



These colourful birdhouses, reminders of hope, are the work of Sandy Hill resident Alain Cadieux. See story page 16.

Photo Paula Kelsall

### Osgoode Street drama continues

## Renovictions, deaths and now, charred wood

Larry Newman

I started following the mass eviction at 146-170 Osgoode Street in the summer of 2020. These Osgoode townhouses were rented as rooming houses to people who could only afford the \$400 to \$800/month required by 146 Osgoode Street Holdings, Inc. On June 30 of that year, the residents were all served with eviction notices so that their rooms could be renovated for rentals, particularly by students, for about \$1500/month.

For some, this began a search for other housing. For others, it began a struggle to fight the eviction. They called it “renoviction,” a term I heard used for the first time. I recently saw it in use by the City of Ottawa officialdom. You can still see the Facebook page the tenants started, *Tenants of 146-170 Osgoode St. vs. Renovictions*.

Shortly after the renoviction, the original owners sold the properties to Smart Living Properties which adopted a “take no prisoners” attitude to the remaining tenants. Lawyer Ryan Deacon agreed to represent the tenants for whatever they could afford. Josh Hawley, a PhD student in sociology at Carleton University also acted pro bono for the tenants. Among the tenants were Jim and Rosemary with whom I spoke repeatedly over the several years that I followed this renoviction. Rosemary would not tell anyone her surname. Even her lawyer



Sandy Hill woke up to blaring sirens on February 1 as a massive fire destroyed several Smart Living rowhouse units on Osgoode Street.

Photo HS Canada / Philip Owen

didn't know.

Because of recent tenant deaths and the absence of any significant repairs to the units, the tenants hired Accurate Buildings Inspection, Inc to conduct a safety inspection of 170 Osgoode St. Their August 6, 2021 report lists over 100 safety violations. “The building has been completely lacking exterior and

interior maintenance over the years. There are several life safety issues on the exterior and interior of the building. There is major structural movement in the foundation, walls, and floors of the building. The landlord would not allow access to the basement and the vacant apartments.”

After the death of the fourth Osgoode

Street tenant, their Facebook page, on April 2022, showed their photos, all from numbers 168 to 170. The remaining tenants also started a petition on Change.org, calling for a coroner's inquest into these deaths. “Since July 2020, four tenants have died at 168 and 170 Osgoode Street in the Sandy Hill neighbourhood of Ottawa....

We are demanding a coroner's investigation into the deaths at this rooming house and the potential of criminal neglect on the part of the landlord, 146 Osgoode Street Holdings Inc., which is led by Tamer Abaza and his company Smart Living Properties.”

The living conditions in these buildings were scandalous. Jim showed me two rooms. We had to walk through a window of paper trash right after entering the building. There were holes in the walls and ceilings, rats, filth, roaches, and bedbugs.

► Osgoode St. fire, see page 6

# 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 **March, June, September 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 send a message to [image22@rogers.com](mailto:image22@rogers.com). No age restrictions.

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

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

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

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

**May 27, 2024**

(target delivery June 20)

## Date de tombée

Publicité, articles, photos et autres soumissions

**le 27 mai 2024**

(livraison prévue le 20 juin)

# Test your memory and IMAG(E)ination



Can you find this shiny structure in the neighbourhood? Send your guess to [image22@rogers.com](mailto:image22@rogers.com)

### Winner!

**Corinne Baumgarten** of the Sandy Hill Housing Coop correctly identified last issue's IMAGination photo as the bike rack in Strathcona park along the path towards to Adawe bridge from Range Road.

Contest enthusiast **Poonam Varshni** of Laurier Ave. E. was runner-up.

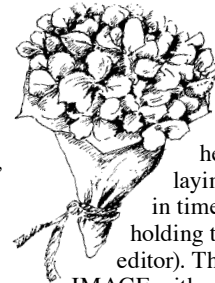
Photos Bob Whitelaw



## From the IMAGE Editor

On behalf of the entire IMAGE community, including the large team of volunteers and all of our faithful readers, I extend our deepest condolences to the long-time editor of IMAGE, Jane Waterston, whose mother passed away on February 18, 2024.

While Elizabeth Waterston lived a long and very full life (she was just a few months shy of her 102nd birthday!), this loss comes too soon after that of Jane's beloved husband François Bregha, well-known Sandy Hill historian who died in 2022.



An unstoppable force, much like her hugely accomplished mother, Jane carried on with all of her duties, which included laying out this newspaper in time for the deadline (and holding the hand of this novice editor). There truly would be no IMAGE without Jane Waterston.

Nos plus profondes condoléances aux familles Waterston et Bregha.

Christine Aubry, Editor

## Staying in touch with IMAGE

Issue/ numéro	deadline/ date limite	delivery/ livraison
Summer / été 2024	May 27 mai	June 20 juin
Fall /automne 2024	Sept. 2 sept	Sept. 26 sept.
Winter /hiver 2024	Nov. 25 nov	Dec. 19 déc.

## Restez en contact...

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

**Chez Lucien**

**BAR**

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Sandy Hill's place in the Market

Côte-de-Sable se retrouve au Marché



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*Paul Denys*

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# Envisioning a people-centric and revitalized downtown

Cynthia Mitchell

Downtown is ripe for change. The vision of 1960s downtown Ottawa, largely built around cars and for 9-to-5 commuters, has lost its purpose. Downtown needs to be reinvented as a sustainable, people-centric neighbourhood that becomes the heart of the city, recommends the Downtown Ottawa Task Force.

The Task Force, composed of affordable housing advocates, developers, local politicians, community groups, BIAs, Indigenous leaders, the Board of Trade and Ottawa Tourism, spent a year crafting its vision for a revitalized urban core. They heard from over 1000 residents and stakeholders who provided input into its final report, released on January 11.

Defining downtown as the area south of Parliament Hill, west of the Rideau Canal, east of Bronson Avenue, north of Somerset Street, plus Bank Street south to Gladstone Avenue, the report laid out its case that when downtown thrives, the whole of Ottawa benefits.

Currently, downtown is struggling with multiple crises at once, including a housing crisis, mental health crisis, drug consumption crisis, economic crisis and an environmental crisis. The COVID-19 pandemic and the Freedom Convoy occupation exacerbated these emergencies. The report calls for bold action to address these multiple crises simultaneously, and to make the neighbourhood a place that is focused on people, and not cars, with "mixed-use buildings, increasing residential buildings, around-the-clock amenities/entertainment, public assets and public spaces." By bringing more residents downtown, to both live, work and play, and investing in strategies that help downtown's most vulnerable residents, the neighbourhood can become a place that is the pride of the city, and that benefits all Ottawans.



Illustrations: EVOQ Strategies



**EVOQ Strategies proposes to revitalize downtown Ottawa by re-designing spaces such as L'Esplanade Laurier to include mixed housing, commercial space and urban parks.**

Using the United Nations Sustainable Development Goals as a guiding approach to its work, the Task Force provides three exciting examples of what can be done to start to sustainably transform downtown. Two federal government buildings,

L'Esplanade Laurier at 300 Laurier Avenue West and the Jackson Building at 122 Bank Street, are on the list of properties that the federal government intends to dispose of. As such, they are prime candidates for office conversions to housing.

The report calls for L'Esplanade Laurier to become the new heart of downtown. It suggests removing both the two-storey podium structure facing Bank and the western tower, and creating a new urban park. The east tower would remain and be converted into housing, with townhomes added to the site to increase the mix of housing needed to attract families. The Jackson Building is envisioned as a multi-functional building focused on residential uses and operated as a co-op with a ground level market, and a green roof for urban agriculture.

The Task Force also suggests the main branch of the Ottawa Public Library at the corner of Metcalfe and Laurier be turned into a vibrant hub for culture and the arts, once it's vacated in 2026. Think studios, galleries, a multi-purpose theatre and an outdoor café. However, the building was sold to a private developer in 2018.

The report's contributors, and indeed citizens, are keen to see this report put into action as soon as possible. A one-to-five-year action plan summarizing how to breathe new life into downtown, and make it into a vibrant, community-focused neighbourhood once again was included in closing. As reported by Alayne McGregor in the January 2024 issue of the *CentreTown Buzz*, "the heavy lifting to get this vision implemented is expected to come from the Ottawa Board of Trade (OBT), which last summer issued a call to action for all levels of government. The OBT is working with the Canadian Urban Institute, the city, and Ottawa Tourism on an action plan for this."

IMAGE will be following the progress of this work and will provide updates in future issues.



**WORKING TITLE**  
KITCHEN BY: *all saints*

Intéressé(e) à apprendre sur les cocktails classiques?

Le nouveau Manifesto Lounge est l'endroit parfait pour déguster notre liste étendue de cocktails, mais fidèle à notre nom... c'est un travail en cours

Aidez notre personnel à perfectionner le nouveau menu

Rejoignez-nous n'importe quelle nuit en mars de 16h à minuit pour des cocktails à 12 \$

+ nouveau menu d'en-cas



**WORKING TITLE**  
KITCHEN BY: *all saints*

Interested in learning about Classic Cocktails?

The new Manifesto Lounge is the perfect place to enjoy our extensive list of cocktails, but true to our name... it's a work in progress

Help our staff perfect the new menu

Join us any night in March from 4pm-midnight for \$12 cocktails!

+ new snack menu

Ken's Bygone Sandy Hill

# The other Strathcona: Strathcona Heights

Photo Mel Malette

## Ken Clavette

Affordable housing and housing shortages have been a constant issue in Ottawa from the days of the Rideau Canal workers who had to build the Corktown shanty village where the Cartier Drill Hall is today. During both World Wars, there was a housing shortage that continued after the wars had ended. Once again, the media is full of stories about the housing crisis. You may have seen a notice from the City of Ottawa—<https://engage.ottawa.ca/liveableforall>—asking for citizen input to finding a solution:

“We are looking for suggestions to help us meet our goal of creating a city that has affordable housing and is more liveable for all. We welcome any new and innovative ideas on how we can offer services in a different way, or how we can be more cost-effective.”

Yet history buffs like me ask why “new and innovative ideas”? What about the old tried and proven successful ideas?

Following the peace that ended the Second World War, housing for the returning veterans was virtually nonexistent. Those vets could see buildings around them that were vacant, such as those at the Rockcliffe base and some of the mansions in Sandy Hill that had been used during the war for offices and temporary barracks. They responded by taking over and squatting in the vacant buildings. In response the government was forced to act, and in 1946 it created the Central Mortgage and Housing Corporation.

In 1947, Sandy Hill was to be the site of one of the first housing projects; work began on the Mann Avenue project which we know today as Strathcona Heights. The 27-acre piece of Sandy Hill had been the site of the Dominion Government wireless radio communications operations, taking advantage of the high elevation of land. With the war over and the city growing closer, the land was identified as ideal for housing. It was billed by CMHC as “the new town” and became one of the most ambitious apartment house developments ever attempted by Canadian builders, at a cost of three million dollars.

Construction began August 19, 1947. Led by the Ottawa firm of James More and Sons, it took 12 trades contractors, and 465 workers at the peak of construction to get the job done. They built 64 buildings that comprised 150 three-bedroom apartments, and 268 two-bedroom apart-



**The Malette family have shared photos and memories of their time in Strathcona Heights in a Facebook group called Growing Up in Sandy Hill. Dad Mel took this photo of mom Doreen with the first 2 of their 5 children, Vincent and Carol, around 1964.**

ments. By May 1949, 21 months after the start of construction, families began moving into three-storey walk-up apartment buildings. The new neighbourhood was given the name Strathcona Heights in a vote just as the first residents moved in. The original heights contained 2,000 residents, almost 1,200 of them children who got to enjoy two wading pools and several play areas that contained swings, seesaws, sand boxes, and a winter rink.

