

## Sandy Hill unite!

This spring, we are hearing some strong local calls for collective action

Photo: HS Canada



Une démonstration a eu lieu le 7 mars sur le campus de l'Université d'Ottawa pour marquer la Journée internationale des femmes et pour revendiquer un meilleur accès aux services de garde pour les enfants du personnel et des étudiants. L'actuelle Garderie Bernadette est logée dans le complexe Brooks, des immeubles dont l'université prévoit la démolition sans pour autant garantir d'autres locaux pour ces services essentiels aux parents.

*Carly Huber tells us why access to daycare is an important issue in Sandy Hill, page 4*

## Tenants of Sandy Hill: Come out!

**Ethan Mitchell**

On Saturday, February 8, posters went up throughout Sandy Hill announcing the creation of a tenant union—the “Tenants of Sandy Hill.” Our group came together following a January 18 tenant organizing workshop, hosted by the Neighbourhood Organizing Centre. We are now taking our first steps to organize tenants in our neighbourhood to fight for stable, dignified, and affordable housing. Our long-term goal is to build up the grassroots political power of tenants in Sandy Hill by connecting with neighbours in our buildings and in our community.

We are motivated by our experience of the housing crisis in our neighbourhood and are inspired by the Bank Block Tenants, the Osgoode Chambers tenants, and other tenant groups across the country. In Sandy Hill, we have seen the rise of a business model centred on short-term tenancies, high rents, and the

systematic isolation and disempowerment of tenants. Tenant organizing provides a way to deal directly with the root cause of the crisis—landlords using their economic power to exploit tenants.

Landlords like Smart Living Properties (now rebranding as “Dwell”) have consolidated their hold over the neighbourhood. We have seen buildings targeted for mass evictions, affordable units destroyed, and tenants unable to pay higher rents forced out. Many smaller landlords have also become more aggressive in their drive to increase rents. They too are evicting tenants in order to bring in higher-paying tenancies, often by claiming in bad faith that a family member is moving into the unit.

While landlords are aided by big property management companies like Sleepwell and Fahel and Co, tenants are left to navigate a complex and inaccessible legal system on our own. Tenants in Sandy Hill are often forced to sign new lease agreements each year.

*Tenants' protest, see page 4.*

## Fighting back with a boycott!

**Dodi Newman**

My family decided to join others in boycotting the American economy once we heard President Trump's outrageous threat to make Canada the 51st US state. As a first step, we cancelled our annual winter vacation in Florida, though it broke our hearts. The palm trees, the warm and sunny weather, and being just a few steps away from the ocean—we'll miss it all sorely.

The second step was to boycott U.S. products, and before I go further, I want to acknowledge that such a boycott is not for everyone. For many, in fact, it is an unaffordable luxury. If it is successful, it will make prices rise; it may also cost Canadian jobs. Secondly, it may not be possible to boycott all American products. Think produce and the e-world internet-based companies.

For us, boycotting big-dollar American products was easy—we don't need any. And even if we did, there is a non-U.S.

substitute for virtually everything on that list. So we'll be boycotting U.S. e-world companies and food and drink produced by U.S. companies wherever we can.

It's going to be hard to give up Amazon, bourbon and those wonderful California wines. But other countries make good wines, Canada among them, and we can live without bourbon. We'll make an exception for Pepsi, which is like mother's milk to my husband.

Buying Canadian can get tricky. You'll need to do some research. For example, Loblaw's lists Queen Victoria bagged spinach as one of its “Prepared in Canada” products. With a name like that you'd think it was Canadian, right? Wrong. Queen Victoria Farms, the home of Queen Victoria spinach, is located in Sausalito, CA, U.S.A. “Prepared in Canada,” according to the Canadian Food Inspection Agency, is used “to describe a food which has been entirely prepared in Canada.”

*Boycott the USA economy, see page 6*



### COMMUNITY BULLETIN BOARD

#### Cantata Singers of Ottawa Spring Concert — Ave Maria!

Sunday, April 6 at 3 pm, St Joseph's Church at 174 Wilbrod Avenue. For tickets visit [www.cantatasingersottawa.ca](http://www.cantatasingersottawa.ca).

#### Craft in the Park free event

On Sunday, April 6, meet up with neighbours in Strathcona Park (near the parking lot) for the first Craft in the Park event organized by Sandy Hill resident Jenna Morton. Whether you're an experienced crafter or a beginner looking to try something new, there will be plenty of opportunities to learn, share ideas, and create something unique. Hosted by @WoolnoakStudio @Thirty6WillowCourt @Jocelyn\_Makes @P.chy\_Mille. Questions? Email: [Woolnoakstudio@gmail.com](mailto:Woolnoakstudio@gmail.com)

#### Off the Pages: A Celebration of Banned Books

April 11, 6:30 pm: at Heartwood House, 404 McArthur Ave. This year's guest authors reading from their favourite banned books are Charlotte Gray, Dr. Monia Mazigh, Suyi Davies Okungbowa and Dancia Kendra Susilo. See poster, page 19.

#### Voices from the South Festival presents the Moroccan Festival of Ottawa

April 12 (12:00 pm - 7:00 pm) and April 13 (11:00 am - 7:30 pm) at the U of O University Centre, 85 University Private. Community bazaar, storytelling, food, workshops, children's activities all free. Tickets required for Eid celebration music show Sunday at 3:00 pm. For more details visit [www.voices-from-the-south-festival.b12sites.com](http://www.voices-from-the-south-festival.b12sites.com) or call 343-451-6333.

#### Familiar with Adobe InDesign?

IMAGE wants you! IMAGE is run by a very small group of volunteers and only one person familiar with this program. We need a succession plan that includes more volunteers who can work with Adobe InDesign (or a similar program) to lay out the paper. If you want to contribute to your community while flexing your creative muscles, please email us at: [editor@imagesandyhill.org](mailto:editor@imagesandyhill.org).

## IMAGE

Founded in 1972 under the  
direction of Diane Wood

22, av. Russell Ave.  
Ottawa K1N 7W8

Fondé en 1972 sous la  
direction de Diane Wood

IMAGE, a non-profit community newspaper, is supported by its advertisers. Opinions expressed are those of contributors and advertisers, and do not necessarily represent those of the volunteer editorial staff.

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 the Rideau library and 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 editor@imagesandyhill.com No age restrictions.

IMAGE reserves the right to edit in whole or in part all such contributions.

**E-mail:** editor@imagesandyhill.com  
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Please support local businesses, especially those who advertise in and display IMAGE.

**Questions re delivery?**

If you live in Sandy Hill, IMAGE is delivered free to your door. Please email distribution@imagesandyhill.org if you are aware of anyone or any business in our neighbourhood who is not receiving their newspaper.

IMAGE est un journal communautaire à but non lucratif dont les seuls revenus viennent des annonceurs. Les textes n'engagent que leurs auteurs et annonceurs respectifs et ne reflètent pas nécessairement l'opinion de l'équipe de rédaction, qui est composée de bénévoles.

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 la bibliothèque Rideau et 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 contribuer un article, un dessin ou une illustration ou à prendre des photos pour un article sont invitées à envoyer un message à editor@imagesandyhill.com. Nous apprécions votre contribution, quel que soit votre âge.

IMAGE se réserve le droit de modifier en tout ou en partie les documents soumis.

**Courriel :** editor@imagesandyhill.com  
**Nous vous invitons de vous joindre à notre liste d'envoi des Spéciaux IMAGE.**

**Site web :** imagesandyhill.org

Soutenez les commerces locaux, et tout particulièrement ceux qui font de la publicité dans IMAGE ou chez qui vous pouvez le trouver.

**Questions au sujet de la distribution?** IMAGE est distribué gratuitement dans la Côte-de-Sable. Veuillez écrire à distribution@imagesandyhill.org si vous connaissez un particulier qui ne le reçoit pas.

### Next Deadline

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

**May 26, 2025**

(target delivery June 19)

### Date de tombée

Publicité, articles, photos et autres soumissions

**le 26 mai 2025**

(livraison prévue le 19 juin)

## Phil Caron's Portfolio



Illustration: Phil Caron

### Strathcona Fountain Cherub No.1

According to the article by Ken Clavette in the June 2024 issue of IMAGE, the fountain's cherubs each represent a continent, though they are not labelled. Which one might this be?

### Sandy Hill Unite!

#### Letter to the Editor

We are dismayed by the amount of salt spread and often clumped on our streets and sidewalks in Sandy Hill and beyond.

Salt is toxic, especially to aquatic life, and recent studies undertaken by the Ottawa Riverkeeper show shocking levels of chloride concentrations in surrounding waterways (in one case, approaching ocean water!).

And yet, we see repeated excessive applications of salt, even on the walkways and stairs at our library on Rideau Street and at some bus stops. Whatever happened to the use of grit and sand? Are there other options and approaches that would



allow for human safety, but also environmental integrity?

We intend to share information and ideas for more ecological ways to deal with the hazards of ice and snow, including perhaps neighbourhood monitoring and advocacy. Will you join us? Contact us at saltinottawa@gmail.com.

**Andrew Johnston**, Besserer St.  
**Jane McNamara**, Marlborough Ave.  
**Judy Rinfret**, Wilbrod St.

**Chez Lucien**

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*Sandy Hill's  
place  
in the Market*

*Côte-de-Sable  
se retrouve  
au Marché*

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*Paul Denys*

EXPERIENCE THE DENYS DIFFERENCE

From the Editor

# IMAGE wants to hear from you and your neighbours!

Complete the quick and easy survey and enter to win \$50 gift certificates!



This issue marks the one-year anniversary (already!) of my role as editor of IMAGE, after many years as a regular contributor. I can honestly say it has been a true privilege to ensure that our team of dedicated and hard-working volunteers continues to bring you community-based news and stories. Now that I (mostly) have a handle on the role, I have been thinking about the future of IMAGE.

We recently organized a meeting of all of the downtown Ottawa community newspapers to share experiences and practices and to discuss common issues and concerns. One topic we agreed to discuss further, for example, is the role of online news and social media, and whether that is needed to engage younger audiences.

But before considering any change or new direction, I want to hear from you—the reader! Why do you pick up IMAGE? What are your favourite parts? What do you think is missing or should be improved? Please complete the brief survey using either the QR code or the website address.

I also want to hear from those that don't read this paper. Please spread the word and ask all your Sandy Hill friends and neighbours to complete the survey. Key argument—it won't take much time at all if they have not heard of us!

Need an extra incentive? You can enter to win a \$50 gift certificate to the Working Title Café & Restaurant! Early birds who complete the survey by April 7 will get a chance at 2 draws! The second draw will be announced in the

When you scan this QR code, you will arrive at our survey, asking what you like (and do not like) to find in IMAGE. We are eager to hear from you!

The other way there is to link to: <https://mainstreeter.surveysparrow.com/s/Sandy-Hill-Image-Readership-Survey/tt-79GxN>

IMAGE Specials newsletter in May. If you do not yet receive the quarterly message, ask to subscribe by emailing us at: [editor@imagesandyhill.org](mailto:editor@imagesandyhill.org). Thank you so much for taking the survey and supporting IMAGE!

**Christine Aubry**  
Editor (Volunteer)

P.S. À notre public francophone : Nous regrettons que nos ressources humaines et financières limitées ne nous aient pas permis de publier le sondage dans les deux langues, malgré notre bonne volonté. Nous espérons que cela ne vous empêchera pas de le compléter. Vos réponses nous sont importantes!



Former Sandy Hill resident and ASH director Danna Leaman is such a keen reader of IMAGE, she carried it onto the ski hill in Fernie, BC last winter. She will be responding to the IMAGE survey this month.



Photo: Alan Vanderkooy

### Sandy Hill heroes

A big thank you to all of the Sandy Hill Annie Pootoogook Park rink attendants and volunteers. About half the team are pictured here: they certainly had their work cut out for them through the long and snowy winter!

See you this summer

Terrace season starts May 1st

Working Title  
330 Laurier Ave East  
[www.workingtitleottawa.com](http://www.workingtitleottawa.com)



## On vous aide à vous engager

Mikaela Kennedy

Action Côte-de-Sable est une association communautaire non partisane qui organise des événements dans le quartier et déploie de nombreux efforts pour renforcer la communauté. En tant que présidente du comité de sensibilisation et d'adhésion, mon objectif n'est pas seulement d'inviter les gens à devenir membres de ACS, mais aussi d'encourager nos membres à s'impliquer et à leur offrir une variété de moyens de s'engager.

Avec le déclenchement des élections ontariennes, ACS s'est rapidement mise au travail pour organiser un forum public permettant aux membres de la communauté de rencontrer les candidats provinciaux d'Ottawa-Vanier. Lucille Collard (Libéral), Myriam Djilane (NPD), Christian Proulx (Vert), et Coreen Corcoran (Libertarien) ont tous accepté de participer (notez que six candidats avaient été invités). Un grand merci à nos représentants de quartier (Block Reps) et aux bénévoles qui ont aidé à distribuer les affiches à la dernière minute!

Stéphanie Plante, conseillère municipale du quartier 12, a également assisté au forum public pour s'adresser aux résidents. Elle participe aussi aux réunions du conseil d'administration d'Action Côte-de-Sable afin de fournir à l'association communautaire des mises à jour sur les questions municipales. Les membres de ACS sont également invités à participer aux réunions du conseil d'administration, qui ont lieu le dernier lundi de chaque mois. Vous trouverez plus de détails sur notre site Web : ash-acs.ca.

Alors que les élections provinciales ont fini, ACS se prépare pour les élections fédérales. Le vote est un privilège et un droit ici au Canada, et ACS veut aider les membres de sa communauté à mieux comprendre le processus électoral. Si vous ne savez pas comment ou où voter, vous pouvez trouver des informations sur [electionscanada.ca](http://electionscanada.ca). Si vous avez assisté à l'un de nos événements liés aux élections, dites-nous comment cela s'est passé!

En parlant des élections, je ne peux manquer de rappeler à nos lecteurs que Action Côte-de-Sable tiendra également des élections pour les postes vacants au sein de son conseil d'administration le 29 mai 2025, lors de son assemblée générale annuelle (AGA). Vous devez être membre de ACS pour voter ou pour vous présenter à un poste au sein du conseil d'administration. Je recommande vivement d'assister à l'AGA pour contribuer au choix de la future direction de ACS et pourquoi pas, envisager de se présenter soi-même! Faire partie du conseil d'administration a été une expérience très enrichissante et une merveilleuse occasion de rencontrer les voisins et d'en apprendre davantage sur la Côte-de-Sable.

