

Photo: Dominic Martin



Former IMAGE delivery boy (circa 1987), Lieutenant-Colonel Chavi Walsh, holding a copy of IMAGE in Riga, Latvia, on Adazi Military Base. He is currently senior legal advisor to Task Force Latvia for the Canadian Armed Forces.

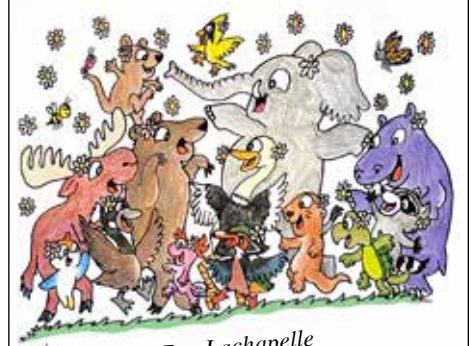


Illustration: Ben Lachapelle

HAPPENING HERE

Native plant sale. Native wildflower potting workshops will be held at the Conservation Co-op, 140 Mann Avenue from 1–3 p.m. on Saturday, March 28 and Thursday, April 2. To register, or if you have spaces for pots under lights or on a sunny windowsill, please contact marilynwonash@gmail.com. Plants will also be sold—cash only!—on April 27 before the ASH AGM (see notice p. 5).

Garbage and recycling collection. Collection day will change in April—for most of Sandy Hill from Tuesday to Thursday. Check the City’s online collection calendar or use the Ottawa Waste Collection Calendar app to be sure of your pick up day. Another change: garden waste must be set out separately from your green bin in a reusable container labelled “Leaf and Yard Waste” or in brown paper bags.

Pothole reporting. It’s time to report potholes for spring patching in Sandy Hill. Call 3-1-1 for immediate hazards or report online at <https://ottawa.ca/en/3-1-1/report-or-request/road-and-sidewalk-maintenance/potholes>.

Need a mature, responsible house sitter? A neighbour’s family member will be visiting Sandy Hill from June 30 to August 15 and would be pleased to look after your home if you are travelling. Contact Scott Crighton: dscrighton@gmail.com

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Inside...



Photo: Christine Aubry

Garbage collection woes... see Charlotte Garay’s letter on page 3

City failing to enforce property standards across Sandy Hill

Christine Aubry

Let me start with a full disclaimer: not much irritates me more than litter. But when you live in an urban area with all kinds of critters—including rats—waste and garbage are not just an eyesore, they are public health concerns.

Action Sandy Hill volunteers have spent well over a decade trying to work with the City to improve rental property adherence to the property standard bylaws. Back in 2013, there were bylaw officers doing education sweeps. In 2016, fines were being imposed, especially around Chapel, Nelson, and Henderson. There seemed to be momentum toward improvement.

These days, many of us have “311 fatigue”: we take the time to report a problem property (online or by phone), it may or may not receive a fine, and the following month, we could report it again. But “keep reporting”, the City and councillor tell us, it’s apparently the only way to track the problem. (I write with a hint of sarcasm.)

Last year while talking with a bylaw officer about yet another one of my reports, he told me there were just not enough officers to handle the volume of calls. Indeed, there are two bylaw officers for all of Ward 12, which includes Lowertown and Vanier. No surprise then that many of my reports take so long to get addressed. The City may aim for inspection within three days but I have found it to be at least a week,

sometimes up to a month. Plenty of time for CRITTERS to feast on the mess!

IMAGE wanted a chance to talk to officials about this systemic failure. The City refused several interview requests, submitting only written statements attributed to Roger Chapman, Director of By-law and Regulatory Services (BLRS).

I was therefore not able to discuss Carleton Place’s compliance system which, according to a resident, works extremely well: each bylaw compliance report and follow-up inspection and report generates a fee that is applied directly to the property owner’s tax bill.

➤ *Standards not being enforced, page 3*

IMAGE

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

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.

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2026 Production Schedule

Issue	NEWSLETTER EMAIL Deadline reminder & event listings	DEADLINE Articles	DEADLINE Advertising	DISTRIBUTION
Summer 2026	April 25	May 21	June 1	June 18 (June 18-21)
Fall 2026	August 8	September 3	September 14	October 1 (Oct. 1-4)
Winter 2026/27	October 10	November 5	November 16	December 3 (Dec. 3-6)

Join The IMAGE Team!

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.

We are also looking for a website editor, someone familiar with WordPress and website editing.

Email Christine Aubry at editor@imagesandyhill.org

Do you live in an apartment or condo building?

Help IMAGE reach more of your neighbours! We are looking for distribution help in apartment buildings. Email Rich Glasgow at: distribution@imagesandyhill.org

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.

Illustration: Phil Caron

Welcoming new IMAGE team members



Photo: Noah Leafloor

Noah Leafloor

Tiffany Taus and Rich Glasgow are the newest team members of Sandy Hill's IMAGE. Tiffany has taken over from Peter Rinfret (and occasional stand-in Larry Newman) as the volunteer Advertising Manager. Rich accepted the newly created position of Distribution Manager and is putting together a dedicated team to ensure efficient delivery within our community.

Relatively new to the neighbourhood, the two moved here in August of 2024 with their young family and have embraced the community and lifestyle that Sandy Hill offers. "I've lived in downtown Ottawa for many years and have always wanted to be part of the community I called home. Sandy Hill has definitely allowed me to do that," Tiffany noted

Tiffany and Rich bring their passion for print media and community to IMAGE.

during a chat at Volume Coffee House, one of her favourite spots in the neighbourhood. Rich added, "Living in Sandy Hill has been so great for work-life balance. We bike or bus to work, walk to get groceries, go to shows downtown and spend time with the kids by the river. It's just nice to be able to do all of that so easily." Community connection is very important for the two Sandy Hillers. "With everything going on in the world today, connection and togetherness is everything, and feeling involved in our community is so rewarding," continued Tiffany.

Both Rich and Tiffany have a history of working in publishing and a soft spot for print media, so being involved in a community newspaper is definitely a very fitting labour of love. They look forward to collaborating with the great team at IMAGE and invite their neighbours to get involved in any capacity.

You can reach Rich Glasgow at: distribution@imagesandyhill.org, and Tiffany Taus at: advertising@imagesandyhill.org.



