



**HAPPENING HERE**

**Sandy Hill outdoor rink needs you**  
The boards are up and the cold weather is here: volunteers are needed to help build and maintain the ice over the winter. Rink attendants (paid positions, must be over 14 years old) are needed to supervise during rink operating hours. If you can help out, contact SandyHillRink24@gmail.com.

**Rideau Winter Trail fundraising**  
Winter is here and grooming of the Rideau Winter Trail has begun. There is a Go Fund Me page to raise funds for this volunteer-led effort. To donate, visit [www.rideauwintertrail.ca](http://www.rideauwintertrail.ca) and click on the "Donate Now" button for "Growing of the RWT-2026 Season."

**Bénévoles francophones demandés**  
Contact ontariois est à la recherche de bénévoles du lundi 12 janvier au samedi 17 janvier 2026 pour accueillir les participant.e.s, les artistes dans les loges des différents lieux de spectacle, et plein d'autres tâches pour préparer l'événement et aider l'équipe! Si vous avez des questions ou si vous voulez nous aider, écrivez à Nabil à: [nourinabil3107@gmail.com](mailto:nourinabil3107@gmail.com).

**Changes to recycling program**  
As of January 1, 2026, recycling will be picked up by a private contractor, Circular Materials. While there are no changes to collection days, it means more items will be picked up and actually recycled (we hope!). Examples of now recyclable items include coffee cups, toothpaste and deodorant tubes, black plastic containers, and more. For more details visit: [circularmaterials.ca/news/ontario-new-materials/](http://circularmaterials.ca/news/ontario-new-materials/)

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## Everyone welcome to annual Winter Solstice Lantern Walk

The winter solstice falls on December 21, the shortest day/longest night of the year. After that, the days get longer again. Many cultures around the world track and celebrate the return of the sun. Something to celebrate here too! Last year, a merry band of brave souls lit up the night along the Rideau River. Despite the freezing temperature and a wild wind, they came with homemade lanterns, bike lights and glowing globes to call back the sun. — *Sabrina Matthews*

**Date:** Sunday, December 21, from 5:00 p.m. to 6:00 p.m. **Meeting place:** Adàwe Crossing over the Rideau River **Accessories:** Bring lanterns or a light source, noisemakers, any other celebratory paraphernalia **Route:** We'll walk south along the Rideau River on the east side, cross back over the river on the old railway bridge (Rideau River Footbridge) and return north along the Sandy Hill side to Strathcona Park (approximately 3 km). The route may be adjusted according to path conditions. **Please wear clothing and footwear appropriate to the winter weather!**

### INSIDE THIS ISSUE / À l'intérieure ...



Photo Christine Aubry

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Photo Betsy Mann

Meet local celebrity artist and skateboarder Alix Mantha, page 16



Rendering: Supplied by Ottawa U  
Proposal for new Brooks residence on King Edward Avenue, page 8



Photo HS Canada

One and only Dave Elden retires (alas) from the One and Only sale, page 4

## IMAGE

Founded in 1972 under the direction of Diane Wood

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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, October 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.org  
**Requests to join our IMAGE Specials email distribution list are welcome.**

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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, octobre 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.org  
**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

**February 26**

(target delivery March 26)

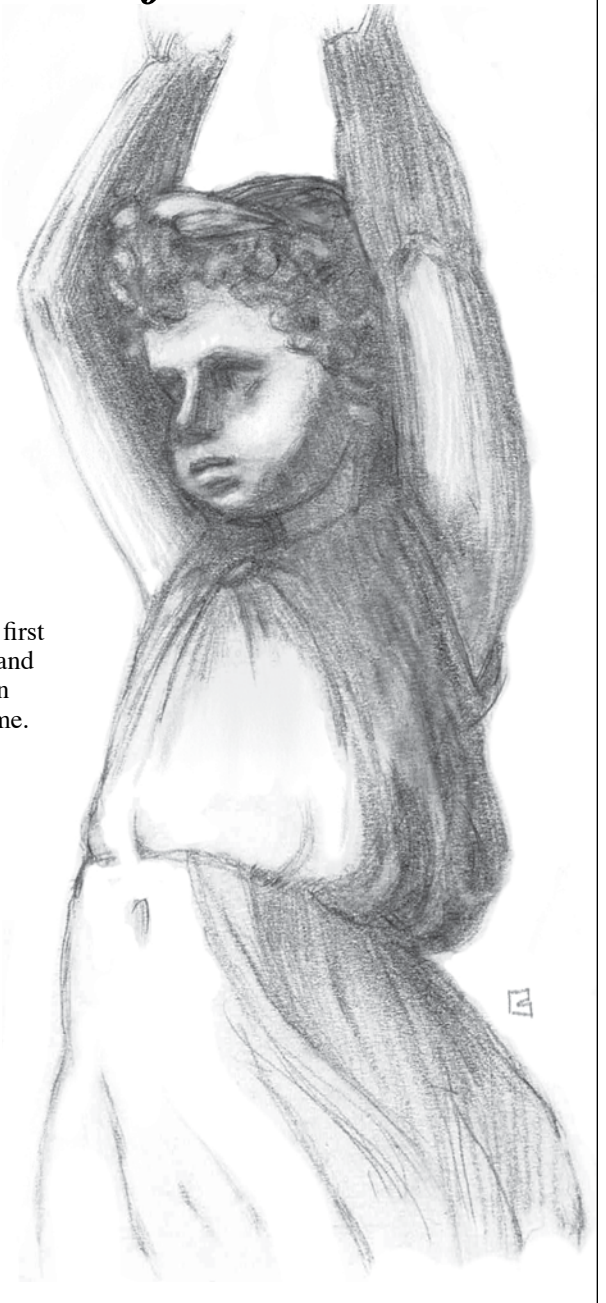
### Date de tombée

Publicité, articles, photos et autres soumissions

**le 26 février 2026**

(livraison prévue le 26 mars)

## Phil Caron's Portfolio



### Strathcona Fountain Cherub No. 3—Europe

The third of the four cherubs of Strathcona Fountain, each representing a continent. The first two were in the 2025 Spring and Fall issues of IMAGE and can be viewed online at [www.home.imagesandyhill.org](http://www.home.imagesandyhill.org).

Illustration: Phil Caron



Photo Jane Waterston

**IMAGE editorial illustrators Phil Caron and Evelyn Baraké met each other for the first time in November.**

## From the Editor

### IMAGE is looking for writers

Do you enjoy writing? Are you interested in digging deeper into issues that affect your community? IMAGE is always on the lookout for more volunteer contributors. We are especially looking for people willing to write about city planning, development, transportation, and socio-economic issues, but we will happily discuss other ideas. Send Christine Aubry an email at: editor@imagesandyhill.org.

### Please support our advertisers!

IMAGE is brought to you by a team of volunteers and relies on advertisements for printing and distribution. Help us out by telling our advertisers you saw their ad in IMAGE. Better yet, ask our local businesses if they advertise in IMAGE!

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LETTER TO THE EDITOR

# Viscount Alexander School parents are deeply dismayed by Ontario's Bill 33

The Viscount Alexander Public School Council wishes to share concerns regarding the Ontario government's recently passed Bill 33, the *Supporting Students and Children Act, 2025*. This legislation follows the dissolution of the Ottawa Carleton District School Board's elected trustees and the appointment of a single supervisor. As a result, families in OCDSB Ward 6, including those at Viscount Alexander, no longer have representation from their elected trustee, Lyra Evans.



can negatively impact the well-being of some students. Reports from the Ontario Human Rights Commission, for example, have highlighted disproportionate impacts on marginalized groups, including racialized

and LGBTQIA2S+ students. Given the diversity of our school community, we believe decisions about SROs should be supported by clear evidence and made in collaboration with local stakeholders.

The bill also introduces a new provincial role in naming and renaming schools. We recognize that conversations about school names can be complex and sensitive, particularly in diverse communities. Viscount Alexander, for example, was a British military officer and later Governor General, and his legacy can be viewed in different ways. We believe discussions about school names are best carried out locally, with meaningful involvement from families, students, and community members.

More broadly, we share the widespread view that the most significant challenges facing Ontario's public education system relate to funding. Research from the Canadian Centre for Policy Alternatives estimates that provincial underfunding since 2018 now totals more than \$6.3 billion, with Ottawa receiving \$560 less per student in the 2024–2025 school year after adjusting for inflation. These funding pressures contribute to larger class sizes, reduced services, and greater strain on school communities.

For these reasons, the Viscount Alexander Public School Council respectfully urges the government to reconsider Bill 33, reinstate elected trustees, and commit to adequately funding public education. We affirm the importance of accountable, community-based, and democratically elected school boards in supporting the success and well-being of all students.

**Viscount Alexander Public School Parents' Council**

Our first area of concern is the expanded authority granted to the Ministry of Education to assume direct control of school boards. Elected school boards have existed in Ontario since 1850, providing a way for communities to communicate their local needs and hold the provincial government accountable for funding public education. These boards predate the creation of Ontario itself, which only became a province in 1867. Any change to this long-standing structure should be approached with caution and broad public dialogue. At present, there is limited evidence of public support for these changes, and recent polling suggests many Ontarians believe the central challenge facing schools is underfunding.

While our council does not always agree with every decision made by the OCDSB or its trustees, we value the democratic process that allows communities to elect their representatives and determine their future. Although the province has the legal authority to appoint supervisors in certain circumstances, we believe significant changes to democratic governance should involve transparent consultation with the communities affected.

We are also concerned about the bill's requirement to reinstate school resource officers (SROs) in schools. Many boards previously removed police from schools following community consultation and research indicating that SRO programs

# Test your memory and IMAG(E)ination

This issue's challenge

Photo: Christine Aubry



**Did you realize there were so many animal statues in Sandy Hill? Where does this cat call home?**

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

Fall 2025 issue's puzzle

Marilyn Whitaker correctly identified the pup on the steps of 320 Chapel Street and provided this additional information: "The previous owners lived with a series of dogs and one was a judge for many dog competitions. The statue of Luna, a sheepdog, appeared early this year." While sadly the statue is gone now that the house has been sold, the good news is the property has been purchased by a Sandy Hill family who plans to restore the 1890s house and keep the beautiful garden.



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### Your community association news

I've been the chair of Action Sandy Hill since September 2024. I'd like to introduce you to a few of my fellow board members and bring you up to date on recent activities of your community association.

**Andrew Johnston** was a resident of Sandy Hill for fifteen years during which his three children thrived at Francojeunesse and De La Salle. After moving to Kingston for ten years, he returned to Sandy Hill, first joining the ASH Environment Committee. This past summer he joined the ASH Board and is particularly interested in supporting the maintenance and protection of the built heritage in our community. Please use the ASH email address (see below) to get in touch with Andrew if you too are interested in Sandy Hill's heritage.

**Patrick Munro** has been on the ASH Board since May 2024 and is the chair of the Town and Gown Committee which guides affairs with his alma mater, the University of Ottawa. He is also a regular consultant on transportation and housing construction files thanks to his experience in mobility and development policy. Originally moving to the neighbourhood for university, Patrick has lived in the neighbourhood for ten years. It's where he has met his partner and friends and has contributed to the community that gave him independence as a young adult.

**Marilyn Whitaker** has been a longtime resident of Sandy Hill and currently acts as the co-chair of the Environment Committee. She is also an active member of the Sandy Hill Green Team. She has been involved in gardening projects and biodiversity restoration projects in Sandy Hill and elsewhere. A few years ago, she moved into a new house to provide for aging in place. It was designed not only with the environment in mind but also to blend into the neighbourhood.

**Call for expertise!** Do you know a lot about a particular issue or topic but don't have the time or inclination to join a committee? ASH is looking for experts on different topics that we can reach out to for background info. Heritage issues, planning and development, youth outreach, and support for neurodivergent members of our community are projects the ASH Board would like to learn more about. Please get in touch or send suggestions to [actionsandyhill@gmail.com](mailto:actionsandyhill@gmail.com). No commitment required!

**Did you receive about 50 Google calendar updates for ASH recently?** That was because I am working on updating ASH's admin capacity, including notifications. Sorry about all the emails! From now on, ASH members will receive an email with meeting information and virtual links a few days before each meeting.

**Have you also noticed ASH is running two websites in parallel?** In addition to the existing website at [www.ash-acs.ca](http://www.ash-acs.ca), we are temporarily running a website hosted by Nation Builder at [actionsandyhill.nationbuilder.com](http://actionsandyhill.nationbuilder.com). Eventually these two sites will be merged, but for now, you can check either one to get updates. Thanks to everyone who has joined or renewed their membership recently.

**ASH welcomes students!** If you are a University of Ottawa student who wants to stay informed about what's happening in Sandy Hill, feel free to attend our meetings, in person or virtually, where we discuss what is newsworthy in the community. Email us to receive invitations to meetings and Zoom links.

