

SUMMER 2024

Photo Christine Aubry

ÉTÉ 2024



Blackburn Avenue residents kick off the summer each year by getting a permit for a block party. The event is totally kid-friendly. See page 17.

A new way forward in preserving affordable housing

Ottawa Community Land Trust launches a community bonds campaign

Charlie Wood

As every tenant, landlord, or homeowner could tell you, Sandy Hill and the Ottawa region are facing an ever-growing housing crisis. Across the city, for every one unit of affordable housing built each year, 31 affordable units in the private market (renting for under \$1000 / month) are lost (Canadian Housing Evidence Collaborative). Affordable housing communities on leased land face uncertain futures if landowners choose not to renew a lease. Retaining affordable housing in Sandy Hill is as difficult as elsewhere. Co-ops on leased land could be at-risk, and housing affordable to students and families could be lost to renovations or demolition, compelling residents to seek new places to call home.

This imbalance highlights the need for sustainable solutions to ensure residents can continue to live and thrive in their community.

One such solution involves the preservation of affordable housing in perpetuity: that is, transferring land from the market to community ownership through community land trusts. Community land trusts are non-profit organizations that acquire and manage land to ensure it remains affordable for renters.

The Ottawa Community Land Trust (OCLT) is the first and only one of its kind in the city. OCLT is committed to expanding affordability in the Ottawa rental market. It acquired its first residential property, a six-unit apartment building in Ottawa's Carlington neighbourhood, in October of 2023. Preserving this property was possible with the help of a generous anonymous gift, a grant from the City of Ottawa, and a one-year line of credit.

On May 21, 2024, OCLT launched the Housing Forever community bonds campaign. In addition to paying off the line of credit for its Carlington property, funds raised will allow OCLT to expand their impact by acquiring two additional properties.

Community bonds are a finance tool often used by charities, non-profits and cooperatives to finance initiatives with social and environmental impact.

These bonds are similar to traditional bonds and are invested for a set rate at a set term. However, instead



Photo Nicolai Gregory

Stuart Hammond, President of the Sandy Hill Housing Co-operative speaks about the Co-op's investment in the Ottawa Community Land Trust during the May 21 launch event.

of loaning your money to a company, you're investing in local projects that benefit the community. You earn a return while creating wealth in your community, fostering ownership and connection to your area.

Sandy Hill Housing Co-op is investing in Ottawa Community Land Trust

The OCLT Housing Forever Bonds campaign has set a campaign goal of \$1.7 million. In a very short time, the community has stepped up. One of those generous first investors was the Sandy Hill Housing Co-op with a \$100,000 investment. Co-op resident and organizer Stuart Hammond reflected on the value of the bonds: "Homeowners in Sandy Hill who are concerned with what's happening to the neighbourhood, thinking long term, know that making Sandy Hill a more vibrant, safer, and more affordable place to live, will be a good thing."

Community bonds allow local citizens to actively influence their community's development while simultaneously generating returns on their investment. An investment in OCLT's Housing Forever Bonds is an investment in the future of Ottawa, creating wealth in the community while addressing one of Canada's biggest issues head-on.

For more information, please visit: <https://www.oclt.ca/invest/>. Or contact invest@oclt.ca

Photo Nicolai Gregory



La Coopérative d'habitation Côte-de-sable est l'un des premiers investisseurs dans les nouvelles obligations de fiducie foncière communautaire « Obligations Logement abordable à perpétuité » offertes par le Ottawa Community Land Trust

IMAGE

Founded in 1972 under the direction of Diane Wood

22, av. Russell Ave.
Ottawa K1N 7W8

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

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

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September 2, 2024

(target delivery September 26)

Date de tombée

Publicité, articles, photos et autres soumissions

le 2 septembre 2024

(livraison prévue le 26 septembre)

Chez Lucien

BAR

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*Sandy Hill's
place
in the Market*

*Côte-de-Sable
se retrouve
au Marché*

Phil Caron's Portfolio



This elegant building at 157-159 Daly Avenue seems transplanted from Montreal's Plateau neighbourhood.

You've
been
flagged



From the IMAGE In-box

Strategy needed for messy mounds of waste in front of rental properties every Tuesday night

Every Tuesday evening, when I walk the dog through the neighbourhood, my blood pressure rises at the sight of the mountains of waste in front of rental properties—waste that is most often not properly stored, put out too early, in bags that are easily torn apart by animals, leaving a mess that no one cleans up. These rental properties are a business and every other business (including apartment and condo buildings) has to pay to dispose of its own garbage, so why are they exempt?

The new waste collection limits won't bring much improvement either. According to the City's website, the new rules will apply to these "multi-unit properties," with a limit of 3 bags per unit. So taxpayers are still paying for

commercial businesses to dispose of their garbage.

And what can we do about the "usual culprits" that don't have enclosed waste receptacles and don't keep the property clean? We can put in a 311 complaint. Again, and again. Until we are fed up and stop trying because the system (that we pay for) doesn't work.

It is well past time for the City to treat these multi-unit rental properties like what they are: a profit-making commercial business. Tax them like a business, and make them pay for their own waste collection. And if they don't like it, tell them to call 311.

Jason Kitchen
Blackburn Avenue

Corrections

Two mistakes appeared in the last issue of this newspaper. The description of who can join Action Sandy Hill found in the AGM notice on page 5 (IMAGE, Spring, 2024) omitted reference to students and university staff. The correct text is, "To be eligible for ASH membership, you must reside in Sandy Hill, or own a business in Sandy Hill, or be a member of the Student Federation or of the administration of the University of Ottawa."

A factual error appeared in the article by Nick Grover on page 6 of the same issue. The amount budgeted for the first year's lease on a new police station in the Byward Market is \$245 thousand, not \$245 million.



Good Neighbour volunteers at work in the Byward Market. See page 18.

300 Wilbrod : une maison, des histoires, l'Histoire

Photo Google Maps

Philippe Bernier Arcand

À la fin de l'année 2023, la maison située au 300, rue Wilbrod à Ottawa a été détruite. Un immeuble avec plusieurs appartements est actuellement en construction à cet emplacement.

Pendant plusieurs décennies, cette maison a abrité une garderie, le Sandy Hill Child Care, qui a marqué la vie de nombreuses familles, en particulier celles du quartier de la Côte-de-Sable. Construite au XIXe siècle, cette demeure a également accueilli de nombreux autres résidents et, au cours de ses cent cinquante ans d'existence, elle a été le témoin de nombreux événements culturels et politiques.

La maison du 300, rue Wilbrod a été construite par Antoine Gérin-Lajoie vers la fin des années 1860 et le début des années 1870. Il y a vécu avec sa famille jusqu'à la fin de sa vie, décédant en 1882 à l'âge de 58 ans.

Antoine Gérin-Lajoie, homme de lettres du XIXe siècle, est notamment l'auteur du roman *Jean Rivard*, publié sous forme de feuilleton, la première partie, *Jean Rivard défricheur*, dans la revue littéraire *Les Soirées canadiennes* en 1862, et la deuxième partie, *Jean Rivard économiste*, dans *Le Foyer canadien* en 1864. Son œuvre la plus connue est encore aujourd'hui fréquemment entendue et on la reconnaît dès ses premiers mots « Un Canadien errant, banni de ses foyers, parcourait en pleurant, des pays étrangers. »

Beaucoup fredonnent la célèbre chanson *Un Canadien errant*, sur les Rébellions du Bas-Canada de 1837-1838, sans savoir qu'elle a été écrite par Antoine Gérin-Lajoie. Cette chanson a d'ailleurs été reprise par plusieurs interprètes depuis sa création, dont Nana Mouskouri et Leonard Cohen.

Antoine Gérin-Lajoie était également traducteur parlementaire et bibliothécaire au Parlement, ce qui explique ses déménagements entre Québec et Toronto avant de s'installer à Ottawa, suivant les changements de siège du Parlement de la province du Canada. Il publiera d'ailleurs sur cette période *Dix Ans au Canada, de 1840 à 1850 : Histoire de l'établissement du gouvernement responsable* à titre posthume.

La progéniture d'Antoine Gérin-Lajoie a également marqué l'histoire, particulièrement au Québec. Parmi eux, son fils Léon Gérin, pionnier de la sociologie au Québec et président de la Société royale du Canada, sa belle-fille



La maison située au 300, rue Wilbrod à l'époque où elle logeait la garderie Sandy Hill Child Care, en mai 2021.

Marie Lacoste, épouse de son fils Henri Gérin-Lajoie et pionnière du mouvement pour le droit des femmes au Québec, ainsi que son arrière-petit-fils Paul Gérin-Lajoie. Ce dernier était une figure majeure de la Révolution tranquille au Québec, notamment par son rôle de ministre de l'Éducation du Québec et par sa doctrine Gérin-Lajoie, fondement de la politique internationale du Québec, qui a marqué une génération avec les dictées P.G.L. et sa fondation de solidarité internationale.

Cette maison est également associée à l'histoire politique, ayant été la résidence de Robert James Manion, plusieurs fois ministre et chef du Parti conservateur du Canada de 1938 à 1940. Après le décès d'Antoine Gérin-Lajoie, la maison a été vendue à son cousin Raphaël Bellemare, journaliste de *La Minerve*, qui l'a transmise à sa fille Mathilde Bellemare. Elle y a vécu avec son époux Dionis Desaulniers, traducteur à la Chambre des

communes, avant que leur fille Yvonne Desaulniers, épouse de Robert James Manion, n'occupe la maison.

Robert James Manion est décédé dans cette maison en 1943, et son épouse, Yvonne Desaulniers, en 1951. La maison a ensuite été occupée par plusieurs autres personnes.

Ainsi, la maison du 300, rue Wilbrod se trouve également associée à la politique internationale puisque c'est ici qui vivait, en 1956, un Deuxième secrétaire de l'ambassade soviétique à Ottawa, Gennadi P. Popov, qui a été accusé d'espionnage. Bien que l'affaire ait eu moins de retentissement que l'affaire Igor Gouzenko, une dizaine d'années plus tôt, elle avait tout de même fait les manchettes en cette époque de Guerre froide.

En décembre 2022, alors que le 300, rue Wilbrod était occupé par la garderie Sandy Hill Child Care, un incendie s'est déclaré derrière la maison, au moment où

heureusement aucun enfant ni employé ne s'y trouvait. Il aurait fallu quelques rénovations pour que la garderie puisse s'y réinstaller, mais devant l'ampleur du chantier il a été préféré de détruire la maison un peu moins d'un an plus tard.

Il est regrettable que cette destruction se soit produite dans une relative indifférence. Cette maison était bien plus qu'une simple structure, elle était un témoin silencieux et significatif de l'histoire des derniers siècles.

En 1982, à l'occasion du centième anniversaire de la mort d'Antoine Gérin-Lajoie, son petit-fils François Hone avait publiquement exprimé le souhait que la ville d'Ottawa installe une plaque commémorative devant la maison du 300, rue Wilbrod et qu'une rue dans un quartier francophone porte le nom de son grand-père. Pour ce qui est de la plaque commémorative, il est désormais trop tard.

June 27th is International Small Business Day

Small businesses are the heartbeat of our neighborhoods. Support small, locally owned businesses in Rideau-Vanier! Thank you to all the small business owners for your hard work and dedication. Rideau-Vanier would not be the same without **you**.

Le 27 juin est la Journée Internationale des petites entreprises !

Supportez les petites entreprises locales du quartier Rideau - Vanier! Merci à tous les entrepreneurs pour votre dédication et travail d'ardeur. Notre quartier ne serait pas le même sans **vous**.



Stéphanie Plante

Conseillère | Councillor

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Meeting with a residents at Safi Fine Foods and Working Title in Sandy Hill.



Rencontre avec des residents au Safi Fine Foods et Working Title de la Côte-de-Sable.

Ken's Bygone Sandy Hill

A fountain named Strathcona

Ken Clavette

In 1909, the news in Ottawa was that Sandy Hill resident Henry Newell Bate, Chairman of the Ottawa Improvement Commission – the future National Capital Commission – had secured a donation of \$2,500 from Lord Strathcona to erect a fountain in the new Sandy Hill Park along the Rideau River.

During the Boer War, the Dominion Government leased a swampy floodplain along the Rideau River from the city to open a rifle range, to train soldiers before shipping out to South Africa. In establishing the Commission in 1899, the Laurier government wanted to improve and beautify the city. It quickly began building parks, boulevards, and parkways. In 1904 work began to convert the range into one of those early parks. It would be named in honour of the prominent Canadian, Lord Strathcona. On Dominion Day 1910, Mayor Hopewell formally unveiled the fountain known as Strathcona Fountain.

The fountain has not always been treated well. In 1955, the *Ottawa Citizen* reported that the District Commission was not interested in “. . . repairing the fountain damaged by vandals.” It claimed that it had been repaired “. . . on previous occasions but each time teen-age gangs had damaged the equipment.” That lack of interest in spending money on the park was not new. The original design contained a canal that fed two ponds. Neglected during the 1930s Depression, they were filled in rather than repaired. When the gazebo felt the disrepair of aging, it was demolished. We are still waiting to have it replaced.

By 1987 the federal lease on the land had ended and the park and fountain were turned over to the City of Ottawa. It undertook a park renewal plan to deal with the poor state of the park and the fountain that had not been in operation for at least a decade. Finally on a night in July 1994, after years of work by Action Sandy Hill and residents, water once again began to flow in the fountain.

