



IMAGE is back after its summer break! Ottawa skies were lit up in August with a stunning display of fireworks courtesy of the Grands Feux Fireworks show.

Photo: Harlequin Studios

See inside for more photos of summertime highlights.

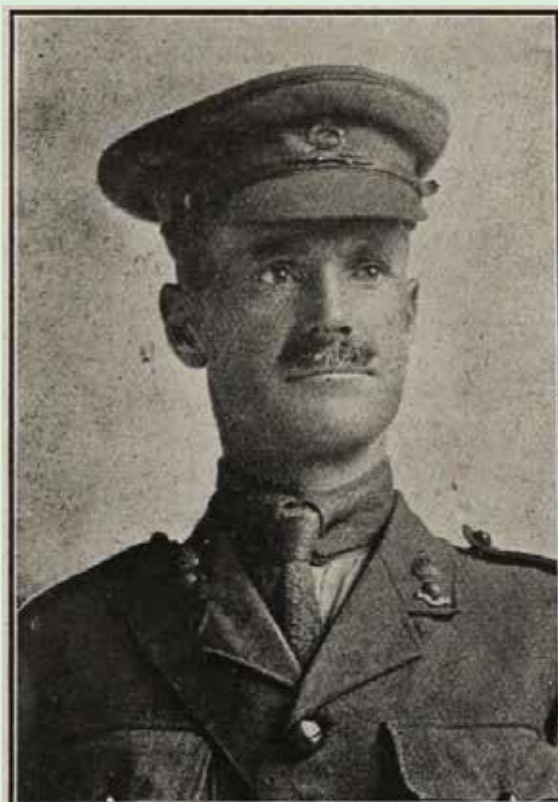
Frank Grierson of Russell Ave. was a labour pioneer

Ken Clavette

Earlier this year, the largest public sector strike in Canadian history took place; 155,000 members of the Public Service Alliance of Canada walked off the job. The roots of that strike and indeed of the unionization of federal workers can be traced back 116 years to a Sandy Hill resident named Frank Grierson.

Born in Halifax in 1865, Frank had an unhappy home life that led him to leave at an early age. He did return to Halifax long enough to meet a young socialite named Frances “Dot” Lawson before going west to search for his fortune in mining. In 1897, Dot’s father died. Upon hearing this news, Frank sent word to her with a proposal of marriage. In Calgary on April 16, 1898, they were wed. Together, they rode into the Selkirk Mountains in the Idaho panhandle where they spent 3½ years in a log cabin with an earthen floor, miles from any neighbours.

In 1901, they gave up that frontier life and moved to Ottawa, where Frank took up a junior clerk’s position in the finance department. With his



This photo of Frank Grierson was featured in the issue of *The Civilian* that honoured his retirement and leadership within the CSF and civil service labour movement more generally.

wife Dot’s inheritance, they bought a double house at 25 and 29 Russell Avenue, living in 29 and renting 25. It may have been Dot’s desire to start a family in a warm home rather than in a log cabin that prompted the move, for they quickly welcomed three daughters into their family after settling in Sandy Hill. They lived on Russell until 1951. After Dot’s death, Frank lived by himself in an apartment at 404 Laurier Ave. E. for two years. He then moved in with one of his daughters to an apartment at 292 Daly Ave. He lived at that location until his death in 1960; he was 96.

Frank was an all-round accomplished athlete and outdoorsman. He played baseball as a catcher, and he was a competitive foot racer, rower, and snowshoer. He also skied, curled, boxed, and golfed, and he played tennis into his eighties. A keen activist in sports administration, he served

as President of the Ottawa Rowing Club and helped establish the Civil Service Athletics Association. From his position as its first president, he became a leader in the Canadian Amateur Athletic Union. He led the fight to stop professionals from creeping into amateur leagues. There was often more at stake than a simple win if a pro could help win a bet.

His organizing skills and his leadership were very quickly put to the task of assisting his fellow workers in the federal government.

Conditions of work were neither fair nor safe, and the key to getting a federal job was often political patronage rather than merit. Likewise, political patronage running in opposition to the ruling power was a way of losing a job. Wage increases were at the whim of departments and supervisors. One man only saw his annual salary raised from \$1,200 to \$1,600 over 26 years. Another went 21 years and only saw his wages rise \$100. Between 1901 and 1907, the cost of living in Ottawa had risen by 20 percent.

► **Frank Grierson**, see page 5

IMAGE

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

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

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From the IMAGE In-box



How was your tomato harvest this year?


Photo F. Adam Sopuck



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From the IMAGE In-box

Editor's note:
A number of IMAGE contributors wrote in to criticize the latest round of sidewalk repair in the neighbourhood. The commentary below is a representative sample of these letters.

Zipper job on Sandy Hill sidewalks has many locals frustrated

Dave Heerema

When my sons were young, I spent hours each day walking up and down every street in our neighbourhood with them in their stroller. In poor weather, I quickly realized how important it is for sidewalks to be smooth and barrier free. Repairing the sidewalks and keeping them obstacle free is necessary for anyone using wheels on sidewalks.

The city has recently “improved” the sidewalks in the neighbourhood with loosely-packed black asphalt. I wonder, could they have chosen anything more unsightly? My lengthy walks produced a sense of pride in me for the people and places that put effort into maintaining the appeal of our neighbourhood. It feels nice to live somewhere nice. I feel sympathy for the people living with these patchwork black splotches in front of their homes.

I suppose that hoping for concrete to be used to repair a concrete sidewalk is hoping for too much. I also suppose that as long as we work to keep pride in our neighbourhood it will feel like a nice place to live. In the meantime, if you live with this asphalt sidewalk mess in front of your house, perhaps expressing your neighbourhood pride to the City or to the ward councillor might be a nice idea.

Dave Heerema has lived on Wilbrod St. since 2014.

We have heard this strain of sidewalk repair referred to as an instance of “uglification,” which has a nice ring to it. — Ed.



Are they trying to communicate something through primitive symbolism here, not unlike crop circles? There is something almost extraterrestrial about these ones.



Bear witness to a new artistic genre. Behold: Uglificationism!
Photos F. Adam Sopuck



Phil Caron's Portfolio

The entrance to St. Joe's is being renovated again. It looked like this when I first moved to Sandy Hill.

Illustration Phil Caron



Summer’s joyous activities in Strathcona Heights

Fatimazahra Mounfaloti

So much joy and warmth has been brought to the Strathcona Heights neighbourhood at the south end of Sandy Hill this summer. A resident leader is quoted as saying, “I believe the flame of change is in the community; its warmth will nurture the community, and its light will lead the path for the community through its most challenging times.”

The Sandy Hill Community Health Centre would like to highlight some of the key activities that took place during the summertime in Strathcona Heights. Many partner organizations contributed to make each one of them a success:

- The Neighbourhood Capital Clean-up and Gathering Garden planting was held in May, with a turnout of almost 30 volunteers who participated in cleaning the neighbourhood in preparation for the outdoor season as well as a food-security-focused greening initiative, i.e.,

planting seeds for the Gathering Garden, a shared garden space where the community members are encouraged to come and harvest.

- In June as part of the Welcoming Ottawa Week, organized by the Ottawa Local Immigration Partnership, SHCHC held an event celebrating newcomers. Some of the newcomers were from educational partner organizations, including Viscount Alexander Public School and Ecole élémentaire publique Francojeunesse. Several children participated in a short video documentary sharing things they like about Canada and things they miss about their home countries, in their preferred language. Volunteers from the community also helped organize the event by preparing an international buffet of meals from around the world. The event welcomed more than 150 community members and celebrated through many activities, including face painting, henna tattoos, and a live music performance from Empress Nyiringango.

- For the second year in a row, SHCHC, through its Community Development and Engagement team, held a six-week summer camp for children and youth in Strathcona Heights. The camp welcomed 60 participants between the ages of 6 and 14. Several neighborhood youth were employed as camp counsellors through the Youth Services Bureau employment program. Many more youth also volunteered throughout the summer, acquiring the mandatory volunteer hours for high school. Activities included, but were not limited to, visits to Dutchie’s Hole Wading Pool, Gatineau Park hikes, and MASC workshops. A special thanks to our partner organizations Viscount Alexander Public School, which provided the necessary space, and Multicultural Artists for Schools and Communities.
- Summer is not really summer without a movie in the park. In early August, the SHCHC held a movie night in Duchie’s Hole Park, which featured the *Super Mario Bros*. Shout-out to the Sandy Hill Community Centre for the use of their popcorn machine and the City of Ottawa

- for supporting the necessary logistics in obtaining a permit.
- At the end of August, SHCHC partnered with multiple organizations, including The Parent Resource Centre, the Boys and Girls Club—through the Neighbourhood Ambassadors Program, The Ottawa Public Library, Prana Shanti, Ottawa Community Housing, and the City of Ottawa—in staging the second annual Strathcona Heights Fun Day. The event engaged more than 200 residents around a community BBQ and other activities such as seniors yoga, face painting, henna tattoos, an inflatable playing area for children, and a youth basketball tournament. Once again, community residents deserve thanks for their commitment in volunteering to help make this event a success.



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► Frank Grierson, from page 1

Ken’s Bygone Sandy Hill

In 1907, there was much excitement when a letter was circulated through the departments calling for the election of representatives to attend a meeting to form a union. On November 12 in the crowded Railway Committee room in Parliament’s Centre Block, they formed the Civil Service Association (CSA). The key organizers came from the ranks of the athletics association.

As the CSA was taking shape, Grierson with three others became the editorial board of *The Civilian: A Fortnightly Journal Devoted to the Interests of the Civil Service of Canada*, the first issue of which appeared in May, 1908. The Ottawa Printing Company proposed the idea to Grierson because of his reputation and stature in the service.

There were risks involved in speaking out for employees of the Dominion government, however, and therefore anyone associated with the journal might well earn the displeasure of the government. While names of those on the editorial board did not appear in the journal, Ottawa was a small city, and it did not take long for their identities to become known. It probably didn’t help that the journal was run out of the Grierson home, which was just around the corner from Prime Minister Laurier’s residence!

Grierson quickly championed the unification of all federal workers into one union. In those days, the federal service was referred to as “inside Ottawa or outside.” The membership of the Civil Service Association was solely Ottawa based. Grierson pushed for a national organization. He

Photo provided by John Marshall



Frank Grierson circa 1950.