**Betsy Schuurman (Chair, Action Sandy Hill)**

### One + Only, 2025 edition

Photo: Julie Chou



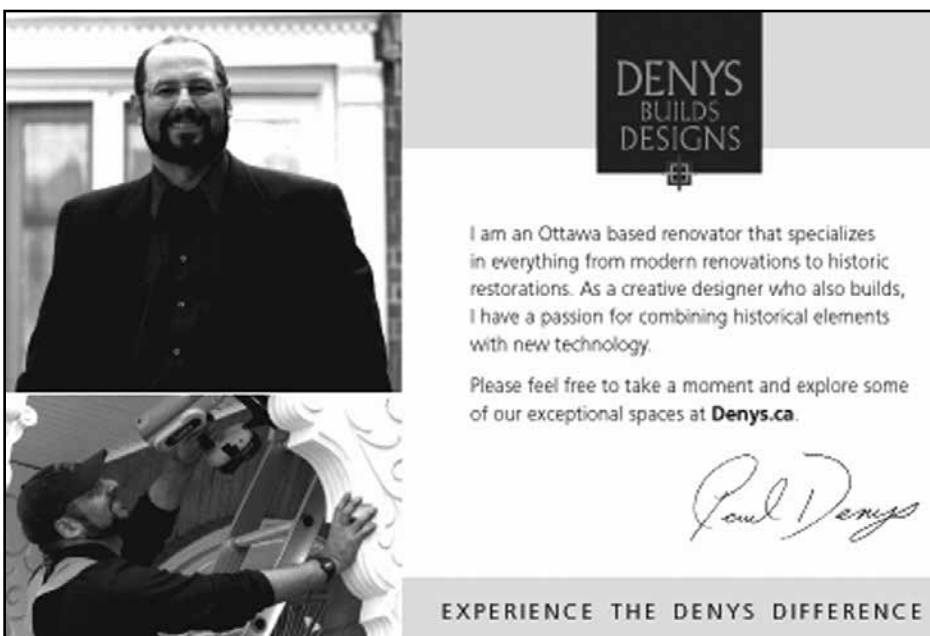
New Sandy Hill resident, autistic artist Ben Lachapelle sculpted animals for kids of all ages at Sandy Hill's One & Only Arts & Crafts Fair on Nov. 15 at the community centre. Julie shared her first impressions of Sandy Hill with IMAGE: "My son Ben and I moved to the neighbourhood this spring and we absolutely LOVE it here! I'm a big fan of IMAGE and I also follow the Sandy Hill neighbours Facebook/Meta page, which has helped me out on a number of things as well. It's truly appreciated! Ben and I were very happy to meet many neighbours. We had a great time! Bravo to all the organizers and volunteers!"

Photo: HS Canada



Sandy Hill's One & Only Arts & Craft Fair could not happen without these dedicated volunteers (left to right): Jan Finlay; Dave Elden; Cathy Major; Sabrina Mathews. Dave Elden is, sadly, stepping down as registrar for this event, having done a fabulous job since 2018. Action Sandy Hill is recruiting a new registrar to keep this very successful November event going. Anyone interested is welcome to contact Dave to obtain more information on the role: [davideldenash@gmail.com](mailto:davideldenash@gmail.com)

ASH reports that proceeds from cash donations combined with last year's cash donations totaled \$832 and have been donated to St. Joe's Supper Table. Other proceeds will fund youth art projects in Sandy Hill.



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# Ten years of crossing Adàwe celebrated with cookies and hot chocolate

Noah Leafloor & Christine Aubry

Sandy Hill and Overbrook neighbours met on the Adàwe Crossing on the evening of December 4 to celebrate the tenth anniversary of the opening of the pedestrian bridge across the Rideau River. Action Sandy Hill and the Overbrook Community Association brought cookies, which were complemented with hot chocolate donated by Working Title and the Rideau Sports Centre. Stéphanie Plante and Rawlson King, City councillors for the wards joined by the bridge, addressed the crowd. King recalled the bridge's grand opening back in 2015 when he was one of the first people to walk across it.

Steven Boyle, former senior project manager with the City of Ottawa, also spoke during the event. He told the crowd that metal wires embedded in the bridge track each crossing and can even distinguish between pedestrians and bicycles. As of December 6, the counters had tracked 9.2 million crossings over the last 10 years, specifically, 6 million pedestrians and 3.2 million cyclists. "So far, 2024 has seen the highest number of trips in a calendar year with over 1,030,000 trips," said Boyle. "Depending on how usage tracks over the next couple of weeks, we could be close to hitting that one million milestone again for 2025." If you want to check for yourself, the information is available on the City of Ottawa's open data portal at [open.ottawa.ca](http://open.ottawa.ca).

Sandy Hill resident Sabrina Mathews took advantage of the gathering to hand out pamphlets for the upcoming Winter Solstice Lantern Walk on December 21.

Photo: Noah Leafloor



À gauche: Résident.e.s de longue date de la Côte-de-Sable, Sabrina Mathews (à gauche) et Claude Schryer (à droite) ont participé à la célébration du 10e anniversaire de la passerelle Adàwe le 6 décembre. Ils en ont profité pour inviter la communauté à leur marche annuel du solstice d'hiver (voir les détails à la page 1).

When asked how this annual tradition came to be, Mathews replied, "The first time, I had spread the word: come to the bridge. Lots of people came, it was really fun!" Commenting on the bridge, she remarked, "This crossing has been a wonderful piece of infrastructure, the way it connects the communities and helps us benefit from the beauty of the river."

Overbrook resident Deborah Doherty also commented: "This is a celebration of a great pedestrian crossing that links us to uOttawa, where I volunteer and sing, but also to downtown. It was great to work with ASH on this event and celebrate community efforts on both sides of the river, activities like eradicating invasive plants and increasing native plants." Doherty volunteers with the OCA gardening team and also with Bird Friendly Ottawa. "I should also mention," she added, "what a great birding hotspot this is with the arctic birds that winter on the Rideau River."

The name Adàwe was chosen because it is an Algonquin word that means "to trade." It is indeed a fitting name for this crossing that continues to connect two communities over a river that otherwise separates them.



Illustration: Ben Lachapelle

## Sandy Hill resident and legal scholar Marie-Eve Sylvestre installed as uOttawa president

Photo: Noah Leafloor

Noah Leafloor

Marie-Eve Sylvestre held a meet-and-greet with students and colleagues on December 3 to celebrate her installation as uOttawa President and Vice-Chancellor. The event was celebrated with snacks and refreshments first in the main hall of the Faculty of Social Sciences building and later in the Jock Turcot University Centre.

Dr. Sylvestre, who obtained degrees from the University of Montréal and Harvard Law School, is a distinguished interdisciplinary scholar in criminal law, with a particular interest in discriminatory practices that impact marginalized populations.

She was also awarded the Advocatus Emeritus by the Quebec Bar in 2022, and co-authored a book titled *Criminal Law and the Territorial Governance of Marginalized People*. The book won the 2021 W. Wesley Pue Prize by the Canadian Law and Society association.

IMAGE spoke with Dr. Sylvestre, who has lived in Sandy Hill for many years and has been involved with schools, community groups, and various events. She acknowledged how important this community is to her and looks forward to continuing to contribute in this new role. With her installation she becomes the first woman to lead uOttawa since the university was founded in 1848.



La nouvelle présidente de l'Université d'Ottawa, Marie-Eve Sylvestre, à invité étudiant.e.s et collègues à des rencontres informelles sur le campus, pour marquer son installation le 3 décembre.

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Chères résidentes, chers résidents,

Alors que l'année se termine, la Côte-de-Sable se distingue par la générosité, la compassion et l'esprit communautaire des Fêtes. Des rues illuminées aux collectes de denrées et marchés artisanaux, cette saison rappelle la force de la Côte-de-Sable : des voisins et des familles engagés qui prennent soin les uns des autres.

Au niveau fédéral, des programmes comme le Régime canadien de soins dentaires et l'Allocation canadienne pour enfants offrent un soutien tangible aux familles, en leur permettant de mieux couvrir les soins essentiels et d'assurer un meilleur avenir pour leurs enfants. Le Budget 2025 poursuit dans cette voie en proposant des mesures concrètes pour améliorer l'abordabilité, soutenir le bien-être des enfants et répondre aux besoins en logement, y compris dans des quartiers diversifiés comme la Côte-de-Sable, où chaque soutien compte pour les familles au quotidien.

La crise du logement demeure un enjeu majeur. Pour y répondre, le gouvernement a lancé Maisons Canada, une agence chargée d'accélérer la construction résidentielle et de rétablir l'abordabilité. Le plan prévoit l'élimination de la TPS sur les premières maisons de moins d'un million de \$ et des partenariats avec les constructeurs, les communautés autochtones et les coopératives d'habitation afin d'offrir des logements plus rapidement, en misant sur des matériaux canadiens.

Le Budget 2025 mise aussi sur l'investissement dans nos travailleurs et entreprises locales. La politique Acheter canadien orientera davantage de contrats et de fonds d'infrastructure vers des entreprises d'ici, soutenant jusqu'à 70 milliards de \$ d'investissements publics et contribuant à créer de bons emplois.

Dans la région de la capitale nationale, la fonction publique fédérale demeure centrale à notre identité. Je sais que plusieurs fonctionnaires vivent une période d'incertitude. Je veux les assurer que notre gouvernement mettra en œuvre les changements à venir avec transparence et respect. Ottawa restera le cœur de la fonction publique canadienne, un centre d'excellence et d'occasions pour toute la région.

À l'approche des Fêtes, pensons à celles et ceux qui vivent des moments difficiles. La Côte-de-Sable abrite des organismes essentiels tel que la Mission d'Ottawa et les Bergers de l'Espoir et certains résidents comptent sur les banques alimentaires locales tel que St. Joe's Supper Table. Chaque geste compte!

Pour toute question sur les programmes fédéraux, contactez mon bureau au 613-998-1860 ou à mona.fortier@parl.gc.ca.

Dear residents,

As the year comes to an end, Sandy Hill stands out for the generosity, compassion, and community spirit that define the holiday season. From illuminated streets to food drives and artisan markets, this time of year reminds us of what makes Sandy Hill strong: neighbours and families committed to caring for one another.

At the federal level, programs like the Canadian Dental Care Plan and the Canada Child Benefit provide tangible support to families, helping them cover essential care and secure a better future for their children. Budget 2025 continues in this direction with concrete measures to improve affordability, support children's well-being, and address housing needs, including in diverse neighbourhoods like Sandy Hill, where every bit of support matters for families.

The housing crisis remains a major challenge. To address it, the government launched Housing Canada, an agency tasked with accelerating residential construction and restoring affordability. The plan includes removing GST on first homes under one million dollars and strengthening partnerships with builders, Indigenous communities, and housing co-ops to deliver homes faster, while prioritizing Canadian-made materials.

Budget 2025 also focuses on investing in our workers and local businesses. The Buy Canadian policy will direct more contracts and infrastructure funds to domestic companies, supporting up to \$70 billion in public investments and helping create good jobs.

In the National Capital Region, the federal public service remains central to our identity. I know many public servants are facing uncertainty. I want to assure them that our government will implement upcoming changes with transparency and respect. Ottawa will remain the heart of Canada's public service—a centre of excellence and opportunity for the entire region.

As the holidays approach, let's also think of those experiencing difficult times. Sandy Hill is home to essential organizations such as the Ottawa Mission and Shepherds of Good Hope and some residents are supported by local food banks like St. Joe's Supper Table. Every gesture counts!

For any questions about federal programs, contact my office at 613-998-1860 or mona.fortier@parl.gc.ca.

Mona Fortier, P.C., M.P.  
Ottawa-Vanier-Gloucester



## Community centre boardroom named after trailblazing Sandy Hill woman

Noah Leafloor & Christine Aubry

The boardroom in the lower level of the Sandy Hill Community Centre has been named after Sandy Hill resident Alicia Natividad, a tribute to her accomplishments in the field of law and her incredibly numerous contributions to her local community.

Natividad and her husband first lived in Sandy Hill as students, while they both attended uOttawa's law school. They bought their first house in Sandy Hill on Goulburn Avenue, back in 1982, and now live on Range Road.

The City of Ottawa website states that this commemorative naming is "in recognition of Alicia Natividad's dedication to community service," and that "Natividad was the first Filipino lawyer to be called to the Ontario bar and has been a trailblazer for women in leadership roles, encouraging women of all cultures to become leaders in politics, society, and within their communities."

On December 6, a ceremony was held to unveil a plaque in the boardroom where Natividad was honoured by Distinguished Women of Ottawa along with the Mayor of Ottawa Mark Sutcliffe and Rideau-Vanier councillor Stéphanie Plante.

"I am honoured to be recognized for my community work and to have a boardroom named after me," said Natividad. "I want to celebrate and thank DWO for the advocacy work it is doing to have public spaces named after women. I was fortunate to be chosen by DWO to have this space named in my honour." Being a strong advocate for gender equality and improving the status of women, she has herself nominated other women from Sandy Hill for DWO awards.

Unfortunately, DWO may not be able to continue to do this. A representative of the organization, Lee Farnworth, said that though the City encourages the practice of nomination, it does not provide money to pay for the associated plaques. "The plaques can range in cost from \$400 for a boardroom sign to \$2,800 for a park sign," she explained. "We've nominated four women this year and all were accepted. As a non-profit with no funds, we can't afford the cost of continuing to do this," she said regretfully. In her opinion, the City needs to cover the costs if it wants people to put forward names of women who deserve recognition of their contributions to the community, women like Alicia Natividad.