One Sandy Hiller who holds the fountain dearly is the architect Barry Padolsky. He has researched the history of the fountain that has been a landmark in the community for 115 years. Thanks to his research we know the creator was renowned French sculptor Mathurin Moreau (1822–1912). His works have been placed in many major public spaces, such as the Paris Opéra and Musée d'Orsay. For the four-hundredth anniversary of the City of Quebec in 2008, the City of Bordeaux gave Quebec his Fontaine de Tourny. Moreau was more than an artist. He had a head for business, involving himself in the operations of the Val d'Osne foundry in Paris which cast many of his works.

The date of the fountain's manufacture is not known, but Padolsky believes it was sometime after 1866. He also discovered it is not the only one of its kind. In 1994 he stumbled across an identical twin in Buenos Aires, Argentina. On the hundredth anniversary, Padolsky wrote in the *Citizen* that Moreau “. . . may have



This photo of Strathcona Fountain was found in the pamphlet “Special Report of the Ottawa Improvement Commission,” dated 1913.

given us a most remarkable, esoteric, romantic, archaic and almost all-forgotten, but worldly, allegorical gift.” The four cherubs holding a basin aloft represent Europe, Asia, America, and Africa – very fitting for an “international city.”

Padolsky continues to worry about the care the fountain gets, or more appropriately fails to get. This spring he wrote the City's Built Heritage Committee reminding them that the fountain is recognized as a heritage attribute of the Wilbrod/Laurier Heritage Conservation District, therefor protected by Part V of the Ontario Heritage Act. As its custodian, the City, needs to take “. . . preventative conservation measures semi-annually without fail.” However, failure has been what the fountain has dealt with throughout its history.

Who was the first Baron Strathcona and Mount Royal of Glencoe?

Well before the fancy title, he was Donald Alexander Smith. While he has left his title all over Sandy Hill, and indeed Canada, the image most of us have of him is an 1885 photograph of a bearded man driving the last ceremonial spike of the Canadian Pacific Railway, CPR.

Born in Forres, Scotland in 1820, he

set sail for Canada at the age of 18 with dreams of adventure in the fur trade. Shortly after his arrival he secured a position with the Hudson's Bay Company, HBC. After 21 years working in Labrador, he began a climb that would lead him to head the company. He was the longest serving Hudson's Bay Company officer, a business leader, politician, imperialist, and diplomat, and ended his life as a philanthropist supporting many causes including healthcare and women's higher education.

While in Labrador he met Isabelle Sophia, who left her “bush marriage” to a fellow employee to marry Donald. Together they raised a daughter and her son, who took his name. It is said Isabella served the community as a doctor and had her own trap line. She was of independent mind, supporting her husband but also living her own life. He in return supported her – and protected her from discrimination and prejudice because of her mixed Indigenous-Scottish ancestry – as they climbed the society ladder to that title of Baron.

Smith was the only person in the history of the HBC to rise from clerk to head the organization. His duties led to an interest in railway companies. That led him to investing in the much-troubled CPR construction. In addition to railways, he actively invested in financial services, telecommunications, textiles, life insurance, land, and newspapers, to name a few of his roles in business.

In politics he was appointed to a commission to negotiate with Louis Riel and the Red River colony to enter confederation. He became a member of Manitoba's Legislature and a Manitoba Member of Parliament. In that role he helped defeat the Macdonald government during the 1873 Pacific Scandal, setting up a lifelong antagonism between the men. As a major investor in the CPR, the honour of driving the last spike may have

been a way of sticking it to the Prime Minister. Styling himself an Independent Conservative he would go on to be elected an MP representing Montreal. When Prime Minister Sir Mackenzie Bowell stepped down, he wanted Smith to replace him. But he refused and instead Charles Tupper, another old political rival, became PM. Tupper in turn appointed Smith to replace him as Canada's High Commissioner to London in 1896.

The Canadian government encouraged only European immigration to the west under the Minister of the Interior Clifford Sifton. Smith tried but failed in his efforts to have the government recruit settlers from Barbados. A rich man, Smith refused to accept a salary as High Commissioner. As an imperialist, he personally funded a regiment to go to South Africa to fight in the Boer War in 1900. Called the Strathcona Horse, it recruited heavily from the west and the Mounted Police.

As a young man he could not afford to attend university; now he became a prominent donor to education with many universities receiving endowments and gifts. Women were included in his plans. In 1883, he contributed to the Trafalgar Institute, a girl's school in Montreal. The following year he funded an endowment at McGill University so that women could attend. These women became known as The Donalds. His efforts resulted in the founding of the Royal Victoria College for women at McGill in 1899.

He took an interest in healthcare, funding an endowment and building the McGill Medical School. He helped build the Royal Victoria Hospital in Montreal as a free public hospital. In Newfoundland and Labrador, he was the main supporter of Wilfred Grenfell's medical missions to the outports. Grenfell named his hospital ship the Sir Donald, and its replacement the Strathcona. With his long list of generous donations, our beautiful Sandy Hill Strathcona Fountain was but a small one.

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Sandy Hill in action

Notes from the Action Sandy Hill Annual General Meeting

Ralph Blaine & Christine Aubry

On May 30 about 35 people gathered at the Sandy Hill Community Centre to attend the 2024 Annual General Meeting of our community association, Action Sandy Hill (ASH). Our city councillor Stephanie Plante and some of her staff attended and the meeting was chaired by departing ASH Chair Louise Lapointe.

What follows does not pretend to be a comprehensive record of the meeting—just a few highlights that stood out for us as attendees.

Amendments to the ASH By-Laws

Several amendments to the by-laws were presented by the Board of Directors for approval.

Size of the Board of Directors

In the existing by-laws (before these amendments were voted on) the Board had a minimum size of 10 directors and a maximum of 16. The Board has had problems getting a quorum for their meetings and wanted to lower requirements.

The proposal was to amend the by-law so that the maximum size remained 16 directors and the minimum was set at 5 directors.

A quorum is achieved if a majority of the directors are present.

Election of the Chair (Formerly called the President)

In the existing by-laws the Chair was elected by the membership at the Annual meeting.

The proposal was that the Board of Directors would elect the Chair at the first meeting of the Board after the Annual meeting, assuming that the incumbent has completed their two-year term.

Other changes of an administrative nature were recommended, such as replacing him/her references to they/them.

The AGM approved all the by-law amendments presented. The newly amended by-laws are available on the ASH website.

Committee Reports

Community and Social Services Committee

This is a new committee for ASH. Among other things, it maintains contact with various social service organizations such as the Sandy Hill Community Health Centre, Centre 454 etc. They are also working on trash/litter problems on the north side of Sandy Hill (north of Laurier Avenue).

Planning and Heritage Committee

Lapointe explained that this committee was not able to meet regularly and needs a new Chair, so could not submit a report.

By-law Committee

This committee also did not hold meetings and is in need of a Chair.

Environment Committee

This committee is planning to undertake a tree survey in Sandy Hill to determine the need for new or replacement trees. They also hope to encourage the City to take a more proactive approach to replacing trees that have had to be removed.

The working arm of this committee is the Tree and Greening Group, working on depaving and planting new gardens on commercial properties.

Membership Committee

ASH membership declined by 26 in the past year and is now a notch above 200.

Town and Gown Committee

The chair noted that this committee addressed the disruption in our community caused by student Panda game celebrations in past years. This year the Panda parties took place on campus.

Election of Board Members

Six new directors were elected to the Board (see photo on page 24). They will join the directors from the previous Board whose term has not yet expired.

Lapointe did not seek re-election so the Board of Directors will be appointing another Chair at their next meeting.

Comments from the attendees

There were many questions for ASH as well as for Councillor Plante, including:

- Why is the focus on waste management and by-law enforcement seemingly for “Sandy Hill North” and not all of Sandy Hill?
- Why is by-law enforcement not proactive, when officers can drive through the neighbourhood and easily spot problem properties?
- Why are trees not automatically replaced by the City when they are removed, instead of relying on property owners to make a request?
- Can the Cleaning the Capital event focus on the “disaster” that is Somerset Street?
- How do we get more benches installed throughout the neighbourhood, as can be seen in other neighbourhoods?

If you have similar concerns, or others, and are not yet a member of ASH, visit the website www.ash-acs.org. Members receive the newsletter and meeting notices.

You can also get involved by joining a committee. Committee members are not Board members and do not need to attend all of the board meetings, only occasional committee meetings.



Lucille Collard

MPP / députée Ottawa-Vanier



Chers résidents et résidentes de la Côte-de-Sable,

Alors que le printemps commence à faire place à la chaleur de l'été, j'ai le plaisir de vous présenter un récapitulatif des initiatives récentes et un aperçu de ce qui nous attend.

Mon objectif constant demeure de répondre aux préoccupations essentielles de la communauté, notamment en matière d'accès aux soins de santé, de soutien à la santé mentale et de logement. Après des mois de plaidoyer, nous avons réussi à obtenir le financement pour une clinique dirigée par des infirmières praticiennes à Ottawa-Vanier, spécialisée dans la santé mentale et la toxicomanie. Bien que cette réussite marque un progrès, il reste encore beaucoup à faire pour garantir un accès équitable aux soins essentiels à tous les membres de notre communauté.

Après avoir reçu l'appui unanime de la législature pour mon projet de loi d'initiative parlementaire 41 visant à aider les survivants de la traite des personnes, j'utilise mon prochain créneau de débat pour mon projet de loi d'initiative parlementaire 133 qui se concentre sur la sensibilisation à la sécurité des enfants en ligne et à la protection de la vie privée. Compte tenu des préoccupations croissantes que suscite l'intelligence artificielle, j'espère que cette initiative bénéficiera d'un large soutien.

Tout au long de l'année, nous organisons divers événements communautaires visant à favoriser les liens et l'engagement. Notre prochain événement est une marche nordique prévue pour le 3 juillet. Rejoignez-nous à la Maison riveraine de la CCN à midi pour une marche rafraîchissante le long du sentier de la rivière des Outaouais, suivie d'un café-rencontre au Café & Bistro. Nous aurons également des discussions instructives avec le personnel de la Garde-rivière des Outaouais concernant leur travail de préservation de l'écosystème.

Cet été, j'organiserai également deux épluchettes de blé d'Inde et foires aux vendeurs : le samedi 27 juillet au parc Stanley (10 h à 13 h) et le samedi 24 août au parc Optimiste à Vanier (10 h à 14 h). Tous sont les bienvenus pour cette journée familiale.

Vous ou une personne de votre entourage souhaitez faire du bénévolat cet été ? Si c'est le cas, contactez mon bureau ! Nous avons besoin d'un coup de main lors de nos activités estivales.

Restez au courant des événements et initiatives à venir en vous abonnant à notre infolettre sur lucillecollard.onmpp.ca. J'attends avec impatience nos rencontres lors des événements de quartier, qui sont autant d'occasions d'engager un dialogue. N'hésitez pas, je suis là pour vous écouter et m'engager. Je vous souhaite à tous un bel été !

Députée provinciale Lucille Collard

Dear residents of Sandy Hill,

As the days grow longer and spring transitions into the warmth of summer, I'm delighted to provide a recap of recent initiatives and a glimpse into what lies ahead.

My focus has remained steadfast on addressing critical community concerns, including access to healthcare, mental health support, and housing. After months of advocacy, we've successfully secured funding for a nurse practitioner-led clinic in Ottawa-Vanier, specializing in mental health and addictions. While this achievement marks progress, there's still much work to be done to ensure equitable access to essential care for all members of our community.

After receiving unanimous support for my private member's bill 41 aimed at aiding survivors of human trafficking, I am using my next debate slot for my private member's bill 133 with a focus on raising awareness about child online safety and privacy protection. Given the increasing concerns surrounding artificial intelligence, I'm hopeful that this initiative will garner broad support.

Throughout the year, we organize various community events aimed at fostering connections and community building. Our next event is a Nordic Walk planned for July 3rd. Join us at the NCC River House at noon for an active walk along the Ottawa River pathway, followed by a social coffee hour at the River House Café & Bistro. We'll also hear from Ottawa Riverkeeper staff about their work and preservation efforts with the vital ecosystem within the Ottawa River.

Also this summer, I will be hosting two Corn Roast & Vendors Fairs: Saturday, July 27 at Stanley Park (10 am – 1 pm) and Saturday, August 24 at Optimist Park in Vanier (10 am – 2 pm). Everyone is welcome at these family-friendly fun days out.

Are you or is anyone you know looking to do some volunteering this summer? If so, contact my office! We could use a hand with some fun summer activities.

Stay updated on upcoming events and initiatives by subscribing to our newsletter on lucillecollard.onmpp.ca. I eagerly look forward to our interactions at neighborhood events, providing opportunities for meaningful dialogue and collaboration. Don't hesitate to approach me—I'm here to listen and engage. Wishing you all a fantastic summer!

MPP Lucille Collard

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Feeding Snowball

Ralph Blaine

It happens all over the neighbourhood. Mornings, afternoons and evenings, a young man is seen climbing the steps of a house with a paper bag in his hand. He sets the bag down, rings the bell and returns to his car to deliver another bag on another street. I am no longer surprised that people call an Uber to get a Big Mac delivered to their door.

But on returning from my morning walk a few weeks ago I spotted a pickup truck fitted with neat racks of tidily arranged paper bags and cellophane pouches containing what looked to be a brown substance. The truck was parked in front of the large apartment building on the corner of Stewart and Nelson. Now, I had seen signs in the windows of our local cannabis shops vying for attention among the flourishing tattoo parlours, advertising a home delivery service. Could this truck be a weed wagon?

