



Photo Philippe Owen

Crafts fashioned by students of Nunavut Sivuniksavut, the postsecondary program designed to empower Inuit youth located at 450 Rideau St., made a showing at The One & Only sale on November 18.

Une autre année, un autre grand succès

Betsy Mann

Le 18 novembre il y avait foule au Centre communautaire de la Côte-de-Sable pour les événements annuels qui sont le « One and Only » vente d'arts et d'artisanat et la Vente de bons livres. Dave Elden a pris en main l'organisation de la vente d'artisanat pour la part d'Action Côte-de-Sable, aidé de son comité—Cathy Major, Jan Findlay, Sabrina Matthews et Christine Aubry—et de nombreux autres bénévoles. « Par le passé, explique Aubry, les deux activités étaient organisées par deux groupes différents, mais cette année c'est l'association communautaire qui a entrepris les deux. Moi, j'ai accepté de voir à l'organisation de la vente

de livres—très naïvement! » ajoute-t-elle en riant.

Heureusement, Aubry avait beaucoup d'aide aussi. Le succès de cet événement est dû à de nombreux bénévoles qui ont donné du temps avant, durant et après la vente. Par exemple, la tâche d'installer les livres sur les tables étaient facilitée par le fait qu'ils étaient déjà triés par sujet. Ce travail avait été fait par Allen Nolan qui a reçu les dons chez lui dans les semaines précédant le 18 novembre. Aubry mentionne aussi trois ados—Jonathan, Aidan et Martin, des anciens de Viscount Alexander—qui ont prêté main forte—littéralement!—en transportant des boîtes de livres, avant et après l'événement. « Sans eux, dit-elle, je ne sais pas ce qu'on aurait fait. »

La « One and Only » est toujours très appréciée, tant par les artisans et artistes qui

y vendent leurs œuvres que par le public qui y trouve des produits uniques dans une ambiance conviviale. « Les goûters gratuits qu'on offre ajoutent à cette ambiance, dit Aubry. On remercie tout le monde qui les a contribués, en particulier les familles des élèves de l'école Viscount Alexander. »

Comme c'était le cas l'année dernière, c'est l'école Viscount Alexander qui bénéficiera des profits de la Vente de bons livres. « La bibliothèque de l'école pourra utiliser notre contribution d'environ 1 000 \$ pour renouveler ses ressources, » rapporte Aubry.

Action Côte-de-Sable a tiré profit de l'occasion en faisant connaître ses projets au public et en inscrivant de nouveaux membres. Un des projets de l'association est le soutien des activités communautaires en lien avec les arts. Comme par le passé, les profits de la vente d'artisanat,

qui proviennent des frais payés par les vendeurs, iront à un tel projet qui est encore à déterminer. Si des membres de la communauté ont des projets à proposer, l'association aimerait les recevoir. Écrivez à info@ash-acsc.ca pour soumettre vos suggestions.

Maintenant que tout est fini, les organisateurs et tous les bénévoles pourront prendre un repos mérité, fiers du succès de la journée. Est-ce que ces personnes généreuses, fortes de leur expérience, accepteront de s'engager encore l'année prochaine? Trop tôt pour répondre à cette question, mais c'est certain que les deux activités reviendront au mois de novembre 2024. Comme Aubry le dit, « Les familles adorent ça, c'est un événement communautaire formidable. »

➤ More photos from the event on page 6.

Snow Flurries

Wherever it touches, the asphalt or pavement disappears into a plane of powdery white.



Illustration Phil Caron

See inside....

A selection of winter sonnets by Sandy Hill poet Seymour Mayne

➤ page 8

IMAGE

Founded in 1972 under the direction of Diane Wood

22, av. Russell Ave.
Ottawa K1N 7W8

Fondé en 1972 sous la direction de Diane Wood

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

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

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

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

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

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Reserve advertising space or let us know you have a text or photo by

February 19, 2024

(target delivery March 14)

Date de tombée

Publicité, articles, photos et autres soumissions

le 19 février 2024

(livraison prévue le 14 mars)

Test your memory and
IMAG(E)ination

Have you seen the coil pictured below on one of your neighbourhood walks? If not, keep walking and looking. It's nearby!

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 colourful mural is found at the corner of Wiggins Private and Chapel Crescent.

This one stumped everyone, including test enthusiast **Poonam Varshni.**



Looking forward to 2024 ...

IMAGE is pleased to announce its intention to publish, in print and online, four issues full of news and views of the neighbourhood.

Issue/ numéro	deadline/ date limite	delivery/ livraison	editor/ rédaction
Spring / printemps 2024	Feb. 19 fév	March 14 mars	Christine Aubry
Summer / été 2024	May 27 mai	June 20 juin	Adam Sopuck
Fall /automne 2024	Sept. 2 sept	Sept. 26 sept.	Adam Sopuck
Winter /hiver 2024	Nov. 25 nov	Dec. 19 déc.	Adam Sopuck

If you wish to receive a reminder a few weeks before each deadline, please email image22@rogers.com and write "Add my name" in the subject line. We will make sure you are in our contact book.

The best way to reach us is to send an email message (image22@rogers.com), or leave a note in the mailbox at 22 Russell Ave.

Un coup d'oeil vers 2024...

L'équipe d'IMAGE est contente d'annoncer son intention de publier, sur papier et en ligne, quatre numéros contenant une foule de nouvelles et d'opinions provenant du quartier.

Si vous voulez recevoir un rappel quelques semaines avant chaque date de tombée, veuillez envoyer un courriel au image22@rogers.com en écrivant « Ajoutez mon nom » dans la ligne d'objet. Nous vous inscrirons dans notre liste de contacts.

La meilleure façon de nous joindre est d'envoyer un courriel au image22@rogers.com ou de laisser un mot dans la boîte à lettres au 22, av. Russell.

Chez Lucien

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From the IMAGE In-box

Richcraft not keeping its promises

I am distraught to read the article on Uptown Rideau Street in the October/November issue of IMAGE praising the development at 560 Rideau Street. Action Sandy Hill fought hard to ensure The Charlotte adhered to the stated goals for Uptown Rideau district, that the bike lanes were not encroached upon by garbage and that there was a loading area for moving trucks and a place for residents to be dropped off or picked up.

We were assured that, since the driveway for The Charlotte exited directly onto a bike lane, garbage would be collected inside the building. That is not happening. Every week the garbage bins are dragged up and parked on the bike lane.

The “privately owned publicly accessible” area in front of The Charlotte does not include chairs or any of the amenities promised in the plans.

Once the building is fully occupied, where are moving vans, taxis/Ubers and residents going to stop? Will they have to block westbound bus lanes?

The Community raised \$21,000, hired a planner and lawyer and fought to ensure Richcraft met the community’s needs. So far, they have not done so.

Sally Southey

Range Road

Sally Southey is a former head of the Action Sandy Hill Bylaw Committee



Phil Caron's Portfolio



Even in winter, Strathcona Park is an oasis. *Illustration Phil Caron*

Left — Magnificent fall colours painted Strathcona Park in late October.
Photo Pierre Cantin



WORKING
— TITLE
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artwork by Diana Johanna Velasq

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The season is about to open at the Sandy Hill skating rink — help needed !

Catherine Major

The boards for the skating rink in Annie Pootoogook Park are up. Winter is coming. What we need now are more volunteers to help build the ice and maintain the ice during the winter season.

We are also looking for rink attendants, who will be paid an hourly wage. They must be 14 years of age or older, and will be required to:

- Shovel and/or scrape the ice when necessary. Shovels and ice scrapers are provided.
- Call 3-1-1 for any bylaw issues (e.g., loud parties, trespassing)



After Christmas, please consider bringing your tree to the community rink where it will be used to decorate the area.

- Call 9-1-1 for any emergencies
- Keep the site clean. There is a garbage can on site.
- Work with third parties who have obtained permits to use the rink
- Complete online time sheets, record the number of users each day, and submit these records to ASH.

The rink is open most weeknights and Saturday and Sunday afternoons.

If you are interested in volunteering or being a rink attendant, send us an email at SandyHillRink24@gmail.com describing why you would make a good rink attendant.