Natividad, who was born in the Philippines, uses her voice to advocate for the Philippine community in Ottawa and nationally. She has provided legal council to many Filipino organizations in Canada and is passionate about promoting Filipino businesses in Ottawa and Canada.

"In past years, a number of associations have rented this large room at the Sandy Hill Community Centre to display and sell Philippine products and food, and to showcase Philippine culture," Natividad told IMAGE prior to the ceremony. "Unfortunately, there is no Philippine community association or church in Sandy Hill," she added. "Assumption Parish Church at 320 Olmstead St. in Vanier is where Filipino Canadians congregate primarily on Sundays to attend mass and to participate in various events."

Natividad says she is humbled to have received this recognition and is proud to represent the Filipino community.

To read more about Alicia Natividad's long list of accomplishments and many other awards received, visit the Distinguished Women of Ottawa website at: frottawadw.ca/biog/alicia-natividad.

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# The Sandy Hill Assault on Salt Society's call to action

Photo: Christine Aubry

Winter is here again, when Ottawa streets are too often whitened by as much salt as snow. Road salt is intended to provide safety, but its overuse is causing serious damage to our infrastructure, streets, sidewalks, vehicles, clothing, parking garages and other structures, and, most important, our waterways. The rebuilding of the St. Patrick Street bridge is a good example of the alarming effects of salt damage on infrastructure.

A recent study by the Ottawa Riverkeeper examined 45 different streams around the city over a five-year period. It showed that only 10% of samples were within a safe level of toxicity while over 45% of sites suffered from acute chloride poisoning, killing aquatic life and destroying our ecosystem.

Other municipalities are finding alternatives to road salt. Montreal has significantly reduced the use of road salt; Winnipeg uses sand and grit instead; others use salt brine and even beet juice is effective in Sweden.

## What can residents of Sandy Hill do?

1) sign the Ottawa Riverkeeper's Road Salt Reduction Pledge at <https://ottawariverkeeper.ca/sign-the-road-salt-reduction-pledge/>. This site includes a link to the Five Year Report on Road Salt Monitoring in the National Capital Region.

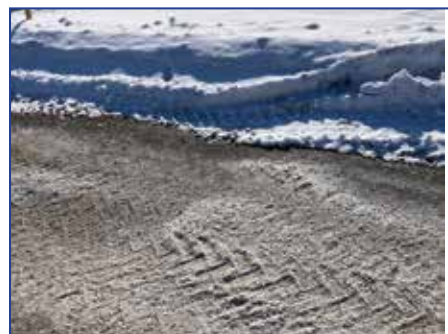


Photo: Claire MacDonald



**Un groupe de résident.e.s de la Côte-de-Sable préoccupé.e.s par la surutilisation de sel sur nos trottoirs demande aux voisins d'agir avec eux en signant une pétition et en signalant à la ville les amas de sel en composant le 311 ou encore mieux, en utilisant l'application pour transmettre des photos.**

2) Report the overuse of salt, for example clumps and dumps, to 311 and our councillor, ideally with photos.

3) Consider joining our circle of concern in Sandy Hill. We meet to review research on the problem and to develop ways to raise awareness of this serious threat to our ecosystem. Contact us for further information at [saltinottawa@gmail.com](mailto:saltinottawa@gmail.com).

— Andrew Johnston, Jane McNamara and Judy Rinfret (a.k.a. The Sandy Hill Assault on Salt Society, SHASS)

Photo: HS Canada



DJ Amilio El Más Alegre hosted a Spanish language radio show on the University of Ottawa's radio station CHUO 89.1FM.

## Farewell CHUO!

The station, on the air since 1975, is cancelling its live programming on Dec. 15 and closing down completely at the end of February. This news has sparked disappointment, especially among ethnic groups who found their voices represented in the diverse shows offered by the station. The station lost a referendum in 2023 on whether student fees should continue to support the station.



**Lucille Collard**

MPP / députée Ottawa-Vanier



Photo C. Brazeau

## Mise à jour de Queen's Park

Le retour à Queen's Park a été mouvementé. Un grave scandale impliquant le Fonds de développement des compétences a soulevé de vives inquiétudes quant à la transparence. Les allégations selon lesquelles des fonds publics auraient été attribués selon la loyauté politique plutôt qu'en fonction des besoins réels constituent une atteinte troublante à la confiance du public. Je continuerai de défendre fermement la reddition de comptes et l'intégrité dans les dépenses gouvernementales, surtout à un moment où les investissements devraient viser à mieux soutenir les personnes vulnérables.

Au cœur de la crise de l'itinérance à Ottawa, Sandy Hill et le marché ByWard subissent une forte pression. Bien que de nombreux services de première ligne y soient concentrés, les résidents et les petites entreprises ont encore besoin d'un soutien concret. J'exhorte le premier ministre Ford à investir dans des solutions coordonnées—logement de soutien, services intégrés en santé mentale et en dépendances—et je continuerai de réclamer les ressources dont nos communautés ont urgemment besoin.

Le gouvernement a adopté un nombre record de projets de loi à un rythme également record cette session. Bien que les libéraux aient appuyé plusieurs politiques, quatre projets de loi majeurs n'ont absolument pas reçu notre soutien. Le projet de loi 33, qui prétend soutenir les enfants et les élèves, concentre le pouvoir entre les mains du ministre de l'Éducation, et nous constatons déjà que celui-ci entend utiliser ces nouveaux pouvoirs comme il l'entend, sans égard aux réalités locales ni consultation du milieu. Le projet de loi 56 élimine les radars photo malgré des preuves solides démontrant qu'ils sauvent des vies et affaiblit d'importantes protections environnementales et professionnelles. Le projet de loi 46 annule des protections de longue date empêchant l'expiration des points de fidélité, permettant ainsi aux entreprises d'effacer des points durement accumulés et essentiels pour les familles—qu'il s'agisse d'épicerie, d'essence, de voyages et plus encore. Enfin, le projet de loi 60 introduit des changements qui, selon les critiques, faciliteront les expulsions pour les mauvais propriétaires sans offrir de protections adéquates aux locataires.

Sur une note plus positive, je suis très fière que le gouvernement ait adopté mon projet de loi d'initiative parlementaire visant à protéger les enfants en ligne. C'est un projet que j'avais d'abord présenté en 2023 et auquel je tiens tellement que je devais absolument le ramener pour le faire avancer.

Je veux profiter de l'occasion pour souhaiter à toutes et à tous de joyeuses fêtes et une nouvelle année pleine d'espoir et de succès.

Cordialement,  
Lucille Collard, Députée provinciale pour Ottawa-Vanier

## Update from Queen's Park

The return to Queen's Park has been eventful. A serious scandal involving the Skills Development Fund has raised deep concerns about transparency, especially as allegations suggest public funds were allocated based on political loyalty rather than genuine need. This is a troubling breach of public trust, and I will continue to stand firmly for accountability and integrity in government spending—particularly at a time when investments should be directed toward supporting vulnerable people.

Amid Ottawa's homelessness crisis, Sandy Hill and the ByWard Market are feeling the strain. Although many frontline services are concentrated in these neighbourhoods, residents and small businesses still need real support. I'm calling on Premier Ford to invest in coordinated solutions—supportive housing paired with integrated mental health and addiction services—and I will keep pressing for the resources our communities urgently need.

This session, the government passed a record number of bills in record time. While Ontario Liberals supported several measures, four major pieces of legislation deeply concerned us. Bill 33, which claims to support children and students, centralizes power in the Minister of Education, who is already signaling he intends to use these powers without regard for local realities or meaningful consultation. Bill 56 removes speed cameras despite clear evidence that they save lives and also weakens key environmental and professional safeguards. Bill 46 rolls back longstanding protections that prevented loyalty points from expiring, allowing companies to erase points that families rely on for groceries, gas, travel, and more. Bill 60 introduces changes that critics warn will make evictions easier for bad landlords while failing to provide adequate protections for tenants.

On a more positive note, I was proud to see the government pass my Private Member's Bill to protect kids online, legislation I first introduced in 2023 and was determined to bring back because of its importance to families across Ontario.

As we wrap up the year, I want to take this opportunity to wish everyone a happy holiday season and a new year filled with hope, health, and success.

Cordially,  
Lucille Collard,  
Ottawa-Vanier MPP

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#### Appel aux femmes francophones

Le Conseil d'administration du Centre Espoir Sophie au centre-ville d'Ottawa est à la recherche de trois femmes francophones ayant un sens élevé de la gouvernance et de l'engagement communautaire, surtout avec des expériences ou compétences en finances, droit, ressources humaines, santé communautaire, communications ou développement stratégique.

Veuillez envoyer un courriel à Geneviève Turcot: [tgenevieve@yahoo.com](mailto:tgenevieve@yahoo.com). Merci de ne pas transmettre votre CV et de simplement transmettre un récapitulatif de vos expériences, compétences et qualités pertinentes pour le conseil d'administration, ce que vous pouvez apporter au Centre Espoir Sophie et pourquoi souhaitez-vous rejoindre le conseil d'administration.



## Big changes (finally) coming to uOttawa campus

Noah Leafloor & Betsy Mann

Three new residences are coming to the University of Ottawa campus in the next six years, according to a press release published by the university on October 2 this year. At a November meeting of Action Sandy Hill's Town and Gown Committee, members had a chance to look at preliminary plans. Patrick Munro, the ASH Town and Gown Chair, was encouraged. "My position is that this is good for downtown and for a growing city," said Munro. "It provides a significant opportunity to improve our public realm while allowing for new housing and commercial areas to be constructed."

Combined, the three new residences will provide around 2600 beds, taking pressure off the surrounding neighbourhoods' rental market. The university aims to be able to guarantee a place in residence to all of its first-year students, leaving around 20% of spaces for upper-level students. Rent affordability is apparently an essential element of the planning process. The plans also foresee integrating learning and dining hubs and public spaces, as suggested by the name of the first phase of the project, the "Brooks Academic Village."

As anyone who has walked across campus to get to the Campus LRT station knows, the current Brooks Complex has been empty and fenced off for the last five years; mold and water damage issues

had made it uninhabitable. Its demolition is slated to begin in the spring of 2026, and construction of the new buildings will follow. Construction is being undertaken by a private-sector consortium, but once completed, student services will be provided directly by the university.

Farther in future, there are plans for two other residences. One would be built in the centre of the campus, on the current parking lot K which faces onto Waller Street. The other would be built on another parking lot on Stewart Street. Neither of those new builds involves demolishing current structures.

With these new developments staying on campus, the university is building vertically. Housing density and affordability have been issues for all Ottawans and especially for students and the unhoused. In an interview with IMAGE, University of Ottawa emeritus professor, Tim Aubry, expressed his assessment of the plans. "That's a big contribution to affordable housing in the city for a population group that essentially rents as close as they can to the university," he said. "It will liberate rental houses for those coming out of homelessness, something that has been difficult to achieve." Since June 2022, Aubry has been the co-chair for the Canadian Housing First Network, an organization which helps communities by developing, evaluating and improving their programs to assist the unhoused find permanent housing. Munro commented

**L'université d'Ottawa a annoncé cette automne la construction de trois nouvelles résidences étudiantes sur son campus dans la Côte de Sable d'ici 2031. Ce rendu d'architecture donne un aperçu général de la réalisation future prévu pour le site Brooks, un des trois sites de construction. Restez à l'affût des médias, des réseaux sociaux de l'université, ou encore des nouvelles d'Action Côte-de-Sable pour en apprendre plus lors des séances d'engagement communautaire promis par l'université cet hiver.**

on this matter too, saying, "This should hopefully reduce pressure on the local housing market while stimulating the local economy."

What will these developments mean for our neighbourhood? Geoffery Frigon, Associate Vice-President, Facilities, is quoted in the uOttawa press release: "The goal is to create a culturally responsive and welcoming environment by respectfully integrating the unique character of the Sandy Hill neighbourhood and Indigenous perspectives into the design." If you are interested in learning more about the plans for campus renewal, watch for announcements of Q & A sessions the university promises for later this winter.



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

*Meilleurs vœux de bonheur et de santé à vous et aux vôtres pour l'année prochaine. Je vous remercie d'avoir fait affaire avec moi et de m'avoir recommandée à vos proches au cours de l'année 2025.*

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



Photo: Michel Gauthier



### Changing of the guard

Photo: Christine Aubry

If you have raised children in Sandy Hill over the last 18 years, chances are you know of or have heard of "Big Mac." Derek McDonald (left) was the City of Ottawa supervisor of the Sandy Hill and Routhier Community Centres, but as of December has been reassigned to other centres. In his recent message to community partners announcing his departure, Derek shared: "After 18 years it's safe to say that the two sites have become second homes to me." We bid a fond farewell and good luck to Big Mac and we welcome his replacement, Ken Gu erin, a.k.a. "T-Bone" (right), who quite literally has big shoes to fill!