Il y a une autre élection dont j'aimerais parler. Le Syndicat étudiant de l'Université d'Ottawa (SÉUO) a organisé un vote le 4 février 2025 pour élire ses directeurs et cadres du conseil d'administration. Ayant moi-même obtenu mon diplôme de l'Université d'Ottawa en 2022, je connais l'importance du syndicat étudiant sur le campus et dans la vie des étudiants. De plus, un grand nombre d'étudiants vivent dans la Côte-de-Sable et constituent une partie essentielle de la communauté. Félicitations aux nouveaux élus du conseil d'administration du SÉUO! ACS se réjouit de poursuivre ses relations et de travailler avec vous dans le cadre du comité Town and Gown. En tant que présidente du comité des adhésions et ayant moi-même été étudiante récemment, j'espère sincèrement augmenter le nombre d'étudiants adhérant à Action Côte-de-Sable pour qu'ils puissent faire entendre leur voix dans la communauté où ils vivent.

Peu importe les élections auxquelles vous participez ou la façon dont vous votez, vous êtes les bienvenus aux événements d'Action Côte-de-Sable. ACS est impatiente de commencer une nouvelle année remplie d'activités locales et d'initiatives communautaires.

### ACTION SANDY HILL / ACTION CÔTE-DE-SABLE Community Association Annual Meeting 2025 May 29, 2025 • 6:30 pm - 8:30 pm Sandy Hill Community Centre, 250 Somerset Street East

The entire Sandy Hill community is invited to the 2025 Annual Meeting of Action Sandy Hill!

The ASH Board of Directors will share updates and highlights from the past year of projects, meetings and partnerships.

Members of Action Sandy Hill are invited to vote to elect new Board members at the Annual Meeting. For 2025-2026, there will be a total of 10 possible seats available.

If you are interested in joining the ASH Board of Directors or volunteering with ASH, please email [info@ash-acs.ca](mailto:info@ash-acs.ca) for more information.

To become a member of ASH, visit the website [www.ash-acs.ca](http://www.ash-acs.ca). Not sure if your membership is up to date? Email [info@ash-acs.ca](mailto:info@ash-acs.ca) and we will check!

## A not-so-snap federal election!

As expected, Canadians are heading to the polls for an early federal election. The date of April 28 was announced as IMAGE was going to press for this issue, and unfortunately our next issue will be out in June. While we cannot offer a forum for candidates to present their platforms, we do encourage you to get informed and vote! Visit the Elections Canada website ([www.elections.ca](http://www.elections.ca)) for answers to questions like "How do I ensure I am registered to vote?", "Where do I vote?", "Who are my candidates?". Not sure how you will vote? Many community groups will be working to help residents get to know their local candidates. Our federal ward, Ottawa-Vanier, includes the city

wards of Ottawa-Vanier-Gloucester, Rideau-Rockcliffe and Beacon Hill-Cyrville; the city councillors—Stéphanie Plante, Rawlson King and Tim Tierney—have websites that are a good place to start to find local associations. In addition, you will find a long list of useful links at [www.rideau.rockcliffe.ca/ourward/](http://www.rideau.rockcliffe.ca/ourward/). Keep an eye out for other community newspapers, like *Lowertown Echo*, *New Edinburgh News*, *Manor Park Chronicle*, and Overbrooke's online *Connexions*. And of course, follow Action Sandy Hill to stay informed of candidate forums or debates. Not a member yet? See the bottom box at left to learn more about ASH membership. — Editor

Sandy Hill Unite!

## Child Care protest at uOttawa

Carly Huber

When I get asked, "Why do you care so much about child care", I could go on for hours. It's a simple question, easy to answer. Instead, we need to change the narrative and start asking: "Why don't you care about child care?"

You start to see them squirm: any possible response has a smarter reply. It is not difficult to prove why child care matters, in fact, most people will immediately agree without question. So why is it so difficult to make the University of Ottawa care? The Garderie Bernadette Child Care Centre (GBCCC) opened its doors in 1988, the result of a cooperative effort between students and staff. However, GBCCC has struggled with two primary issues since its inception: the need for expansion to meet the community's needs, and a lack of co-operation and communication from the university.

Currently, the centre has spots for only 49 children on a campus with 50,000 staff and students; there are hundreds of kids on the waitlist. In addition, it is located in the now decommissioned Brooks Residential Complex, buildings which are slated for demolition at some undetermined future date. In 2022, the university announced it would be terminating its relationship with GBCCC when Brooks comes down. It claims that it is unable to provide a new space. The university proudly advertises that it owns 118 acres of land and 128 buildings, and yet it remains silent on the

issue of child care. The clock is ticking; child care at uOttawa seems to be on a path towards destruction.

A coalition has formed to defend the continued need for a child care centre on campus. We are an inter-union group working with CUPE 2626, the Feminist Resource Centre (FRC), OPIRG, and other actors. On March 7, we participated in a march in honour of International Women's Day and to spread greater awareness about the need for child care at uOttawa. We've met with Stéphanie Plante, councillor for Rideau-Vanier ward, and Jenna Sudds, Minister of Families, Children, and Social Services. On March 25, we took part in a conference jointly organized by the feminist and gender studies departments of uOttawa and Carleton. We presented our coalition and hosted a visioning session. We hope to begin child-minding sessions, where parents can study or grade papers while their kids are being watched in the same room by a child care professional.

Thus far, the university refuses to meet with us; neither will it provide students and staff with a timeline for the future of the Garderie Bernadette Child Care Centre. Advocacy for child care has proven to be a long and difficult fight. In our research in the uOttawa archives, we found feminists struggling in the '70s with the same issues that face us today. We believe that the University of Ottawa's stubbornness demonstrates a refusal to change, a refusal to grow. To us, it means that uOttawa does not care about parents on campus.

Sandy Hill Unite!

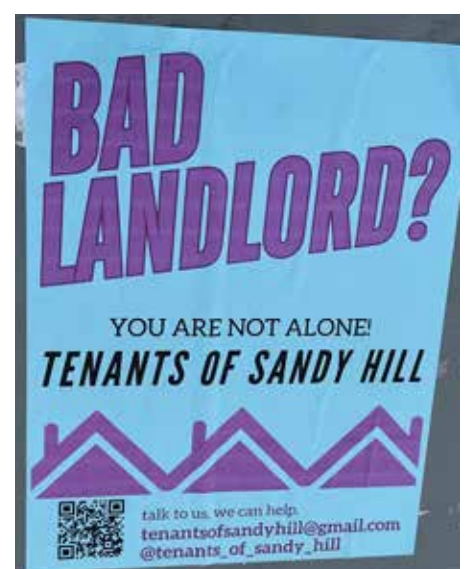
## Tenants' protest from page 1

And they are prevented from going month-to-month. Many face illegal fees, cleaning and maintenance issues, and attempts to "blacklist" tenants by refusing to provide references. Many landlords are all too happy to capitalize on this situation. They count on the fact that they will not be challenged.

We have come together because profiteering by landlords is damaging our neighbourhood. The Tenants of Sandy Hill want to show that it is we, the people who live in the neighbourhood, who will shape its future.

We believe that tenants share a common interest in supporting one another to take collective action in our buildings and beyond. Whether we are workers, students, seniors, or other community members, we are facing the same housing issues.

Our vision is a neighbourhood where tenants are secure in our housing, connected to our neighbours, and where regular people are empowered in our



homes and in the community at large. If we want to improve things, we need to get organized. This is what the Tenants of Sandy Hill intend to do.

You can reach the Tenants of Sandy Hill at: [tenants@sandyhill@gmail.com](mailto:tenants@sandyhill@gmail.com). You can also find us on Instagram at: [@tenants\\_of\\_sandy\\_hill](https://www.instagram.com/tenants_of_sandy_hill).

## Sandy Hill Child Care has a new home at last



Two years after a fire destroyed the big white house at 300 Wilbrod, Sandy Hill Child Care finally has a permanent, freshly renovated space at 5 Myrand Avenue in Lowertown. The grand opening ceremony on March 1 was very emotional for the staff as they thanked the community and Councillor Stéphanie Plante for their unwavering support. Even CBC News was on-site to capture the excitement!

Photos: Christine Aubry



## Kettle Island Bridge ... again

John Verbaas

Over the last two months, the topic of a new Ottawa River bridge at Kettle Island has been repeatedly in the press. The latest announcements by Liberal MP for Gatineau Steven Mackinnon indicate that the current Liberal government is more committed than ever before to move this project forward. Specifically, funds have now been committed to hire a technical consultant who will take the next steps in the project design and will move the project through the federal environmental impact assessment process. This process includes a public consultation phase which we should hear more about over the next year.

Several different studies over the past 30 years have all recommended Kettle Island as the best location for a new bridge across the river. However, the project has been embroiled in so much controversy that previous attempts to move it forward have been abandoned. The latest initiative, however, does appear to be the most serious attempt thus far.

Opinions are wide-ranging on whether this time will be any different. As has been noted in the press, the public announcement organized by Steven Mackinnon was not attended by any elected official from any of the three levels of government from the Ottawa side of the river. The Chair of the City of Ottawa Public Works and Infrastructure Committee was reported as saying that the government should start the whole process again instead of moving forward with the Kettle Island route. Mayor Sutcliffe was quoted as saying, "I've never asked for another bridge".

From a Sandy Hill perspective, the main interest in this proposed bridge is the extent to which it will be effective at removing interprovincial truck traffic from the King Edward/Rideau/Waller/Nicholas corridor. Several recent studies have suggested that a new bridge at Kettle Island would fail to attract even

half of the interprovincial truck traffic out of downtown. Some feel it would be possible to ban all interprovincial trucks from the downtown and force them to this new route. Yet, the last serious effort to move forward on a bridge at this location saw the City of Gatineau swiftly pass a resolution saying it was unacceptable to shift all of the truck traffic to the new route and called on the City of Ottawa to leave the downtown route open to trucks. Who will decide how trucks will get divided up if a new bridge is built? The picture is unclear at best at this point.

Some things to watch closely over the next year as public consultations are planned is how the project will be designed to connect the bridge from where it lands on the Ottawa shore via the Aviation Parkway to the 417/174 highways. Currently there is no way for vehicles to move between the Aviation Parkway and the 417 to/from downtown nor to connect with the 174 to/from Orleans. Additionally, the major intersections of the Aviation Parkway with Montreal Road and with Coventry Road will need significant expansions if they are to accommodate more than 1000 transport trucks per day and 20,000-30,000 additional cars per day. Once implemented, trucks and cars that are intended to be shifted from the downtown to this new corridor will face a trip between the 417 and Hwy 50 of 10 km in length passing through anywhere between 10 and 13 traffic light intersections. Can this become the new primary interprovincial route between the Hwy 417 and 50? Sandy Hill residents will have to size up the risks and evaluate the possibility that a new bridge at Kettle Island will at best change the interprovincial truck traffic through the downtown from today's 2600 trucks per day to 1300 or so trucks per day. Will that be enough to change King Edward and Rideau streets into the kind of people-friendly streets we wish for? Expect to see a lot more on this topic over the next year.



L'hon./Hon.  
**MONA FORTIER**  
Députée/Member of Parliament - Ottawa-Vanier

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Chers résidents,

En 2025, plusieurs développements façonneront notre communauté et notre économie. Des investissements dans le logement et les transports publics aux défis commerciaux avec les États-Unis, notre gouvernement reste engagé à soutenir les Canadiens.

Depuis le 13 mars 2025, les tensions commerciales entre le Canada et les États-Unis se sont intensifiées. En réponse aux tarifs de 25 % imposés par les États-Unis sur l'acier et l'aluminium canadiens, le Canada a mis en place des contre-mesures. Un tarif de 25 % s'applique sur 29,8 milliards \$ de biens américains, y compris l'acier, l'aluminium, et divers produits comme des outils. Ces mesures viennent s'ajouter aux contre-tarifs de 30 milliards \$ déjà en place. La protection des emplois et des industries canadiennes demeure notre priorité.

Pour soutenir l'économie face à ces défis, la Banque du Canada a réduit son taux directeur de 25 points de base, à 2,75 %. L'inflation reste proche de la cible de 2 %, mais les tensions commerciales affectent la confiance des entreprises et des consommateurs.

L'accessibilité demeure une priorité. En février, notre gouvernement a alloué plus de 10,4 millions \$ au Plan de réponse communautaire d'Ottawa aux camps de sans-abri. Ce financement vise à fournir des services essentiels, y compris des repas, des soins de santé et un soutien en santé mentale, afin d'aider ces personnes à trouver un logement stable.

Dans le cadre de la Stratégie canadienne de lutte contre l'itinérance, 21 millions \$ seront investis pour soutenir les personnes en situation d'itinérance ou à risque. Nous investissons également 18 millions \$ par an pendant dix ans pour moderniser le système de transport d'Ottawa, pour un total de 180 millions \$.

De plus, 16 projets communautaires dans Ottawa-Vanier recevront plus de 342 000 \$ grâce au programme Nouveaux Horizons pour les aînés. Ce programme soutient des initiatives favorisant le vieillissement en santé, la prévention de la maltraitance et l'inclusion sociale.

Le 9 mars, Mark Carney a été élu chef du Parti libéral du Canada. Son expérience à la Banque du Canada et à la Banque d'Angleterre le prépare à relever les défis économiques, promouvoir une croissance durable et améliorer l'accessibilité. Le 14 mars, il a été assermenté à titre de premier ministre et je travaille avec lui pour continuer à servir les résidents d'Ottawa-Vanier-Gloucester et tous les Canadiens.

Si vous avez des questions ou des préoccupations, n'hésitez pas à communiquer avec mon bureau de circonscription.

Dear residents,

In 2025, several developments are shaping our community and economy. From investments in housing and public transit to trade challenges with the United States, our government remains committed to supporting Canadians.

Since March 13, 2025, trade tensions between Canada and the U.S. have intensified. In response to the 25% tariffs imposed by the U.S. on Canadian steel and aluminum, Canada has implemented countermeasures. A 25% tariff now applies to \$29.8 billion worth of American goods, including steel, aluminum, and various products. These measures add to the \$30 billion in counter-tariffs already in place. Protecting Canadian jobs and industries remains our priority.

To support the economy amid these challenges, the Bank of Canada reduced its key interest rate to 2.75%. While inflation remains close to the 2% target, trade tensions are affecting business and consumer confidence.

Affordability remains a priority. In February, our government allocated over \$10.4 million to support Ottawa's Community Response Plan to Encampments, providing essential services such as meals, healthcare, and mental health support to help unhoused individuals secure stable housing.

Through Reaching Home: Canada's Homelessness Strategy, an additional \$21 million will be invested to assist those at risk of homelessness. We are also investing \$18 million per year over the next ten years to modernize Ottawa's transit system, totaling \$180 million.

On March 9, Mark Carney was elected leader of the Liberal Party of Canada. His experience at the Bank of Canada and the Bank of England prepares him to tackle economic challenges, promote sustainable growth, and improve accessibility. On March 14, he was sworn in as Prime Minister, and I am working alongside him to serve Ottawa-Vanier-Gloucester and all Canadians.

If you have any questions or concerns, please don't hesitate to contact my constituency office.