WINTER
Carnival

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Community Center
250 Somerset Street East

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2024

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17h à 18h
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5\$ personne

Carnaval
D'HIVER

Centre communautaire
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250, Rue Somerset Est

GRATUIT!



www.ash-acs.ca

Donations of non-perishable food and baby items are greatly appreciated.
Les dons de denrées non périssables et d'articles pour bébé sont grandement appréciés.

Merci pour cette année exceptionnelle, Côte-de-Sable !
C'est un honneur pour moi de vous servir au cours de ma première année en tant que conseillère municipale.

Thank you for an amazing first year, Sandy Hill!
It's been an honour to serve as your Councillor.

Stéphanie Plante
Conseillère | Councillor
Quartier | Ward 12 Rideau-Vanier

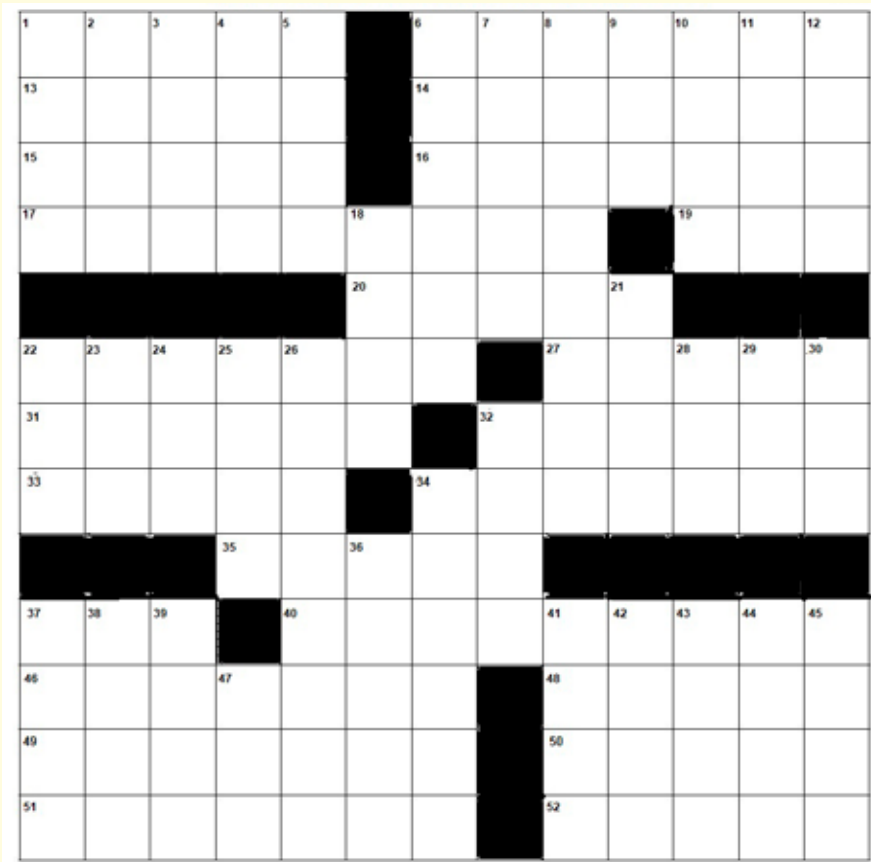
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ARISTOCRATIC LINKS IN SANDY HILL

By Ralph Blaine

Solution on page 12



ACROSS

1. U.S./Can. organization providing aerospace warning and control.
6. The name of this S.H. street has an alternate spelling of a Scottish royal house. Its name also suggests Irish cooking of a high standard.
13. Public place where Socrates probably expounded his philosophy.
14. Snow white recreational drug
15. Small in Quebec City
16. What you might call a guy who grows carrots, beets, turnips, etc?
17. This Queen is crossed by a major east-west S.H. Avenue named for a Canadian PM.
19. The Concorde was one example (abr)
20. To put down new turf
22. The second north-south street west of Strathcona Park carries the name of a line of English Dukes from which this famous 20th century British politician (first name) is descended.
27. The place next door to "The Place Next Door" on Rideau – back when.
31. If followed to its end the street in 6 Across leads to a bridge which eventually runs into this Prince.
32. This Royal name graces a major route running through S.H. which eventually crosses a Duke.
33. Strong and dazzling light
34. How one might describe the arrogant walk of an aristocrat.
35. What can be done to keep meat moist as it cooks.
37. Large colourful carp
40. This short S.H. Street is named after a Princess and only daughter of George IV.
46. Having a narrow provincial outlook
48. They are black and white and might wreck a diet
49. An unknown, distant or obscure place
50. To undergo chemical change
51. A beef animal marketed direct from the pasture or range without supplementary feeding
52. To chop off the very front part of a boot?

DOWN

1. The back of the neck
2. Main villain of the Alpha Team in LEGO Magazine Comics
3. Flat bread often found in Indian restaurants.
4. S.W. American state.
5. What is often "processed" in a computer system.
6. What goes on when the storm window comes off.
7. Makes a sound with a sax or a trumpet, say.
8. How one might describe the all-electric Japanese produced SUV, Prologue?
9. The ancient far-east temple complex Angkor —
10. What one does before pulling the trigger.
11. Molecules used to synthesize proteins in living cells.
12. Your shelter on a wilderness trek
18. Bread in Berlin
21. How a Georgia cracker might refer to his canine companion
22. Movement of a dog's tail
23. How you are feeling when the flu hits
24. The Org. of Canadian sports star Steve Nash
25. Resident of Belgrade, probably
26. Thick, sticky dark syrups made from partly refined sugar; e.g. molasses.
28. Children's game, often outdoors
29. "Before" in poems
30. Acronym for an international reserve asset created by the IMF
32. Large jug, often for carrying water
34. A viewer who gazes fixedly (often with hostility)
36. To use, experience or enjoy with others
37. The Royal Title associated with 32 Across
38. A light switch will be either _____ off. (2,2)
39. World wide (UN affiliated) org. devoted to developing professional systems for managing industrial by-products.
41. The S.H. Avenue referred to in 17 Across eventually crosses the Canal and skirts a hotel which carries this noble title in its name.
42. L'_____ du bois – Restaurant in Chelsea P.Q. featuring French cuisine in a rustic setting.
43. Milk flows from this projection of a cow's mammary gland.
44. Name for the largest variety of toucan.
45. "East" in Madrid
47. Sounds used to express hesitation in conversation

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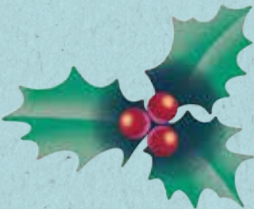
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Crafts, gifts, books galore at Sandy Hill’s One & Only sale

Photos by Christine Aubry and Philippe Owen



Christmas without a cute pair of mittens is just not Christmas.



Childhood creative intellect: engage!



Lynn Murphy, potter, is a Sandy Hill resident and regular at the One & Only. She cornered the market.



Don’t believe in mitts but still want warm wrists? The One & Only had you covered!



Susan Young (second from left) — past Action Sandy Hill president — stopped in to say hello to old neighbours, including craft fair organizers Sabrina Mathews (centre), Claude Schryer (in red hat), and Janet LeBlanc (right), Director of Bettye Hyde Early Learning Centre. LeBlanc came with her step-daughter, Maxime Cearn-Desgagne (left), who hails from Vanier.



The book sale attracted many enthusiastic readers.



Harvest Honey — a local operation and the “best honey in Ottawa!”— was featured at The One & Only.

Long-time Bettye Hyde educator to leave

photo: C. Bégin

Christine Aubry

Even if you or your children have not attended Bettye Hyde Early Learning Centre, if you are a resident of Sandy Hill, you likely know of Lisa Lajoie. Lajoie has been a registered early childhood educator with Bettye Hyde for just over 23 years. Sadly, her time with Bettye Hyde is coming to an end soon, but that's only because she is embarking on another exciting adventure.