There is a Facebook group called Growing Up in Sandy Hill, where many people share memories and reminisce about childhood in what was a special community. It was controlled by a large government body, and was part of Sandy Hill, but had its own life. The residents formed a tenant association that organized much of the social life of the community but was also a strong voice to the powers-that-be. The *Ottawa Citizen* reported on a fight at

City Council in May of 1963, as it dealt with how to address another housing shortage. Councillor Don Kay proposed taking over Strathcona Heights, evicting the families of the vets living there and replacing them with lower-income families in need of housing. That move was fought by St George's Councillor St Germain and the residents.

Eventually in 1982, CMHC sold Strathcona Heights to the City of Ottawa Non-Profit Housing Corporation. Rather than eviction, the city redeveloped the site starting in 1989, adding new buildings and partnerships with the Housing Co-ops.

There is never a housing shortage for the wealthy in our society. It is only a problem for those living in poverty and those working in jobs that don't provide adequate income. Governments have played an important role in housing, through

The last *Ken's Bygone Sandy Hill* column, about the history of the Strathcona Apartments on Laurier Avenue East, was promoted by the Historical Society of Ottawa (HSO) on their Facebook page. So far it has been viewed 51,000 times and shared by 83 people.

The HSO is Ottawa's oldest historical organization, founded in 1898. Their objective is to preserve and increase public knowledge of the history of Ottawa, including its people and places, through publications, meetings, tours, awards, sponsored research, and participation in local heritage events, as well as to support and encourage heritage conservation.

It is also the official patron of the annual Ottawa Regional Heritage Fair for area youth (Grades 5-9) and presents several awards to students.

If you are interested in history, check them out on Facebook or the internet, or attend a monthly meeting:  
[historicalsocietyottawa.ca](http://historicalsocietyottawa.ca)  
[info@historicalsocietyottawa.ca](mailto:info@historicalsocietyottawa.ca)

policies and direct funding of housing for those that are in need, as CMHC did with Strathcona Heights. But over the past 40 years our governments have backed away from their responsibilities and ended funding for not-for-profit housing. When that housing dried up, it put pressure on rents for the middle class who must compete in a housing market driven by shortages.

In the Oct-Nov 2022 *IMAGE*, I celebrated the 40-year history of the Cop Housing on Henderson Avenue—the partnership with the University of Ottawa that brought housing and life back to the street at another time of housing crisis. Sadly, that partnership will come to an end in five years and Sandy Hill will become a poorer community for it.

It is 2024 and we have yet another housing crisis. I do feel jaded and cynical as I watch expensive condos being built around the city that lower-income earners will never occupy. Then there are homes owned by uOttawa kept vacant in our community while students feel the pinch. Finally, our city is looking to the future for “new and innovative” ideas when I know our history is full of success stories. In 1946-47 returned veterans took control of vacant housing by squatting, and the result of those actions was CMHC and communities like Strathcona Heights. Is that what it will require to once more build affordable low-cost not-for-profit housing?

## Don't miss these upcoming events! À ne pas manquer !

### Second annual Vanier 5K charity race!

### La deuxième Course caritative 5km de Vanier !

Register or sign up to volunteer (free breakfast for volunteers)

Visitez le lien ci-dessous pour vous inscrire ou pour devenir bénévole.

Petit-déjeuner gratuit pour les bénévoles!

[Vanier5krace2024.eventbrite.com](http://Vanier5krace2024.eventbrite.com)

### Ward Hours - Réunions du quartier 12

Chez Lucien	137 Murray	March 22	1-3 pm
Safi Fine Foods	296 Somerset	April 5	1-3 pm
Zoureen's Cafe	320 McArthur	April 19	1-3 pm

Check [stephanieplante.ca](http://stephanieplante.ca) for more information!

Vous trouverez d'autres informations à [stephanieplante.ca](http://stephanieplante.ca).



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[stephanie.plante@ottawa.ca](mailto:stephanie.plante@ottawa.ca)

# Une à la fois



Arche en pont  
construite en 1897, Ecole  
élémentaire publique  
Francojeunesse au 119, rue  
Osgoode

Photos : Claude Bégin

## Claude Bégin

Une simple balade dans la Côte-de-Sable en portant une attention particulière à l'architecture nous fera apprécier la valeur patrimoniale des constructions restantes de maisons centenaires en briques, à une époque où l'électricité était une nouveauté à Ottawa et les gens roulaient en calèche. Dans la Côte-de-Sable, comme partout ailleurs au Canada, de nombreux styles architecturaux ont été importés du nord de l'Europe, principalement de l'Empire britannique. De nos jours, certains styles architecturaux dits « contemporains » sont souvent des néo-formes de styles plus anciens. À titre d'exemples : le Renouveau gothique (1800 - 1930), le Haut victorien (1840 - 1900), le Château (1880 - 1930),

l'Artisan (1800 - 1900), le Chalet anglais (1920 - 1930), l'Italisanant (1840 - 1885), la Renaissance Tudor (1800 - 1940).

Une quantité infinie de briques, chacune de la taille d'une main humaine adulte, composent les murs de plus d'une centaine d'anciennes maisons dans le quartier de la Côte-de-Sable. Ces structures datent de la fin du 19<sup>e</sup> allant jusqu'au début du 20<sup>e</sup> siècle. Toutes ces maisons racontent une histoire. La compétence, le travail acharné et le dévouement des maçons qui ont mené à terme la construction de ces structures en briques méritent d'être appréciés davantage.

La brique d'argile offre des caractéristiques particulières : les murs extérieurs construits en briques sont durables, sécuritaires et à long terme, ne nécessitent aucun ou très peu d'entretien. De surcroît, le côté esthétique indéniable

de la maçonnerie en brique offre un charme visuel à nos yeux. Pour bien constater cet effet frappant sur notre sens de la vue, nous n'avons qu'à porter une attention particulière aux différents arcs en maçonnerie de briques. Ces différentes coupes d'arc peuvent donner à une maison plus d'attrait visuel et de personnalité. Tout autant visuellement agréables sont les corbeaux en briques (encorbellement) offrant différents motifs ou modèles qui créent ainsi des effets intéressants d'ombres. Les pignons voûtés, les linteaux et les appuis de fenêtre en pierre rehaussent la beauté de ces maisons d'antan.

Depuis plusieurs décennies, la construction de maisons en briques agencées d'enjolivements a presque disparu partout avec l'essor de nouveaux styles de maisons normalisées. Des matériaux divers plus industrialisés sont désormais utilisés dans les nouvelles constructions... et ces mêmes matériaux font souvent preuve d'une durabilité inférieure comparativement à de la brique. Toutefois et heureusement, pour certains architectes et concepteurs de maisons, la brique d'argile, produit de base élémentaire intemporel, est encore tout aussi désirable aujourd'hui qu'elle l'était il y a un siècle et demi.

## Un défi ...



**Pour votre prochaine balade  
dans la Côte-de-Sable :  
Pouvez-vous trouver  
ces éléments architecturaux en briques ?  
Le nom des rues vous mettra sur la piste.**



## 2024 ANNUAL GENERAL MEETING

The 2024 AGM will take place on **Thursday, May 30, at 6:30 PM**. The AGM meeting is open to all residents of Sandy Hill, whether they have a membership or not.

**The Nominating Committee is looking for individuals interested in running for election at the AGM.** To stand for election, a person must be a current ASH member. To be eligible for ASH membership, you must reside, work, or own a property or a business in Sandy Hill. Current Members are also eligible to run for the Board.

ASH is interested in hearing from candidates that have an interest in heritage and planning and from candidates with communication skills to assist with social media, website and marketing.

Candidates interested in running for the Board of Directors can send an email to [joinactionsandyhill@gmail.com](mailto:joinactionsandyhill@gmail.com) by **10 PM (EDT) on Wednesday, May 15, 2024**. Please specify your motivation to serve on the Board, what skills and initiatives you intend to contribute, and include your resumé.

To RSVP:

[actionsandyhill@gmail.com](mailto:actionsandyhill@gmail.com)

**Join us on May 30th and join Action Sandy Hill!**

Sandy Hill Community Centre, 250 Somerset Street E  
6:30 to 9 PM



## ASSEMBLÉE GÉNÉRALE ANNUELLE 2024

L'Assemblée générale annuelle se tiendra **le jeudi 30 mai à 18 h 30**. La réunion de l'AGA est ouverte à tous les résidents de la Côte-de-Sable.

**Le comité de nomination est à la recherche de personnes intéressées à se présenter aux élections lors de l'AGA.** Pour se présenter à l'élection, une personne doit être membre actuel d'ACS. Pour être membre d'ACS vous devez résider, travailler ou posséder une propriété ou une entreprise dans la Côte-de-Sable. Les membres actuels peuvent également se présenter au conseil d'administration.

Action Côte-de-Sable est particulièrement intéressée par les candidats qui ont un intérêt pour le patrimoine et la planification et par les candidats qui ont des compétences en communication pour aider avec les médias sociaux, le site web et le marketing.

Les candidats intéressés à se présenter au conseil d'administration peuvent envoyer un courriel à [joinactionsandyhill@gmail.com](mailto:joinactionsandyhill@gmail.com) avant **22 heures (HAE) le mercredi 15 mai 2024**. Veuillez préciser votre motivation à siéger au conseil d'administration, les compétences et les initiatives que vous avez l'intention d'apporter, et inclure votre curriculum vitae.

Pour répondre à l'invitation:

[actionsandyhill@gmail.com](mailto:actionsandyhill@gmail.com)

**Joignez-vous à nous le 30 mai et rejoignez Action Côte-de-Sable !**

Centre communautaire de la Côte-de-Sable, 250, rue Somerset E  
18 h 30 à 21 h



L'hon./Hon.

## MONA FORTIER

Députée/Member of Parliament - Ottawa-Vanier

233, chemin Montréal Road  
Ottawa, Ontario, K1L 6C7  
613-998-1860  
mona.fortier@parl.gc.ca

@EquipeTeamMona  
@MonaFortier  
@MonaFortier

Dear residents,

As we enter into spring, I am happy to share some news from the federal government. On February 12, the federal government announced an investment of \$176.3 million in the city of Ottawa through the Housing Accelerator Fund. This investment will expedite the construction of 4,400 units, paving the way for 32,000 homes in the next decade. The purpose of this investment in the city of Ottawa is to streamline municipal administrative processes, amend zoning laws, and break ground to build more homes faster.

We introduced a price on pollution to fight climate change while returning more money back to Canadians so they're not stuck carrying the burden. That's why families in Ontario can receive up to \$1,120 through the Canada Carbon Rebate. The first payment for 2024 will be delivered by mid-April.

We will continue to support the middle class by creating good jobs, building more housing, and preserving our clean air. We will also continue to provide targeted relief from inflation to families who need it most, including the implementation of \$10-a-day

childcare services and the Child Care Benefit which is indexed to consider inflation. We are also establishing the Canadian Dental Care Plan that will benefit Canadians, including youth under 18 and seniors over 70.

Finally, I invite you to submit your application to the Ottawa-Vanier Youth Council, for individuals aged 16 to 24, or to the Ottawa-Vanier Seniors Council, for those aged 50 and above. This is a great opportunity to play a role as an engaged citizen and provide me with your insights and ideas on how the federal government can contribute to improving the quality of life for residents of Ottawa-Vanier and the surrounding region.