### Volunteers continue to spruce up stretches of asphalt on Sandy Hill streets. Want to help?

In September 2016, many Sandy Hill residents, with the support of the City of Ottawa, came together to transform patches of asphalt along Somerset Street East into gardens of trees, shrubs, and perennials. Since then, as described in a December 2024 IMAGE article, "The ups and downs of depaving projects in Sandy Hill" (found in the online IMAGE archives at www.imagesandyhill.org), the gardens have faced challenges, including the placement of garbage bins on a bed and the razing of plants in front of the Quickie. In addition, the gardens included plants and shrubs for which there are preferable alternatives that are non-invasive and better for pollinators.

Discussions about how best to fix these issues have taken place at the Action Sandy Hill (ASH) Environment Committee. A grant was sought from the City of Ottawa's Community Environmental Project Grant Program. The application was successful, and money was received in late summer.

There were limited options at the Quickie for the placement of the garbage bins, let alone concealment, in keeping with municipal by-laws. To help address this, ASH, with the help of the Sandy Hill Green Team, used the grant money to purchase large planters to partially hide the bins. Money from the grant was also used to renovate and restore the garden beds along Somerset. Some plants, such as barberry, have been replaced now by native flowering shrubs and perennials, and fresh soil and mulch have been added. The gardens have been improved, and while there have been setbacks, the planters are sprucing up the Quickie site.

More work is planned before the funding for the project ends in June 2026. People interested in helping with these gardens or other tubs and planters in Sandy Hill or offering other suggestions can email sandyhilltreegroup@gmail.com

— Marilyn Whitaker

### Santa's Sandy Hill helper

On Saturday, November 22, I set out to pick up papers at my favourite magazine shop on Rideau Street. Then I trundled down to Shoppers Drug Mart to mail a parcel. Since it was a rare sunny day, I decided to head to Elgin Street to do a little seasonal shopping.

I stopped on the Laurier bridge and watched as the Santa Claus parade travelled by below along Queen Elizabeth Driveway. I decided to take a picture with my cell phone as I had a bird's eye view of Old Saint Nick himself. I have grandchildren in Australia, who are verging on the edge of disbelief in the Old Elf, so I thought a picture might help keep their innocence a little longer. It was so heartwarming to see so many happy faces.



Once on Elgin Street, as I slipped my hand into my coat pocket for my wallet to pay for a purchase, I realized to my horror that my wallet wasn't there! I upended my shopping bag, emptied my coat pockets... nothing. I hot footed it back to Shoppers on my 74-year-old legs, simultaneously and unsuccessfully trying to reach them by phone at their customer service. Immediately heading to the cashier, I asked if anyone had turned in a wallet...negative! Aghhhh!

I walked even faster home where I live near Strathcona Park with worst case scenarios dancing in my head...was I pick-pocketed, had I lost it somewhere, if so, how? Am I losing my marbles and my wallet?!

Immediate cancellation of credit card and debit card along with Presto card. No new charges to my credit card since Shoppers Drugs, so I breathed a little easier. Sat with a cup of tea, imagining the wait and the hassle to get other IDs replaced.

About ten minutes later my son in Richmond texted me to say a fellow had just called him to say he and his daughter had found my wallet! And he lived three blocks away from me. My son gave the chap my number and I heard from "Philip" shortly after that. He had found a card in my wallet that had emergency phone numbers if anything untoward happened

to me or my property. They found it on the Laurier bridge where I had stopped to watch the parade. Philip and his daughter met me at Working Title and returned my wallet.

It really felt like a miracle and Philip and his daughter were my angels. It is so wonderful to know there are honest, kind folks in the world. In fact, I believe most folks are inclined that way! Philip parted with a suggestion that I read IMAGE, which I do regularly with great interest. Thank you again Philip and daughter. Blessings and Seasons Greetings!

Beth Smith  
Laurier Avenue

Editor's note: Philip is none other than IMAGE photographer Philip Owen.

**Merry Christmas, and Happy New Year! Wishing you all the best in 2026!**

**Joyeuse No el ! Je vous souhaite une belle et heureuse ann ee 2026 !**

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Ken's Bygone Sandy Hill

# The Town House Motor Hotel was an Ottawa hotspot

Photo: Ken Clavette

Ken Clavette

While researching the history of the Nelson/Bytowne Theatre for the summer issue, I discovered some information about the Days Inn next door. A neighbour who spent years working at the motel suggested I devote my next column to the story of that storied establishment.

The automobile revolution offered people newfound freedom to travel away from the railway routes. This created a demand for new types of accommodation. Initially, motor campgrounds met this need, but soon a new form quickly emerged: the motor inn. Beginning in the mid-1920s, motor inns combined hotel comforts with recreational facilities. Located just outside city centres, they offered guests the convenience of parking directly outside their rooms.

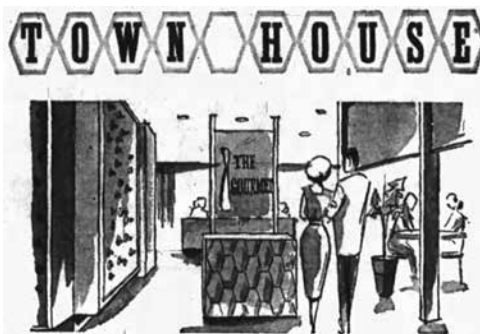
Ottawa featured several motor inns, often situated along highways leading into the city. Prince of Wales Drive hosted a number, Carling Avenue had the Town and Country, and Montreal Road was home to the Butler Motor Hotel. The Butler family began with a gas station in the 1920s and built their motel in response to the growing number of travellers stopping for fuel. They operated the motel until the mid-1970s.



Le Days Inn sur la rue Rideau, sous le nom original de Town House Motor Hotel, fut construit en 1960 par le même propriétaire que le Nelson Theatre (maintenant la salle de cinéma ByTowne) et fut acclamé pour son élégance et sa gastronomie. Plus qu'un simple motel avec stationnement, c'était un « hotspot » des années 60 et 70, avec son Nailhead Lounge, salle de banquet, et cinéma avoisinant.

*Editor's Note: If you thought the Bygone Sandy Hill column in the Fall 2025 issue of IMAGE sounded familiar, you were right. The text was repeated, in error, from the Summer edition. We apologize sincerely to all readers who were confused by the disconnect between headline and story and are pleased to present the excellent article as its writer intended.*

The Town House Motor Hotel stood apart, situated in the city centre just five blocks from Parliament. It shared a close connection with the Nelson Theatre next door. Morris Berlin, founder of the theatre, also envisioned the Town House. In 1960, he demolished the family's cleaning business, replacing it with a modern motor inn. Although today the site is known as



## Ken's Fun Fact

2025 marks the 100th anniversary of the "Motel." It's been a century since the "Milestone Mo-Tel," opened on December 12, 1925, in San Luis Obispo, California. This was the original "motor hotel," combining convenient roadside lodging with parking for automobiles, catering specifically to the needs of road travellers with the growing use of cars. The term "motel" is a blend of "motor" and "hotel," reflecting this innovation in travel accommodation.

Days Inn, Berlin's original concept was quite different.

Architect George Bemi designed the Town House as a stylish, modern motor court. Its interior decor was crafted by Ottawa's top commercial designer, Gordon Forrest. Berlin wanted the very best: "the Town House had to be Ottawa's most outstanding motor hotel; every room, every curtain, every chair had to be just right," reported *The Ottawa Journal* on November 28, 1961.

Berlin aimed "to build a Motor Hotel befitting the Nation's Capital, where guests would enjoy the art of gracious living and dining." The inn featured drive-in registration as an option for guests. The sixty rooms were richly carpeted and ranged from singles to deluxe suites, each decorated in French Provincial, Scandinavian, or Oriental styles. The bridal suite was a "symphony of white and gold." All rooms were air-conditioned and equipped with a new novelty, a coffee maker. Additional amenities included hideaway ironing boards, a coin laundry, and one-day dry cleaning—especially convenient for business travellers. Bathrooms in deluxe suites had coloured fixtures and matching phones, and guests could choose between hard and soft pillows.

The Town House offered an uptown atmosphere that extended beyond accommodations. "The Gourmet Room" on the ground floor delivered a unique dining experience with a BBQ pit, lobster tank, and shish kebab served on miniature swords that guests could take home. The banquet room, accommodating 125 people, was ideally suited for weddings, club and community events. Berlin offered his space to the newly formed "Ottawa Gourmet Society," which had been inspired by

similar groups in New York City and San Francisco. He offered seven-course meals served alongside complimentary wine and beverages. In the 1970s, the Town House also hosted women's-only dances for "Lesbians of Ottawa Now."

The "Nailhead Lounge" quickly became an Ottawa hotspot, named for its unique mural by local artist David Partridge—thousands of nails of all sizes and colours hammered into plywood. Guests could enjoy food or drinks before attending a movie next door, entering the theatre via a side entrance that also served as a fire escape. The balcony exit led directly to the lounge; a convenient feature especially appreciated during Ottawa's winter months.

By the end of the 1970s, shifts in hotel taste, dining and moviegoing habits meant the Town House no longer fulfilled Morris Berlin's original vision. Ownership changed, and the property is now the Days Inn by Wyndham, managed by Tasico Hospitality. Yet the Town House remains a memorable part of Sandy Hill's history—a place where for a time, everyone wanted to be.



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# Tips for responsible bird feeding this winter season

**Gabrielle Dewalt**

Bird feeders have recently become a controversial topic in Ottawa: a City councillor recently proposed that all bird feeders be banned in Ottawa, because the seeds attract too many rats. The National Capital Commission has declared that no bird feeders will be allowed on NCC property this upcoming winter season, reason being that bird feeders change the behaviour of birds, who become dependent on them, and that feeders can promote mould growth and transmit diseases to the bird population. This has left me questioning whether we should reconsider putting up our bird feeder this winter, a difficult proposition considering the great joy watching birds has brought me over the years.

Despite the arguments against bird feeders, I believe that by following a few good practices, they can continue to have a place in our backyards and provide much joy.

### Keeping rats away

About ten years ago, my household faced a fairly serious rat infestation; we would sometimes see groups of four or five rats below the feeder happily munching on dropped bird seed! We successfully mitigated this problem by moving the feeder away from garbage and compost bins and only putting the bird feeder up during the winter months, when birds have a limited food supply. To provide birds with food throughout the year, we planted native plants with seed crops.

### Keeping the birds healthy

If you decide to put up a bird feeder, it is very important to clean it regularly to prevent contamination from mould and bacteria. The Cornell Lab of Ornithology, which runs Project FeederWatch, recommends cleaning your bird feeder with soap and hot boiling water or by soaking it in a diluted bleach solution for ten minutes. If you put up a hummingbird feeder in the summer, be aware that it needs to be cleaned every two to five days.

### Preventing window strikes

Window strikes are another potential issue, which can result from incorrectly placed feeders. According to the Cornell Lab, you should either place your bird feeder within one metre of the window, or alternatively, nine meters away or



**Pour répondre à certaines controverses concernant les mangeoires à oiseaux en ville, notre voisine Gabrielle Dewalt nous propose quelques bonnes pratiques pour assurer la sécurité et le bien-être des oiseaux, tel qu'éloigner les mangeoires des fenêtres et des poubelles, et les nettoyer régulièrement pour prévenir la moisissure et la prolifération de bactéries.**

Photo: Gabrielle Dewalt

more; when a bird feeder is within one metre of your window, birds cannot gain enough momentum to hurt themselves if they strike the window when leaving the feeder. Cornell Lab also recommends using decals such as dots on your windows to prevent strikes.

Finally, let's address the belief that birds can become too dependent on feeders and face starvation if the food source is taken away. Nature Canada, a nature conservation charity and supporter of bird feeder use, argues that this is not the case and that birds simply incorporate feeder visits into their routine.

Watching and feeding birds can provide countless hours of pleasure and promote an appreciation of the natural world. So, go ahead! Put up your bird feeder! Feed the charming chickadees, the colourful cardinals and the upside-down nuthatches! This year my husband and I will try something new and hang our freshly sterilized feeder within one metre of our porch window. I can't wait to see what feathery friends we attract this year as we watch from the warmth of our cozy house.



Snow is not for the birds.

Photo: Christine Aubry

## Bytowne Birds



Illustration: Evelyn Baraké



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# What's with the orange and blue flagging tape?

Photo: Gabrielle Dewalt



**Brian Dewalt**

Walkers along the river path south of Strathcona Park may have noticed a number of trees cut off at chest height and marked with orange flagging tape. These are invasive Common Buckthorn, which have infested large stretches of the riverbank.

Over the past two years, local volunteers of the Sandy Hill Green Team have been controlling the spread of this aggressive tree by uprooting seedlings and saplings and removing and destroying berries. For trees that are too large to uproot, we use the "critical period cutting" method developed in Minnesota by the Friends of the Mississippi River. This involves killing the tree in stages. In the first year, the crown of the tree and all side growth is cut and removed, leaving a bare stem.

**Si vous vous demandiez pourquoi il y avait des petits drapeaux de couleur dans le boisé le long de la rivière, le Sandy Hill Green Team les a placés pour identifier le nerprun commun, une espèce envahissante qui doit être coupée.**

Afterward, at least twice during the growing season, volunteers return to the tree and strip away any green regrowth that sprouts on the trunk. Because the tree cannot photosynthesize, and its energy reserves are depleted constantly putting out new leaves, the tree becomes stressed and its roots are gradually starved of nutrients.