Bettye Hyde became part of the Andrew Fleck Children's Services family in October and, as Lajoie explained to me, part of the advantage of this merger is that staff have access to other opportunities. When Andrew Fleck announced they were opening a nature-based licensed early learning and care program at Wesley Clover Parks for infants, toddlers and preschoolers, Lajoie knew this was an opportunity she could not pass up.

"I'm at my best when I'm in nature," she said, adding "I've always loved that Bettye Hyde has so much emphasis on outdoor play and visiting parks; the move to this new forest explorer program is really a natural fit for me." Another important reason for the move is that the new workplace will be much closer to Lajoie's new home in Perth, where she moved with her husband last year after living in Sandy Hill for 16 years.

With tears in her eyes, Lajoie told me that she is not only going to miss the Bettye Hyde family (in particular her friend and colleague Janet LeBlanc, with whom she has lived through many of the ups and downs of Bettye Hyde). "I have close ties with so many families and alumni," she explained. "I now have a co-worker whom I taught at Bettye Hyde, and I am



Lisa Lajoie, registered early childhood educator at the Bettye Hyde Early Learning Centre for the last 23 years

even teaching a second generation!" But she is also really going to miss this neighbourhood and community. "This is a pretty special neighbourhood," said Lajoie. "Sandy Hill is so full of community-minded people."

Among her favourite memories, in addition to Bettye Hyde's exciting move to its current home in the "Carriage House," are the many Trivia Nights and Spring Fairs.

Lajoie is not certain of the exact date of her departure — likely to be sometime in January. But she is glad that she will remain a part of the Andrew Fleck family, which means retaining ties to Bettye Hyde, where her heart will always belong.



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BELONG OTTAWA Belong Ottawa provides low-barrier, accessible social services for people living on low income - with a particular focus on those experiencing homelessness. We help meet the basic needs of our community (e.g. food, laundry, showers) while also providing a point of social connection and referrals to other community supports. Our services operate across three sites: **Centre 454, St Luke's Table, and The Well** which provides services to women and children.



CENTRE 105 is a drop-in day program providing support services and a breakfast program in the City of Cornwall for those living in poverty.

CORNERSTONE HOUSING FOR WOMEN provides emergency shelter and supportive housing for a diversity of women.



THE OTTAWA PASTORAL COUNSELLING CENTRE (The OPC) offers counselling support to people experiencing loss, grief, family and marital crisis, depression, anxiety, trauma, and other life challenges. **The Counselling Support Fund** allows people to donate financial resources to help pay counselling fees for those who could not otherwise access counselling.

THE REFUGEE MINISTRY OFFICE, working closely with community groups and family sponsors, operates as a Sponsorship Agreement Holder with Immigration, Refugees, Citizenship Canada participating in Canada's private refugee sponsorship program.



Pourquoi lire?

Claude Bégin

Puisque nous pensons en mots et parlons en mots, lire tous les jours s'avère incroyablement important. En lisant des livres sur des sujets selon nos goûts, intérêts et curiosités, nous découvrons des expériences de vie vécues par des auteurs et des personnages que nous n'aurions jamais pu imaginer. Des œuvres littéraires sont accessibles sur nos étagères à la maison, à la bibliothèque publique, en librairie, en format électronique, etc. En se prélassant sur le canapé, bouquin à la main, nous pouvons nous saturer de l'expérience racontée par un écrivain. En entrant dans son univers, nous pouvons bénéficier de tout ce qu'il ou elle a pensé. Souvent cela peut s'avérer une expérience très perturbatrice surtout si l'auteur a une imagination plus puissante et développée que la nôtre. Lire dans l'espace de quelques semaines ou quelques mois ce qu'un auteur a vécu et appris durant de nombreuses années voire décennies, distillé dans un seul livre, est tout un privilège! Lire s'avère une éducation en soi. Tous les mots ont une signification. En découvrant des mots inconnus et en cherchant



Pouvez-vous identifier sur quelles rues se situent ces bibliothèques miniatures? Les réponses à la page 12. Photo collage: Claude Bégin

dans un dictionnaire leur définition on y découvre leur profondeur individuelle, leur racine, leur genre. Chaque mot est un artefact ancien possédant une histoire évolutive qui s'est transformée avec le temps. Chaque mot attire d'autres mots d'une manière particulière et unique et finit par se rassembler si bien avec d'autres mots. Il y a eu un effet révolutionnaire sur

la façon de lire depuis l'invention de l'imprimerie occidentale moderne vers 1454 par J. Gutenberg jusqu'à aujourd'hui, un effet qui a aussi eu des répercussions sur la façon de penser. La lecture nous aide, lorsque nous écrivons, à formuler plus élégamment notre pensée, nos phrases, nos messages, afin d'avoir le choix de nos mots justes. Nos phrases deviennent organisées dans des

paragraphes qui sont proprement composés. De surcroît, les paragraphes sont composés dans des séquences logiques afin de présenter des informations et/ou des arguments cohérents. La lecture quotidienne sur un certain sujet aiguise notre pensée critique et latérale. Elle nous aide à trouver des solutions à des problèmes en y faisant un résumé ou une synthèse de ce que nous avons appris (en apprenant par l'expérience des autres). Et maintenant que nos connaissances se sont agrandies, nous pouvons en faire le tri et éliminer les contradictions de ce que nous avons appris. En plus de détendre, la lecture développe la compétence verbale. Une personne qui lit régulièrement augmente ses habiletés langagières. Posséder une panoplie lexicale accroît le niveau d'habileté à communiquer. À mesure que la personne est apte à formuler ses idées avec des arguments solides, une plus grande confiance s'installe chez elle et, conséquemment, les champs d'opportunités dans sa vie s'agrandissent. N'est-il pas un effort moral de développer l'habileté de s'exprimer de manière claire et précise afin d'être le maître de sa propre langue? Plus nous avons de connaissances, plus nous sommes en mesure de nous connaître et de connaître les autres. Faisons de nous de bons communicateurs au vocabulaire riche et varié. Le noyau de l'humanité est de mettre ses mots en ordre, ensemble.

A selection of winter sonnets

Seymour Mayne

Thaw	Winter Squall	Cusp	By the Bay Window
What is the shade of thaw? Grey, with a hint of rising March light.	The snow mountains of the moon fell suddenly upon us with no satellite warning.	On the cusp of the new morning, it's still dark as a cat's heart.	Even the cat can meditate on the absurdity of a heavy snowfall in April.

Photo: Bob Whitelaw

These poems are taken from Seymour Mayne's collection, *Cusp: Word Sonnets*. First published in the original English in 2014, *Cusp* has now appeared in a Mandarin translation (Dixie W Publishing Corporation).

UrbanOttawa.com

Wishing you and yours a happy and healthy year to come. Thank you kindly for all your business and referrals again during 2023.

I look forward to working together in the years to come.

Meilleurs vœux de bonheur et de santé à vous et aux vôtres pour l'année prochaine. Je vous remercie d'avoir fait affaire avec moi et de m'avoir recommandée à vos proches au cours de l'année 2023.

J'espère avoir le plaisir de travailler avec vous dans les années à venir.

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Three poems from Cyril

Cyril Dabydeen

Avant Garde

—Love makes us solitary.
Anon
This beautiful girl
in the park I glance at
as she maunders along,
who loudly says
to her dog—
Don't eat bird shit!

And the geese close by
tilt their heads as I look back
thinking only about what
we carry in us, or
with us, sheer emotion—
nothing more sublime.

Apartment

Your first attempt at verse
& you declare that
you do not like sad poems
touching upon a life
in the Sudetenland, about
a father dying before
your mother's eye—
a pogrom, sort of
(first or second world war,
I'm not sure which),
& you insist you do not
like sad poems,
so I ask you to play your
recorder & watch
your guinea pig stand on
its hind legs & dance
before your eyes as your budgies
will soon hatch when
an overcrowded cage will
make life more bearable
in your apartment.

The Cello Player

Playing Beethoven in the park
here in Ottawa this man looks
at me and I praise him for his
rhythm & his style on the cello
— Yes, his art.

He hails me with a thank-you,
so I ask, Where are you from?
Our common interest you see
—Congo, he replies.

“But I lived fifteen years in Cuba,”
he adds. So I ask about Patrice Lumumba,
in the Congo indeed a hero, oh
—Lumumba he knows.

