

Photo Jesse Toufexis



Three-year-old Rae proudly poses beside the garden of The Strathcona at 404 Laurier Avenue East, which was nominated in the Sandy Hill apartment building garden contest. Contest results, page 14.



COMMUNITY BULLETIN BOARD

October 1 is National Seniors Day. In Ottawa, a coalition of environmental groups is organizing an event to bring attention to the climate emergency. The Seniors for Climate event will take place at Knox Presbyterian Church, 120 Lisgar Street, from 12:20–4:00 pm, with musical guests, speakers, and a chance to connect with like-minded people. Admission is free (but registration via Eventbrite recommended). Contact: ottawa@seniorsforclimateactionnow.org

Pathway Yoga is hosting a free Fall Open House on Saturday, October 5 from 1–4 pm at 253 Echo Drive, in the Church of the Ascension. Join them for a vigorous class from 1:00–2:00 pm followed by a tea social. At 2:30 pm there will be a 1-hour beginner class for students new to Iyengar Yoga or looking to build from the foundation. A tea social will follow. Details at: www.pathwayyoga.ca

The Thirteen Strings October 22 concert, the first of the 2024-25 season, is entitled Thirteen Strings Goes to the Movies! Jean-Claude Picard will conduct the ensemble at Carleton Dominion-Chalmers Centre, 7:30 pm. For tickets: <https://thirteenstrings.ca/season-2024-25/>

Are you a stickler for punctuation? Would you like to contribute to your community from the comfort of your own home? IMAGE is looking for a few English-language copyeditors! E-mail us at image22@rogers.com

The Other Hill starts to take shape in Sandy Hill on the day Parliament resumes

Photo HS Canada

Leanne Moussa

There is a new vision for Laurier Avenue East, called The Other Hill—L'autre colline in obvious reference to Parliament Hill, a mere 20-minute walk away. This project promises to bring a new vibrancy and dynamism to our neighbourhood.

The Other Hill is the remaking of Prime Ministers' Row, a grassroots effort to preserve the built-heritage and share the political history of Sandy Hill. The new project is a much larger and broader initiative. One that aims to bring the stately homes and important historic buildings to life, by making them into spaces where people gather to consider not just our past, but our present and our future.

Led by a non-profit board and supported by a coalition of volunteers and community leaders, The Other Hill imagines bringing Canada's leading authors, artists, musicians, historians and activists to inspire the conversations we need to have as a country.

On September 16 and 17, they started this important task.

The first day, about 60 key partners came together to discuss the project and work towards shaping a partnership. Together, they explored the following questions:

- Ottawa would be a better Capital if ...
- My responsibility to future generations has me wishing ...
- A difficult conversation we need to have is ...



On day two, The Other Hill officially launched with Jesse Went, author of *Unreconciled: Family, Truth and Indigenous Resistance* and chair of the Canada Council for the Arts, and Joanne Chianello, award-winning journalist and former CBC City Hall reporter. They sat in allsaints event space and discussed the importance of place and gathering as we work to build our capital city.

The group plans to provide programming in multiple venues and outdoor spaces scattered along the Rideau River and Laurier Avenue East. The committee will be welcoming ideas from the community. As always, they are looking for volunteers and funds. To get involved visit the website at: <https://theotherhill-lautrecolline.ca/>

L'initiative The Other Hill—L'autre colline, s'est officiellement lancée lors d'une soirée dans l'espace allsaints le 17 septembre, avec invités d'honneur Jesse Went (à gauche), auteur de *Unreconciled: Family, Truth and Indigenous Resistance* et président du Conseil des arts du Canada, et Joanne Chianello (droite), journaliste primée des affaires municipales au CBC, posant ici avec la présidente du comité de L'autre colline, Leanne Moussa (au centre).

IMAGE

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Ottawa K1N 7W8

Fondé en 1972 sous la direction de Diane Wood

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IMAGE is published in **March, June, September and December**. 7,000 copies are printed (fewer during the pandemic) and distributed free of charge to all residents of Sandy Hill. Free issues can also be picked up at various commercial locations.

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

If you'd like to write articles, draw cartoons or other illustrations for stories, or take photographs on assignment, please send a message to image22@rogers.com. No age restrictions.

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Website: imagesandyhill.org

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IMAGE sera publié en **mars, juin, septembre et décembre**. Son tirage est de 7 000 exemplaires (moins durant la pandémie COVID). Il est distribué gratuitement dans la Côte-de-Sable. On peut également l'obtenir à plusieurs commerces du quartier.

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

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

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Publicité, articles, photos et autres soumissions

le 17 novembre 2024

(livraison prévue le 19 décembre)

Phil Caron's Portfolio



203 Chapel Street has a Tudor style façade and many leaded windows.

Illustration: Phil Caron

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From the IMAGE In-box

Please keep inflammatory content out of IMAGE

I wonder what was the point of including in the last issue of IMAGE a photo of a Palestinian flag (with red triangle which the Anti-Defamation League says «in certain cases can signify support for violent Palestinian resistance against Israel.») Do we really want to fight this war here in our city? Beautiful Tabaret Hall grounds at University of Ottawa were host to a veritable hatefest these last months with so-called “pro-Palestinians” covering their

faces to hide their identity, and media—and Jews, of course—banned from entering the park. Jewish students no longer feel safe at U of O, or even in this neighbourhood.

Please, can we at least try to keep foreign wars—and hatred—out of our neighbourhood's own newspaper, IMAGE?

Kerry Wilson
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Ken's Bygone Sandy Hill

A bittersweet reaction to the glowing RE/MAX liveability report

Ken Clavette

This summer Sandy Hill residents, both current and past, had mixed reactions when RE/MAX announced that our community was one of the 10 best neighbourhoods to live in Canada. Their report – The Best Places to Live in Canada 2024 (blog, remax.ca/best-places-to-live-in-canada) – looked at neighbourhood qualities that “. . . resonate most with Canadians and determine the best neighbourhoods,” they said.

We had common agreement on many of the criteria that they used. We are all fortunate to benefit from the Rideau Canal, the Rideau River, and parks. Our inner-city location makes proximity to work possible; we can easily walk, cycle, and have transit access even when the O Train is not running. Thanks largely to Strathcona Heights, we are home to people from diverse cultures and ethnicities.

But there were a few of the criteria that I found more questionable. The report included health or medical services. These seem to have been drawn from looking at a map: seeing the Sandy Hill Community Health Centre and the uOttawa-based centre, rather than addressing the real shortfall in availability of finding a family doctor. I have been a member of the Health Centre since it was housed in the basement of the Community Centre on Somerset East 40 years ago. Despite its growth, there are always waiting lists as it struggles to serve its catchment area, which is much larger than just Sandy Hill. Half the doctors not long ago decamped from the uOttawa-housed clinic, forcing people to travel out of the community to keep their doctor.

The last two criteria, the listing of



Sandy Hill was one of ten Canadian neighbourhoods featured in last summer's ReMax liveability report. The others were: Downtown West End, Calgary; Daniel McIntyre, Winnipeg; Oliver/Wînhkwêntîwin, Edmonton; Heritage, Regina; Quinpool Area, Halifax; Westmount, Saskatoon; Le Sud-Ouest, Montreal; Old Town, Toronto; Corktown, Hamilton.

schools and childcare, seem to again combine map reading and a lack of understanding of true availability. There have been recent positive advances in the funding of childcare in Canada, but still there are challenges in finding available spaces. Currently the future home of the Garderie Bernadette Centre at the university is in question. There are plans by uOttawa to demolish the building that houses the centre and little willingness to help address the centre's future. As for schools, we are fortunate to have two primary schools, one French and one English, but long gone are the days when we had at least five schools to choose from. Now children must leave after grade six, attending schools

in neighbouring communities, often bussing or long walks.

What was more troubling about the report was that it seemed glib when not addressing or defining what a community is.

I enjoy reading the Facebook page *Growing Up in Sandy Hill* and the memories shared about childhood lived here many years ago. Of course I would, you could say; after all I write a column called *Bygone Sandy Hill*. To be “bygone” means that things have had to change.

As I read the descriptions of growing up in Sandy Hill, I was reminded that through the decades what is/was the Sandy Hill community has changed.

Those growing up in the 1950s, 60s and 70s lived in a different Sandy Hill. The local convenience stores were all family owned and often the owners lived above their shop.

We had an IGA on Osgoode, also family operated. When I got here, the IGA name was gone but the owner was in the store. Walking in to buy something often resulted in a 20-minute conversation.

When I arrived here, there were neighbours still living in homes they grew up in. I learnt a lot from them about the “bygone days” that have fuelled this column. Our landlord lived on the ground floor. Her husband's family built the house in 1898, continually living here through three generations. Many of the homes were owner-occupied even if they rented an apartment in their home. Those things have changed drastically on my street over the past 40 years.

When my partner and I arrived in 1981, we could afford to rent on our street. Thirty years ago, we could afford to buy, even though it meant a financial struggle. Those days are gone. My home has no value, it is the land that has value, and not to serve a wider community.

The street and the community I moved into are not the same anymore. The RE/MAX survey got a lot of Sandy Hill right, but it had no criteria to measure what makes a good community. It is easy to look at a map, to study property values, but much harder to measure what it takes to make a livable neighbourhood. A place where children and families can live, where we have neighbours that live on the street longer than 8 months of the year. I wonder how much more it has to change in my coming years: when the daycare centre is gone, when the co-op housing is gone, when the only people living on my street are aged 17-21. When the likes of me are “bygone”?



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La toponymie de l'avenue Russell

Philippe Bernier Arcand

En 2020, dans la foulée du mouvement "Black Lives Matter", la municipalité de Russell dans l'est ontarien, a longuement réfléchi à l'idée de changer son nom pour se dissocier de l'héritage esclavagiste qui y était associé. En effet, la ville de Russell a été nommée pour commémorer Peter Russell, premier administrateur en 1796 du Haut-Canada, devenu aujourd'hui l'Ontario.

Toutefois, Peter Russell avait un côté sombre puisqu'il était propriétaire d'esclaves et s'était opposé à John Graves Simcoe, le premier lieutenant-gouverneur du Haut-Canada, lorsque ce dernier cherchait à abolir l'esclavage avec le "Act Against Slavery" en 1793. Cette loi mènera à l'abolition de l'esclavage dans le Haut-Canada dès 1810.

Pour cette même raison, la ville de Toronto a débaptisé sa rue Russell en 2020 pour la renommer Ursula Franklin en l'honneur d'une scientifique, pionnière du féminisme, qui a enseigné plus de 40 ans à l'Université de Toronto. La municipalité de Russell quant à elle, a choisi de garder son nom en 2022, mais d'en changer la signification afin de rendre hommage à tous les citoyens nommés Russell qui auraient contribué à la communauté.

La Côte-de-Sable a aussi une avenue Russell où il existe peu d'informations sur l'origine de son nom, notamment sur le site web de la ville d'Ottawa. Toutefois, on en fait mention dans la thèse de doctorat de l'historien Lucien Brault déposée en 1941 à l'Université d'Ottawa et éditée en livre l'année suivante sous le titre « Ottawa, capitale du Canada : de son origine à nos jours ».

Selon l'historien Lucien Brault, l'avenue Russell n'a pas été nommée en l'honneur de Peter Russell, mais plutôt pour commémorer Lord John Russell, qui a été deux fois premier ministre du Royaume-Uni, soit de 1846 à 1852 et de 1865 à 1866. Ainsi, tout comme les avenues Goulburn et Marlborough de même que la rue Somerseset, l'avenue Russell commémore un parlementaire britannique.

Il est tout de même surprenant que l'on commémore John Russell dans la Côte-de-Sable, un quartier historiquement associé à la communauté francophone, étant donné le mauvais souvenir qu'il a laissé au Canada français. John Russell



mois dans la prison de Montréal, puis un exil aux Bermudes avant de s'installer sur l'avenue Daly. C'est sur cette même avenue que vécut pendant quelques années François-Xavier Prieur, après avoir été déporté en Australie en raison de sa participation aux rébellions des Patriotes.

Une figure très importante du mouvement des Patriotes a été Étienne Parent qui, même s'il avait des positions plutôt modérées par rapport à celles de Louis-Joseph Papineau, fut emprisonné à Québec en 1838-1839 sous prétexte de « menées séditeuses ». Il fut par la suite nommé sous-secrétaire de l'État canadien et habita sur la rue Rideau avant de s'installer, quelques années plus tard, dans sa maison de la rue Wilbrod où il décédera.

Le gendre d'Étienne Parent, Antoine Gérin-Lajoie, qui a habité sur la rue Besserer et qui a fait construire la maison du 300 rue Wilbrod où il finit ses jours, mais qui sera démolie en 2023, est aussi indissociable du mouvement des Patriotes. Il était trop jeune lors des rébellions de 1837 et 1838 pour y participer, mais il écrivit, alors qu'il était étudiant au Séminaire de Nicolet, la chanson « Un Canadien errant », qui raconte la douleur d'un patriote des Rébellions du Bas-Canada de 1837-1838 déporté en Australie.

Les polémiques autour des noms de rues et de lieux se sont multipliées à travers le monde au cours des dernières années. Ces débats sont parfois vifs puisque certains craignent que l'on cherche à « effacer l'histoire » en regardant le passé avec les yeux d'aujourd'hui.

Pourtant, lorsqu'on assimile les dénominations des noms de rue à l'histoire, on se trompe puisqu'il s'agit d'un récit historique résultant bien souvent d'un choix politique. L'hommage public, par le biais de la toponymie, est un outil de propagande politique.