After two to three years of this treatment, the roots and the tree will die. In the meantime, plantings of native trees and shrubs (flagged with blue tape) will have established themselves to outcompete any buckthorn seedlings that remain.

# The stumps and fallen trees of the Rideau River Pathway

Photos: Bob Whitelaw

**Bob Whitelaw**

There is an overlooked part of the Rideau River Pathway near Strathcona Park in Sandy Hill. Along the river, wildlife abounds — varieties of woodpeckers, ducks, geese, and the turtles which appear from time to time. These park residents and features offer a constantly changing landscape of sights and sounds for residents, visitors and certainly, photographers.

However, there is another part of the river pathway that remains silent and receives little attention.

Throughout parts of the park are the stumps of trees past, which once towered to the sky. Little can we know about the times in which these trees lived and the



stories that they could tell. Their work of exchanging light and carbon dioxide into oxygen that we need has long passed but their presence carries on in the park, supporting insects and fungi as their ongoing contribution to the cycle of life.

Full credit to the overseers of the river pathways who know the importance of leaving many of the tree roots and fallen logs in place for between 20 and 50 years or longer. These monuments to the past remain in full view and should be seen with wonder at the trees that they nurtured and strongly supported.

On your next visit along the paths, take time to reflect on the many stumps left in their original place and ponder their past.

# Out & about



Nagisa Kitamori, a foreign student and Olympic athlete, donated her ski boots to a lucky Francojeunesse student in Sandy Hill. Nagisa graduated from the one-year ESL course and returned to her home country this fall, after touring Niagara. *Photo: HS Canada*



Sandy Hill's representatives Councillor Stéphanie Plante and MPP Lucille Collard posed with Santa at their annual Festive Breakfast held on November 29.

*Photo: HS Canada*

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# CAFCO thanks Sandy Hill

Dear Sandy Hill community,

Over a year ago, the Child, Adolescent, and Family Centre of Ottawa, a multidisciplinary mental health clinic, moved out of your lovely neighbourhood. In the midst of our transition to our new space in Alta Vista, we didn't take the time to properly express our gratitude to the community where CAFCO grew.

From 2013 to 2024, CAFCO was proud to be located in the beautiful historic white house at the corner of Osgoode Street and Blackburn Avenue. Our clinicians and admin team truly loved being part of this community and serving some of the wonderful families who call Sandy Hill home. We were especially grateful to support both francophone and anglophone families, and our team was always delighted to be greeted by the children at the Bettye Hyde Early Learning Centre as we arrived at work.

We have since moved into a larger space that allows our full team to be under one roof and where we now have dedicated areas for group programming. We continue to provide services with the same commitment, care, and compassion to children, youth, and families, and, more recently, to adults.

Thank you, Sandy Hill, for being our home for more than ten years. Though we've moved, we're still nearby, and we're here if ever you need a shoulder to lean on.

CAFCO was recently awarded a grant from the Ministry of Francophone Affairs of Ontario to help us build our capacity to serve francophone families. We're currently finalizing a number of new group programs, some of which are offered in both English and French, on topics such as emotional regulation, supporting anxious children and their families, helping teens strengthen their executive functioning, support for parents with ADHD, as well as an art workshop for teens on the spectrum and a grief group for teens. For more information, please visit our website: [cafc0-ceafo.ca/](http://cafc0-ceafo.ca/).

Farewell, Sandy Hill, and thank you for everything.

*Julie Desjardins, Caroline Sullivan, and Catherine Ouimet on behalf of the CAFCO team*



Photo: Paul Cantin

**A false start to winter in early November already saw lonely mittens at Bettye Hyde Early Learning Centre on Blackburn. Hopefully Santa will bring more!**

# Une belle initiative à l'école Francojeunesse

**Claude Bégin**

Depuis le printemps 2024, l'école Francojeunesse accueille toutes les semaines des bénévoles du programme Lire et faire lire Ontario. Pourquoi? Il s'agit d'accompagner les élèves des classes de la première année en lecture. À chaque nouvelle saison, sauf en été, tous les élèves reçoivent huit sessions consécutives de partage de lecture avec des personnes âgées de plus de 50 ans. En moyenne, il y a cinq lectrices ou lecteurs bénévoles par classe. La session de lecture aux enfants dure environ 30 minutes. Chaque groupe, composé d'environ trois à cinq élèves, se joint au même bénévole pour la durée des huit sessions. La répétition des rencontres, semaine après semaine, favorise la création d'un lien intergénérationnel entre les enfants et les adultes. Tous les bénévoles recrutés doivent faire preuve d'une maîtrise de la langue française. Question de sécurité, ils doivent aussi subir une vérification de leurs antécédents judiciaires.

L'association Lire et faire lire Ontario existe depuis 2024, mais la conception du programme a débuté en France en 1999. Un des co-fondateurs est le célèbre écrivain français Alexandre Jardin. Ce n'est que quelques années plus tard que le programme commence à prendre des racines au Canada en débutant dans certaines écoles au Québec. Dans les années 2010, le programme commence à s'étendre ailleurs dans d'autres provinces, tel qu'au Nouveau-Brunswick, en Colombie-Britannique et en Alberta. L'association Lire et faire lire Ontario est mise en œuvre avec



**Des élèves d'une classe de 1re année à l'École élémentaire publique Francojeunesse écoutent attentivement l'histoire racontée par une bénévole de Lire et faire lire Ontario.**

l'appui de partenaires locaux. L'objectif du programme est clair et précis : susciter le plaisir de la lecture et le goût des livres en aidant les enfants à lire, à développer leur écoute active, à communiquer et à comprendre des histoires.

Ici, dans notre école francophone du quartier de la Côte-de-Sable, la chef d'équipe des bénévoles, Myrella Roy, témoigne de ses impressions quant à l'expérience vécue auprès des élèves au cours des huit semaines : « L'expérience a été encore plus gratifiante que prévu. Elle

a remué des souvenirs d'enfance à regarder les contes animés de la poupée Fanfreluche à la télévision de Radio-Canada et à écouter ceux imaginés par ma mère assise au bord de mon lit. J'espère avoir nourri l'imaginaire de tous les enfants dans mes deux groupes et semé le plaisir des livres et le goût de la lecture chez au moins l'un d'eux ».

Lors d'un autre témoignage, on a demandé à Mme Roy si elle recommanderait ce programme à d'autres collègues. Sa réponse fut spontanée : « Oui, abso-

lument. La littératie est fondamentale pour contrer l'échec scolaire et même la délinquance, ainsi que pour s'épanouir tant au plan social qu'économique. La participation au programme m'a permis de découvrir une autre raison d'être, en créant et en cultivant des liens non seulement avec des enfants attachants, mais aussi avec des bénévoles dévoués ».

Les bénévoles vont chercher les livres à la bibliothèque de leur localité avant les sessions de lecture. Avant et après chaque séance de lecture, ceux-ci partagent trucs et astuces qui permettront d'affiner et de rendre plus dynamique leur approche pédagogique auprès des enfants. Afin de favoriser la participation citoyenne et de développer des liens sociaux, l'association du programme offre des activités de médiation culturelle, assurant ainsi un bon déroulement des séances de lecture.

Mme Roy nous partage une anecdote amusante : « À la première séance, j'ai appris aux enfants une comptine adaptée de l'air et des paroles du thème musical de Fanfreluche. Au début de chaque séance, nous entonnions cette comptine. Si par malheur je l'oubliais, les enfants ne manquaient pas de me rappeler à l'ordre. Ma démarche était de privilégier « lire » sur « faire lire » en interprétant les voix des personnages de livres aux illustrations attrayantes et vives ».

Vous avez 50 ans et plus? Vous seriez intéressés à encourager nos jeunes à lire? Pourquoi ne pas devenir lectrice ou lecteur bénévole? N'hésitez pas à vous renseigner auprès de l'association Lire et faire lire Ontario, à l'adresse suivante : <https://lfontario.ca> Courriel : [dg@lfontario.ca](mailto:dg@lfontario.ca) Téléphone : 613-255-7011

## Extraits Un après-midi d'octobre











**Classe de maternelle-jardin**

**La promenade**

Un jour, on est parti en promenade. On a vu des lions accrochés en haut de la fontaine. C'était beau. On a dessiné les statues, la bordure de la fontaine, un cercle et de l'eau. On a compté les lions, il y en avait 8. On aime partir en promenade!

— Histoire dictée à l'enseignante par plusieurs enfants de la classe

# Inspirée par un panneau

Betsy Mann

Un panneau sur un poteau au coin de Blackburn et Laurier a attiré mon attention récemment : « Adopt a Road, Adoptez une route » et en-dessous, le nom de « Bianca Bertrand ». J'avais déjà vu ce genre de panneau, par exemple au Parc Strathcona, mais toujours avec le nom d'une association ou d'un groupe. J'étais curieuse. Que signifie adopter une route? Et qui est cette Bianca Bertrand?

Quand j'ai réussi à prendre contact avec Bianca, j'ai découvert que pour elle aussi, c'est un panneau qui a piqué son intérêt pour ce programme de bénévolat de la Ville d'Ottawa. « Je fais régulièrement des promenades dans le quartier. À Robinson Village, j'ai vu les noms d'Hélène Lacelle et de Peter Evanchuck sur un tel panneau. Je reconnaissais le nom d'Hélène, ayant acheté une de ses œuvres d'art par le passé. Cela m'a inspirée à chercher en ligne des renseignements sur le programme. »

Sur le site de la Ville d'Ottawa, on peut trouver les responsabilités associées à l'adoption d'une route. Elles sont simples : faire le ménage des lieux au moins deux fois par an et en faire un rapport. « J'avais déjà l'habitude de ramasser des déchets le long de la rivière Rideau lors de mes promenades, raconte-t-elle, alors il me semblait que je pourrais facilement faire ça. » C'est en 2019 qu'elle s'est engagée à « adopter » l'avenue Blackburn entre Laurier et Mann; elle vient de renouveler son engagement pour cinq autres années.

Armée de sa pince longue et de ses sacs, Bianca va au-delà des conditions

de la ville en accomplissant son devoir toutes les deux à trois semaines. « C'est une déformation professionnelle, dit-elle. Les ordures sont mon ennemi juré. Si je les vois, je dois les ramasser. » Malheureusement, elle a constaté que beaucoup de gens ne se donnent pas la peine de trouver une poubelle pour leurs tasses à café, bouteilles d'eau et emballages de collation ou de cigarettes. Elle regrette l'absence de poubelles publiques devant le centre commercial sur Mann, où elle étend souvent son territoire de nettoyage. « Les propriétaires du Quickie et de Chelia m'ont remercié de mon travail devant leurs commerces et dans les bacs à fleurs, dit-elle. Ils m'ont même offert un café! » La seule chose qu'elle ramasse rarement, ce sont les mégots de cigarette, trop nombreux sur les trottoirs!

Si l'exemple de Bianca Bertrand vous inspire à contribuer à la propreté de notre quartier, vous trouverez des renseignements sur le programme en cherchant « Adoptez une route » au [ottawa.ca/fr/](http://ottawa.ca/fr/). Peut-être verrai-je votre nom sur un panneau dans une autre rue de la Côte-de-Sable?

**Armed with her grabber and her bags, Bianca Bertrand is ready to do her volunteer work picking up litter she finds by the road she has "adopted," the stretch of Blackburn Avenue between Laurier and Mann. If you are inspired by her example to join this City-run program, search for "Adopt a Road" at [www.ottawa.ca](http://www.ottawa.ca).**



# Local artists inspire Sandy Hill youth

Photo: Bill Juliette

Gerald Dragon

Another successful Awesome Arts en Folie Festival was held this past October at Viscount Alexander Public School. The festival is the conclusion of six weeks of artistic workshops held in partnership with Multicultural Arts in Schools and Communities, or MASC. The Sandy Hill Community Health Centre has been partnering with MASC since 2012 to hold the series of workshops and the celebratory closing festival. This year's festival brought together groups from the Strathcona Heights after-school program, grades 4 and 6 students from York Street Public School, as well as the grades 5/6 and 3/4 classes from Viscount Alexander Public School. Makhena Rankin Guérin opened with an Indigenous teaching followed by a Hoop Dance performance which captivated the audience and set the stage for the rest of the evening.

Each group worked with a selected MASC artist for their workshop: Luciano Lu (Brazilian Beats Carnival), Just Jamaal the Poet (Song and Video), MOOV Ottawa Dancers Regis Ochi and Zomi Tombing (Afro-Beat and Hip Hop dance), Junkyard Jonny (Rhythm Workshop) and Emily Rose Michaud (Murals).

A big thank you to all the supporting staff who welcomed Awesome Arts into their classrooms and programs: Kristi Fulford, Joyce Contant, Carol Devine, Rowena MacKeen, Celia, Glory, Abdirahim, and Lia. A very special thanks to the program coordinator, Valerie Fenske from MASC.