But it's his knowledge of Cuba—
Che Guevera indeed, but he doesn't
know about Jose Marti, you see
—father of the Cuban nation.

He regales me about peace & about
love not about communism, then
it's about yoga, what's really good
—for the soul, you see.

And before he leaves he gives me
his calling card to know him better,
who he really is playing the cello
—being a construction worker.

“You see, I grew up in Cuba where
you have to be good at everything,
and it's why I also practise yoga,”
now being here I must know
—only in Canada.

Cyril Dabydeen is Ottawa Poet Laureate Emeritus and a fiction writer who lives in Sandy Hill. He taught Writing at the University of Ottawa for many years.

Out and about

Photo Betsy Mann



Sandyhillywood? Production teams from the Hallmark Channel were busy in Sandy Hill this November. After spending a day at the Cordon Bleu building on Laurier, they moved to the former church sanctuary at allsaints event space. Release date and title yet to be determined.

Photo: Peter Rinfret



Move over KFC, and Popeye's, aand the Golden One, aaand Reggae Rooster, aaaand Jerkies Chicken (did I leave anyone out?): Mary Brown's Chicken is coming soon to the neighbourhood. I cannot help but think that the oversaturation (pun intended) of chicken chow downs makes the area a rather hostile environment for the Pluckys, longtime Sandy Hill residents and recent nervous chain-smokers.

We're all in, so she can stand out.

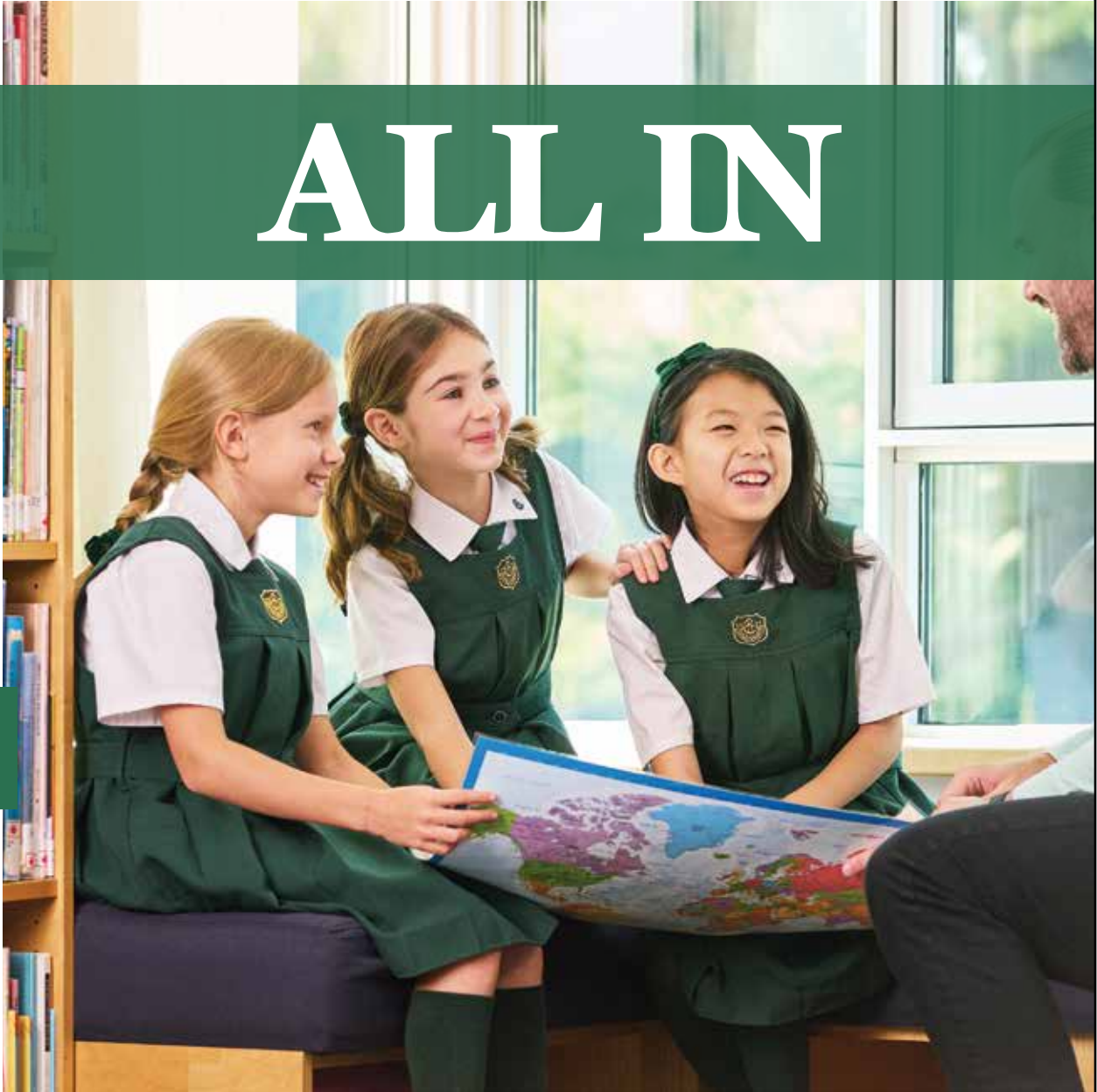
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Ken’s Bygone Sandy Hill

Photo: Ken Clavette

Storied storeys: Strathcona Apartments at 404 Laurier East

Ken Clavette

In November 1926, Mr. R. W. Godson, President of Godson Building Company Limited, appeared before city council and made a promise: “Ottawa is to have the largest and finest apartment house in Ontario,” he declared. The erection of the building would employ about 300 men he said and will mean \$6,000 to \$7,000 annually in civic taxes. The building he wanted to construct would be in Sandy Hill on Laurier Ave.

In August of 1927, an advertisement appeared in the Ottawa Citizen. The “Strathcona Apartments” were ready to accept tenants and offered the latest conveniences: electric refrigeration, continuous hot water, elevators, and garbage incinerators. There was an underground garage with car jockeys to park and retrieve cars, along with a car wash service as needed. The owners had hoped to install a gas station in the garage, but the city rejected it as contrary to the bylaws.

Units had a private balcony that would provide relief in Ottawa’s hot, humid summers. There were plans for an elaborate roof garden the design for which was modeled from the promenade deck of an ocean liner. Units could be rented furnished or unfurnished. Sizes ranged from studios and one-bedroom with bath up to seven rooms and two baths. A one room unit rented for \$40 (equal to \$708 in today’s value) while an apartment of 5 rooms could be had for \$80 (equal to \$1,416 today). There were 6 staff employed in the early years. One would start as

a “coal boy” stoking the boilers in the basement and then move up to a car jockey; after that, one might graduate to building superintendent.

The timing of a new luxury apartment building could not have been worse. It opened on the eve of the 1929 crash and a decades long depression. A housing shortage in the city during the Second World War meant full occupancy, but the owners struggled with debit. In January 1942, the newspapers reported the Equitable Life Insurance Company was in court foreclosing on the mortgage, claiming the owners of the Strathcona’s owed them \$621,594. The apartment building was now being run by a company that had hoped it could make a quick sale, but it was not to be. Five years later, they turned to their lawyer with a proposal: they wanted him to buy the building from them. Sam Berger was his name.

Sam was an Ottawa boy born on King Edward Ave in 1900, one of 8 children to Rabbi Joseph Berger. He was educated at the York Street school and then Lisgar Collegiate. He helped put himself through law school as a part-time police reporter for local newspapers. While practicing law, he got into real estate “almost by accident,” he told the Ottawa Citizen in 1977. “I was representing an insurance company in Ottawa, and they held the mortgage on the Strathcona Apartments on Laurier Ave, and they instructed me to foreclose. So I did.” However, they



Note the stunning architecture of The Strathcona.

couldn’t sell the building. “So one fine day,” Berger explained, “...the president of the insurance company said to me, ‘Why don’t you buy it?’ I said what with?” They loaned him \$25,000 to put down on it. The selling price was \$216,470 and they gave him a mortgage. “It was all financed. I didn’t have any money of my own.” The Berger’s moved into the Strathcona, and two of their children were born in the building. They started off in a one-bedroom apartment, and as the family grew, they kept changing into larger units, ending up in the largest.