Sandy Hill's
place
in the Market

Côte-de-Sable
se retrouve
au Marché

Editorial

Defunding CTS is not the answer

As IMAGE was in production for this issue, we learned that the Province was withdrawing funding for the Consumption and Treatment Services still being offered in Ward 12 by Ottawa Inner City Health and the Sandy Hill Community Health Centre. OICH and SHCHC immediately issued a joint statement urging the Province to “come to the table to collaborate on alternative models of care that are rooted in evidence and community need”. Other critics of the Province’s defunding of CTS include Ward 14 (Somerset) Councillor Ariel Troster and Ottawa Public Health, as reported by the *Ottawa Citizen*’s Elizabeth Payne on March 11 and March 17 (“Expect more public drug use after closing of supervised consumption site, officials warn” and “Ottawa’s two remaining supervised consumption sites to close in June”).

The operation of CTS (formerly referred to as Safe Injection Services) has certainly been controversial within our community. Those living closer to the SHCHC, along with ASH, our community association, have repeatedly called on officials to take their concerns more seriously. IMAGE contributors Larry Newman, Ralph Blaine and Mohammed Amine Harmach have written about

the complexities of the problem in past issues. You can find these on the IMAGE website: www.imagesandyhill.org).

But the current homelessness, mental health, and street drug crisis is not just city-wide or even country-wide. This is a worldwide problem in all major Western cities. The countries that are showing the most promise in addressing this epidemic all include harm reduction as part of their strategy. This move by the Province seems a classic example of throwing the baby out with the bathwater. The impacts on our community, which includes those who access CTS and whose lives were being saved by harm reduction, will be significant.

IMAGE will report more on this in the June issue and welcomes readers’ opinions. Email the editor at: editor@imagesandyhill.org. Submissions must include the writer’s full name, phone number, and street name.

Christine Aubry
Editor

IMAGE extends deepest condolences to all those affected by the tragic accident of February 25 at Capital City Mission on Rideau Street. The great work of this small social service organisation was featured in the December issue of IMAGE (page 19), available online at www.home.imagesandyhill.org.

Standards not being enforced

Photo: Christine Aubry

► from page 1

Nor could anyone explain why rental properties are not considered commercial properties, which would require them to dispose of their waste at their own cost.

As for proactively enforcing property standards, the way parking tickets are issued, again, no real explanation. Only that there are “proactive patrols in the fall and spring, coinciding with university move-in and move-out.” An August 2025 CTV news article by Josh Pringle reported that five new parking control officers had been added in 2025, generating increased revenue for the City.

But instead, the City seems to prioritize absentee property owners over the residents of Sandy Hill, based on the comments sent by Chapman:

“We recognize that waste storage can sometimes be a challenge, and our goal is to keep our community clean and welcoming, while also working with the unique circumstances of each property. When a concern about property standards is raised, BLRS will investigate and work with property owners to achieve compliance. Repeated offences may result in further enforcement action, including the issuance of fines. Residents are encouraged to report suspected violations by contacting 3-1-1 so an officer can investigate and work with the property owner toward a fair and practical resolution.” (emphasis added)

So, how many fines (Provincial Offence Notices) were issued within Sandy Hill in 2025? Zero. But that’s only down from two for each previous year.

In response to a request for comment, Councillor Plante said she shares residents’ concerns and that she continues to advocate for expanded tools and resources for BLRS:

“Garbage is a huge issue in Sandy Hill. I live in this neighbourhood and I love living here, but we have a unique situation where many property owners and managers rent to students and do not live in the neighbourhood. We need these absentee property owners and managers to take



Christine Aubry soutient que l’application des règlements municipaux relatifs aux normes de propriété est défaillante dans notre quartier, et que la Ville doit se montrer plus proactive et accroître les ressources pour régler le problème.

responsibility for the cleanliness of their properties,” says Plante.

She also recognized that we will have a potential mess on our hands when our garbage collection days change this spring: “The three-week gap in garbage collection at the end of March is going to be a challenge for Sandy Hill. I am working on a solution. Please remember that the green bin will continue to get picked up every week. Rather than have food scraps sit for three weeks, put them in the green bin!”

Coincidentally, as I drafted this text, I received a call about a repeat offender on my street. The officer apologized for the delay in visiting the property and said they were going straight to issuing a fine. There may be hope yet.

Thank you to Larry Newman and Noah Leafloor for assistance with this article.

Test your memory and IMAG(E)ination



Last issue’s challenge

Several of you tried to find this cat statue before it was covered in snow but it eluded everyone. You can find it on the northeast corner of Templeton and Chapel (just a few houses down from the Little Free Library featured on page 12!)

Photo: Christine Aubry

New garbage collection calendar raises fear of rats

I’m writing to express my concern with the recent changes to the City garbage collection calendar and the disproportionately negative effect that they will have on our community.

The City began notifying residents on February 11 of changes in garbage collection due to a shift in contract management. According to City plans, there will be no residential garbage collection between March 17 and April 10 in Sandy Hill. I did a quick scan of various parts of the City, and the only area I found to be even worse off was in Vanier, also in Ward 12.

Our community is a high-density area and growing rapidly. Garbage is a perennial concern. In the spring, there are serious problems with rats in the area. It’s hard to drive through Sandy Hill or down Montreal Road in Vanier at certain times in the spring without running over rat carcasses. I’ve seen crows lift them off the street and drop them on roofs. It’s not pleasant.

Now, residents of these neighbourhoods are being told to store garbage for almost a month. It is little comfort that homes will be permitted six items of garbage when it is finally collected. Who in this area has space or enough bins, even if it could be done in a way that did not en-



courage wildlife, or not make it likely that garbage will be picked over and strewn throughout our neighbourhood before it is collected?

I can’t think of anywhere in the world where you would have to wait almost four weeks for garbage collection, never mind an area two km from our national Parliament. Recycling and green bin use don’t solve this problem. Even our current garbage collection every other week is considerably worse than many other cities.

If you are concerned about these changes and want to urge the City to take action, you might wish to consider writing to our councillor for Ward 12, Stéphanie Plante, at stephanie.plante@ottawa.ca.

Charlotte Garay
Friel Street

Property standard bylaws require that garbage be stored in critter-proof containers with tight lids. Unfortunately, scenes like this are common across the many rental properties in Sandy Hill.