**Mona Fortier**  
Députée Ottawa-Vanier  
MP Ottawa-Vanier



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**Lucille Collard**

MPP / députée Ottawa-Vanier



Photo: Claude Brazeau

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

Je tiens à remercier les résidents de Côte-de-Sable pour le soutien majoritaire qu'ils m'ont accordé lors de la récente élection de 2025. Pendant la campagne et dans mon travail en tant que députée provinciale, je me suis concentrée sur les enjeux clés qui importent à tous les habitants d'Ottawa-Vanier.

Trop de gens dans la Côte-de-Sable n'ont pas de médecin de famille et subissent des temps d'attente inacceptables aux urgences et pour des traitements spécialisés. Je préconise des solutions de bon sens qui sont à portée de main pour autoriser et former plus de médecins et d'infirmières, et pour mieux soutenir les professionnels qui effectuent le travail essentiel pour nous garder en bonne santé. J'ai réussi à obtenir le financement d'une nouvelle clinique dirigée par des infirmières praticiennes à Ottawa-Vanier, ce qui constitue un petit pas vers la résolution du grave déficit en matière de soins de santé dans l'est d'Ottawa.

Je sais que les habitants de la Côte-de-Sable soutiennent une vision pour cette province qui comprend des écoles publiques bien financées, une approche sérieuse au changement climatique et des mesures visant à rendre le logement plus abordable. Je m'engage à représenter vos intérêts dans la construction d'une société plus prospère, plus juste et plus inclusive.

Je visite régulièrement la Côte-de-Sable pour des événements communautaires et j'espère m'entretenir avec de nombreux résidents dans les prochains mois. Si vous me voyez dans les parages, n'hésitez pas à venir me parler! Une représentation locale forte est ma priorité, et un élément clé de cette représentation est d'être présente dans la communauté et d'avoir des conversations sur les améliorations que nous aimerions voir.

En tant que députée provinciale, je suis là pour vous représenter et vous écouter. Si vous avez des questions sur mes positions ou des opinions sur le gouvernement provincial que vous aimeriez partager, n'hésitez pas à contacter mon bureau à [lcollard.mpp.co@liberal.ola.org](mailto:lcollard.mpp.co@liberal.ola.org).

**Lucille Collard,**  
Députée provinciale

### Constituency Office / Bureau de circonscription

237, chemin de Montréal Road, Ottawa (ON) K1L 6C7  
613-744-4484 / [lcollard.mpp.co@liberal.ola.org](mailto:lcollard.mpp.co@liberal.ola.org)  
[lucillecollard.onmpp.ca](http://lucillecollard.onmpp.ca)

### Dear residents of Sandy Hill,

Thank you to the people of Sandy Hill for the strong majority support I received in the recent 2025 election. During the campaign and in my work as your MPP I have focused on the key issues that matter to everyone in Ottawa-Vanier.

Too many people in Sandy Hill are without a family doctor and experiencing unacceptable wait times for emergency rooms and specialist treatment. I am advocating for common sense solutions that are within reach to license and educate more doctors and nurses, and to better support the professionals who do the essential work of keeping us healthy. I have successfully secured funding for a new nurse practitioner-led clinic in Ottawa-Vanier, which is one small step toward resolving the severe healthcare deficit in the east of Ottawa.

I know that the people of Sandy Hill are supportive of a vision for this province that includes well-funded public schools, a serious approach to climate change, and measures to make housing more affordable. I pledge to represent your interest in building a more prosperous, fair and inclusive society.

I visit Sandy Hill regularly for community events, and I hope to speak with many residents there in the next few months. If you see me around, don't hesitate to come up and talk to me! Strong local representation is my priority, and a key part of that is being present in the community and having conversations about the improvements we would like to see.

As your MPP I am here to represent you and listen to you. If you have any questions about my positions, or opinions on the provincial government that you would like to share, don't hesitate to reach out to my office at [lcollard.mpp.co@liberal.ola.org](mailto:lcollard.mpp.co@liberal.ola.org).

**MPP Lucille Collard**

**Sandy Hill Unite!**

## Boycott the USA economy

from page 1

This does not mean that the ingredients are Canadian. If they were, it would be listed as "Product of Canada."

Boycotting produce: We can do as our forebears did and eat what's in season. Forget California asparagus, wait for the stuff grown in Ontario or Québec—much fresher and tastier. The best peaches come from the Niagara Peninsula, and my family will happily do without until Ontario Red Haven peaches hit the markets. Ditto for plums, apricots and pears. Canadian apples are available year-round. Or we can import food. My family tries not to buy imported produce for ecological reasons. Still, most Canadians will have to buy some imported vegetables and fruits, be it for financial reasons, our sometimes arctic temperatures, or because, like citrus fruit, they just don't grow in Canada.

Then there's protein. Not a problem—

Canada excels in dairy, meat and fish production. Think Lethbridge pork, BC salmon, Alberta beef, and the very local St. Albert cheese.

So far, so good. But some of the toughest buying decisions we face are whether or not to abandon key parts of the e-world: shopping sites like Amazon and eBay, search engines like Google and Microsoft Bing, social media like Facebook and X, and streaming services like Apple (along with their classy computers, iPhones and Apple watches) and Netflix. They are all American companies (even if some have Canadian daughters), and it's hard to imagine life without them, isn't it?

Boycotting American products won't be easy, but let's try to do the best we can for as long as the Trump regime reigns and rages in the USA.

### How Canadian is it?

The Canadian Food Inspection Agency has a website to help us decipher country of origin labels. If you wish to make informed choices in the grocery store, I highly recommend you go have a look (<https://inspection.canada.ca/en/food-labels/labelling/industry-origin-claims>). Here are some highlights:



**Product of Canada:** A food product may use the claim "Product of Canada" when all major ingredients, processing, and labour used to make the food product are Canadian.

**Made in Canada** can be used with a qualifying statement on a food product when the last substantial transformation of the product occurred in Canada. Examples: "Made in Canada from domestic and imported ingredients" or "Made in Canada from imported ingredients." Sometimes countries of origin are named, sometimes not.



**Prepared in Canada** statements are used to describe a food which has been entirely prepared or processed and packaged in Canada with material from other countries without a qualifying statement on imported ingredients. Examples: "Roasted and blended in Canada" to describe coffee. "Canned in Canada" can be used to describe imported green beans that were canned in Canada. Again, sometimes countries of origin of main ingredients are named, sometimes not.

### BARAKÉ'S EYE VIEW

Cartoon: Evelyn Baraké



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# Le site d'injection supervisée, un problème ou une solution?

**Mohammed Amine Harmach**

En plein centre-ville d'Ottawa, plus d'une soixantaine de personnes qui consomment des drogues fréquentent chaque jour le Centre de santé communautaire de la Côte-de-Sable (CSCCS) pour bénéficier des services du site d'injection supervisée. À quelques pas de là, la pharmacie Respect Rx fournit des comprimés d'hydromorphone (Dilaudid) légalement prescrits dans le but de limiter la consommation de drogues de rue, notamment le fentanyl.

Cependant, l'environnement autour de ces établissements suscite des tensions au sein de la communauté locale. Keith Nuthall est résident du quartier depuis 2009 et membre d'un conseil de copropriété depuis plusieurs années. Il qualifie de « choquante » l'ampleur de la misère humaine que lui et ses voisins observent quotidiennement chez des personnes toxicomanes errant dans les rues.

Face à cette situation, certains commerçants ont décidé de quitter le quartier, dont l'emblématique magasin Steve's Music, voisin de la pharmacie Respect Rx. Après 42 ans d'activité, il ne renouvellera pas son bail. « Chaque jour, plus d'une dizaine de personnes se rassemblent devant la porte du magasin pour s'injecter ou inhaler des substances », explique un employé du magasin, qui a requis l'anonymat.

Selon lui, la situation s'est aggravée, l'ouverture de la pharmacie en 2021 attirant des individus malintentionnés et générant des actes de violence. Après plusieurs vols à l'étalage en plein jour, le magasin a dû prendre la décision de garder sa porte verrouillée. « La police, les pompiers et les ambulances sont présents quasiment tous les jours, parfois plusieurs fois par jour », témoigne cet employé. « Imaginez l'effet de ces scènes sur nos clients

– des artistes, des familles avec enfants – qui viennent magasiner une guitare et qui doivent franchir un attroupement de personnes en détresse devant la porte ».

## Une criminalité en hausse

Le site d'injection supervisée a ouvert en 2018 dans le cadre d'une stratégie de « réduction des méfaits », mais Keith Nuthall affirme – plusieurs chiffres détaillés et rapports de police à l'appui – que depuis son ouverture, la criminalité a doublé. Il dit avoir assisté à une réunion publique où les gestionnaires du Centre de santé communautaire avaient assuré le public que le service n'amènerait pas d'augmentation de la criminalité. « Or, c'est tout l'inverse qui s'est produit », dit-il. Selon lui, l'erreur était prévisible.

De nombreux commerces et copropriétés ont dû embaucher des agents de sécurité privés à des coûts importants, assure-t-il. Même constat du côté de Calla Barnet, présidente du comité de services sociaux et communautaires d'Action Côte-de-Sable : « En tant que quartier du centre-ville abritant plusieurs refuges, notre communauté est depuis longtemps confrontée aux problèmes de consommation de drogues illicites, qui alimentent inévitablement la criminalité. » Elle dénonce une « surconcentration » des services sociaux dans un même périmètre : trois sites d'injection et plusieurs refuges pour hommes concentrés dans un rayon de 600 mètres. À son avis, le quartier est devenu une zone de confinement pour les résidents à faible revenu, les personnes toxicomanes et les sans-abris.

## Des fermetures de sites d'injection

Selon Calla Barnet, la situation risque de s'empirer. Le gouvernement provincial a décidé de fermer 10 des 17 sites d'injection supervisée en Ontario en raison de leur proximité avec des écoles

et des garderies. Dès le 1er avril 2025, il ne restera plus que sept sites d'injection supervisée en Ontario, dont trois seront situés à Ottawa dans les quartiers de la Côte-de-Sable et de la Basse-Ville.

Des résidents redoutent un afflux massif des usagers des sites fermés vers ceux encore en activité, exacerbant les tensions locales. Calla Barnet et Keith Nuthall mettent en garde contre un effet domino, en évoquant la situation à Kingston où deux personnes sont mortes l'année passée dans un affrontement près d'un site d'injection. Ces événements font craindre un scénario similaire à Ottawa, où la coexistence entre services sociaux et résidents devient de plus en plus fragile.

De son côté, contactée par IMAGE, la direction du CSCCS a répondu rapidement. « Nous voulons faire partie de la solution. Nous entendons les préoccupations du voisinage. C'est pourquoi nous créons des espaces d'écoute et de dialogue », a déclaré Louise Goodman, directrice du site d'injection supervisée.

Interpellée sur les inquiétudes des riverains, elle se montre catégorique : « Ce n'est pas la surconcentration des services sociaux qui pose problème, mais plutôt la surconcentration de services sociaux sous-financés, qui peinent à remplir leur mission. Il faut plus de services, car les bénéficiaires de ces services ont droit à un accompagnement respectueux de leur dignité. »

Elle précise dans ce sens qu'il manque des lits dans les refuges, des places en centres de désintoxication et des logements pour les personnes vulnérables. Selon elle, les listes d'attente sont imposamment longues, laissant les personnes dans des conditions précaires. Du fait même, leur santé, tant mentale que physique, se dégrade et elles consomment davantage.

Face au sous-financement, le centre ne travaille que quatre heures par jour.

« Nous n'avons ni travailleurs sociaux, ni équipe de sécurité, ni programmes suffisants pour accompagner nos usagers. Nous avons besoin de personnel sur le terrain pour inciter les gens à utiliser nos services », poursuit Louise Goodman.

## 1 500 injections par mois

Elle souligne que la fermeture d'un site ne ferait que déplacer le problème : « les gens continueront à consommer, mais ce ne sera plus encadré et il y aura moins de contrôle ». Elle pointe aussi du doigt un autre enjeu majeur : l'évolution de la toxicité des substances vers de nouvelles drogues, plus puissantes, plus toxiques et plus imprévisibles.

Pour sa part, Stefan Amyotte, chef d'équipe au CSCCS, tient à rappeler que la mission du centre n'est pas d'encourager la consommation, mais d'offrir un accès à des soins essentiels et d'encourager les gens à s'en prévaloir. Il souligne que ces services bénéficient à long terme à toute la société en permettant de prévenir des maladies comme le sida et l'hépatite C et de réduire les risques liés à l'injection.

« Chaque fois qu'une personne est hospitalisée pour une surdose, cela représente une charge importante pour les contribuables », dit-il.

Dans ce sens, le site d'injection supervisée de la Côte-de-Sable supervise près de 1 500 injections par mois et prévient entre 20 et 50 surdoses. Le site joue aussi un rôle de lien avec d'autres ressources en fournissant des informations au moment où les gens en ont besoin. « Nous sommes là pour leur offrir un accompagnement vers la désintoxication s'ils le souhaitent, pour appeler un médecin ou pour parler d'addiction », ajoute Stefan Amyotte.

Pour sa direction, le site d'injection, à l'instar des autres services sociaux, est un lieu de connexion vers d'autres solutions, non pas le problème.



**A new Shoppers Drug Mart Pharmacy Care Clinic has opened on uOttawa campus within the Student Health and Wellness Centre. The multi-year partnership between the university and Shoppers is first of its kind in Canada, with the university and its students set to benefit from funding for various projects, bursaries, and a pharmacy lab space.**

Photo: John McQuarrie

### Ward Hours

Friday, March 28th, 2025  
2:30 – 4:30 pm  
Dhruvees  
18 Beechwood Ave. unit 101

### Rendez-vous du quartier

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### New Ways to Bus info session

Friday, April 25th, 2025  
Sandy Hill Community Centre  
250 Somerset St. East  
6:00 – 8:00 pm

### Session d'info L'autobus réinventé

Vendredi, 25 avril, 2025  
Centre Communautaire Côte-de-sable  
250 rue Somerset Est  
de 18 H 00 à 20 H 00

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## Ken's Bygone Sandy Hill

# Family photos of winters bygone

**Ken Clavette**

During challenging times, I look to history, sometimes to help me understand what is happening, but often just as a way to escape to those bygone days.

I inherited two photo albums from the family that built my home in 1898 and owned it until my wife and I purchased the house in 1990. Those albums document the Merritt family's life, mainly from about 1915 to 1925. When I pulled them out not long ago, I enjoyed the num-

ber of photos that they took during the winter. They were playful and showed them having fun.

I like photos from the past because they show us the activities and the fashion style popular in those bygone days. I thought I would share these images as my Bygone Sandy Hill column.