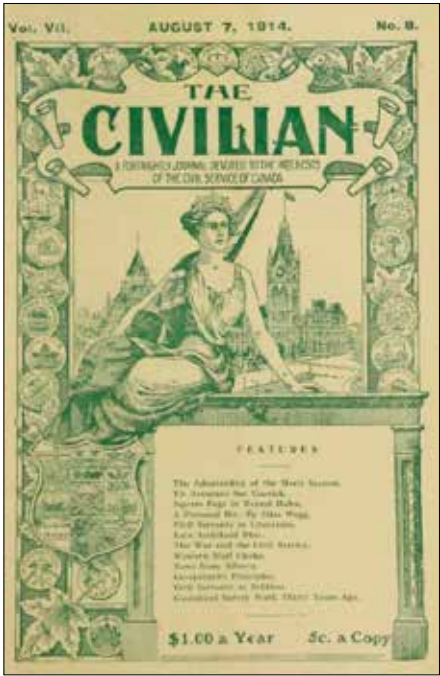
published a draft constitution of what such a union would look like. He participated in the 1909 founding of the Civil Service Federation, the first national public sector union. In 1912, *The Civilian* was made the official voice of the Federation.

For the next eight years, Grierson would use his journal to champion federal workers’ rights. The biggest campaigns were for laws that would end political patronage. He believed such patronage made service to Canadians worse off. As a result of it, employment was tenuous, and those appointed were often unqualified. He acted not just with his pen and the printing press. He also was a leader in the Federation, serving on committees as secretary-treasurer (1913-1914)

and as president (1918-1920). He was always pushing the Federation to act like a real union and join the Dominion Trades and Labour Congress. He helped force a vote in 1920 of all civil servants working

Grierson’s home on Russell Ave. might be a candidate for a future walking tour.

Photo Ken Clavette



Grierson was on the editorial board of *The Civilian* from 1908.

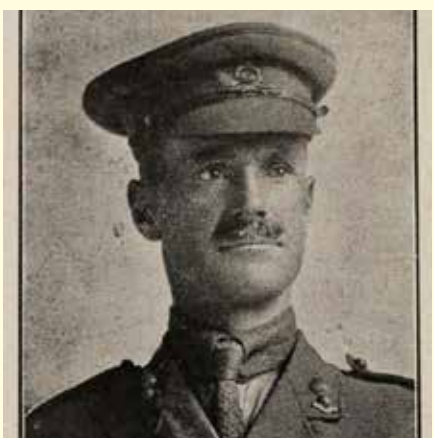
in Ottawa in order to test the waters about joining the Congress. Despite the vote being open to anyone including deputy ministers, the results showed close to 60 percent wanted to be part of the broader labour movement. When the local leadership would not act, Frank became active in the short-lived Federal Union 66 that was chartered by the Congress.

When he retired from the CSF in 1920, its magazine *The Civilian* pointed out that his success in the department of finance “would probably have been better recognized had he been less active in the work of Civil Service organization. No effort to bring civil servants into closer mutual understanding and to unite for the common good has failed to receive sympathy and active support from Mr. Grierson, and in the main movement he has been a leader from the very beginning until now. Mr. Grierson was in very deed the father of Civil Service organizations.”

In 1949, the *Ottawa Citizen* wrote that “...without thought for himself as a civil servant, Grierson sacrificed prospect of permanence and promotion.” The paper believed he could well have become deputy minister of finance but for his “zeal and persistence” agitating on behalf of federal workers. He retired in 1930 as a Class II Clerk.

In 1966, with the federal government of Lester Pearson bringing in laws to allow for collective bargaining by federal employees, the organizations Grierson helped establish in the earliest

Photo The Civilian



Grierson in uniform

To understand the persistent nature of Frank Grierson, one need only look at his First World War record. He had been an officer in the Reserves, and now with war underway, he transferred to Second Ottawa Battery in hopes that he would be sent to Europe. He faced resistance from his deputy minister, who refused to grant him leave. Grierson even gave up his rank of captain in the Reserves to become a lieutenant, thinking that that would aid him in his quest. By 1915, he got his leave and sailed for England.

Commanders there had no intention of sending a 50 year-old soldier to the front, no matter how hard he pushed for it. He was put to work as a training officer. A lifetime of athletics, together with his qualities of leadership, earned him praise for his work. In November 1917, he was recalled, resuming his duties in the Department of Finance.

When Prime Minister Mackenzie King made it known in 1922 that his government was going to dismiss a large number of war veterans, a mass meeting was organized. Grierson was appointed the chair of a committee of veterans that successfully lobbied against that idea.

years of the century came together as the Public Service Alliance of Canada.

Thanks to Frank’s great-grandson John Marshall for his assistance in my research. —K. Clavette

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Dear residents,

I hope you have all had a chance to take advantage of the many activities and greenspaces offered in our community this summer!

Fall is here, and with that, the House of Commons is back in session. Our government knows that many Canadians are finding it difficult to make ends meet. That's why we're taking action to reduce the cost of housing, support small businesses and drive down the cost of groceries.

We announced a GST rebate on the construction of new rental housing, which will increase the number of rental units available, and make housing more affordable for Canadians.

Our government also announced that we are extending the payment deadline for CEBA loans to support small business who continue to face economic challenges.

Finally, the Minister of Industry has summoned the CEOs of Canada's five largest grocery companies asking them to come up with a plan to stabilize grocery prices by Thanksgiving.

These measures and more will have a tangible impact on all members of our community struggling with the cost-of-living crisis, and our government remains committed to

supporting Canadians in this time of economic hardship.

This summer I had the opportunity to participate to many community events in Ottawa-Vanier, including a tea party to celebrate seniors. It was an honour to be able to recognize the achievements of those members who have been contributing and making a difference in our communities for a very long time. During the event I also announced the creation of the first Ottawa-Vanier Seniors Council, an opportunity for seniors to share their knowledge and wisdom, and to advise me on issues relating to improving the quality of life of Canadians including seniors. If you are interested in joining, please reach my office.

And if you are a young person in the riding interested to get involved or to share the voice of the youth, there is also an opportunity of the Ottawa-Vanier Youth Council which is open to new members.

As always, if you need any assistance with any federal programs, or wish to share your thoughts and opinions with me and my team, you can visit my constituency office at 233 Montreal Road, call us at 613-998-1860, or send us an email at mona.fortier@parl.gc.ca.

Mona Fortier
MP Ottawa-Vanier

The latest on Uptown Rideau Street developments

Cynthia Mitchell

Uptown Rideau Street is changing. It had been years since I had walked the stretch of Rideau from Charlotte Street, west towards King Edward, mostly because it always seemed to be under construction. A recent walk, however, revealed lots of changes — and no more construction!

Starting my journey at the corner of Charlotte and Rideau, I popped into the aptly named “The Charlotte” condo sales office. Eyeing the replica of the condo development, I asked the sales rep when the building was expected to be finished. “It opened in the fall of 2019,” Jim of Richcraft explained.

Covering up my embarrassment with some follow-up questions, I learned from Jim that the 14-storey condo has studio, one- and two-bedroom apartments and is just over 50% occupied. Ground floor commercial space fronts onto Rideau Street but has yet to be occupied by tenants. A representative from the realtor, Marcus & Millichap, confirmed that there has been interest from potential tenants, but no details can be shared yet about what types of businesses we might see here in the future.

Further west, I next passed 545 Rideau at the corner of Rideau and Cobourg Streets. Billed as a modern apartment building for today’s urbanite, the fully occupied building has studio, one- and two-bedroom apartments. A pharmacy and Appletree Medical Centre fill out the ground floor, both of which have no doubt helped cater to the medical needs of both Sandy Hill and Lowertown residents.

Continuing west to Rideau and Chapel Streets, the former site of the building housing Heartwood House is now a 315-unit rental apartment building called “Story of Rideau & Chapel.” The building opened last October and is 80% occupied, mostly by students and young professionals. At the front of the building, a comfortable seating area is available for community use complete with lounge chairs and patio furniture. Also a feature of The Char-

lotte, these inviting community spots are known as “privately owned publicly accessible spaces,” and are usually a component that the City requires developers to include to help create a more positive and inviting streetscape. Though both areas were empty of people when I strolled through on a Saturday afternoon, I imagine that these spaces will become more animated and inviting to community members as time goes on and more businesses open up.

As with the other new developments along Rideau Street, commercial space fills out the ground floor of Story of Rideau & Chapel. A Popeyes is already open in one block, while a sign for Onua Bakery, a Montreal-based bakery that specializes in sourdough and African-style bakery products, is coming soon in another space.

Overall, it was eye-opening to see the changes to this stretch of Rideau Street. It was also interesting reading parts of the City’s 2015 Community Design Plan for Uptown Rideau Street and the Sandy Hill Secondary Plan. The City had aimed to transform the area, zoned as a traditional main street, “...into a vibrant and charming community mainstreet” that “prioritizes pedestrians, cyclists and transit users over motorists.” It was nice to see that the City seems to have gotten it right, with a mix of high-quality architecture, wide sidewalks, and new community spaces and businesses, really giving this stretch of Rideau a main street feel.

As with any area that undergoes gentrification though, there’s a risk that long-established businesses and community members will get pushed out by increasing rents. There’s a refreshing mix of businesses, housing, people, and services that have kept this stretch of Rideau vibrant for much of its history. It would be a huge loss to the fabric of our community if that starts to go.

My hope is that Uptown Rideau Street continues to remain a place that is welcoming and inclusive to all, and that the new changes will complement what’s there already. I’ll definitely be checking out this stretch of Rideau more often — Si Señor at 506 beckons!



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Opinion

Can zoning mitigate climate change?

Bryan Dewalt

The City of Ottawa has begun drafting its new Zoning Bylaw, and Action Sandy Hill is tracking how it responds to climate change and other environmental issues of concern to our neighbourhood.

The Zoning Bylaw is a tool that the City uses to regulate development. The bylaw divides Ottawa into zones, each of which has rules about the permitted land use, the size and dimensions of lots, the form and scale of buildings, and the number of dwelling units they contain. For example, most of the residential area of Sandy Hill is zoned R4, which permits low-rise apartment buildings of up to four storeys. The Zoning Bylaw regulates things that have a direct impact on our local environment, including building height, building footprint, and the amount of space that is devoted to both parking and landscaping. In the long run, many of these seemingly local issues have global implications.