No! But you might call it a hay wagon. This is what I learned when Dave Sparrow, of Sparrow Farms, hopped out of his truck to answer my questions. Turns out that Dave also delivers food door to door, but the consumers are pet rabbits, as well as guinea pigs and chinchillas. Dave's wife Tina told me that about 80% of a rabbit's diet is hay. And rabbits are the third most popular pet after dogs and cats.

A few years ago, Tina told Dave that the timothy-based hay they were growing in one of their fields, east of Ottawa, would make perfect feed for rabbits. So they decided to give it a try. Now, Dave has a full-time job managing this business and making home deliveries every Thursday, right across Ottawa and Gatineau. He has about thirty customers right here in Sandy Hill.



Photo Ralph Blaine



Photo: Colleen McDonald

Above—Dave Sparrow delivers hay for small pets door-to-door, including throughout Sandy Hill

Left — Sandy Hill Colleen McDonald's guinea pig Snowball quite enjoys the hay delivered by Sparrow Farms

How good is this hay? Let me quote Colleen McDonald who lives on Besserer Street:

"I've been using them [Sparrow Farms] for months now and it is the best thing to ever happen to my six guinea pigs. Their quality of hay is so, so soft, my girls love it so much."

But Sparrow Farms supplies a lot more than hay. As just one example, their oldest daughter uses some of the loose timothy to make strawberry- and banana-flavoured "cookie treats" for her furry fans. You can find a full range of their products at www.sparrowfarms.ca

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À Francojeunesse, nous prenons soin de l'environnement!

Photo Martine Quesnel

Notre comité et club écolo ont travaillé en étroite collaboration, avec le soutien du conseil d'école, pour mener diverses actions en faveur de la planète et pour sensibiliser la communauté scolaire aux choix écologiques responsables. Ces actions incluent le reverdissement des jardins et des cours d'école, l'organisation de deux après-midis d'échange de vêtements, la collecte de vêtements pour les Super Recycleurs, la tenue d'ateliers de couture, l'exploration des micro-pousses, la transplantation de boutures de plantes intérieures pour embellir les classes et plus encore.

Dans le cadre de ces initiatives, nous avons transformé nos espaces verts en de véritables oasis de biodiversité. Les élèves ont été activement impliqués dans le processus de plantation, apprenant ainsi l'importance des écosystèmes locaux et la nécessité de préserver la nature. Les après-midis d'échange de vêtements ont permis de promouvoir la réutilisation et de réduire les déchets textiles, tout en renforçant la solidarité entre les familles de l'école et les gens de la communauté. Nos ateliers de couture ont été l'occasion d'enseigner des compétences pratiques et de sensibiliser à la mode durable. L'exploration des micro-pousses et la transplantation de boutures ont non seulement embelli nos classes, mais ont aussi introduit les élèves aux pratiques de jardinage urbain et à l'alimentation saine. Même en étant au centre-ville, nous pouvons profiter de la nature.

La semaine de la Terre a été bien occupée, avec des activités de nettoyage des rues avoisinantes de l'école publique Francojeunesse. Trois élèves de 4e année se sont inscrites au Grand ménage de la capitale. Avec leur enseignante et leurs



Le 4 mai dernier, Karine Lampron-Comtois (gauche), directrice de Francojeunesse, et les enseignantes Marie-Claude Pineau (centre) et Isabelle Cousineau (droite) faisait partie de l'équipe de 20 enfants, parents et membres du personnel de l'école qui ont participé au nettoyage du parc Strathcona. Cette opération a été marquée par des trouvailles inusitées, dont un mannequin de boutique!



À gauche — L'hôtel des insectes dans la cour de Francojeunesse, construit par un parent bricoleur et une classe de 3e année.

Photo Isabelle Cousineau

camarades de classe, elles ont réussi à ramasser six gros sacs de déchets pesant plus de 60 kg. Chacune des élèves avait une motivation particulière : Anaïs, à 9 ans, pensait déjà aux générations futures et souhaitait protéger l'environnement pour ceux qui viendront après elle; Skye

voulait rendre son quartier plus propre et a suscité un enthousiasme contagieux au sein de sa classe; Wynne voulait sensibiliser les gens à bien trier les déchets, montrant par son exemple que chacun peut changer ses habitudes et avoir un impact positif sur l'environnement. Une classe de 5e année a également relevé le défi, leur enseignante encourageant l'enthousiasme des élèves et leur désir de créer un environnement propre autour de leur établissement scolaire. Une classe de 1ère année a bravé la pluie froide pour ramasser tous les petits morceaux de plastique qui peuvent se décomposer et s'enfouir dans le sol. Ces jeunes élèves étaient extrêmement fiers de prendre le temps pour poser un geste concret et significatif pour la planète. Leur dévouement fait d'eux de véritables ambassadeurs et ambassadrices de la Terre, et notre planète leur dit un grand MERCI!

En outre, l'école Francojeunesse a participé à l'Éco-foire au parc Strathcona le 1er juin dernier. Cet événement a été une formidable occasion pour les élèves, les parents et les membres du personnel de partager leurs initiatives écologiques avec la communauté locale, d'échanger des idées et de renforcer notre engagement collectif pour un avenir plus vert.

Nous invitons tous les membres de la communauté scolaire à poursuivre ces gestes écologiques, à continuer à sensibiliser les autres et à garder notre environnement propre et sain. Ensemble, nous pouvons faire une réelle différence et inspirer d'autres à suivre notre exemple. L'engagement de chacun, petit ou grand, est essentiel pour protéger notre planète et assurer un avenir durable pour tous.

Savouring diversity

Community Iftar at Viscount Alexander Public School

Photo Leila Heikkila

Shauna Malcolm

It's March 22nd at 7:18 p.m. and the school gymnasium at Viscount Alexander P.S. is packed with families from all walks of life. Some are already sitting at tables draped in plastic tablecloths sprinkled with gold glitter, gold stars and ribbons dangle from the basketball nets. Banners proclaiming Ramadan Mubarak (Blessed Ramadan) and Marhaba (Welcome) greet the energetic crowd. Gym mats line the front of the stage, where children happily romp around, waiting for the event to begin. Volunteers scurry around distributing

Photo Nicolas Thompson



Phoebe (Grade 3) showing off her beautiful henna design at Viscount's Iftar celebration.

water and dates in anticipation of breaking the fast during this month of Ramadan.

At 7:19 p.m., a microphone squeals excitedly with breath; Allaaaaaaahuuuuu Akbar..... an ethereal voice bellows gently, yet powerfully through the speaker. The room comes to a standstill as the adhan (call to prayer) begins, everyone watching the young man dressed all in white, standing next to the stage. He continues with both hands held up to each ear, Allaahuu Akbar Allahu Akbar....

He continues: a congregation of cell phones float above the throng, like flickering candles above candle sticks, to record the beautiful call. This is the first adhan that has ever been heard within the walls of our school. Muslim guests continue their prayer on the mats while non-observing guests have the chance to witness the occasion first hand.

After prayer, guests gather to celebrate Ramadan with an Iftar: the fast-breaking evening meal. A mix of catered food and potluck items are served by Lisgar C.I. student volunteers. A long line of hungry guests forms quickly, each waiting to try the exotic array of halal and vegetarian options. Everyone is smiling, hugging, and talking. Everyone feels welcome.

Beyond the gym, the event stretched to the hallways, where a vendor displays traditional dresses and hijabs, and henna artists generously apply intricate henna designs on guests' hands.

How did Viscount School Council come to host such a unique event? It evolved from the Ottawa Carleton District School Board's Parent Reaching Out (PRO) Grant, a Board-wide initiative to promote events to bring the school community together. I



Shauna Malcolm, Viscount parent and lead coordinator for the event, enjoying Viscount's first Iftar potluck.

immediately suggested a Ramadan Iftar to our School Council, knowing it was sure to bring out our Muslim community and hoping it would also be appreciated by all families, regardless of their faiths. The excitement was instantaneous — we knew it had to happen.

We leaned on our friendly ties with Lisgar C.I. and recruited a dozen helpful volunteers to help carry out the event. They used the magic of paint to transform recycled boxes into lanterns with flickering candle sticks, and they created

banners and stars to decorate the event space. They helped set up tables and chairs and stayed late to clean up once the event was done. Their dedication was a huge asset to make this Iftar a triumph!

Our first Ramadan Iftar was a smashing success, filled with laughter, bursting waistlines and friendship. It represented the whole-hearted beauty of our multicultural school and we could not have been more grateful to share it with so many members of our school community.

Marilyn Whitaker has deep roots in Ottawa's urban environment

Krista Ranacher

Your correspondent has had the pleasure of living in Sandy Hill since 2017. I was delighted to be assigned this piece and spend an hour with my across-the-street neighbour Marilyn Whitaker who our editor described as Sandy Hill's gardening expert.

While Whitaker might agree that she's an avid gardener and environmental activist she suggests that some other Sandy Hill residents have more gardening expertise, such as former Tulip Festival director Michel Gauthier; native trees expert Brian Dewalt; and Richard Gervais, owner of Auberge King Edward Bed and Breakfast.

While she has lived on my block of Blackburn Avenue for almost 50 years, Whitaker spent her childhood in Old Ottawa South before going to Toronto, where she earned a Masters in Environmental Studies. She comes naturally to a curious engagement with the natural world as her father worked for the National Research Council, and she spoke fondly of the string of beaches that no longer dot the banks of the Rideau River.

Whitaker honed her skills in negotiation and activism over a career in the federal government with Canada Mortgage and Housing Corporation and the former Department of Indian Affairs. She participated in Canadian delegations to international conferences on indigenous and other issues.

A number of years ago, she joined the Old Ottawa South Garden Club (OOSGC) and as she approached retirement from the civil service, she decided to go back to school. She was among the first to graduate from the new Horticultural Industries Program at Algonquin College. At that point she stepped up her garden club involvement and has now been the co-president of



Business owner Mo Ali with Sandy Hill resident and gardener Marilyn Whitaker of Oasescapes Inc., who beautified the gardens in front of Safi's on Somerset West with native and salt tolerant plants.

Photos Philippe Owen



Whitaker, who lives on Blackburn Avenue and is on the board of Action Sandy Hill, takes an active interest in street plants throughout the neighbourhood.

much geared towards native plants and encouraging gardeners to create bigger spaces that can serve as urban oases that support balanced bird and insect populations.

The thing with our urban environment is there's always something to do. I was most impressed with Whitaker's ongoing efforts through her various associations and collaborations, including the Sandy Hill Tree and Greening Group that started with a de-paving project along Somerset Street back in 2016, finding patches and corners where the pavement could be peeled up to make room for trees or

other easy care native plants. I got to see a binder full of plans that sparked my appreciation of how challenging it is to get everyone to agree to a seemingly simple and practical evolution of a space.

The Tree and Greening Group is currently working on ongoing projects to remove invasive weeds and plant native trees and plants along the Rideau River.

As a current board member of Action Sandy Hill and Co-chair of its Environmental Committee, Whitaker also collaborates with the group Community Associations for Environmental Sustainability (CAFES) that advocates for greening the urban environment with a focus on trees in mitigating the effects of climate change. And along with the Committee and co-chair Bryan Dewalt, she organized a second very successful Sandy Hill Eco-Fair in Strathcona Park this past June 1st.

We finished with a short tour of her front garden which I admire for its lack of lawn, colourful foliage, and apparent ease of care. Whitaker advises that it is good to aim for most of your plantings to be native plants. But it is still okay to keep enjoying our (non-native) peonies, for example, especially when they've been a part of our gardens for as long as we can remember. She pointed out her lovely native wild ginger with springtime light green foliage and coral bells that are the first to poke through the melting snow with their almost purple leaves.

Whitaker also does garden plans and plantings for neighbourhood gardens and green spaces. For those of us with less time and space, she's working on pollinator pots and suggests container planting is a great place to start finding the joy in cultivating our own green ambitions. Indeed, Whitaker is an inspiration and a fountain of knowledge on getting involved and being the change we want to see in making our own spaces and our shared urban environment green and sustainable.

Photo Michael Reid



Just a few of the people who came out on May 11th to enjoy some tennis and socializing as Rideau Sports Centre kicked off its Summer 2024 season.

Courting summer vibes at Rideau Sports Centre

Ryan Green

Summer 2024 got its official kickstart May 11th at the Rideau Sports Centre (RSC) as tennis and sports enthusiasts gathered for a day of tennis and socializing. This event brought together people of all ages—from their mid-20s through to their late 70s—and all skill and fitness levels, playing together, and having lots of fun, laughter and connection. It was evident from those who attended that many new friendships were made, which is the focus of the Rideau Sports Centre.

"It was wonderful to see so many people back out on the courts," exclaimed Nicki Bridgland, CEO and founder of Rideau Sports Centre. She explained that

historically most tennis facilities require a membership to participate. "We are changing the face of tennis. The Rideau Sports Centre is a gem in the heart of the city. There are no barriers, no membership is required to play here. Whether you are a seasoned tennis pro or have never held a racquet, our doors are wide open—everyone gets to play."

Barry Padolsky, a Sandy Hill resident and tennis player, has this to say: "The Rideau Sports Centre, formerly the Rideau Tennis Club, has been part of Sandy Hill's cultural and social life since 1912. A short walk across the Rideau River [on the Adawe Crossing] from Strathcona Park, it has been an historic destination for recreation, neighbourhood gatherings, and competitive sport (especially tennis). Geographically

situated in the Overbrook neighbourhood, 'the Rideau' today thrives as a vibrant Sandy Hill, City of Ottawa and National Capital institution."