At the time, hockey was in the early days of "the craze." The Ottawa "Silver Seven" won the Stanley Cup in 1903, 1904, 1905, and 1906. Then, renamed the Ottawa Senators, they continued winning the cup in 1909, 1911, 1920, 1921, 1923, and 1927. Sandy Hill played host to the games those early teams played.

The Dey brothers operated arenas in several locations in Ottawa. Two were in or near our community. From 1884 until the Canada Atlantic Railway was built along the canal in 1895, the first Dey's rink was where the National Defence Headquarters now is on Laurier Avenue. Then they operated a new arena at Gladstone and Bay streets; after that second arena burnt down, they came back to the neighbourhood in 1920. Their third rink was back on Laurier but now just west of Sandy Hill on the banks of the Rideau Canal where Confederation Park is, nice and close for those wanting to attend games. That final arena was torn down in 1927.

The kids of Sandy Hill were

**Ethel Merritt (wearing her brother Ross's hockey sweater) and her sister Kathleen.**



**Ross set to play hockey, admired by his younger sister Kathleen Merritt. The Merritts lived on Henderson Ave.**

*Photos supplied by Ken Clavette*

hockey crazy, and a young Ross Merritt was one of them. He worked for Birkett's Hardware store on Rideau Street and with several other young men from Sandy Hill

played on a team that Thomas Birkett sponsored. Hence the "B" on the hockey sweater in the photographs. They won a city championship in 1912.

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A Glimpse into the Past

# The story of Martin Terrace at 525 King Edward Avenue

**John McQuarrie**

Nestled in the heart of Ottawa’s historic Sandy Hill neighbourhood, the ornate property at 525 King Edward Avenue stands as a testament to the city’s rich architectural heritage. Built in 1902 for Daniel Martin, a prosperous feed and grain merchant, the house was designed to be a grand home for his family, complete with adjoining rental units. Martin’s thriving business, adjacent to the ByWard Market at Rideau and Dalhousie Streets, was a symbol of success during an era of rapid growth for the city.

Emma Martin, Daniel’s wife, called 525 King Edward Avenue home until her passing in 1973, at the ripe old age of 92. By then, the home had become a quiet witness to the evolving city around it, its once-vibrant halls slowly fading into the background.

As the years went on, however, the property faced an uncertain future. Between 1973 and 1981, the row (519-525) began to decline, and developers set their sights on the property. For a time, it seemed that the row’s fate was sealed. But history has a way of surprising us, and the preservationists rallied to the cause. Heritage advocates began to speak up, sounding the clarion call to protect the property for future generations. Thanks to their efforts, the home and its neighbouring units were spared from demolition.

Yet, even in the face of this victory, new challenges arose. The Regional Municipality had plans to use King Edward Avenue as a major thoroughfare for a new bus transitway, with the main stop set to sit right on the front lawns of these residences. It seemed that these historic homes might yet be doomed to the bulldozer.

Once again, the community rallied. Action Sandy Hill, the local community association, led a successful campaign to have the transitway rerouted to the Nicholas-Waller corridor, preserving the homes’ front lawns and their charming presence.

In 1984, the efforts of residents and preservationists culminated in the entire block of King Edward Avenue being designated as a heritage district by the City of Ottawa.

Today, homeowner Richard Dubé has gone to extraordinary lengths to recapture the atmosphere of Victorian Ottawa, and it shows. Step inside, and you are transported back in time, with carefully chosen antiques and tasteful Victorian décor filling every room. Eleven stunning stained-glass windows filter the light and soaring ten-foot ceilings lend a sense of 19th Century grandeur to the home’s interior.

It is a living piece of history, standing as a reminder of the perseverance of a com-



munity determined to save the treasures of the past from the ravages of time and development. The row continues to shine as one of Ottawa’s most beautiful and cherished landmarks, a quiet reminder of the city’s enduring legacy.

As luck would have it, visitors to the

Capital have the unique opportunity to enjoy the charm and convenience of Auberge King Edward in one of two bedrooms offered through Airbnb (KingEdwardOttawa.com). Frommer’s Guide called it, “Best period décor of all Ottawa B&Bs ...” (with sleep-overs).



**Ce sont les efforts répétés de nombreux citoyens et de notre association communautaire (Action Côte-de-Sable) qui ont contribué à sauvegarder la rangée de maisons au 519-525 King Edward, connue sous le nom de Martin Terrace, où se trouve l’Auberge King Edward, vestige de la période victorienne.**

<https://www.kingedwardottawa.com/history>

Photos: John McQuarrie



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# Le bureau civil de cryptographie, une histoire secrète disparue

**Philippe Bernier Arcand**

Le bureau civil de cryptographie qui était situé dans la Côte-de-Sable à Ottawa, officiellement nommé Sous-section de l'examen (Examination Unit), a été créé en 1941, en pleine Seconde Guerre mondiale, afin de décrypter les codes et messages interceptés par les Alliés. Comme tout ce qui relève du secret, ce bureau était voué à disparaître sans laisser de trace. Malheureusement, c'est aussi une partie du patrimoine de la Côte-de-Sable qui s'est effacée, notamment son patrimoine francophone.

Ce bureau était en quelque sorte l'équivalent canadien de Bletchley Park, ce centre de décryptage britannique qui a abrité les meilleurs cryptanalystes du pays, dont Alan Turing, et qui a réussi à percer les codes secrets de l'Axe, notamment ceux de la machine allemande Enigma. C'est ainsi qu'il est présenté dans l'ouvrage de référence sur le sujet *Canada's Bletchley Park: The Examination Unit in Ottawa's Sandy Hill, 1941-1945* (Historical Society of Ottawa, 2023, non traduit), de Diana Pepall, qui le décrit comme le pendant canadien du célèbre centre britannique.

Pendant une grande partie de la Seconde Guerre mondiale, la Sous-section de l'examen menait secrètement ses opérations depuis une maison victorienne de la Côte-de-Sable, située au 345, avenue Laurier Est. Cette propriété jouxtait la Maison-Laurier, alors résidence du premier ministre William Lyon Mackenzie King. Toutefois, les renseignements décryptés par Sous-section de l'examen devaient être transmis au ministère des Affaires extérieures, avant d'être acheminés jusqu'à William Lyon Mackenzie King.

Ce bureau décodait des messages de l'Axe en allemand, mais surtout en japonais de même qu'en français, notamment pour déchiffrer les messages interceptés de la France de Vichy et de la France libre. D'ailleurs, la délégation de la France combattante à Ottawa, en lien avec la France libre, se trouvait également dans la Côte-de-Sable, au 448, rue Daly, où flottait le drapeau français



This photo of 345 Laurier East, found in the City of Ottawa archives, shows the location of "Canada's Bletchley Park", with Laurier House next door to the left. In 1948, the house was divided into six units and became "Embassy Row Apartments". In the mid sixties, it was torn down, and in 1967 replaced by the mid-rise apartment building which is there today.

## CANADA'S BLETCHLEY PARK

The Examination Unit  
in Ottawa's Sandy Hill  
1941-1945



REVISED EDITION

Diana Pepall

April 2023

From The Historical Society of Ottawa

frappé de la croix de Lorraine.

De ces événements marquants de la Seconde Guerre mondiale, il ne reste aujourd'hui que peu de traces sur le plan du patrimoine bâti. La maison victorienne du 345, avenue Laurier Est, construite en 1903 par le magnat du bois John C. Edwards, fut d'abord occupée par sa fille Edith et son mari Edward Robert Bremner. Elle fut ensuite acquise par Louis Baker, président de Baker Brothers Iron and Metal – une entreprise spécialisée dans le recyclage de la ferraille située aux Plaines LeBreton – qui la loua dès 1942 au gouvernement canadien pour héberger la Sous-section de l'examen. La maison a toutefois été démolie en 1967 pour faire place à une tour d'appartements d'une dizaine d'étages, encore présente aujourd'hui.

Quant à la maison du 448, rue Daly, elle a notamment été habitée par Paul Martin père, ministre sous William Lyon Mackenzie King, Louis St-Laurent, Lester B. Pearson et Pierre Elliott Trudeau, avant de devenir sénateur, puis Haut-commissaire du Canada à Londres.

Il y a vécu avec sa famille, dont son fils Paul Martin, qui deviendra le 21e premier ministre du Canada (2003-2006).

Cette résidence fut par la suite le Haut-commissariat du Ceylan, aujourd'hui Sri Lanka, avant d'être détruite en 1981 lors de la construction du Centre Rideau. Il reste donc bien peu de traces concrètes de ces événements, qui revêtent pourtant une importance particulière pour le patrimoine francophone.

Il faut toutefois souligner les efforts de Diana Pepall qui, en plus de ses recherches, a entrepris des démarches pour faire reconnaître la Sous-section de l'examen comme un événement historique national. Grâce à son travail, une plaque commémorative a été installée en 2022 devant la Maison-Laurier, au 335, avenue Laurier Est, rappelant l'importance historique du premier bureau de cryptographie du Canada.

## Remembering Roger Louttit

**“My brother Roger was found frozen to death on Bank Street this morning at 6.”**

**Larry Newman**

The above quote comes from Roger's sister, Amy CharChar Louttit's January 6 post on her Facebook page.

I knew Roger Louttit briefly in 2011 and he said he was 25 at the time. That would have made him 39 on January 6. Roger and Amy's brother, George, died in an auto accident last year. Their mother, Pauline Florence Ida Wesley, died by drowning in the Rideau River fifteen years ago. A family marked by early, tragic deaths.

The following is a condensed version of my IMAGE article about Roger in 2011.

Roger Louttit, accent on the first syllable, is 25 years old and defends a panhandling station near the side entrance to the Rideau Street Loblaws. He's well suited to defence by way of size.

I pass him most days as I come and go on Rideau Street. Sometimes I drop something in his hat, usually if it's on the ground and he's playing his guitar, once when he was trying on a harmonica.

My curiosity got the best of me one



Roger Louttit outside the Rideau Branch library in 2011. Photo: Larry Newman

day and I told him I wanted to do an interview for IMAGE. He looked up at me for a few seconds: "Is it worth 5 dollars?" I was noncommittal.

Coincidentally, we met about noon the next day as I was coming from Loblaws. "Is it worth \$7.75?" Roger asks. Odd number that, but later I found out it was the cost of a bottle of wine. We sat together on the bench in front of the library.

Roger Louttit, 25, nearly 26 years old, seems to have more than 25 years etched in his face. Born in James Bay, Roger is a veteran panhandler. His station on Rideau Street has two advantages: good traffic to and from Loblaws and it's the sunny side of the street. Today, he is wearing one of his neckties, something that I noticed for the first time yesterday.

One of the next things that I learned about Roger is that

he does not hesitate to talk about parts of his life. His "grandfather's grandfather was a Scottish citizen from James Bay," hence his surname, but Roger says, "I'm mostly Cree."

He came to Ottawa from the Attawapiskat Reserve on the invitation of his grandparents who lived here. Roger got much of his education on the street. He was a ward of the Children's Aid Society initially before he got his first taste of alcohol. At first it was only on the weekends, but that escalated until he needed it every day. "I have problems – but I don't talk about them." Roger has a younger brother who also drinks wine and who panhandles in the Metro/LCBO parking lot.

Roger learned his panhandling skills from his mother who was tragically found drowned in the Rideau River last year. "No foul play," the police said. Roger has five other siblings. There is Peter plus another brother and 3 sisters, all living in Ottawa.

Roger says that he doesn't mind being homeless. It's not a bad life. "I adapt."

Sadly, Roger met something that defied adaptation.

Photo: Betsy Mann



Écurie, garage, résidence privée, garderie – au fil des ans, le numéro 43 Blackburn a su s’adapter aux besoins changeants des résident.e.s de la Côte-de-Sable, tout en gardant des éléments architecturaux de ses origines.

## Repurposing a fabled stable, part of Sandy Hill’s built heritage

**Betsy Mann**

The big white house sits on a large, double corner lot. Behind a wrought iron fence, there’s a children’s play yard. Off Osgoode Street, a wide driveway leads to a modern garage door. On the Blackburn Avenue side, a front door hides at the end of a narrow walk. But there are other doors, wide ones flanked by ornate lamps and high enough to drive an old-fashioned carriage through. These doors are blocked off, obviously not opened for a long time. What is the story behind number 43 Blackburn Avenue? Does the house date from the middle of the 20th century, as the garage and driveway would indicate, or do the carriage doors tell the real tale?

The history of this building goes back to 1903 when this whole block on Blackburn was subdivided into building lots. The double lot at the corner of Osgoode and Blackburn was sold shortly afterward to James Woods, a thriving businessman. (Think Woods camping gear.) The Woods family lived at 323 Chapel Street, now called Kildare House, and long since converted to offices and apartments.

James Woods housed his carriage and stabled his horses on his double lot a block away from the family home. You wouldn’t want the stable smells to be too close! Later, when motor cars replaced horses, the stables became Mr. Woods’ garage. Without human inhabitants, it did not have a municipal address.

Not until 1940 did the house acquire its current number 43. By that time, the architect Gordon Hughes had purchased the old stables and added on to them to create a large, gracious residence. He incorporated the carriage house into the new design, leaving the original wide doors that give modern passers-by a clue to the house’s humble origins.

The next owners, the Ellis family, lived there for over 35 years until the death of Mrs. Betty Ellis in 2012. At the time, developers were buying houses in Sandy Hill to convert into apartments, principally for rental to students. At the same time, Bettye Hyde Cooperative Nursery School was looking for new quarters. For decades, it had been located in All Saints church, but now the church was for sale. A

number of concerned neighbours saw an opportunity to achieve two goals at once: save the heritage carriage house from developers and provide a space for much-needed child care. They formed a group of community investors that became the new owners of 43 Blackburn. They planned to rent the space to organizations providing services for families, including the neighbourhood nursery school.

The stables that had been transformed into a private home now had to be transformed again to suit the prospective renters. The second floor of the house became offices for professionals offering a range of health care services. The first floor was to be the new home for Bettye Hyde Cooperative which was in the process of changing from a nursery school with morning and afternoon programs to an early learning centre providing full-day child care. Renovations would be guided by the regulations of the provincial Day Nurseries Act. For instance, the ground floor had to be enlarged to accommodate enough children to make the child care centre financially viable. This was achieved without changing the look of the building by bumping out the wall of floor-to-ceiling windows on the Osgoode side. In 2015, the City recognized the carriage house conversion as an example of outstanding architectural conservation.

Two years ago, 43 Blackburn changed hands again. The group of community investors, confident now in the community use of the property, sold the building to Andrew Fleck Children’s Services. Bettye Hyde Early Learning Centre continues to occupy the first floor of the building. Next time you walk along Osgoode Street toward Strathcona Park, look across the play yard at the toy storage cupboards built against the wall of the building. Wondering about those three smallish windows between the cupboards? They mark where the original horse stalls were. Now you know!

If you would like to learn more about James Woods, the original owner of 43 Blackburn Avenue, check out the article about him on the Sandy Hill History site: [www.ash-acs.ca/history/james-woods/](http://www.ash-acs.ca/history/james-woods/).