La Côte-de-Sable a une riche mémoire toponymique, plus particulièrement odonymique, soit la branche de la toponymie qui s'intéresse aux noms de voies, notamment les rues, les avenues et les boulevards. Il serait intéressant de la mettre en valeur pour connaître, et éventuellement réfléchir, à ce qu'elle commémore.

est celui qui a donné son nom aux 10 résolutions de Russell qui avaient pour but l'assimilation complète des Canadiens français par les Britanniques.

En 1834, les Patriotes du Bas-Canada vont soumettre 92 résolutions, rédigées notamment par Louis-Joseph Papineau, qui critiquaient la corruption au sein du système politique favorisant la minorité britannique, l'inefficacité de l'administration et du système judiciaire de la colonie. Leur rejet par Londres et l'adoption des résolutions Russell déclenchèrent une série d'événements conduisant aux Rébellions de 1837 et 1838.

Le nom de la rue Russell, commémorant John Russell dans la Côte-de-Sable, est d'autant plus surprenant puisque plusieurs acteurs des Rébellions de 1837 et 1838 se sont établis dans le quartier après les événements, comme Louis-Théodore Besserer, député de la Chambre d'assemblée du Bas-Canada de 1833 à 1838, qui a approuvé les 92 résolutions. Besserer, propriétaire de terres qu'il revendit par lots dans l'actuel quartier de la Côte-de-Sable, a une rue à son nom et a construit sa maison, qui existe toujours, au 149 avenue Daly.

On peut aussi penser à Robert Shore Bouchette, dont l'intervention dans les rébellions des Patriotes lui valut quelques

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Sandy Hill in action

Notes from the Action Sandy Hill June 24, 2024 meeting

Ralph Blaine

The first meeting of the 2024-2025 Board of Action Sandy Hill (ASH) was chaired by Acting Chair Calla Barnett and attended by seven of the 10 directors and 9 residents, including myself. The following is an overview of the discussions from the perspective of an attendee. The official minutes of ASH Board meetings are public and posted on-line at: <https://ash-ac.s.ca/meetings-minutes/>

Ottawa Police Report

The meeting focused largely on the report to ASH by Ottawa Police Acting Sergeant Paul Stam regarding the Ottawa Police Outreach project for dealing with problems mostly in the northern section of Sandy Hill and the Market area. In his preliminary remarks he noted that police resources are not effective in providing a solution to the problems arising from homelessness and drug use in these neighbourhoods; social supports are also needed.

But the police are hopeful that their proposed strategy will be effective in making residents feel safer. They propose to identify “hot spots” and increase police presence in these areas. To help in identifying such hot spots they will also ask for feedback from the community concerning criminal activity. In answer to a question about the effectiveness of this hot spot strategy, Sergeant Stam said that studies show that this approach has worked. The police hope to have a joint police/community preliminary evaluation for this effort by September. The evaluation will concentrate on, in his words, “places, people and partnerships.” There is a Sandy Hill Liaison Committee to help coordinate these efforts with the police.

The police propose what they call an “Integrated Support Effort.” This would give the police the scope to refer individuals to social services or arrest specific individuals when warranted.

Sergeant Stam said that the police force would use officers on foot to implement

this program. He acknowledged that although they do not have enough officers to fully implement the plan, they will do what they can with available personnel.

In answer to a question, he acknowledged that people breaking the law (open drug use and drug trafficking on the street) should be arrested (especially the traffickers), but he pointed out that the scale of these offences is so big that it is not possible to arrest all of the offenders.

Sergeant Stam hopes police can combine street intervention (“works sometimes”) and arrest (“also works sometimes”) directed at people who have been identified as causing most of the problems. But, he repeated, to solve the wider problems we must go beyond police action and offer more social services directed to the needs of the homeless and drug-addicted population.

He also says that the problems we see on the street are accentuated by the simple fact the services for homelessness and drug addiction are concentrated in this area. So people come here from all over the country and they want to be part of the street culture.

Other items

Acting Chair Barnett reported that ASH will participate in advocacy efforts for people displaced in renovations at 80 Stewart and other locations in Sandy Hill and invited ASH members to participate. Barnett also mentioned that a resident has reached out to ASH about problems at Centre 454 on King Edward.

ASH Treasurer Megan Reilkoff reported that the community needs to decide how to use the money in the Homestead Fund, set aside for public amenities in Sandy Hill. Some good ideas have come out of a survey of the community undertaken by ASH.

Appointment of ASH Chair

The current ASH bylaws stipulate that the directors choose one person on the board to be the chair of ASH. Since none of the current directors have expressed interest, the question was deferred to the next meeting.



Lucille Collard

MPP / députée Ottawa-Vanier



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

En ce début d'automne, la nouvelle saison est propice au retour à des routines par un temps plus frais, ce qui peut être revigorant à sa manière. J'espère que chacun a pu profiter de son été en alliant repos et activités enrichissantes.

Le rapport RE/MAX 2024, qui a désigné la Côte-de-Sable comme l'un des dix meilleurs quartiers du Canada où vivre, a suscité un débat considérable. Bien que le rapport souligne de nombreux points forts du quartier, tels que l'accès à des espaces verts comme le parc Strathcona, la diversité culturelle et la proximité des services essentiels, il ne présente qu'une vision partielle de la réalité.

Le rapport se concentre sur ces attributs positifs mais passe sous silence certains défis importants auxquels la Côte-de-Sable est confrontée. Des questions telles que les problèmes de sécurité, la toxicomanie et le sans-abrisme sont des problèmes réels qui affectent notre communauté à des degrés divers selon l'endroit où l'on vit dans le quartier. Ces défis ont suscité des réactions mitigées parmi les résidents, certains se demandant si le rapport reflète vraiment la réalité.

Nous devons poursuivre nos efforts pour répondre à ces préoccupations. Pour assurer une qualité de vie optimale pour tous, il est essentiel de fournir un soutien adéquat à ceux qui en ont besoin. Parallèlement, il est crucial de renforcer la sécurité, soutenir nos entreprises locales, et maintenir et améliorer nos infrastructures afin d'assurer un cadre de vie serein pour les résidents. Trouver le bon équilibre nécessite une collaboration étroite entre tous les partenaires et niveaux de gouvernement.

En tant que votre députée provinciale, je continuerai de demander au gouvernement et au ministre associé délégué à la Santé mentale et à la Lutte contre les dépendances de développer des solutions concrètes avec un calendrier de mise en œuvre ambitieux. Je reconnais que la situation a dépassé les limites de l'acceptable, et je reste déterminée à promouvoir des améliorations pour votre bien-être. Cela inclut des priorités essentielles telles que les soins de santé, l'éducation et les services communautaires. Votre contribution est précieuse alors que nous poursuivons nos efforts pour améliorer la qualité de vie et préserver le caractère unique de la Côte-du-Sable.

Nous vous remercions de votre engagement et de votre soutien continu. Ensemble, nous pouvons faire en sorte que la Côte-de-Sable continue d'être un endroit où il fait bon vivre, travailler et profiter de la vie.

Dear residents of Sandy Hill,

As autumn begins, the new season brings a return to familiar routines in cooler weather, which can be refreshing in its own way. I hope everyone can look back on their summer with a sense of fulfillment, having enjoyed both rest and fun activities.

The RE/MAX 2024 Liveability Report, which named Sandy Hill as one of Canada's top 10 neighborhoods, has sparked considerable debate. While the report highlights many of the neighborhood's strengths—such as access to green spaces like Strathcona Park, cultural diversity, and proximity to essential services—it only tells part of the story.

The report focuses on these positive attributes but overlooks some of the significant challenges we face in Sandy Hill. Issues like safety concerns, drug use, and homelessness are real problems that affect our community to various degrees depending on where one lives in the neighborhood. These challenges have led to a mixed reaction among residents, with some questioning whether the report accurately reflects the reality.

We must continue to address these concerns. To ensure a quality of life for all, we need to take care of those who need help with supportive services. And at the same time, we need to enhance safety, support our local businesses, and ensure that our infrastructure is maintained and improved so the residents can live peacefully. Attaining the right balance requires the collaborative efforts of all the partners, and all levels of government.

As your MPP, I will continue to call on the government and the Associate Minister of Mental Health and Addictions to work on achievable solutions with an aggressive implementation timeline. I agree that we have let the situation go beyond what is acceptable. I remain committed to supporting your well-being. This includes addressing key priorities such as healthcare, education, and community services. Your input is invaluable as we continue to advocate for improvements and maintain the unique charm of Sandy Hill.

Thank you for your ongoing engagement and support. Together, we can ensure that Sandy Hill continues to be a great place to live, work, and enjoy life.

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Photo HS Canada



Sandy Hill photographer Philippe Owen captured the fly by over the British embassy during Aero Gatineau-Ottawa in September, celebrating the 100th anniversary of the Royal Canadian Air Force.



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New name, same struggle: meeting the need for supportive housing

Larry Newman

After reporting on the problem of renovation in Ottawa for the last few years, I recently became interested in another housing issue: supportive housing for the homeless. The first place I looked – inspired by the good words our city councillor, Stéphanie Plante, had to say about it – was Options Housing (formerly known as Options Bytown), which has been around since 1989. After doing some online research, I visited their headquarters at an apartment building on 380 Cumberland Street, corner of George Street, and waited until someone keyed a number into the keypad near the door. I followed him into the five-storey brick building, introduced myself to the receptionist, and looked around.

Nothing very unusual here on the ground floor except for the signs and artwork on the walls. Catharine Vandelinde, the executive director, confirmed that the art was painted by residents and showed me around the building. The unoccupied apartments were clean, uncluttered, and unfurnished. Options Housing has furniture and kitchen equipment in storage, waiting for a tenant to arrive and declare his/her needs.

What does it take for a potential client to rent an apartment here? All applications for housing at Options Housing must be made through the Social Housing Registry. This is an Ottawa organization which has created eligibility requirements for subsidized housing in the city. All Options Housing tenants must meet the criteria set out in provincial Rent-Geared-to-Income (RGI) rules. Aside from RGI, there are eight basic requirements to qualify for subsidized housing. See <https://housingregistry.ca/the-process/#eligibility>

However, beyond the basics is the key housing registry requirement called Local Priority Access Status-Homeless (LPAS).



Des œuvres d'art peintes par les résident.e.s d'Options Housing enjolivent le rez-de-chaussée de l'immeuble au 380 rue Cumberland qui abrite 128 familles dans des logements abordables.

Photos Larry Newman

"You qualify if you are living in an emergency shelter for the homeless or living rough with no shelter (e.g., living in cars, tents, makeshift shelters). Staying temporarily with friends or family does not qualify." If homeless priority status is granted, the applicant's name is placed

on the lists of all city housing providers, about 50 in all. At this point, a support person will assess whether the applicant meets Options Housing's criteria.

While the housing registry requirements are necessary, access to an apartment does not immediately follow. From the same

Ottawa city site: "There are approximately 10,000 households on the Centralized Wait List for social housing. Wait times for social housing in Ottawa can be up to five (5) years or more."

Options Housing owns four buildings housing RGI tenants: two on Gilmour Street, one on Stewart Street, and their headquarters at 380 Cumberland. Aside from buying buildings and renting apartments to homeless people, the organization has a program called Housing First. This program's staff and volunteers assist homeless people in finding a home.

Housing First uses an "approach to ending homelessness that centres on quickly moving people experiencing homelessness into independent and permanent housing and then providing additional supports and services as needed."

People with a history of homelessness often do not know how to approach finding a home, negotiating with a landlord, and caring for the home. The Housing First Team knows the landlords of most of the approximately 50 properties that have agreed to take RGI tenants. The team can represent the tenant as well as inform the tenant of the role and responsibilities of both the tenant and the landlord. These specialists help with practical assistance, coaching, obtaining furniture, as well as providing the oil for the machinery of finding and living in rental housing again. Housing First is proud that "88% of our Housing First clients remain stably housed after 24 months."

Combining Options Housing's approach of buying and renting housing as well as supporting homeless people in their quest to navigate a responsible route to tenancy has resulted in nearly 300 homeless people now living in permanent housing in Ottawa.

Stay tuned in subsequent issues for more about the story of finding homes for the current 10,000 people on the Centralized Wait List for social housing in Ottawa.

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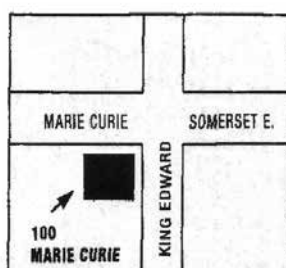
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OMRA has been helping newcomers to Ottawa avoid homelessness since 2001

Carol Buckley

A recent evaluation of OMRA found that this small local charity is helping newcomers maintain stable housing in the face of high and rising rates. The evaluation was carried out by uOttawa professors Tim Roebuck and Maryann Aubry, along with researchers S. Manoni-Millar and K. Quds Akbar.

In 2001, a refugee sponsorship group at Ottawa Mennonite Church struggled to find housing for a large family they had sponsored, leading to the establishment of OMRA (originally known as the Ottawa Mennonite Refugee Assistance), an all-volunteer charity that provides portable rent subsidies to selected newcomers to help them cover their rent.

While rising rental costs are causing hardship for scores of families and individuals across Ottawa, they are of special concern for refugees who rely on government shelter allowances that have not been adjusted since 2018. The monthly shelter allowance for a family of four is only \$756. This is inadequate to cover the average rent for a 2-bedroom apartment in Ottawa, which according to CMHC, was \$1,700 in 2023, looking at all apartments; or according to Rentals.ca, \$2,400, looking only at vacant apartments.