Rentable by the hour, there are 15 tennis courts (seven outdoor clay courts, eight indoor tennis courts) or people can sign up for the tennis passes, programs and lessons for all skill levels/ages/fitness levels. Whatever your level, the name of the game is fun. The emphasis is a welcoming environment, making tennis approachable, social and fun—a place to make new friends and find people to play with. Plus, their on-site restaurant The Bridge Public House is open to everyone to enjoy the summer vibes on the patios... whether it's a stop along your walk, bike ride, friend night or date night.

"I have been playing at RSC since the

re-development when they opened their doors to the public in 2018. It's such a community-minded place, open to everyone, and everybody is so friendly," says Sandy Hill resident Shaun Logue. "My kids have also benefited from the facilities, including the outdoor pool, children's summer camps, and have great memories."

If you're curious about learning/playing adult tennis, their Spring 2 tennis programs are underway; Summer 1 tennis programs begin July 2. If your kids are curious about tennis or sports camps, spots are still available in their various camps all summer long.

All details about RSC court rentals, programs and camps can be found on their website, www.rideausportscentre.com.

City tree planting struggles to catch up

Bryan Dewalt

By the time you read this article the City of Ottawa will have planted 18 new trees throughout Sandy Hill as part of its spring planting program. These are welcome additions to our neighbourhood urban forest. But as development, disease, and old age destroy more mature trees than are currently being planted, this forest is in danger.

The trees that shade our streets are public goods and essential “green infrastructure.” They benefit everyone in the community. According to the City of Ottawa’s Urban Forest Management Plan, trees reduce air pollution and noise, sequester carbon dioxide, and absorb stormwater runoff. Through shade and evaporative cooling, trees temper urban heating. And trees, particularly the native kind, promote biodiversity by providing food and shelter for wildlife. For humans, trees beautify our streets, cool our homes, and provide shaded, walkable sidewalks. Studies have shown they help reduce stress and improve mental health. Finally, unlike the crumbling grey infrastructure we are most familiar with, trees actually become more valuable as they age, rising higher and spreading their canopies wider.

The City of Ottawa is responsible for installing and maintaining this green infrastructure. Remember those 18 trees? They all are planted under various City programs intended to green public spaces. Action Sandy Hill, through its Environment Committee, is working hard to maximize the benefit of these programs to our neighbourhood streets and parks.

Later this year, in support of the City’s Streetscape Program, the ASH Environment Committee will conduct a block-by-block assessment of the tree coverage in front of residential properties in Sandy Hill, in order to identify blocks that the City should target for street plantings. If you would like to volunteer for this project, contact bdewalt.ash@gmail.com, or marilynash@gmail.com.



The City planted a new honey locust tree on Blackburn Avenue beside the stump of a large sugar maple that was no longer thriving in its city environment and was removed. Photo Christine Aubry



Last days of a giant maple in McDonald Gardens park. Will it be replaced? Photo Bryan Dewalt

act unless the owner – whoever and wherever they might be – requests a tree. ASH, along with other community organizations is pushing the City to take more initiative with planting of trees in the public right-of-way, and City staff have indicated they are working on a more proactive program.

The City also needs to plant enough trees and select the right kind of tree. In the year after the devastating derecho storm of May 2022, just 251 street trees were planted under Trees in Trust across the entire city. Homeowners endure long wait times to get a tree, and too often the tree that does get planted is a species that will never grow into a large, shady specimen. Many species, like Norway Maple, Ginkgo and Japanese Lilac, actually originate overseas, and provide little value to local wildlife which has evolved to survive only on native plants.

As climate change turns up the heat on our neighbourhood, a lot must be done to renew and expand the urban forest. We should celebrate and welcome 18 new trees to Sandy Hill, but we need to do better. The City of Ottawa is currently reviewing the Urban Forest Management Plan and seeking public input on a new tree planting strategy. For more information go to:

engage.ottawa.ca/tree-planting-strategy?tool=survey_tool#tool_tab,

ASH is also pushing for improvements to the City’s Trees in Trust program. Under this little-known initiative, the City will plant a tree in the public right-of-way in front of a residential property at no cost to the owner. But the City will not

New tree in Strathcona Park sponsored by ASH

Photo Jane Waterston



A burr oak sapling and memorial plaque have joined the suite of tributes in Strathcona Park, this time sponsored not by an individual but the Action Sandy Hill community association— Marilyn Whitaker and Bryan Dewalt in the lead.

ASH honours the memory of François Bregha, who served for many years on its board, created the Sandy Hill Stories website, wrote regularly for IMAGE newspaper and participated with determination and enthusiasm in all sorts of neighbourhood campaigns. He helped Claire MacDonald with the park clean up, dished out Peter Evanchuck’s perogies at the One and Only craft sale, and served *tire sur la neige* with Diane Beckett at the winter festival. With Trina Bolam, he lobbied hard (unsuccessfully) against the Viner project on Laurier E. at Sweetland. He worked behind the scenes on ASH bylaws with Robert Stehle, Christopher Collmorgen and Chad Rollins. Much missed around here!





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Claude Bégin



Illustration Phil Caron

À la mi-printemps, tout comme au début de l'été, le parc Strathcona est vraiment un endroit pittoresque où marcher. Une simple balade dans ce parc en matinée, en après-midi ou en début de soirée, peut s'avérer une expérience visuellement amusante. Éloigné du bruit des voitures passantes, le marcheur peut passer un moment fort agréable.

Au mois d'avril et de mai, la nature reprend vie avec le bourgeonnement des arbres et le chant des oiseaux. Les fleurs printanières commencent à jaillir du sol. Aussitôt, celles-ci ne tardent plus à afficher leurs couleurs éblouissantes et à diffuser leurs parfums enivrants. C'est le moment de profiter de l'éclat du crocus, de la jacinthe, du perce-neige, de la jonquille, du muguet, du lilas, du magnolia, de la tulipe, du chèvrefeuille, de l'œillet, de la fleur du cerisier et du pommier, de l'iris, etc. Que c'est beau! Que ça sent bon!

Bien que les fragrances florales visent d'abord à attirer les pollinisateurs, l'être humain les apprécie grandement lui aussi. Ceux et celles qui observent, sentent et apprécient davantage la jeune flore locale dans toute sa splendeur pourrons vivre un moment « d'exaltation du moi ».

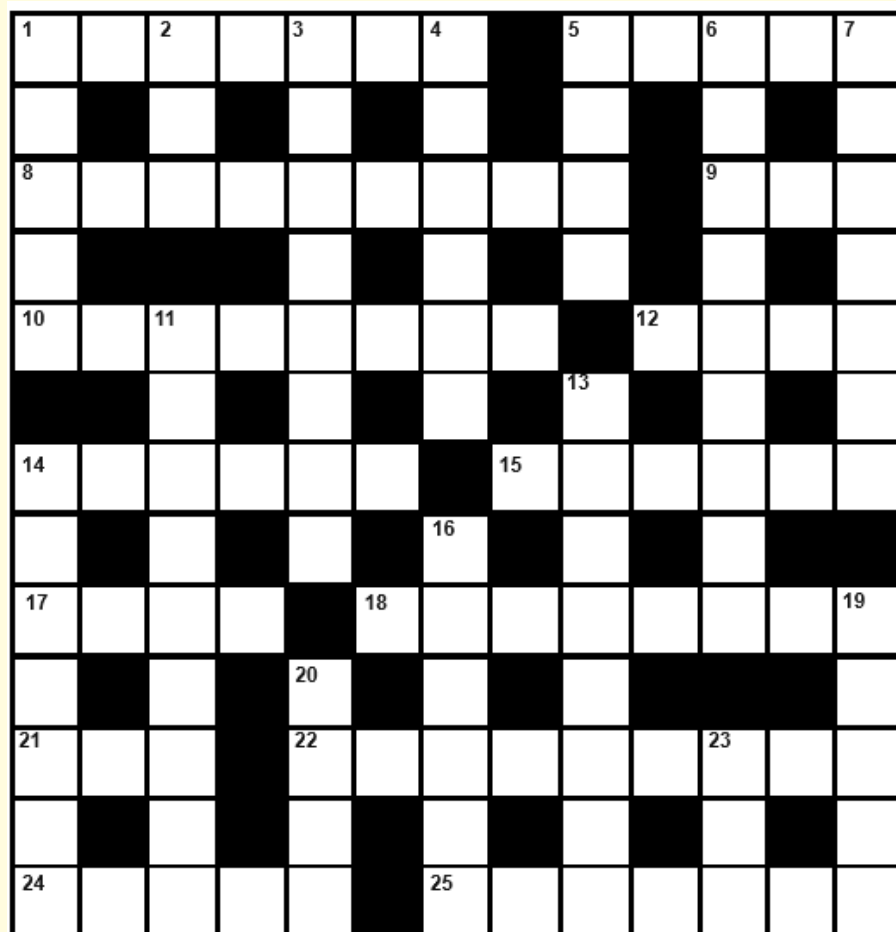
Et puisque tout est en croissance, la promenade peut nous inciter à la réflexion personnelle. Le simple fait d'observer un reflet de soleil scintiller dans les rapides peut rediriger notre attention ailleurs. Cela peut nous amener à penser à une situation que nous cherchons à résoudre. Parfois, nous pouvons passer plusieurs secondes, voire plusieurs minutes à évaluer la situa-

tion avant de revenir à notre réalité familière et rassurante. Cet éphémère moment de réflexion peut nous permettre de trouver la solution recherchée.

De nombreuses études démontrent clairement que marcher en nature offre des bienfaits incontestables sur la santé physique et mentale. Que ce soit en solo, avec un être cher, en compagnie de son chien, la marche pratiquée régulièrement aidera à diminuer le niveau du stress de la vie moderne que bon nombre d'entre nous vivons au quotidien. Il suffit d'avoir de bonnes chaussures de marche et de vêtements adéquats. Vous avez de bonnes chaussures de marche? Oui? Alors, partons en promenade et donnons libre cours aux hormones du bonheur.

A PLACE TO LAY YOUR HEAD

By Ralph Blaine



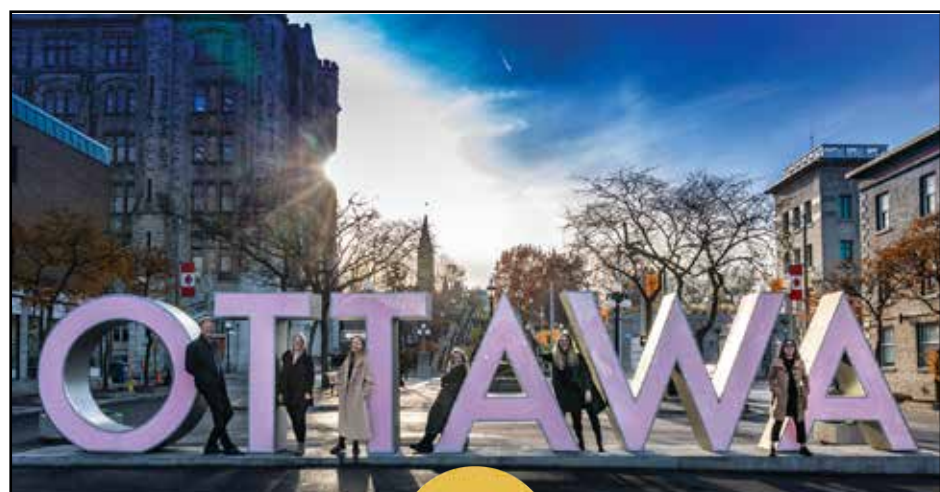
ACROSS

1. Warm-blooded animals like you, elephants and chimpanzees (7)
5. You might want to sit on one (5)
8. The name of this northern Sandy Hill B&B incorporates the last name of an Irish-Canadian father of Confederation who was assassinated on Sparks Street in 1868 (6,3)
9. What the planets move around (3)
10. The name of this recently constructed S.H. riverside apartment tower brings to mind a Scottish vacation castle of the British Royal family (8)
12. Indigenous tribe who negotiated an agreement with Quebec to build the James Bay power project. (4)
14. Stop. Often used in "Cease and _____" (6)
15. A poem or song narrating a popular story (6)
17. Oppressively noisy (4)
18. Those who believe that God does not exist (8)
21. Is often found at a gallery (3)
22. A modern luxury hotel near the canal. Its name gives a hint as to which border of S.H. it straddles. (3,6)
24. A school writing assignment of several paragraphs— often for an English class (5)
25. Where you might find refuge in S.H. if you were down on your luck. The _____ (7)

DOWN

1. What the Mafia might call their franchises if they ran a hamburger chain (5)
2. A cup for coffee or tea, for example (3)
3. Tavern where a brew can be quaffed. Quinn's on Bank St. is a local example. (3,5)
4. Of or related to the backbone. Also a word that sometimes precedes tap or column or cord. (6)
5. A scoop often sits atop one (4)
6. A long standing B&B in southern S.H. In spite of the name there are no koalas in residence (9)
7. The public thoroughfare that 10 Across is located on (5, 2 Abr.)
11. A modern hotel with a French moniker in north-western S. H. where hopeful children might gather on October 31st? (3, 6)
13. Not giving sufficient thought or attention to avoiding harm or errors; slapdash (8)
14. The public thoroughfare that 8 Across is located on. (4,3 Abr.)
16. Small narrow river; also a word that might come after "jet" or before "of consciousness" or "line" (6)
19. The words the Devil might use to encourage his evil followers (3,2)
20. If you can't escape to Florida you might just have to remain in Sandy Hill and enjoy a _____ cation. (4)
23. The Chinese martial art known as _____ Chi. (3)

➤ Crossword solution, page 12



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Duck Duck Goose: A year of Rideau River living

Photo Christopher Rath

Jean Rath

I have lived beside the Rideau River between Cummings Bridge and the Adawe Crossing for six years. Here is one year's representation of the creatures that share the space with me.