## Test your memory and IMAG(E)ination

Do you know the address of the Sandy Hill residence with two stone lions guarding its door?

Send your guess to: [editor@imagesandyhill.org](mailto:editor@imagesandyhill.org)



What is his street address??

Photo: Christine Aubry

Last issue’s mystery revealed (below)

IMAGination enthusiast Poonam Varshni took several attempts but eventually correctly identified the green tips as those of St Joseph’s church on the corner of Laurier and Cumberland. Bravo!



Photo: Bob Whitelaw

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# Local artist driven by new passion: painting the landscapes of Sandy Hill

Photo: Katya Feder

Katya Feder & Paul McKeague

Brent Charbonneau can't remember when he realized he was an artist. "I think I've been an artist my whole life," says the longtime Sandy Hill resident, who grew up with his two brothers on a small farm in the Calabogie area of the Ottawa Valley. "Art has always fed and sustained me." At the age of five, he remembers drawing pictures of his toys. Soon he was going to Arnprior for evening art classes, and when he finished high school, he was off to Sheridan College in Toronto to do a three-year diploma program in interpretive illustration, graduating in 1994. In the years that followed Brent met his wife Wendy and in 1999 settled down with her in Sandy Hill, where their daughter Logan was born four years later. Logan, too, has an artistic bent and is now studying photography at Concordia University in Montreal. Brent has worked in web design, taught art and helped young art school applicants with their portfolios, while continuing to follow his own muse. In 2011, his passion took him to Easter Island with his father to begin work on 16 oil paintings of the island's magnificent Moai statues, whose mysterious origins date back more than 500 years. Long inspired by the art of Indigenous peoples, Brent was honoured several years ago to be awarded a commission to sculpt a large thunderbird out of basswood for the entrance of a former residential school that is now part of Algoma University



**Brent Charbonneau fut récemment « artiste-en-résidence » au Château de Bouthonvilliers en France. Il prépare maintenant une exposition de tableaux inspirés par la beauté de l'environnement naturel de notre quartier.**

in Sault Ste. Marie, Ontario. He is thrilled by the memory of the sculpture's installation in the summer of 2017 as part of a cross-cultural project of residential school survivors, their children and the university. Last year, Brent's artistic journey landed him in the Château de Bouthonvilliers in Dangeau, near France's Loire Valley, where he had been selected to be an artist in residence. He had never visited France before and threw himself into painting the scenes he found around him. Upon returning home, Brent's attention turned to the familiar—the kind of sights that greet him as he walks his dog, a Shih Tzu named Peanut.

He began to focus on "the rich local landscape here in Sandy Hill," he says. Drawn to scenes in which the natural and urban worlds meet, he is driven to capture the play of light on local landmarks, such as the Cummings Bridge and railway bridges across the Rideau River, at different times of day and in different seasons. This new work will be featured in an exhibition that Brent is planning to hold later this year. The details haven't been settled yet, but for now, his Sandy Hill paintings and other work can be viewed on his website: [www.tribestudio.ca](http://www.tribestudio.ca) and on Instagram: <https://www.instagram.com/artxbent/>.



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Photo: Senate of Canada

**Journalist Susan Korah (centre) received a King Charles Coronation Medal at a ceremony on February 2.** The award, honouring distinguished citizens of the Commonwealth, was presented by Senator Andrew Cardozo (left) and Greg Peters, Usher of the Black Rod (right).

Korah, who lives on Besserer Street, has been active in the field of human rights journalism for 25 years, telling the stories of people around the world whose human rights have been violated because of their religious faith and/or ethnicity, and who have suffered the consequences of war and violence. She has travelled to many countries including Lebanon, Turkey, Ethiopia and several refugee-receiving countries in Europe.

# Que retrouve-t-on dans la Place de la Francophonie?

Photo: John McQuarrie

**Maëva LeBlanc**

Vous êtes-vous déjà demandé ce qui se passe à la Place de la Francophonie au coin de Chapel et Rideau? Eh bien, j'ai la réponse pour vous!

Au premier et au second étages, il y a le collège Nunavut Sivuniksavut. Cette école vise à autonomiser les étudiant.e.s inuits et combine l'éducation académique et l'apprentissage pratique. Les étudiants ressortent avec une compréhension plus profonde de leur identité inuite et développent les compétences et la confiance nécessaires pour poursuivre leur chemin. D'après leur site Web, leur mission est de « donner aux Inuits les moyens de connaître notre histoire et le monde d'aujourd'hui tout en les inspirant pour l'avenir » et leur vision est « d'être un leader mondial de l'apprentissage centré sur les Inuits. »

Les troisième et quatrième étages sont réservés à des organismes de services francophones, soit provinciaux soit nationaux, qui travaillent pour la communauté francophone canadienne et ontarienne. On y trouve la Fédération des communautés francophones et acadienne du Canada (FCFA), la Commission nationale des parents francophones (CNPF), la Fédération des aînés et aînées francophones du Canada (FAAFC), l'Alliance des femmes de la francophonie canadienne (AFFC), la Fédération de la jeunesse canadienne-française (FJCF), Réseau Ontario et la Fédération culturelle canadienne-française (FCCF).

La majorité de ces organismes ne travaille pas directement avec la communauté; ils ont plutôt des membres qui interviennent dans la communauté. Je vais prendre pour exemple Réseau Ontario



While half of the building on the corner of Rideau and Chapel is occupied by the Nunavut Sivuniksavut school, Place de la Francophonie earns its name as the headquarters of many national and provincial francophone service organizations.

que je connais très bien : c'est un organisme à but non lucratif qui veille à outiller et à représenter ses membres en Ontario dans le domaine des arts de la scène. Les écoles, conseils scolaires, centres communautaires et centres culturels francophones de partout dans la province en sont membres afin de profiter de différents projets, formations et occasions de réseautage pour pouvoir desservir leurs communau-

tés locales. Nous avons par exemple dans la Côte-de-Sable plusieurs écoles qui bénéficient des services de Réseau Ontario, notamment l'opportunité de réserver des spectacles pour leurs élèves.

Tous ces organismes sont un bon départ pour des opportunités de stage, d'emploi ou de bénévolat!

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# Nouvelles de l'École Francojeunesse

**Martine Périat**

Pendant la dernière semaine de janvier, les enfants et la bibliothèque du Pavillon Wilbrod de l'École élémentaire publique Francojeunesse ont palpité au rythme de Graines de mots et d'images au jardin d'hiver. Ces petits événements célébraient le nouvel aménagement de la bibliothèque, un endroit pour se rassembler, découvrir et apprendre.

Les enfants ont pris le temps de regarder et d'apprécier un tapis créé par Hawli Pichette, artiste des Premières Nations de la communauté Mushkego Crie, au Nord de l'Ontario. Depuis, inspirés par les motifs de fleurs et par les lignes ondulantes de ce tapis, les enfants explorent la création de plantes et de fleurs inventées. Elles pousseront d'ici le printemps.

Nous avons aussi reçu dans notre bel espace des invités qui ont ravi l'imaginaire et conquis le cœur des petits autant que ceux des grands!

Très dynamique, l'autrice Guédeline Desrosiers a présenté ses albums et sa passion de l'écriture aux jeunes lecteurs et lectrices. Une délégation de jeunes de 6e année au Pavillon Osgoode, "anciens" du Pavillon Wilbrod, s'est jointe à cette rencontre littéraire.

L'auteur, illustrateur et bédéiste Éric Péladeau a raconté l'ingéniosité de Gabriel, le héros du roman illustré *Gabriel - Le génie de la boîte*. Éric nous a enthousiasmés avec ses trucs pour transformer de simples formes géométriques en véritables personnages.

Des enfants d'autres classes conçoivent et fabriquent actuellement des objets et des créatures en boîtes de carton recyclées. Qui sait? Peut-être que le Pavillon Wilbrod organisera son 1er Salon du carton réutilisé!

Notre bibliothèque est ouverte à tous les possibles, en plus d'être devenue jolie, confortable et agréable pour tous.



Photo: Caroline Boivin

**Pour célébrer le nouvel aménagement de sa bibliothèque, le Pavillon Wilbrod de Francojeunesse a reçu l'autrice Guédeline Desrosiers et l'auteur Éric Péladeau pour présenter leurs oeuvres aux enfants.**



**Le nouveau tapis de la bibliothèque du Pavillon Wilbrod de Francojeunesse, créé par une artiste des Premières Nations, apporte un éclat de couleur dans cet espace de rassemblement et d'inspiration.**

Photo: Caroline Boivin



**Au-dessus:**

**La bibliothèque du Pavillon Wilbrod est un lieu baigné de lumière. Les petites graines plantées par une classe de maternelle/jardin vont sûrement en profiter. Des familles ont également offert des plantes et des boutures qui seront heureuses d'y s'épanouir.**

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## Meet a refugee woman making Ottawa her home

**Michelle Miller**

To mark International Women’s Day, which was on March 8, we at Carty House would like to showcase our work supporting refugee women in Ottawa. Carty House is a local first home and helping had for female refugees and a long-standing presence in our community. We are thrilled to announce that Carty House II opened in October 2024 and is now able to serve even more vulnerable women.

What’s it like to be a female refugee? Find out from one of our current residents in her own words:

My name is Henriette and I am from Cameroon, a country in central Africa. I am a married mother of four children and a teacher by profession. I arrived in Canada in July 2024. I am safe now and have a home at Carty House, but it was not always that way.

When I first arrived in Canada, I had to learn very quickly how to find a bed each night. At one shelter, I was offered a cot each night at 10 pm since there were no beds available. If you are on a cot, you have to be up at 5:30 am and leave the building at 6 am, since the shelter is only for sleeping. Then, you have to figure out where to go for the day.

I didn’t have any family here, it was a painful period. I would spend the entire day at the Rideau Centre, not being able to shower, and then I would have to get back to the shelter. After a month on the cot, I was finally assigned a bed. Even though that experience felt inhumane at times, I will always remember that this shelter was the first place that welcomed me. And it was this shelter that enabled me to find Carty House. For that I will always be grateful.

Being a refugee, especially being a female refugee, comes with many challenges. Female refugees are often invisible to society. There is no one to tell you what it means to be a refugee woman, alone in a new country, or what your rights and privileges are. You live in total ignorance and fear.

Before arriving at Carty House, I had a lot of self-doubt. But thanks to Carty House, I’ve regained my self-confidence and the courage to continue the path I began as a refugee woman. I’m being supported through all the plans for my future. It is thanks to Carty House that I have come back to life. All my needs that are within their power are provided for. I’m taken care of physically and psychologically. Carty House has given me back the strength to continue the path to a safe life and the chance to start again.

Through my experience, I see that providing shelter to refugees is a humanitarian act. It is humane and compassionate to give shelter to someone you don’t know. Thank you, Carty House; thank you, Ottawa; thank you, Canada.

To learn more about Carty House or to support our mission, visit us online at [www.cartyhouse.org](http://www.cartyhouse.org) or on most social media at @CartyHouse or @CartyHouseOttawa.



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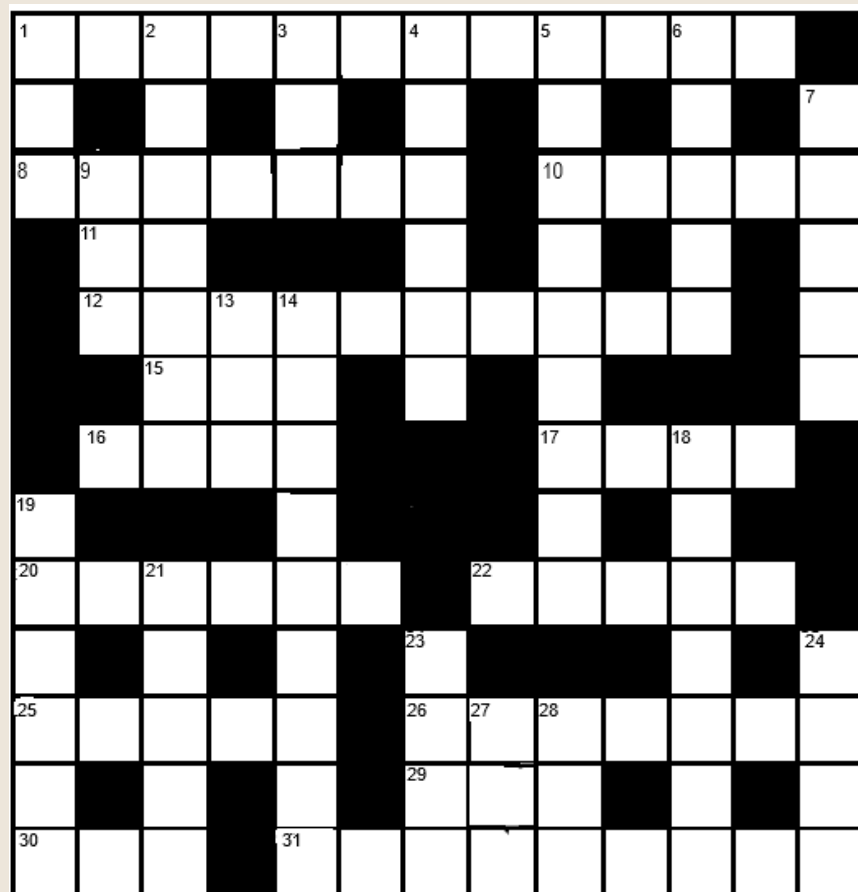
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A First Home & Helping Hand for Female Refugees in Ottawa

## MORE SLIGHTLY WARPED STREETS

By Ralph Blaine



### ACROSS

1. The name of this business on Laurier Ave might give the impression that it’s suffering from a temporary identity crisis. (7,5)
8. The name of this Sandy Hill street might lead one to suspect that it harbours a cattle theft operation. (7)
10. Avoid, get away from, dodge. (5)
11. An abbreviation for a time period prior to the New Testament era. (2)
12. The name of this Sandy Hill roadway brings to mind a country full of impediments. (10)
15. A wing of a building set at right angles to the main structure. (3)
16. The largest continent. (4)
17. Mallard, for example. (4)
20. Compact, sturdy and somewhat thick in build. (5)
22. A sum of money used to induce someone to do a (often illegal) favour. (5)
25. In French it means molten and it sounds like a pot of melted cheese and wine. (5)
26. Bram Stoker’s vampire novel. (7)
29. Smooth, slimy (sometimes electric) fish. (3)
30. The round cover that screws onto the top of a canning jar to create a seal. (3)
31. How one might describe an olive oil that isn’t of top quality. (9)

### DOWN

1. Large-scale armed conflict. (3)
2. Saves someone in danger. (7)
3. Name of the solid state of water. (3)
4. In abundance. (6)
5. A resident of Reykjavic, probably (noun, not adjective). (9)
6. This word means “heavy” in Montreal. (5)
7. The lake in the Gatineau Hills near which the 1987 constitutional accord was reached but was never ratified. (5)
9. A large university in Vancouver (abbreviation). (3)
13. The ancient Roman numeral equivalent of 1051. (3)
14. The name of this Sandy Hill roadway suggests an inky dark Scottish stream. (9)
18. The name of this north Sandy Hill road might suggest a little town where the residents are organized to be mutually helpful. (6)
19. Handy, practical, of service. (6)
21. Possessed, controlled. (5)
23. Old Testament paradise. (4)
24. Is this Sandy Hill avenue reserved for people of only one gender? (4)
27. Push the pedal to the metal. (3)
28. Mohammed \_\_\_ (boxer). (3)

► Crossword solution, page 17

# Creativity and community engagement bloom in Strathcona Heights common rooms

Photos Fatima Zahra Mounfaloti

Fatima Zahra Mounfaloti

## End of year feasts

Strathcona Heights held two events to close off 2024. The first was a festive holiday meal. The gathering, supported by OCH (Ottawa Community Housing) and SHCHC (Sandy Hill Community Health Centre), provided a space for neighbours to share laughter and enjoy a delicious meal catered by Krackers Catering.