In 2017, OMRA paid \$24,000 in rental subsidies. By 2023, that number grew to \$126,000 with OMRA supporting about seven times more families during the year. The average rental subsidy was \$420/month in 2023. On average, OMRA provides subsidies for just under two years, with a range from



L'organisation OMRA aide les nouveaux arrivants avec des subventions au loyer, ce qui leur permet de se concentrer sur leurs études et leur emploi. Ici, mère et fille, résidentes de la Côte-de-Sable, sont fières de leurs diplômes canadiens.

two months to five years.

Several clients interviewed for the evaluation said that they would not have been able to study in their profession without OMRA subsidies. They would have had to get an immediate job and forgo longer-term, more stable goals.

On a personal level, OMRA clients reported improvements in their daily life, such as increased connectedness

and reduced loneliness. Newcomers are often isolated by lack of money, contacts, and knowledge of English and French. OMRA volunteers provided much-needed contact. "They check on you. You feel like you're not alone," said one OMRA client.

OMRA has several Sandy Hill connections. A former OMRA client consisting of a mother and her young

daughter now make Sandy Hill their home. After improving her English, the mother enrolled in studies to work in medical administration and is now employed. In addition, many Sandy Hill residents buy OMRA grocery cards each month. OMRA thanks this community for its support.

OMRA raises funds through grocery card sales. Purchasers buy cards with \$50 or \$100 values, and the stores pay OMRA 4 to 5% of the value of the cards. Loblaws/No Frills, Metro/Food Basics, and Farm Boy participate in OMRA's program.

OMRA is proud to work closely with local partners. Nine faith-based and community groups come together to buy the grocery cards. OMRA refers clients to both Helping with Furniture and Matthew House to help set up newcomers' households. Local refugee sponsorship groups refer clients to OMRA as do the Catholic Centre for Immigrants and the Ottawa Community Immigrant Services Organization. Some thirty volunteers help OMRA families with tutoring and moving tasks.

The evaluation provided a number of recommendations for OMRA, including increasing the subsidy amounts, increasing the number of clients, and exploring the possibility of linking to a larger, more stable organization. Consequently, OMRA is currently exploring broadening its client base as a pilot project called Rent Assist Allies in collaboration with Action logement, a housing loss-prevention group.

If you would like to know more about OMRA, please visit <https://omraottawa.org/>. If you would like to purchase grocery cards, please contact omrainquiries@gmail.com. You can also donate to OMRA at Canada Helps.

Photo Betsy Mann

Saving the co-op

Ralph Blaine

Coop Voisins is a well-maintained Sandy Hill apartment building with a beautiful back yard, located on Chapel Avenue, south of Mann Avenue. The residents of Coop Voisins are not just tenants but members—members, that is, of the co-op which has owned and maintained their building since 1995. The members set the rents and elect a board of fellow members to help manage the affairs of the co-op. Other members sit on various committees—social functions, by-laws etc. Since there is no private owner, all the members share the responsibility of ensuring that the building is well run; in return, they enjoy very reasonable rents and the pleasure of working together in a co-operative spirit.

And for over 20 years Coop Voisins had a reputation as one of the best run co-operative housing projects in Ottawa. But in the closing months of the pandemic signs of discord began to show. One by one, members of the board began to resign and



Coop Voisins has been at the south end of Chapel St. since 1995.

eventually, I was told, the board lost its quorum. Some members report that board minutes were not being circulated and budget information was not available. In June 2023, one member wrote to IMAGE claiming that some members were experiencing verbal abuse, harassment and bullying from other members. This reporter met recently with several members of the co-op who also expressed concern about unpleasant encounters with other members. One of them was so disheartened that moving out seemed to be the best option.

After some controversy within the membership, the governing situation in the co-op descended into chaos. Two groups of members each claimed to be the legitimate board. The co-op's bank, not in a position to resolve this matter, froze the assets of the co-op and they were not able to pay their bills. The City of Ottawa then stepped in and appointed an interim board.

The group of members I spoke to had lived in Coop Voisins from 6 to 20 years. They were shocked that their previously well-run co-op descended so quickly

into chaos and that the dysfunction was allowed to persist. However, they agreed that the interim board had skillfully stabilized the financial affairs of the co-op. That board also organized an education session for members on co-op management, which led to informal discussions among members about how to avoid the problems that had arisen in the past few months.

I found this group willing to analyze the problems that bedeviled their co-op and eager to discuss changes that could help forestall future conflicts. They say that the board elected to take the reins from the interim board is communicating well and has explicitly stated that they want to put the recent conflicts behind them.

Although the people I spoke to say they still feel some interpersonal tensions within their community, they see that members are starting to use the public spaces in the building and to volunteer for committees once again. They have hope because, for more than two decades, their housing co-op was one of the best in the City of Ottawa. If the goodwill of the people I spoke to is any indication, the odds are high that the cooperative spirit within Coop Voisins will emerge stronger than ever.

Editor's Note: IMAGE was not able to reach the current board of the co-op to obtain comment on this story. The author consulted the articles of Andrew Duffy in the Ottawa Citizen while preparing this story.

What's been happening at Strathcona Heights?

Gerald Dragon

It was another busy summer in Strathcona Heights with various types of activities happening in July and August.

If you happen to pass through Strathcona Heights, you may notice a few new structures, thanks to Home Depot and the Ottawa Community Housing Volunteer Engagement team. On June 19, a new pergola, benches and picnic tables were built and installed as part of a massive volunteer workday for which Strathcona Heights was fortunate to be the chosen neighbourhood. Community members now have a more functional space to socialize. Thanks to OCH's Mehdi Louzouaz for supporting this initiative.

As in past years, the summer kicked off with a movie in the green space near the basketball courts, this time with the addition of a BBQ beforehand.



Photo Olantu Nini

Un bel nouvel espace de rassemblement a été érigé cet été dans le quartier Strathcona Heights par une équipe de Home Depot.



Photo Gerald Dragon

C'était tout sourire pendant la journée « Strathcona Heights Fun Day ». Many thanks to the City of Ottawa which supported the event through the Civic Events funding stream.

Despite some technical challenges, participants stayed until the very end of Kung Fu Panda 4. Many thanks to Raymond, our community volunteer

who was the BBQ chef and to Aron, Meron, Ola, Omar and Rayan for their assistance disassembling things at the end of the night.

Summer camp happened again at Viscount Alexander school, this time taking place over three weeks offering: arts instruction with Eden from the Ottawa School of Art, I Love to Dance workshops and basketball with Prezidential. Nearly 60 children and young people were signed up to participate in the different activities.

On August 23, we celebrated what's come to be known as Strathcona Heights Fun Day. It is an opportunity for community members to come together as the summer winds down and the school year approaches. Over 150 people came out to participate in the different activities including: yoga for older adults led by Camille; games led by Niuma of the Parent Resource Centre; face painting; henna; storytime with Arianne from the Ottawa Public Library; bike helmet giveaway with Santiana and the team from Ottawa Public Health, and (most importantly) keeping people fed thanks to Eddie and his crew from Chef Ric's.

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Viscount Alexander Public School launches new and renewed green initiatives in and around the building

Andrea Helfer & Oli Campbell

As the new academic year begins, Viscount Alexander Public School is embracing several environmental initiatives aimed at fostering environmental stewardship amongst students. This includes a pilot composting program, enhanced recycling efforts, and very likely the creation of a mini forest on school grounds.

The drive toward a greener school environment aligns with direction from the Ottawa-Carleton District School Board (OCDSB), which has passed a motion directing all district schools to implement organic waste collection by the 2024-2025 school year. To pave the way for this transition, a pilot project was launched by the OCDSB at six schools in the spring of 2024. Although Viscount Alexander Public School was not among the schools initially chosen, it is now taking proactive steps in this direction with its own composting pilot in three classrooms.

The program will use charcoal filter compost bins, purchased with funds raised by a lemonade stand at the Action Sandy Hill Eco Fair in June. Oli and Hussein, entering grades 3 and 4 respectively, hosted the fundraiser, which raised \$150 thanks to the warm support of the Sandy Hill community. Oli shares: "It's good that we have compost bins for this year. We make a lot of organic waste, so that means we need a good way to get rid of it. When we compost it turns back into dirt and dirt grows food."

These efforts reflect broader concerns



Photo Andrea Helfer

Oli and Hussein, students at Viscount Alexander Public School, raised nearly \$150 with their lemonade stand at the Action Sandy Hill Eco Fair in June. Funds were used to buy compost bins for classrooms participating in a composting pilot initiative starting this month.

about waste management. According to Environment and Climate Change Canada, organic waste in municipal landfills contribute nearly one-quarter of Canada's methane emissions –

contributing significantly toward climate change.

In addition to composting, Viscount is renewing its commitment to recycling. During the pandemic, recycling

programs were halted, and reestablishing them has proven challenging. This difficulty is compounded by the fact that recycling support is not currently included in custodians' collective agreements. Despite these challenges, the custodians have shown a great willingness to support the school's recycling efforts.

To bolster recycling education, the school is introducing a fun element for students: the "Little Monsters on a Mission." These whimsical characters will appear in the school display case and classroom posters, aiming to make recycling education both entertaining and more effective.

Students have expressed a need for more comprehensive environmental education and reinforcement of recycling practices to build lasting habits, so we're hopeful that the City of Ottawa's Public Works Outreach Team will prioritize a visit to Viscount early in the academic year to further generate momentum around these initiatives.

In addition to composting and recycling, the school continues its successful organic garden, which is now in its second year and producing a bountiful harvest. And we're excited about plans for a "mini forest," supporting efforts to enhance urban biodiversity, expand the tree canopy, and improve soil health.

Looking ahead, we hope to see the OCDSB invest more resources into supporting school-based greening initiatives, environmental education, and ensuring that waste-diversion programs are adequately resourced and standardized across all schools in the district.

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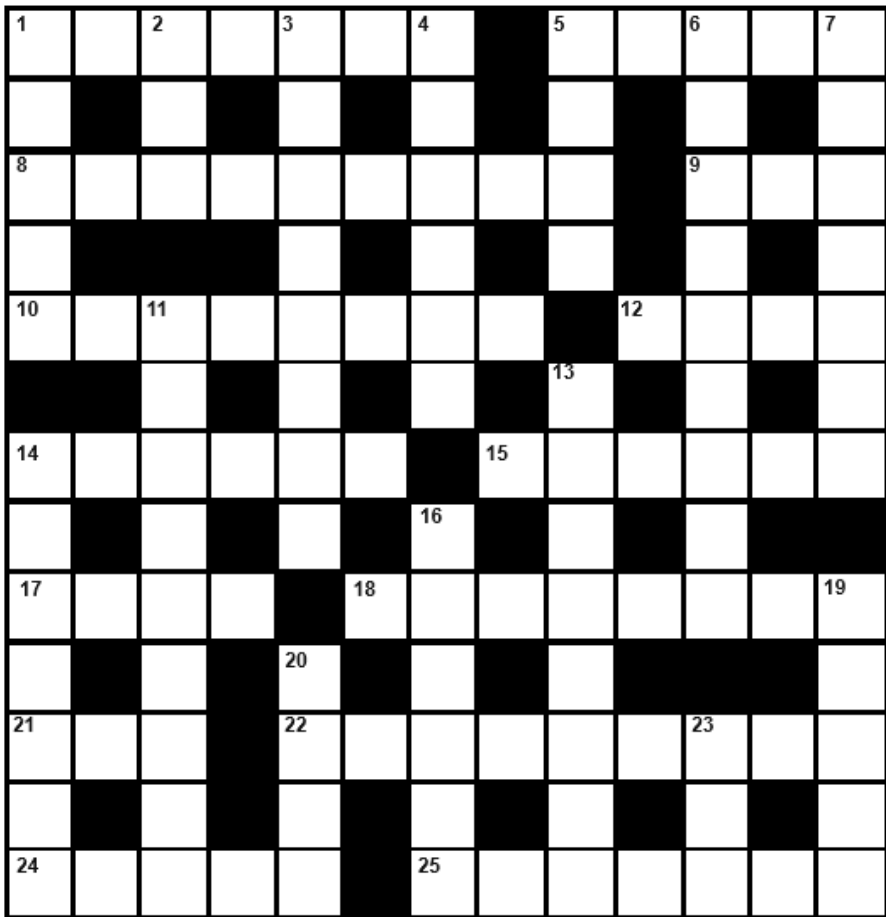


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FOREIGN OUTPOSTS IN SANDY HILL

By Ralph Blaine



ACROSS

- 1. Give intellectual, moral, and social instruction to someone; teach (7)
- 5. This country's High Commission is at 415 Laurier. The country, whose capital is Nairobi, was once a British Colony. (5)
- 8. Annual publications at many schools which serve as a record of school events, personnel and students (9)
- 9. Good natured motion of a dog's tail (3)
- 10. Automobiles taken as payment or part payment for a purchase (5-3)
- 12. Spiked wheel used to urge a horse forward (4)
- 14. The continent in which 1 down, 5 across and 7 down are found (6)
- 15. An imagined place where everything is perfect (6)
- 17. A much trafficked canal located in 1 down (4)
- 18. This country's embassy is at 325 Stewart St. The country, whose capital is Sofia, is in the Balkans (8)
- 21. Street in Paris (3)
- 22. Deep love and respect; veneration, as in "The _____ of the Magi" (9)
- 24. Make changes to (5)
- 25. This country's embassy is located at 168 Daly. The country, whose capital is Tallinn, is just across the Gulf of Finland from Helsinki and is a former SSR. (7)

DOWN

- 1. This country's embassy is at 454 Laurier. This country is famous for its ancient civilization which erected Pyramids and a giant sphinx in the desert. (5)
- 2. The country immediately south of Canada. (abr) (3)
- 3. The character and atmosphere of a place – often for a restaurant or lounge (8)
- 4. Cartoons found on the web (6)
- 5. What you might plant on a cheek (4)
- 6. The Ottawa Citizen or the Globe and Mail (9)
- 7. This country occupies a splendid stone mansion at 500 Wilbrod. This former French colony is the largest nation on its continent and has an extensive Mediterranean coastline. (7)
- 11. What is produced when all sides to a negotiation find common ground; consensus, accord (9)
- 13. Showing no activity; dull and sluggish. Often used to describe a body of water. (8)
- 14. This country's embassy is at 445 Wilbrod. This country, whose capital is Vienna, was once the seat of a large European Empire. (7)
- 16. The continent in which 14 down, 18 across and 25 across are found (6)
- 19. Condition in which one's breathing stops and restarts many times while you sleep (5)
- 20. A set of two things used together or regarded as a unit (4)
- 23. An atom or group of atoms that carries an electric charge (3)

► Crossword solution, page 17

Une nouvelle année commence à Francojeunesse

Photos Nathalie Pelletier



(De gauche à droite) M. Christian-Charle Bouchard, Directeur de l'éducation, Mme Samia Ouled Ali, Présidente du CEPEO, Mme Karine Lampron-Comtois, Directrice de l'école Francojeunesse et Mme Hakima Boucheniata, Directrice adjointe du service éducatif—volet petite enfance.