Photo: Christine Aubry

Property bylaws 101

There are two City of Ottawa bylaws that address garbage and debris on private property: the Property Standards Bylaw (Bylaw 2013-416) and the Property Maintenance Bylaw (Bylaw 2005-208). In summary, they state that:

- A private property shall be kept clear of refuse and debris. Both the owner AND the occupant are responsible for meeting property maintenance bylaws.
- Garbage shall be kept in the back of a property, or on the side IF there is no room at the back. If the storage is visible from the street, the containers shall be enclosed.
- Garbage containers must be constructed to prevent the entry of rodents or other animals, with a tight-fitting lid, and must be kept neat and clean. Garbage bags shall not be stored outside.



Lucille Collard

MPP / députée Ottawa-Vanier



Photo C. Brazeau

Mise à jour de Queen's Park

Les aînés de la Côte-de-Sable sont clairs sur ce qu'ils veulent : rester dans leur domicile et dans leur communauté en vieillissant. Le maintien à domicile n'est pas seulement une préférence personnelle, c'est un enjeu de politique publique qui a des conséquences majeures pour les soins de santé, le logement et les dépenses publiques.

Lorsque les aînés peuvent rester chez eux, ils conservent leurs habitudes de vie, demeurent près de leurs proches et continuent de contribuer à leur communauté. C'est aussi un choix économiquement sensé. Les soins à domicile coûtent beaucoup moins cher que les soins en établissement et peuvent réduire la pression sur les hôpitaux et les urgences.

Les gouvernements ont pris certaines mesures dans la bonne direction. En Ontario, le Programme de subventions communautaires pour les personnes aînées soutient des initiatives locales qui aident les aînés à rester actifs et engagés. Les équipes de Santé Ontario visent à améliorer la coordination des soins. Au fédéral, des crédits d'impôt comme le Crédit d'impôt pour l'accessibilité domiciliaire et le Crédit d'impôt pour la rénovation d'habitations multigénérationnelles peuvent aider les familles à assumer les coûts de rénovation.

Mais ces mesures ne suffisent pas.

Trop d'aînés font face à de longues attentes pour recevoir des soins à domicile en raison de pénuries de personnel. Les préposés aux services de soutien à la personne demeurent sous-payés et surchargés. Une grande partie du parc immobilier d'Ottawa — y compris dans la Côte-de-Sable et dans les quartiers voisins — n'a pas été conçue en tenant compte de l'accessibilité. Pour les aînés vivant avec un revenu fixe, la hausse des loyers, des taxes foncières et des coûts de rénovation peut devenir ingérable.

Les proches aidants assument des responsabilités énormes, souvent avec peu de répit, de soutien ou d'aide financière. En même temps, à mesure que davantage de services passent en ligne, les barrières numériques peuvent isoler les aînés qui n'ont pas accès aux outils, aux appareils ou à la formation nécessaires.

Nous savons ce qui fonctionne : investir dans le personnel des soins à domicile et des salaires équitables, accroître l'offre de logements accessibles et abordables, adapter les logements plus anciens, soutenir les proches aidants, simplifier l'accès aux programmes et renforcer la littératie numérique.

Si nous croyons que les aînés méritent la dignité, l'autonomie et la sécurité, nos budgets et nos priorités doivent en tenir compte. Queen's Park doit travailler avec les municipalités et les organismes communautaires pour faire du maintien à domicile une réalité.

Lucille Collard,
députée provinciale d'Ottawa-Vanier

Update from Queen's Park

Sandy Hill seniors are clear about what they want: to remain in their homes and communities as they age. Aging in place is not only a personal preference, it is a public policy issue with major consequences for health care, housing, and public spending.

When seniors can stay at home, they maintain routines, remain close to loved ones, and continue contributing to their communities. It also makes economic sense. Home-based care is generally far less costly than institutional care and can reduce pressure on hospitals and emergency departments.

Governments have taken some steps in the right direction. In Ontario, the Seniors Community Grant Program supports local initiatives that help older adults stay active and connected. Ontario Health Teams are intended to improve care coordination. Federally, tax credits such as the Home Accessibility Tax Credit and the Multigenerational Home Renovation Tax Credit can help families manage renovation costs.

But these measures are not enough.

Too many seniors face long waits for home care because of staffing shortages. Personal support workers are still underpaid and overstretched. Much of Sandy Hill's housing was not built with accessibility in mind. For seniors living on fixed incomes, rising rents, property taxes, and renovation costs can become unmanageable.

Family caregivers are carrying enormous responsibilities, often with limited respite, support, or financial relief. At the same time, as more services move online, digital barriers can leave seniors isolated if they do not have access, devices, or training.

We know what works: invest in home care staffing and fair wages, expand accessible and affordable housing, retrofit older homes, support caregivers, simplify program navigation, and strengthen digital literacy.

If we believe seniors deserve dignity, independence, and security, our budgets and priorities must reflect that. Queen's Park must work with municipalities and community organizations to make aging in place a reality.

Lucille Collard,
MPP for Ottawa-Vanier

Action Sandy Hill February meeting covers a lot of ground

Ralph Blaine

The Board of Action Sandy Hill met on the evening of February 23, as they do on the last Monday of each month. The following is a summary of some of the key points from the view of a resident; it does not represent official communication from ASH. The official meeting minutes will be available on the ASH website before the next meeting and posted on the website at www.ash-ac.s.ca.

Councillor Stéphanie Plante opened the meeting with a reminder that she holds regular in-person sessions where residents of Sandy Hill can share their concerns. (See ad page 6.) She also announced that free trees are available to Ottawa residents. For more information visit <https://plantyourplace.ca/>.

The City wants to reopen the Waller Street Mall (between Rideau and George streets) which was closed due to problems with open drug use and encampments. There are ongoing discussions about how to reopen the space while avoiding past problems.

The ASH Environment Committee announced native wildflower potting workshops from 1–3 pm on March 7, 14, and 28 at the Conservation Co-op. Advance registration is required. (See details page 1.)

The Homestead Fund is a sum of money (now amounting to \$30,000) given to Action Sandy Hill 10 years ago by the local developer (as obligated under Section 41 of Schedule D to the Site Plan Control Agreement) for the property at 99 Range Road. The money must be used to create a "public amenity." Over the years several options have been explored, but none was deemed suitable. Several working groups, including the Environment Committee, are busy preparing proposals for the use of this money. The ASH membership will have a chance to vote on the Board's

recommendation at the ASH AGM on April 27. (See ad page 5.)