The second event was hosted as part of the PEERspective Program, a grassroots initiative supported by the Community Development Framework and Britannia Woods Community House, designed to empower residents through peer-led engagement. Held at Conservation Co-Operative Homes Inc., this community potluck was spearheaded by two dedicated residents who sought to create a space where neighbours could contribute homemade dishes representing their diverse cultural backgrounds. The potluck featured an impressive array of international cuisine, including Moroccan fish tagine, Italian lasagna, Middle Eastern baked treats, perogies, and more. The dishes also encouraged storytelling, as attendees exchanged the history behind their dishes and traditions. With continued support from OCH, SHCHC, and dedicated residents, Strathcona Heights is set to see even more opportunities for engagement and collaboration this year.



Les résidents de la communauté Strathcona Heights bénéficient de divers programmes permettant de se rassembler et d'échanger de bons moments ensemble. Récemment, une soirée artistique de peinture de maison d'oiseau fut organisée par des membres engagés de la communauté.

## New resident-led initiatives

The SHCHC continues to foster community engagement, and one local resident is taking that mission to new heights. Lori Cere, a dedicated community member from Strathcona Heights, recently completed the *Creating Change We Want* training offered by the Community Development Framework. Equipped with the skills to navigate and organize community events, Lori has received \$500 in funding to support the implementation of four engaging activities for the neighbourhood.

The first of these activities, a *Meet and*



*Greet Breakfast*, was held on January 25. Residents gathered to prepare and enjoy a meal together, strengthening bonds and fostering a sense of unity. During the event, Lori introduced the *Dotmocracy* exercise—a participatory decision-making method that allowed residents to vote on potential activities while also contributing their own ideas. This inclusive approach ensured that upcoming events would reflect the interests and preferences of the community.

Following the success of the breakfast, Lori, with the support of residents Mary-Lou and Sylvie, organized a second event

on February 22: an exciting *Paint Night on Wooden Bird Boxes*. This creative gathering encouraged residents to express themselves artistically while enjoying snacks and socializing with their neighbours.

With two more activities on the horizon, the initiative is already demonstrating the impact of grassroots community leadership and exemplifies how training and funding can empower residents to create meaningful change and strengthen bonds.

# A creative boost for a neighbourhood used book store

Photos: Paula Kelsall



This winter, artist and book lover Marina Hedgy set up her easel at the corner of Wilbrod and Friel in an effort to create a little buzz for Barely Bruised Books. Snow and drizzle sometimes added unexpected textures to her wonderful images of angels, water dragons and the bookstore's feline manager, Milo. Marina is fond of Russian and classical legends and folk tales; she is always ready to tell the story behind her painting or offer an impromptu art lesson.



An angel reading a book, by Marina Hedgy, who is showing signs of being an angel herself.



# News from Viscount Alexander Public School

Photos: Leila Heikkila

## Annual Dance Party was awesome!

Friida Lotan & Norah Evans

The 3rd annual Viscount Alexander Public School Dance Party & Games Night happened again on Friday, February 21. It was fantastic!

We asked two students who attended this dance party/game night why they liked it: "All my friends are here," said Beatrice (Grade 6) and Saoirse (Grade 5) said, "I like the music."

It started at 6:00 pm and ended at 8:00 pm. In the gym there is music blasting and cool lights set up. We all get Glow sticks to light up the gym too. The best songs were Please, Please, Please (Sabrina Carpenter) and Birds of a Feather (Billie Eilish) and Shuffle of Love (Descendants Movie).

This was the first year the School Council sold homemade ice cream sandwiches: they were made with Bear Paws cookies and ice cream in the middle.

For kids who like games, and not as much dancing, there are also Minute-to-Win-It games in the library: this year we played Ready Spaghetti, Stick to it and Tortilla head. Our favorite game was Tortilla head—you have a tortilla on a spatula and you have to flip it to a plate attached to your head (with a string) in 60 seconds. In another classroom, there are lots of board games to play.

The dance party/game night was supposed to be Thursday, February 13 but it was delayed because of the snow conditions. It was sad to postpone it, but we knew it could be rescheduled. Over 150 students and parents took part in the event.



A little snowstorm couldn't stop Viscount Alexander students Vardhan, Skyra, Chloe, Norah, Friida, and Amal from enjoying their annual Dance Party & Games Night.

Friida Lotan & Norah Evans are in Grade 5 at Viscount Alexander school.



Art from Mr. Kelvin's grade 1 class in the style of Nigerian-born Odili Donald Odita to recognize Black History Month in February.



## Rockcliffe Park Spring Book Sale

25,000 + donated books at bargain prices!



Saturday, April 26  
10am - 5pm

Sunday, April 27  
11am - 5pm

**Where:**

Rockcliffe Park  
Community Centre  
380 Springfield Rd.  
Ottawa, K1M 0K7

Proceeds support the Rockcliffe Park Branch of the Ottawa Public Library and wider library system



### CROSSWORD ANSWERS, from page 15

#### MORE SLIGHTLY WARPED STREETS



La famille Cathelineau-Moyer mérite un prix pour ses efforts et talents artistiques! À la demande de nombreux voisins, ils ont encore une fois cet hiver créé cet igloo impressionnant dans leur cour au coin des rues Osgoode et Marlborough. Rien que de créer suffisamment de briques de glace grâce à des contenants plastiques à salade recyclés pour l'occasion!

Photos: Sophie Cathelineau



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# Winter Carnival 2025

The 2025 Sandy Hill Winter Carnival was another huge success! The event could not happen without a team of dedicated volunteers who coordinate all of the entertainment and food, and the generosity of many community partners.

*Photos: Christine Aubry*



Crowd-pleasing Marvin the Magician and his dog.



Sweet music—live! performed by students in the music program at École secondaire publique De La Salle.



And sweet treats served up by volunteers from St. Joseph's Supper Table (above) and CEPEO (at right).



Spreading the magic of Star Wars' Darth Vader (background) to a Sandy Hill family is community centre manager Derek McDonald, part of the "501st Legion" costuming organization.



Firemen for the most part from Station 13 on Laurier Ave. E. returned this year with an even more impressive firetruck.



## Book Review

# The Arctic as remembered by Sandra M. Hawkins

Maureen Korp

Faraway places? Lands you've travelled to, or hope to see one day? Hardcover photography books about those places are ones you'd surely reach for on any table. Two books by Ottawa lens-based artist Sandra M. Hawkins are well worth opening.

Sandra M. Hawkins has travelled several times to the Arctic circle and recently self-published two books about these journeys. Their accounts are not "selfies" of her travels, nor are they documentaries. In the pages of each, photographic imagery opens our eyes to shifts in memory, of winds and water, of peoples from here to there.

*Sailing the Top of the World: Climate Change in the High Arctic*, 2021, 30 pp, is a beautifully formatted account of the Arctic Circle 2019 Arts & Sciences Expedition, the international artists residency experienced by Hawkins over summer solstice. For three weeks, she was one of 43 people aboard the tall ship *Antigua*, sailing into the Svalbard Archipelago near Norway. Everyone helped with the sailing, and everyone helped one another. There was a mini-workshop on Cyanotype printing techniques using saltwater and ultraviolet rays. Nightly, artists and scientists shared thoughts and spoke of their work together.

The photographs we see in *Sailing the Top of the World* are sharp-edged with clear, bright colours, and well-composed, each one informatively captioned. On

page 5, for example, we see a truly big, most unusual rock formation. Named Longyearbyen, it stands vertically ridged, ordered like a troop of soldiers against sky and water. The caption tells us its "unique geological formations...[are]...comprised of horizontal layers of sedimentary rocks." Are seawaters rising?

On page 7, we read of Black-legged Kittiwake chicks and their springtime rite of passage. A fox awaits their flight.

Were there ever people here? Yes. On page 17, we see a photograph of an orange shack built in 1912 at the water's edge of Möllerfjorden. This is Lloyds Hotel. No, it is not available for overnight stays.

The pages of *Sailing the Top of the World* are ones to ponder. On page 21, we read that the sea ice could be gone by 2035. The beauty of this not-so-faraway land will not be there tomorrow.

*Global Forces, Intimate Spaces, Intersecting Landscapes*, 2024, 100 pp, documents the lasting importance of another Arctic journey, one undertaken back in 1981 by the artist. The book is in four parts. "Part I – Arctic Crisis" is a series of 16 photomontages. Surprisingly clear photographs of Inuit communities from 1981 are overlaid onto faded photographs of New York City in 1997. How did these come to be? Was the artist walking the streets of Manhattan, looking at skyscrapers but remembering Kugluktuk, Ulukhaktok or that big Taloyoak oil reservoir up north? It looks that way.



In "Part 2 – Ecology of Narrative Space," the artist looks again at her 1981 photographs of Inuit communities, this time in the context of a journal she kept while up north. Her notes are faded, illegible. These half-formed thoughts become the background for evocative photomontages of the Arctic lands. Today, this is self-governing Nunavut.

Parts 3 and 4 document subsequent performances and international exhibitions of the artist's work. *Global Forces* might well be seen as a catalogue raisonné of her Arctic memories. Remember. It matters.

For further information, visit [www.SandraHawkins.ca](http://www.SandraHawkins.ca) or contact the artist directly at [shawkins@rogers.com](mailto:shawkins@rogers.com).

## Book Review

# The Artist and the Assassin by Mark Frutkin

Bill (Balwant) Bhaneja

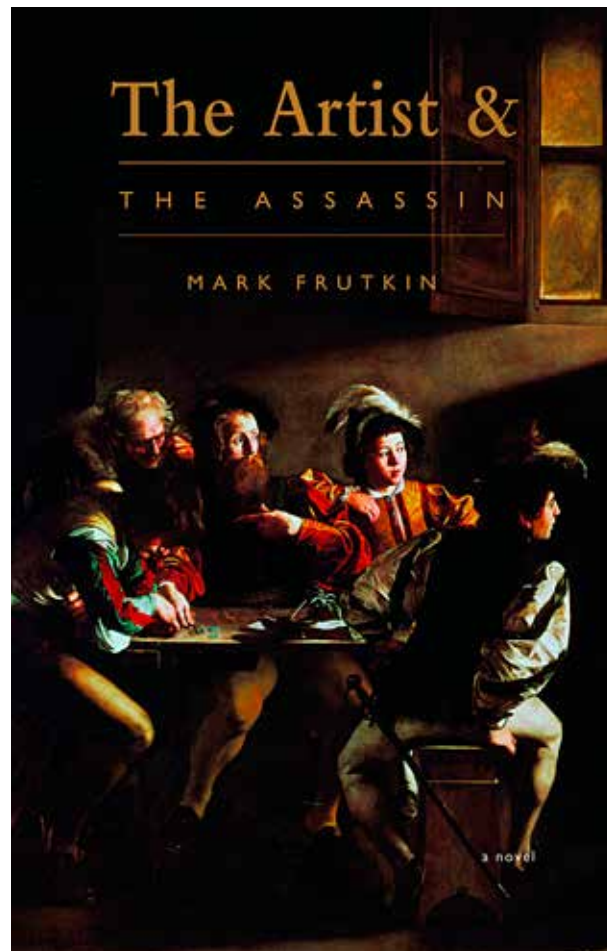
Ottawa poet and novelist Mark Frutkin has written many works over the last 40 years, with novels mostly set in Italy and China. Frutkin is a fine writer—his offbeat creations steeped in history are written in lyrical minimalist prose.

Frutkin lived in a communal house in Sandy Hill from 1979 to 1985. From his second-floor office on Stewart Street, the seeds of his early books of poetry and novels were sown, including: *The Growing Dawn* (1983), *Alchemy of Clouds* (1985) and *Atmospheres Apollinaire* (1988), which was nominated for the Governor General's Literary Award and the Trillium Award.

Frutkin's latest novel, *The Artist and the Assassin* (2021) is about the leading Italian painter of the 16<sup>th</sup> century Michelangelo Merisi, also known as Caravaggio, and is set in early 17<sup>th</sup> century Italy, moving from Rome to Naples to Malta, and then back to Naples.

The story of an intemperate artist and his assassin Luca is about revenge and retribution in which the victim is unaware that he is the object of someone's hate and envy, when the preoccupation of the artist is to find a perfect light in his paintings.

Frutkin weaves his narrative through light and darkness in Caravaggio's art: "Strangely the dark parts brighten the light. On the other hand, the light makes the darkness deeper and deeper. As if he has given us a view into his soul." (p.92). He calls this: "Chiaroscuro - a mixing of



light and dark. Yes, like life and death." (p.93).

Frutkin writes about Caravaggio's work: "His canvas a bit of theatre, a scene from a play. [...] wildly dramatic about it, the way the light stands out from the dark." (p.92).

The assassin's chase tells the reader about society when Italy was brutal and stratified, structured with inequalities that produced rampant corruption and erratic violence. Frutkin informs us about the difference between Caravaggio's large canvasses and reality; it does not resemble religious paintings at all. His models are street people, dressed up to look like what they are not. Luca is surprised by Caravaggio's choice of him as a model for his paintings, especially as an emaciated Jesus on a wooden cross.

Luca's model is a poor street scrapper, a mercenary rapier unknown to the artist. Doomed to suffer, he embodies fear of the street. Resentful and uncaring of sorrow, he mocks the pretense and idolatry around him. Unknown to Caravaggio, he has a contract to kill him for a mistaken killing of a noble's son.