Karine Lampron-Comtois

Le mardi 27 août, la communauté de Francojeunesse a célébré une rentrée scolaire ensoleillée et remplie d'énergie positive. Sous un ciel radieux, élèves, parents et membres du personnel se sont réunis pour lancer cette nouvelle année académique avec enthousiasme.

L'événement a été marqué par la présence de M. Christian-Charle Bouchard, directeur de l'éducation, et de Mme Samia Ouled Ali, présidente du Conseil des écoles publiques de l'Est de l'Ontario (CEPEO), qui ont partagé des mots d'encouragement et de soutien pour l'année à venir. Leur participation témoigne de l'engagement de tous à offrir un environnement éducatif de qualité.

Cette année, l'école propose un tout nouveau programme gratuit, **Ma Mini Maternelle**. Il est ouvert aux enfants qui ont trois ans ou qui les auront avant le 31 décembre. Lors de demi-journées enrichissantes, le matin ou l'après-midi, des éducatrices et des éducateurs de la petite enfance animeront des activités visant à préparer les enfants à la maternelle. L'apprentissage à travers le jeu permettra aux enfants de socialiser en groupe, une habileté à développer surtout pour les enfants qui n'ont jamais fréquenté un service de garde. Le programme est particulièrement bénéfique pour les enfants en apprentissage du français afin de leur permettre de s'initier progressivement à

la vie scolaire et de leur assurer une transition douce à leur entrée à la maternelle.

Vous trouverez tous les détails ici : <https://petite-enfance.cepeo.on.ca/.../ma-mini-maternelle/>

Avec ce début prometteur, l'année s'annonce déjà sous les meilleurs auspices à Francojeunesse.



La mascotte Francogourou, faisait partie de l'accueil lors de la rentrée du 27 août dernier.



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Reimagining Bank Street: here is a real opportunity

Nick Robert Grover

A long-overdue City of Ottawa feasibility study, *Glebe Traffic Management Implementation Study*, is exploring ways to redesign Bank Street through the Glebe, between the Queenway and the bridge over the Rideau Canal. While this study's scope doesn't extend to Sandy Hill in Rideau-Vanier Ward, any changes that result from it will have implications for transit between wards and could set a precedent for future changes.

The current design of Bank St. – generally four lanes with the two outside lanes devoted to parking, except during rush hour – uses the street as a thoroughfare taking people to and from the downtown core in private cars. But Bank St. is also a designated transit corridor with three major OTranspo bus routes – 6, 7, and 11 – that are heavily used by residents of our Sandy Hill neighbourhood.

OTranspo data shows that routes 6 and 7 are late 40% of the time, usually stuck in traffic. This lack of reliability is



made worse by the fact that few bus stops provide shelters or benches.

The redesign of Bank St. must make other forms of transportation—walking, cycling, and above all, public transit—more appealing. This will require making choices, as these forms of transportation can't be improved without reducing the space currently given to cars. The key to making public transit more appealing is to create dedicated bus lanes. This can cut trip times in half during rush hour and by 15 to 20% other times, according to a 2021 study by the National Association of City Transportation Officials, NACTO.

Research from NACTO has also shown that dedicated bus lanes are good for local businesses; they can bring five times more people to an area per hour than cars can. Surveys of Montreal and Philadelphia found retail did better on streets without

parking. Cars may take up a lot of space but they don't carry that many people, leading small-business owners to vastly overestimate how many patrons actually drive.

Studies from Toronto, Los Angeles, and Berlin show most shoppers live locally and walk, 20 to 30% take transit, and less than 10% drive. Admittedly, these places have higher density than Ottawa – but that really says it all. We don't need parking to have vibrant communities; City Planning has simply failed to deliver it by any other means. For the sake of climate, affordability and accessibility, we need to make some basic investments in good public transit.

Alas, the most the City is looking to do for transit priority on Bank is 'peak hour' bus lanes, which do nothing to address terrible weekend traffic or accommodate the many students, retail workers, caregivers, seniors and people with mobility issues traveling in off-peak traffic. Permanent bus lanes serve transit riders at all times of day, not to mention emergency vehicles which can also make use of them.

Design matters. A good bus lane is self-enforcing, with solid red paint and big block letters clearly communicating the lane is not for other vehicles. But when planners try to have it both ways, by mixing parking and transit priority into the same lane, it becomes ineffective—as we see too often on Rideau St., where drivers tend to completely disregard the peak bus lanes. When there are no visual indicators on the road, and only confusing overhead signage, people don't comply.

Eliminating parking on Bank Street won't eliminate the need to make choices. But while parking and bike lanes can be moved to side streets or parallel roads, the buses don't have anywhere else to go. We need to, for once, do something for public transit.

There is a real opportunity to improve Bank St.; the City should take advantage and push for better. This could be the first step in creating a dedicated transit corridor connecting Bank, Wellington, Rideau and Montreal Rd. to better serve the many residents who live in these areas and make us all less dependent on cars and traffic conditions.



No imagination required on the glorious Rideau shore this season...be sure to catch the show.

Photo Bob Whitelaw




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Sandy Hill gardener's labour of love promotes native plants for pollinators

Dean Pallen

It is early fall and the garden is full of life with bees, butterflies, wasps, flies and other pollinators swirling about with the colours beginning to reach a crescendo. Arriving here has involved years of trial and error.

Before this version of the garden, the theme was cacti plants. Then a number of thefts of the rarer species nudged me towards prioritizing native plants that are much better at stabilizing the ecosystem and are essential to the well-being of pollinators. Annual zinnias have always been a constant part of the garden in its different incarnations with a number of varieties planted each year for their visual impact and their value to bees, butterflies and other beneficial bugs. The zinnias have proven to be a worthy complement to the native plants that are slowly crowding out non-indigenous species. This is all to the delight of wildlife in general including small mammals like rabbits and groundhogs that have refined palettes when it comes to native plants, but that is a story for another day.

The native plants are chosen on the basis of their bloom periods and ability to respond to the shifting needs of pollinators. In the last few years there has been an increasing focus on adding plants designated in Ontario or Quebec as endangered. There are now about eight such plants, including the white wood aster, rue anemone, Canada lily, wood poppy and eastern prickly-pear cactus. The wood poppies are hidden away in the darkest corners of the garden. This is a modest contribution to protecting a plant that now only grows



Photo Dean Pallen

Le jardin devant la maison de Dean Pallen sur l'avenue Marlborough offre un vrai paradis pour nos insectes pollinisateurs qui se régalaient du nectar de plusieurs plantes indigènes, dont les zinnias et l'aster alpin.

in the wild in two small areas outside of my hometown of London, Ont.

One other threatened species in the garden has a special connection to Sandy Hill. Longtime Sandy Hill residents and sisters Catherine Major and Margaret Dawson were raised on Marlborough Avenue where their mother, Margaret Herbert, who was an exceptional gardener grew a subspecies of the alpine aster in the family garden. Daughter Catherine has continued this tradition and has taken it a step further, sharing the plant with neighbours to the point where the plant can be found in gardens along Marlborough Avenue and Range Road. This subspecies of the alpine aster is possibly the one which has been designated by NatureServe as being "critically imperilled" in Ontario, the highest level of concern in the organization's conservation categories, other than plants identified as on the path towards extinction. The University of Waterloo has also gone on record stating the alpine aster subspecies may be the only true indigenous aster plant in North America.

The alpine aster is a showy, multi-coloured plant with a mind of its own that is thriving, in my garden, alongside the zinnias and other native plants that include an array of fall asters and goldenrods now coming into bloom.

Creating this garden has been a labour of love. Gardeners should welcome including more native plants, especially those that are highly attractive to pollinators. This can be done with originality integrating other ideas such as planting the arresting colours of the zinnia throughout the garden.

Can we stop or reduce ecocide?

Judy Rinfret

How hopeless we may feel about the problems of this planet. "I like winter best 'cause then I don't have to worry about the world burning up," said our 14-year-old god-daughter recently. We, who were born two or three generations earlier, may continue to be lucky enough not to know such agony, but I am dismayed at what our children, grandchildren and great-grandchildren may endure for lives even half as rewarding as ours.

Since those with real power are not effecting environmental change mitigation strategies fast enough, I have adopted an ecological golden rule: Use energies and resources only as all others may use them. With this in mind, I have become more aware of what I cost the planet, but it seems impossible to change enough of my needs and wants to come close to such an ideal. In this climate and place, we may need more energy to function, but do we really need such a disproportionate amount?

Imagine if every household in the world had a car and drove as much as most Canadians do? What if everyone could waste as much food as we do? What if everyone could shower and launder clothes as frequently as they wished? What if everyone could travel anywhere? What if everyone had spacious, secure shelter? What if everyone could assume unimaginable choice for food, garments, household items? What if everyone had too much stuff and

produced endless garbage? What if everyone enjoyed an unlimited power supply? These are just a few of the things many Canadians take for granted, but even here we must be aware of so many whose quality of life is compromised by lack of access to energy, food and even clean air and water.

I encourage us to spend even one mundane day observing habits and assumptions that could be altered to slow down our overconsumption of the world's resources. We may find pragmatic, zany, subversive, even sublime changes that will make a difference while benefitting the environment and enhancing creativity, wealth, and health.

We could start with modest changes:

Reduce use of hydro or gas or oil. Many of us already hang laundry to dry indoors in winter and outdoors in summer, which is much better for fabrics. In our winter, the added indoor humidity is a bonus, and the drying time is usually less than 12 hours. In summer, even a small balcony can accommodate laundry, which dries very quickly.

We can wear more layers in winter and turn down the thermostat which is also beneficial for health. In summer we can condition ourselves to tolerate more heat and use strategies to stay cool: spray bottles of water, wet towels, feet in cold water, fans.

Reduce consumption. Instead of garments produced with offshore underpaid or slave labour, we can patronize charity shops, secondhand shops and consignment shops. Donate or consign gently used clothes and housewares to help to avoid adding to landfill or

Here are a few Sandy Hill places to acquire and/or donate recycled items:

May Court Bargain Box - 228 Laurier Avenue East 613-235-0333 (www.maycourt.org)

May Court is a charitable organization supporting the May Court Hospice and more. Clothing, shoes, purses, scarves, linens, small kitchen utensils and home decor. Donations accepted during opening hours.

University of Ottawa Free Store - 100 Thomas More Private (www.universityofottawafreestore.com) Free for students, alumni, and staff. Donations accepted: linens, clothing, office supplies, kitchen ware, small appliances, electronics, textbooks, and more.

Bee You Creative Styles - 323 Somerset Street East (www.beeyoucreativestyles.com)

Consignment clothing, books and music, jewelry, accessories and opportunities to learn to mend at monthly stitch and mend nights to help extend the life of our clothes.

Buy Nothing Sandy Hill (there are 4 groups depending on your address) and Ottawa Freestore - Facebook sites to give away or pick up almost anything



Illustration Claire MacDonald

exporting to countries drowning in our excess. We may consider how to make use of what we already have; well-worn blouses may become beautiful scarves, men's ties may become skirts or quilts, old tablecloths may become dishtowels or dresses or caftans.

Instead of exercising with complex equipment in special spaces (that we may

need to drive to), we can walk or jog or bike to do errands, socialize, attend meetings or appointments.

Even if we cannot fulfill my golden rule, almost any energy savings and/or stuff reduction means our energy and creativity translate to real material savings while boosting our mental and physical health.

L'automne, temps des récoltes

Claude Bégin

Quand les jours raccourcissent et que les températures se rafraîchissent, qui ne sent pas son appétit augmenter? À ce temps-ci de l'année, notre cerveau primitif (ou reptilien) nous incite à manger davantage. La satisfaction de cette faim accrue relève de réflexes innés chez l'être humain (ainsi que chez plusieurs animaux).

Les vacances estivales sont terminées. La routine du retour au travail s'installe et la folie de la rentrée scolaire est passée. Nous avons finalement trouvé le temps de retourner au magasin les chaussures, les pantalons et le chandail nouvellement achetés qui n'étaient pas de la bonne taille. Les conflits d'horaires entre le travail et les obligations familiales sont réglés. Très bien! Choses faites. On peut maintenant respirer par le nez. Mais pas pour longtemps, car les embouteillages aux heures de pointe commenceront bientôt. Êtes-vous prêts? Ne nous décourageons pas pour autant, car au-dessus des nuages brille en perpétuité un soleil resplendissant.