Constable James Kennedy of Ottawa Police Services talked about the recent efforts of the CORE program which involves police on the beat in the Byward market and adjacent areas up to Daly Avenue. They are now addressing open drug use and drug dealing in this area. He also mentioned that the police services are exploring the idea of having transit officers deputized to help efforts at stemming open drug use. Residents are encouraged to report any matters of concern along these lines to the police. He also noted their success last year controlling the St. Patrick's Day activities in Sandy Hill and pledged to continue this initiative in 2026.

Sandy Hill will be affected by City rezoning. In 2022, in preparation for an increasing population, the City of Ottawa passed an "Official Plan" that called for increased urban density. Two months ago this led to a rezoning of Somerset East here in Sandy Hill as a "minor corridor," the same designation as Laurier East. This change will allow taller buildings and greater density on Somerset East. At the request of ASH our councillor made an effort to reverse this rezoning, but it was narrowly rebuffed at City Council. ASH is now looking into the possibility of launching an appeal of this decision. See page 5 where residents express their concerns.

Finally, the Board passed a motion supporting the position of the Downtown BIA (Business Improvement Association) which calls for more effective efforts to reduce the impact of the supervised injection site at the Sandy Hill Community Health Centre on Rideau Street.

ASH Board meetings are open to all residents of Sandy Hill and are held jointly online and in person. To receive meeting reminders, email info@ash-ac.s.ca or actionsandyhill@gmail.com.

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Sandy Hill residents share concerns about zoning changes coming to Somerset Street

Andrew Johnston

To plan for a more than 25 percent increase in population, City Council adopted a new Official Plan in 2022 that outlined the need for densification rather than sprawl and the creation of “fifteen-minute neighbourhoods.”

At the end of January, City Council passed a new zoning bylaw that would implement this plan. Under this new zoning bylaw, Somerset Street East will be designated a minor corridor, which could result in future redevelopment, leading to taller buildings, higher density, more traffic, and less greenery. This is the same zoning designation as wider, busier, and more densely built Laurier Avenue East.

Action Sandy Hill requested the removal of the minor corridor designation for Somerset Street East. Councillor Stéphanie Plante presented a motion to this effect, but it was narrowly defeated.

The period to appeal the new bylaw is from mid-March to late April. ASH is considering possible next steps. Below, three longtime Sandy Hill residents and community volunteers voice their concerns about the impacts this zoning change could have on our neighbourhood.

Concern for safety as much as density

Marilyn Whitaker, ASH Board member, raises safety concerns. Since the Adàve Crossing opened ten years ago, Somerset Street East has been an important link for cyclists and pedestrians traveling from east of the Rideau River to the downtown core and further west. “People knew then that Somerset was narrow for cyclists, buses and other vehicles to pass safely, let alone have parking for the residences and businesses along the street,” recalls Marilyn. The curb-to-curb width of Somerset Street at Blackburn

Increased housing supply is one part of this, but so is creating healthy, well-treed neighbourhoods where people will thrive.

— Bryan Dewalt,
ASH Environment Committee

Avenue is 9.5 metres. The Transportation Association of Canada design guide specifies a minimum width of 11.7 metres for this situation. “Somerset East as a minor corridor encourages more dense construction and generates more traffic, making an existing hazardous situation worse,” notes Marilyn.

Well-being should be part of planning

“As we rebuild our city, we must do it with increased human well-being as our goal. Increased housing supply is one part of this, but so is creating healthy, well-treed neighbourhoods where people will thrive,” states Bryan Dewalt, co-chair of ASH’s Environment Committee.

The secondary plan within the Official Plan calls for a minor corridor along Somerset Street East. However, the 2022 plan envisioned a maximum building height of four storeys and non-residential land uses limited to “micro-retail and small-scale, locally oriented commercial use.” The recent zoning bylaw has inflated these minor corridor provisions for Somerset Street East to a maximum building height of 20 to 30 metres (about six to nine storeys) and a much wider range of commercial uses.

“I am particularly concerned about the future of the tree canopy along Somerset Street East,” Bryan continues. The minor corridor zoning for Somerset Street East will not require a minimum front yard setback for new developments. Any

existing trees in the former front yard will be lost, and any new trees have a poor chance of surviving to maturity on the narrow public right-of-way between the sidewalk and the property line.

Why be concerned about trees? “The human health benefits of the urban forest are well established and accepted by the City itself in its Urban Forest Management Plan,” replies Bryan. Trees filter air pollutants, mitigate noise, and do a lot to temper urban heating arising from climate change and our heat-trapping built environment. We should plan for the renewal of our urban forest and plan for growth with increased human well-being as our goal.

Eroding housing options

Cathy Major, longtime resident of Sandy Hill, has seen many changes in our community but fears this is the straw that breaks the camel’s back. “I agree with the emphasis in the Official Plan on providing housing for all and having walkable neighbourhoods. But this zoning change actually threatens the neighbourhood we already enjoy along Somerset and in Sandy Hill.”

Cathy notes that, currently, along the street, there is a mix of detached homes, two-storey row houses, and low-rise apartments, some with commercial entities. She fears that the minor corridor designation and extending building height to six and possibly nine storeys will only further erode housing options that are suitable for families, young couples, empty nesters, etc. Such a loss affects not only the street but the whole community. Sandy Hill has been undergoing densification for many years, and much of it is already a fifteen-minute neighbourhood.

For all of these reasons, we feel that Somerset Street East should not be designated a minor corridor. Stay tuned.



Photo: Christine Aubry

Another poster calling out a landlord has popped up on phone poles around the neighbourhood.

Tenants around Sandy Hill are continuing to organize and protest, as reported by Ethan Hill in the April 2025 issue of IMAGE (online at: www.home.imagesandyhill.org).