Earlier this year, City planning staff released seven discussion papers, two of which examine how zoning might promote climate change mitigation and

adaptation and how it might regulate trees. Staff propose to use the Zoning Bylaw to promote denser “15-minute” neighbourhoods that have a diverse mix of land uses and good access to sustainable transport. Staff are also seeking to reduce the health risks from extreme heat and extreme weather events by finding ways to use zoning to require more “soft landscaping” and permeable surfaces in new developments, to preserve existing large trees, and to ensure sufficient space and soil volume for planting new trees. Zoning might even be used to promote food security by supporting, for example, local food production and by preventing the further loss of farmland.

If done right, “densification” can have a positive environmental impact by reducing energy consumption and protecting open space and natural areas from development. Living in a neighbourhood that has faced development pressure for years, however, we know that densification can also lead to negative impacts, like the loss of shade trees, reduction of open space and paving of yards, more noise, more garbage, more traffic, more air conditioners and more demand for parking (both on-site and on-street). With the higher temperatures and extreme weather that come with climate change, poorly planned development in mature ur-

ban neighbourhoods like ours will make urban heating, stormwater runoff and local flooding worse.

Action Sandy Hill has been broadly supportive of the approach City staff have taken in the zoning discussion papers, but as usual, the devil will be in the details (and the enforcement). Good intentions will need to be matched by clearly worded and enforceable rules so that trees take priority over parking, trees removed for new buildings are replaced, and yards are not paved over. They will also have to find ways to encourage development that supports energy-efficient buildings, sustainable transportation, local food security, and local renewable energy generation.

City staff are currently assessing public feedback to the Zoning Bylaw discussion papers and preparing a first draft of the new bylaw. This will be released in the first quarter of 2024. The Zoning Bylaw discussion papers are still accessible at the Engage Ottawa website: engage.ottawa.ca/zoning. You may read the response of Action Sandy Hill at the ASH website: www.ash-acsc.ca. To add your input to the process, send comments to: newzoning@ottawa.ca or nouveaazonage@ottawa.ca.



La passerelle Adàwe, vue vers le sud-est

photo: C. Bégin

La passerelle Adàwe... plus qu'un pont

Claude Bégin

L'ouverture en 2015 de la passerelle Adàwe (mot en Algonquin signifiant « dialogue » et/ou « échange ») a créé un lien entre deux lieux géographiques, soit celui du quartier d'Overbrook et celui du quartier de la Côte-de-Sable. Contrairement à un mur qui sépare, cette structure relie les deux côtés de la rivière Rideau en enjambant sa frontière. La construction de ce pont lie les deux communautés avoisinantes en transportant les piétons et les cyclistes d'une rive à l'autre... à pieds et à roues secs. Cette structure est plus qu'un pont. Symboliquement et dans de nombreuses légendes et littératures, un pont rapproche les opposés, il transporte d'un monde à un autre. Dans les mythologies et dans certaines religions, le pont peut représenter un passage vers l'au-delà. Il peut désigner l'épreuve du passage de la vie à la mort. À la courbure sphérique et

au profil convexe, cette construction en forme d'arc sépare le ciel et la terre et sert de transition voire de transformation. De nos jours, l'impact des nouvelles constructions sur la biodiversité nécessite une étude approfondie. Pour cette raison, une démarche pluridisciplinaire entre architectes, ingénieurs, artistes, urbanistes et paysagistes sert à maintenir une architecture en harmonie avec les éléments naturels... entre l'humain et les écosystèmes. Sur ce point, la passerelle Adàwe ne fait pas exception : cet exploit d'ingénierie s'intègre bien dans son environnement. En somme, cette structure franchissant la rivière Rideau remplit bien son mandat premier, soit celui de permettre aux citoyens de se déplacer d'une rive à l'autre tout en admirant les environs où évoluent une faune et une flore variées. Le pont Adàwe peut aussi servir à inspirer les philosophes du dimanche à se pencher sur les questions universelles que nous nous posons tous : « d'où venons-nous et où allons-nous ? »

peinture C. Bégin, c. 2008



Parc Strathcona avant la construction de la passerelle Adàwe

photo : C. Bégin



Parc Strathcona après la construction de la passerelle Adàwe, août 2023



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Chères résidentes et chers résidents,

J'espère que vous avez tous eu l'occasion de participer aux nombreuses activités et espaces verts de notre communauté cet été !

L'automne est arrivé, et donc la Chambre des communes reprend ses travaux. Notre gouvernement sait que de nombreux Canadiennes et Canadiens ont du mal à joindre les deux bouts. C'est pourquoi nous prenons des mesures ciblées pour réduire le coût du logement, soutenir les petites entreprises et faire baisser le prix des produits alimentaires.

Nous avons annoncé un remboursement de la TPS sur la construction de nouveaux logements locatifs, ce qui augmentera le nombre de logements locatifs disponibles et rendra le logement plus abordable pour les Canadiens.

Notre gouvernement a également annoncé qu'il prolongeait la date limite de paiement des prêts de la CUEC afin de soutenir les petites entreprises qui continuent à faire face à des défis économiques.

Enfin, le ministre de l'Industrie a convoqué les PDG des cinq plus grandes sociétés d'épicerie du Canada pour leur demander de présenter un plan visant à stabiliser les prix des produits d'épicerie d'ici l'Action de grâce.

Ces mesures et d'autres encore auront un impact tangible sur tous les membres de notre communauté confrontés à la crise du coût de la vie, et notre gouvernement reste déterminé à soutenir les Canadiens

en cette période de difficultés économiques.

Cet été, j'ai eu l'occasion de participer à de nombreux événements communautaires, notamment à un thé en l'honneur des aînés de la circonscription. Ce fut un honneur de pouvoir reconnaître les réalisations des aînés d'Ottawa-Vanier qui contribuent à nos communautés et font la différence depuis très longtemps. Lors de cet événement, j'ai également annoncé la création du premier Conseil des aînés d'Ottawa-Vanier, une occasion pour les aînés de partager leurs connaissances et leur sagesse, et de me conseiller sur les questions liées à l'amélioration de la qualité de vie des Canadiens dont les aînés. Si vous souhaitez en faire partie, n'hésitez pas à contacter mon bureau.

Et si vous êtes un jeune de la circonscription et que vous souhaitez vous impliquer davantage ou faire entendre la voix des jeunes, il y a également le Conseil jeunesse d'Ottawa-Vanier qui cherche toujours de nouveaux membres.

Comme vous le savez, si vous avez besoin d'aide concernant les programmes fédéraux ou si vous souhaitez partager vos idées et vos opinions avec moi et mon équipe, vous pouvez vous rendre à mon bureau de circonscription au 233, chemin de Montréal, nous appeler au 613-998-1860 ou nous envoyer un courriel à l'adresse mona.fortier@parl.gc.ca.

Mona Fortier
Députée, Ottawa-Vanier



The pony express has arrived. Our group from Strathcona Heights likes to grow vegetables every season for the community. Even the pony Jill likes to use our food bank at the Lowertown Community house.
— Michael Mathewsie





Lucille Collard
MPP / députée Ottawa-Vanier



Chères résidentes et résidents,

L'été a filé à toute vitesse, mais il a été marqué par de précieuses rencontres en personne, des échanges constructifs sur les défis et les espoirs de notre communauté, ainsi que par une collaboration fructueuse avec diverses organisations locales. Ces moments ont été une source d'inspiration et de motivation pour moi, renforçant mon engagement envers notre belle région.

Avec la reprise de la session parlementaire, la première semaine s'est déroulée sans encombre, marquée par des moments mémorables lorsque nous avons chaleureusement accueilli mes nouvelles collègues, Andrea Hazell et Karen McCrimmon. Toutes deux ont fait preuve d'un dévouement inébranlable envers leurs communautés respectives et sont prêtes à assumer des rôles cruciaux dans notre mission commune de créer un Ontario plus juste. J'ai hâte à notre collaboration pour promouvoir les intérêts de notre province.

Le Projet de Loi 41 : Une mesure essentielle pour la protection des survivantes de la traite des personnes

Le projet de loi 41, visant à protéger les survivantes de la traite des personnes contre les dettes contractées en leur nom par leur trafiquant, a franchi une étape importante. Le Comité permanent de la justice a complété la révision du projet de loi et l'a renvoyé à la Chambre pour le débat final. Un travail ardu et de longue haleine a été nécessaire pour amener tous les partis à Queen's Park à appuyer ce projet de loi qui pourrait apporter une aide concrète aux survivantes de la traite des personnes, s'il est adopté. D'autres mesures sont évidemment requises pour enrayer ce fléau mondial et je m'implique également à ce niveau avec l'Assemblée parlementaire de la Francophonie, dans une perspective internationale.

Dans la communauté

Tout en continuant à m'investir pleinement dans notre communauté à travers une série d'événements passionnants, je suis impatiente de vous rencontrer pour échanger sur vos préoccupations. Nos cafés-discussions se tiennent régulièrement, et je vous encourage chaleureusement à y participer activement. De plus, je vous invite à vous abonner à notre infolettre afin de rester informé(e) de nos prochaines activités.

Dear residents,

The summer season came to an end all too swiftly, marked by meaningful in-person encounters, constructive discussions about our community's challenges and aspirations, and successful partnerships with various local organizations. These moments have been a source of inspiration and motivation for me, reinforcing my dedication to our wonderful region.

With the resumption of the parliamentary session, the inaugural week unfolded smoothly, marked by heartfelt moments as we extended a warm welcome to my esteemed colleagues, Andrea Hazell and Karen McCrimmon. Both have shown unwavering dedication to their respective communities and are ready to take on crucial roles in our shared mission to create a fairer Ontario. I eagerly look forward to our upcoming collaborative efforts, aimed at advancing the best interests of our province.

Bill 41: An Essential Measure Towards Protecting Human Trafficking Survivors

Bill 41, aimed at safeguarding survivors of human trafficking from debts incurred in their name by their traffickers, reached a significant milestone. The Standing Committee on Justice completed its review of the bill and sent it back to the House for final debate. It required persistent and extensive effort to garner support from all parties at Queen's Park for this bill, which, if passed, could provide tangible assistance to human trafficking survivors. Clearly, additional measures are needed to combat this global scourge, and I am also involved in this work at an international level through the Assemblée Parlementaire de la Francophonie.