As always, if you need any assistance with any federal programs or services, contact the team at 613-998-1860, or send us an email at mona.fortier@parl.gc.ca.

Mona Fortier  
MP Ottawa-Vanier

# Community safety means housing for all

Nick Grover

It's no secret that the homelessness crisis is most visible in Sandy Hill and Lowertown, even more so since the pandemic. The response to it has ranged from lackluster to hostile.

The City of Ottawa's affordable housing budget — for new non-market builds — has been increased from \$16 million last year to \$30 million this year. That is a clear step in the right direction to put a dent in the years-long waiting list for public housing, and was only realized thanks to the tireless advocacy of community groups like ACORN and Horizon Ottawa, and councillors like Ariel Troster. But does this funding actually match the severity of the city's stated "housing emergency"?

Thirty million dollars is a drop in the bucket compared to what the city spends on policing, itself largely a response to poverty and homelessness, especially downtown. The police budget was just increased again, bringing total funding to \$415 million — plus another \$245 million for the first year's lease on a new station in ByWard Market.

This might seem appropriate given the uptick in break-ins at various ByWard businesses, and how many merchants and residents alike report feeling unsafe there. But we've already been throwing vast sums of money at the police for decades, with little to show for it. They have been unable to prevent crime, only respond to it after it's happened or, in too many cases, leave someone dead who was in a bad spot. We spend millions to move the unhoused out of view, put those struggling with addiction in prison, send armed officers to respond to a mental health crisis, and criminalize petty theft rather than fund stable, affordable, supportive housing. And so nothing changes except that the already desperate and vulnerable are left overpoliced and worse off.



Opinion

It all feels like a bit of a scam. The City claims it can't afford to build housing or fund better services because it must keep taxes and spending low. And yet it costs far more to police, shelter, and repeatedly hospitalize homeless folks, than it does to simply house them. Yet all this money spent managing the symptoms of poverty gives the City a new excuse to say "We can't afford to do more." It seems the real crime, as far as the Mayor and City Council are concerned, is anything that would lower property values. So we must make a choice, because if we truly want a safer city we must break this cycle.

Over in Finland, homelessness has been nearly eliminated. Anyone living rough receives a small apartment and counselling — without any preconditions. Four out of five people make their way back into a stable life.

Ottawa must go all-in on public housing co-ops and Housing First programs like Options Bytown, alongside robust social services, so no one is left behind, paid for by drawing from the massive police budget. When people speak of "defunding" or "detasking" the police, this is what they mean: redirecting money into social investments that tackle the root of crime and make the police less necessary to begin with.

When a person is priced out of housing, deprived of the resources and support they need, unable to find a job without a permanent address, and then dragged away by the cops so residents aren't bothered by their presence — to me, that is not safety; that is callousness being done in our name.

Photo HS Canada / Philip Owen

## Osgoode Street drama from page 1

"You don't feel them bite" he told me. "It's only after that the itching starts."

The petition to the coroner's office was successful and the investigating coroner, Dr. Susan Tector, was assigned the task of responding to the deaths and the inspection. The last information that I have is her March 2022 statement that her report will only be available to those who have initiated the investigation. Thinking that enough time has passed that a report may be widely available, I recently wrote an email to the Regional Coroner's office, requesting a copy of her report but have not yet heard from them.

By June 2023, there were eight tenant holdouts including Jim and Rosemary. Six of the eight tenants' complaints were heard at the Landlord and Tenants Board (LTB) that month. All six accepted an arrangement that would reserve the apartments at 170 Osgoode exclusively for their use at the same rental rate that they currently paid.

By 2024 there were two holdouts, Jim and an unidentified woman. Rosemary had disappeared from view. She had finally been successfully evicted, probably from lack of rent payment. She protested paying for these awful living conditions by withholding rent payment. Neither of her legal contacts know where she is. I've visited 170 Osgoode and talked to Jim again who, until the fire engulfed the building, was preparing to move his worldly goods to another, renovated room in the same Osgoode block.



I spoke to him the day after the fire and he said that he's well pleased with his room in one of the townhouses not affected by the fire. "There's a TV this big on the wall!" He has taken advantage of the LTB ruling that Smart Living must rent this renovated apartment at the same price that he was paying for a room in the old, dilapidated townhouse. He is not too sure how long this reduced rental will apply.

On February 1, 2024, a fire engulfed 166, 168, and 170 Osgoode Street. Numbers 168 and 170 were completely destroyed as well as part of Jim's furnishings.

I have a freedom of information request, asking for a report on how the fire started. I hope to find out soon.

Stay tuned. If Rosemary contacts me, there may be more to this story.

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

Le Centre de santé communautaire Côte-de-Sable (CSCCS) est supervisé par un conseil d'administration bénévole dont le mandat est de deux ans. Les membres du conseil se réunissent environ un soir par mois et participent à des comités de soutien. Nous recherchons des bénévoles pour siéger à notre conseil d'administration à partir de l'été 2024. Nous vous invitons à poser votre candidature si :

- vous avez 18 ans ou plus ;
- vous résidez dans la ville d'Ottawa ;
- vous soutenez notre mission ;
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- s'identifiant comme francophone, autochtone ou LGBTQ2 ;
- ayant de l'expérience dans le domaine, notamment au sein d'un conseil d'administration bénévole.

Pour postuler, veuillez envoyer un courriel à Cristina Coiciu à [ccoiciu@sandyhillchc.on.ca](mailto:ccoiciu@sandyhillchc.on.ca) avant le 31 mars 2024.

Pour plus d'informations sur qui nous sommes et ce que nous faisons, veuillez consulter notre site web à [www.sandyhillchc.on.ca](http://www.sandyhillchc.on.ca).



### We are looking for new Board members

The Sandy Hill Community Health Centre (SHCHC) is overseen by a volunteer Board of Directors who serve two-year terms. Board members meet approximately one evening per month and participate in supporting committees. We are recruiting volunteers to serve on our Board beginning in summer 2024. We invite members of the public to apply if you:

- are 18 years of age or older,
- are a resident of the city of Ottawa,
- support our mission, and
- can commit to a two-year term as an active Board member.

In particular, we welcome candidates with any of the following attributes:

- are a client of SHCHC,
- have knowledge or experience in healthcare service or health policy,
- identify yourself as Francophone, indigenous, or LGBTQ2,
- with experience in the field, including serving on a volunteer Board of Directors.

To apply, please send an email to Cristina Coiciu at [ccoiciu@sandyhillchc.on.ca](mailto:ccoiciu@sandyhillchc.on.ca) by March 31, 2024.

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

# Buying Sandy Hill property by the numbers

Ralph Blaine

“Let’s face it, our country has a problem with financial crime”

On February 2 2024, this headline introduced a story by Niamh Leonard on page 4 of the *Globe and Mail’s* business section. Of course, it has long been known that Canada’s stable economic and justice systems make it a haven for money-laundering. This *Globe* story says that knowledgeable sources estimate that between “\$45 billion and \$113 billion is laundered in Canada each year.” The *Globe* story goes on to detail a major development in federal legislation that should help deter such “financial snow washing.” Ms. Leonard specifically mentions the distortion of real estate markets caused by the influx of dirty money. Is it possible that Sandy Hill is a lucrative haven for the illicit profits of human traffickers, internet hackers, and drug smugglers? Let me tell you what I discovered about a few property holdings in our neighbourhood . . .

Back in 2012, a for sale sign appeared on the lawn of my neighbour Sue’s house. She had done a lot of work on the house, and we were surprised when it was put on the market. Once it was sold, everyone was naturally eager to welcome our new neighbour. It was a bit of a letdown to discover that the new owner was 7242891 Canada Inc.—or rather a numbered company with that ID. Almost before you could blink an eye, Sue’s house had been subdivided into 10 rooms, whose residents shared one kitchen and two bathrooms. Who provided the money for 7242891 Canada Inc.?—almost impossible to find out. Whoever it was, a back of the envelope calculation suggests that the house they reconfigured would generate a net income of about \$80 thousand per year, assuming they paid cash. They also got a very secure investment in an orderly, well-governed country.

A few months after Sue’s house sold, a nearby house on Daly was sold for \$40,000 over asking price. The purchaser was 2304407 Ontario Inc.—another numbered company. And yes, this house was also chopped up into rooms for rent.

I’m sure that a thorough investigation of house sales in Sandy Hill would show that a significant number were purchased by numbered companies registered in Ontario (as Ontario Inc.) or federally (as Canada Inc.). Of course, none of this means that any of these numbered companies were incorporated for the purposes of laundering illicit money. It is just as likely that each one represents a group of legitimate investors who, for whatever reason, wanted to hide their identity. But that’s the problem with these numbered companies. Because the law shields the identity of the beneficiary owners, it is very difficult to prevent them being used to shelter dirty money.

But change is coming. The *Globe* story reports that the Canadian government has implemented rules that require federally incorporated companies to make public the names of their controlling owners. These names will be publicly accessible online. This means you or I should soon be able to find out who controls 7242891 Canada Inc., the company that bought Sue’s home.

Alas, the same is not true of the house sold on Daly Avenue. It was purchased by a numbered company registered in Ontario. Each province has its own registry of numbered companies and, according to Niamh Leonard’s story in the *Globe*, so far only British Columbia and Quebec have begun the process to make beneficiary owners of their numbered companies public.

Until Ontario follows suit, the residents of Sandy Hill, and any other neighbourhood in this province, will be hamstrung in efforts to determine to what extent our housing market is being distorted by money made on the backs of desperate immigrants, poor residents of Latin American villages terrorized by drug gangs, and hospitals here in Canada being held to ransom by computer-hacking rings—money sneaking into our country through the back door of our own numbered companies.

Readers who are concerned about the rooming house issue in Sandy Hill might be interested in a February 27 *Globe and Mail* story by Laura Stone: <https://www.theglobeandmail.com/canada/article-brampton-illegal-rooming-housing-landlords-rentals/>.



## Where is the promised addition to Viscount Alexander school?

On Wednesday, January 30, 2009 the Board of Trustees of the Ottawa Carleton School Board (OCDSB) voted eight to four in favour of starting Early French Immersion (EFI) at Viscount Alexander School. The OCDSB also called for a permanent addition when student enrolment warranted it.

Now, 14 years later the school population exceeds the rated capacity for the school. There is no space to hold a staff meeting and other special support space for students is extremely limited.

For many years Viscount Alexander has been on the list of capital funding priorities that the OCDSB submits annually to the Ontario Ministry of Education. This addition would cost about \$2 to 3 million. In recent years rapidly growing suburban

areas have taken much of the funding to build new schools.

Viscount’s enrolment is growing and the demands on the school space are only increasing. The time has come to invest in this dual track English/EFI community elementary school and provide these students with a solid start to their education. Hopefully the Ministry of Education will see that Viscount Alexander has served Sandy Hill and beyond for many decades and the time has come to reinvest to keep this community school thriving.

**Michael Barnes**  
Former Co-Chair/ Community Representative at Viscount Alexander School for 14 years



L'hon./Hon.