IMAGE would love to hear from you if you are impacted. editor@imagesandyhill.org



2026 Annual Meeting Assemblée annuelle 2026



All Sandy Hill residents are invited to attend this meeting of our local community association

We are also looking for interested neighbours to join the ASH Board of Directors

Remarks from Councillor Plante and MPP Collard (in-person) and MP Fortier (tbd)

7:00PM Monday, April 27, 2026

Les résidentes et résidents de la Côte-de-Sable sont invités à participer à cette réunion de notre association communautaire locale

Nous recherchons des membres de notre voisinage intéressés à siéger au conseil d'administration de l'ACS

Mot de bienvenue de la conseillère Plante et de la députée provinciale Collard (en personne), ainsi que de la députée Fortier (à confirmer)

19h le lundi 27 avril 2026

allsaints, 330 av Laurier Ave E

More details / plus de détails: www.ash-acs.ca

Artificial... humanity?

Evelyn Baraké

Recently, I opened social media to cartoon versions of acquaintances smiling at me through my phone captioned “ask ChatGPT to illustrate you at work.” While they might seem fun and harmless, these AI challenges come at a cost.

I’m using the shorthand “AI” to talk about a specific kind of artificial intelligence, namely large language models and generative AI. These are chatbots you write to in plain language and they respond by generating content, whether that be text, images, video, code, etc. Large language models differ from specialized tools that use machine learning for pattern recognition, like those that detect cancer cells, identify pharmaceutical compounds, or automatically transcribe audio, which have clear, specialized use cases and do not present the same set of risks.

Cost #1 Damage to the environment. Training and using these general-purpose AIs requires enormous amounts of energy. According to estimates from early 2023, an interaction with a large language model uses 10 times as much energy as a standard Google search (de Vries 2023). The data centres that power these AIs need to be kept at a certain temperature to function properly. Many are cooled using significant amounts of municipal water. If requests continue to multiply and AI becomes more integrated into our day-to-day lives, this strain on our resources will only increase.

Cost #2 Your data, of course. All the information you feed it—the pictures of you and your family, information about your job, where you live, your opinions—it will use to feed its model. These models are built on the unauthorized use of intellectual property. They have hoovered up the words of writers, the creative outputs of artists, the analysis of scholars, all of whom never gave Open AI or Anthropic permission to absorb their work, nor to mimic and distort their voices so that a machine can speak to us in a voice that feels familiar and trustworthy.

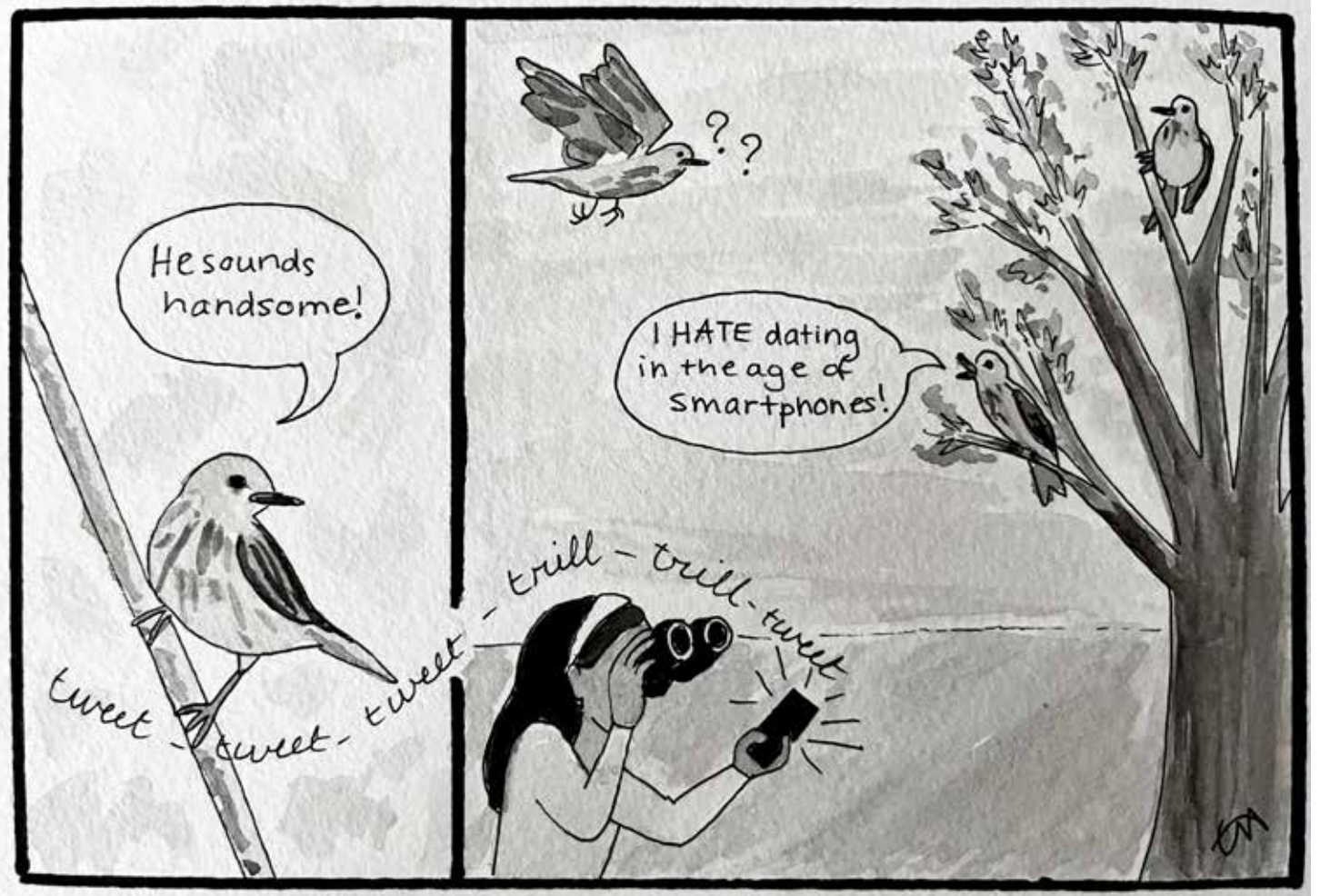


Illustration: Evelyn Baraké

Cost #3 Fueling the growth of unethical, unaccountable corporate interests. Most of the big chatbot AIs we know and use are run by American companies of questionable ethical standing. Grok, the AI that runs on X (formerly Twitter) is the brainchild of infamous Elon Musk, but other CEOs are not much better. Brian Patrick who runs the Instagram account @pano.dime has made it his mission to post “one insane thing an AI executive said everyday of 2026.” Take Joe Lonsdale, co-founder of Palantir, who publicly claims to be in favour of public executions and co-founded a company that ICE uses to decide who to target (Day 28). The account does not seem to be running out of content. AI companies are signing contracts with the U.S. Military to deploy autonomous weapons systems. Their tools have already been used to identify targets and carpet bomb Gaza, and now, Tehran.

