn’t working. It’s costing us in road fatalities, air pollution, climate impacts, gruelling commutes, swaths of subsidized parking, and eternal road repairs and widening projects. It’s not even good for drivers: between car payments, gas, insurance, and maintenance it costs about \$10,000 a year to own a car, one of the top household expenses. Providing good quality public transit is one of the best things the City of Ottawa could do to make life more affordable.

It’s time to take one of Ottawa’s most innovative concepts — the Transitway, which shuttles outlying commuters quickly downtown — and apply it to the core, where buses often struggle to compete with car traffic. When people see their bus never showing-up, they have little choice but to hop in a car and join traffic, perpetuating the cycle.

Enter our next road chapter: Remake the road; free the bus!

S’entraider dans nos allaitements

Mélanie Le Boursicot

Vous attendez un enfant et vous souhaitez allaiter ? Vous allaitez et vous avez des inquiétudes, des obstacles et des défis, ou simplement l’envie de partager et d’écouter pour s’entraider ?

Je suis heureuse de vous annoncer que le Centre des services communautaires Vanier a offert la possibilité, à partir du 1er juin, d’ouvrir un groupe de soutien et d’entraide à l’allaitement de la Ligue La Leche dans ses très belles installations.

Résidente de la Côte-de-Sable depuis bientôt deux ans, je suis bénévole au sein de La Leche League (ou Ligue La Leche au Canada francophone). Il s’agit d’un organisme international de référence pour le soutien à l’allaitement de mère à mère et de parent à parent. Après avoir moi-même en France puis au Mexique bénéficié du soutien de la Ligue, j’ai suivi un cheminement afin de m’accréditer comme monitrice bénévole et de pouvoir soutenir comme j’ai été soutenue. J’anime ce groupe en français pour le moment. Il s’adresse aux mères, aux familles, à toute personne qui souhaite allaiter ou qui est déjà en train de vivre cette expérience. Celles et ceux qui traversent ou ont traversé l’expérience ont beaucoup à apporter. Nous nous sentons souvent seules face aux défis de cette pratique, que ce soit lors de sa mise en route, à différentes étapes du parcours ou lors du sevrage.

N’hésitez pas à m’écrire à l’adresse suivante : madrecontigo@gmail.com pour en savoir plus. “Madre contigo” (dans cette adresse) signifie “mère avec toi” en espagnol. Il s’agit d’une référence à mon engagement au Mexique où je vivais et où je continue d’animer un groupe de soutien mensuel en ligne.

Le groupe de soutien qui s’ouvre pour nous ici se réunira donc les **1er et 3ème jeudis de chaque mois, de 13 h 30 à 15 h au Centre des services communautaires Vanier, 270 av. Marier à Vanier** (<https://www.cscvanier.com/>). Aucune inscription n’est requise et c’est gratuit. Les autres petits de la famille sont les bienvenus. Le groupe se veut un lieu d’accueil, de partage, et d’entraide de mère à mère et de parent à parent, pour s’accompagner dans l’expérience vécue d’allaitement. Leanne Moussa nous offre également la possibil-

Photo offerte par la maman



Itzul et Thiago, mai 2023

ité d’ouvrir un deuxième groupe dans la Côte-de-Sable, au-dessus du café-restaurant Working Title, une fois par mois. Je serais ravie de l’organiser. Vous pouvez venir m’en parler au Centre communautaire de Vanier ou m’écrire pour me manifester votre intérêt (ou vos questionnements...ou difficultés).

À bientôt j’espère !



Le Service à l’enfance Aladin offre des services éducatifs à l’enfance à l’école Sainte-Anne, au 235 Beausoleil.

Nous offrons nos services en français aux familles de la ville d’Ottawa. Nous avons des programmes éducatifs de qualité pour les enfants de la naissance à 12 ans, du lundi au vendredi, à l’année longue.

Pour de plus amples informations, SVP contactez-nous à steanne@aladin.services ou visitez notre site internet à

www.aladin.services

Test your memory and IMAG(E)ination

Bob Whitelaw

Where have you seen this splash of colours in the neighbourhood?

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

Photos Bob Whitelaw



Last issue’s mystery revealed

The spire at 87 Mann Avenue.

Its original church, St-Pie X, was built on the site in 1957, became St. Clement’s in 1968 and was deconsecrated in 2011, when the congregation moved to the historic Ste-Anne at 528 Old St. Patrick St. in Lowertown. The structure was then renovated and expanded into a residential apartment building with the spire maintained.

Poonam Varshni correctly identified the spire.



MUTTSHOTS

from page 14



PROFILE 1: Chico & Beretta

PROFILE 2: Abby & Angus

PROFILE 3: Lenin & Charlie

PROFILE 4: Chubs & Beans



Summer is here, and what a pleasure it is to be able to live much of our lives outdoors for a few months! Get your fill of picnics and patios while the warm weather lasts, and please share your favourite Sandy Hill food experiences with image22@rogers.com

Cumberland Pizza, 152 Nelson St.

What a relief to see that the oldest pizza place in the neighbourhood has come back to life, after months spent recovering from last year's fire! The interior looks great, with a fresh layout that allows for more seating and an appealing view of your pizza coming out of the oven. The welcome is as warm as ever; the Cumberland Special is still loaded with pepperoni and bacon, and the Spicy Chicken Pineapple will give you a satisfying combination of sweetness and heat.

Pie Central Bakery, 305 Rideau St.

It took me a while to twig to the fact that Pi Co., the pizza place on the ground floor of the Theo Building at Rideau and King Edward, is gone, and that it's been replaced by a purveyor of Lebanese flatbreads with a rather similar name. If you're looking for a quick snack on Rideau Street, perhaps before or after a movie at the ByTowne, you might like to check them out. The dough is fresh and yeasty, baked quickly with various toppings or folded-over fillings of cheese, ground spiced meat, za'atar, and marinated vegetables for a homey, filling, and affordable treat.

Ratatouille Bistro, 278 Dalhousie St.

We had a very enjoyable brunch recently at this new French-inspired restaurant near the ByWard Market, which has an extensive breakfast menu served every day until 3:00 p.m. We may be back someday for supper, but it will take us a while to survey the morning choices; there are six different variations on Eggs Benedict alone, served on a lovely scone with excellent potatoes and salad on the side. The omelets look top-notch, too.

Reggae Rooster, 321 Somerset St. East

A new Caribbean restaurant is now up and running in the former premises of the Sandy Hill Lounge and Grill. Their menu is very meaty, and portions are generous. Jerk chicken features prominently; chicken is also available stewed, curried, fried or barbecued. You can get goat or oxtail; a hearty chicken soup; or a tender roti stuffed with curried chicken. Your meat will come with a choice of rice and peas (red beans, not green peas) or fries, as well as a few slices of fried plantain and a small portion of coleslaw or macaroni salad. We were favourably impressed with the escovitch kingfish, a whole small fish cooked to moist perfection with a tangy garnish of marinated carrots and onions.

Amazing avians among us

Photo Kathleen Kelly



Photo Harlequin Studios



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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
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