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Chères résidentes et chers résidents,

En ce début de printemps, je vous partage des nouvelles de la part du gouvernement fédéral. Le 12 février, le gouvernement fédéral a annoncé un investissement de 176,3 millions de dollars à la ville d’Ottawa grâce au Fonds pour accélérer la construction de logements. Cet investissement permettra d’accélérer la construction de 4 400 unités, ouvrant la voie à 32 000 logements dans la prochaine décennie. Cet investissement à la ville d’Ottawa a pour but de simplifier les démarches administratives au niveau municipal, modifier les lois de zonage et mettre les pelles en terre pour construire plus de logements, plus rapidement.

Nous avons mis en place un prix sur la pollution pour lutter contre les changements climatiques tout en redonnant plus d’argent aux Canadiens afin qu’ils ne soient pas obligés d’en supporter le fardeau. C’est pourquoi nous avons récemment annoncé les montants que les familles admissibles peuvent recevoir tout au long de l’année 2024 dans le cadre de la Remise canadienne sur le carbone. Une famille de quatre personnes en Ontario peut recevoir jusqu’à 1 120 \$! Le premier paiement de 2024 dans le cadre du remboursement est prévu à la mi-avril.

Nous allons aussi continuer à offrir

des allègements aux familles qui en ont le plus besoin pour aider à combattre l’inflation par la mise en place de services de garde à 10 dollars par jour et l’Allocation canadienne pour enfants (ACE) qui est indexée pour tenir compte de l’inflation. De plus, nous avons instauré le Régime canadien de soins dentaires qui profitera aux gens de chez nous, y compris les jeunes de moins de 18 ans et les personnes âgées de plus de 70 ans.

Enfin, je vous invite à soumettre votre candidature au Conseil jeunesse d’Ottawa-Vanier, pour les jeunes de 16 à 24 ans ou au Conseil des aînés d’Ottawa-Vanier pour les personnes de 50 ans et plus. C’est une bonne occasion pour jouer un rôle de citoyen engagé et pour me fournir vos conseils et idées de comment le gouvernement fédéral peut contribuer à l’amélioration de la qualité de vie des résidentes et résidents d’Ottawa-Vanier et de la région.

Comme toujours, si vous avez besoin d’appui avec les programmes et services fédéraux ou si vous souhaitez partager vos pensées et opinions, vous pouvez communiquer avec mon équipe au (613) 998-1860 ou nous envoyer un courriel à mona.fortier@parl.gc.ca.

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# Sandy Hill in Lowertown?

**Betsy Mann**

After 50 years in our neighbourhood, Sandy Hill Child Care Centre is crossing Rideau Street to locate in Lowertown. “We aren’t moving far,” Centre Director Pam Benoit reassures prospective families, “and we won’t be changing our name!”

A disastrous fire in its building on Wilbrod on December 27, 2022 forced the child care to find temporary quarters for several months at St. Paul’s Eastern United Church at the corner of Cumberland and Daly. “The community really rallied behind us and we got help from our municipal

councillor, Stéphanie Plante,” says Benoit. “We couldn’t abandon our families, but the church was not a permanent solution.” Sandy Hill Child Care closed its doors there August 31, 2023. “We waited till we would be affecting the least number of families,” Benoit explains. “At the end of the summer, many of the children were moving on to kindergarten and other parents were taking parental leave.”

Meantime, a new location had been found at 5 Myrand, across from École secondaire De La Salle on Old St. Patrick Street. The lease for this small two-storey brick building was signed last October. Since then, efforts have been focussed on getting inspections done, obtaining permits and most recently, receiving estimates from contractors for the necessary renovations.

“We are making it really clear to potential contractors that time is of the essence,” Benoit insists. “There’s a dire lack of child care in our area. I’d call it an emergency. I get two or three phone calls and emails a day from parents who are desperate for care for their children. We need to be open.”

**Left—Tessa Schalken, age 9, winner in the children’s category, wanted the new Sandy Hill Child Care logo to reflect its name: “I wanted to draw a sandy hill to go with the name, but I thought it would be a bit boring, so I made it a sand castle because little kids really like to build them at the beach.” Tessa and her younger brother are both graduates of Sandy Hill Child Care.**



**Elena Mallard’s colourful design won in the adult category of the contest for the new logo of Sandy Hill Child Care.**

Once the new location is ready, Sandy Hill Child Care will once again have places for 44 children, aged 18 months to four years. “The spaces will be filled from the city’s centralized waiting list, about half of them subsidized and half full-fee,” explains Benoit. “We used to get children from families in emergency housing in the Econolodge on Rideau and I expect that will happen again,” she continues. “They were sure to get good meals with us and we could pass on donations of toys and clothing too.”

As a way of staying connected with the community during the prolonged

closure, Sandy Hill Child Care solicited submissions from the community for a new logo. They received ten from adults and four from children, some of them graduates of the child care. The educators are also maintaining connections by getting together regularly. “We are motivated and excited by the opportunities that planning this new site brings us,” Benoit says enthusiastically. “It will be wonderful to be back working with the children and their families again.”

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Illustration: Claire MacDonald



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# Bettye Hyde: Continuing a community tradition

Photo Betsy Mann

Betsy Mann

If you have passed by the corner of Osgoode and Blackburn in the past few months, you may have noticed the change in the sign on the iron fence around the playground there. Instead of “Bettye Hyde Cooperative Early Learning Centre” it now reads “Bettye Hyde Early Learning Centre.” The name changed last fall after Bettye Hyde approached Andrew Fleck Children’s Services to propose an amalgamation. Andrew Fleck Children’s Services purchased the building and took the child care centre under its umbrella.

Program Coordinator Janet LeBlanc is reassuring: “It’s just the word ‘cooperative’ that’s gone, not the spirit of cooperation.”

That’s good news to the generations of Sandy Hill families whose children attended Bettye Hyde, starting from its beginnings as a cooperative nursery school 80 years ago. “Over the years, we’ve adapted and stayed current with the times,” LeBlanc explains. When she began as a teacher there 25 years ago, the school was still only offering half-day programs for preschoolers and kindergarteners. “There was always a parent there to supplement the teachers,” she continues. “Every family had a ‘duty day,’ either three hours with the children or doing something at another time to support the program.”

The context of early learning and child care has changed a lot over the years, and Bettye Hyde has continued to respond to those changes. “The shift to full-day kindergarten in 2010 meant we needed to move toward offering full-day child care for younger children,” LeBlanc remembers. “We now take children from age 18 months to when they enter kindergarten.” The original cooperative model encouraged families to build a network with like-minded parents, as well as an attitude of active participation in their children’s education. How to maintain



**While it is no longer officially a co-operative, the family and community spirit of Bettye Hyde Early Learning Centre remains strong.**

those positive aspects without adding to the time pressures that today’s parents of young children are already feeling?

“Parent involvement is part of Andrew Fleck’s commitment,” says LeBlanc. “We will continue to encourage parents’ participation in our programs.” She gives the example of parents coming to read to the children on Family Literacy Day. “In fact, they are always welcome,” she adds. A Family Day celebration was an occasion for parents to get to know each other along with the children their own little ones play with every day, an important way to build community feeling. “Being part of a larger organization allows us to involve parents but also to now take the pressure off them,” LeBlanc explains. “People can

participate as and when they are able instead of it being a requirement. We want to continue to include them without being burdensome.”

LeBlanc is enthusiastic about the opportunities that the association with Andrew Fleck Children’s Services opens up for our neighbourhood child care centre. “I’m excited about their intergenerational programs and their focus on forest and nature/outdoor programming,” she declares. “They really align with what Bettye Hyde has always tried to do in our community.” Let’s hope we can look forward to Bettye Hyde Early Learning Centre moving with the times and celebrating its 100th birthday as a Sandy Hill resource.

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# Finding hope, safety and welcome in Sandy Hill

**Michelle Miller**

In the heart of Sandy Hill, within the walls of Carty House—Ottawa’s only transitional home for refugee women — lies the story of Yvanova, a young Haitian student whose journey has been marked by resilience, determination, and the unwavering pursuit of education amidst adversity.

Despite the challenges that surrounded her — from economic hardship to political instability — Yvanova remained steadfast in her pursuit of education, determined to defy the odds and carve out a path for herself that transcended the limitations of her circumstances.

With limited options available to her in Haiti, Yvanova made the difficult decision to leave her family and study in Canada, hoping to find a new home where she could pursue her dreams without the barriers that had hindered her in her homeland. While she was studying in Ottawa, her father died back in Haiti and that changed everything — gone was her support.

Dropping out of school was excruciating. She loved reading and writing and learning, but she needed to wait for the daunting asylum process to run its course. When she was granted refugee status, she was both relieved and scared. What now? Where will I live? How will I continue my studies? How will I support myself? Important questions for any refugee, let alone a 20-year-old woman on her own in Ottawa.

She was becoming so tired of telling her story to those who seemed compassionate but were unable to help. She had been deceived before about support and housing that was available. When she was offered a room at Carty House, she wondered if it was too good to be true. But, when she was met with a big smile and an even big-



**Yvanova is now hopeful about her future in Canada, thanks to the support of Carty House in Sandy Hill.**

*Photo: Christine Aubry*

ger hug, she knew she was safe. She was given a room of her own to study, rest and heal, fresh food, and a community of other refugee women, each with their own story of resilience and strength, who support one another as they each rebuild their lives, one step at a time. She has been profoundly impacted by meeting past residents of Carty House, women who have worked hard to make their way to a new life in Canada. “If they can do it, so can I,” she remarked.

Yvanova is now back in school and pursuing her degree in social work. She wants to work in addictions and believes that everyone deserves a chance to get better, especially those who reach out and have the strength to ask for help. She has begun to envision a future filled with promise and potential, one where she could pursue her passions and make a meaningful impact on the world around her.

Today, Yvanova stands on the threshold of a new chapter in her life. Her journey from Haiti to Ottawa is a testament to the power of resilience, determination, and the transformative impact of education. When asked what she wanted others to know about her, she responded “I’m a person, I’m not just a refugee. Don’t feel sorry for me. We all have different challenges, and we all have different gifts. Life is a process.”

Carty House is a first home and helping hand for female refugees in Ottawa. Due to great need, Carty House will be opening a second location this year. To learn more or to support them, visit [CartyHouse.org](http://CartyHouse.org), email [outreach@cartyhouse.org](mailto:outreach@cartyhouse.org) or call 613-236-8855.

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Photo: Olantu Nini



To take this shot of the Queensway at night, Olantu Nini used an ISO of 100 to increase the camera sensitivity to light and create beautiful micro-thunders, reflecting how light was actually travelling by at a given lapse of time. “I was only able to capture these details playing with a camera setting and taking a shot at a given moment. If there is reflection beyond my photography for people to take with them, it can only be that we need sometimes to pause to be able to grasp fully our realities and give the best experience to our divinely designed sense.”

## Photovoice project was a winter highlight at Strathcona Heights

**Fatima Zahra Mounfaloti**

We have observed the seasons go by, a panoply of community initiatives taking place, and so many challenges that community members and leaders managed to navigate with such grace!

On Thursday, December 21, 2023, the Sandy Hill Community Health Centre and Ottawa Community Housing jointly held a holiday meal catered by Krackers Katering to celebrate the community’s abundance and accomplishments, as well as the power of diversity and healing. Participating residents decorated the room and served food to more than 150 individuals, welcoming all to this beautiful community-led initiative. “We have not felt celebrated in such a long time! We haven’t felt like this since COVID,” rejoiced a resident.