The link/QR Code is to the music video created by the Strathcona Heights



senior after-school group. They were responsible for the words, music selection and helped to produce the video. [https://youtube.com/watch?v=v9oW4TP8dKQ&si=7cnS8qMow3L\\_nYZg](https://youtube.com/watch?v=v9oW4TP8dKQ&si=7cnS8qMow3L_nYZg)

**Des élèves de niveau élémentaire du quartier Strathcona Heights et de l'école Viscount Alexander ont participé au festival Arts en Folie au mois d'octobre, bénéficiant de six semaines d'ateliers d'arts organisés conjointement par l'organisme MASC et le Centre de santé communautaire de la Côte-de-Sable. Le code QR vous amène à la vidéo créée par des jeunes du club après-école de Strathcona Heights.**







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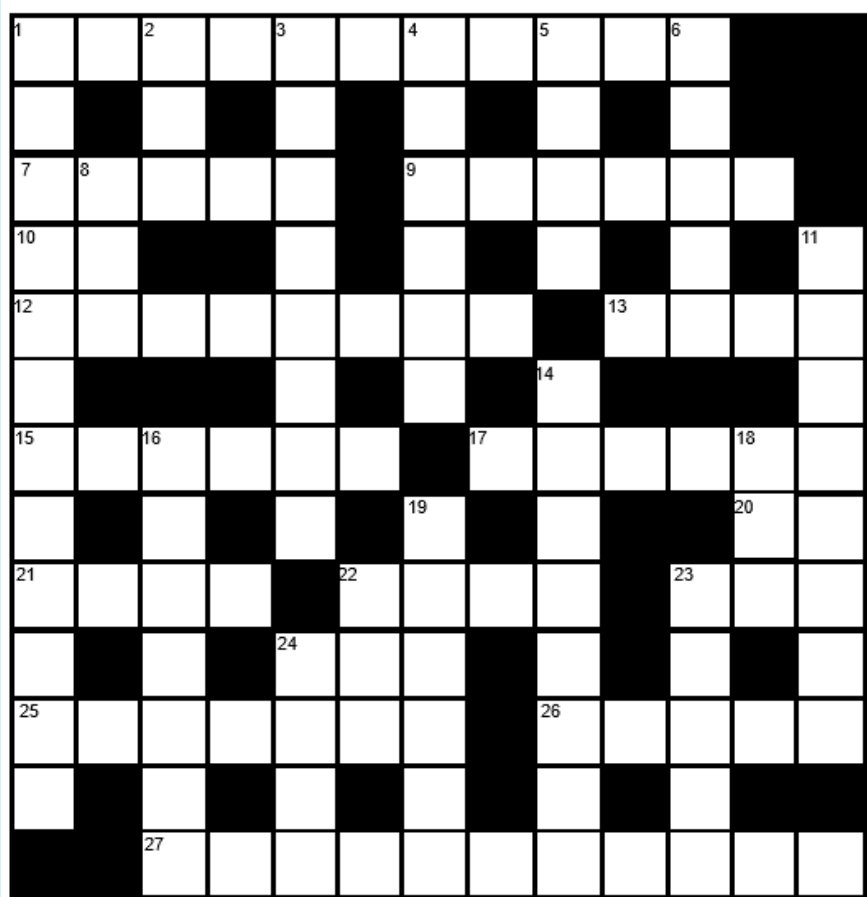
Local spot with a purple twist!



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# CELEBS FROM OTTAWA

By Ralph Blaine



**ACROSS**

- 1. Provide lodging or sufficient space for (of physical space, especially a building) 11
- 7. Relative of Crocodile (short name for) 5
- 9. See 5 down
- 10. A car powered entirely by its battery (abr.) 2
- 12. The continental portion of Canada's most easterly province 8
- 13. An inadvertent error in a printed text (abr.) 4
- 15. The "to be or not to be" guy (no known Ottawa connection) 6
- 17. A resident of Bratislava, probably 6
- 20. An officially bilingual Maritime province of Canada (abr.) 2
- 21. Unit of power often used for electrical consumption 4
- 22. Sirius, Vega or Alpha Centauri, for example 4
- 23. A measure of heat energy often used in HVAC systems (abr.) 3
- 24. The largest botanical garden in the world, \_\_\_ Gardens (London) 3
- 25. Canadian city, home to a summer population of flightless, migratory Blue Jays. 7
- 26. To reject with disdain or contempt. 5
- 27. Those who "shake a leg" with toe or heel taps to traditional Celtic tunes often with a fiddle accompaniment. 11

**DOWN**

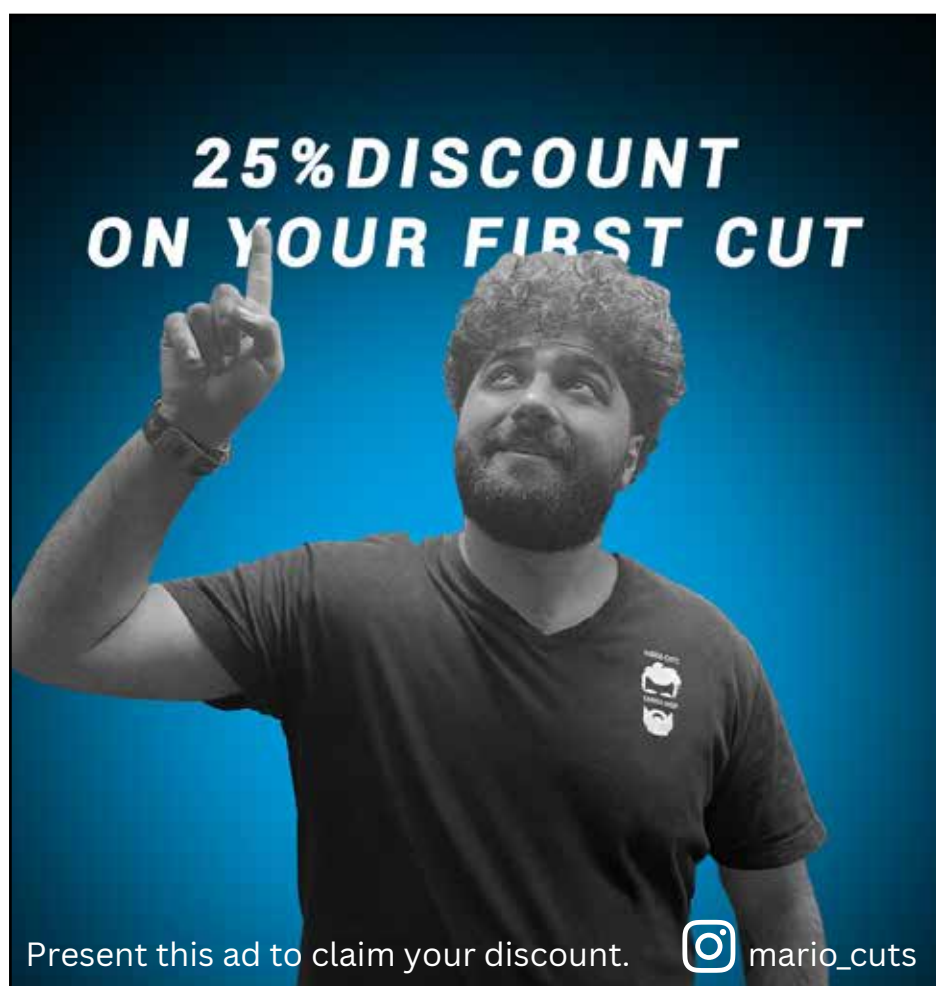
- 1. Internationally acclaimed pianist who trained in Sandy Hill on the uOttawa campus. Well-known for her Bach interpretations. 6,6
- 2. A collapsible or portable bed 3
- 3. Born in 1939 in Ottawa, this well known writer has won two Booker Prizes. Her book, *The Handmaid's Tale*, has made more than one appearance on the bestseller list. (with 19 down) 8,6
- 4. Choice 6
- 5. This former U.S. game show host was a graduate of uOttawa. (with 9 across) 4,6
- 6. Foe 5
- 8. U.S. movie star Gardner. 3
- 11. See 23 down.
- 14. This refugee from Hong Kong got her first job at Freiman's department store on Rideau Street. Years later she was living in Rideau Hall as Governor General. (last name only) 8
- 16. Ripens, grows up 7
- 18. Common social insect 3
- 19. See 3 down.
- 22. What a tennis player wins when they have won 6 games to their opponent's 4 games. 3
- 23. This folk musician grew up in Westboro. He had a breakout hit with the single "Wondering Where The Lions Are" in 1979. (with 11 down) 5,8
- 24. Leg joint 4

► Crossword solution, page 16



## Emmanuelle Erny a reçu le Prix du livre d'Ottawa

Une autrice de la Côte-de-Sable a reçu cet automne le Prix du livre d'Ottawa pour son œuvre *Charlotte au pays des mots* (Éditions L'Interligne), un roman dit orthodidacte où la fantaisie rejoint la grammaire. Originnaire de France, Erny habite la rue Sweetland depuis six ans. Voici un extrait de l'énoncé du jury: « Ce court roman fantastique rend hommage à la langue française de façon unique et divertissante.... Avec son écriture riche, l'autrice propose une histoire captivante, rafraîchissante et pleine de rebondissements.... » Un beau cadeau à mettre sous le sapin pour les francophiles!



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# Making fine art more approachable

Photos: Ana Julia Galvan

## Ana Júlia Galvan

This past November, Sandy Hill neighbours were welcomed to an inspiring initiative: the painter Denise Pelletier had a two-day exhibit of her most recent works in a private home. *Landscapes/Paysages* was hosted by friends of the artist who live on Osgoode, Evelyn Baraké and Boro Omar.

Born in the region of Lower St-Lawrence in Québec, Pelletier was an art teacher at Collège catholique Franco-Ouest in Ottawa and started her career as a painter more than 20 years ago. Among her influences are the French painters Cézanne and Manet, and the Ontarian Tom Thomson. You can really see the shades of their work in her paintings. Pelletier's works are marked by a bold use of vibrant colours and broad, firm strokes to the canvas, which creates an impressionistic feel to her subjects. Her keen observation of light goes hand in hand with the search for beauty in the ordinary. Whether portraying immense landscapes or small, passing moments of everyday life, her paintings exude an inspiring love for life.

Baraké explained how they came up with the idea for an exhibit in their home.

"I like the idea of making the experience of buying art a bit less intimidating. In an art gallery, it can be hard to picture what a piece would look like inside a home, alongside furniture, books and appliances," she said. "Exhibiting Denise's art in a home setting makes it more approachable. Plus, it's a lot of fun to meet new people without even having to leave the house!" This is the second year that Baraké and Omar have hosted an exhibit of Denise's art; this year they counted



at least 120 visitors over two days. They are pleased to say that through the exhibit, they raised \$1,500 for the Sameer Project, a mutual aid initiative providing essentials like food and shelter to families in Gaza.

Baraké also had a small secondary exhibit of her grandmother Isabelle Baraké's art. The elder Baraké started painting at the tender age of 87 and is now turning 95! "She sold her very first paintings that weekend!" said the artist's proud granddaughter.

To know more about Pelletier's work and see pieces available for purchase, visit her website: [www.dpelletier.ca](http://www.dpelletier.ca). And if you feel inspired, the artist also offers a five-day painting workshop in Baie-St-Paul, Québec.

To receive an invitation to next year's exhibit in Sandy Hill, email [maisonosgoode@gmail.com](mailto:maisonosgoode@gmail.com).



**Une famille de la Côte-de-Sable a ouvert ses portes au voisinage les 14 et 15 novembre dernier pour une exposition d'art de leur amie artiste-peintre, Denise Pelletier. Ceux qui ne veulent pas manquer la prochaine invitation peuvent envoyer un message à Evelyn Baraké ([maisonosgoode@gmail.com](mailto:maisonosgoode@gmail.com)).**

## Venez découvrir un artiste de la Côte-de-Sable à Dinette atomique

### Betsy Mann

Vous le connaissez peut-être comme « Skateboarding Jesus », ce personnage qui depuis des années sillonne les rues de la Côte-de-Sable sur sa planche à roulettes, le vent dans ses longs cheveux. Ou peut-être l'avez-vous vu en action au Rideau Sports Centre ou au parc Annie-Pootoogook? Maintenant vous pouvez découvrir un autre côté d'Alix Mantha : celui d'artiste peintre. Ces œuvres seront exposées au restaurant Dinette atomique au coin de Blackburn et Somerset Est jusqu'au 18 janvier 2026.