In the community

As I strive for greater community engagement through upcoming events, I look forward to meeting you and hearing your concerns. Our coffee discussions continue to occur regularly, and I strongly encourage your active participation. I extend an invitation for you to subscribe to our newsletter to stay abreast of upcoming activities.



Mordecai Bubis in front of Benjamin Books, a hub of intellectual interest for 35 years

BENJAMIN BOOKS

Mordecai Bubis

Barbara Cuerden

A bookstore that sells books rather than a “merch” feels like stepping into a sanctuary, unadulterated by market algorithms. When Martin Amis died this year in May, I went looking for copies of his books, and was thrilled to find them on a shelf two blocks away from home, pointed out by Mr. Benjamin Books himself, Mordecai Bubis. Then, going from thrall-dom to dismay, I learned that his store may close soon, and so over the summer we’ve engaged in an on-and-off-line conversation. It’s my pleasure to document portions of that conversation here.

Your bio on the website states: “The firm’s principal, Mordecai Bubis, is an appraiser of books and related material, with experience spanning nearly forty years in the book trade. He received his PhD from the London School of Economics. He has provided appraisals for local, national, and international institutions.” Could you talk about this a little more?

In years past, I lectured at Labour College of Canada, University of Ottawa, and Carleton University. In the late seventies, while a student in England, I came to have first-hand experience of the thriving book trade in London. Benjamin Books was modelled on the examples of many of those great bookstores scattered around the colleges of the University of London.

When I returned to Canada in the early 80s, the job market was not great for British-trained academics, especially those focused on socialism. I taught courses in Political Philosophy and in Comparative Government, mostly at the University of Ottawa, but never full time. My PhD dissertation was on aspects of Leon

Trotsky’s thought. Since a relatively early age, I was interested in most things within the broad socialist tradition. In my early teens, I was involved in the Vietnam War protest movement. Left-wing politics became an important part of my life. One day after teaching a class, I walked past this vacant space and thought it would be a good place to situate a bookstore—maybe for two or three years. This has turned into two or three decades! The store first opened between First and Fifth Avenues in the Glebe, and was there for 5 years. I’ve been here on Osgoode Street ever since, for the last 35 years.

Q What about the connection between Ottawa U and your bookstore?

A All the great universities used to boast of having good scholarly bookstores on campus or in the vicinity. Many of these are disappearing. For 35 years, I believe, the University of Ottawa has benefitted from our presence on the doorstep to the main campus. It would be nice to see the university step up and incorporate Benjamin Books. The store could become an auxiliary space affiliated with the Ottawa U bookstore, or the department of English, or the U of O Press. These are some possible options worth exploring. If Ottawa U picks up this opportunity, it could preserve a tradition of scholarly bookstores fundamental to academia.

Q As to the “material culture” of the bookstore: sometimes the book you’re really looking for sits NEXT to the one you set out to find! Do professors and students come to sell you their used books? Are they significant buyers as well?

A Our business was for years highly dependent on sales to students.

➤ Benjamin Books, p. 9

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Commerce in Sandy Hill, Sept. 2023 —Part 1 ➤ More photos, p. 18-19

Photos Frank Heilingbrunner



Photo: Barbara Cuerden



Bursting at the seams with literature, Benjamin Books delivers what it promises.

from p. 8

As a consequence of digitization, the proliferation of alternative media, the declining intellectual imagination and, finally, the COVID pandemic, our store has witnessed a considerable decline in this part of our business. Retiring professors frequently sell us their book collections. Young professors, on average, do not seem to read that many books.

Q What is the most interesting book you’ve bought or sold?

A Great books come and go, though at a slow frequency. Coke Smyth’s *Sketches in the Canadas* (1842), with 22 hand-coloured plates in folio casing, stands out as a memorable acquisition (see some images at <https://collections.musee-mccord-stewart.ca/en/objects/details/75104>). An early English edition of Isaac Newton’s *Principia* and a first edition of Thomas Hobbes’ *Leviathan* also stand out as important works handled.

Q What subject gets your attention every time, and how many books on the subject do you keep for yourself?

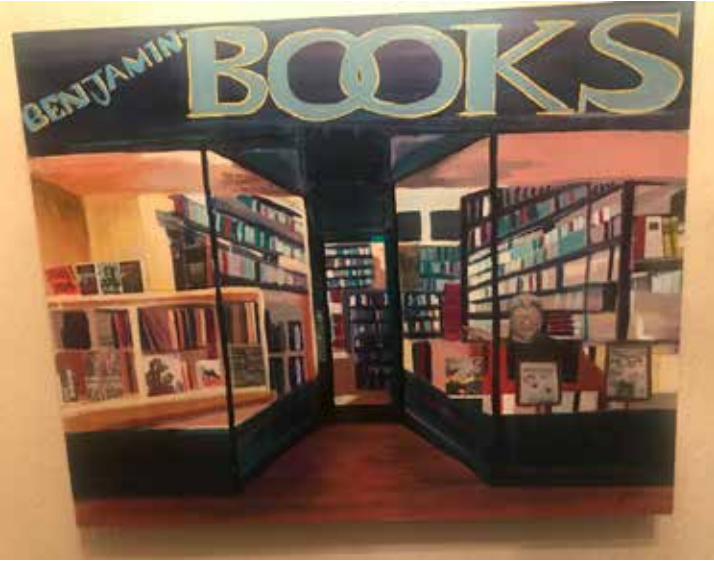
A I am most interested in books in the category of History of Ideas. — Too many!!

Q When you first started, did you think you would still be doing this so many years later?

A Not a chance. A friend recently painted a picture of the store titled “After the Revolution.” Possibly an appropriate title. When I started the business, I would have insisted upon “Until the Revolution.” These days you can find me most mornings outside the Russian embassy with my protest sign “Putin = Fascist.”

Q What’s next for you?

A I find myself in transition, working on another location, still a bookseller but for an international clientele who are interested in specific titles, or searching for “the needle in the haystack” and don’t mind paying mail order prices. I’ve already got another space, 1,000 square feet, already filled with books! It’s an internet sales operation, which fits my plans for semi-retirement at age 70. I’m not yet aggressively looking for a buyer for the Osgoode store collection. I’d really prefer that Ottawa U take over this space and keep the historical connection going.



After the Revolution, by artist Janet Dollin

Photo: Barbara Cuerden



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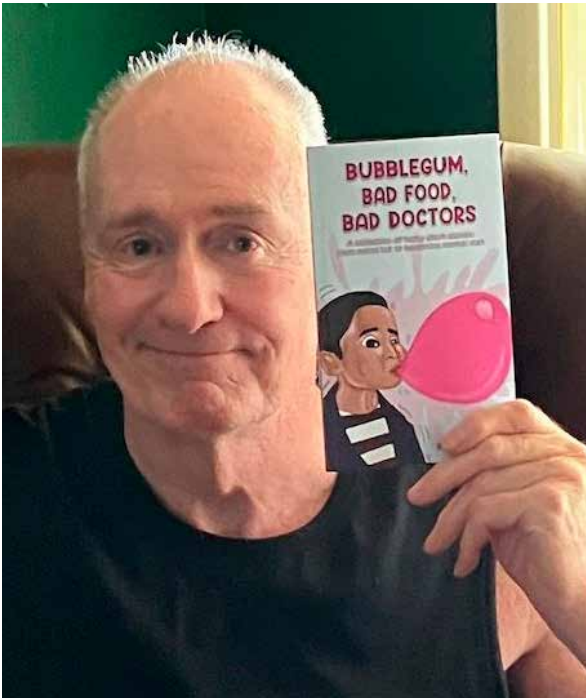


Chartwell.com

Local author announces new book of
almost completely true stories

Photo: Margaret Dumoulin

Ross Dumoulin, a local author, has recently published his new book, *Bubblegum, Bad Food, Bad Doctors*. It is a collection of 14 almost completely true short stories spanning six decades. Humour is the main ingredient, spiced up with a spirit of adventure, action and high-risk behavior often bordering on disaster. The subtitle reads in part: “... from weird kid to borderline normal man.” That says it all. First, the stories delve into Ross’s childhood experiences, firmly entrenched in 1960s mentality and culture. Later, the stories move on to family life and moments of panic, such as the day 85,000 litres of water tried to make its way into Ross’s basement. We also have a tale of his transporting a full can of paint inside his new car. What could possibly go wrong with that? As Ross slides into his 60s, he experiences a series of medical misadventures. There are little gems of highly dubious advice from his doctor, and we find out why he was labelled as “borderline normal” by a specialist. The



last three stories are of the heart-warming variety, as they relate the author’s volunteer work with children and his efforts in making their lives better. The stories celebrate their joie-de-vivre and resilience. Available online. — R. Dumoulin

Photo: Margaret McLeod



The ice must be swept slick for speed at the RA Curling Club.

Are you game to try the
RA Centre’s curling club?

Margaret McLeod

Did you know that the RA Curling Club is the home club of the RA’s Curling Centre of Excellence? The Centre of Excellence gives the club’s members the opportunity to play on ice that was installed to the exacting standards set by Curl ON for high performance players tournaments. Combined with the club’s new rocks, the conditions are perfect for exciting games. To add to the on-ice experience, the RA Centre is transforming the old hockey changing rooms into a welcoming space for everyone, with lockers, changing areas, washrooms, and showers that meet the new guidelines of the Ontario Accessibility Act. The facilities both on and off ice can now be enjoyed by individuals who have physical mobility challenges. The club, which has been active since 1957, is very proud to offer leagues for all ages and skill levels as well as a variety of curling programs. More specifically, it offers day and evening leagues, fixed and draw curling, and four person as well as doubles leagues. It also offers a 10-week Learn to Curl class, which occurs in both the daytime and the evening, a Development League for those seeking assistance in refining their technique and strategy, and a Youth program that occurs on week-ends. Moreover, in the past year, the club

developed a stick curling league to enormous success. Members range from novice, to recreational, to competitive. The season is beginning on Tuesday, October 10. If you are new to the area or to curling, the club’s volunteer convenors and committee members will help you find a team on which to play. If you have little to no curling experience, that is not a problem, as the RA Curling Club offers programs for all skill levels and likewise supplies support to new as well as experienced or advanced curlers. New to the sport? The “Learn to Curl” programs will get you playing. Want to give curling a quick try? Drop into one of the short “Try Curling” sessions, coming early in the fall. There are many benefits for members of the RA Curling Club. It provides, for example, a great social atmosphere, competitive fees, instruction for new members, great ice, and friendly competition. Furthermore, it is a terrific way to keep active, whether you are 8 or 88; it also facilitates new lasting friendships. For more information or to register, contact the RA’s Member Service staff by phone at (613) 733-5100, or come by the Member Services desk, which is found near the east entrance of the RA Centre, 2451 Riverside Drive. You may also visit the curling page on the RA’s website at www.racentre.com/Curling.