As we dive into the new year, we focus on the youth through the Photovoice Project- a collaborative project between Pinecrest Queensway Community Health Centre, Sandy Hill Community Health

Centre, Lowertown Community Resource Centre, and Rideau-Rockcliffe Community Resource Centre. The project was designed to empower and amplify the voices of BIPOC (Black, Indigenous, and People of Colour) youth between the ages of 12-22 through the transformative art of photography. The project aims to address health disparities and social justice issues within our communities.

Participants received training to equip them with the skills to capture images within their communities. Olantu Nini, resident of Sandy Hill and program participant, shared these thoughts: “Photography is a way to have people see the world through my eyes, no words needed. Lights, contrasts, shapes, and tones elevate our reality to another dimension. The rushy evening photography was taken on a Saturday evening when everyone was rushing home, or to the people they call home, without noticing how fast they were going, how fast life was going.”

In June, the participants will showcase their unique works in a city-wide event to be held at the Ottawa Art Gallery, highlighting the diverse photographic perspectives captured in Canada’s Capital. Stay tuned!

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### A SANDY HILL POTPOURRI

By Ralph Blaine

1		2		3		4		5		6		7
8			9									
10								11		12		
13				14			15					16
18							19		20			
21		22									23	
24								25				

**ACROSS**

- Weak (5)
- Synagogue notables who lead song and prayer (7)
- Strongly regret (3)
- The area in which games (especially video games) take place (9)
- Where you might find an apple – especially in October. (2,1,4)
- Sudden wealth might bring the stigma of being a “nouveau \_\_\_\_\_” (5)
- A local river crossed by 18 down (6)
- PM King had a large property in the Gatineau Hills now called the “Mackenzie King \_\_\_\_\_”. (6)
- After in Trois-Rivières (5)
- Drive back by force of arms (7)
- Those members who did not attend a meeting (9)
- Dead heat (3)
- Lacking restraint or moderation (7)
- To build (5)

**DOWN**

- MP Mona (7)
- A British Viscount whose name graces a Sandy Hill institute of learning (9)
- A person shunned for moral or social reasons (5)
- A Sandy Hill thoroughfare on which a pious person might stop and offer a prayer? (6)
- This Sandy Hill purveyor of fine hamburgers and onion rings might supply you with a knife but the name suggests there will be \_\_\_\_\_ Given. (2,5)
- A crowd cheer one might hear at a bull fight in Madrid (3)
- Walk in a timid or furtive manner (often used with “up to”) (5)
- A Sandy Hill avenue on which a literate child might expect to find a spider’s home? (9)
- For a short break from work you might ask for a “Leave of \_\_\_\_\_” (7)
- Iron or uranium, for example. (7)
- What samples of H<sub>2</sub>O may do when the temperature drops below 0°C (6)
- A bridge over 13 Across (5)
- What you might want to do after you “Copy” (5)
- A drunk (3)

*Solution on page 12*



Illustration: Dawna Gallagher Moore

# École Francojeunesse: Un hiver plein d'aventures!

L'hiver est loin d'être une saison de repos à l'École élémentaire publique Francojeunesse! Les élèves ont profité d'une multitude d'activités palpitantes pour agrémenter les journées froides et enneigées.

## Ski alpin à Mont Cascades

En décembre, les élèves de 5e et 6e année ont dévalé les pentes de Mont Cascades lors de leurs sorties de ski alpin. Encadrés par des moniteurs expérimentés, pendant trois mercredis aux mois de janvier et février, ils ont appris les techniques de base et ont perfectionné leurs habiletés dans un environnement sécuritaire et amusant.

## Carnaval d'hiver

Le traditionnel carnaval d'hiver a transformé la cour de l'école en un véritable paradis hivernal. Les enfants ont aussi pu profiter de jeux extérieurs au parc Strathcona, de journées à thème et d'une journée de glissade à l'Ange-Gardien. Vous les entendrez sûrement chanter pendant plusieurs semaines encore leur chanson du carnaval!

## Salon du livre

Le salon du livre a permis aux élèves de découvrir une variété d'ouvrages littéraires et de rencontrer des auteurs talentueux. Ils ont participé à des ateliers, écouté des contes et acheté des livres pour rapporter à la maison.

## Et bien plus encore!

La classe de 2/3 a profité de la belle température pour aller à la recherche des machines simples et des structures! Quelle belle façon d'en apprendre davantage sur tout ce qui nous entoure! De plus, l'école sera représentée à l'événement phare de la programmation publique du Musée, soit le Festival des sucres Vanier les 23 et 24 mars.



Les élèves de l'École Francojeunesse ont exploré le quartier à la recherche des machines simples et des structures.



Photos : École Francojeunesse

En plus de ces événements spéciaux, les élèves ont également participé à des activités hivernales régulières, telles que des jeux de neige à l'extérieur, des bricolages sur le thème de l'hiver et des lectures d'histoires enneigées.

L'école Francojeunesse est fière d'offrir à ses élèves un hiver rempli d'apprentissages et de divertissements. L'équipe pédagogique est dévouée à créer un environnement stimulant et enrichissant où les enfants peuvent s'épanouir et profiter pleinement de la belle saison.



**Thirteen Strings'** next concert, *Reflection : Music for Good Friday* will be March 29, 7:30 PM, at Carleton Dominion Chalmers Centre on Metcalfe St. The program juxtaposes a heart-wrenching Bach cantata with a new work inspired by the Hindu Festival of Colours. For tickets, [www.thirteenstrings.ca](http://www.thirteenstrings.ca)

## ► Crossword solution, from page 11

### A SANDY HILL POTPOURRI



## It started here, with you

### Catina Noble

It's been over thirty years since I first picked up a copy of the Sandy Hill neighbourhood newspaper, IMAGE. I was thirteen. I sat in my room with the paper, going through it page by page. I was interested in a variety of articles. I remember reading each author's first and last name out loud for the article they wrote. I wondered what it would be like to see something in the paper and read my name out loud as the author.

By this time, I had been keeping a journal for a year. I wrote in it every day, sometimes more than one entry. I loved writing. I wrote poems and ideas for stories. I wrote about how, when I got older, I would become a writer; how I wanted to see a book in a bookstore with my name as the author. I knew I had to start somewhere. What if I could get something of mine published in the local newspaper? As soon as that idea took hold, I was hooked. It was all I could think about.

I even started practicing my signature in case I was asked for my autograph. It could happen, I told myself. On a whim, I wrote a letter enclosing an original poem of mine, I dropped it off at IMAGE newspaper. It's been so long, I cannot remember the name of the poem.

Imagine my surprise when I saw my work, in print, under Katey Noble. Katey was my nickname growing up; I now write under my given name, Catina Noble. Over the next few years, I would



Photo: David Villeneuve

It all began with IMAGE for published author Catina Noble

go on to write several articles and have more of my poems published by IMAGE newspaper. The paper will always be near and dear to my heart. Being published in this paper is what gave me the motivation — and courage — to reach for my dreams of becoming a writer.

It's been over three decades since my very first piece of writing was published in IMAGE.

I have gone on to be published in a variety of magazines and books, including but not limited to: *Woman's World Magazine*, *Chicken Soup for the Soul: Reader's Choice 20th Anniversary Edition*, *Perceptive Travel Magazine*, *Canadian Newcomer Magazine*, *Chicken Soup for the Soul*, *Your 10 Keys to Happiness*, *Y Travel blog*, *Bywords*, *The Mindful Word*, etc. I am now the author of thirteen books, including two poetry collections.

A big thank you goes to the staff at IMAGE, who helped foster my love of writing and who, by doing that, set the foundation of my writing career.

**Copy-editors' note:** We thought it would be fun to find out who "the staff at IMAGE" was 30 years ago. We contacted long-time editor Jane Waterston who remembers that Hilary Russell, the editor at the time, was thrilled to get a submission from a local teen. Copies of a few issues from 1994 listed Hilary as managing editor. Contributing editors were Jane Waterston and Francesca Worrall. Jane also managed the advertising. Other people involved with production were Denyse Mulvihill, Ann Archer, Pramod Mehta, Launa Gladwin, Claire MacDonald, Cecile Pierchon, and Hedi Worrall. With photographers Dan Grant, Peter Lindell and John Wenuk.

# Introducing the Funeral Co-operative of Ottawa

## Gwynneth Evans

Alexandra Wilson and I met at Working Title to discuss a topic close to our hearts and experience: death and the celebration of a loved one's life. We have both lived in Sandy Hill for decades and admire how the complex at Chapel and Laurier East is playing its part in the evolution of our beloved community. Our conversation turned to the Funeral Co-operative of Ottawa (FCO), where Alexandra has served on the Board since 2015.

Operating in French and English, FCO was founded to meet the needs of family or friends when someone in the community dies. It attends to the disposition of the body and assists with arranging the services that allow the family to celebrate their loved one's life. FCO provides these services on a not-for-profit basis to members and non-members alike. A one-time fee of \$35.00 allows members to receive a discount for services, arranged either in advance or at the time of death.

Services offered include cremation, aquamation, donation of the body to science, a simplified burial in the ground or traditional burial from a synagogue, mosque, temple, shrine or church. The staff coordinates and delivers services based on conversation with the family.

FCO aims to meet the family's needs at a fair price, without pressure to purchase unwanted goods or services. The facilities and options available are varied to accommodate and support those for whom this time of grieving and visitation is so important. It is easier, if these details have been worked out in response to a will and the stated desires of the deceased.



Alexandra found herself unexpectedly turning to FCO following the accidental death of her 26-year-old son in 2019. She describes the service she received as compassionate, attentive and sensitive. With the help of friends, she arranged a wonderful time of consolation and community at Working Title for her and her family. Impressed with the allsaints event space, FCO now includes it as an option for a celebration of life when a larger facility is needed than the co-op's own memorial space on St. Laurent Boulevard.

Alexandra told me that she recently attended a funeral in Victoriaville. Unlike many Quebec towns and cities, Victoriaville does not have a funeral co-op. The funeral home held eight events that day, which led to an impression of rush. By contrast, FCO's space is personal and intimate.

Canada has experienced great changes over the decades and we know how much more multicultural and secular our population is. The Funeral Co-op of Ottawa is able to meet the requests of all families. It recognizes that those left behind want both to fulfil the wishes of the deceased and to honour and comfort those who mourn in a manner respecting the norms of their community.

Of the co-op's 2,400 members, 128 live in Sandy Hill and Lowertown. FCO has served 64 families in these neighbourhoods. To join or learn more, visit the FCO website at [www.fco-cfo.coop](http://www.fco-cfo.coop)

**Sandy Hill resident Alexandra Wilson is a board member of the Funeral Co-operative of Ottawa, that provides celebration of life services at allsaints event space.**

*Photo : Christine Aubry*

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# Action Sandy Hill, the neighbourhood community association, wants your help

Louise Lapointe

We're a little more than a month away from our Annual General Meeting on May 30, where we will be electing board members. This meeting, open to all in Sandy Hill, provides an opportunity for residents to connect with the Action Sandy Hill Board.

This will mark the end of my second year as ASH Chairperson. Prior to joining ASH as chair, I had limited experience as a director of any organization. I had no idea what I was signing up for! I have learned so much in a variety of municipal areas: university-relations, development, transportation, heritage, bylaw enforcement, social services, and housing, to name but a few. I've had the privilege of meeting and working with incredibly dedicated residents to address issues of friction. Our common objective: a neighbourhood that is clean, safe and a great place to live.

As Chair, I advocated to the city and province for change in the inefficient and destructive approach to dealing with people who are street involved, homeless or who are struggling with drug addictions. Through this I learned that



issues at the municipal level are often the result of poorly planned decisions from other jurisdictions. Ultimately, it is municipalities that bear the cost.