Heureusement, voire miraculeusement, de septembre à la fin d'octobre, Mère Nature, œuvrant en étroite collaboration avec nos chères fermières et nos chers fermiers, nous donne en abondance de délicieuses créations végétales. Pommes, poires, raisins, abricots, nectarines, pêches, cerises, framboises, bleuets, canneberges et melons nous sont offerts par les fruiticulteurs pour notre consommation et dégustation. D'autant plus accessibles en cette période de l'année où la couleur des feuilles dans le paysage commence à changer du vert à l'ocre, au marron et au rouge feu, avec des produits des maraîchers locaux tels que la tomate, les courges, le poireau, la



Photo Claude Bégin (Claudio)

carotte, le céleri, les choux, la betterave, l'épinard, les laitues, le maïs, les oignons, le panais, les pois mange-tout, les pommes de terre, le rutabaga, le radis, les haricots verts et jaunes, le concombre, le brocoli, l'artichaut, l'aubergine et une myriade d'herbes aromatiques.

Pour les humains, ces aliments issus de la terre, avec l'aide du soleil, de l'eau et d'agricultrices et agriculteurs attentionnés, constituent des éléments essentiels d'un régime alimentaire équilibré. Tous ces produits, regorgeant de vitamines et de minéraux et riches en fibres, sont indispensables pour une bonne santé. On peut trouver ces produits locaux dans les épiceries de quartier, les marchés extérieurs, les fermes, les étals de fruits et

légumes le long des routes de campagne, les jardins communautaires, et pourquoi pas, dans sa propre cour ou dans celle de sa voisine. N.B. Petite recommandation : demandez la permission à votre voisine avant d'aller cueillir des tomates cerises dans son potager.

Ne relève-t-il pas du gros bon sens de soutenir les agriculteurs de la région? Bien sûr. Puisque ces aliments sont produits à proximité, les coûts de transport sont moins élevés. C'est plus économique et ça fait moins de gros camions sur les routes qui polluent. Être locavore permet d'encourager une noble cause et de vivre une expérience conviviale avec les maraîchers locaux.

En terminant, pourquoi ne pas faire le

Sandy Hill resident Claude Bégin reminds us that fall is a wonderful time for enjoying the bountiful local harvest by preparing dishes such as ratatouille or dessert crisps with ingredients found at our many farmers' markets. This original painting by the author epitomizes fall's harvest.

plein de vitamines, de minéraux et de fibres en préparant en famille une ratatouille avec des légumes d'automne locaux. Cette spécialité culinaire trouve son origine au sud de la France, particulièrement en Provence. Bien qu'il y ait plusieurs façons de préparer une ratatouille, il vaut mieux ne pas mélanger tous les légumes automnaux qui nous tombent sous la main. En général, les ingrédients de base utilisés dans une ratatouille sont les tomates, les poivrons, les oignons, les aubergines, les courgettes, l'ail, le sel et le poivre, l'huile d'olive ainsi que certaines herbes aromatiques, soit la feuille de laurier, le thym, le basilic et le romarin frais.

Bien que la ratatouille soit principalement végétarienne, les carnivores pourront la servir avec de la viande rouge telle que l'agneau ou le bœuf. Elle peut aussi bien être accompagnée de brochettes de poulet ou de filets de poisson et une salade aux concombres frais des champs. Un riz safrané, une coupe de vin rouge ou blanc, ou notre fromage préféré, les ratatouilles peuvent être apprêtées comme bon le désirent nos papilles gustatives. Les variantes sont toutes aussi savoureuses les unes que les autres. Il existe une multitude de recettes de ratatouille, que l'on trouvera dans nos bons vieux livres de recettes ou en naviguant sur Internet. Et pour le dessert, pourquoi pas une croustade aux poires, canneberges et sirop d'érable? Bon appétit!

Photo Sarah Chan



Photo Christine Aubry



Local plastic harvests...

Far left — Myra, age 8, loves sorting the bread tags and bottle caps that are collected at the Sandy Hill drop-off location for the environmental group EARTHUB.

Left — Jason Kitchen doesn't wait for special days to clean up our community, regularly picking up litter during the evening dog walk.

Cleaning the Capital Fall Campaign is on until October 15. It's not too late to register with the City (deadline is October 1) to receive the poster and free clean-up supplies. For questions and details on how to register: search online, City of Ottawa Cleaning the Capital program.

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Sandy Hill garden competition—and the winners are...

Elizabeth Grace Tremblay

In the last issue of IMAGE, Sandy Hill residents were encouraged to submit nominations for their favourite apartment building garden. Through this exercise, we were able to confirm that efforts and resources by landlords and residents are indeed noticed and appreciated by the community. It also prompted readers to share a bit of history and stories about some of the gardeners.

We were pleased to learn that residents at **404 Laurier Avenue East (The Strathcona)** are responsible for the beautiful gardens around the building, as pictured on page 1. Not only does their hard work contribute to the sense of community, but children are able to witness the magical transformations throughout the growing season.

The splendid row of magnolias in front of the **Deauville Apartments located at 363 Besserer Street** is surely the longest such row of these gorgeous trees in the entire city. Their pink blooms have been a springtime favourite of Sandy Hill residents for over 40 years.

The abundance of cosmos along the **201 Laurier Avenue East** building is successful in softening the unappealing architecture on a busy corner.

We also learned that the garden of **Embassy Terrace at 330 Chapel**, pictured in the last issue of IMAGE, has been faithfully maintained for 31 years by "Harry, the garden guy." The many shrubs and trees that Harry Sharpe has planted over the years are thriving this summer with all the rain and sun. A shout-out was made to the gardener's wife who has been conscientiously managing the building for 50 years, keeping it spotless. Wow!

The landscaping across the street at **333 Chapel** also captured the attention of IMAGE readers. A garden committee of residents, under the leadership of Joëlle Sanderson, looks after ordering,



Photo Paula Kelsall

Coop Voisins was selected as the winner of the garden contest! Well-earned congratulations go to the members of the co-op who maintain the beautiful gardens all around this building.

planting and maintaining the plants in the colourful flower beds and planting boxes in front of the main entrance.

Honourable mention goes to **The Envoy at 255 Stewart Street**. This property managed by CLV Group is a little oasis within Sandy Hill. It has an abundance of bushes, trees and flowering plants the entire length of the building and around the outdoor pool area.

Honourable mention also to **Carillon Manor, located at 210 Chapel Street**.



Photo Elizabeth Grace Tremblay

Fleming Property Management se démarque en tant qu'entreprise soucieuse de l'attrait extérieur de ses bâtiments, comme on le voit ici dans son immeuble **Carillon Manor, au 210 rue Chapel**.

d'habitation Voisins at 440 Wiggins Private in Strathcona Heights. Coop Voisins has had an active gardening team since its beginning in 1992. Their artistry is evident in the carefully designed beds on either side of the walk leading to the front door. Many co-op residents assist with planting and taking care of the gardens surrounding the co-op and also participate in spring and fall clean-up days.

Thank you to those who sent in nominations and to all of those who work hard beautifying our neighbourhood. Attractive and lush landscaping is an easy way for landlords to benefit the community while enhancing their investment.

The entrance of the brick apartment building is adorned with an artistic arrangement of perennials and annuals on either side of the stairs leading to the main entrance. Looking around Sandy Hill, the property manager Fleming Property Management seems to be the company that most consistently invests in the landscaping of its properties, with fine results.

Congratulations to the winner of the garden competition, **Coopérative**

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The Ottawa sky and canal lit up with a stunning display of Canada Day fireworks. Photo HS Canada

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A choral gem in Sandy Hill helps kids shine

Nancy Simmons-Wright

Sandy Hill is a community endowed with many jewels. One of these is the Ottawa Regional Youth Choir that for 42 years has been based in another Sandy Hill jewel, St. Joseph's Parish, on Wilbrod Street.

For the last 12 years, Jamie Loback has been the Artistic Director of the ORYC, one of the few youth choirs in the region for young people aged 15-25 that has the full range of soprano, alto, tenor, and bass voices. Although the musical emphasis is on the western classical symphonic choral canon, the choir regularly features works of contemporary young Canadian composers, including those of ORYC choristers.

One of the key tenets of the ORYC is accessibility. To potential choristers this means that, regardless of their choral experience, training, and ability to pay the annual fees, they are not only welcomed into the choir, but they are also given training and support in the form of mentorship, sight reading, ear training etc., as well as financial support to help them on their musical journey. This support applies not only to choristers without choral training but also to choristers who are studying music in high school or university for whom the training may translate into opportunities to sing solos, be a mentor, and to take part in the various intern programs that the ORYC offers – vocal mentorship, conducting, collaborative piano, and music composition.

Three neighbourhood children Hannah, Lucinda and Ray Lechasseur have been members of the ORYC over the years. In a recent interview, their mother Camille spoke passionately of the "blossoming of the children," their becoming more



Photo Ed Leblanc

Le Ottawa Regional Youth Choir lors de son concert du Requiem de Brahms en mai 2023. L'ORYC présentera plusieurs concerts pour la saison 2024-2025, dans l'église St-Joseph sur la rue Wilbrod.

This year's ORYC choral season includes four performances, all of them at St. Joseph's Parish. The choir will be accompanied by an orchestra of professional musicians organized by Adam Nelson, a local violinist. Repertoire for the December concert is an eclectic mix of seasonal music highlighting multiple cultural and religious traditions.

The ORYC has a 'pay what you can' policy to encourage attendance at its concerts.

Sunday, November 17, 2024, at 3 p.m. — Mozart's Requiem

Saturday, December 14, 2024, at 7:30 p.m. — Holiday Concert

Sunday, February 23, 2025, at 3 p.m. — INTERN Concert

Sunday, May 4, 2025 at 3 p.m. — Monteverdi's Orfeo

confident and having a growing and enduring love for song in such an open, inclusive and safe space.

The ORYC welcomes new members at any time. So, if you or someone you know would like to join the choir, please check out the website: www.oryc.ca

In addition to its concerts, the ORYC supports St. Joseph's Supper Table by coordinating and performing in an annual multi-choir concert. All proceeds from this inspiring, collaborative concert go directly to the much needed and used program. This concert will be on Sunday, April 13, 2025 at 3 p.m.

Photo Christine Aubry



That's an ASEAN flag flying on Laurier East

Have you noticed there is a second flag at the High Commission of Brunei Darussalam at 395 Laurier Avenue East? It's the flag of the Association of Southeast Asian Nations (ASEAN)

The colours of the flag — blue, red, white, and yellow — represent the main colours of the national flags of all ten ASEAN member states. Blue represents peace and stability, red represents courage and dynamism, white represents purity, and yellow represents prosperity. The stalks of rice represent the dream of ASEAN's Founding Fathers for an ASEAN comprising all the countries in Southeast Asia bound together in friendship and solidarity. The number of stalks symbolize ASEAN's ten members. The circle represents the unity of ASEAN. (www.asean.org)

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Photos David Elden

Action Côte-de-Sable était un des plusieurs commanditaires de cette nouvelle murale peinte par la communauté, sous la direction de l'artiste Stephanie Babij, qui embellit le mur sud-est de la plaza au coin des rues Rideau et Wurtemberg.

A new mural on Wurtemberg

Michael Barnes

For a very long time, the east wall of the strip mall on Rideau at Wurtemberg Streets – now the location of the Madhuban Indian restaurant – was a target for repeated tagging and graffiti. In the 1950s there had been a gas station, and it appears the automobile garage was accessed from Wurtemberg. In those days, it wasn't closed to car traffic at Rideau.

Well, that sad looking wall has had a big face lift and changed for the better with the arrival of a 10 by 50 foot (3 by 15 metres) colourful, vibrant mural designed by artist Stephanie Babij. In early July, Stephanie and many community volunteers, ranging from 4 years old to mid-80s, came out to paint the mural based on the outline that Stephanie painted on the wall. After two weeks of preparation, priming and multiple coats of paint the once drab brick and metal wall was transformed into something many passersby would stop and comment on, and express their appreciation of the positive improvement to Sandy Hill.

Without the idea over a year ago from Pascale Martel, nothing would have happened. Then Kathryn Harper and others in the neighbourhood started building in-

terest in the proposed mural and looked into funding options for it. Given the large size, the mural would cost close to \$8,000. The property owner and Sleepwell Property Management each provided \$1,000. Action Sandy Hill gave the proceeds from Sandy Hill's One & Only Arts and Craft Fair, which was \$850. There was still a large amount to raise. Thankfully, the Downtown Rideau BIA decided that it would make that big donation to enhance our community and provided roughly \$5,000.



Our Councillor Stéphanie Plante and staff were supportive, in particular Carina Pogoler who was seen painting this beautiful addition to a location where hundreds of residents pass by daily.

In closing, this project succeeded as participants worked to improve the neighbourhood. So whether you shop at the mini-mall or elsewhere along Rideau, or support the One & Only Arts and Craft Fair, you can consider yourself a contributor to this mural. To everyone who painted, it wouldn't have happened without you! In the end it all worked as the community worked together and achieved a good thing.



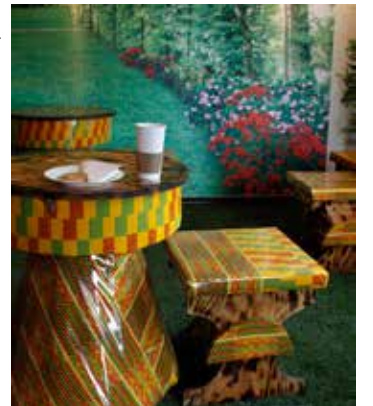
Here comes one of the best seasons of the year for food lovers. Farmers' markets are full of all sorts of fresh produce, and there are so many easy meal possibilities to be had from corn, squash and ripe tomatoes. Welcome to fall! Please remember to share your favourite Sandy Hill food experiences with image22@rogers.com.