Cost #4 Community. Let me explain. AI executives want us to think that a future where AI is integrated into every aspect of our lives is inevitable. You have a question? Ask AI! You want to tell a funny joke? AI can help you with your

standup comedy set! Writing a sympathy card for a loved one? AI will write a heartfelt message more eloquently than you ever could. It seems innocuous, but each time we ask this mimicking machine to take on a human task, we slowly tear at the threads that bind us to one another.

We’re lucky here in Sandy Hill to live in a great community. Next time you’re tempted by an AI challenge, try this: If you want to turn your cat into a fun cartoon, try your hand at drawing and why not submit it to the Sandy Hill IMAGE. Lacking in artistic skills? Hire a local artist to create a unique piece of art you’ll treasure for the long haul (I can recommend a few). Tempted to ask an AI chatbot to curate the perfect playlist? Invite friends to a shared playlist and ask them to add their current favourite songs. AI chatbots may seem like a fun novelty, a quick and easy way to do something that would normally take longer, but in doing so, they cheapen what makes it satisfying in the first place, the chance to exercise your creativity, connect with others and with what it means to be human.



Photo: Christine Aubry

Sandy Hill kids exercising their imaginations at the winter carnival.

Ward Hours 2026

Jan 30	Sandy Hill Community Centre
Feb 13	Routhier Community Centre
Feb 27	Richelieu-Vanier Community Centre
March 13	Dinette Atomique
March 27	Orange Turtle Bakery
April 10	CSC Vanier
April 24	Chelia Bakery
May 8	Happy Goat Rideau
May 22	Louis' Pizza
June 5	Oh So Good

Les rendez-vous de quartier de 2026

250 Somerset St. East	2 - 4 pm
172 Guigues Ave	2 - 4 pm
300 Des Pères Blancs	2 - 4 pm
321 Somerset St East	2 - 4 pm
285 St. Patrick St	2 - 4 pm
270 Marier Ave	2 - 4 pm
99 Mann Ave	2 - 4 pm
229 Rideau St	2 - 4 pm
181 McArthur Ave	2 - 4 pm
54 ByWard Market Square	2 - 4 pm

Stéphanie Plante
Conseillère | Councillor
Quartier | Ward 12 Rideau-Vanier

🌐 stephanieplante.ca
☎ 613-580-2482
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Illustration: Patricia Newman using ChatGPT

Dodi Newman and Patricia Newman

That's right: AI is, among many other things, an excellent consulting chef. There are many reasons to approach AI with caution, but its advice on the harmless pursuit of cookery is usually sound.

We recently entered a small list of ingredients and the name of an Iranian dish into a Google search field, and within a few seconds, had a usable recipe under its AI Overview. True, one instruction was arguably incorrect, but that just proves that AI, like most things, should be used with caution. It definitely helps to have some cooking experience against which to check AI's answers.

It also helps to ask the question the right way. To get a good answer (and, of course, AI can tell you how), be specific and stick to the essentials. Given AI's vast data resources, you may get different answers to what is essentially the same question. For example, the directions given by AI in answer to "How to cook the perfect rib roast" were easy to follow, and the result was a godsend last Christmas, though we skipped the "herb rub." Prompting "Roasting a rib eye beef roast" gave us a very different answer. If you don't like the answer you get, rephrase your prompt and try again.

There are a number of AI applications to choose from, among them Google's Gemini, OpenAI's ChatGPT, and Anthropic's Claude. Google anything and an AI overview automatically appears and gives you an answer before you can blink an eye. ChatGPT does the same with an

extra dose of schmooze. Claude requires you to establish an account but in return is very reliable. Your choice.

Some of the things AI can do:

Gemini can proportionately scale recipe quantities up or down. When we asked it to quarter a recipe calling for three eggs, it not only gave the correct answer but explained its reasoning and told us how to measure three-quarters of an egg. Claude was also smart enough to flag that spices cannot simply be scaled across the board. When asked, it also adjusted quantities in the instructions, and not just the ingredients.

It can also suggest meal ideas or a full meal plan based on ingredients you have on hand, complete with key preparation tips, suggestions for adding variety, and a well-chosen list of recipes from the internet.

It can tell you how to pick out a fresh jackfruit in great detail and with photos. It can do the same for just about any other kind of produce.

What AI can't do:

Taste for correct seasoning or tell you what you need to add to make it perfect.

Give you the pleasure of spending a few hours with a well-written, gorgeously illustrated cookbook and dream.

Consider your cultural or national background in selecting recipes. But give AI that information, and you'll get a tailor-made answer.

All in all, consulting Chef AI is well worth a try, and fun!



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Chères résidentes, chers résidents,

Alors que nous entamons l'année 2026, nous continuons d'avancer et sommes heureux de partager les progrès réalisés pour renforcer et soutenir notre communauté. L'un des faits marquants de cette année est la mise en œuvre continue de programmes comme la nouvelle stratégie industrielle, qui vise à encourager des options de transport respectueuses de l'environnement. Ce programme reflète notre engagement envers la durabilité et la réduction de notre empreinte carbone, assurant un avenir plus propre et plus sain pour tous.

De plus, le gouvernement a récemment introduit la nouvelle Allocation canadienne pour l'épicerie et les besoins essentiels, qui offrira un soutien important à plus de 12 millions de Canadiens, dont plusieurs dans notre communauté. Ce programme, ainsi que ceux déjà en place comme la réduction d'impôt pour 22 millions de Canadiens pouvant atteindre 840 \$ pour une famille à deux revenus, l'Allocation canadienne pour enfants et le Programme national d'alimentation scolaire, a été conçu pour alléger le coût de la vie pour de nombreux résidents et garantir l'accès aux besoins essentiels. Une autre initiative clé est le Régime canadien de soins dentaires, qui aide à assurer l'accès à des services dentaires essentiels pour ceux qui en ont le plus besoin. Ce programme réduit les obstacles financiers aux soins buccodentaires et soutient le bien-être des familles de notre communauté.