Familiar face, new appointment

Robin McAndrew is our health centre's new CEO

Photo: Bill Juillette

Christine Aubry

For the June-July issue of IMAGE, I interviewed the outgoing Executive Director of the Sandy Hill Community Health Centre, David Gibson. The new ED, Robin McAndrew, officially took over on August 28 and immediately granted me time to discuss aspirations for this new leadership phase of the Centre.

Now into year 28 as an employee of the SHCHC, McAndrew started out by working in community development and health and safety. She later moved into management, first as Director of Community Development and Health Promotion, then as Director of a newly created Client Access Team, managing overall social services. She next served on secondment to a sister agency as Director of Health Services before finally returning to SHCHC as Director of Addictions and Mental Health.

McAndrew believes that all of this experience provides a good understanding not only of the span of the Centre's programs, but also of the gaps and potential for growth.

"It's a natural way to complete my career, seeing it all come together," said McAndrew. "I am really motivated by the opportunity to have an impact at the strategic level, because the operations need to inform the strategic considerations."

The board of the SHCHC is currently in the midst of its strategic planning exercise, so it was premature to talk about future priorities of the Centre, but McAndrew certainly echoed the main issues raised by her predecessor, Gibson: pandemic recovery, toxic drug supply, lack of affordable housing and poverty, childhood trauma, lack of access to family physicians, and a poorly resourced mental health system.

"We haven't healed [from the pandemic] as a society," stated McAndrew. "What we are seeing on the streets



now is the result of three years of limited access to housing and social services and social disruption."

An unfortunate impact of the pandemic is that social services seemed closed off to outsiders. McAndrew is very grateful

that community members have started to reach out, even if it is in anger.

As a resident of a central Ottawa neighbourhood, McAndrew can relate to the concerns and frustrations of Sandy Hill residents. McAndrew was moved during

community conversations this past spring, which were characterized by a strong shared compassion and understanding of the safety and trauma issues and a strong expression that everyone belongs.

"How moved I am by the compassion and understanding of our neighbours and their love for other neighbours—that is a good platform to start from," said McAndrew.

The work ahead is challenging, but that's precisely what drives McAndrew, along with much hope and optimism. The new ED wants to create an environment where the entire SHCHC staff can continue to be driven by their mission and commitment. While so often we focus on what is broken, McAndrew would like us all to also remember all the good being done.

For example, while the number of overdose deaths in Ottawa is certainly still staggering, the staff at the Centre contributed to 800 overdose reversals last year.

"That is hope that the staff can really lean into," McAndrew explained, "and supervised injection is only one of the many health and wellbeing services we offer."

A promising initiative that the Centre is supporting is a newly formed, still to be named, community-led committee consisting of residents, service users, service providers, local businesses and other community stakeholders, all working together to find solutions for various problems.

The SHCHC Board may still be working on an official strategic plan, but this new executive director's priorities were clear: to look at new ways of working together, creating new partnerships and opportunities to contribute to positive change. Throughout our discussion, McAndrew emphasized working with all partners from a place of compassion and commonality.

"We're always excited to talk to people," said McAndrew.

For more information about SHCHC programs and services, please visit the website at www.sandyhillchc.on.ca. To reach out to the SHCHC directly, use the link on the website or email info@sandy-hillchc.on.ca

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Summer 2023

Celebrations galore in
Sandy Hill parks

Betsy Mann



Art in the Park

On August 19, Strathcona Park sprouted 30 white canvas gazebos, shade for the tables of artists and craftspeople presenting their work for Saturday strollers. This annual “Art in the Park” sale is organized by MICA, the Mental Illness Caregivers’ Association, to raise funds for their activities to support and advocate for their community.

Photo courtesy MICA



On Aug. 22, Cirquonscient brought the faeries to Sandy Hill
Our local Strathcona Park was the ideal setting for them to show off their aerial and acrobatic talents, to the delight of many Sandy Hill families, young and old.
Photo: Élise Gauthier



Photo Odyssey Theatre

Theatre Under the Stars

Once again this summer, theatre lovers enjoyed open-air performances in Strathcona Park by the Rideau River. For three weeks in July and August, for its 37th season, Odyssey Theatre presented Molière’s comedic masterpiece, *The Miser*. Jesse Buck as Harpagon & Marlow Stainfield as Jackie delighted audiences with their performance.

Left — Colombian Independence Day

The Comunidad colombiana de Ottawa- Gatineau invited everyone to join them in Strathcona Park on July 23 to celebrate Colombian Independence Day. Music and dance performances showed off the mixture of Spanish, African and Indigenous traditions that make up the culture of Colombia.
Photo: Eduardo Diazgranados



Photo Harlequin Studio

Chariot Festival

The Ratha Yatra Chariot Festival brought colour and crowds to the streets of Sandy Hill on September 16. The parade ended in Annie Pootoogook Park where the International Society for Krishna Consciousness offered activities for young and old and served over 1800 plates in a free vegetarian feast.
Photo: Krishna McAllister

Re-wilding

Manon Labrosse and Sharon Van Starkenburg
at the City Hall Art Gallery

Maureen Korp

Re-wilding (*Retour à l'état sauvage*), a new exhibition in the City Hall Art Gallery, shows the work of Manon Labrosse and Sharon Van Starkenburg. The title honours a contemporary conservation strategy aimed at restoring degraded environments—the places where most of us live today.

The large murals of Manon Labrosse together with a few smaller studies fill the first room. Each is a timeless moment of earth energy insight, clarity. In the second and third rooms are Sharon Van Starkenburg's historically sited installations. They are deeply layered, dated in human history, disguised in mythic iconography.

In their work, the artists are presenting viewers with a question-answer dialectic: How do you know nature? Theoretically? Experientially? A small copper work by Manon Labrosse entitled "Do you want to see yourself in nature?" (2023) asks a key question. In her large murals, the earth is alive, the primal source. "Look at the Sky" (2023), a work of greening energies above and below ground, curves into a skyworld. On the same wall, a second mural pulls us into yellow curving energies moving about an empty white mid-region. The work is entitled "because she is nowhere definite, she could be anywhere" (2023).

When one actively begins to see light and shadow, it becomes easier to see more. Even in this room, the sunlit shadow grid of the window moves across the gallery floor.

Manon Labrosse's murals are not of any particular time or place. They are apparitions, the hypnagogic recall of experiential moments when one felt intensely the re-

spective energies of sea, sky, and land; in that moment, one knew that the place was alive. The largest mural in the room is entitled "Re-Wilding" (2023). It is an active landscape of energies curving about a pond, a goodly lot of vegetation, and even a long-tailed critter. We look up, down, and sideways to see it all. With smaller work, as in the panels of "Metempsychosis 1, II" (2023), or that of "Pond" (2023), we are pulled in even closer to see more. All is part of the whole.

In the next two rooms, Sharon Van Starkenburg's work takes us along trails of time-factored ideas, understandings, and perspectives, all of which wrapped thickly in doctrine and story.

The artist has searched her histories well. When a people are conquered, colonized by another, what happens to the stories of both groups? In "Guide to Re-Wilding" (2023), three mixed-media collages present several possibilities. The series can be read left to right historically, or perhaps reversed is what may be the case one day. In "Desire Path," two figures are hidden in the sticks, a built house in the distance. In "Secret" people are seen feasting. On what? Human teeth are in the tapestry. "Benediction" is a landscape. The church is X-ed out, its cross lost. Is it now a sun symbol? Green hearts grow in the messy vegetation.

Do we understand the earth as Gaia? Grandmother Earth? Mother Earth? What about Adam and Eve? In "All that we need to remember" (2018), the questions multiply. The artist depicts two young women in uniform bending over an outstretched hand. They are pledging something in blood as they sit there in the forest, in the dark, with apostolic flames over their heads. What message have they



Sharon Van Starkenburg. "Sun Dog," 2021.

Photo: David Barbour



Sharon Van Starkenburg. "Metamorphosis," 2023.

Photo: David Barbour

vowed to bring us?

Can we learn from the world's surrounding, without the set creeds of human history? No easy answers are seen in Sharon Van Starkenburg's paintings. The two figures facing one another in "The Supplicants" (2022). They stand in the forest. One is a wolf with a stitched carcass, the other a bare-legged, somewhat human figure. The feet are roots, two hands greening. There is a feeding dish between them.

What we look for and can see in the worlds surrounding is culturally denoted, identified, and storied. What were the stories told in different times and places? What was forbidden? How can we see

more?

"Sun Dog" (2021) is Sharon Van Starkenburg's portrait of a woman shielding her eyes while trying to see more in the glare of the sun. A "sun dog," also known as a parhelion, is an optical phenomenon of auras sometimes seen in a frosty sky beside the sun. An old story of the Greek god Zeus walking his dogs across the sky is the source of its name. The painting is found in the small back room of the exhibition among multiple small paintings of children and beasts. The animals are all trying to teach us ways of seeing. Look and look again.

"Metamorphosis" (2023), a tabletop mixed-media composition, gently reminds us what is, was, and will be. Here are hillocks of green moss, forests, edged with baby teeth. Energies transform. Nothing is lost.

Continuing exhibition until November 19, 2023

Re-wilding (*Retour à l'état sauvage*) – Manon Labrosse and Sharon Van Starkenburg

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Manon Labrosse. "Re-Wilding," 2023

Photo: David Barbour



Sharon Van Starkenburg. "Guide to Re-Wilding," 2023. (Left to right) "Desire Path," 2023; "Secret," 2023; "Benediction," 2023.

Photo: David Barbour

Who are the people that we see on our streets using fentanyl?