Chef Ric's 384 Rideau St.

I've been told that when the stars are aligned, one can find homemade onion rings at Chef Ric's; artisanal chunks of onion in a light, tempura-style batter. Unfortunately, I've yet to have this experience; so far, the onion rings I've seen there at lunchtime have been fried from frozen. But it must still be said that the \$6.99 lunch special is an unbeatable deal. The chicken panini I tried recently had generous chunks of grilled chicken, ripe tomato slices and a satisfying sauce binding everything together. The slaw was sweet and crunchy. For an extra dollar, I got a generous portion of mulligatawny soup, with lots more of those good chicken chunks and plenty of vegetables in a light but tasty curry-flavoured broth. I'll be keeping an eye on the "Storefront Menu and Weekly Specials" page at chefrics.com to try to optimize my chances of encountering those onion rings!

Melaku Ethiopian Coffee 503 Rideau St.

The upstairs room at Melaku is one of the most unusual and cheerful places I can imagine for a restorative cup of coffee. The bright green artificial turf, tables and stools covered in colourful fabric, and the photographic mural of a garden covering one wall lift the spirits as you perch above the east end of Rideau St. and enjoy a bracing beverage brewed from freshly roasted beans. The shop also offers the opportunity to try a traditional Ethiopian coffee ceremony with a jebena, or long-necked traditional pot – something to look forward to in the dark, cold days to come!



Le café Melaku sur la rue Rideau offre un espace coloré à l'étage pour savourer une variété de boissons à base de café éthiopien.

Metro 244 Rideau St.

It was exciting to see a Metro sign appear in August from behind the scaffolding that's been a fixture at Cumberland and Rideau for so many months (years?), and even more exciting to step into the new store. It doesn't feel like the comfortably shabby old Metro, but it's fun to wander the aisles and admire the displays of baked goods, fish and cheese while they are all brand new. The prepared food counter is interesting, and includes chefs from Bento Sushi turning out fresh nigiri and maki. Artisanal pizza slices, at \$3.99 each, are a tasty and generous snack, and they have some unusual toppings. We found the one with a coconut curry sauce topped with bacon, chicken and caramelized onions to be unexpectedly delicious. Presumably the classical musicians who were playing inside the store's entrance for its opening days will be gone soon, but here's hoping that the freshly prepared pizza and sushi counters will be a lasting presence.



L'épicerie Metro est finalement réouverte sur la rue Rideau. On peut y trouver du nouveau, notamment un comptoir à pizza appétissant.

Burger Shark 358 Rideau St.

The sign and decor at Burger Shark have a lot in common with Egg Pops, the business that was in this spot until recently, but there are no fried eggs to be found on these burgers. Instead, you'll get tasty, handmade patties with caramelized onions, sliced avocado and an unusual black pepper sauce, with the usual options of bacon and cheese. There are also chicken burgers, both grilled and crispy. Fries and onion rings are, disappointingly, not-homemade, but we found the burgers good. Most come with two patties, but the single-patty Baby Shark was a filling lunch for this customer.



Signatures Terrace 453 Laurier Ave. E

It was lovely to see Cordon Bleu easing back into food service this summer, with small plates and cocktails on the terrace. On a balmy evening, the sound of the fountain across the street made for a perfect backdrop for some elegant and unusual treats. We found the little cheese soufflés with parmesan foam and butternut squash, and the focaccia pizza with kimchi and goat cheese particularly delicious and conducive to sharing. Here's hoping that Signatures will find a way to keep its doors open into the winter months, for those occasions that call for a bit of a splurge.

Le restaurant Signatures au Cordon Bleu offrira cet été en terrasse une sélection de petits plats et cocktails. Les soufflés, la focaccia kimchi et la sangria furent un vrai délice.

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Pursuing pizza perfection on Stewart Street

Paula Kelsall

Vittorio Colaiacova had been running the Century House Bed and Breakfast at 62 Stewart Street for several years, when the COVID pandemic shut down businesses of all sorts in early 2020. At first, he took the opportunity to make some improvements, renovating the kitchen and changing the dining layout to improve social distancing. But the lockdowns kept coming and going, and even when travel restrictions eased, business did not return to its pre-pandemic patterns. What to do next?

A family wedding in Italy in the summer of 2022 sent Vittorio in a new direction. One night, out for pizza with some cousins, he found himself watching the action in the kitchen, intrigued with the process of preparing one of Italy's iconic dishes. When he got back to Ottawa, he found himself listening to pizza podcasts, learning about the latest trends, the best cookbooks, and the many different approaches to making a great crust.

March 2023 found Vittorio attending the 39th annual International Pizza Expo in Las Vegas, attending classes and meeting other people who shared his interest in the perfect pie. Many attendees were employed by big corporations, but there were other chefs there running small businesses: pop-ups and food trucks bringing delight to their neighbourhoods.

By now pizza had found its way into Vittorio's business, and Vittorio's Pizza House was sharing space with the bed and breakfast. He was offering classes in his sparkling new kitchen and serving pizza to a few customers in the front rooms on Saturday nights. He settled on individual-sized pizzas with a thick, Sicilian-style crust, baked in rectangular 8" X 10" pans that could be easily accommodated in his oven.

By March 2024, after months of practice, Vittorio was ready to go back to the Pizza Expo, this time as a competitor. This was a big undertaking. He brought



Le propriétaire du Century House Bed and Breakfast, Vittorio Colaiacova, s'est lancé dans l'art de la pizza. Vittorio's Pizza House au 62 rue Stewart est ouvert les vendredis et samedis soir, mais il faut s'y prendre à l'avance pour réserver sa place et déguster les créations gagnantes de Vittorio.

his own tools, seasonings and flour. He arrived a few days early, in time to prepare the poolish, the mixture of flour, yeast and water that makes the dough rise. After that, he had to prepare the dough and let it proof for 48 hours. He brought 12 pans, so that he could make many pizzas in the unfamiliar oven at the competition, and then choose the best three for the judges.

His unique "White Mediterranean Bliss" pizza placed very respectably in the top 20 among the dozens of competitors in the non-traditional pan category.

When a CTV reporter spotted the story of Vittorio's Las Vegas adventure on Instagram, Vittorio's Pizza House received an unexpected rush of publicity, and Sat-



Photos Vittorio Colaiacova

urday nights became very busy through the spring and summer. The fortunate guests who were able to obtain a reservation enjoyed a chewy, golden, focaccia-like crust with classic toppings of tomato sauce, pepperoni or sausage. Alternatively they could savour the white pizza that went to the Expo, which is topped with spinach, olives, cheese and truffle oil. Every meal comes with sparkling water and a choice of San Pellegrino sparkling fruit sodas; guests are also welcome to bring their own beverages.

Starting this fall, the Pizza House is open for dining on both Friday and Saturday nights, and there are new dishes to try. Vittorio recently unveiled a dessert pizza, with butter cream, pistachios and Amarena cherries, and this fall he'll introduce a new white pizza with herbed ricotta and mushrooms. In the new year, Vittorio will be taking time off from the B&B to attend the three-month program in plant-based culinary arts at Cordon Bleu. Who knows where that will take him? If the last few years are any indication, it's bound to be somewhere interesting.



Illustration Claire MacDonald

Test your memory and IMAG(E)ination



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

Send your guess to: image22@rogers.com

Summer issue's test result



FATUMA AHMEDI correctly identified the purple mural outside of the Ottawa art Gallery, located on 50 Mackenzie King Bridge, Ottawa, ON K1N 0C5.

Well done!

Photos Bob Whitelaw

CROSSWORD ANSWERS, from page 10

FOREIGN OUTPOSTS IN SANDY HILL

1	E	D	U	C	A	T	E	1	K	E	N	Y	A	
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Gone: from Mann Ave.

Photo Peter Rinfret



The sign on the door of the laundromat and dry cleaners at the corner of Mann Avenue and Chapel Street reads: “Good news! A new food store is coming soon.” But the loss of Sandy Hill’s only dry cleaner and an excellent seamstress does not sound like anything to rejoice about.

Bygone: by the Rideau River rapid

Photo Pierre Cantin



Sandy Hill resident Pierre Cantin took this photo of the Rideau River from the 7th floor of 85 Range Road. Apparently these lines are left from one of the first railway connections between Montreal and Ottawa. IMAGE would welcome a story on this interesting piece of Sandy Hill history!

Gone: dirt and broken glass at the Adawe river crossing



Cleaning the art and rockshelf in Strathcona Park, August 1, 2024, 8:30 AM

Photos Jane Waterston

Natsu Matsuri summer festival was held inside the community centre in July



Photos HS Canada

The rain and forced relocation indoors of the Natsu Matsuri (“summer festival”) did not deter crowds from enjoying this festival at the Sandy Hill Community Centre on July 6. The Ambassador of Japan H.E. Kanji Yamanouchi (left) showed off his musical talent during the event organized by the Japan Exchange and Teaching Alumni Association of Ottawa (JETAA).

Tenants smarting from eviction notices push back



Photo Christine Aubry



Photo Christine Aubry

Have you noticed these signs all over Sandy Hill? Tenants of Smart Living Properties have organized to fight “renovictions.” With the support of the organization ACORN, the Bank Block Tenants have organized protests and created a website: www.bankblocktenants.ca



Photo Larry Newman



Photo Christine Aubry

The Smart Living Properties company has removed its name on buildings they own in Sandy Hill, posting new plaques with the name Dwell Properties instead. Another re-brand for the company which began as Takyan?



Photo Larry Newman

Avis aux Amateurs de Lecture!

La Vente de Bons Livres est de retour ce 16 novembre à la Vente Artisanale “One and Only” au Centre Communautaire de la Côte-de-Sable. On accepte avec plaisir vos dons de beaux livres! Pour toutes questions ou si vous voulez vous porter volontaire, contactez Alan: SandyHillRink24@gmail.com



The Good Books Sale

Saturday November 16 2024

- Paperbacks 1 for \$2 or 3 for \$5
- Hardcover/Trade - Paperbacks 1 for \$3 or 2 for \$5
- Children's Books 1 for \$1

Sandy Hill Community Centre
250 Somerset St. East, Ottawa

10 am to 3 pm

A Viscount Alexander Public School Fundraiser
We regret that we can only accept cash

Attention all Book Lovers!

The Good Books Sale is back this November at the One and Only Arts and Craft Sale, November 16, Sandy Hill Community Centre. We happily accept your donations of gently used good books! Questions or to volunteer, contact Alan at SandyHillRink24@gmail.com



L'association MICA célèbre l'art au parc Strathcona

Mohamed Amine Harmach

Le soleil a bien été au rendez-vous le samedi 10 août à Ottawa. Un temps idéal pour l'événement "Art au parc Strathcona", organisé chaque année par la "Mental Illness Caregivers Association" (MICA).

Artistes, artisans et citoyens de tous horizons ont investi les sentiers de l'emblématique parc Strathcona, où on pouvait voir s'affairer des bénévoles et partenaires communautaires de MICA, association qui oeuvre à soutenir les proches aidants en santé mentale (aussi appelés aidants naturels ou aidants familiaux). Le slogan de MICA, "Personne ne marche seul, nous marchons avec vous", prenait tout son sens ce jour-là.

Dans un décor idyllique, des dizaines d'exposants ont présenté leurs œuvres directement au public. Peintures, sculptures, littérature, bijoux, poterie, musique, danse, produits apicoles... Il y en avait pour tous les goûts.

Certains n'ont pas manqué de saisir l'opportunité pour sensibiliser la population à la santé mentale. "Nous sommes tous touchés d'une manière ou d'une autre par les problèmes de santé mentale, que ce soit à travers un membre de la famille, un ami ou un collègue", a déclaré Paul McIntyre, président de MICA.

Il a ainsi souligné l'importance de lutter contre les fausses idées, la peur et la stigmatisation associées à la maladie mentale,

Photo Betsy Mann



Photo Amine Hamach

It was a beautiful day on August 10 for the Art in Strathcona Park Exhibition and Sale, an annual fundraiser and awareness-raising for the Mental Illness Caregivers Association. IMAGE salutes our Stewart St. neighbour Rosemary Scragg who started up the event more than a decade ago. We missed seeing her at her own booth this year.

qui peuvent décourager les gens de chercher de l'aide pour eux-mêmes ou pour un membre de leur famille. Mais selon le président de MICA, Art au parc Strathcona est avant tout destiné "à profiter du beau temps et à célébrer l'art, ensemble, de manière inclusive". Et justement, les participants venaient tous d'horizons différents et avaient chacun une histoire à raconter.

Parmi eux, Derrick Hewitt, un artiste micmac originaire de Terre-Neuve-et-Labrador, est très impliqué dans le travail caritatif. Avec sérénité et courtoisie, il accueille les curieux devant son stand et explique ses créations: des œuvres à base de touffetage

de poils d'élan et de caribou, ainsi que des tambours qu'il n'hésite pas à faire sonner. Confectionnée avec beaucoup d'amour et dans le respect des traditions micmaques, chaque pièce demeure unique et le résultat d'un travail patient et attentif.

"L'art a définitivement des vertus thérapeutiques", plaide Hewitt du haut de ses 25 années de carrière artistique. En mobilisant la partie créative du cerveau, assure-t-il, on peut "s'exprimer au lieu d'enfourer son mal".

Ancien officier de la Gendarmerie royale du Canada, retraité depuis 2020, Derrick Hewitt a été diagnostiqué en 2012 d'un trouble de stress post-traumatique, à la suite de son expérience professionnelle qui impliquait une confrontation directe et personnelle à la mort potentielle, la sienne ou celle des autres.