The tightly written novel with a narrative that alternates between the voices of its two protagonists, more intimately describes Luca's angry condemnations. Revelation of Luca's hidden humanity comes through in a flash of anger towards the end when he is about to assassinate the artist. He

notes that even in a semi-unconscious state, a vexed Caravaggio is desperate to retrieve his paintings—his sole concern being whether he will be able to repeat the light he created over his lifetime in his drawings. Anguish in Caravaggio's shiny bright eyes gives Luca, for first time, a glimpse into the mind of the artist. His rage for the artist suddenly dissipates, wanting to become Caravaggio's saviour.

The book is beautifully laid out with graphic-style images of period engravings from *Picturesque Europe* (1879) by Cassell, Petter & Galpin, London.

An exquisite work.

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Details and tickets at: <https://www.also-ottawa.org/events>

# Wish-cycling needs to end

**Brittanny Bélanger**

When it comes to recycling and waste management, could it be any more confusing?

In doing research for a blog post on plastic recycling for the environmental organization that I founded called Earthub, I realized that when recycling certain plastics in the Ottawa Blue Bin—such as bottles, product packaging, and pudding containers—many items did not have a recycling number. Upon reviewing the City of Ottawa’s recycling guidelines, I discovered that plastics without a recycling number cannot go in the blue bin. You can read the full blog at: [www.earthub.ca/blog](http://www.earthub.ca/blog) (Counting on Plastic).

Additionally, styrofoam #6 has long been excluded from the recycling bin. But here’s where things get trickier: residents must also differentiate between standard #6 plastics and “expanded” #6 plastics as the latter are not accepted, while regular #6 plastics are. Easy, right?

Recycling, which began in North America as a hopeful solution in the 1970s, has often fallen short of expectations. Despite the hard work of many—including “Earthhubbers” committed to reducing plastic use—we still face the daunting task of addressing the plastic waste crisis. While progress has been made, it’s clear that we need to tackle the issue together.

But “wish-cycling” needs to end for recycling to truly begin. If you’re unsure where an item belongs, take a moment to look it up using the City of Ottawa’s Waste Explorer tool (search Ottawa waste explorer online). If you learn something new, perhaps share it with your family at your next holiday meal—helping them stay informed, too. If you spot something in the wrong bin at a friend’s house, kindly let them know. To solve this issue, we must work together to ensure our recycling systems are working efficiently, rather than regressing.

Beaucoup trop des articles jetés dans nos boîtes de recyclage, comme ceux dans ces photos, aboutissent dans les décharges à ordures. L’organisme Earthub vous encourage à lire son blog pour en savoir plus, ou à consulter les règles de recyclage sur le site internet de la ville d’Ottawa.

Earthub is pushing the boundaries of the circular economy and is aiming to form more partnerships with reputable recycling companies to help process these materials. To learn how you can

help keep items out of the landfill and to stay informed about Earthub’s initiatives, visit [www.earthub.ca](http://www.earthub.ca) and subscribe to our newsletter!



Photos: Brittany Bélanger

## No EcoFair this spring. Organizers needed for 2026!

The Action Sandy Hill Environment Committee would like to let you know that the committee will not be organizing a Sandy Hill EcoFair in 2025. Both previous fairs in 2023 and 2024 were well attended, and we received substantial positive feedback from participants. The Committee would now like to pass the baton in order to focus on our other environmental initiatives to improve life in Sandy Hill, such as the removal of invasive Buckthorn, cultivation of native pollinators, or tree canopy advocacy. It is our hope that a local group of passionate volunteers will step forward to take on the EcoFair for 2026 and build on the strong foundations that we have laid down over the past two years. There may also be an opportunity to partner with other Ottawa environmental organizations to expand the scope of the fair beyond Sandy Hill. If you love environmental fairs, have ideas for such fairs that you would like to share with us or if you are interested in leading or being part of organizing a fair for 2026, do not hesitate to contact us at: [sandyhillec@gmail.com](mailto:sandyhillec@gmail.com).



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# “It’s not invasive in my yard” How this myth about invasive species harms Sandy Hill biodiversity

**Christina Keys**

Periwinkle, lily of the valley, goutweed, daylilies, barberry, and burning bush are beautiful yet ecologically harmful plants that are commonly found in Sandy Hill gardens. These plants are for sale in most garden centres around Ottawa, even though all are categorised as invasive species by scientists.

Inevitably, cultivated invasive species escape yards and invade natural areas where they outcompete native species, creating a dead zone of vegetation that does not support the local insects, birds, and mammals that rely on native plants. In fact, most invasive plants were introduced to wild ecosystems through our landscaping. Goutweed and Norway maples have spread from Sandy Hill yards to Strathcona Park and the banks of the Rideau River. Some people feel that plants like goutweed do no harm when confined to their own gardens or yards. However, even the most experienced and diligent gardener cannot control an invasive species. Birds eat the seeds and deposit them in other areas, and wind blows the seeds away.

## Little regulation

Why are these plants even for sale if they do such harm? Very few plants in the horticultural trade are regulated in Canada, despite the enormous cost to all levels of government, the agricultural sector, and to biodiversity. The Canadian Coalition for Invasive Plant Regulation is trying to change this by lobbying at the federal level for regulations to limit the sale of these harmful species.



Photo: Christina Keys



Photo: Tara Beauchamp

**Christina Keys is with Garden Releaf, an ecological garden restoration and design company. They remove invasive species in gardens across central Ottawa including Sandy Hill, replacing them with native plant gardens.**

## Wild invasive species

Unfortunately, cultivated invasive species are not the only threat to our biodiversity. Japanese knotweed, dog-strangling vine, and common and glossy buckthorn are no longer for sale in Canada, yet they are increasingly abundant in Sandy Hill and across the region. It is not hard to see the devastation caused by each type of invasive species in natural spaces, especially Strathcona Park and along the Rideau River.

The Environment Committee of Action Sandy Hill and the Sandy Hill Green Team have been diligently removing these species and replacing them with native species, yet berries or seeds may have already travelled to your yard. Any garden will inevitably attract wild invasives; buckthorn seeds are deposited by birds

**À gauche: Le nerprun cathartique se propage de manière agressive grâce aux oiseaux qui mangent les baies des arbustes voisins du parc Strathcona ou de la rivière Rideau. Vérifiez votre jardin pour voir s’il abrite des arbustes et semis mystérieux – les feuilles et l’écorce sont très distinctes.**

and dog-strangling vine’s fluffy seeds are spread by the wind.

## Identifying and removing

You can help alleviate the biodiversity crisis by removing invasive species from your yard, whether previously purchased or wild. Start by identifying all species in your yard including mystery shrubs and plants. Check your list against the Ontario Invasive Plant Council’s list of invasive plants in their Grow Me Instead brochure or the Auditor General of Ontario’s Management of Invasive Species report.

To identify and remove invasive plant species, Ontario’s Invading Species Awareness Program has excellent visual guides as well as removal guidelines. Combined with an app like Picture This or PlantSnap, next summer you’ll easily be able to identify them. Removing and safely disposing of invasives can be hard work, so consider only removing the flowers or seed heads to prevent further spread if removing the entire plant is not yet possible.

If you rent or outsource your yard work, talk to your gardener, landscaper, landlord, or condominium association about their management of invasive species. Ask if they are aware of the harm of commercially available invasive species.



## COMMUNITY BULLETIN BOARD

### Registration for Cleaning the Capital Spring Campaign is underway!

Cleanup projects will take place across our city between April 15 and May 31. Residents can register their cleanup projects by using the online form available at [ottawa.ca/clean](http://ottawa.ca/clean). You can choose from a variety of public spaces to clean, including green spaces and community parks, roadsides, shorelines or even areas around bus stops.

**L’inscription est ouverte pour la campagne printanière du Grand ménage de la capitale!** Le formulaire d’inscription pour projets de nettoyage qui se dérouleront entre le 15 avril et le 31 mai est disponible en ligne à [ottawa.ca/menage](http://ottawa.ca/menage). Les participants peuvent choisir parmi une variété d’espaces publics à nettoyer, y compris les espaces verts et les parcs communautaires, les bords de route, les rivages ou même les zones autour des arrêts d’autobus.

**Making art out of trash!** Discover a unique and inspiring art exhibition by award-winning artist Pravee Rughoobur at the Ottawa Little Theatre, showcasing how art can breathe new life into discarded materials. Opening event March 29 from 2:00 pm to 5:00 pm and continuing for 2 weeks.

## Transforming dead zones

Identifying and removing invasive plants is the hard part. The fun part is replacing these harmful species with beautiful, non-invasive alternatives or even beneficial native plants. Native groundcovers for shade include wild geranium, woodland strawberry and wild ginger. Don’t forget bunchberry, Canada’s unofficial national flower that is found in every province and territory.

For sunny spots, low-growing and salt-tolerant plants that can be grown street-side include pearly everlasting, wild columbine, hairy beardtongue, nodding onion and prairie smoke.

Planting any of these species will help to transform your garden into a thriving, beneficial ecosystem.

To volunteer with the Environment Committee of Action Sandy Hill, contact [sandyhillec@gmail.com](mailto:sandyhillec@gmail.com).



## CELEBRATE EARTH DAY!

10am to 4pm

Saturday, April 26 AND Sunday, April 27

Drop by Urban Ottawa Art at 115 Beechwood Avenue

Bring your hard-to-recycle recyclables; we’ll have Teracycle boxes on hand!

Have some shredding? Bring that, too!

The art gallery will be open, featuring new works by local artists.

Enter a draw to win a \$500 art gift certificate.

A portion of the sale proceeds will be donated to Ecology Ottawa, CAFES and the Ottawa Food Bank.

Get further details at [www.urbanottawaart.com](http://www.urbanottawaart.com)



# Visions and Views at the Ottawa Art Gallery

## A wider view: here and before

Maureen Korp

*Visions and Views: Landscape and Abstraction*, curated by Meghan Ho, is the current exhibition of work selected from the Firestone collection of the Ottawa Art Gallery. Yes. The Group of Seven; that bunch is here along with a score of others. All are artists who have looked long at trees, waters, snowbanks, taking in colours, lines, energies as they developed their artistic voices.

Within the landscape half of *Vision and Views* is a new voice in the form of an 8-minute multi-media installation by Rachel Kalpana James: *Bright Oriental Star* (2011). It is comfortably viewed in an alcove of *Visions and Views*. Sit down on the cushioned bench. Stay there awhile.

There is no start nor finish to *Bright Oriental Star*. It plays on a continuous loop. The heartbeat sounds of its drum counterpoint a virtual walk back and forth along forested trails of memory into softly shadowed branches. Darkened underbrush meshes into moonlit-dappled lines of thought. From time to time, a few words appear on the screen. Some of the words are quotations from *Gitanjali: Song Offerings* by Rabindranath Tagore. Others are clips from press coverage of a visit Tagore made to Canada in 1929 when people turned out in multitudes to see him.

Rabindranath Tagore was well-known for a number of reasons. In 1913 he was



Photo: Ottawa Art Gallery

### Vue de l'exposition À perte de vue : le paysage et l'abstraction dans la Collection Firestone d'art canadien à la Galerie d'art d'Ottawa (2025).

awarded the Nobel Prize for Literature. In 1915 he was knighted by King George V. Then in 1919 Tagore boldly renounced his knighthood. Why? The Amritsar massacre. Reason enough.

*Gitanjali: Song Offerings* is Rabindranath Tagore's best-known work in English. It was first published in 1912. Tagore wrote its English text and William Butler Yeats wrote the introduction. *Gitanjali* is a small but powerful book. The paperback edition this writer has owned since her schooldays is all of 60 pages. From the *Gitanjali*, we read on the

screen of *Bright Oriental Star*: "Thou has made me endless...such is thy pleasure."

Step away from the alcove to more of *Visions and Views*. Nearby paintings appear to reference the colours, lines, and meshed forms of *Bright Oriental Star*. Trees bending across knolls in *Short Rainbow* (1936), a small oil painting by David B. Milne, are of this cut as are the blues rising out of waters in *Georgian Box Rhythm* (1961) by Doris McCarthy. The energies of swirling forms above and beyond the still waters of *North Shore of the St. Lawrence* (c.1947) by George Pepper are not unlike several

frames of *Bright Oriental Star*.

Of four small paintings grouped closest to the *Bright Oriental Star* alcove, two particularly seem drawn from similar wellsprings of memory: *Clouds on the Prairies* (1923) by L.L. Fitzgerald and *Lake Simcoe* (1920) by J.E.H. MacDonald. In theirs as in Tagore's work, both literary and visual, we have an affirmation of teachings learned from nature present and past. Moreover, these teachings are framed in the very architecture of the Ottawa Art Gallery today.

On the right side of the alcove presenting *Bright Oriental Star* is a large window looking out over the café below and onto Daly Avenue. The glass is covered with a grid for safety. Through its grid, however, we can see the mural covering all four storeys of the wall of the parking garage across the street. The mural is entitled *Chaos Bloom—Tidal Wave* (2024). It is the work of the Ottawa artist EEPMON. How did it come to be there? OAG and MASSIVart made it happen.

*Chaos Bloom—Tidal Wave* is work meant to be seen from inside and outside the gallery building. Long before there were parking garages, galleries, and city streets, people knew other energies, other life forms in daily life. All are still there somewhere. EEPMON's *Chaos Bloom—Tidal Wave* acknowledges this. It opens our eyes wider just as Rachel Kalpana James' work with *Bright Oriental Star* does for the Firestone collection. Thank you for these insights.

*Bright Oriental Star* continues until June 8; *Visions and Views* continues until January 11, 2026 at 10 Daly St.

## Bleu, blanc et froid



Huile sur toile, *Vue du pont*, de l'artiste Claude Bégin de la Côte-de-Sable

### Claude Bégin

Dans la nature, par temps froid et ensoleillé, deux couleurs prédominent sur les autres : un blanc neigeux qui tranche avec un bleu ciel. Il n'est pas facile d'expliquer les couleurs en mots. On peut tenter de les décrire au moyen d'adjectifs ou de les représenter par des objets. Or, avant tout, les couleurs se ressentent, aussi subtiles soient-elles.

En la saison froide, dès que nous sortons de nos maisons bien chauffées, une gigantesque toile de bleu et de blanc s'offre à nous. L'effet visuel touche autant notre conscience que notre inconscience. Ce sentiment est encore plus marqué si nous nous aventurons en patins sur le canal Rideau, si nous dévalons une pente en ski ou si nous faisons une simple promenade dans un parc. Ces deux couleurs omniprésentes ne tardent pas à agir sur notre psyché. Quel moment merveilleux! Les hormones du bonheur sont au rendez-vous.

À travers le temps, la couleur blanc a été à la fois synonyme de pureté, d'innocence et de simplicité. Cette couleur possède de nombreuses connotations positives et bienveillantes. Par contre, elle peut parfois comporter son lot de significations moins positives. Le blanc peut être associé

au vide, d'où l'expression « syndrome de la page blanche » (panne d'inspiration) ou « être blanc comme un drap » (peur, maladie). Cette couleur peut éblouir mais peut aussi cacher un manque. Cependant, pour la grande majorité des gens, la couleur blanc évoque la sagesse, la beauté et la propreté. Sur le plan spirituel, le blanc peut représenter un rite de passage (vêtements portés dans des cérémonies, par exemples les mariages et les baptêmes).