Cold open water

Early in January, the only ice on the river is along the shoreline, and on a grey winter's day a large flock of diving ducks show up in front of our building, their white chests a bright contrast to the grey water. We think they're buffleheads. There must be over 50 of them spread up and down the river, and they keep disappearing under the water and re-appearing in turns.

Across the river, four mallards sit on the shoreline ice and watch. Nothing is going to entice them to dive underwater!

The flock of buffleheads returns day after day, even when ice floes form and travel down the river. These floes are twice the size of the ducks, but they shrug them off, merrily skirting them or diving underneath. On bright days, we can see their outlines zipping around under the water.

The colder it gets, the more the shoreline ice extends into the river. One day, a furry thing appears on the ice shelf across the river. It's so big and furry, I wonder if it's a small bear. The binoculars reveal it to be a beaver! Another smaller one shows up a little later. They spend a long time there, sometimes diving into the water and then returning to the ice.

One day, a large turkey decides that our part of the river is a place of interest. It starts peering into the windows of the ground-level apartments in our building. His appearance creates quite a buzz on the building's WhatsApp group!

Party on the river

By February, the river is frozen solid. After a snowfall, the river is criss-crossed with cross-country ski and snowshoe trails but also little prints, telling of nighttime critter shenanigans. The only animals we see by daylight are the black squirrels that like to run back and forth from our shore to Cummings Island in the river. But if we're at the right window at the right time of the night, we can still catch sight of creatures.

One night, two foxes appear on the ice. They bark at each other, approach each other and then run away. We think it's a fox mating game. After all, spring and pups are only a couple of months away.

Late the following evening, a ball of fur appears on the ice over by Cummings Island. We think it's the fox again, but in the dark, we can't really tell. The creature starts crossing the ice, and the closer it gets, the less like a fox it becomes. It waddles, for one thing. When the ball of fur is close enough to come into profile, we see it is a raccoon.



Our beautiful Rideau River is home to so many animals. Read about many of them, including foxes, beavers, ducks, crows, minks, cormorants, and of course, geese, in Jean Rath's lyrical account of watching the varied animal life on the shore.

But then we do see the fox! It is sitting on the ice in the middle of the river, watching the progress of the raccoon with great interest. It finally gets onto its belly and creeps along the ice to intercept the raccoon's trajectory. Once there, it sits up, at which point the raccoon stops and faces it—it is then clear that the raccoon is the same size as the fox!

They stare each other down for a long time. Finally, the fox runs back to the middle of the river and the raccoon heads up the south side of our building where it lives. I'm very glad the raccoon got home safely. Perhaps I should be just as glad for the fox!

Goose tales

Early in March, the Canada geese begin to arrive. They are unbothered by the fact that the river is still frozen. They merely walk around the middle of the river as if it is ready for them to swim in. As the river thaws, more geese arrive. They must have a lot of stories to tell, because they are very noisy!

A pair manage to secure a slice of riverbank for themselves right below our apartment building. The female creates her nest, and by early April, the nest has seven eggs! The building's WhatsApp group comes alive at this development!

The goose sits for several weeks, through rain, snow and sleet. It's not very exciting, but neither is it without drama. The male goose occasionally has his hands full with interlopers. They may not have ill intentions toward the nest, but the goose is not taking any chances. If any creature gets too close, the male assumes his menacing stance: full height with wings spread out. The mink, the crows and fellow geese all get that treatment. If a goose gets too close ("too close" can be as far as halfway across the river), the male chases it down the river, making an alarming ruckus.

One day, a gaggle of visitors arrived – six geese who climb up on shore and started nibbling the thin grasses beside the shore. The nesting couple is uncharacteristically unbothered. I theorize these geese were last year's hatchlings come to say hello to the folks.

Much to the excitement of the entire building, the eggs hatch one morning in May. We can see the little balls of fluffy yellow cuteness manoeuvring around the nest. One wiggles its way out and seems

to have a hard time getting back. I worry for the little gosling, thinking about how skinny it is with the cold night to come. But it does manage to make its way back to the nest. The goslings spend most of the day under their mother, occasionally poking their little heads out to entertain us.

Early the next morning, I arrive at my window just in time to see the goose family swim away and disappear up the river. They never come back. It seems that one day and one night is all these babies need before they are ready to strike out to the green fields of Strathcona Park to get big and strong in time for migration, which is only a few months away.

But one dud egg is left in the nest, and it attracts a lot of attention. A crow flies down, digs around, pokes at the egg and leaves. Then a lone goose walks up to the nest, sits on the egg for a while and leaves. The mink skulks along the shore and is chased off by a crow.

But it is the evening visitor that evokes a reaction from the geese! While the geese are scattered all over the river, the fox shows up and paws at the nest, causing about 15 geese to come charging from all directions and park themselves in the water in front of the nest. When the fox walks down the shore, the gaggle follows as one. When the fox stops, the gaggle stops. As a group, the swimming fowl follow the fox down the shore and don't let up until it heads back up the riverbank.

And then there is no more dud egg in the nest.

Party on the river, part II

According to Internet info, it sometimes happens that geese form a "creche." By the end of May, a creche of about 50 goslings and their attendant two or three adults establishes a definite presence on the river. I like to think our goslings are part of that crew. The creche dominates the river, but that doesn't stop the other creatures from enjoying its early summer warmth and bounty.

One sunny day in May, the river is a veritable Saturday in the park. A flock of swallows flies all over the river's bug-ridden surface while three cormorants swim sleekly under the water and then dry their wings on a mid-river rock that they have to share with the turtles (I guess turtle is not on cormorant menu). The gulls are everywhere, and on the shore below our building, the goldfinches, cardinals and redwing blackbirds hang around the shore scrub while the sandpiper and heron poke around the water. As dusk falls, the bats appear, swooping and turning and catching bugs in front of our apartment.

Photo Christopher Rath



A childcare "creche" on the river.

► Crossword solution, from page 11

A PLACE TO LAY YOUR HEAD

M	A	M	M	A	L	S		C	H	A	I	R
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► Duck Duck Goose, continued p. 13

► **Duck Duck Goose**
from page 12

Lazy on the river

When the geese moult and can no longer fly, they bob around on the river, often sticking their white tails straight up out of the water to snap up the nice eating from the shallow bottom. The goslings become gangly teens very quickly – I no longer call the large group of 50 “the creche”; now, they are “the youth group.”

The geese bob, the cormorants sit on the mid-river rock and dry their wings, a snapping turtle and then a large fish swim lazily by, and at night, the tree frogs on Cummings Island peep. It’s the lazy days of summer.

A merganser mom and her tiny ducklings hang out around the shallows near our building. The eight little ones can dive for food just like their mom. The tiny fluffy things disappear suddenly under the water, one by one, and then bob back up in quick succession, looking like a fleet of starships coming out of hyperspace. If any of them get too far from mom, she quacks, and the little one skims across the water like a speedboat to get back to her.

Flight School

By early August, the spring goslings all look like their parents. Now it’s time to teach them to fly. Small gaggles of geese take off (with great cacophony) and fly low over the water. Sometimes they get as high as the trees. Wherever it is they fly to in order to practice, they soon return, practising their group splash downs. They are a treat to watch as all of them together soar downward with their wings in hooked formation, adjusting the wings constantly to catch the right air currents until they all land in quick staggered succession with a soft, elegant swoosh.

“Well done kids,” I say as they land. I say something similar when I’m a passenger on an airplane that is executing just such a landing. I suspect the pilot uses the same technique as the geese.

As the weeks go by, the gaggles fly higher and farther, always returning to the river for a night’s rest. Sometimes they don’t



Photo Bob Whitelaw

return until after dark. I can hear them approaching with their constant honking, and sometimes I can spot the dark, moving line above the dark trees across the river. Then they disappear against the trees. But soon, I can see silhouettes reflected on the still water as they fly over, especially on a moonlit night, and then see the disturbance on the water and hear the swoosh when they land.

Photo Christopher Rath



Mink slink down the shore.

As soon as they return, the night, previously given over to rippling water and tree frog peeping, is once again covered in cacophony.

Peace on the river

Flight school continues into September, and after awhile, it’s hard to tell if the geese that splash down on the river every evening are the summer residents returning from a day’s practice or gaggles from the north migrating through. I suspect the

latter. At one point, there are 200 geese on the river. They rest on the water and feed, white bottoms up, off the underwater reeds. Our river is apparently a popular passing-through point.

As the fall unfolds, there are days at a time with no geese in sight until, by some time in December when everything is grey and white again, they are gone for good. As if they are relieved to finally be rid of their large, noisy neighbours, the diving ducks return with their black and white presence on the grey water lined by grey and white trees.

Then winter sets in. It’s time to start a year on the Rideau River all over again.



Photo Christopher Rath

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<p>We invite our members and community to our</p> <p style="text-align: center; font-weight: bold;">Annual General Meeting Wednesday, June 26, at 6:00 PM</p> <p style="text-align: center; font-weight: bold;">at the Centre – 221 Nelson St., in the Board Room</p> <p>Business meeting includes the presentation and approval of the Chair’s and Treasurer’s reports, proposed changes to the By-laws, election of the Board of Directors, and other matters.</p> <p style="text-align: center; font-weight: bold;">Come and get involved in your Community Health Centre!</p>	<p>Tous nos membres ainsi que la communauté sont conviés à notre</p> <p style="text-align: center; font-weight: bold;">Assemblée générale annuelle mercredi, le 26 juin, à 18 h</p> <p style="text-align: center; font-weight: bold;">au Centre – 221, rue Nelson, dans la salle du conseil</p> <p>Au programme : lecture et approbation des rapports du président et du trésorier, modifications proposées aux règlements du Centre, élection de membres au conseil d’administration, et d’autres sujets.</p> <p style="text-align: center; font-weight: bold;">Participez à la vie de votre Centre de santé communautaire!</p>
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For more information, contact Cristina at ccoiciu@sandyhillchc.on.ca, or follow this link to register <https://survey.alchemer-ca.com/s3/50258799/2024-AGM-EN>.
Pour plus d’informations, contactez Cristina à ccoiciu@sandyhillchc.on.ca, ou suivez ce lien pour vous inscrire <https://survey.alchemer-ca.com/s3/50258799/2024-AGA-Fr>.

EcoFair 2 in the park

A chance to connect with experts, do some birdwatching and revel in Sandy Hill's amazing natural resources and setting

The 2nd Sandy Hill EcoFair held on Saturday, June 1 in Strathcona Park was another success. Our thanks go to Mother Nature who provided stunning weather and the industrious and well-connected volunteers on Action Sandy Hill's Environment Committee.



The EcoFair opened with greetings by Elder Irene Compton. Photo Philippe Owen



Action Sandy Hill Environment Committee Co-chair Bryan Dewalt helped a group identify invasive plants in Strathcona Park.

Photo Andrew Johnson

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About 30 exhibitors lined the path that winds through Strathcona Park.

Photo Pat Chiasson



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Photo Andrew Johnson



Ecology Ottawa provided free seedlings to passersby.

(Right) The Ottawa Outdoor Gear Library volunteers were on hand to lend out equipment.

Photo Bryan Dewalt



Photo Andrew Johnson



An enthusiastic group of birders identified 30 different species along the Rideau River during a walk led by Dr. Richard Knapton and Dr. Félix-Marie Affa'a.

Photo Philippe Owen



The Tulip Festival's Alumni Cocktail in Working Title's Manifesto Lounge on May 14 brought together Sandy Hill residents Guylaine Lemaire, Michel Gauthier, Bernadette Salame and Julian Armour.

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Have you seen this pretty purple colouring in Sandy Hill? Send your guess to image22@rogers.com and you could be named in the next issue! Send your guess to image22@rogers.com



Spring issue winner!

Poonam Varshni was the only IMAGE reader who correctly identified the steel structure outside the University of Ottawa S.I.T.E. School of Information building, corner of King Edward and Mann.

Photos Bob Whitelaw

Palestine flag planted in Sandy Hill

Photos Philippe Owen



The great lawn across from the University of Ottawa Tabaret Hall was the chosen site for the pro-Palestinian encampment erected on April 30 by students asking the university to disclose its investments and divest its pension fund from corporations associated with Israel and its army.

Have you been wondering about these novel signs on rental properties?



You may have noticed these signs popping up on rental properties across Sandy Hill. The buildings are all still owned by Smart Living. Fahel & Co is their new property management company. It will be interesting to see if more lawns will be mowed, litter collected, bins stored properly and curb appeal generally improved at these multi-unit properties.

—Christine Aubry

Several properties around Sandy Hill have this sign posted at their entrance and piqued IMAGE's curiosity. The phone number on the poster directs one to the answering service of SmartLiving Properties, but the extension is not valid and messages left at another SmartLiving phone number were not returned. Another sign in front of some of the same properties is that of First Source Mortgage Corporation and when contacted, a spokesperson could only say that they "expect that this property is one of several we are financing [in aid of] the construction of purpose- built rental projects in the Ottawa area."



Sandy Hill dig result

Photo Christine Aubry



Do you wonder what sits below your home in Sandy Hill? Here is a great view of our rocky and wet underground! Not-so-sandy after all!

Photo Christine Aubry

On Blackburn Avenue, they know how to have a good time

A few sprinkles of rain did not dampen spirits as Blackburn Avenue neighbours of all ages came out to break bread, catch up, and have silly fun during a Block Party on June 9.