En parlant et en cherchant l'aide auprès de professionnels, il a pu affronter la maladie et développer des mécanismes de pro-

tection pour aller de l'avant. Résilient, le parcours de vie de Hewitt inspire désormais d'autres dans son corps de métier (militaire et paramilitaire), à rompre le silence et à garder une lueur d'espoir.

Cette journée au parc Strathcona visait, par ailleurs, à collecter des fonds au profit de MICA. À cet effet, une vente aux enchères d'œuvres d'art a été organisée. Ses bénéficiaires, au même titre que les frais de participation des exposants, aideront à promouvoir la cause de l'association.

Elizabeth Twiss, artiste spécialisée depuis plus de 20 ans dans la peinture à l'acrylique et à l'huile, participe pour la première fois à Art au parc Strathcona, contribuant ainsi à cette collecte de fonds "J'ai moi-même été proche aidante depuis que ma mère a été atteinte de démence", a confié Twiss, saluant le travail énorme que les proches accomplissent tous les jours. En effet, les proches aidants en santé mentale sont estimés à plus de 8 millions de Canadiens. Ils constituent une force de travail qui, selon des chiffres de MICA, fournit chaque année l'équivalent de 2,8 millions de journées rémunérées de prestataires de soins.

C'est dire la place qu'occupent ceux qui, souvent au dépens de leur santé, prennent en charge un proche souffrant d'une maladie mentale ou ayant des troubles d'addiction. Sauf que cette communauté fait face aujourd'hui à un véritable défi qui nécessite de trouver une solution d'urgence. Il est en effet question du vieillissement de la population des aidants en santé mentale.

"Quand un proche aidant s'en va, la personne malade perd le seul soutien qui lui permettait de continuer à vivre en sécurité chez elle", explique M. McIntyre. "Et ce sont les plus vulnérables de notre communauté qui en payent le prix", poursuit-il.

"Nos enfants risquent de perdre leur toit, de sombrer dans la consommation d'alcool, dans plus d'usage de drogue, d'être livrés à l'abandon, à la solitude, ou à des situations nécessitant de recourir au 9-1-1...", s'inquiète le président de MICA, déterminé à attirer l'attention des acteurs concernés sur la question.

Dans ce sens, MICA propose d'enclencher des discussions dans les prochains mois avec le gouvernement et d'autres parties. L'objectif est de mettre en place un programme pour anticiper le départ des proches aidants, et surtout pour développer des ressources tierces capables de comprendre parfaitement les besoins des personnes malades et de les combler. Tout un art !

Word Sonnets for recent seasons, by Seymour Mayne

Earful	Force	For the Birds	Perfection	June Heat	Libations
Eerie, that earful of early sound and the sun silent floating up into dawn.	The vanity of summer begins its timely retreat before the advancing force of Fall.	<i>For John Batts</i> Travel is strictly for the birds: no line-ups, no security checks, no departure taxes.	<i>For Tony Rudolf</i> I sit back in spring rain – perfection of heart is as elusive as ever.	A flashback of snow shadows this thick lingering wind and curtain of humid light.	<i>For Marianne Scott</i> July is full of itself: sun, long days, and even heavy libations of rain.

Summer 2024 in Sandy Hill parks: Super shows for young and old

Photo Betsy Mann



Above—Burundi Dancers drummed and danced to the delight of all spectators on July 6. They drummed (in t-shirts and jeans) every Friday night all summer long across the river in Riverain Park. A sad new sign of summer’s end is the end of their meetings.

Below — The peak of the Moroccan embassy’s roof looked like part of Macbeth’s castle when five actors of the Company of Fools presented Shakespeare’s play. It was pay-as-you can on Monday nights in July and August in Strathcona Park.

Photo Betsy Mann



Record rain during the summer forced the relocation of one event that was supposed to happen in Strathcona Park (Odyssey Theatre’s *Myth, Lore & Stories of Wonder*), but others lucked out, to the delight of spectators from across Ottawa: A Company of Fools presented *Macbeth*; the Burundi community showcased drummers and dancers; and Cirquonscient pranced and twirled on multiple evenings.

Below — Cirquonscient brought fairy magic and smiles to the park in July. And in August, the ISKON festival returned, this time to Annie Pootoogook park.

Photo Maya Rossile



Photo HS Canada



Strathcona Park continues to be the Sandy Hill meeting place, inspiration and connection to past and future, as expressed in this new and visionary graphic from The Other Hill.

How do you practise your culture? A story

Cyril Dabydeen

“How do you practise your culture?” he asks with unaffected ease. “My culture?” I reply, feigning surprise. A moment of my Canadian non-being, let it be said. Non-descriptive, if swarthy-complexioned he is, but with aplomb—this confident-looking youth here with his friend of European background (you could say), also in his twenties. I am sandwiched between them in this open-air public space, but now confined we think we are. His question is without malice aforethought; and maybe he is hoping for some kind of camaraderie, or familiarity. Verisimilitude, yes. But strangers we are, in our anonymity here in this capital city with new peoples regularly coming to our shores and, inexorably the demographic shift taking place. Thousands of new peoples becoming settlers in Canada, with the presumably standard Canadian culture changing, ah. Where now the “multicultural abrasion,” as the country’s main newspaper had called it, or “the cult of multiculturalism”—once ballyhooed. Passé it all is, because of the palpable diversity I see all around. Forty million people in Canada now! This youth, perhaps wishing to “welcome” me as a newcomer with his sense of tolerance—not with foreboding. He sees me as a foreigner, at best a newcomer to Canada. His intelligent eyes move around with a wry smile on his face. I feign indifference, like a sudden ploy.

► Culture, continued on page 23

Sandy Hill yard sale season starts up with smiles and stacks of stuff

Summer returned on September 14 for the annual Sandy Hill yard sales, with many of our younger neighbours hoping to make a little profit.

Photo Christine Aubry



Mila, Isabelle and Zoe on Russell Avenue

Photo Christine Aubry



Charlotte on Blackburn Avenue



Christine Nguyen organized her third yard sale on Templeton Street this summer, to benefit the Minpinerie Dog Rescue, where she obtained her own two furry friends: Chihuahua Toby (in arms) and Shih Tzu mix Lasso (on ground). Photo HS Canada



Nalini on Besserer Avenue

Photo Christine Aubry

It is murder. Has \$66 million been purloined?

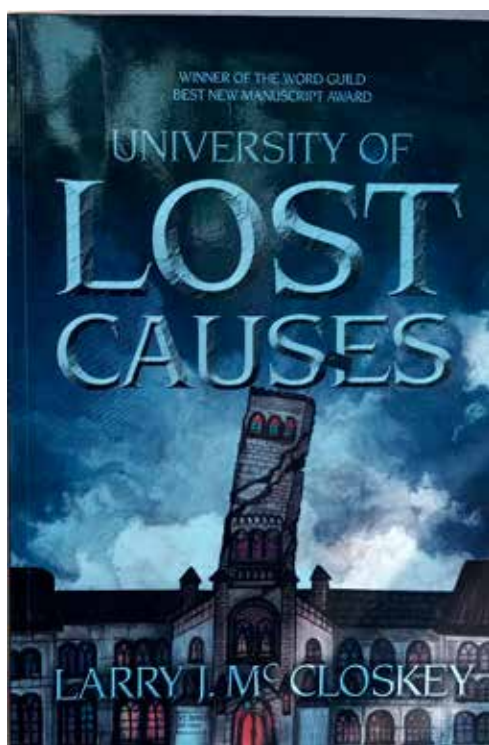
Book Review

Maureen Korp

It is murder, one, two—or maybe, just maybe, none at all. Has \$66 million been purloined? Well, read on. See what the characters in *University of Lost Causes* by Larry J. McCloskey have to say. Who are they? We read the story from the point-of-view of Phelim O'Neill, director of the university's Centre for Students with Disabilities, aka, "island of the misfits," as he himself terms the place.

Phelim O'Neill is good with coinage. His days include meetings called by SAP, one of his antagonists. She is "Special Advisor" to the university's president. SAP tells him 80% of his staff must now conform to equity guidelines. What about the contract workers? "They have no rights," SAP replies. She'd erase him if she could. She cannot. Phelim is a highly visible university administrator. He is a 250-lb quadriplegic, trundling about in his wheelchair.

Phelim heads off to Paddy's Pub. John Staffal awaits their weekly take-down of the worlds around them. Staffal is fond of quoting Voltaire: "Those who can make you believe absurdities, can make you commit atrocities." Staffal teaches Shakespeare. Woke sorts will replace that with "Literature of Oppression." Staffal sometimes parades about dressed as Cyrano de Bergerac.



Where are we? Somewhere south of the border, at St. Jude University. SJU is named for the patron saint of lost causes. By chapter eight we read Putin has been assassinated, and Russia lost the Ukraine War. By chapter 13, we are told of Dr. Jordan Peterson's latest diatribe: 50,000 words entitled, "In Defense of the Megalomaniac who Damaged Civility and saved Civilization." Its subject? criminal-



Larry J. McCloskey works at Carleton University

ly convicted Donald Trump, now handed a 145-year prison sentence.

The plot is thickening. Staffal has invited Jordan Peterson to SJU to debate important matters. In chapter 17, we learn the subject will be "Critical Race Theory," unless it is "Abortion vs Adoption." The debate will take place just before Christmas in the university's Great Hall of Diversity, Inclusion, Equity. Yes. The DIE Hall.

The publisher assures the reader: "This is a work of fiction and any resemblances to actual persons, living or dead, busi-

nesses, companies, events or locales is entirely coincidental." Coincidences, however, are actual events. Larry J. McCloskey, the author, was the founder of Carleton University's esteemed Paul Menton Centre for Students with Disabilities. He directed the center for more than 30 years before taking retirement to become a psychotherapist.

In between the novel's satirical layers, one story is told in straightforward historical narration. It is the storyline of a work Phelim intends to write one day. Weekly, John Staffal discusses its framework with Phelim. The story is that of Fred and Roma, two brave souls bent on killing Adolf Hitler in his mountain retreat over Christmas holidays high in the Alps of Berchtesgaden, Bavaria. Fred is American. Roma is a Jew from Poland. Is she really? (This reader notes Roma is the correct name of those labelled "gypsy." That term is a slur. Possibly half of Europe's Roma were killed in the extermination camps.)

University of Lost Causes is a book to underline, and read more than once, not only for historical references. Maybe one day, it lands on a "cancel culture" reading list at Woke-up University? Along with index and bibliography?

University of Lost Causes, by
Larry J. McCloskey
Burlington: Castle Quay Books,
2024. 356 pp

New handle for Besserer Park

Photo Alan Neeff



Sandy Hill's Besserer Park (at the east end of the street) has been renamed Herbert and Estelle Brown Park, in honour of two of the first Black business owners in Ottawa, known for giving African and Caribbean immigrants a good start in Canada with jobs at their Browns Cleaners business.

Pictured above, left to right: Mayor Mark Sutcliffe, Councillor Rawlson King, Rideau-Vanier Councillor Stéphanie Plante, June Girvan from Black History Ottawa, Albert Bedward, grandson of Herbert Brown, and his wife Catherine Morisset, with the new sign to be installed soon.

► Culture, continued from page 21

"My culture?" I persist with my sense of intrigue, or simply being an interlocutor.

"Yes," he murmurs, with expectancy in the air; and the word "culture" is with us. Some loaded term, with indefiniteness, you see—and now asking what really is one's culture, or cultural baggery, so to speak?

He has assessed me with my ethnicity, the way I look—phenotypical, but not consanguineous. Real Canadian, do you know? The sense of my identity tied to topography—where I've come from and will occasionally look back upon with my poetic penchant. Janus-faced—looking forwards and backwards simultaneously, in my imaginative-cum-numinous manner.

Unconsciously reverting to my immigrant self, I subliminally begin to question my having become acculturated (read, integrated) I sometimes boast about—provenance not lost on me.

This youth with his aplomb nods—and yes, it's about practising my culture? Asian I am—where he has actually placed me, come from an exotic sub-continental place, maybe; he has demarcated me, placed me between border lines. Indian essentially I may be, if a Hindu? Deepvali festival gone. Holi (phagwah), yes. What's really emblematic, or more socio-politically relevant? Hijab-wearing women are now part of the natural landscape, I figure.

My hesitation imperceptibly grows; as the youth ironically warms to me, mixed in with my own forbearance (my visible minority status self-proclaimed). Cultural difference I still dwell upon. Margaret Mead instinctually comes to mind—as anthropologists come and go. Famed Edward T. Hall whom I'd once met—his noted volume, *Hidden Dimension*, examined the cultural contexts of space and how people actually define themselves with their personal or community ambience, all part of the "accepted" cultural norm. And my being "highly-contexted," you see, meaning about my being people-oriented due not least to my tropical, or simply Asian, origins. What more do I subliminally come to grips with?

Now in this month of Ramadan, the Muslims' own religio-cultural presence; and the Hindu holi celebratory event having just passed by. I have also intermingled with Jewish friends' own celebratory Passover. More to come—as we will imagine who we actually believe we are.

This youth seems, well, somewhat embarrassed because of my growing hesitation about how I will keep practising my culture—a "foreign" culture, far beyond what's deemed the Anglo-Celtic and francophone norm. Who's the real Canadian with cosmopolitanism all around us? Sheer humbug!

Why not ask him how he practises his own culture, because I figure that he was born...

where? Definitive-sounding, with everything correlative, not actually causal. More claims I am curious about, you see. The other youth remains steadfastly silent, non-communicative.

Now everything is instinctively neural with me. My way of parlaying with him, you see. "And you," I ask, with forthrightness, "how do you celebrate your culture?"