Jane Gurr

As a Sandy Hill resident and member of the Sandy Hill Community Health Centre, I have witnessed first-hand the growing number of people in our neighbourhood who use drugs. I’ve also become aware of the increasing danger of drug contamination, which can have tragic results. I was shocked to learn that Ottawa Public Health records show a 117% increase in opioid deaths in Ottawa between 2019 and 2022.

What I haven’t seen or understood is the human face of this tragedy. Who are the people that we see on the streets; why is this happening to them; what can and should we be doing to help them? Can we do more to support the frontline workers who care for them? These questions will have me heading to the By-Towne Cinema on Saturday, October 28 at 11:00 a.m. to watch an award-winning Canadian documentary film, *Love in the Time of Fentanyl* (82 mins). This is the first time the film will be shown in Ottawa; the screening is free and open to everyone.

Directed by Colin Askey and filmed in the Downtown East Side of Vancouver,



Love in the Time of Fentanyl offers an unflinching view of the daily lives of drug users and the people who work to keep them alive. Released in 2022, the film follows several clients and staff of Vancouver’s Overdose Prevention Society as they struggle with addiction and the monumental challenges it presents. Remarkably, the film is still lightened by some fun.

In an interview for the May 2022 edition of *POV Magazine*, Askey summed up the heart of the film when he said, “I think the best way to combat something like that is to just allow an audience to walk beside, in a space that is rarely seen. Some of these sites are seen in news clips but there’s never really been a film that’s a day-in-the-life-inside-an-injection-site before.”

The value of the film lies in the trust that the people

had with Colin. They were willing to allow him to capture the most vulnerable moments of their lives, including their drug use, to tell him their personal stories; in so doing, they revealed their profound humanity. In parallel, we witness harm reduction workers with few resources trying their best to prevent isolation and death among community members. The toll of the countless lives lost affects them deeply.

The screening is organized by Soul Space Ottawa, a non-profit organization within First United Church that works to support the needs of workers in the fields of street health and harm reduction, as well as in community and social services in Ottawa (www.soulspaceottawa.ca).

After the screening, at 1:00 p.m., Soul Space will invite everyone across the street to the Sandy Hill Community Health Centre to continue talking about the film. There will be refreshments, food, and a celebration of frontline workers. All are welcome.

I certainly welcome this opportunity to learn about living with drug use, as told by the people themselves. Perhaps it will facilitate a moment of human connection and a better understanding of what we can do to help.

Word from the Editor

Desperate reflections on the fentanyl and drug crisis in Canada

F. Adam Sopuck

Shortly after arriving at my old stomping grounds in central Saskatchewan this late summer, I was confronted by terrible news: one of my best friends, whom I had known since high school, had died. The death was, as far as I can tell, the result of an overdose from fentanyl-contaminated drugs. From what I understand—the details are somewhat obscure—at the moment of his death, he was surrounded by, let us say, acquaintances who apparently were not thinking seriously of his well-being or personal safety. Perhaps they were not about to accept any legal risk perceived to be involved in calling an ambulance or 911 and for this reason decided to instead text one of his friends to pick him up. At that point, I am told, he was unresponsive. The sad irony is that in Saskatchewan, we have *The Good Samaritan Overdose Act*, which absolves those who call 911 or seek medical assistance during an overdose or medical emergency of any criminal liability regarding a simple drug possession offence if the evidence for that offence was acquired as a result of the requested intervention. Indeed, a rather weighty conviction was recently overturned in Saskatchewan on the basis of this act. This is all to say that my friend’s life likely could have been saved at little legal or personal expense for those at the scene. All that said, cowards be damned.

He was 43 and surrounded by devoted friends and family. He was a skilled tradesman. He was a loyal friend, and cared much more about his friends and family than he did about himself. He was also a gifted artistic mind, a strong athlete, and perhaps the most charismatic, flamboyant, outgoing, and funny person I’ve ever met. The world lost some of its luster as a result of his departure; for his daughter, family, and close friends, the loss and grief are world-shattering.

As I walk down Rideau Street and adjacent locations, I frequently observe poor

I say unto you: one must still have chaos in oneself to be able to give birth to a dancing star.... Alas, the time is coming when man will no longer give birth to a star.... Behold, I show you the last man. ‘What is love? What is creation? What is longing? What is a star?’ thus asks the last man, and he blinks. The earth has become small, and on it hops the last man, who makes everything small.... [T]he last man lives longest.

—Friedrich Nietzsche,
Thus Spoke Zarathustra

souls strung-out; on occasion, I witness them dying or straight-up dead. Men and women are being physically and spiritually destroyed in this country, the proximate causes of which are drugs. The bodies of loved ones remain for medics to cover with sheets and transport away to some cold, impersonal destination. Who were these people, these unfortunate souls? I believe that they were a reflection of our nihilistic society. Nobility, duty, strength, truth, beauty, loyalty, and honour have, I observe, been systematically devalued. Creature comforts, the minimization of personal risk at all cost, and superficial interests or pursuits have been elevated. In other words, Canada has become de-

moralized. We are fighting a war here in Canada, and it is principally a communitarian or spiritual one.

The stigma of drug addiction is ancillary to the actual problem at hand; yet, as far as I can tell, the political focus is on “reducing the stigma.” Though the stigma surrounding drug use might in some cases constitute a barrier preventing individuals addicted to drugs from seeking help or treatment, this focus is, I reckon, myopic. First, it seems to me that negative social pressures (of which stigma is a form), when appropriately applied, can have positive practical results (i.e., they provide a powerful disincentive for engaging in antisocial, self-destructive behaviours). Second, it also seems that no right-minded family member or friend of someone morbidly addicted to drugs is going to rejoice merely because their loved one is, despite still being locked in a death embrace with opiates, say, nevertheless not experiencing the social stigma as a result of their addiction. Reducing the stigma is at best a double-edged sword, and, for that matter, it concerns the societal symptoms, not the social, psychological, and spiritual disease itself.

The support of friends and family is also a complex factor: on the one hand, individuals addicted to drugs need to know that they are deeply cared for. On the other hand, the feelings of guilt over friends and family suffering on their behalf or as a result of their addictions can weigh heavily on their minds. I have no answers here, and merely gesture to a practical or ethical entanglement that needs to be carefully dissected on an individual basis.

Those addicted to drugs and suffering from their addictions need our help, regardless of the circumstances surrounding their descent into addiction. Their personal stories are often tragic and command sympathy. Nevertheless, an all too common reaction is to impute moral blame or attempt to explain-away addiction as a function of some personal moral failing, vice, or frailty. But even these moralizers are not absolved of their duty to help. For, as George Santayana, a sage voice from the turn of the 20th century, explains:

We do not ask whether the wretch lying robbed and wounded by the wayside deserves to be helped. He needs help, and that suffices to secure unreservedly our spiritual sympathy. His calamity is external to him. In respect to it, there is integrity in his soul, however distracted and criminal may have been the business that led him into this plight. We disregard these circumstances, which we feel to have been accidents in that blind life, snares into which a poor animal soul was drawn insensibly, filth that clotted and distorted it against its primary intent. Now in his extremity the broken ruffian is again a child. He asks only to breathe, to sleep, to be nourished, not to be tormented. And with that elementary Will in him the Will in every spirit is unanimous: all recognize the common enemy, physical misfortune, physical disaster. (*The Realm of Spirit*)

I, too, do not believe that addiction targets its victims indiscriminately, ethically speaking, but here my logic runs quite contrary to that of the aforementioned moralizers. For, I see strength in those poor souls on Rideau and adjacent streets; such strength often goes unseen. Who could survive even intermittently out there like that without a certain strain of profound resilience? Moreover, I have found that it is quite often the brave, the strong, the creative, the independent-minded, the poetical, the charismatic, and in general those who desire more and want some enjoyment, fulfillment, or thrill that lies beyond who are drawn to drugs. In a world that promotes and finds a place for such creative or visionary impulses, these are the sort of individuals who would, as it were, give birth to stars.

I often wonder: has Canada become a nation of last men (and women)? Relatedly, are the strong-willed, aspirational, would-be champions among us systematically denigrated, marginalized, despised, and destroyed? My best friend was destroyed. He was, to my mind, the strongest among us. In the land of the small, the big and tall either perish or crawl.

Celebrating the unknown and the invisible after dark on Halloween!

Varsha Dinodia

Photo F. Adam Sopuck



As I walk in the twilight, no wind howls, and pure silence fills the air. The empty dark embraces me; it is as if I am completely alone. Yes, I am in Strathcona Park for a late evening stroll, where, on occasion, one is able to feel a certain paranormal aura, a mysterious presence, the unknown. If you are in the mood to enjoy these eerie vibes, Strathcona Park is the place to go. There is a lot to do and experience this season for those IMAGE readers interested in indulging in the Halloween spirit. Let us take an inventory of our neighbourhood that makes it particularly well suited for Halloween 2023.

Oct. 27—Party with Witches at all-saints event space (19+) Cauldrons and Cocktails. Tickets \$59.27 can be purchased at Witch Chest store, 509 Rideau Street or online at www.witchchest.ca or Eventbrite (search “cauldrons”).

Early signs of Halloween in Strathcona Park, September 2023

Oct. 28—When the mayor treats and tricks you. Whether you are a kid or an adult, dress in your best Halloween costume and visit the Ottawa City Hall Heritage Building starting at 5:00 p.m. to be tricked and treated by none other than the

Honourable Mark Sutcliffe, Mayor of the City of Ottawa. There will also be many prominent leaders from City Hall dressed as ghostly goblins, creatures, or fairies from your favourite childhood stories. Admission price is

non-perishable food items for Ottawa’s Food Bank program. For more information and details regarding the event, please visit the City’s website (Ottawa.ca).

Dressing up for Halloween should be easy for those in Sandy Hill, as there are plenty of stores here and in downtown Ottawa that offer a variety of costumes to choose from.

Witch Chest at 509 Rideau Street, a metaphysical supply shop, stocks unique items such as ritual oils, witchcraft books and journals, and many witchy accessories.

Dollarama at 183 and 305 Rideau Street stocks fake blood and other useful items for Halloween parties and get-togethers.

If you want to have fun at home this Halloween season, try making **Caramel Apples**, **Mulled Apple Cider**, and **Vegan Gluten-free Pumpkin Pie**, for starters. Recipes are easy to find online.