That real estate deal changed the direction of Sam’s life. He went from lawyer to property developer and owner. Over the coming years, his company, Ottawa Commercial Realty, owned and

built many apartments, office buildings, and even owned a hotel. He became the General Manager then owner of the Ottawa Rough Riders, a team with seven cup appearances and four championships under his leadership. After he sold the team, he then bought the Montreal Alouettes.

There is a story his son David tells according to which, without his father, the Grey Cup might have remained tucked away in the basement of the Strathcona. As the story goes, fresh back from his war service, Berger discovered the cup in a storage locker underneath the Strathcona.

Sam served on city council and ran unsuccessfully against Charlotte Whitton for mayor in 1960 and 62.

➤ continued p. 11



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Photo: Ottawa Citizen



Drawing of The Strathcona that appeared in the *Ottawa Citizen* (April 20, 1927); the artist is unknown

➤ from p. 10

In 1961 when he sold the Strathcona, a one-bedroom apartment was renting for between \$90 and \$95 and a 3 bedroom for \$185 a month. The current buildings owner, Sandy Smallwood, described Sam this way, “the building built the man.”

The years between Sam and Sandy were some hard ones for a now aging building.

Sandy bought the building in 1992. Known as the heritage developer, he was approached by the building’s Tenant Association; they proposed that he should buy and save the building. He quickly found out that a previous owner had violated the rent control laws and had to compensate the tenants with upwards of \$1 million and return the rents to a low level. With “Duct Tape” being a favourite tool for repair, the building had greatly deteriorated.

Sandy recalled how one senior government mandarin lived in a large apartment, had a chauffeur collect her each morning, but only paid rent of \$1,500. However, it was not only the rich that lived in the Strathcona. Like Sandy Hill, the building was a mixed community. Rich people lived in the larger apartments, but there were studios and one-bedroom units with tenants of modest means. “The Strathcona has always been a popular building with artists,” said Smallwood.

In talking with Sandy, I was given a history lesson on the development of modern apartment buildings and how they serviced the needs of women. Boarding houses didn’t have a good reputation, but an apartment was a safe home for a single person and provided long term habitation. Some would live in the same building for up to 50 years. Today there are tenants in residence that where there before he purchased the building.

Sandy has become known as the developer that loves heritage buildings and hates sending them to the land fill. He helped save the Panet House on the corner of Laurier and King Edward, the Windsor Arms Apartments on Argyle, and led the Wallis House redevelopment. There are 1,000 windows in the buildings he owns, and everyone of them is worth saving, he told me. Repairing and replacing those large Strathcona balcony columns is enough work to employ a team of carpenters.

A 95-year-old building that has 100 units has many stories to tell of those that lived in it. The Strathcona has had a wide rage of tenants. Long before he became a famous Canadian business leader and horse breeder, owner of Northern Dancer, a young E.P., Taylor and his wife set up house there. Hewitt Bostock, Speaker of the Senate, was an early resident. During the war years, Royal Canadian Naval Reserve

For the record

The Strathcona is an exceptional example of the shift towards multiple unit residential that characterized early twentieth century redevelopment in Sandy hill. The more remarkable architectural features include monumental columns, supporting multi-level porches, an entrance courtyard with an elaborate frontispiece, the use of polychromatic masonry, and distinctive art glass windows

Designated Heritage by the City of Ottawa - March 2, 1994

Commander Albert Robert Ernest Coleman and Squadron Leader C. E. Napier shared an apartment, as did many others. In 1953, Dr. Ephraim Herbert Coleman, Canada’s first ambassador to CUBA (1952), and his wife moved in after their posting to Brazil. Coleman was the public servant that organized the secret Quebec Conference in 1943 that brough Churchill and Roosevelt to Canada for a war leaders’ meeting hosted by Prime Minister King.

It was not only the leaders of industry and commerce that called the Strathcona home. The leader of the CCF, Major J. M. Coldwell, and his wife and daughter were tenants. Tommy Douglas and his wife Irma lived in apartment #108 for several years when he was first elected NDP leader in 1961.

Jacquelin Holzman (nee Greenberg), a future mayor of Ottawa, grew up in the Strathcona. A young Paul Dewar, who would go on to be a member of Parliament for Ottawa Centre, was the head of the Tenants Association when he lived there. His future wife Julia Sneyd was also a tenant in the building.

In 1955, Member of Parliament John Diefenbaker and wife Olive moved to the Strathcona Apartments where they lived until the following year when he became leader of the Progressive Conservative Party and leader of the official opposition. They lived in apartment 214, which had just been vacated by one-time Public Service union leader Frank Grierson (who was the subject of the cover story in the October-November issue of IMAGE).



Lucille Collard
MPP / députée Ottawa-Vanier



Chères résidentes et résidents,

Alors que les fêtes de fin d’année approchent à grands pas, je souhaite exprimer ma gratitude à ceux qui m’ont soutenu et aidé tout au long de l’année dans mes efforts pour instaurer plus d’équité dans Ottawa-Vanier. Cette période de l’année est un rappel poignant de l’importance de l’unité, de la générosité et du partage. C’est l’occasion de tendre la main à nos voisins, d’apporter notre soutien à ceux qui sont dans le besoin et de faire preuve de compassion à l’égard des membres les plus vulnérables de notre communauté. Je suis très reconnaissante de l’esprit de famille dont les membres de notre communauté font toujours preuve, et ce de différentes manières.

Ottawa-Vanier reste au premier plan de mes préoccupations, et j’intensifie mes efforts pour discuter avec les ministres afin de trouver des solutions aux problèmes urgents qui nous affectent profondément. Le logement, la toxicomanie, la santé, y compris la santé mentale et les soins aux personnes âgées, et le soutien à nos entreprises requièrent tous une attention particulière. J’ai toujours considéré la collaboration comme l’un des meilleurs outils pour parvenir à des résultats. Je suis très fière d’avoir pu obtenir le soutien de tous les partis à Queen’s Park pour mon projet de loi d’initiative parlementaire visant à aider les victimes de la traite des êtres humains. Ce type de coopération est rare en politique, et il serait formidable d’en voir davantage.

Sur une note de célébration et de réussite commune, j’adresse mes plus chaleureuses félicitations à Edith Dumont pour sa nomination historique en tant que première Lieutenante-Gouverneure Franco-Ontarienne. Ce jalon ne reflète pas seulement ses réalisations individuelles, mais signifie également le progrès et la représentation de notre communauté diversifiée.

Je vous souhaite à tous de joyeuses fêtes de fin d’année et je vous invite à continuer à faire preuve d’unité et de solidarité. Ensemble, nous pouvons relever les défis qui nous attendent.

Dear residents,

As we get into the holiday season spirit, I want to express my gratitude to those who have stood by me and helped me throughout the year in my efforts to bring more fairness in Ottawa - Vanier. This time of year serves as a poignant reminder of the significance of unity, generosity, and sharing. It’s an opportunity to reach out to our neighbors, extend support to those in need, and show compassion for the most vulnerable members of our community. I am so thankful for the community spirit that people in our neighbourhoods always exhibit, in so many ways.

In my role at Queen’s Park, I am dedicated to working tirelessly for the well-being of everyone in our community. Ottawa-Vanier remains at the forefront of my concerns, and I am intensifying my efforts to engage with ministers to find solutions to the pressing issues that deeply impact us. Housing, drug addictions, health, including mental health and seniors’ care, and support for our businesses all demand special attention. I’ve always counted collaboration as one of the best tools to achieve progress. And I’m so proud that I was able to obtain the support of all parties at Queen’s Park for my Private Member’s Bill to help survivors of human trafficking. This kind of cooperation is rare in politics and it would be wonderful to see more of it.

I also extend my warmest congratulations to local resident Edith Dumont on her historic appointment as the first Franco-Ontarian Lieutenant Governor. This milestone not only reflects her individual accomplishments but also signifies progress and representation for our diverse community.