"Me?" He's taken aback, by my countermand.

"Yes, indeed."

Comes revelation: he is a Native Canadian—an Ojibway. I should have read between the lines: he welcomes me in more than a ritual manner, with Canada now going through a greater awareness of the Native peoples' sense of themselves tied to self-governance. Culture and heritage existentially aligned.

We have come to an understanding in a matter of seconds. Now tell him that before he was born I'd lived in bush camps with Native peoples in the Lake Superior region and encountered bears and moose in the Lakehead. I'd also imagined myself a pioneer, like early Canadian writer Susanna Moodie—as "a drawer of water and hewer of wood." And that over the years I've read (literary, that is) with some of the finest Native Canadian writers; and, in my work Native images and metaphors are more than emblematic. Tell me who I am and what really is my culture!

And when I was involved in governmental agencies I'd coordinated conferences of diverse peoples across the country on the East Coast and West Coast, and interacted with the leaders of the Assembly of First Nations.

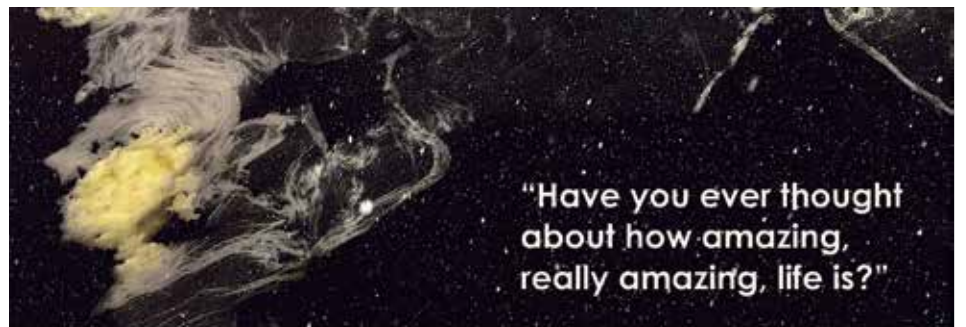
Insider-outsider binary is still at work, with reductionism somewhere in our consciousness. And juxtapositions of the immigrant Canadian with the birthright Canadian, if corollaries at best. "The narcissism of small differences" (Michael Ignatieff) I reflect upon, and Canada being the "first post-modern nation" (mused by former Prime Minister Paul Martin).

Importantly, tell this youth here with me what I've come to internalize—now as folklore when I warmed to Indigenous singer-songwriter Buffy Sainte-Marie (Cree)—an Oscar winner (in the Canadian Music Hall of Fame), who talked about her songs being "a bridge between worlds"—in the "tangle of colonialism."

A visionary at best she is, not a warrior, and an advocate for peace as she brings "rock-and-roll to the reserves"; and that her songs are an "alternative conflict resolution" she hopes "can last forever."

To the youth I declare that I will continue to admire Buffy Sainte-Marie, even as controversy surrounds her; and it's how I will practice my culture. Meegwetch!

Cyril Dabydeen is a Sandy Hill resident whose latest book is a work of fiction, My Undiscovered Country (Mosaic Press)



Snow on Rideau River, Adawe Crossing / Quote Jonas Mekas, *Requiem for a Manual Typewriter*, unpublished



Eric Crighton

1969 - 2024

Board member of Action Sandy Hill 2006-2008

Carolyn Couillard & Christine Aubry

It is with profound sadness that we announce the passing of Sandy Hill resident Eric Crighton, on July 31, 2024.

Eric first lived in Sandy Hill in the 1990s while completing his BA at the University of Ottawa. The neighbourhood would come to hold a special place for him as he discovered its tree-lined streets and spent time in its parks.

Having completed his graduate studies at McMaster University and secured a position at the University of Ottawa as an environmental and health expert, Eric came back to settle in Sandy Hill with his family, remembering its walkability, a notion that was important to him even before it became a word. He immediately chose to get involved in the community and sat first on the Board of Action Sandy Hill (from 2006 to 2008) and later on that of the Sandy Hill Community Health Centre (from 2011 to 2013).

Of those experiences, he kept a lifelong interest in community affairs and you would often catch him discussing any number of matters with neighbours, and participating in annual neighbourhood clean-up events.

If you were in the neighbourhood 10 years ago, you would surely have seen him leading an improvised walking train of school children from Annie Pootoogook Park to Francojeunesse, accompanied by his beloved dog Miso (who was featured in the February 2021 issue of IMAGE). You may also have crossed paths with him as he casually strolled to Strathcona Park with a rake in October to build the largest pile of leaves, or a shovel in January to help make toboggan jumps at the foot of the hill.

More recently, as the illness that would eventually take him took its toll, he revelled in long strolls around the river with his family or the many friends he had in our community.

At the Celebration of Life which took place on August 31 at the Glebe Community Centre, family, friends, colleagues and neighbours spoke at length about the huge void that Eric's loss had left and the many qualities for which he was admired: his intellect, curiosity, sense of humour, compassion and his devotion to his students, which has been recognized by the Canadian Association of Geographers with the creation of the Eric Crighton Mentorship Award.

Eric is survived by his mother Joan and brother Scott, and by his wife Caroline and their two children, Élie and Maël, who remain our neighbours and continue to walk Miso along the river.



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info.ramakrishnarestaurant@gmail.com
613-789-7979

Good Day, Sandy Hill!

Thanks to your community love and support, our RamaKrishna Indian Restaurant has been awarded **#1 Best Rated Indian Restaurant by Quality Business Awards.**

To express appreciation to you and all regular or occasional diners, we have started a new venture: providing **Indian Breakfast**, at a very affordable price.

Our restaurant is now open throughout the day to serve you Breakfast, Lunch and Dinner.

Breakfast Menu: 7:00 AM to 12:00 PM

Lunch Menu: 11:00 AM to 03:00 PM

Dinner Menu: 11:00 AM to 11:30 PM

We specialize in North Indian Cuisine complemented by a wide variety of beverages

- Cocktails that take you into the magical world of Indian Spices
- Wine (red, white and rosé)
- Beers (tap and bottled varieties)
- Mocktails and other speciality non-alcoholic drinks

We specialize in catering for meals large and small in

- homes and offices
- outdoor settings

For all catering enquiries please contact **Amith Salhotra (cell: 250-801-5520).**

We look forward to your continuing support and love as we serve the community in Sandy Hill and downtown Ottawa.

With regards,
Amith Salhotra
Director/President



#1 BEST RATED 2024

RAMAKRISHNA INDIAN RESTAURANT
Ottawa
RamaKrishna Indian Restaurant, 417 Rideau St, Ottawa, ON K1N 5Y9

We have awarded RamaKrishna Indian Restaurant as The Best Indian Restaurant in Ottawa for 2024. An overall quality score exceeding 95% was achieved, making them the top ranked in Ottawa



★★★★★ Satisfaction
★★★★★ Service
★★★★★ Reputation
★★★★★ Quality

BREAKFAST SPECIALS

PARANTHAS AND KULCHA is Open from 07:00 AM to 12:00 PM Only

Tandoori (an Indian method of cooking meat or vegetables at extremely hot temperature in a tandoor(Clay Oven)).
Tawa (a large, round frying pan, usually flat or very slightly concave or convex, used in South Asian cooking).
Both Style of Cooking is available for both for Kulcha and Parantha's

Amritsari Paranthas Combo

Parantha is a layers of cooked dough made with Whole Wheat Combo comes with your choice of Parantha, along with your choice of (Raita or Channa) and (Mixed Pickle or Pickled Onion).

Term Amritsari refers to "City Amritsar" Style of cooking, which is famous for Food, specially Kulcha's and Parantha

LACCHA PARANTHA	\$8.99
Lachha parantha or lachedar paratha is a layered flat bread prepared with wheat flour.	
LUN & AJWAIN PARANTHA	\$9.99
Lun & Ajwain Parantha are flaky unleavened flatbread made using whole wheat flour, carom seeds and black salt.	
PUDINA PARANTHA	\$9.99
Pudina parantha are crispy, flaky, layered, mint flavored whole wheat flatbreads.	
METHI PARANTHA	\$9.99
Methi Parantha are Indian flatbreads made with whole wheat flour, spices and fenugreek leaves aka methi leaves	
ONION PARANTHA	\$10.99
Onion Parantha are delicious whole wheat flatbreads stuffed with piquant onions and savory Indian spices.	
ALOO PARANTHA	\$10.99
Aloo Parantha is a popular whole wheat flatbread stuffed with spicy mashed potatoes and savory Indian Spices	
GOBI PARANTHA	\$11.99
Gobi Parantha are whole wheat flatbreads with a spiced cauliflower stuffing and Savory Indian Spices	
PANEER PARANTHA	\$11.99
PaneerParantha are whole wheat flatbreads with a spiced Paneer(Cottage Cheese) stuffing and Savory Indian Spices.	
CHICKEN PARANTHA	\$11.99
Chicken Parantha are whole wheat flatbreads with a spiced roasted chicken breast pieces stuffing and Savory Indian Spices	

Amritsari Kulcha Combo

Kulcha is a disc-shaped loaf of leavened bread made with All Purpose Flour. Combo comes with your choice of Kulcha, along with your choice of (Raita or Channa) and (Mixed Pickle or Pickled Onion).

Term Amritsari refers to "City Amritsar" Style of cooking, which is famous for Food, specially Kulcha's and Parantha

LACCHA KULCHA	\$8.99
Lachha Kulcha or lachedar Kulcha is a layered flat bread prepared with All Purpose Flour.	
LUN & AJWAIN KULCHA	\$9.99
Lun & Ajwain Kulcha are flaky unleavened flatbread made using All Purpose Flour, carom seeds and black salt.	
PUDINA KULCHA	\$9.99
Pudina Kulcha are crispy, flaky, layered, mint flavored All Purpose Flour flatbreads.	
METHI KULCHA	\$9.99
Methi Kulcha are Indian flatbreads with All Purpose Flour, spices and fenugreek leaves aka methi leaves.	
ONION KULCHA	\$10.99
Onion Kulcha are delicious flatbreads stuffed with piquant onions and savory Indian spices.	
ALOO KULCHA	\$10.99
Aloo Kulcha is a popular flatbread stuffed with spicy mashed potatoes and savory Indian Spices	
GOBI KULCHA	\$11.99
Gobi Kulcha are flatbreads with a spiced cauliflower stuffing and Savory Indian Spices	
PANEER KULCHA	\$11.99
Panner Kulcha are flatbreads with a spiced cauliflower stuffing and Savory Indian Spices	
CHICKEN KULCHA	\$11.99
Chicken Kulcha are flatbreads with a spiced roasted chicken breast pieces stuffing and Savory Indian Spices	

LUNCH & BREAKFAST SPECIALS

BHATURA AND POORI is Open from 07:00 AM to 3:00 PM Only

Bhatura Combo Specials

Bhatura is a puffy, leavened, deep-fried Indian bread made with All-Purpose Flour.

Combo comes with 2 piece of Bhatura, 1 Side Curry and (Mixed Pickle or Pickled Onions)

ALOO BHATURA COMBO	\$15.99
Comes with 2 piece of Bhatura, Aloo curry, and choice of (Mixed Pickle or Pickled Onions)	
CHANNA BHATURA COMBO	\$15.99
Comes with 2 piece of Bhatura, Channa Masala curry, and choice of (Mixed Pickle or Pickled Onions)	
SINGLE PIECE OF BHATURA	\$ 4.99

Poori Combo Specials

Poori is a puffy, leavened, deep-fried Indian bread made with White Wheat Flour.

Combo comes with 2 piece of Poori, 1 Side Curry and (Mixed Pickle or Pickled Onions)

ALOO POORI COMBO	\$15.99
Comes with 2 piece of Poori, Aloo curry, and choice of (Mixed Pickle or Pickled Onions)	
CHANNA POORI COMBO	\$15.99
Comes with 2 piece of Poori, Channa Masala curry, and choice of (Mixed Pickle or Pickled Onions)	
SINGLE PIECE OF POORI	\$ 4.99

Pakorras - Samosas

VEGETARIAN SAMOSAS (2 PIECES)	\$ 6.99
Crispy Savory triangle pastries with vegetable filling. Served with Mint and Tamarind Chutney.	
PAKORAS	
Pakora is a piece of vegetable or meat, coated in a seasoned chick-pea batter and deep fried.	
BREAD PAKORA (4 PIECES)	\$ 6.99
ONION PAKORA (8 PIECES)	\$ 6.99
VEGETABLE PAKORA (8 PIECES)	\$ 6.99
PANEER PAKORA (8 PIECES)	\$ 8.99
CHICKEN PAKORA (5 PIECES)	\$ 9.99

Soup

Delicious soups made with chef's special spices blend.

DAAL SOUP	\$ 4.99
Soup made with yellow lentils and exotic Indian spices.	
CHICKEN SOUP	\$ 5.99
Soup made with Chicken, Chicken Broth and exotic Indian spices.	
TOMATO SOUP	\$ 5.99
Soup made with Tomato Puree and Savory Indian Spices.	

LUNCH SPECIALS

Lunch Thali is Open from 11:00 AM to 3:00 PM (Not Available on UberEats and SkiptheDishes)

Vegetarian Thali

Comes with 2 Vegetarian Curries of Specials of the Day, 1 Naan or Roti, Side Rice, Side Salad, Raita and Choice of (Mixed Pickle or Pickled Onions)

\$ 13.99

Non-Vegetarian Thali

Comes with 1 Non-Veg Curry and 1 Veg Curry of Specials of the Day, 1 Naan or Roti, Side Rice, Side Salad, Raita and Choice of (Mixed Pickle or Pickled Onions)

\$ 14.99