Enjoy them in front of a **scary movie**. My personal favourites are: *Shutter Island*, *Hush*, *Premeditation* and *The Exorcist*.

I wish all Sandy Hill residents and readers of IMAGE a happy and safe Halloween!

Rambunctious strategy proclaimed at institution of higher and lower learning

In anticipation of the next football season and eternal dissuasions at town-and-gown meetings, elusive and exclusive IMAGE commentator Charity Wildechilde writes:

After another round of teddy bear antics, a militant mob of Sanity Hillers demanded that the “offending, nefarious, noxious, nitwits and nin-compoops” be dunked in the dark, dank waters of the Runoff Canal.

In response, the UFO Prez has, for the next “winningly rambunctious” football and other sports events in and around Sanity Hill, decreed:

From henceforth all parties and potential parties to parties will be summoned by a pie-eyed piper to parade through a predestined route lined with militant mobsters and clamouring cohorts who may cheer or jeer.

The UFO will shuttle, ferry, or funnel—by boat, float, or sag wagon—all revelers to our alternative campus, a.k.a. “the plains of pleasure,” beyond the well-travelled road often taken and the gateways of Sanity Hill.

Once deposited in the large stadium thereon, the rabble may revel unhindered by law, order, and good sense. As they whizz past, drivers on the well-travelled thoroughfare will be warned about a noisome nuisance area ahead.

Supreme supporters, Tin Honkers, Putza Patza, Moledaughters, and LeBrats, will supply copious quantities of pizzas, pretzels, doughnut holes, poutine and liquid refreshments; recuperation tents and tarps will be on site for those who may run out of consciousness.

“How will it end? How will it ever end?” “With a whimper and a bang!” declares the Prez. “Pressure wash will encourage late leavers to board departure conveyances followed by semi-civil crews to cart off debris and bodies.” “This is no stadium for old men,” his sidekick snickered.

The stalwart guardians of Sanity Hill may be tentatively mollified, but an outspokesperson says, “We are justifiably sceptical about decrees from the UFO Prez but, as the fields of pleasure are out of Sanity Hill’s sight and sound, we are duty bound to warn our friends in the south-western kingdom.”

—Transcribed by Charity’s pal Judy Rinfret

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Apple Crisp with an orange twist

Photo: D. Newman

A bow to Craig Claiborne

Dodi Newman

I'll begin this column with a bow to the late Craig Claiborne who was, among other things, the food editor of the *New York Times* for many years. He revolutionized Americans' cooking and eating habits, years before Julia Child appeared on television. Ms. Child brought French cooking to American kitchens—no small feat—but only after Mr. Claiborne lifted them out of the doldrums of the fifties.

One of my favourite Claiborne recipes is the apple crisp recipe that he published in the *New York Times Magazine* in the early sixties. Oddly, I have not found it anywhere since, not even in his *New York Times Cookbook*. Now, when apples are fresh off the trees, is a good time to revisit it.

It is a simple recipe — no oat flakes, no nuts, no goût-du-jour embellishments. What makes this apple crisp different is that, instead of lemon juice, it uses orange juice as a flavour accent. It's a small change, but it makes a big difference.

The only two ingredient modifications necessary to make Mr. Claiborne's recipe gluten-free are to use gluten-free flour instead of all-purpose white, and add a bit of xanthan gum. Reverse these two changes and you'll have the original back. Enjoy!

Gluten-free Apple Crisp

- Extra butter for greasing the casserole
- 250 ml (1 cup) gluten-free flour
- 250 ml (1 cup) sugar
- ½ teaspoon cinnamon
- Small pinch of salt
- 1/4 teaspoon xanthan gum
- 120 ml (1 stick) butter, cut into small pieces
- 5-6 medium to large Lobo or other tart apples
- 120 ml (1/2 cup) fresh orange juice

Preheat the oven to 375° F.

Coat an 8x11x2-inch baking dish with butter.

Place the flour, sugar, cinnamon, salt, and xanthan gum in the bowl of a food processor fitted with the blade, and whirl it for a few turns. Add the butter pieces, and process on "high" to the count of 10. Transfer to a bowl, and rub it together to make streusel. Reserve.

Peel, core, and slice the apples fairly thinly, and distribute the slices evenly in the buttered casserole — it should be 3/4 full. Pour the orange juice over the apple slices, then distribute the streusel evenly over everything.

Bake the apple crisp for 40 to 50 minutes or until the juices bubble up through the streusel and turn dark brown on the walls of the baking dish.

Serve either warm or at room temperature with vanilla ice cream.

Summer has wound down. It's time to dig out our soup recipes and think about making some apple crisp, but let's also seize every opportunity that comes along to sit on a sunny patio one more time. Please share your favourite Sandy Hill food experiences with image22@rogers.com

Cafe Tehran, 470 Rideau St.

It's lovely to walk by this new restaurant in the evening and to glimpse families and groups of friends enjoying a Persian-style meal together. Cafe Tehran seems to have attracted a solid fan base in just a few months of being open. Their food is tasty and simple, with meat kebabs as the focal point of most main courses, accompanied by beautifully cooked saffron-seasoned rice and fresh, crisp salads. They've perfected the art of keeping their meat moist inside while giving it a succulent grilled finish, whether it's chicken marinated with saffron, lamb or seasoned ground beef. Vegetarians in your group will enjoy the two very substantial eggplant-based appetizers. We liked kashk-bademjoon, a slurry of pureed eggplant topped with fried onions, walnuts and a creamy yogurt-based sauce. It was tangy and creamy at the same time, and made a delicious dip for pita bread.



Kashk-bademjoon from Cafe Tehran



Chelia, 103 Mann Ave.

Purely Dates started out with a very limited (though admittedly delicious) range

of merchandise, reflected in its name, but it has gradually evolved into a vibrant little store offering Algerian groceries of all sorts, plus classic French pastries brought in from Montreal. A case of eclairs, millefeuilles and gateau citron share space with shelves of couscous, halwa and olive oil. On weekends the shop is beginning to offer sandwiches and savoury breads, and a fancy coffee machine should soon be hooked-up and ready to provide cappuccinos to go with your cake. Keep an eye on Chelia's Facebook page and drop by, especially late in the week, to keep tabs on the evolution of this lively emporium.

Pie Central Bakery, 305 Rideau St.

It's fun to spend a few minutes at Pie Central waiting for your flatbread to be ready. There's a delicious yeasty smell in the air, and through the opening of the dome-shaped oven you can watch the revolving platform where raw dough with the savory toppings of your choice is transformed into a lightly singed, chewy and inexpensive treat in just a couple of minutes. We really enjoyed our chicken "boat," a long, oval crust with finely chopped, marinated chicken, green olives, plenty of ripe, sliced tomatoes and



Pie Central Bakery's Chicken Boat

slices of halloumi cheese that browned a little around their edges in the oven and squeaked in a satisfying way as we bit into them.



Truffled mushroom pizza from Pizza Studio

Pizza Studio, 218A Laurier Ave. East

The new pizza place that's taken over the former premises of Betty Brite is part of a small chain with outlets in five other Ontario cities, plus Kelowna. They have a build-your-own concept with interesting options, including whole grain or cauliflower crusts; garlic Alfredo or basil pesto sauces for those weary of tomato; and flavoured drizzles of all sorts to top the finished product. We enjoyed the thin, chewy and flavourful rosemary herb crust that came with the Truffled Mushroom pizza, and the truffle-roasted mushrooms on top were plentiful and very mushroom-y.

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Turtle, turtle, hey, hey, hey.

Claude Bégin

Turtles are fascinating cold-blooded reptiles. Slow growing and long-lived, they are among the oldest reptiles, dating back before the age of dinosaurs to more than 200 million years ago.

The greatest diversity of Canadian freshwater turtles can be found living in southern Ontario. There are approximately eight species commonly found in this province: painted turtle, snapping turtle, wood turtle, northern map turtle, spotted turtle, spiny softshell turtle, Blanding’s turtle, and Eastern musk turtle. Some of these species can be spotted living in and around Ottawa’s marshes, swamps, bogs, fens, wetlands, lakes and rivers. Here in the Sandy Hill area, species such as the snapping turtle and the painted turtle can occasionally be seen by the Rideau River at Strathcona Park.

Female turtles usually lay at least one clutch of eggs per year, and this they do in the late spring or early summer. They can lay anywhere from 1 to 25 eggs, and these eggs take a couple of months to mature before hatching sometime in the late summer or early fall. Turtles do not nurture their young after hatching. The female turtle uses her rear flippers to dig a surface in either sand, mud, soil or gravel stone near a body of water to lay her eggs. She then covers them using her front flippers. The turtle then leaves and never sees the eggs again.

Unfortunately, due to predators, just a few of the eggs laid will actually hatch and grow into an adult turtle. However, as mother nature works in mysterious ways, turtle eggs end up being a highly nutritious food that mammals and birds can feed to their young. Raccoons, skunks, opossums, crows, ravens, foxes, and coyotes are among some of the animals that prey on turtle eggs.

Depending on the conditions of the environment and other factors like genetics and predators, turtles can live from 20 to over 100 years old. Being aquatic scavengers, turtles benefit ecosystems. They clean waterways by consuming dead and decaying fish or other animals. Between late fall and early spring, most turtles will be in a state of “brumation” (similar to hibernation): they bury themselves in the mud at the bottom of a body of water. They will enter an induced sleep until the weather is warm again. Most turtles are considered to be at some level of existential risk within the province of Ontario (one major contributor at play is habitat loss due to ever increasing urban development).



Scene of a snapping turtle from Claude Bégin’s children’s picture book *Monarch! Monarch! Where Are You Flying To?* Illustration Claude Bégin



An Egret and a Heron featured on the Sandy Hill shore Photo Rob Sinclair



Turtle nest protector by the bike path next to Adàwe Crossing bridge Photo Claude Bégin

Fun Facts: Turtle or Tortoise?

A turtle has features that make it better adapted to life in the water. Its shell is thinner and more streamlined, and its feet are more webbed, making it easier to cruise through the water.

A tortoise, on the other hand, is more adapted for life spent on land. Its shell is more rounded and domed. The extra weight is carried by its club-like forelegs and elephantine hind legs.

Turtles are a fascinating thread in the web of life.

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The Good BOOKs Sale



Attention all Book Lovers!