I invite you to continue showing a community spirit; together we can meet the challenges of the upcoming year. I wish you all a joyful holiday season.

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Illustration Dawna Moore



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Green development beside allsaints

Photo Betsy Mann

Betsy Mann

Seven years after changing from All Saints Anglican Church to allsaints event space, the building at the corner of Chapel and Laurier is gearing up for the next stage in its 123-year history. “I’m really excited at what’s coming next,” says Leanne Moussa, president of All Saints Developments Inc. “I feel that we’re moving forward with the vision that the original, founding community investors had for this property: to preserve the heritage architecture and create a vibrant community hub.”

So what is this next stage? While the exterior of the former church is classed as heritage, the attached building known as Bate Hall is not. From the time of purchase, the plan has always been to replace that construction with a development that would provide the funds to restore and maintain the former church building as a centre for creating community. The sale of the Bate Hall side to Windmill Developments is now conditionally approved; formally severing the property is all that remains. “I just have some work to do,” laughs Moussa.

The fact that “some work” includes complex jobs like relocating the boiler from the Bate Hall building to the allsaints side doesn’t dampen this energetic woman’s enthusiasm for the tasks that lie ahead. “I feel really good about our partnership with Windmill,” she explains. “They have experience in church redevelopments and a reputation as a ‘green’ developer. I feel their plans will be in keeping with the community vision that has guided us so far.”

What Windmill plans to build is a nine-storey condominium structure with the same set backs that were in the original drawings for the site. It will be built right against the church building; the exterior wall of the church on the south



At the end of November, shoppers were still browsing for vintage and mid-century modern finds in Bate Hall, next to allsaints event space. With the building sold to Windmill Developments, Verve Moderns will be closing their showroom there by the new year. Check their Facebook and Instagram pages for information about days and hours of opening between now and then. It may be your last chance to see the room that was home to so many community activities for over 80 years.

side will be the interior wall of the new building. Moussa’s attitude is positive: “My dealings with Windmill have given me confidence that what they build will contribute to the neighbourhood’s fabric,” she says.

The change in ownership means that notice has already been given to Verve Moderns to vacate Bate Hall. The mid-century modern and vintage store that has occupied the space for the last four years will be closing its showroom at the location early in January. That doesn’t mean construction will start soon. “Don’t expect shovels in the ground for a while,” Moussa explains, “but what really excites me is that already this sale gives us the means to do things here that we’ve wanted to do for a long time. People will see some changes. We can

start some necessary restoration work on the building and also become a more effective business,” she adds. Moussa cites the bakery as an example of a staple service for a walkable neighbourhood. “We offer an artisan product that doesn’t break the bank.”

As the project at allsaints event space moves into its next phase, Moussa wants to pay tribute to the community investors who stepped up to the plate when the neighbourhood’s heritage gem might have been the victim of demolition by neglect. “They were critical to getting this off the ground,” she insists. “I had the desire, but I didn’t have the resources or the community goodwill. They can be proud of how they have shaped the vision that we are now working to make real.” Keep your eye on this space!

➤ Crossword solution, from page 5

ARISTOCRATIC LINKS IN SANDY HILL														
N	O	R	A	D		S	T	E	W	A	R	T		
A	G	O	R	A		C	O	C	A	I	N	E		
P	E	T	I	T		R	O	O	T	M	A	N		
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						R	E	S	O	D				
W	I	N	S	T	O	N		N	A	T	E	S		
A	L	B	E	R	T		E	D	W	A	R	D		
G	L	A	R	E		S	W	A	G	G	E	R		
						B	A	S	T	E				
K	O	I				C	H	A	R	L	O	T	T	E
I	N	S	U	L	A	R					O	R	E	O
N	O	W	H	E	R	E					R	E	A	C
G	R	A	S	S	E	R					D	E	T	O

➤ Réponses au quiz de la page 8

- avenue Russell
- avenue Goulburn
- avenue Marlborough
- rue Osgoode
- privé Wiggins
- rue Chapel
- rue Stewart
- rue Osgoode (école Francojeunesse)

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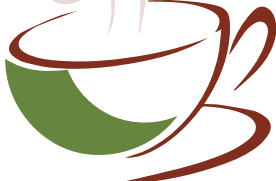
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Strathcona Heights community planter bench built

Fatimazahra Mounfaloti

The Sandy Hill Community Health Centre received \$10,000 in funding from Green Communities Canada in July 2023, thanks to which Strathcona Heights was able to achieve a community-led greening initiative where a group of resident seniors had identified the need for more seating and greening in the neighbourhood. SHCHC worked closely with multiple stakeholders, including the Ottawa Community Housing Community Development team, OCH Volunteering and Engagement team, and GCC, to orchestrate a series of events, including two bench-building events where the Ottawa Community Housing volunteering and engagement team dedicated a group of more than ten individuals per event to construct the neighbourhood’s benches.

Taking place in various locations around the Strathcona Heights neighbourhood, these events led to some impressive results: a structural bench with four planters has been built in Lori Heath Park to accommodate parents accompanying their kids to the park for play. Four more benches with two planters each have been constructed near the seniors’ main building at 721 Chapel, answering both a need for more accessible seating and neighbourhood greening. All the planter benches were planted during the latest event involving more than 20 volunteers who started the day with a neighbourhood clean-up before sharing a meal and working together around the greening initiatives. This community-led greening initiative could not have taken shape without the supportive efforts of our community partners and resident leaders. SHCHC Community Development and Engagement team is looking forward to more community-led projects!

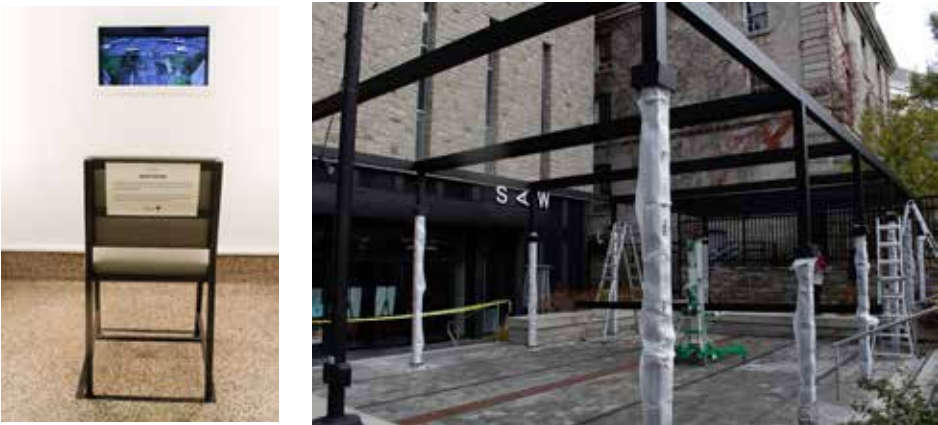
Eyes on Arts Court

If you’ve crossed the Mackenzie King Bridge going toward Sandy Hill lately, especially at night or on a dark day, you’ve probably noticed the large video screen on top of the Arts Court building above SAW, where a continually changing series of human eyes looks out over Nicholas St. It’s striking to see watchful, blinking eyes hovering above the city, but there’s another aspect to the work that isn’t apparent from a distance: if you enter Arts Court by the main staircase on Daly Ave., you will find a niche in the lobby with a chair and a video screen. If you sit down in the chair, you will see an aerial view of the SAW courtyard on the screen. Meanwhile, an image of your eyes will be captured, and you will join the ranks of celestial observers. The installation is called “Spectator”. The work, by Brooklyn-based artist Adam Frank, was the winner of an international public art competition sponsored by the City of Ottawa. Under the City’s Public Art Policy, one percent of money spent on municipal development projects is set aside for public art. This policy brought us “Spectator” as part of the recent redevelopment of Arts Court and the Ottawa Art Gallery. The City describes “Spectator” as “a dynamic, living portrait of its community.” Meanwhile, on the ground below “Spectator,” the frame for a new pergola was recently installed in



Photos Paula Kelsall

the SAW courtyard. The culmination of three years of fundraising, the pergola will have a retractable roof that will make the courtyard a much more reliable space for outdoor events like festivals, film screenings, concerts and artists’ markets. SAW Curator Jason St-Laurent notes that organizations that are holding events at SAW will no longer have to rent tents or make contingency plans to move indoors in case of rain. There are also plans to change the landscaping around the sides of the courtyard, to provide more grassy areas for spectators on fine summer evenings. — Paula Kelsall



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Art review

Art + Parcel at OAG and Martin Golland at City Hall

Maureen Korp

Nature provides much of the storyline in two exhibitions featuring the work of Ottawa’s artists. Art + Parcel, a year-end holiday sale of artwork, is up and running in the Ottawa Art Gallery’s Galerie Annexe. Over at the Karsh-Masson Gallery in City Hall, the mythic work of Martin Golland is on view in the exhibit *I built this garden for us*. First, we look at the myriad delights of Art + Parcel.