Je sais aussi que plusieurs fonctionnaires et leurs familles vivent une période d'inquiétude et d'incertitude. Sachez que le gouvernement appliquera les décisions budgétaires présentées dans le Budget de 2025 de manière réfléchie et transparente. La réorganisation de la fonction publique se fera principalement par l'attrition naturelle et les départs volontaires, accompagnés de mesures de soutien et de transition. Le gouvernement fédéral continuera d'être un employeur de choix dans la région de la capitale nationale.

Besoin d'aide pour remplir votre déclaration de revenus? Nous sommes là pour vous accompagner! Joignez-vous à moi et à votre députée provinciale Lucille Collard lors de nos cliniques d'impôt gratuites qui auront lieu de 9 h à 12 h les 28 mars, 11, 18 et 25 avril au 233, ch. Montréal. Réservez votre place au 613-998-1860 ou à mona.fortier@parl.gc.ca.

Dear residents,

As we begin the year 2026, we continue to move forward and are excited to share the progress introduced to make our community stronger and more supportive. One of this year's highlights has been the continued implementation of programs such as the new industrial strategy, which promotes environmentally friendly transportation options. This program reflects our commitment to sustainability and reducing our carbon footprint, ensuring a cleaner and healthier future for everyone.

In addition, the government recently introduced the new Canada Grocery and Essentials Benefit, which will provide significant support to more than 12 million Canadians, including many in our community. This program, along with others already in place such as the tax reduction for 22 million Canadians providing up to \$840 for a two-income family, the Canada Child Benefit, and the National School Food Program, was designed to ease the cost of living faced by many residents and ensure access to essential needs. Another key initiative supporting residents is the Canadian Dental Care Plan, which helps ensure access to essential dental services for those who need them most. This program reduces financial barriers to oral health care and supports the well-being of families in our community.

I also know that many public servants and their families are experiencing a period of concern and uncertainty. Please know that the government will implement the budget decisions outlined in Budget 2025 in a thoughtful and transparent manner. The reorganization of the public service will occur mainly through natural attrition and voluntary departures, supported by transition and assistance measures. The federal government will remain an employer of choice in the National Capital Region.

Need help filing your income tax return? We're here to support you. Join me and your provincial MPP, Lucille Collard, for our free tax clinics taking place from 9 a.m. to 12 p.m. on March 28, April 11, 18, and 25 at 233 Montréal Road. Reserve your spot by calling 613-998-1860 or emailing mona.fortier@parl.gc.ca.

Mona Fortier,
Députée / MP
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Snowbanks: A blueprint to a better neighbourhood

Patrick Munro

Driving down a narrow, two-way street, without lane markings, close to parked cars, and facing head on with another vehicle seems like an undesirable situation. The potential for a collision and limited room to maneuver results in the natural instinct to slow down and carefully take note of your surroundings. This is the reality that drivers, pedestrians, and cyclists face every winter on the streets of Sandy Hill.

Over the past few months, I have been reflecting on the experience of walking, cycling, and driving in different seasons. In the summer, it is common to see drivers race down residential streets to make a green light, run stop signs to beat an approaching pedestrian, or make unsafe passes of stopped delivery vehicles. However, this all changes during the winter months as grip is low, space is constrained, and risk is elevated.

I appreciate the arrival of snowbanks as they provide a physical buffer between the chaos of the street and the tranquility of a stroll. The reduced visibility results in drivers leaving much more room for error at intersections, proceeding single file past parked cars, and lowering speeds in anticipation of obstacles. The challenging conditions encourage responsibility as space and sightlines are limited, which reduces the sense of security behind the wheel.

The contrast is particularly noticeable when the snow removal teams truck away the snowbanks in an overnight operation. You go to sleep with narrow, traffic-calmed roads, and then wake up with clear sight lines, wide lanes, and higher traffic speeds. This change in behaviour leads to the conclusion that when space is limited, people share space accordingly, and when space is generous, people take more risks.

Every winter, snowbanks provide a template on our streets showing the space that is necessary to get around, even when driving big trucks or buses, and the space that sits empty for



Photo: Patrick Munro

Patrick Munro suggère que si les autos doivent ralentir pour naviguer dans cette rue en hiver...

Illustration: Patrick Munro using ChatGPT



peut-être que cet aménagement serait beaucoup plus convivial et sécuritaire pour tous en été.

months. This extra space is underused during the summer by asphalt that retains heat on sunny days and displaces water into our rivers and parks on rainy days. Urban areas like ours struggle to find space for nature or shade, but the space used for snow storage during the winter can also be used to make our streets safer and more beautiful during other seasons.

Repurposing some of the space taken up by snowbanks into more productive uses can help our neighbourhood adapt to the demands of more extreme weather while making our streets more pleasant. Replacing gutters with rain gardens and street trees, laybys with bike racks or benches, and wide corners with pedestrian curb extensions would greatly reshape the way we all move about our community.

These changes are not hypothetical. Walk along Stewart between Nelson and King Edward to see a rain garden and wider sidewalks. In the coming years and decades, our local streets will be due for renewal. It is not my goal to prescribe any specific use of the street space, but to encourage neighbours to think creatively about the use of space on our streets and how we could improve them when the opportunity presents itself.

In a community where most people don't drive often or at all, it is crucial that we look for ways to improve the experience of everyone outside while still providing access for those who need to drive. These changes may result in narrower streets, slower speeds, and more obstacles, but if we use the blueprint shown every winter by the snowbanks, we can achieve safer, better, and more beautiful streets for us all to enjoy!



Signs of Spring

Impressive blocks of ice on the Rideau River after it was blasted mid-March to prevent spring flooding!

Photos: Christine Aubry



Keeping Sandy Hill safe: Local trends and community solutions

Constable James Kennedy

Sandy Hill has long been recognized as one of Ottawa’s most historic and diverse communities—a neighbourhood where embassies, longtime residents, families, and students all share the same vibrant streets. With this richness comes a collective desire to maintain the area’s safety, sense of community, and overall quality of life. As part of that effort, the Ottawa Police Service (OPS) continues to adapt its community-policing approach to meet the unique needs of Sandy Hill and its surrounding neighbourhoods.