Et tout là-haut dans le ciel dégagé, s'étale la couleur bleu azur. Ce bleu, à la fois clair et riche, reflète la douceur, la sérénité et l'infini. Dans les aires de repos, les lieux de prière ou les pouponnières, on retrouve souvent des murs peints en teintes de bleu (bleu bébé, bleu poudre, bleu pastel). Ces bleus sont des couleurs apaisantes évoquant la bienveillance, le rêve, et la tranquillité. En fait, les significations du blanc et du bleu peuvent varier selon le pays, la religion, la culture et les croyances.

À l'opposé du ciel diurne bleu pâle, le ciel bleu nuit entourant une pleine lune suscite la réflexion. Rien de mieux pour nous amener à contempler l'immensité de l'univers, à condition d'être emmitoufflé jusqu'aux oreilles. Et si vous portez vos jeans bleu indigo, assurez-vous d'avoir d'abord enfilé un caleçon long Stanfield blanc, fabriqué au Canada.

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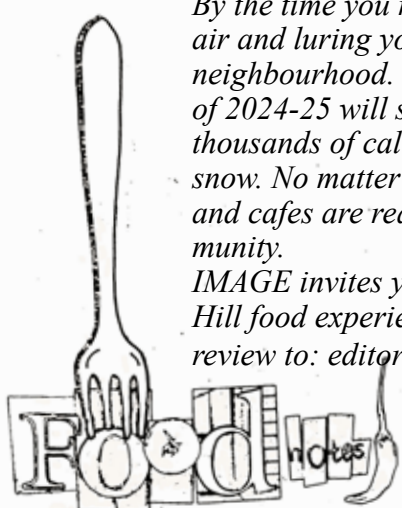
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By the time you read this, maybe spring will be in the air and luring you out to explore the streets of the neighbourhood. Or maybe the old-fashioned winter of 2024-25 will still be with us, and we'll be burning thousands of calories keeping our driveways free of snow. No matter the weather, Sandy Hill's restaurants and cafes are ready to offer meals, treats and community. IMAGE invites you to share your favourite Sandy Hill food experiences with readers. Send your brief review to: [editor@imagesandyhill.org](mailto:editor@imagesandyhill.org)

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**Paula Kelsall**

**Foodinator**

**322 Somerset St. E.**

The new Asian fusion restaurant on Somerset Street seems to be getting quite a bit of business from students at University of Ottawa. With its lavish murals of animated characters (we especially appreciated the Studio Ghibli wall), it is certainly reaching out to a youthful audience. The menu, which has elements of Thai, Japanese, and various Chinese cuisines, offers generous portions and interesting flavours. On a recent visit, we tried a few of their signature dishes. Singapore Noodles were not the dry, curry-flavoured preparation we are used to, but rather a well-sauced dish of mixed seafood with a spectacular fountain of noodles rising from the bowl, supporting a pair of chopsticks. Flavourful Eggplant, my personal favourite, had been lightly battered and fried with a spicy, mildly mouth-numbing sauce. A "small" portion of the pork ribs was a mountain of meat, which was thoughtfully served with disposable plastic gloves. It looked a little gruesome, but we found the meat tender and pleasantly flavoured, with notes of star anise. Service was kind and helpful, and the kitchen accommodated our request to keep the spice level low.



**Foodinator's Singapore Noodles: flying chopsticks and plenty of seafood!**

**NOX Eatery & Public House**

**801 King Edward Ave., 2nd level.**

The pub in the athletic complex at U of O is a little challenging to find. Make your way to the second floor and head toward the southwest corner of the building, above the ice rinks. There you'll find a cozy space with a pool table, plenty of TV screens for keeping an eye on the sports events of the day, and a window that overlooks the rink so you can watch hockey practice, or just enjoy the sight of the Zamboni making the surface beautiful. On a recent visit I enjoyed the chef's creation of the day: a bread bowl filled with beef chili and topped with melted cheese. Two of my companions took advantage of the Taco Tuesday special, tacos served in soft flour tortillas, filled with chicken and bacon and a vegetarian guacamole combination. A helping of fish and chips was also much appreciated. We went home satisfyingly full and ready to face a winter afternoon.



**NOX Eatery's bread bowl with chili is tasty and filling fare for a winter day.**

**Onua Bakery & Cafe**

**165 Chapel St., unit 2, at Rideau Street**

What a relief to see that Onua Bakery has finally managed to open, after so many months in a state of "Coming Soon!" It's a pleasure to visit, too, with unfailingly friendly service and excellent window seats for enjoying a cup of coffee and a sandwich or a treat. The bakery's croissants are very good, as tender and flaky as any to be found in the area these days, and we've enjoyed the pastries, such as custard-filled cronuts and fruit-topped Danishes. There is a variety of loaf cakes, such as banana bread, which are moist and homey, and the cookies are reliable too. If you're looking for a really grainy bread, you'll be disappointed; a 30% whole wheat sourdough is the closest thing they offer so far. But if you're looking for a soft, white bread for sandwiches, Onua will have what you need for sure.



**Croissants with brown butter cream cheese compete for your attention with custard-filled cronuts at Onua Bakery & Cafe.**

**Portuguese Bakery**

**48 Nelson St.**

The Syrian Kitchen has left the premises of the Portuguese Bakery. It's a loss for falafel lovers in our neighbourhood, but here's hoping that their homey Middle Eastern menu will find an appreciative audience at their new home in Gatineau. Meanwhile the bakery is carrying on. Drop in to pick up a bag of their pillowy buns or a couple of natas (Portuguese egg tarts) to enjoy with tea.

*Photos: Paula Kelsall*



**More changes happening in the restaurant strip on Somerset East**

Let's hope the new business moving into this space on the corner of Somerset East and Blackburn Avenue will fare better than its predecessors! The liquor licence application names "Dinette Atomique" as the new tenant.

*Photo: Christine Aubry*




**Winterlude magic on stilts**

*Photo: HS Canada*



Élise Gauthier (above right), who grew up on Blackburn Ave., entertained the crowd in Byward Market on a Winterlude weekend, with her dazzling stilt company. The costumes, as well as performances, are always amazing.

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Book Review

Beg, buy or borrow—Read Lloyd Axworthy’s memoir

Judy Rinfret

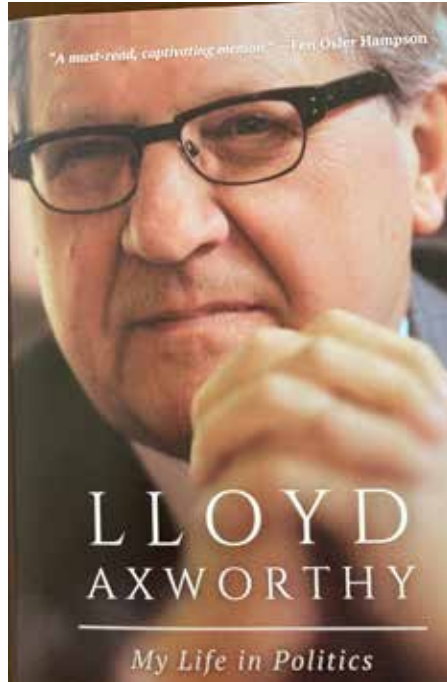
Lloyd Axworthy, now a resident of Sandy Hill, is one of the very few meriting the honorific “the Honourable.” His recently published memoir, *My Life in Politics*, the story of a principled political and academic life, is priority reading, especially for those of us interested in the importance of public good and enlightened governance.

*My Life in Politics* is a generous account, neither boastful nor apologetic, of Axworthy’s career in politics and academia. Despite the harsh necessity of political maneuverings, he maintained his socially progressive liberalism and effected positive changes in his community, country, and world. World harmony, justice, public good, Aboriginal rights and reconciliation are his passions.

“Being Canadian is a great privilege, but not a sinecure. It takes all kinds of people, at different times, in different walks of life to create a functioning, prosperous, and tolerant nation, one that is willing and able to contribute to a fair and just world.”

For 21 years, the Honourable Lloyd Axworthy was the federal member of Parliament for Winnipeg South Centre, sometimes the only Liberal west of Ontario. He served in the cabinets of Pierre Trudeau, John Turner, and Jean Chrétien, the latter as Minister of Foreign Affairs.

He remembers the Second World War and the ramifications of the Great Depression. Though he started with few obvious advantages, he credits his outstanding educational achievements and his success in the Canadian political arena to his upbringing as a prairie boy. He was raised by hard-working parents and had the support of family and community; his ideals and his constituency were well matched. He expresses special gratitude to his wife, Denise Ommanney, who has constantly encouraged and supported decisions that were optimum for him. He also frequently



acknowledges family, friends, and colleagues for his successful elections and for their help with his research and idealistic enterprises.

Educated at the University of Winnipeg and Princeton, he participated in our world’s history—marching in Alabama for civil rights, working tirelessly for the banning of landmines and the establishment of the International Criminal Court, and acting as Canada’s delegate all over the world.

In 1988, he drafted his vision for our country: “In Canada, we have one nation that is prosperous, another that forages in food banks. One that can hire a lobbyist to get access to Ottawa, another whose rights are ignored and whose complaints aren’t often heard. I want to change these two nations into one nation, with equal chance for jobs, housing, and health. I want to reach out to those Canadians who feel helpless, ignored, and deprived. What

concerned me was how the continentalist view, unfettered market policies, and anti-government ideology would erode the capacity of Canadians to design public policy and programs that would best serve that commitment.”

After retiring from politics, he became director and CEO of the Liu Institute for Global Issues at the University of British Columbia. Later, he accepted the presidency of the University of Winnipeg where “building trust with members of the community was a priority and a necessity.”

When asked how his political career could possibly be useful to his appointment as head of a university, he was tempted to reply, “I (had) learned to stoically put up with confrontational questions from pompous people.”

He expanded the university’s mandate to include educational and recreational opportunities for the surrounding disadvantaged neighbourhood—science courses for elementary scholars, summer school camps for hundreds of neighbouring children and the Model School for First Nation, Métis, and new Canadians. He worked with Wab Kinew to redress Indigenous exclusion. The Wit Chiwaakanak Learning Centre was established as part of the campus—a 24/7 community centre offering computer training, tutoring, cultural and Aboriginal language instruction and other courses. The Global Welcome Centre was set up to assist new Canadians.

“I’ve often been asked by individuals, ‘What can I do? I’m just one person.’ The answer is that a positive change should begin with each of us asking how we might take some responsibility for being a good citizen.”

For an antidote to current events, read Axworthy’s memoir. *My Life in Politics* inspires idealistic political motives at a time when that need has rarely been greater.



Photo: Christine Aubry

Late winter on the Rideau shore

February 9: Ottawa Fire Department water rescue training exercise on the frozen river. March 18: flooded benches, geese back, goslings coming soon!

We’re all in, so she can stand out.

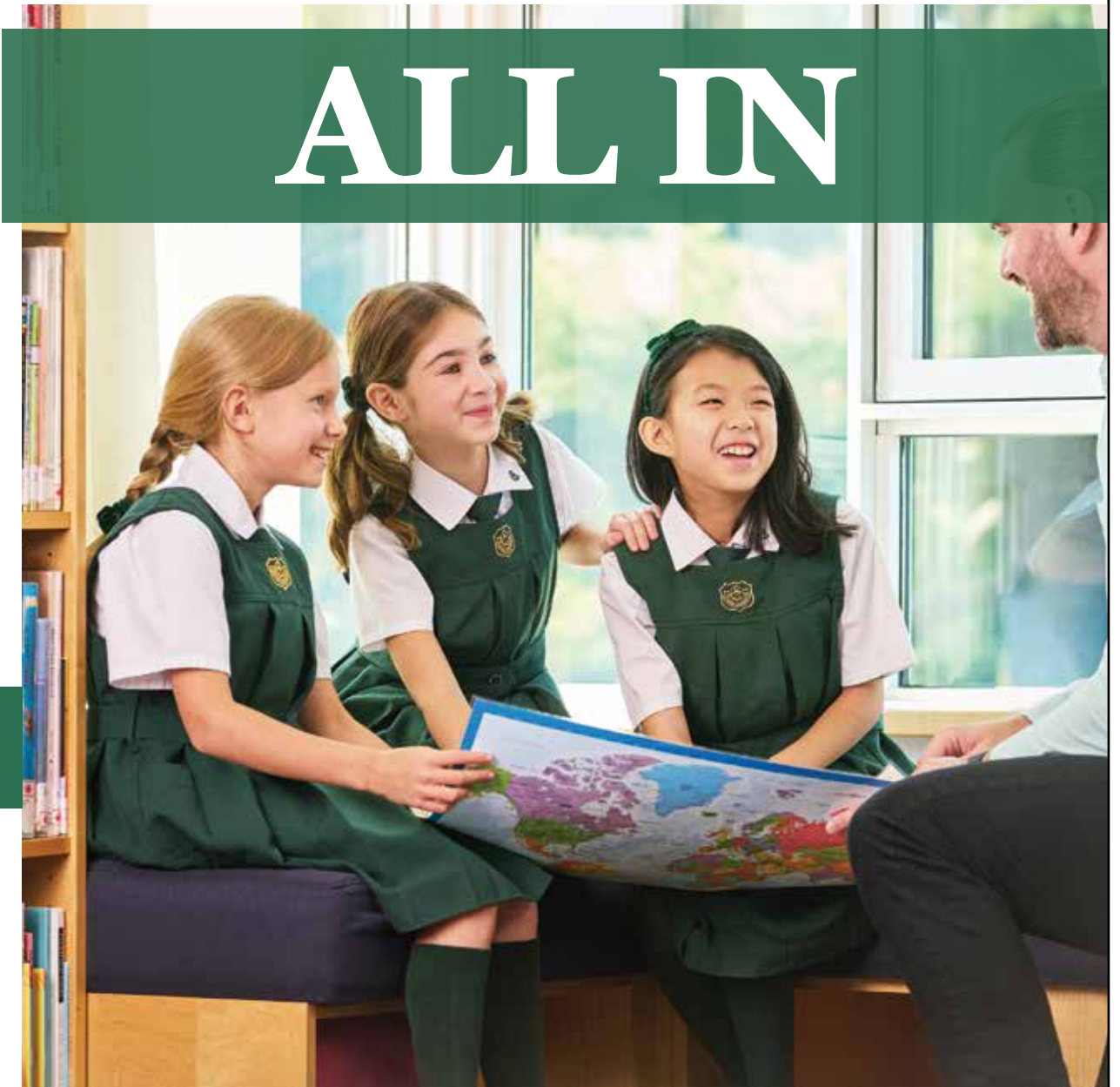
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