Have you been making a wish list of late? Certainly, it would be good to end 2023 with a welcome kindness. The artists whose work is on offer in Art + Parcel might have something for you. All of the work is framed. All is modestly priced. And, when purchased, off it goes, one wrapped parcel, easy enough to carry, an original artwork in the arms of a lucky new owner.

What sort of work is on offer? A wide variety, including photography, printmaking, painting, mixed media, collage, and textiles. In the many artworks lining the gallery’s walls, there is a sense of calm, quietude. The embroideries of Judi Miller—*Poppy Field* (2023), for example—are small, finely stitched studies of fields of flowers. Each is framed in cherrywood. Lilith Ohan’s watercolours of flowers are elegant studies, among them *Bloom Whisper* (2017). *Mouvement Rose* (2021), a collage by Eliane Saheurs, is a particularly quiet work of colour and calligraphy.

Even the troubles of the LRT appear calmed in two paintings of its train cars by Eryn O’Neil. Her use of geometry and colour in *Interior (Train)* from 2020 is particularly remarkable. The composition, centred on a gold outline, suggests something blessed and holy, a church monstrosity for all to see ... but not to touch.

Alexa Mazzarello’s photograph of an apple caught this writer’s eye. The photograph, entitled *Interrupted Snack* (2021), presents an apple, half-eaten, sitting in a state of readiness on a windowsill. The light is beautiful. It cradles the apple.



Eliane Saheurs. *Mouvement Rose*, 2021

Photo Maureen Korp

Photo David Barbour



Martin Golland, *All the inhabitants*, 2020

Photo: David Barbour

Who left the apple on the windowsill? What happened? A telephone call? The doorbell? Worse...?

There is more to the story in Reid McLachlan’s *Hymn of Vengeance*. Might the book club ladies know? The artist’s composition is compelling. A beautiful woman dressed in black looks at us. Overhead, a wishbone hangs from a butcher’s

carcass hook. On the table, a crow is drawn atop a child’s alphabet block, one with the letter “V.” In the bottom right-hand corner, we see a small sketch of several women, clustered together, holding books in their hands. Who wrote the book? What happens next?

All of the artwork in Art + Parcel is priced for sale. Many are available as monthly rentals for less than the cost of lunch in this town. If your eye lights on something you like, better not hesitate. The little red squares on the Galerie Annexe walls are markers of what was there but has already been carried away. This is Art + Parcel, after all—someone else bought it.

Martin Golland’s exhibit at City Hall is a work of narration and contemplation. Its imagery is fragile, the sort found in half-awake, half-asleep night dreams we half remember. Childhood recollections are one source, half-heard adult conversations another.

In the composite work entitled *Shallow Seed* (2023), for example, we may be seeing what happens when the seed is not well planted. The collage includes a group of initialed eggs hidden in the un-

derbrush. Were children only allowed to collect eggs marked with their initials? Or did children mark the eggs as they found them? Part of the story is untold.

The paired paintings, *Starling’s Rest* (2023) and *Chants of open weariness* (2022), present a long view over water into some yellow activity in a blue sky on the right; on the left, top to bottom, is a tumult of red and yellow.

A small sculpture entitled *All the inhabitants* (2020) displays a dead butterfly, a few dead insects, some sharp barbs in an open box. Weren’t we warned not to bring such “trash” home? Nearby, *Migrator* (2023), a painting of dark undergrowth, appears to have a Disney elephant lurking about.

On the back wall of the gallery, 45 mixed-media paintings have been hung in three rows of 15 each. Each is the same size. Not one the same as the other. Sit down, let your eyes wander. These are daydreaming images, one multiplying onto the other — a condor flying overhead, a camel in the underbrush, a sad little teddy bear. Here are bits of memory you had forgotten. Is that figure in the garden a lost statue of Mary? Or someone far away, head bent in mourning?

In Martin Golland’s paintings, all appears possible. The wall of 45 paintings is entitled *Orphan Wall* (2020–2023).

Both exhibitions are an easy walk for Sandy Hill folks, snow and ice permitting. If you were the sort of child who found stories in clouds overhead, your stories are here, too.

Continuing exhibitions

Art + Parcel: A Holiday Sale until January 7

Ottawa Art Gallery, 10 Daly Avenue
Free. Wheelchair accessible.
Sun., Tues., Wed.: 10 a.m. to 6 p.m.
Thurs., Fri., Sat.: 10 a.m. to 9 p.m.
Closed Mondays

Martin Golland—I built this garden for us, until January 21

Karsh-Masson Art Gallery, Ottawa City Hall, first floor, 110 Laurier Avenue West
Free. Wheelchair accessible.
Open daily, 9 a.m. to 5 p.m.

Where should I do my grocery shopping?

Varsha Dinodia

With the rising cost of living, bringing food to the table has become challenging for many. Are some grocery stores perhaps within a reasonable distance for Sandy Hill residents, all else being equal, cheaper than others? I did some investigating to try and find out.

First, some background: In a 2022 report, the Competition Bureau Canada stated: “In 2022, Canada’s three largest grocers — Loblaws, Sobeys, and Metro—collectively reported more than \$100 billion in sales and earned more than \$3.6 billion in profits.” The report goes on to state that “[m]ost Canadians buy groceries in stores owned by a handful of grocery giants...” and that “[f]or new players and regional independents, the Canadian grocery industry is tough to break into.” Indeed, I believe Canada needs more grocery competition.

I decided to do some comparison shopping. I left on the afternoon of November 9 to visit a few popular grocery stores. I picked stores that were relatively close to Sandy Hill, namely, Loblaws at 363 Rideau Street, Metro at 50 Beechwood Avenue, Freshco at 320 McArthur Avenue, and Walmart at 450 Terminal Avenue.

A few of my findings on price variations are listed below:

Produce

- 1lb. of Brussel sprouts \$2.99 at Freshco; \$3.99 at Metro; \$4.99 at Loblaws
- One head of cauliflower: \$3.99 at Freshco; \$4.99 at Metro; \$5.99 at Loblaws; \$4.97 at Walmart
- A single seedless English cucumber: \$1.79 at Freshco; \$1.99 at Metro; \$2.49 at Loblaws; \$1.77 at Walmart

Pantry Items

- 2.5kg bag of Robin Hood all-purpose flour: \$5.99 at Freshco; \$6.49 at Metro (on sale down from \$7.49); \$7.49 at Loblaws
- 850g of Vector Jumbo cereal: \$9.99 at Freshco; \$8.99 at Metro; \$11.99 at Loblaws; \$9.77 at Walmart

These comparisons, while useful, do not account for a number of factors that are relevant when determining grocery cost effectiveness. For instance, is quality preserved across lower-priced produce? Do some grocery stores offer better points cards than others? Likewise, prices that are lower in one store today for one item could be higher the next day based on promotional offers and availability.