Alix Mantha habite le quartier depuis son enfance. D'abord élève à l'École élémentaire Francojeunesse, il a poursuivi ses études en arts visuels au Centre d'excellence artistique de l'Ontario à l'École secondaire De La Salle. « J'ai toujours dessiné, affirme-t-il, mais j'ai



**Visual artist Alix Mantha takes a break after installing his paintings for an exhibition-sale at the Dinette Atomique, corner of Blackburn and Somerset East. Restaurant patrons can admire the imaginative works of this artist, who grew up and still lives in Sandy Hill, until January 18, 2026.**

attendu longtemps avant d'exposer mes œuvres. Il fallait que ce soit bon. »

Effectivement, c'est seulement il y a trois ans à Art in the Park, dans le parc Strath-

cona, que le grand public a pu voir ses tableaux pour la première fois. Mantha était de retour à cet événement en septembre dernier quand Trina Cooper-Bolam a

visité son kiosque. « J'étais épatée par la qualité, la modernité, de ce que j'ai vu, dit-elle. Je me suis tout de suite achetée un tirage d'une de ses œuvres originales. » Lorsque plus tard elle a pensé à installer des tableaux d'un artiste de la communauté sur les murs de Dinette atomique, le choix lui était évident. Elle se rappelle : « Il était facile à trouver; c'est un voisin. Je l'ai simplement abordé dans la rue et il l'a accepté. »

En sirotant un café ou en dégustant leur repas, les clients du restaurant auront le temps d'apprécier le travail complexe des œuvres de Mantha. « Mon processus est minutieux, explique-t-il. Je travaille sur bois aux crayons rouge et bleu et aux marqueurs à peinture acrylique. Certains tableaux sont mats et d'autres finis avec une résine lustrée. » Les tableaux sont sans titres, permettant aux gens de découvrir leur propre sens dans l'enchevêtrement de membres humains, d'éléments architecturaux et de formes géométriques stylisées qui sortent de l'imaginaire de l'artiste. Alix Mantha encourage son public à prendre le temps de regarder ses tableaux de près. Chaque œuvre est unique. « Moi, j'y vois quelque chose, mais je ne suis pas sûr que les autres voient la même chose, dit-il. Plus on regarde, plus on voit...peut-être même des choses que je n'avais pas vues! »

Après la fin de l'exposition-vente des œuvres d'Alix Mantha le 18 janvier 2026, Trina Cooper-Bolam anticipe d'autres expositions d'artistes de la communauté. En regardant l'installation actuelle, elle remarque que cette première exposition à Dinette atomique place la barre haute. Vous pouvez contacter Alix Mantha à son compte Instagram : @manthaalix.

#### Crossword Answers, from p. 15

##### CELEBS FROM OTTAWA

###### ACROSS

1 ACCOMMODATE 7 GATOR 9 TREBEK  
10 EV 12 LABRADOR 13 TYPO  
15 HAMLET 17 SLOVAK 20 NB  
21 WATT 22 STAR 23 BTU 24 KEW  
25 TORONTO 26 SPURN  
27 STEPDANCERS

###### DOWN

1 ANGELA HEWITT 2 CAT  
3 MARGARET  
4 OPTION 5 ALEX 6 ENEMY 8 AVA  
11 COCKBURN 14 CLARKSON  
16 MATURES 18 ANT 19 ATWOOD 22  
SET 23 BRUCE 24 KNEE

Art review

# Years of Collecting Art: The Bill Staubi Collection at the OAG

Maureen Korp

*Grotto: The Bill Staubi Collection*, curated by Sam Loewen and Caro Stewart, presents the work of 27 Ottawa artists, work arising from within Ottawa’s multicultural, queer community. It is a big, important show for the Ottawa Art Gallery.

Entering the exhibition on the fourth floor of the OAG, we are greeted by the voice of Bill Staubi coming from *Rainbow Flag*, in the corner on the right. Save that filmed interview for later. Start with the section called “Flagging,” off to the left at the back. Its large stained glass window depicting Jeanne d’Arc on horseback overlooks Ottawa.

Why is that window here? In this exhibition? One hundred years ago, Jeanne d’Arc was a window in the convent wall of Ottawa’s Sisters of the Institute Jeanne d’Arc. Today, the convent is no more. Its window, however, was saved. Bill Staubi took it home. Really? Why not?

Jeanne d’Arc is a saint embraced by the queer community, one of several saints so honoured, among them John the Evangelist, Aelrod, and Sebastian. Said Pope Francis notably, in 2013, “Who am I to judge?”

The Jeanne d’Arc window in “Flagging” is centred in an area of signage display. In *Handkerchiefs [A-D]*, 2021, by Kent Monkman, for example, a set of four cotton handkerchiefs, when seen at a distance, appear to be bullets, four large, upright bullets. Seen close at hand, however, “bullets” become “prayers,” hands folded in prayer. Praying for whom? Small beavers, beavers with wings, rear on the handkerchief edges. Do beavers go to heaven, too?

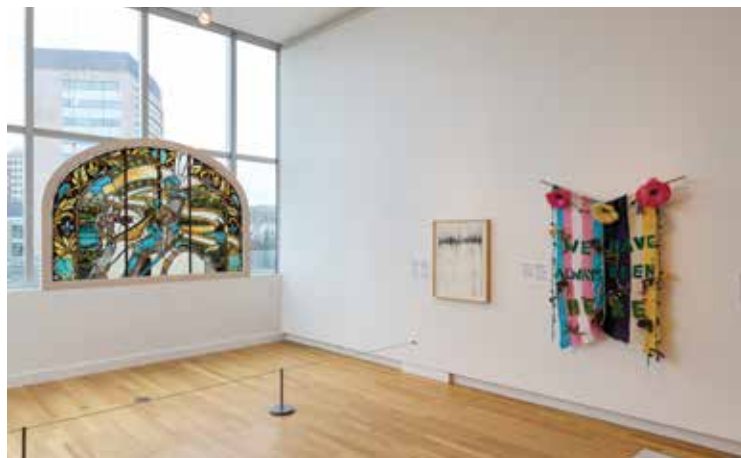
Saivani Sanassy’s tapestry *Blooming Together*, 2024, hangs nearby. It proclaims: “WE HAVE ALWAYS BEEN HERE.” Look at its flowers and attached elfin stuffies. Nothing scary here. Look at the quietude of *Consider it Said*, 2015, a work by Christos Pantieras—all done, peacefully.

Are there naked bodies to be seen in *Grotto*? Yes. Here, there, and underway. Inside an adjacent room of “Body Talk” work, two thoughtful paintings by Claude Marquis are paired. The top one, *Man*, 1998, is blue-ish in tone; the bottom one, *Devil*, 1998, is rosy. In both, we see the same figure—a naked dead man lying sideways, emasculated. The after-life is “after” life, after all.

In the centre of the largest area of the exhibition stands a tall column topped with a black crow, *Eve’s Rib*, 2017, a sculpture by Anna Williams. The big bird holds a thin curved something in its beak. More thin, curved shapes are scattered at the column’s base. Do



Photos: Rémi Thériault



Vues de l’exposition La Grotte. La Collection Bill Staubi, présentée à la Galerie d’art d’Ottawa jusqu’au 8 février 2026.

you know this story? The Genesis account? The story of Adam and Eve is not set in stone. There are other tales, too. The Kiowa have a story that Crow turned black after eating the Snake. Was this the snake that tempted Eve? Whatever happened to Lilith? Ron Bergeron might have known.

Ron Bergeron was the first pastor of Ottawa’s Metropolitan Community Church, a church of particular outreach to Ottawa’s queer community. In 1984, Evergon photographed the pastor in profile, holding two magpies, as we see in *Untitled Portrait of Ron Bergeron*, 1984. Why magpies? Folklore tells us one magpie means death—ah, but two are mirth. The lesson here? Laugh, be happy. Ron Bergeron (1941-1990) died of AIDS.

The historical backdrop of colonialism with its Christian missionaries in the “New World” frames a goodly lot of the artists’ work throughout *Grotto*. Kent Monkman uses the persona of Chief Miss Eagle Testickle in his work with historical referents as we see in *Resilience Plate*, 2018. *The Treaty of 1869*, 2016, presents another possibility, too, in its depiction of the kneeling soldier and the chief in full regalia.

Along the wall is a bookshelf filled with a good many studies of colonialism and culture for visitors to peruse. The curators have done their work well. What happens next? An activity booklet for all ages includes simple questions. What do you know of it all? What do you know of yourself? More to say? Walk into the “Confessional,” an anteroom to the exhibition. Here, your comments may be left safely and anonymously.

*Grotto* is named for another “grotto,” the one inside Bill Staubi’s home—a small room, filled with icons, collected over many years. Near the exhibition’s Rainbow Flag is a little shrine Staubi himself fashioned: *A Piece of Cake*, 2017. Its angels hold high a beautiful cake, untouched by the devil below. Cherubs watch overhead, whispering secrets.

The OAG exhibition celebrates Bill Staubi’s acumen as a collector. More of the Staubi collection is currently at the Mississippi Valley Textile Museum in nearby Almonte. Check it out: <https://mvtm.ca/art-from-the-collection-of-bill-staubi/>

This is work Staubi donated to MVTM for fundraising. An artist’s work enters into the lives of others when it is seen, recognized, embraced. You, too, can collect art. The arts are here, all around.

*Grotto: the Bill Staubi Collection* continues until February 8, 2026 at the Ottawa Art Gallery, 10 Daly Avenue.

Reprinted with permission from *The OSCAR* (September 2025 issue)



Photo: HS Canada

## Eiko Emori’s talent receives new recognition

Eiko Emori is a Japanese-Canadian graphic designer and glass sculptor who has a chapter dedicated to her in the newly released book *Women Graphic Designers: Rebalancing the Canon*.

It was published in 2025 by Bloomsbury Visual Arts in the UK, which highlights the contributions of female designers around the world.

Born in Japan, Emori was educated in both Japan and abroad before settling

in Ottawa. Before becoming a glass sculptor, Emori specialized in graphic design. She was particularly known for the books she designed in Canada, including projects for the National Gallery of Canada.

She is now a retired graphic designer and an active glass sculptor who showcases her work at her home on Chapel Street in Sandy Hill.



Byward Market, November 2025

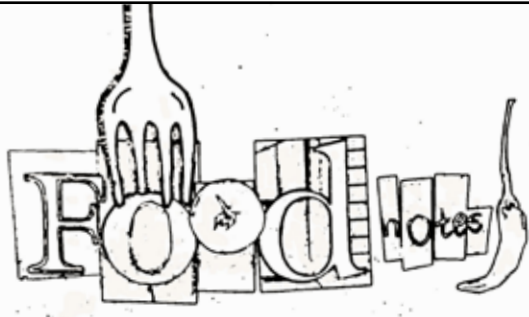
Photo: HS Canada

## SANDY HILL COMMUNITY YOGA

Looking for a fun yoga class that’s accessible and community focused? Join us for Monday evening yoga! Our classes include breath work, meditation and different flows inspired by our shared world. Limited availability!

Scan the QR code to contact us for more info!





Here come the holidays! Are there any family food traditions you look forward to that involve our neighbourhood eateries? Are you getting your turkey dinner catered this year? Have you found a great edible stocking stuffer at a local store? Please share your favourite Sandy Hill food experiences with [editor@imagesandyhill.org](mailto:editor@imagesandyhill.org)

## Paula Kelsall

### Tahini's Mediterranean Fusion, 238 Laurier Ave. E.

When it comes to Middle Eastern food, my heart is with the places owned by local families that have been dishing up garlicky deliciousness in Ottawa for decades. But as chains go, Tahini's is a not-too-large and Canadian-based example, with original branches in London, Ontario. They have all the usual menu items: chicken and beef shawarma, falafel and hummus, presented as both wraps and bowls with rice or salad. They also offer a few unexpected items, such as samosas and breaded chicken tenders. Then, there are the flavour elements from other cultures that feature in some of the shawarma offerings, such as the Jamaican jerk wrap or the butter chicken wrap. Servings are generous and affordable. For \$12.99, we tried a falafel bowl that came with a great amount of turmeric-tinted rice and five or six crisp and flavourful falafels, as well as a modest garnish of lettuce, tomatoes and pickles. Overall, the bowl was a bit dry; another time, we'd request extra sauce.

From Tahini's, you can walk directly into **La Diperie**, a separate franchise restaurant that's run by the same owner as Tahini's in the premises next door. The attraction here is a selection of 30 different dippable coatings (in flavours ranging from chocolate through mint, espresso, and caramel pecan) that can be applied to many items, including ice cream cones, cookies and doughnuts, or laddled over sundaes, crepes or waffles (not made on the premises). They also have a freezer stocked with ice cream cakes and slices of Cheesecake Factory cake. At \$3.85, we found a perfectly ripe banana dipped in dark chocolate to be an affordable and enjoyable treat, but for the scent of a freshly made waffle and a fun place to sit and enjoy my food, I'd go to Purplex.

Photo: HS Canada



### Purplex Cafe, 304 Wilbrod St.

Apparently in Jordan, waffles with chocolate and fruit are a thing! This little shop on Wilbrod in the former premises of The Hill Pet Supply is here to show us how it's done, and their very impressive waffle iron does turn out a delightful treat. Freshly made waffle sticks or mini pancakes are laid out on a board with your choice of sweet sauces and fruit. There are five toppings to choose from, including Nutella, pistachio and white chocolate. The warm, pillowy waffles soak up their sauce very nicely and a freshly sliced banana, kiwi or cluster of strawberries add a welcome contrast in flavour and texture, not to mention a sense of nutritional virtue. The cafe offers a good selection of coffees and cold fruit drinks, and has plans to start serving breakfast sandwiches and baked potatoes by mid-December. Their friendly service and groovy colour scheme will help you keep the winter blues at bay.