The Good Book Sale is back this November at the One and Only Arts and Craft Sale, November 18, Sandy Hill Community Centre. We will happily accept your donations of gently used good books a few weeks before the sale. Questions or to volunteer, contact Christine at: caubryhome@gmail.com.

Avis aux amateurs de lecture!

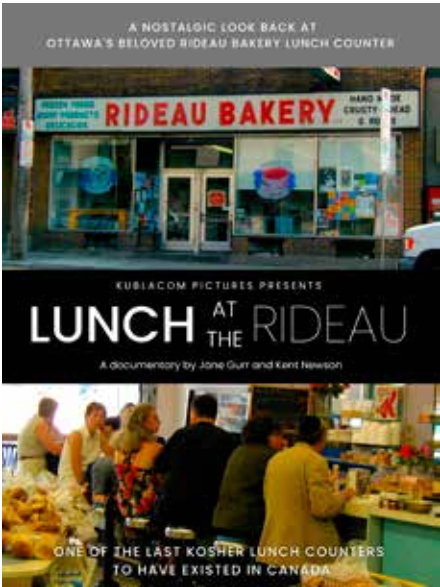
La Vente de bons livres est de retour le 18 novembre à la Vente d'artisanat « One and Only » au Centre communautaire de la Côte-de-Sable. On acceptera avec plaisir vos dons de livres en bonne condition quelques semaines avant la vente. Pour toute question ou pour offrir votre aide comme bénévole, contactez Christine au caubryhome@gmail.com.

Lunch at the Rideau . . . Bakery

Jane Gurr

Kublacom Pictures is delighted to announce the premiere of *Lunch at the Rideau*, a documentary film that takes a nostalgic look back at the Rideau Bakery lunch counter. The screening is at 7:00 p.m. on Thursday, November 2, at the ByTowne Cinema, on the first night of the Ottawa Canadian Film Festival. The film is 25 minutes long and will be the first of a series of nine short films to be presented that evening.

The Rideau Bakery lunch counter was a special spot, much loved by many in our community. Over twenty years ago, colleagues and I were filming for *Lunch at the Rideau* and learned about the incredible story of the Rideau Bakery and the Kardish family. Our research sparked the much larger documentary project that became our focus — *One of the Last* — that had its debut in 2007 to a sold-out auditorium at the National Archives. *One of the Last* was a popular documentary on



OMNI Television, with repeated broadcasts over a ten-year period.

Earlier this year, we dusted off the footage we had collected about the lunch counter and brought the story up to date, sadly, to the closure of the Rideau Bakery. *Lunch at the Rideau* is a wonderful opportunity to remember and celebrate the Rideau Bakery!

Tickets can be purchased at: ocanfilmfest.ca, and, when the November schedule is posted, via the ByTowne Cinema website: www.bytowne.ca

Book Review

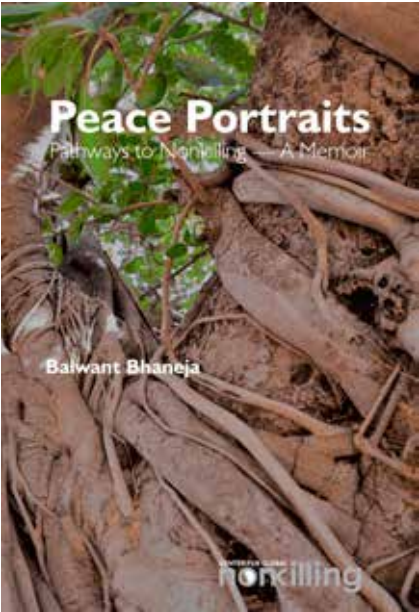
Sandy Hill resident Balwant Bhaneja’s new memoir

Maureen Korp

Most humans do not kill. Simply stated, that is the truth. Were it otherwise, by now we would be extinct. Yet, here we are. The human population is larger today than at any time in the past. Such simple truths underscore the careful narration of *Peace Portraits: Pathways to Nonkilling – A Memoir*.

Peace Portraits is the story of Balwant Bhaneja’s encounters with five people whose lives are singular commitments to “nonkilling.” Bhaneja is a long-time Sandy Hill resident, a retired Canadian Foreign Service officer (1976-2003), born in India, educated in Canada and the UK. Friends and neighbours know him as “Bill.”

What is “nonkilling?” The reader might think the word itself a clumsy translation of some other word from some other language. No, not so. Balwant Bhaneja understands the term to mean a commitment to building societal structures that facilitate peace, for example departments of peace, not of war. He credits the coinage of the word to Glenn D. Paige (1929–2017), one of the five people whose ideas and deeds are outlined in



Peace Portraits: Pathways to Nonkilling – A Memoir
by Balwant Bhaneja
Creighton University,
Asian World Center,
Center for Global Nonkilling,
2022

Peace Portraits. The other four are: Mahatma Gandhi (1869–1948), Sri Sathya Sai (1926–2011), Mairead Corrigan Maguire (1944–), and Lester B. Pearson (1897–1972). Maguire and Pearson are Nobel Peace Prize laureates. Bhaneja has met them all. How did that happen? In *Peace Portraits*, we read those stories and more. All five have informed and shaped Bhaneja’s commitment to nonkilling.

From 1969 to 1971, Balwant Bhaneja was a Carleton University graduate student in the School of International Affairs. Lester B. Pearson was his professor. Pearson’s 1957 Nobel laureate speech was assigned reading for his students. Bhaneja has kept his copy close at hand all these years. In Chapter 2, he discusses four aspects of Pearson’s 1957 text and its contemporary relevance.

Balwant Bhaneja was only six years old in 1947 when his father took him to a prayer meeting. People were gathering at Birla House in New Delhi to hear Mahatma Gandhi speak. A few weeks later, in that very same place, Gandhi would be murdered. Were the Mahatma’s teachings lost? No. In Chapter 1, Bhaneja discusses what he may have sensed as a six-year-old in the presence of the Mahatma.

Balwant Bhaneja is of Hindu heritage. When his parents and best friend died,

Bhaneja returned to India to mourn their deaths. At his father’s bedside, he found one of Sri Sathya Sai Baba’s books. It became his introduction to Sai Baba. In Chapter 4, we read a vivid, warm description of that meeting and of Sai Baba’s ashram. His followers are found today worldwide.

Balwant Bhaneja first came in contact with Glenn D. Paige, a political scientist at the University of Hawaii, after reading one of his books and writing to him. In Chapter 3, we read of Paige’s research and the work of his Center for Global Nonkilling. The Center facilitates symposia and conferences globally. It was at the first global nonkilling conference in 2007 when Bhaneja met Nobel laureate Mairead Corrigan Maguire, one of the founders of Peace People, a peace organization of Northern Ireland. We read of her story and work in Chapter 5.

Might Canada become a nonkilling land? Most of us do not kill others. Might there be, one day, a Canadian Department of Peace in this land of peacekeepers? Balwant Bhaneja believes it can happen. In Hindi “Balwant” means “courage.” *Peace Portraits* is a little book—one to be read, read again, and discussed with others. Each chapter includes a pertinent bibliography.



Commerce in Sandy Hill, Sept. 2023 — continued



Photos Christine Aubry

Opinion

Welcoming the Aisle24 grocery market to Rideau Street

Varsha Dinodia

Aisle24 Market inaugurated its second location in Ottawa at 256 Rideau Street in Sandy Hill on September 16. “Conveniently Smart and Conveniently Simple,” as the business promotes itself, Aisle24 is a self-serve and cashierless supermarket that runs on automation and smart shopping.

With news of multiple closures of businesses and stores in the neighbourhood in the post-pandemic era, this, in my view, is welcome news and a change for Sandy Hill residents and shoppers.

The *modus operandi* behind this convenient store is to follow four steps: download the store app, select the items for purchase, scan, and pay. As Sandy Hill is inhabited by many students from uOttawa, the store is expected to be a huge success and popular amongst the youth and student crowd.

The unique selling point of being fully automated allows the store to remain open 24 hours, seven days a week. Founded in 2015, Aisle24 opened its first cashierless grocery store in Canada in a student resi-



Aisle24 store at 256 Rideau Street on opening day

Photo: Varsha Dinodia

dence building in Toronto back in 2016. Aisle 24 now has more than 16 locations just in Ontario and Quebec; the business is expected to expand into other provinces.

The Covid-19 pandemic taught us to adopt and implement new technology, like MS Teams and Zoom. The success and expansion of Aisle24 is a welcome development.

The store at 256 Rideau, despite being small in size, carries an extensive selection of grocery items catering to most dietary requirements. One wonders if the store is more resilient when it comes to the rising retail theft and shoplifting crime in the area.

Adopting these technologically innovative grocery stores may present a challenge to some clients. We therefore need stores such as Loblaws, Farm Boy, Metro and others in the grocery chain market, places where one can still seek personal assistance, return items, and complain if not satisfied with products and services. To be sure, there is not a one-size-fits-all model when it comes to retail. Nevertheless, we can learn to adapt to change and innovation. Sandy Hill is fortunate to have this innovative store.

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.



Last issue's mystery revealed

The clue in the June-July 2023 edition of IMAGE showed a portion of the colourful mural by Claudia Salguero that has brightened Mann Ave. since the spring of 2019. The title is “Diversity.”

Bryn and Norah Evans of Blackburn Ave., of Blackburn Ave. correctly identified the picture on their school's front wall.

Spoiler alert!

A new day has dawned by the Strathcona Park fountain. The days of fantastic sledding will live on in memory alone.

Photos Peter Rinfret



Photo Rob Sinclair

Farewell summer!

Although they didn't stop right up to Thanksgiving, the sunny, balmy days are gone at last, as symbolized in Rob Sinclair's photo at right of an egret winging away from our shore. One of the very best days came on Oct. 1, when the GeeGees pulled off an amazing Panda Game win over the Ravens. With little to no aftershock felt on Sandy Hill streets, we thank the university administrators, athletes, Ottawa police and Action Sandy Hill spokespeople who laid the groundwork for an all-round positive experience.

So here come the jokes, junk food and hi-jinks of Halloween. Varsha Dinodia caught the spirit in this photo of last year's pumpkin contest at her residence.

Coming up next: the One & Only Arts & Crafts Fair, November 18 at the community centre. Don't miss it!



Photo Varsha Dinodia



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