Photo Leila Heikkila



Photo Christine Aubry



COMMUNITY BULLETIN BOARD

The Ottawa Japanese Community Association is seeking volunteers for the July 6 Natsu Matsuri event at the Sandy Hill Community Centre (see the summertime diversions article on page 23). If you are available to help, contact: communications@ojca.ca

Walk or cycle over to the Wild Oat Bakery and Café in the Glebe during the month of July to take in a poster-art exhibit entitled Protect What You Love, addressing local and broader environmental issues that touch us all.



Illustration Claire MacDonald

Do you know a senior who would benefit from the company of 1 or 2 very sweet and loving cats? Miles and Molly need a new home (together or separate) where they will have access to a yard and a human (preferably female) who is most often at home. Please contact Christine at caubryhome@gmail.com

Photo Philippe Owen



Sandy Hill resident and artist Eiko Emori (left) hosted an Open House at her Designer Glass Studio on Chapel Street on May 25. Find out more about Eiko's beautiful works at designerglassstudio.ca

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Good Neighbours Ottawa

Volunteers in blue vests bring food and clothing to the street

Bruce McConville

Good Neighbours Ottawa are a compassionate team of resident volunteers intent on providing care for those who are consigned to living an inhuman existence on our downtown streets. We save lives and bring hope to our most vulnerable persons (MVPs), many who suffer with health, mental, and addiction disease. Every Tuesday night, our team enthusiastically accomplishes Ottawa's largest frontline outreach, bringing food, friendship, and clothing to street dwellers and resuscitating opioid overdose victims. Throughout the week, GNO volunteers work hard in forming focussed partnerships to enable specialized, supportive housing for Ottawa's MVP community. We courageously fill voids, where government inertia and public disdain exist, by taking direct action, providing a bright example of civic leadership in this essential pursuit for social justice and human dignity for all.

The Good Neighbours initiative began as a collaborative effort of the Vanier Community Association and many local organisations with the help of Ottawa City Councillor Stéphanie Plante, MPP Lucille Collard and MP Mona Fortier. Two community advocates, Bruce McConville and Myka Delisle-Spencley, volunteered to initiate and manage this effort in July 2023.

We grew weary of always hearing that nothing significant could be done to improve street safety, so we decided to hit the roads with a few bottles of water and some granola bars, inviting other con-



Good Neighbour volunteers, including several Sandy Hill residents, University of Ottawa students and Bruce McConville (front left) patrolled the Byward Market on June 4.

Photo Christine Aubry

cerned citizens to join us. We knew something could be done and that it had to be done right away in view of the escalating fentanyl crisis. We learned a great deal from the initial walks and interacting with MVPs. Everything snowballed from there, and the success of Good Neighbours Ottawa derives from a growing network of hundreds of dedicated people. One of our volunteers likes to quote Margaret Mead, "Never underestimate what a group of individuals with heart can do to transform

their community."

Good Neighbours Ottawa asks for everyone's help to fix this solvable dilemma. Make a muffin, furnish fruit, supply a sandwich, send shoes or socks, walk with us, talk with us, involve an organization, or lend your expertise . . . it all makes a huge difference when you get involved. There is much to accomplish in getting those living on the street into supportive housing off of the street. There's no place like home to those without one.

We have made significant gains on the road to providing supportive housing and are in need of just one acre of land to fulfill this mission. Everything else is ready to go for us in building a tiny home community pilot project for candidates willing to receive help in collaboration with the Mission. To see how you can be of help, please phone 613-298-1984, e-mail goodneighboursottawa@gmail.com or bmconville@outlook.com or find us on Facebook at Good Neighbours Ottawa.

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Photos Dodi Newman

To your very good health!

A quick guide to anti-inflammatory foods

Dodi Newman

There appears to be a consensus in the medical world that you can be generally healthier and suffer less from inflammation by eating the right food. “Many major diseases that plague us – including cancer, heart disease, diabetes, arthritis, depression, and Alzheimer’s – have been linked to chronic inflammation,” says the Harvard Health website. And Dr. Frank Hu of Harvard’s School of Public Health says “Many experimental studies have shown that components of foods or beverages may have anti-inflammatory effects.

So how can you cook with anti-inflammatory foods without spending all day in the kitchen? Get organized! It can be hard to change habits, and cooking with fewer processed foods can take more time. Here are some tips to make that change easier:

Make a plan

Make a weekly meal plan, then go to the store and buy what you need for that plan. You’ll save time in the long run by not puzzling over what to eat every day, and you’ll save money too, because you’ll only buy what you use.

When planning dinner, a good rule of thumb is to fill half your plate with vegetables, one quarter with protein and one quarter with whole grains. But remember that being too strict makes it harder to succeed, and be realistic about your constraints and desires – food, after all, is a great source of pleasure. My own meal plan features beef on Sundays. I assign healthy proteins to the other days, and I make sure that I have vegetarian protein twice a week (tofu, eggs, legumes served with whole grains).

If, like me, you eat dinner with a partner who doesn’t share your dietary goals, make lunch a source of especially healthy foods. I now have a large salad that typically includes different greens, cooked legumes, a cut-up tomato or other veg, nuts and seeds, and maybe some grated cheese.

Get a good start at breakfast with whole fruit instead of jam and juice.

Cook ahead, prep, and mix things up. Cook foods like legumes and whole grains in large quantities, adding a bay leaf or two to beans and chickpeas. Then freeze them in portions as needed for one or more – they freeze very well. Freeze legumes with a bit of their cooking water to cover so they don’t dry out. Freeze grains well drained.

Winter squash, eggplant, tomatoes and peppers also freeze well. Roast a lot of them together and freeze in portions.

Keep a jar of chopped mixed raw nuts in the fridge to add to cereals or salads: equal parts of almonds, hazelnuts and walnuts work well!

Wash enough salad greens to last for 3-5 days and store them in air-right containers in the fridge.

Make a week’s worth of salad dressing and keep it in the fridge. Dressing also works well to animate steamed vegetables.

Cook vegetables together in one pot. Broccoli and carrots cooked together are great, so are celery and carrots, leek and carrots.

Plan ahead

Now that we are heading into summer, not having to cook a hot meal can be a godsend. Plan to have leftovers so you can make a cold chicken or potato salad (cold potatoes are actually quite healthy: as they cool, the starch they contain becomes resistant to digestion, meaning that a substantial portion of their calories are not absorbed). Don’t be afraid to experiment (and if you are, the net is a never-ending source of excellent recipes). Toss yesterday’s veggies with a vinaigrette or blend them with a bit of vegetable or chicken broth to make a cold soup; use rice or other leftover grains in a cold pilaf; purée pre-cooked legumes and make hummus and other spreads. Add colourful fruit and nuts for a crunchy accent and fresh herbs for bursts of flavour. From that abundance, choose what might work together, and the results will be a revelation!

Bon appétit!



Fresh greens, blueberries and tomatoes from the Parkdale Market

Which foods are anti-inflammatory?

Below is a broad, if not complete, list of foods that might be helpful (YES), foods you might want to stay away from (NO), and finally foods that are neutral when it comes to fighting inflammation (NEUTRAL). By no means should you consider this medical advice and consult a professional if you have questions.



Yes to chickpeas, black (or turtle) beans, Eston lentils, navy beans

YES

Foods high in omega-3 fatty acids:

- Salmon, mackerel, sardines, trout, scallops
- Nuts, such as walnuts, almonds and hazelnuts. Raw nuts have less fat than roasted, and if you do use roasted, get unsalted dry-roasted ones.
- Seeds, such as flax, chia, sunflower and pumpkin seeds
- Olive, canola, and light sesame oil (dark sesame oil is roasted and that may destroy its benefits). Rather than using oil for frying or sautéing, try adding it “raw” to a finished dish. This preserves the flavour of the oil and it’s healthier, too.

Fruits and vegetables high in antioxidants, Vitamins C and K—the more colourful

and stronger hued the better:

- Green leafy vegetable—kale, spinach, lettuce, Swiss chard, anything in the cabbage family
- Tomatoes, sweet peppers, carrots, winter squash
- Onions, leeks, garlic, shallots, scallions
- Colourful fruit: cherries, blueberries, raspberries, strawberries, oranges, kiwi, apricots (fresh or dried)
- Legumes, fresh or dried. If canned, look for low-salt
- Ginger and turmeric, as tea or spice

Grains and starches:

- Whole grains like brown rice and spelt, quinoa and buckwheat
- Sweet and purple potatoes
- Whole grain pasta and bread

NO

- Fried foods
- Refined carbs – white flour, highly refined sugars and syrups, jams
- Red meat—beef, lamb
- All processed meats
- Highly saturated fats—lard, coconut and soybean oil, butter, any cream, margarine

NEUTRAL

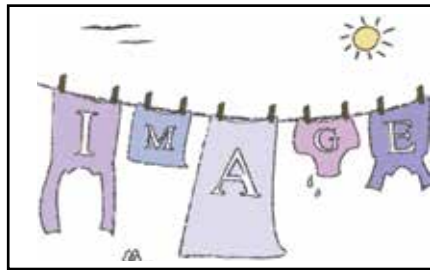
- Chicken, pork
- Dairy (unless very fatty like heavy cream, rich cheeses)
- Eggs in moderation
- White or yellow potatoes

UrbanOttawa.com

Com-mu-ni-ty: 1. A group of people living together in one locality having common interests. 2. The district or area in which they live.

If your community means more to you than a dictionary definition, then consider working with a Realtor who understands the dynamics of our neighbourhoods and can express why they are such great places to live. Natalie is an integral part of her community and appreciates what yours means to you. Get in touch to discuss how to be “market ready” when the time comes or how to best position yourself for a purchase.





COMMUNITY BULLETIN BOARD

Les affiches communautaires

Garden Competition for Apartment Buildings in Sandy Hill

Not all apartment building grounds are equally maintained in Sandy Hill. Some feature oversized garbage bins and cracked pavement with dandelions blooming (on a good day). Others are carefully planned with continuously flowering plants, ranging from spring daffodils to fall zinnias.

We would like to acknowledge the successful efforts of landlords who contribute to the beautification of our neighborhood by recognizing the best in the fall edition of IMAGE.

So landlords, here is your chance to up your game. Garden enthusiasts and walkers, take note. Please send your nominations (with photos, optional) for the best commercial or apartment building gardens in Sandy Hill over the summer and early fall to: elizabethgracetremblay@gmail.com. If you are interested in being one of the judges for this first annual competition, please send a note to the same address.

I hope that landlords of all types will rise to the challenge and spruce up Sandy Hill.

Elizabeth Grace Tremblay



Concours de jardins pour les immeubles appartements de la Côte-de-Sable

Les terrains des immeubles d'appartements ne sont pas tous entretenus de la même manière dans la Côte-de-Sable. Certains présentent des poubelles surdimensionnées et une chaussée fissurée avec des pissenlits en fleurs. D'autres sont soigneusement planifiés avec des plantes à floraison continue, allant des jonquilles au printemps aux zinnias en automne.

Nous tenons à souligner les efforts fructueux des propriétaires qui contribuent à l'embellissement de notre quartier en reconnaissant les meilleurs dans l'édition d'automne d'IMAGE.

Alors, propriétaires, voici votre chance de rehausser votre profil. Amateurs de jardins et promeneurs, prenez note. Veuillez envoyer vos candidatures (avec photos, facultatives) pour les meilleurs jardins d'immeubles commerciaux ou d'appartements de la Côte-de-Sable au cours de l'été et du début de l'automne à : elizabethgracetremblay@gmail.com. Si vous êtes intéressé.e à être l'un.e des juges de ce premier concours annuel, veuillez envoyer une note à la même adresse.

J'espère que les propriétaires de tous types relèveront le défi et embelliront la Côte-de-Sable.

The Embassy Terrace building on Chapel Street has made an effort to beautify their front entrance. Do you have a building to nominate for the Garden Competition for apartment buildings?

Main St. Farmers' Market is back



Grande Allée Park is home to the newest Ottawa Farmers' Market. Located off Main Street near St. Paul's University, it is just a short bike ride along the river from Sandy Hill. About two dozen vendors are offering local seasonal produce, baking, dairy, meat and prepared foods every Saturday between now and late October. Check it out!

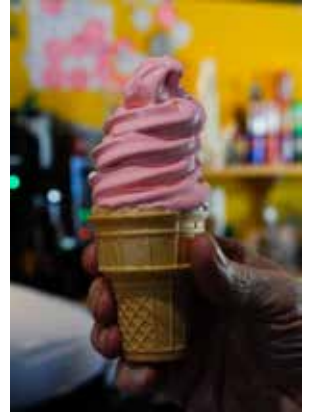
— Betsy Mann



Here comes another summer! Time to visit the patios, bring home easy meals to eat in the backyard, or enjoy the air-conditioned interiors of our local eateries when the weather gets really hot. While you're at it, please don't forget to share your favourite Sandy Hill food experiences with image22@rogers.com

Bamm's Snack Shack 74 Coburg St.

Now that the warm weather is here, you'll want to wander by Bamm's when you're in the mood for a cold, sweet treat. They have a soft ice cream machine, and they're not afraid to have fun with it. On a recent visit, we were offered a choice of cherry or lime, both flavours based on Kool-Aid crystals and available separately or in a colourful twist. I have to admit we were a little dubious, but we took a gamble on the cherry and ate it so quickly that we were forced to go back inside immediately for another cone. Check it out some hot day; you won't be sorry.



In's Kitchen 65 Templeton St.