Based on my understanding and research, I gather that slight price variations across various grocery stores is a given



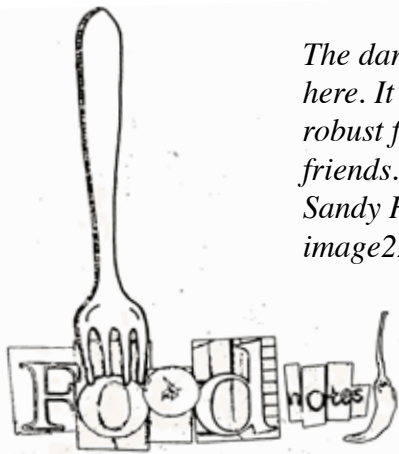
Photo: Varsha Dinodia

based on where these items are sourced (local, international) as well as the efficiency of the supply chain. Price variations can also depend upon differences in store location, which can determine how fast the items are moved in and out. The quicker inventory turnover is, the lower the probable chances of dealing with poor quality, lapsed best before dates, or over-ripe produce.

To address the ongoing issue of food costs, last September the Federal Government initiated a meeting with executives of the top five grocery stores. Whether this meeting will amount to any real change in food prices remains to be seen. Until food prices come down significantly, or wages increase significantly, the question of where to buy one’s groceries will likely be at the forefront of many people’s minds. I hope that this preliminary investigation will lead to a more comprehensive one down the road.

Editor’s Comment

My girlfriend came home today and informed me of a very sad situation. She told me a story of meeting an elderly woman, one who is in the neighbourhood and with whom she often chats. The lady was not in her usual good spirits. Citing the unaffordability of food as well as the recent increases in her rent and in her electricity bill at her Sandy Hill apartment, she, with great embarrassment and shame in her voice, asked my partner for a bit of money to go buy some milk and bread. Her pension doesn’t cover living expenses anymore, she explained. She also mentioned that she never thought that she’d end up “this way” after working all her life. Grocery, energy, and housing unaffordability in Canada are, I argue, reaching the point of existential or humanitarian crises. There is no good reason, as far as I can tell, for a first world nation rich in natural resources and human talent to be going through this indignity. In other words, I believe a failure (e.g., in leadership, in market regulation, in investment, in social organization more generally) has occurred. In my view, one thing that is required is an impartial, independent public inquiry that will get to the root(s) of this grotesque tripartite unaffordability immiserating good Canadians everywhere.



The darkest days of the year are almost here. It's time to console ourselves with robust flavours shared with family and friends. Please share your favourite Sandy Hill food experiences with image22@rogers.com



Asian snacks

Maybe, like me, you recently read a story in the *New York Times* about a shipment of Japanese Kit Kat bars with exotic flavours that was hijacked in California and never reached its destination in New Jersey. After reading it, I found myself wondering if Kit Kats flavoured like melon or matcha tea could be found here in Sandy Hill. It turns out that the **Mergi Shop, at 382 Rideau St.,** and the **Asian Mart, at 242 Rideau St.,** both stock Kit Kats with fillings I never dreamt of: chestnut! caramel pudding! orange and chocolate! There are other familiar snack brands with unfamiliar tastes at these shops, such as salt and pepper shrimp Lay's potato chips, and Frito-Lay avocado and cream cheese corn chips. It's a cheap thrill to browse the aisles of these stores, and you just might find your new favourite treat, or at least some novel stocking stuffers.



Bamm's Snack Shack, 74 Coburg St.

Do you feel a sense of nostalgia for some café of your youth, maybe a place with a whimsical colour scheme and mismatched thrift store mugs? You'll enjoy a visit to Bamm's, a family-run neighbourhood café across from MacDonald Gardens Park. The hamburgers are handcrafted and grilled with just the right amount of char, and the soups are hearty. There's brunch once a month, with flavours that include unexpected memories of childhood (Dorito bread, anyone?) There's a sociable vibe between the owners and their regular patrons, and there are enormous and colourful doughnuts on Thursdays and Fridays.

Jackson Café, 10 Daly Ave.

The Ottawa Art Gallery has one of the most attractive dining spaces in our neighbourhood, and it was sad to see it go quiet and empty during the pandemic. Now, happily, it's coming back to life, with a modest but lively menu of lunch and snack choices.



On a recent visit we enjoyed the light and frothy cauliflower and broccoli soup with a few huge, crunchy and delicious croutons that appeared to have been made from day-old croissants; a crisp green salad with a house-made dressing flavoured with tarragon; and a piri-piri chicken sandwich that was big enough to share. A new chef started recently at the café, so drop by sometime soon and see what new directions the menu is taking.

Pie Central Bakery, 305 Rideau St.

If you're looking for fresh, savoury and affordable snacks for a crowd, check out the mini pies from the Lebanese flatbread bakery on the ground floor of the Theo building. They are just the right size for a hand-held treat, and come with a range of toppings for \$10.00-\$12.00 per dozen. We have especially enjoyed the spinach with cheese and the chicken with cheese, both flecked with just the right amount of golden brown after a turn or two through Pie Central's beautiful round oven. One is a snack; three are a light meal.



Cinnamon rounds topped by a cinnamon star shaped by the antique cookie cutter below

'Tis the season for Christmas cookies

Dodi Newman

Christmas cookies are a ritual in our family that has been observed for generations and that I've passed on to my children and grandchildren. Recipes often remain unchanged through the ages. I have a hand-written cookbook from 1714; its recipe for *Springerle* is identical to the one I use today. Five kinds of cookies are a must: spiced honey almond bars called *Lebkuchen* or *Leckerli*, anise-flavoured Springerle, butter cookies, hazelnut macaroons, and cinnamon stars — essentially an almond and cinnamon macaroon (except I now call them cinnamon rounds). These cookies were only ever baked at Christmas time, and once they were gone, we would have to wait until next year. Today's recipe is for cinnamon rounds.

Traditionally, cinnamon stars are cut out with a cookie cutter resembling a four-pointed star. A German cookbook says "the working of this soft dough demands a certain degree of dexterity," an understatement if I ever heard one. So, I have simplified the process: instead of cut-out cookies, I make drop cookies with an ice cream or cookie scoop (much easier and nearly as satisfying, though we do miss biting off the stars' points one by one).



Cinnamon rounds

- 4 large eggs, whites only
- 250 grams (1 3/4 cups) confectioners' sugar (powdered or icing sugar)
- 2 tablespoons freshly squeezed lemon juice
- 1 tablespoon cinnamon
- 400 grams (4 cups) almond meal (unblanched almond flour)

Preheat the oven to 275°F.

Make a meringue: beat the egg whites until stiff. Add the confectioners sugar spoonful by spoonful while beating until the mixture is smooth and fairly stiff. Stir in the lemon juice. Remove about 3/4 cup of the mixture; cover and reserve.

Thoroughly mix the cinnamon into the remaining portion of the meringue. Lightly fold-in the almond flour.

Line two large cookie sheets with parchment paper. Drop the dough onto a cookie sheet with a 1 5/8" diameter cookie or ice cream scoop, spacing the scoops 2 cm apart. Flatten the cookies into approximately 1 cm high rounds. Let them dry off and set for 15 to 25 minutes.

Generously ice the cookies with the reserved meringue, taking care to cover the entire cookie without letting any icing drip onto the cookie sheet. Bake them for 20 to 25 minutes in a 275°F oven. The icing should stay white and the bottom should be lightly tanned. Let the cookies cool a bit, then move them to a rack. Store the completely cooled cookies in a tightly closed container.

They will keep for two to three weeks, though with time they'll dry out. If they become too dry for your taste, crunch them up and use them as a topping/filling for baked apples — superb.

Merry Christmas!



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Paul Denys

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Happy holidays, Sandy Hill!

Photo Philippe Owen



IMAGE comes to you thanks to the contributions of many volunteers, some of whom gathered in a festive mood as 2023 drew to a close. Pictured above are: Front— Philippe Owen, Judy Rinfret, Varsha Dinodia, Jane Waterston, Adam Sopuck, Jan Finlay, Christine Aubry, Betsy Mann; back— Claudia Bouliane, Peter Rinfret, Ken Clavette, Jan Meldrum, Larry Newman, Dave Elden, Michael Barnes, Frank Heilingbrunner, Bob Meldrum and Dodi Newman. Special mention to Adam who has been in the driver’s seat as our recurrent guest editor and to Jan who has kept the books and managed distribution. Would you like to be involved in 2024? Send a note to image22@rogers.com.





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