Community associations play a vital role in building community. We do this through advocacy, and by holding events run by extraordinary volunteers, such as the Winter Carnival, the One and Only craft fair, and the EcoFair. We also create lasting connections with the various city employees from bylaw, police, and public health, who work with us.

Volunteering, as a member or as a director, is a rewarding way to contribute something tangible to your community, gain experience on a board, learn about municipal policies, and more. Please join us on May 30 for our Annual General Meeting to hear what we have accomplished in the past year, what we hope to tackle in the coming year, elect new directors and continue ASH's tradition of community activism and advocacy.

Contact [info@ash-acs.ca](mailto:info@ash-acs.ca)

## ASH committees need YOU!

### Planning and Heritage Committee

If you are interested in playing a direct role in shaping zoning policy, the official plan and transportation master plan, reviewing neighbour comments on large developments, working with city staff on heritage designation, and demolition applications, and contributing to shaping housing policy, then the Planning and Heritage committee is for you! The committee meets monthly or as required. Training is available from the city and opportunities abound to share your expertise.

### Bylaw Committee

Tired of seeing garbage strewn on properties? Curious about improving sidewalk and snow clearing? Tired of burned-out street lights? Want to do something about it? Work with dedicated bylaw enforcement officers to find creative solutions to everyday problems and irritants.

### Environment Committee

Help organize a spring neighbourhood clean-up and other initiatives to assess and expand Sandy Hill's tree canopy and to enhance biodiversity.

Photo: Jane Waterston



## Sandy Hill EcoFair returns June 1

Marilyn Whitaker

The Sandy Hill EcoFair 2024 will be returning to Strathcona Park on Saturday, June 1.

Last year's successful debut had more than 20 exhibitors from eco-friendly organizations and attracted some 300 people to talk with exhibitors, ask questions and find out more about environmental activities and opportunities. Opening and closing ceremonies led by Elder Irene Compton, guided walks and a children's scavenger hunt were part of the EcoFair.

This year organizers hope to attract more exhibitors, including those interested in selling or promoting environmentally friendly products and services, as well as food items. EcoFair hours will be extended to 10 a.m. to 3 p.m. Expanded activities for children and families, and more guided walks are part of the planning.

If you have ideas and suggestions for EcoFair 2024, would like to help out or are a student looking for volunteer hours, please contact the members of ASH's Environment Committee at: [bdewalt.ash@gmail.com](mailto:bdewalt.ash@gmail.com) or [marilynwonash@gmail.com](mailto:marilynwonash@gmail.com).

Photo: Christine Aubry

## Councillor Plante's Feb. 9 ward meeting: Homelessness is top of mind

Larry Newman

Councillor Stéphanie Plante and I spoke recently about her meeting with residents of Sandy Hill at the Working Title Kitchen on Feb. 9. When I dropped in to the cafe, I found Stéphanie Plante and her assistant, Carina Pogoler, in the midst of a large lunch crowd, sitting around a longish table with about six other people. More Sandy Hill residents came as I stood there just watching and talking to Pogoler.

When I realized that there was no room at this inn, I left and arranged for a follow-up later with Plante. As it happens, the crush was eventually too much for this kind of meeting, so the councillor and residents moved to the unoccupied small room at the rear of the restaurant.

The big topic of conversation was homelessness. It has been clear to all of us for many years that, with the shelters, injection sites, and day programs, Sandy Hill streets are sometimes almost crowded with homeless people. Shelters are full. Many don't want to sleep in shelters because of theft and noise and other problems that arise when too many people try to sleep in crowded rooms. What to do?

I believe Plante is sensitive to this problem. She mentioned an Ottawa organization called Options Bytown that is working to solve this problem. One of its main jobs is to provide housing for those who cannot afford the normal rental prices in Sandy Hill. Most of its funding is from the City. Other housing support comes from the federal government which has just provided about \$170 million dollars to the city to assist in building more low-priced housing. Plante wants to know why there isn't more funding by the province. "Where is Doug Ford?" she said.

I brought up the recent controversy around Councillor Shawn Menard's agreement with the Katasa Group who will build a high rise on Carling and Bronson avenues. As reported in the January 31 *Ottawa Citizen*, Menard and the developer met after the City had agreed to authorize the construction. During this meeting Menard asked Katasa to make



MPP Lucille Collard (left) joined Councillor Plante (2nd from left) at the Feb 9 Ward meeting at Working Title Kitchen.

additional commitments, among them that more low-cost housing will be built and some traffic calming features will be included. The developer agreed to foot the extra bill of \$300,000 and an MOU (Memorandum of Understanding) was created. Menard was criticized at a council meeting for this "deal."

Plante told me that the issue wasn't brought up in the Working Title ward meeting. She didn't seem to have a problem with the MOU. When asked why the issue was appearing so frequently in the media, she attributed it to confusion about timing. Usually, agreements like this are made earlier in the site plan approval process. She didn't think this was "a shady deal," just a councillor looking out for his constituents.

Plante will again be in Sandy Hill for ward meetings from 1 to 3 p.m. at small businesses: April 5 at Safi Fine Foods and May 31 at the Happy Goat. She knows there is not much room at Safi's but she says, with a smile, "No problem. I'll solve all of Sandy Hill's problems before the meeting at Safi's." I like confidence in a councillor.

Photo: HS Canada / Philip Owen



## Comments requested on Laurier and Blackburn proposal

The city is currently taking comments on the development application for a new nine-storey residential building where Bate Hall now stands. Stay tuned for more information in the next issue of IMAGE.

To comment, visit:

<https://devapps.ottawa.ca/en/applications/D02-02-24-0003/details>

# Easter traditions encourage gathering around a table

**Krista Ranacher**

Cooking and sharing food across generations and cultures is one of the great pleasures of life. My kitchen grimoire is filled with scraps of paper with collected recipes overwritten with notes. My Mum's people are mostly Ukrainian and she does almost all the Easter celebration meal planning and cooking with recipes from that side of the family.

In the years I spent away from Canada, I was the most homesick at Easter. I didn't realize how special my Mum's and Dad's Easter celebrations were until I missed a few and had to fall in with other strays who were away from their usual holiday family circles to pool traditions, entertain our children and take time to eat and enjoy each other's company in the spirit of Easter.

For my Mum and Dad, preparations begin in the fall with the search for the best fresh cabbage at the farmers' market. Fresh cabbage is most easily made into holuptsi --Ukrainian cabbage rolls. These are tucked away in the freezer along with dozens of perogi, basically noodle dough wrapped around a filling of mashed potato and onion.

Winter is a good time to take a few days to make some new pysanka -- we've got a couple that are decades old. Traditionally, these intricately decorated and brilliantly dyed eggs were made and shared between households. My Mum grew up going to the Easter Vigil and Sunday sunrise services at a Ukrainian Orthodox church in Winnipeg. They would take



**Sandy Hill resident Krista Ranacher's family Easter celebrations reflect her mother's Ukrainian traditions.**

*Photos: Krista Ranacher*

their pysanka to place around the altar area to be blessed in the church.

It is lovely in this digital age that we can share this tradition with a more diverse audience and over distances. Mum gets

pictures from friends and family who have turned their hands to a kitska and dragged wax over the mundane miracle that is an egg dipped in successive dye baths.

Gathering around a table to craft pysanka feels like a ritual of hope for spring as the most basic kitska tools are heated in the flame of a candle to melt and deliver wax to the surface of the egg. The time is filled with chatter and maybe some music, certainly a refreshing snack or meal. It is a time-consuming process best enjoyed with others. The final step is slowly heating the egg that has been covered in multiple layers of wax and dye to gently clean the wax away to reveal the sometimes very artful and intricate designs.

In the final weeks before Easter a ham is ordered from the butcher and plans for wines to serve are made. The final preparations for Easter Sunday begin in the week after Palm Sunday with desserts. Khrustyky are fried "nothings" dusted in icing sugar. There was always a poppy seed cake and a Dobos torte -- sixteen alternating layers of cake and chocolate cream. Babka baking took all day on Good Friday. Babka is the Easter bread made with many eggs and little flour. The bread is broken over grace at the beginning of the meal and passed around as an Easter communion.

The dining table is set up for maximum seating and dressed on Sunday while everything is put together in the kitchen. The edges of the dining room have been filled with pots of blooming flowers. The table is dressed with a table runner and other linen embroidered by my Mum with traditional Ukrainian patterns and symbols. The best tableware and cutlery are all put to service as we eat and enjoy each other's company in the spirit of hope for the rebirth of spring.

## Replacing the grass and growing native plants

**Marilyn Whitaker**

A grassroots movement has been growing to replace or reduce lawns with diverse garden plants, including native plants. Already some Sandy Hill residents have taken the initiative. Mowing grassy slopes is difficult and a mix of trees, shrubs, perennials, annuals, fruits and vegetables can also create ecosystems for plant and animal life, help with climate resiliency, offer fresh food, and provide interesting and beautiful spaces. Recently, the Environment Committee of Action Sandy Hill has launched a "Replacing the Grass" initiative to encourage residents to reduce lawn areas and replace them with a variety of plants, especially native plants.

Groups such as Pollinator Partnership Canada, note that "One out of every three bites of food we eat is on our table because of pollinators." For some years, people like Prof. Douglas Tallamy have been arguing that the drastic decline in wildlife populations is due in part to the disappearance of native plants on which they depend. In books like *Nature's Best Hope* and *Bringing Nature Home*, Tallamy encourages homeowners to turn their yards into conservation corridors that provide wildlife habitats. He urges people to take environmental action into their own hands, one yard at a time.

In June 2023, changes were approved to Ottawa's Use and Care of Roads Bylaw. These allow residents to replace grass monocultures within the front yard municipal easement adjacent to the public sidewalk and roadway. Some restrictions include: no fruits, vegetables or herbs are permitted within the municipal right-of-way; plants can only reach a maximum height of one metre; residents can only hand dig the area to plant their gardens. Noxious weeds and invasive species, as defined in the Ontario Invasive Species Act, as well as the Ontario Weed Control Act, continue to be prohibited. In making these changes, the City acknowledged a



*Photo: Marilyn Whitaker*

host of benefits of more gardening options, including: encouraging naturalization, pollinator gardens, and biodiversity while avoiding monocultures; reducing fertilizer, pesticide, and herbicide usage; improving stormwater retention; and contributing to climate resiliency.

Plant nurseries are starting to feature more native plants and so getting native plants is easier than before. Groups like the Ottawa Wildflower Seed Library ([www.wildflowerseedlibrary.ca](http://www.wildflowerseedlibrary.ca)) have started seed exchanges and provide growing advice on winter sowing. Currently, as part of the ASH "Replacing the Grass" project, people throughout Sandy Hill are giving wildflower seeds the cold treatment needed for their germination and growth. The intent is that plants will be available for sale at the Sandy Hill EcoFair on June 1, when people will have the opportunity to select wildflowers for their gardens. If you would like to find out more about this project and how you could help, please contact the ASH Environment Committee and [marilynwonash@gmail.com](mailto:marilynwonash@gmail.com) or [bde-walt.ash@gmail.com](mailto:bde-walt.ash@gmail.com) or look for updates and events in the coming months.