If you are looking for fast, fresh, and tasty Korean food on a budget, then In's Kitchen is for you. The menu is streamlined but with enough variety that you will keep coming back to try each of the flavourful dishes. Pricing is straightforward with every meal costing the same amount, with a soft drink included. Keep in mind that the food choices and the price point change at lunchtime. My go-to dish is the mouth-watering Beef Bulgogi, which is served sizzling hot on a cast iron grill, with three complimentary sides. As well as the excellent food, the staff are friendly, and service is prompt. The food can be very spicy, so the chef will tailor any dish to your desired level of heat. Seating is simple, with playful Korean touches including a bookshelf with English and Korean language books and Korean pop shows playing on a TV in the corner. Located in Sandy Hill across from the Ottawa U gym, prepare to be delighted, surprised, and utterly satisfied. A visit to In's Kitchen is an absolute must. *Susan Green*

Melaku Ethiopian Coffee 503 Rideau St.

There's a new cafe at the east end of Rideau St. It's not officially open yet, but if you're passing by and are lucky enough to find the door open, step in to say hello to Mentwab, the friendly proprietor, and inhale the lovely aroma of her imported coffee beans. All your favourite caffeinated beverages are available, along with a few baked goods and some chocolate. Upstairs, a colourful seating area is taking shape where someday breakfast will be served. An iced coffee with milk and a shot of vanilla syrup hit the spot for me one morning recently, and I look forward to watching the cafe get up to speed over the summer.



Onua Bakery 151 Chapel St.

How long has the "Opening Soon" sign been in the window of the shiny new space on the ground floor of the apartment building at Chapel and Rideau? Months and months, but lately it's starting to seem that there might actually be a bakery on Rideau St. again someday soon, as a glance in the window shows some pretty serious kitchen equipment and a counter in place and waiting to be unveiled.

According to their website, Onua will be selling sourdough and white bread loaves, pound cake, beignets and African-style meat pies, seven days a week. Here's hoping those final preparations won't be taking too much longer!



Vittorio Pizza House 62 Stewart St.

As a long-time resident of Stewart St., it came as quite a surprise to me recently to learn that the manager of a bed and breakfast just down the street had recently placed 19th in the non-traditional pan division at a World Pizza Expo in Las Vegas. Sadly for us (though happily for Vittorio), his pizza event space is fully booked for the foreseeable future, but I am looking forward to trying the winning deep-dish pie (a white pizza with spinach, Kalamata olives, ricotta and truffle oil), later this summer when reservations become available. Check out the Pizza House's website if you're curious, or if your appetite needs some stimulation! www.vittoriospizzahouseottawa.com

15 minutes to topnotch music

Photo Philippe Owen

Betsy Mann

When city planners vaunt the advantages of a “15-minute neighbourhood,” they usually mean living within easy walking distance of services like grocery stores, pharmacies, recreation facilities, parks and schools. Here in Sandy Hill, in addition to all those conveniences, we are lucky to be able to add music to the list. Festival and concert organizers find our neighbourhood a convenient location, thanks to venues like allsaints event space, the University of Ottawa and St. Joseph’s church. We’ve got the Music and Beyond festival July 4 – 17 this year and the annual concert series organized by Thirteen Strings. Add to that the Ottawa Jazz Festival in nearby Confederation Park and Marion Dewar Plaza starting June 21 where we will be an easy walk to nine days of open-air events.

As you may have heard, many arts events and festivals have seen their funding reduced this year. Asked to comment, the Artistic and Executive Director of Music and Beyond, Sandy Hill resident Julian Armour admits, “In this business, you have to have nerves of steel and be ready to take risks.” In fact, just seven weeks before the opening concert of the festival’s 15th season on July 4, Armour had not heard from their two major grantors. “We will adapt,” he says confidently.

In addition to grants, what will help Music and Beyond to adapt, like all arts organizations, are its sponsors, donors, audience and volunteers. This last category of support plays a key role in the success of any arts organization,



The Thirteen Strings Chamber Orchestra, featuring Daniel Hamin Go, front right (cello/violoncelle), Sandy Hill resident Julian Armour, back right (cello), and outgoing Music Director Kevin Mallon, centre left, performed to a sold-out crowd at allsaints event space on June 9.

including the Thirteen Strings Chamber Orchestra. For more than 15 years, the president of Thirteen Strings has been Rob MacDonald, another neighbourhood resident. “We put on six concerts a year,” he explains. “As a small organization, we have a core group of volunteers who help with those. Our closing concert this year was held at allsaints on June 9.” Himself a volunteer, MacDonald feels especially fortunate to have an engaged volunteer board whose members are active in fundraising. “Granting agencies have been very supportive of us, but you never know when things might change,

so it’s important to have other sources of funding,” he continues. “We are lucky to have a loyal donor and sponsorship base, but we are always working to try and expand that base.”

Like regular donors and sponsors, volunteers have been very loyal in their support of arts organizations. For his part, Armour is clear: “We have amazing staff, but we couldn’t do this without our volunteers. They are perfect frontline reps at our concerts; they do this for the love of it.” Jan Finlay, a perennial volunteer with the Jazz Festival agrees: the advantages of volunteering go both

ways. Her work for the festival involves managing a team of 150 volunteers who scan tickets, control the gates and take care of garbage and recycling after the crowds leave. Not a small task, but for her, it’s a chance to bathe in the music. “I’m at the festival every day from 3:30 in the afternoon and I get home at midnight,” she says. Good thing home is in Sandy Hill so she doesn’t have far to go!

Finlay also gets to work with people who share her love of jazz. “We’re a diverse group, from young students who come with their parents and are collecting their volunteer hours to retirees like me for whom this is a vocation,” she says. “We’ve had volunteers in wheelchairs, people with other disabilities, volunteers from a wide variety of backgrounds. I get to meet a whole group of really interesting people.” While the music at the two festivals may be very different, volunteers with Music and Beyond have the same kind of experience. “They say it’s a fun thing for them to do,” Armour reports. “They become part of a real community of people who enjoy the same kind of music; some of them continue getting together after the festival.” For those who work on the production team—stage managing, setting up and taking down—there is also the opportunity to get closer to the musicians whose work they admire.

Concert and festival audiences have been slow to return post-Covid, but organizers are hopeful that this summer’s programs will bring them back. Why not take advantage of what’s on offer in our neighbourhood? When you do, say hello to the volunteers who greet you at the door. Or better still, become a volunteer yourself, enjoy the music and make new friends.

Sandy Hill singers and songwriters will perform in Bagelshop Musicfest

John Hymson

The Ottawa Bagelshop and Deli is once again hosting Musicfest at 1321 Wellington Street West starting June 5. This year 40 Ottawa-based musicians will participate in the free concert series, including 2024 Juno nominated singer/songwriter Steph La Rochelle, country singer Nayana (over 2 million streams on Spotify), Lazy Lung (one of top 3 unsigned acts by *Rolling Stone*), and Miss McLeod (performed at the Apollo Theater). All shows hosted by Ottawa’s Kristy Hagerman.

Sandy Hill musicians Malaika Urbani and John Lats are also a part of this year’s lineup.

Malaika Urbani is a Rwandan/Italian musician who draws from “diverse music styles and cultures influenced by operatic training.” When asked what one should expect from her performance she responded, “People can expect me to have fun. I’m just grateful to be able to create music, and I think that gratitude is contagious. Being on stage also allows me to play into specific characters/archetypes/roles and dive into storytelling on all different levels. As Black people, our [representation] in so many different fields are often undervalued and overlooked. Being someone’s first encounter with live classical music as a Queer Black singer and composer is an incredible experience. The realization that this can be for us too; seeing people feel seen through me and my work means the world to me.”

Singer/songwriter John Lats, originally from Plantagenet, in eastern Ontario, arrived in Ottawa for university and decided to stay. Self-described as “a blend of alternative and pop rock with nostalgic, lush, and haunting aesthetics,” Lats’ per-



Malaika Urbani is on the Musicfest line up for July 31.

formance promises to be fused with “honesty, passion, and vulnerability. Many of my songs depict personal experiences in a relatable fashion.”

Lats attributes his pursuit of music as a career to moving feedback he got from his brother after his first public performance. “In tenth grade, I played and sang one of my first original songs in front of a large crowd for the first time. The experience was terrifying and thrilling.”



Singer/songwriter Jon Lats will perform on June 26.

Lats continues the story, “I performed an original acoustic rap song that touched on the pressures of following in the footsteps of adults who supposedly know what is best for the youth’s future. After this performance, my older brother confessed to me that he cried during the performance because he was both proud of me for stepping out of my comfort zone and because he could relate to my lyrics.”

The Ottawa Bagelshop Musicfest

June 5 - August 11

Every Wednesday and Sunday at 2:30 pm.

1321 Wellington Street West

All are welcome, shows free. Seating first come, first served

Visit www.ottawabagelshop.com (Events) for the full festival line up

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Art review

Art School Confidential at the Ottawa Art Gallery

Photo: Rémi Thériault

Maureen Korp

Art School Confidential, a large exhibition at the Ottawa Art Gallery, has been mounted in celebration of the University of Ottawa visual arts program, 1974 to the present, its first 50 years. The curator is Penny Cousineau-Levine. At the entry, a small screen video by Max Dean and Joel Silver presents a circle of hands clapping beautifully. The artists' film is entitled "Cancer is our Story (overcome)," 2013.

Pause for a moment. Now walk inside.

On the right, an assemblage of empty chairs is mounted before an empty lectern. The installation, a sculpture by Michel Goulet, is entitled "Motifs / Mobile," 1987. Overhead on the wall, we read: "The Studio Crit." What is —? A "crit" is the critique offered student work by the instructor. Will it be encouraging, or mortifying? Classmates—what will they say? How does one get through the day? Look around.

One answer is suggested by the large inkjet print entitled "Self-portrait, no.3," 2008 by Chantal Gervais. The skeletal figure has its head turned away from whatever is being said.

A pile of broken bricks and old art history books litters one corner of the floor. Don't trip. A dunce cap has been thrown on top, or is that—a Klan hood? "RESIST All Texts," 2023–24 was created by a group of four calling themselves "A Fine Discipline." They are Cara Tierney, Aylin Abbassi, Ash Barbu, and fin xuan.

In the spirit of "Studio Crit," let's look at "Art School Confidential." Is it a fifty-year chronology of some sort?—No. Are there hidden stories to be told at last?—No. Not obviously so, anyway. Nonetheless, there is good to be found.

Happenstance may permit viewers moments of thematic connection, insight. Zainab Hussein, for example, has hung two fine blue and gold sari panels down



Sculpture on left: Peter Gnass, *Topolog sur pied 2*, 1971.

one tall wall. In a continuing loop, key statements are projected onto the panels. They include: "But the warplanes are so damn loud," and "Representing more than a million people can be exhausting." This work is one of a series the artist entitles "Personal Mythologies 3 (iteration 5)," 2020.

On the neighbouring wall is a three-panel digital video projection by Rah Eleh, entitled "Blue Girl," 2019. Sit with it a while. Note the seated woman playing a lyre, another standing under an arch amid rubble; in the sky falling flames. Eleh's triptych is not unlike Bruegel's medieval depictions of hell, and Hussein's laments.

Most of the work in the exhibition is from the last 15 years. There is little work from the early days of the department. What we see of the work of Edmund Alleyn, Jacques Hurtubise, and Peter Gnass all precedes 1974. Is this all that could be found today?

The exhibition labels do not tell us if the artists being credited with each work were instructors now or then, or students, now

or then. The artists' life dates are all missing from their labels. Are artists immortal? Ask Google.

Several recent sculptures might well fit the specifics of public art sites. "Rumble," 2017 by Michael Belmore, for example, is a large hanging copperwork with a feline face on one side, and two horned critters on the other. "Gorgone," 2012 by Denis Rousseau is a vibrant vegetal floor sculpture of polyurethane, wood, and metal. "Kicker Chaser (Before / After / Before)," 2018 / 2023 by A.M. Dumouchel makes reference to Covid times with its use of a multitude of labels reading, "Triple Antibiotic." The City of Ottawa public art program is 40 years old. Is there a tie-in with the city? Could there be?

The ice fields are melting. We see quiet responses in the work of Leslie Reid, "Kluane Icefields," 2024; Amy Schissel, "Indicator," 2020, and Julia Martin, "Uneasy, 2014. What's to be done? Talk across waters." "Santo Spirito," 2014 by

Pierre Dorion brings together the orderly proportions of the East (kami no michi) and the West (Pythagorean) in his large oil on linen.

The socio-cultural histories of peoples the world over are drawn from the work of artists. Anishnaabe artist Ron Noganosh (1950–2017) of the Magnetawan First Nation knew his times well. "That's all it costs," 1991 is a wry, wickedly accurate hand drum assemblage of the imagery of colonialism, specifically that of the fur trade. In the artist's sculpture we see the "worth" of Anishnaabe interactions with the Hudson's Bay Company. A little white stuffed bear is attached with a Canada ribbon; two very small pigs sit on top of the construction, with a pile of coins. Tied together are drawings of deer, feather, and warrior. Below hangs a bullet-shredded American flag. The hand drum is not only marked with HBC colours, it bears an HBC tag. The oh-so-pertinent words read: "That is all it costs when you shop at The Bay."

Displayed in another room of the exhibition, Cindy Stelmakovich's "Anatomy of a Diamond Jubilee," 2014 appears to be the only other work to address Canada's colonial history.

"With words and finger pointing, slowly we make the world our own," the poet Rilke wrote. Michael Schreier's small photograph entitled "wound," 2005 is of two men, one younger than the other. Theirs are the faces of hard times. Are they father and son? Could be. We see hurt through Schreier's lens.