Photo: Paula Kelsall



### Dinette Atomique, 321 Somerset St. E.

Now that patio season is over, it's time to step inside the new restaurant on Somerset and appreciate its cozy, eclectic decor and the vinyl records playing on its turntable. Planetary wallpaper, local art, and whimsical salt and pepper shakers—there's something unexpected to see everywhere you look, and you'll head home thinking of beloved items that deserve a more prominent place in your house. As for the menu, it also offers happy surprises. The Daily Feast menu, which changes each week, presents your party with three shareable courses, including vegetarian options. Earlier this fall, our family enjoyed a Spanish-themed meal, with a generous spread of appetizers including potato croquettes, marinated olives and Iberico cheese, and the restaurant's excellent focaccia topped with shaved ham and lemon aioli. This was followed by a paella-style main course of tomato-y rice with shellfish and a fennel and orange salad. The meal was rounded off with servings of dense and delicious Basque cheesecake with passionfruit curd. I imagine that folks who live nearby must enjoy walking by the restaurant to see what the chef has dreamed up each week.

Photo: Christine Aubry



### Tragically Chip Wagon, Corner of Wilbrod and Friel

Here is an example of a unique local take on familiar fast food. This chip wagon with its amusing name and the inflated hot dog waving absurdly from its roof has been wedged into the parking area across the street from Happy Goat for the last few weeks. During the summer, it travels to different towns and poutine festivals around the region. But for this winter, the plan is to settle in Sandy Hill, opening for business every day from 11:00 a.m.-7:00 p.m. The truck serves up poutine with some interesting toppings, including pulled pork and General Tso's chicken. The fries that formed the core of my lunch one day were brown, tender and tasty, oozing with melting cheese curds. I had expected that the pulled pork I'd requested would be taking the place of the traditional gravy, but no, there was gravy AND barbecue sauce. It was all too much, but I must admit that what I could finish was succulent and I'm sure many hearty young appetites will find this truck to be a great source of satisfaction. I plan to go back some chilly day and check out their unexpected offering of chicken soup.



Photo: Betsy Mann

## Enjoy the fun of decorating gingerbread inspired by a local landmark

Working Title Kitchen employee Daria devoted long hours to creating this truly unique gingerbread house representing the former church that now houses allsaints event space. You can admire the model at the counter of the café and you can even buy the kit to recreate this Sandy Hill landmark at home!

## Friends rally together for clothing drive

### James Cormier

On the night of December 6, a group of nearly 60 friends and family gathered at the University Tavern Bar & Grill restaurant at the corner of King Edward and Somerset East. They were there for an evening of holiday cheer to collect clothing donations for Ottawa Innerscity Ministries, an organization that directly supports individuals experiencing poverty and homelessness.

A Sandy Hill trio, Danika Elliott, Gordon Forrest and James Cormier, started this tradition two years ago as a holiday gathering among friends. It has expanded into sharing the holiday spirit with their wider community.

"The event kept growing each year, with more friends joining in the cheer," said co-organizer James Cormier. "We realized we had an opportunity to extend that spirit beyond our own circle. For us, a clothing drive made perfect sense; it's something tangible that people can physically bring. Most people want to do good, so we just made it easy for them to do so."

Guests were encouraged to bring warm clothing, socks, coats or other winter essentials. A total of 400 items were collected, with 355 of those being high demand items like food, hygiene products, and winter accessories. The following week, everything was delivered to Ottawa Innerscity Ministries to support their programs as temperatures drop in the city.

Although the main event took place for one night only, anyone in the Sandy Hill area who wishes to support the spirit of the initiative is invited to consider making a personal donation to Ottawa Innerscity Ministries or similar causes. (See the story on Capital City Mission on page 18.) For more information



### Le 6 décembre dernier, un groupe d'ami.e.s, résident.e.s de la Côte-de-Sable, a continué une nouvelle tradition de faire une soirée collecte de dons pour Ottawa Innerscity Ministries au restaurant University Tavern Bar & Grill. De gauche à droite: James Cormier, Gordon Forrest, Nancy Haddad et Danika Elliott. Photo: James Cormier

about OIM, you can contact: [office@ottawainnerscityministries.ca](mailto:office@ottawainnerscityministries.ca) or visit the website: [ottawainnerscityministries.ca](http://ottawainnerscityministries.ca)

"We are eager to see how many people we can help, and we are hopeful that we inspire others to do some good in whatever capacity they can," said co-organizer, Gordon Forrest. "Hopefully we can spark a little good in our community, showing how easy it can be to bring friends together for a good cause."

# How to achieve a sound winter sleep

**Javier A. Porras Gil**

It's midwinter. You crawl under the covers; you are unsure what time of day it is because it has been dark outside for as long as you can remember. Your feet are freezing, your head is buzzing from looking at screens, and your brain refuses to power down. Let's walk through how temperature, light, noise, textiles, position, sensory stimulation, screens, and even supplements interact, and how to tweak them for optimal sleep when the nights get long.

Start with temperature: your body likes it cool, around 16 °C to 19 °C. Even if you are warmer under the covers, the ambient temperature helps to relax the body. Yet winter homes are often overheated, leaving you tossing and turning. Try lowering the thermostat, cracking open a window, or choosing breathable and moisture-wicking fabrics like wool blends or temperature-buffering cottons. They help maintain that "just right" warmth that signals your body to rest.

Winter also brings new noises: humming heaters, clunky pipes, distant snow plows. Experts recommend keeping the sound level in your room below 35 decibels (comparable to listening to a whisper) or adding gentle white or pink noise to smooth out disruptions. Silence isn't always golden; consistency is. As a personal preference, I like to use wax earplugs; you can mold them to your ear canal, and they are more hygienic.

Light plays lots of tricks too! Short days push us toward screens, but the blue light delays melatonin and sleep. The fix: log off an hour before sleep and swap harsh bulbs

Photo: Christine Aubry



for warm amber light. Then, catch real daylight early in the day. Even cloudy light resets your circadian rhythm. For early risers, try a sunrise alarm clock or a light therapy box for 30 minutes in the morning to counter that pesky seasonal affective disorder (SAD).

However, ritual matters more than perfection. Dimming lights, sipping herbal tea, stretching or reading can all be part of your bedtime routine. Ditch perfection from your goals and opt for soothing textures and scents such as lavender, soft throws, and fuzzy socks to tell your nervous system it's safe to rest.

Your sleep position and bedding setup count too. Side or back sleeping supports the spine better than stomach positions, and firm, supportive pillows reduce micro-awakenings. In my latest collaboration with Amelia Jerden, writer for *The Strategist*, a website published by *New York Magazine*, we dove into how to make sleeping positions easier and why it is recommended to sleep on your side.

Finally, pay attention to your winter nutrition: caffeine, low vitamin D, and heavy meals close to bedtime all work against you. Supplements like magnesium or melatonin can help, but only if you allow your environment and mindset to work with you.

Think of your bedroom as an ecosystem: cool, dark, calm, and tech-free. Adjust it for winter, and you'll wake up ready to meet the frost with joyous rosy cheeks, not fight it.

*Javier A. Porras Gil is a physiotherapy assistant at Chartier Physiotherapy in Sandy Hill*

# Newcomer finds calm and safety

**Michelle Miller**

Every year, women from around the world arrive in Ottawa in search of safety, stability, and the chance to rebuild their lives. One of the first places that some call home is Carty House, a transitional residence for refugee women in the heart of Sandy Hill. We recently had the privilege of speaking with a newly arrived resident who shares about the welcome she received and the hopes she carries for the future.

"My name is Mariam," she begins. "I come from the Democratic Republic of Congo, and I've been in Canada for four months." When asked about her home country, she reflects, "It's a good problematic country," capturing in a single phrase both her love for home and the challenges she left behind.

Arriving in Ottawa has brought many surprises. "It is really calm here," she says. "No noise, no one disturbs you, people respect each other, and I feel safe." Feeling safe is no small thing for someone who has journeyed far from home. "What does it mean to have a safe place to live at Carty House?" we ask. Mariam shares. "I was welcomed very well. I feel good now that I have a space to stay. I made friends in the house, I have food, and Carty House staff help me look for work and give me the information I need."

Adjusting to a new country comes with challenges, too. "You have to be bilingual to express yourself well," she says. Still, Mariam approaches these hurdles with determination and optimism. When asked if she is ready for the winter, she remarked, "When I first saw the snow, I loved it! The way it falls was woo!"

The support she received early on made a big difference. Now, with stability under her feet, Mariam is looking ahead. "I found Carty House! I will now be able to find a stable job, get the training I need, learn English, and leave Carty House independently," she explains. "Finding a job is the first thing I am really looking forward to so I can make my own income and save to reunite with my children."

She is also proud—deeply proud—of how far she has come. "I am proud to have arrived in Canada, where I feel safe and where I can find the help I need." When asked what gives her hope, she answers simply and powerfully: "Because I am alive, I have hope to work and take care of my needs."

Mariam carries her culture with her everywhere she goes, and she dreams of sharing it with others. "I would like Ottawa residents to know Congolese food—Pondu, Madesu—and music," she says. She looks forward to cooking for her new housemates and bringing a piece of home into her new life in Canada.

If Mariam's story has moved you, we invite you to learn more and join us in making that hope possible for many more women. Visit us online at [CartyHouse.org](http://CartyHouse.org).



Photo: Michelle Miller

**La maison Carty House est un premier refuge pour les femmes qui cherchent à refaire leur vie au Canada. Mariam partage avec IMAGE ses premières impressions d'Ottawa. Carty House l'a accueillie avec sa propre chambre et quelques articles de première nécessité.**

# Small drop-in at Rideau and Cobourg offers more than just food

**Andrea Connors**

You may know us as "The Corner" or "The Drop-in." You may be one of our community members who comes by for a hot cup of tea or coffee and a sandwich. You may already come and hang-out in our coffee-shop-style location to play card games or talk with new and old friends. Or, perhaps you have simply passed by on foot, bus, or car and have noticed us at 521 Rideau Street.

Officially we are Capital City Mission, a small non-profit organization that has been serving the Lowertown and Sandy Hill community for 25 years. Over time we have served out of three different locations always staying, however, between the corners of Chapel/Rideau and Cobourg/Rideau. Creating community and offering support for this neighbourhood is at the heart of what we do.

Our goal throughout the years has been to provide a place for people to come, be with others, and know that they are part of a community. It is a place where new friends and acquaintances can be made. By providing free hot beverages and sandwiches Monday through Thursday, we also help support anyone who may benefit from a small meal they may otherwise not have. Over the years we have also been able to facilitate and host small art workshops, movie nights, spiritual



support, education workshops, and support groups. We look forward to continuing some of these small group activities in the new year.

We currently operate with a small staff and a group of volunteers. Volunteers are a crucial part of being able to offer our services. Volunteers help with onsite sandwich making, front-of-house food and beverage service, and engaging in conversation and leisure at the drop-in.

As a non-profit organization, we are funded by the generosity of local businesses, individuals, families, and churches. We also co-host and take part in an

annual nation-wide fundraiser called Coldest Night of the Year. As its website states, "this beloved peer-to-peer fundraising walk equips local charities with everything they need to raise significant funds in support of people experiencing hurt, hunger, and homelessness." For this annual event we partner with another local organization called Jericho Road, a community of people who strive to move from addiction to connection. The Coldest Night of the Year Fundraising Walk will take place on February 28, 2026. We will be kicking things off at the Lowertown Community Centre, 40 Cobourg

**Un petit organisme à but non lucratif nommé Capital City Mission, situé au coin des rues Rideau et Cobourg, a pour mission de servir les plus démunis en offrant des repas, et diverses activités en petit groupe, tel que des soirées cinéma, ateliers d'art et groupes de soutien. CCM participe aussi à la collecte de fonds annuelle nationale "Coldest Night of the Year." Pour les appuyer, visitez : [www.cnoy.org/location/ottawalowertown](http://www.cnoy.org/location/ottawalowertown).**

Photo: Noah Leafloor

St. If you would like to take part in this fundraiser walk we invite you to email us and/or check out our fundraising page at <https://cnoy.org/location/ottawalowertown>.

Whether you are interested in our services, volunteering, or taking part in our annual fundraiser, please feel free to contact us at [info@capitalcitymission.com](mailto:info@capitalcitymission.com) or visit us in person during our drop-in hours, Monday through Thursday 9 a.m. to 12:30 p.m. at 521 Rideau St. You can also find us online at [www.capitalcitymission.com](http://www.capitalcitymission.com) and on Facebook and Instagram.



**HAPPY HOLIDAYS  
SANDY HILL!**

On behalf of the entire IMAGE team (not all of whom are included in this photo, unfortunately), we wish all of our Sandy Hill friends, neighbours and community partners a peaceful holiday season and a happy and healthy new year!

Front row, left to right: Jan Meldrum; Jane Waterston; Christine Aubry; Jan Finlay; Dodi Newman.  
Back row, left to right: Philip Owen; Evelyn Baraké; Bob Whitelaw; Ralph Blaine; Betsy Mann; Ana Julia Galvan; Paula Kelsall; Judy Rinfret; Alanna Ye; Larry Newman; Phil Caron; Ken Clavette.



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

**HOME FOR THE HOLIDAYS**

Join us throughout the festive season to toast the holidays, catch up with friends, celebrate with your team, or indulge in our high tea events

visit our website to see all that's happening here this month



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