**Photo, left — Beautiful native Purple Cornflowers (*Echinacea purpurea*) are ideal for rewilding your green space and feeding the bees. Get your seeds at the upcoming Sandy Hill EcoFair!**



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# A display of hope and happiness on Stewart Street

Photos: Paula Kelsall

**Paula Kelsall**

Anyone who's walked down Stewart Street west of King Edward Avenue in the last several months has probably noticed an exuberant array of birdhouses on the south side of the street. Over the course of the last year, they've expanded from one Japanese lilac into the neighbouring trees, until now there's an entire brick row, each unit with a colourfully decorated tree in the front yard.

The little houses come in a remarkable variety of shapes and sizes, all painted in joyful colours. Many have messages painted on them. "Sunny Days," says one. Another says, "Tu es pour moi un ami de cœur que j'apprécie."

The birdhouses are the work of Alain Cadieux, who started making them in an art therapy program he attends as a cancer patient. He says he never imagined he'd be talking to anyone about his birdhouses; "I'm not a bird guy, like at all!" But he admits cheerfully that they've become a bit of an obsession.

"Funnily enough, it just started with five bird houses and then became twenty,



**These handpainted birdhouses are the work of Sandy Hill resident Alain Cadieux, who started making them in an art therapy program.**

twenty became fifty and now I am just a little over a hundred," he tells me.

The fifth anniversary of Alain's diagnosis is coming up in April. He says it hasn't been an easy experience. "I've had multiple rounds of chemo and radiation, a few life altering surgeries, a significant reduc-

tion in my quality of life . . . Unfortunately, a lot of my cancer support buddies I started this journey with five years ago, who had the same diagnosis, aren't with us today."

Alain figures he's made it this far thanks to an army of supporters, including his

wife, other family members, friends, his medical practitioners and his dog. But he adds that "There are times, especially during treatments, where my body is absolutely destroyed and I am simply exhausted. When I am down though, all I need to do is go outside and admire the birdhouses, and it immediately gives me a smile and the perseverance to keep fighting."

Alain says his birdhouses bring joy to others as well as to himself. "If ever you know someone that's battling cancer, why not paint a birdhouse for them and put it in their tree so whenever they see it, it's going to remind them that they are not alone in their fight," he suggests. "And if ever they wanted more hope, bring them in front of my house and show them there's an army of people out there, and that they are not alone."

If you feel the urge to join Alain's army, you can get a birdhouse, prebuilt and ready to paint, at Dollarama. "Make sure you sign and date it, and write a little message of hope. I will make sure to put it up in the tree for others to see," he says. "And if ever I run out of room, not to worry, others on my street have also started putting their own birdhouses and I'm not worried it will be hard to convince my neighbours to put the birdhouses in their trees."

## The Sandy Hill Winter Classic, 2024

Photo: Carson Baker



Photo: Kaitlin Adeline Photography



A neighbourhood charity hockey tournament returned to the outdoor rink in Annie Pootoogook Park on Saturday, Feb. 3 and raised \$6,852 for the Princess Margaret Cancer Foundation. The event was organized by the University of Ottawa Psychology Students' Association in partnership with other U of O Recognized Student Governments and community members, including over twenty community sponsors. For more information contact [sandyhillwinterclassic@gmail.com](mailto:sandyhillwinterclassic@gmail.com). Thank you to everyone who supported the event and fundraising efforts for cancer research!


## Navalny mourned

Photo: Jane Waterston





The death of Russian opposition activist Alexei Navalny on Feb. 16 in the Russian Arctic spurred numerous protests and gatherings in different countries. One happened here, at the Strathcona Park fountain in Sandy Hill, just steps of the Russian embassy. A month later, the memorial is still in place and protestors continue to gather regularly by the embassy gate.

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Art review

# Questions of time and place: two art exhibitions

Maureen Korp

Are we drones-in-the-making? Or, has that already happened? Two solo art exhibitions provoke hard questions about the ways we count our days, know ourselves as technologically enhanced beings. “Factory,” the work of Robert Tombs, an Ottawa artist, is at the Mississippi Valley Textile Museum in nearby Almonte. “Tenuous Systems,” the work of Toronto artist Emily DiCarlo, is found in Ottawa’s Karsh-Masson Gallery at City Hall. Almonte is but 30 minutes away. Let’s look there first.

The historic industrial setting of the Mississippi Valley Textile Museum in Almonte underscores the importance of Robert Tombs’ work in “Factory.” The exhibition is housed in an old factory that once made uniforms for the British military. Its waterwheel remains operative; bird calls are heard through the windows. Walk into the exhibition. Rows of columns pull the visitor’s eye to “Made-to-Measure,” 2023, a work centred on the back wall. It is composed of rows of wooden sticks, each one the same size, 100 in all. What are they? Stir sticks. Paint is stirred before it can be used. Not one stick is really the same as another. On the floor sits a four-litre can of paint. Robert Tombs’ work is site-specific here, now, then and there.

“On Canvas,” 2024, a large oak display case stuffed with cotton, bales of cotton, pulls our thoughts further. Cotton grown in plantation rows, cotton picked by workers, then and now, having little choice in the matter. Who are they? Look to “Signature,” 2024. The artist covered one of the factory’s pillars with black handprints. No more is said of the matter.

In 2008, in eastern Germany, the former GDR, Robert Tombs installed a site-specific exhibition entitled “Die Moral der Farbe: Erfurter Fenster” (“The Morality



Emily DiCarlo, *The Propagation of Uncertainty* at the Karsh-Masson Gallery

of Colour: Erfurt Windows) at the University of Erfurt. The work was located in a building on campus called the “glassbox.” Its windows open onto views of the university, the town of Erfurt, and, not far off, Buchenwald’s towers where as many as 55,000 people, possibly more, were killed, 1937-45.

Throughout the month of his work at the glassbox, Tombs painted its windows. In Almonte, we see this work in two formats—photography and video.

Robert Tombs’ black-and-white photographs of the glassbox windows are complex views. The nine photographs look inward and outward. They document the artist painting the windows inside as people walk by outside. Some look in, others do not. A world outside, yet inside.

The video of the Erfurt glassbox installation is one of three short videos being screened on a continuous loop in “Factory.” “Die Moral der Farbe: Erfurter Fenster” (“The Morality of Colour: Erfurt Windows”), six minutes long, celebrates the artist’s Erfurt work. Have a seat. Sunlight beams through black swashes

of paint, people applaud the artist as he walks into the room, most of them anyway. Outside, a police siren can be heard.

In “Autobiography,” 2023, a 10-minute video, we do not see the artist nor his hand. We are looking at a graceful, hypnotic swirl of dark and white, circling, flowering, returning, greying into nothingness. The end. Awaken. Does it matter? Yes.

“Birgus Mark, 12 July 2007” is a two-minute video. We see the artist’s hand splashing paint onto a rock in Newfoundland. Not just any rock. Through the camera’s viewfinder we can see the ocean beyond, as well as rocks nearby. The paint prompts a second look. The shifting points-of-view of trance states sometimes enable experiences scholars call “kratophany,” the phenomena many cultures have termed “sacred,” and specific to time and place. From the beginnings of time, people have marked such places, an acknowledgement of those understandings.

Does A.I. know that, too? Is it time to punch-in?

Currently, the Karsh-Masson Gallery

at City Hall is the site of “Tenuous Systems,” a troublesome installation by Emily DiCarlo. “Global Grind,” 2023, a punch clock with time cards, awaits your arrival. It hangs in the gallery’s entryway. You may punch in.

The artist has studied the environs of Ottawa’s National Research Council, the NRC, its activities, and the histories of its machinery. In “Tenuous Systems” we see the outcome of DiCarlo’s studies of her subject matter. What are the structures of time today? The UTC, coordinated universal time? Do human beings matter today? One wonders.

The three screens, for example, of “The Propagation of Uncertainty,” 2020 present a 5:40-minute projection of a woman lying on the floor in a laboratory. The figure comes into view, feet first, her head turned towards us, eyes open. The computer behind her is labelled: FLUKE—PM680B—high resolution programmable-timer-counter.” The screens go dark, then it all starts over.

Four of the seven artworks in the exhibition include video components, short and long, 4 to 51 minutes in length. There is no seating in the gallery for visitors, nowhere to sit, listen, and understand. At only two stations are earphones provided. The sound components heard are scatterings of misbegotten words. So, too, the installation identifications—for example, “Circular T: A Collection of Uncertainties,” 2020.

Then again, that may well be the exhibition’s raison d’être. “Tenuous Systems” would have no certainty. Some days are like that.

Continuing exhibitions

**Robert Tombs—Factory, until April 13**  
Mississippi Valley Textile Museum, Almonte.  
Wheelchair accessible. Tues.-Sat., 1-4 p.m.

**Emily DiCarlo—Tenuous Systems  
Systèmes Fragiles, until April 14**  
Karsh-Masson Art Gallery, City Hall.  
Wheelchair accessible. Open daily, 9 - 5 p.m.

## Word Sonnets on spring

Seymour Mayne

Spring Showers

Let the showers moisten the wires, wet the messages whetted with want and desire.

Thaw

What is the shade of thaw? Grey, with a hint of rising March light.

By the Bay Window

Even the cat can meditate on the absurdity of a heavy snowfall in April.

Welcoming the Vernal Equinox

Who can believe that winter will soon be officially over without legislation from Parliament!

Accents

For S. Huynh

Rain is the tongue of resurrection, its myriad accents rousing roots, bulbs and seeds.

Day

For Adam Fuerstenberg

Blessed is the light that returns, renewing the day different from all other days.



Seymour Mayne is a longtime resident of Sandy Hill. His next collection in English will appear early in 2025 and is a large compendium titled, *Winter Solstice: New and Selected Word Sonnets*, to be published by Ronald P. Frye & Company, a Niagara region publisher.



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## Floraisons d'arbres remarquables : le gainier du Canada

Paule Ouellet

Les arbres transforment le paysage urbain au fil des saisons, nous offrant des couleurs, des formes et une beauté renouvelées. La Côte-de-Sable bénéficie de la proximité du magnifique parc Strathcona où je vous invite à découvrir les remarquables floraisons de certaines espèces d'arbres moins communes, dont le gainier du Canada, *Cercis canadensis* L. (aussi connu sous le nom de gainier rouge, arbre de Judée; Eastern Redbud en anglais). Le gainier du Canada est essence indigène dans l'est de l'Amérique du Nord. De la famille des Fabacées (anciennement légumineuses), le genre *Cercis* compte 10 espèces de petits arbres et d'arbustes qui poussent à l'état naturel en Europe

du Sud, en Asie et en Amérique du Nord. Le gainier du Canada indigène aurait disparu de l'Ontario et du Canada. Les seules populations naturelles de l'Ontario furent probablement découvertes par John Macoun (naturaliste de terrain et botaniste canadien, qui fut le premier à étudier, à consigner et à classer la flore canadienne selon une méthode systématique) en 1892, à l'île Pelée, territoire le plus au sud du Canada. Cette population a disparu depuis ce temps, mais le gainier a été réintroduit sur l'île Pelée.

Le gainier du Canada est un petit arbre rustique (jusqu'à moins 28 degrés Celsius) et ornemental ne dépassant pas les six mètres de hauteur. Cet arbre séduit par sa belle floraison rose de début de printemps, annonçant l'arrivée imminente de belles feuilles colorées, en forme de cœur.

Le gainier du Canada est particulièrement attrayant, avec ses magnifiques



Photos : Paule Ouellet

petites fleurs papilionacées roses, qui poussent en petits groupes de quatre à huit fleurs, et directement sur le tronc et les branches, un phénomène unique connu sous le nom de **cauliflorie** (en anglais : cauliflory). D'autres exemples de cauliflorie se rencontrent chez le *Forsythia* sp. chez les Oléacées et le cacaoyer *Theobroma cacao* chez les Sterculiacées.