To date, there is no catalogue for the exhibition. May there be one soon to tell us more—both the back stories and hard data of *Art School Confidential*.

Continuing exhibition

Art School Confidential

Curated by Penny Cousineau-Levine

Until September 22

Ottawa Art Gallery, 10 Daly Street

Wheelchair accessible. Free,
Tues., Wed., Sun., 10am–6pm
Thurs., Fri., Sat., 10am–9pm

Art and Found

Martha Milne

On Tuesday, March 12, my curiosity was piqued when crossing the *Adawe* bridge over the Rideau River. There, leaning against the railing, was a large unopened zip-lock plastic bag. While many others had passed it by, I opened the bag to find a package and poster inside. The poster, in large print, read "FREE ART!" I had just gotten lucky!

I was thrilled with my find, and excited about returning home to open the package.

My friend Barbara Szatanski, an Ottawa artist and jeweller, had told me about the annual International Art and Found Day happening on March 12, although, at the time, I didn't pay close attention to the date. Szatanski works under the business name BDaszled Deszigns and regularly exhibits her work at the Art in Strathcona Park show, held every August.

On International Art and Found Day, artists worldwide leave free works of art around their neighborhoods for residents to find. In 2015, Courtney Senior, a Toronto-based artist, started leaving her art in her community. She wasn't ready to sell her pieces but wanted to share them with others. And to help people feel comfortable about picking up strange packages, she created the hashtag #ArtandFound – and also inserted personal notes explaining the project.

Other artists learned about Art and Found through word of mouth and social media, and soon were expressing an interest in participating.

The Art and Found Day became international in 2021. That year, there were more than 1,225 artists in 49 countries participating.

My Art and Found package contained two pieces of abstract art created from wool and silk in a process called nuno felting and an invitation to reach out to Sandy Hill printmaker and fibre artist Luigina Baratto via Instagram. I messaged my thanks and contacted Baratto again later for this article.

Baratto's participation in the Art and Found Day was partly about breaking into the art scene. "For me," she said, "making art is not about selling it; it's about having fun and having others enjoy and appreciate it. It's always a pleasant surprise when someone buys something I've created."

Participating in the event was also about trying something new and for strangers to see her artwork. Baratto left two art packages, one close to Working Title on Laurier Avenue East and the other on a bench beside the Rideau River, as well as the one I found.

"I wanted to provide people joy in their



Milne (left) found the wool and silk art creation above by Sandy Hill printmaker and fibre artist Luigina Baratto on International Art & Found Day.

Photo Martha Milne

day," she added.

Meanwhile, Szatanski left six art packages around her Elmvalle Acres neighbourhood. This year was her first time participating, too. Her motivation, like Baratto's, was to share the joy of her creation without the pressure of selling her work. Szatanski explained, "Art and Found Day is a wonderful initiative that brings delight to artists and to those who find their art, on the same day. It's fantastic to see how this day has grown to include so many artists from different nations."

While you'll have to wait until March 12, 2025 to find free artwork randomly placed around Sandy Hill, you won't need to wait that long to find art locally. This year's Art in Strathcona Park event, organized by Ottawa's Mental Illness Caregivers Association of Canada, will be held on August 10. While there, look for Szatanski's BDaszled Deszigns among the many talented artists displaying their work. Someday soon, I hope we'll see Luigina Baratto's art exhibited there, too.

Summertime diversions coming soon to Sandy Hill

Paula Kelsall & Christine Aubry

It's a golden time of year to enjoy our leafy neighbourhood. An evening walk, or a sandwich on a blanket in one of the neighbourhood parks, is often enough to make a day feel pretty special at this time of year. But if your life needs a little extra zing as the summer goes by, here are a few activities to look forward to.

Faerie Pop-up Picnic in Strathcona Park

Cirquonscient, a circus arts collective based in Ottawa, is promising three family-friendly evenings of juggling, aerial acrobatics and other amazing feats. You can join these graceful faeries and whimsical creatures from 6:30 p.m.-7:30 p.m. on Tuesday evenings June 25, July 16 and August 20 for an enchanting evening. Free admission; donations appreciated.

Natsu Matsuri

Meaning "summer festival" in Japanese, this event is hosted by the Ottawa Japanese Community Association and Cultural Centre. On July 6 from 11 a.m. to 4 p.m. at the Sandy Hill Community Centre and Annie Pootoogook Park immerse yourself in Japanese culture with music, dance, food, and more!

Company of Fools in Strathcona Park

This year, Ottawa's longest-running professional Shakespeare company is promising us *Macbeth*, in just 90 minutes! Performances will take place all over town, but we can see the Fools right here in our own Strathcona Park any Monday evening (except August 5) between July 8 and August 24 at 7 p.m. That's six opportunities for a pithy, pay-what-you-can dose of witchcraft and ruthless ambition under the stars. More details at www.fools.ca

Music and Beyond

The annual music festival will be running from July 4-17 this year. Once again, the lion's share of concerts will be held at the Carleton Dominion-Chalmers Centre, but there will be events at other venues, including at least three at allsaints Event Space on July 7, 8 and 15. Check out their still-evolving program at musicandbeyond.ca.

Ratha Yatra Chariot Festival

This ancient festival celebrates India's spirituality and culture, beginning at 11 a.m. on Saturday, July 27, with a parade through the streets of Sandy Hill streets, with a large colourful float, music and dancing. The celebrations continue in Annie Pootoogook Park until 6:00 p.m. with many family-friendly activities and a free vegetarian buffet. Hosted by Iskcon Ottawa.

Art in Strathcona Park

This annual outdoor exhibit of artists and artisans sponsored by the Mental Illness Caregivers Association will take place on Saturday, August 10 from 10 a.m. to 4 p.m. and will include a silent auction and a BBQ.

Laurier House

Sandy Hill's own National Historic Site will be open to visitors every day from 10 a.m. to 5 p.m. from July 1-September 2 (and in June, from Thursday-Monday). This is a wonderful place to get a quick, immersive trip back in time and to feel the vibe of our neighbourhood's early days. Stop in at the office on Chapel Street, first to get your ticket, and to take in a short video about events in Canada during the time when Wilfrid Laurier and Mackenzie King, the house's two most eminent residents, were prime minister. The office also has a good little gift shop, where you can pick up a National Parks travel mug or a pair of patriotic socks. Keep an eye on the Laurier House website for details of high tea on the porch, which they hope to be offering in August or sooner, in cooperation with Working Title Kitchen.



Odyssey actors romp through a scene from *The Miser* last August.

Odyssey Theatre's creative arts fair comes to Strathcona Park

John Forster

On brilliant August days by the Rideau River in beautiful Strathcona Park, artists and the public will come together in an explosion of diverse performances and hands-on arts workshops and crafts to explore the world of myth and folklore.

Since 1986, Odyssey Theatre has produced award-winning professional theatre productions featuring masks, movement, elaborate sets and costumes, puppets, and music that transform Strathcona Park into a magical Theatre Under the Stars.

But, this summer, from August 16-18, Odyssey is staging a totally unique experience: Myth, Legends and True Stories — a Creative Arts Fair.

From enjoying theatre, dance and storytelling performances, to making masks, puppets and lanterns, and venturing on a mythical scavenger hunt, audiences of all ages will be excited by three days packed with wonderfully diverse arts events that explore myth and legends.

Odyssey will invite audiences into the creative process with a workshop per-

formance of a new play based on the folktale *The Handless Maiden*. Odyssey's young company will lead audiences throughout the park as they bring to life mythical creatures. The park will be animated by lively dance performances and storytelling by artists from a variety of cultural traditions. You can also participate in hands-on workshops, led by professional artists, in mask and puppet creation, and crafts and more.

Why the change this year? Laurie Steven, Odyssey's Artistic Director and Sandy Hill resident states "we want to bring artists working in a variety of art forms, together with youth and curious audiences, to share and experience the powerful stories that shape our communities and influence the way we each live."

Performances will be free—you can pay what you wish. Some events, like the puppet creation workshop, will have limited space and require registration. The schedule and full list of artists and events is available on Odyssey's website: www.odysseytheatre.ca.

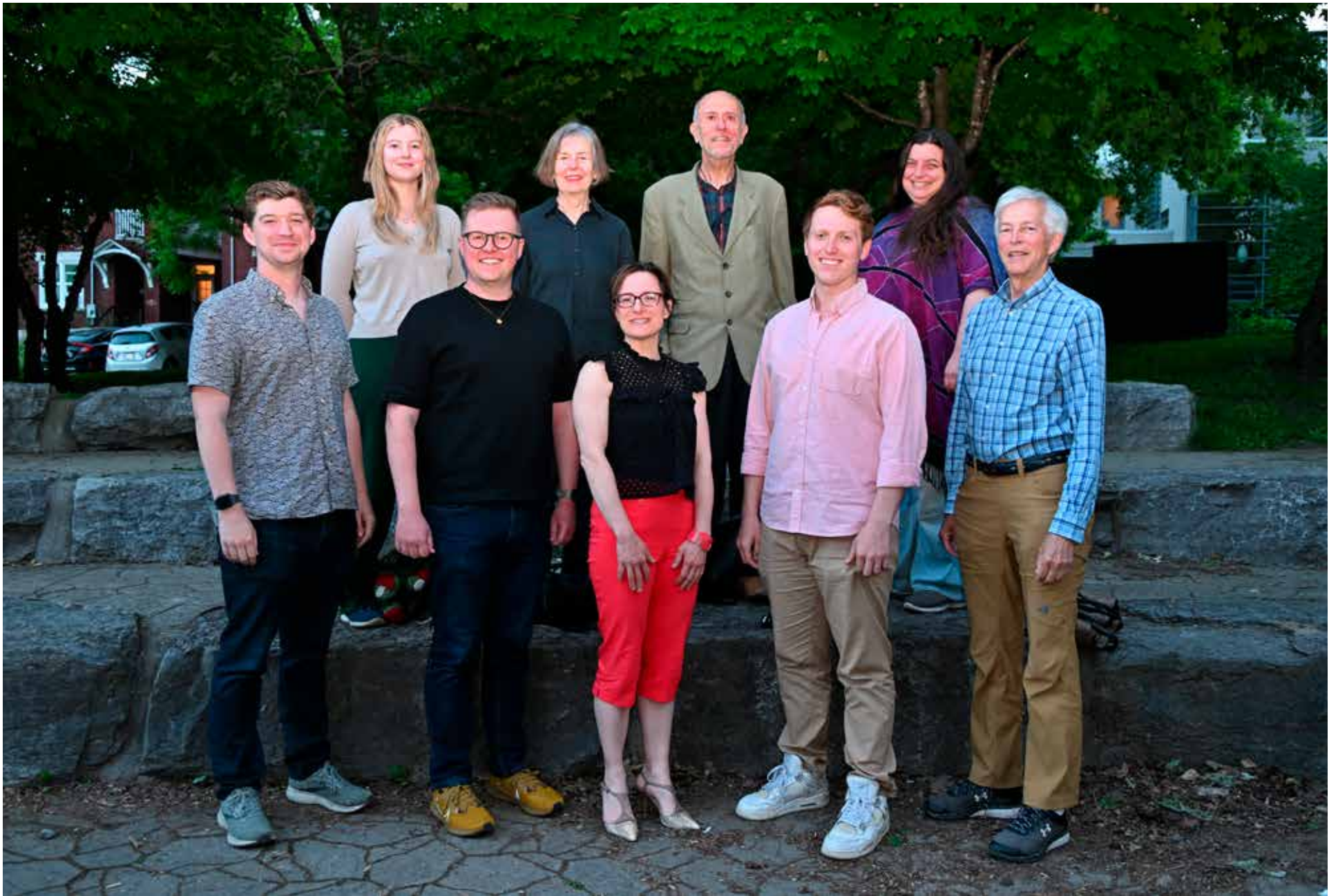
Odyssey is also hiring for the summer; reach out via the website!



Odyssey's outdoor stage at the north end of Strathcona Park attracts people from across the city for theatre under the stars.

Activité de marche nordique avec la députée provinciale Lucille Collard
 Instructrice Nina Lepage
Gratuit!
Mercredi 3 juillet
 12H-13H
 Point de rencontre : Sentier pédestre de la Maison de la rivière de la CCN
 501, promenade Sir-George-Étienne-Cartier
 13H-14H
 Pause café sociale sur le patio extérieur
 En cas de pluie : Jeudi 4 juillet
 RSVP: lcollard.mpp.co@liberal.ola.org

These people will be standing up for Sandy Hill in the coming year



The 2024-25 Board of Action Sandy Hill / Le Conseil d'Action Côte-de-Sable 2024-25

Photo: Philippe Owen

The folks above will give time, thought and energy this year to support and defend Sandy Hill “as a diverse, historic, and green community within a vibrant neighbourhood.” There will be monthly meetings, committee projects, special event responsibilities and, in Megan’s case, hours with the association accounts. If you care about the community, join Action Sandy Hill at ash-acs.ca and attend some meetings, in person or online. Chair Louise Laplante, Bryan Dewalt, Kendra Eyben, Glenn Grignon and Jessica Silburt, who have just retired from the board, we say thanks!

Front, left to right: Nicholas Harrison (new); Jerry Sabin; Megan Reilkoff; Patrick Munro (new); Michael Barnes. Back, left to right: Mikaela Kennedy (new); Marilyn Whitaker; Arto Keklikian (new); Calla Barnett. Missing: Fernando Melo.

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

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