Les fleurs sont mellifères (fleurs produisant de bonnes quantités de nectar et de pollen) et constituent une source de nourriture précoce pour les butineurs. Lorsque le printemps est frais, la floraison peut durer jusqu'à trois semaines. Le gainier du Canada est aussi de faible longévité et vit rarement plus de 50 ans. Mais, comme c'est souvent le cas des végétaux qui ne vivent pas longtemps, la floraison est très précoce dans la vie de l'arbre et débute habituellement vers l'âge de cinq ans.

Après les fleurs, suivent des gousses aplaties, brunes, de 5 à 10 cm de longueur. Elles persistent sur la plante en hiver.

Il existe une grande variété de cultivars parfaits pour une plantation en bac. Un cultivar est une plante découverte ou développée par l'humain. Le mot veut tout simplement dire « variété cultivée ». Les variétés cultivées présentent souvent un port pleureur, tortueux ou encore compact et érigé.

Nous explorerons d'autres arbres remarquables dans de prochains articles.



Paule Ouellet est biologiste et traductrice retraitée, passionnée par la nature. Si on veut admirer le gainier du Canada dans le parc Strathcona, elle nous dit de le chercher près de la rivière Rideau entre deux bancs de parc : banc de Howard et banc de Gaétan Lessard. Coordonnées GPS : 45°25'39,9"N, 75°40'26,0"W

## POEMS FOR CHILDREN

Ralph Kretz

### SUN

Sun, every morning  
I look for you  
To light my way  
Sun, you hold as  
Year after year  
Not too far  
And not too near  
Thank you  
Beautiful Sun.

### BIRDS

In Sandy Hill  
How many birds can we see  
High in the sky  
A black crow calling  
Caw Caw Caw  
In a nearby tree  
A chickadee singing  
Chick a dee-dee-dee  
At Strathcona Park  
Canada geese landing  
Ducks swimming  
Beautiful birds

### TREES

Small trees  
Large trees  
Maple and oak  
Spruce and pine  
Trees for shade  
Trees for birds  
Trees to make oxygen  
That we breathe

### SOUNDS

Air moving  
Leaves touching  
Rain drops falling  
Birds singing  
Children playing



Boating season 2024 gets an early start! Due to an almost iceless Rideau River, the ice monster machine was dormant this year. Instead, three jolly boatmen motored up and down the Rideau between the St. Patrick and Adawe bridges all through the first day of March.

Photo: Christopher Rath

## Simple tips for family meals

Susan Alsebach

When preparing meals for a family, things can often seem expensive and overwhelming, so here are a few thoughts and ideas to help families make better choices for their health and their wallets. It is important to understand that meals we eat and how we prepare them need to work for each family but the following concepts for a good meal can be adapted to your individual needs. So, I will discuss the various ways in which this can be done, without tearing your hair out!

**Frozen vegetables are a great option**, as not only do they provide you with a quick and easy source of those much-needed vitamins and nutrients that they provide us with, storage is simple, you use what you need, so less wastage and as a bonus frozen vegetables often come peeled and chopped, so they are easy to prepare and add to a recipe. Cooking some pasta and using frozen vegetables with some grated Parmesan cheese can be a quick and simple mid-week meal, that most families are happy to eat.

**Canned foods should be part of your pantry**, especially when we are looking at convenience and price. Anytime you find yourself using canned food, it is important to rinse in a colander under running water, until the water below runs clear. This will get rid of the canned fluids, which leave a film on the food if they are not rinsed properly; this will also affect the flavour of the meal itself. Canned legumes such as chickpeas, kidney beans, and navy beans are a great source of protein when combined with grains. So, by simply cooking some whole grain rice and adding a tin of mixed beans you would provide your family with another source of protein, which is a great alternative to meat and cheaper. You can easily add some cherry tomatoes and chopped cucumber with some dried cranberries to make a tasty and filling meal. As canned foods have a long shelf life, they are great to stock up on, and as we saw, they can provide your family with many easy meals, ready in under 20 minutes.

**What are we eating tonight?** is a question most of us could live without, yet it is also one that can take up a huge amount of our mental space during the day. Not only are we dealing with work/family life, including sports practices, music rehearsals and, general chores, to make matters worse at the end of the working day is that famous question! This can either lead to take-outs, which quickly become expensive, or we end up staring into the fridge looking for inspiration. Getting into the habit of meal planning will reduce that mental stress, give you flexibility during the week when things need to be moved around, and less food and money are wasted. It is about creating a list of meals that your family enjoys, which you can cycle through as needed, so that you don't feel like you are always eating the same meals. Knowing what you will eat over the next few evenings, removes that mental stress often present during the day, and also allows you to grocery shop accordingly.

If you are looking for further information or help with your lifestyle and nutrition, please contact Chartier Physiotherapy to book a 15-minute free Meet & Greet with Susan, in-house nutritionist.

Email: info@chartierphysio.com, or call 613-680-3993.



We're settled into the new year now. Are you still looking back on any great meals of 2023? Looking forward to checking out some new shop or cafe in the neighbourhood before you get much deeper into 2024? Please share your favourite Sandy Hill food experiences with [image22@rogers.com](mailto:image22@rogers.com)



Heart-shaped doughnuts awaiting pickup from Bamm's Snack Shack on Valentine's Day.

### Bamm's Snack Shack 74 Coburg St.

Bamm's excellent doughnuts are normally only available on Thursdays and Fridays, but in honour of Valentine's Day, the family-run restaurant put everything else aside on a Wednesday last month and went all out to make some romantic dreams come true. They were doing a roaring business in heart-shaped doughnuts when I dropped by late on the morning of the 14th. All the pink and red confections were sold out, and more were in the works. I settled for a less festive-looking, but very good apple fritter and went away happy.

### Café Tehran 470 Rideau St.

Our family recently enjoyed a meal at Cafe Tehran, which is really more of a restaurant than a cafe. We started with the olive walnut "salad" - yum. My husband and son loved their lamb kebabs and stew. For vegetarians, they have two delicious eggplant dishes in the starters menu. I really like the version with the egg on top (Mirzaghaseemi) - it's substantial enough for a main meal. They don't have gluten-free bread, so I added a side order of their crispy saffron-infused rice dish (tahdig) - gorgeous. The meat dishes also include tahdig along with the rice on the side. Prices are reasonable, and the serving staff are warm and friendly and happy to share cultural-historical tidbits about the food. Highly recommended. *Sharon O'Sullivan*



Cafe Tehran's eggplant-based appetizers are delicious, and substantial enough to make a main dish for vegetarians.



Pizza couverte, an Algerian pastry filled with tomatoes and onion, at Chelia on Mann Ave.

beautiful pastries from Montreal. You will also often find pizza couverte, a savoury Algerian snack with layers of flaky pastry and a filling of tomato and onion.

### Chelia 103 Mann Ave.

The store once called Purely Dates has expanded its space, as well as its stock, so that it now has a solid selection of Algerian groceries, including fresh produce and merguez sausages. We have lucked into excellent green beans on recent visits, and admired fresh artichokes and little white turnips. There is fresh fish on Thursdays for those who've ordered ahead of time. If you're looking for a treat, there's an espresso machine, a good selection of honey-saturated North African-style sweets, and a showcase of

Photo: HS Canada / Philip Owen



The new robo-server at Sushi Village on Rideau Street is a big hit with customers!



## Fish and veggies – a tasty and healthy one-pot meal

Patricia and Dodi Newman

My daughter Patricia and I have been experimenting with a healthy fish stew and came up with a combination of carrots, celery, fennel, leek, and potatoes, flavoured with crushed fennel seed, thyme, parsley, and dill. We both liked the parsley but were divided on the dill. For optimum flavour, we picked the vegetables carefully—the fresher the better, and organic whenever possible.

Buyer beware when buying fish. We like to buy fish recommended by Seafood Watch ([seafoodwatch.org](http://seafoodwatch.org)) and the Marine Stewardship Council ([msc.org](http://msc.org)).

This recipe isn't cast in stone—use it as a starting point and feel free to change it to suit your taste.

### Patricia's fish and vegetable stew

Serves 4

- 1 tablespoon butter
- 200 g (1 large) leek, trimmed, sliced in half lengthwise, then each half crosswise into 1 cm pieces
- 200 g (2 medium) carrots, peeled and cut with a rolling cut into 1 to 1.5 cm pieces
- 150 g (2 or 3, depending on size) celery stalks, cut in half lengthwise and in 1 cm pieces crosswise
- 200 g (1 medium) fennel bulb, cut in quarters lengthwise and in 1/2 cm pieces crosswise
- 200 g (2 medium) yellow potatoes, peeled and cut into 2 cm cubes

2 tablespoons dry white wine, or more to taste

1 bay leaf

1/4 teaspoon crushed fennel seeds, or more to taste

1/4 teaspoon dried thyme

water

1/4 to 1/2 teaspoon salt

1/4 teaspoon freshly ground black pepper

350 g frozen cod or haddock, thawed, and cut into 1 1/2 to 2 cm cubes

1 generous teaspoon very fresh dill, chopped

1 tablespoon very fresh parsley, chopped

Lemon juice, to taste, optional

Heavy cream or whole milk for garnish

In a large pot, melt butter on medium to medium-high heat until it turns slightly brown, then add leek. Stir a few minutes until it is wilted. Add remaining vegetables except the potatoes and sauté over medium heat for several minutes. Add wine, reduce the liquid by half, then add water to barely cover the vegetables. Add salt and pepper to taste. Bring to a boil. Add bay leaf, crushed fennel seed and thyme. Reduce heat to low, cover the pan, and let simmer for 5-7 minutes. Add potatoes and let boil for another 10 minutes or until the potatoes are almost done. Add fish and boil for 2 to 3 minutes—do not overcook! Add chopped herbs, stir.

Ladle stew into four bowls and, just before serving, drizzle 1/2 to 1 teaspoon heavy cream or milk on each serving. Serve hot with the best baguette you can find.

### FlashFood at Loblaws 363 Rideau St.

Expanding on their popular (and news-worthy) line of discounted items (50% off? 30%? Who can keep up?), Loblaws has recently installed a row of refrigerators and freezers by the windows near the customer service desk to market discounted perishable items that are about to reach their best-before date. The idea is to download the FlashFood app, which will inform you of bargains coming up at your local grocery store. You can make your purchases through the app, then pick them up from these refrigerators. My limited research suggests that the app is popular, but still a little buggy. If you've tried this approach to grocery bargain hunting, please let us know. It would be great to hear your impressions!



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# Celebrating our (short) winter!

The 2024 Sandy Hill Winter Carnival on January 28 was a smashing success, thanks to sub-zero temperatures and the participation of so many volunteers and community partners.

Photos: Paula Tchen and Christine Aubry



Cotton candy was new this year and a HUGE hit.



Sweet treats, carriage rides, dance displays: the community centre was a happening place!

Right— Winter Carnival organizers, Christine Aubry and Paula Tchen (right) posed with the moms who launched this annual tradition in the 1990s, Diane Whalen and Barbara Brockmann. May the tradition continue!



Horses from John Cundell's stable in the Byward Market offered a retro tour of the streets around Annie Pootoogook Park.



Above— Taffy / tire, bien sûr !

Right— Gus Hamel found there was just enough snow for this dandy and his dog.



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