This article touches on the broader issues influencing policing in Ottawa, a look at current crime trends—including what we’re seeing specifically in Sandy Hill—and practical steps residents can take to help reduce crime.

A changing landscape in Ottawa

Like many Canadian cities, Ottawa is confronting two urgent and interconnected challenges: a toxic drug supply and a growing housing crisis. Harm reduction initiatives such as supervised consumption services, overdose prevention resources, and safe supply programs continue to operate, yet demand has outpaced capacity. Homelessness, closely tied to these issues, has also increased as limited affordable housing, gaps in mental health support, and addictions-related challenges leave many residents without stable shelter. Shelters and social service providers are stretched thin, making it difficult for vulnerable individuals to access consistent help. Efforts in the city continue to focus on expanding affordable housing, strengthening Housing First approaches, enhancing harm reduction programming, and improving access to mental health and addictions care.

Crime trends in Ottawa—and in Sandy Hill

Across Ottawa, property-related crime has been on the rise. Sandy Hill reflects many of these broader patterns due to its density, high foot traffic, and mix of residential properties, student housing, and commercial establishments. Crimes against individuals have remained stable citywide over the past six years, but property crime continues to climb. They include bicycle thefts, mischief to property (graffiti), shoplifting, and break-ins to sheds.

Residents who want a deeper look at crime trends can explore OPS’s Community Safety Data Portal at data.ottawapolice.ca. The portal includes open datasets, an interactive Crime Map, and dashboards that track issues such as bike thefts, motor vehicle thefts, and overdose calls for service. Data can be viewed by ward, neighbourhood, or region—making it easy to see what’s happening specifically in Sandy Hill.

Working together for a safer Sandy Hill

Sandy Hill’s strength has always come from its active, engaged community. As the city navigates complex social issues and shifting crime patterns, collaboration among residents, local organizations, and the Ottawa Police Service remains essential. By staying informed, applying preventative measures such as CPTED, and reporting suspicious activity either online at ottawapolice.ca, or through our non-emergency line at (613) 236-1222, you can continue to support a safe and welcoming neighbourhood for everyone who calls Sandy Hill home.

Constable James Kennedy is employed by Ottawa Police Service.

What residents and property owners can do

One of the most effective ways to help reduce crime is through Crime Prevention Through Environmental Design (CPTED). CPTED focuses on designing and managing spaces in ways that naturally discourage crime and encourage community safety.

Some core CPTED strategies include:

- 1. Natural, mechanical and organized surveillance**
Improving visibility helps deter criminal activity. Examples include installing proper lighting, trimming overgrown vegetation, and having clear sightlines from windows toward walkways. Installing a security camera and registering your doorbell or security cameras with CAMSafe at camsafe.ca can help police investigate crimes.
- 2. Access control**
Simple steps like locking gates and sheds, reinforcing entry points, and directing foot traffic through clear pathways help reduce opportunities for unauthorized access.
- 3. Territorial reinforcement**
Clearly marked property boundaries, through fencing, gardens, signage, or lighting, signal that a space is cared for and monitored.
- 4. Maintenance and upkeep**
A well-maintained property communicates that residents are attentive and engaged, reducing the likelihood that an area becomes a target for crime. These principles apply equally to homeowners, landlords, students renting apartments, and business owners.

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ottawapolice.ca

Don't wait on the phone, save time and use our online reporting service for non-emergency reports such as:

- Hate Crime
- Theft (excluding theft of passports)
- Theft from Vehicle
- Traffic Complaints
- Mischief/Damage to Property
- Drug Complaints
- Fraud Complaints

REACH US BY PHONE

Some incidents require an officer in person, while other reports can be taken over the phone by a Police Reporting Unit Agent.

9-1-1 for emergency

For non-emergency reports:
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TTY 613-760-8100
service for the Deaf, Deafened and Hard of Hearing

For anonymous tips, contact Crime Stoppers **1-800-222-8477 (TIPS)**
crimestoppers.ca

Health Centre team smooths situations on the street



Photo: Christine Aubry

Staff of the Sandy Hill Community Health Centre’s outreach program were introducing themselves at the Winter Carnival. Left to right: Creature, TJ, and Seth.

Sending in police officers is not always the best way to deal with situations involving mental health and substance abuse crises.

For over a year, a specialized Alternative Neighbourhood Crisis Response (ANCHOR) team has been active in Centretown and Somerset West to deal with such calls. Instead of calling Ottawa police, people in that area are encouraged to call 2-1-1 to dispatch trained workers who intervene and provide appropriate follow-up support when required. In June, the program will expand east to an area that includes Sandy Hill. Watch for more news in future issues of IMAGE. —*Editor*

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Ken's Bygone Sandy Hill

The story of 47-49 Daly Avenue and its first owners

Ken Clavette

When Queen Victoria chose Ottawa as the capital of the United Province of Canada on December 31, 1857, it was a decision that triggered the rapid growth of Sandy Hill. One of the earliest surviving homes in the neighbourhood was built in 1861: a double house at 47 and 49 Daly Ave., which we know today as the Ottawa Mission. The home was built by August Friedrich Wilhelm Rahe for his soon-to-be in-laws, John Heron and his wife Frances "Fanny" O'Reilly.

The Heron family were from Ireland and had become well known as a traveling musical group across North America. While making a stop in Ottawa, one of the daughters, Mary, made the acquaintance of a young lawyer, entrepreneur, and local politician, Richard William Scott. He persisted in courting her, and in 1853, he journeyed to Philadelphia to marry her. By then, he had served on the City Council, and, in 1852, as the city's mayor. The couple returned to Ottawa, setting up house at 274 Daly Ave.

The Heron family's connection to Ottawa and to the Scott family grew stronger when 22-year-old daughter Margaret Kathleen Teresa fell in love with and married Allan Scott, brother of Richard. Now, two members of their large family were living in Ottawa.

August Friedrich Wilhelm Rahe was a German-born merchant, living in Havana, Cuba. He met Agnes Heron somewhere along the Heron family's travels. As they planned their wedding in Ottawa, the lot for 47 Daly Ave. went up for auction. Rahe bought it and began the construction of a new home for his parents-in-law in Sandy Hill. The Bishop of Ottawa officiated their wedding at the Notre Dame Basilica on July 25, 1862.

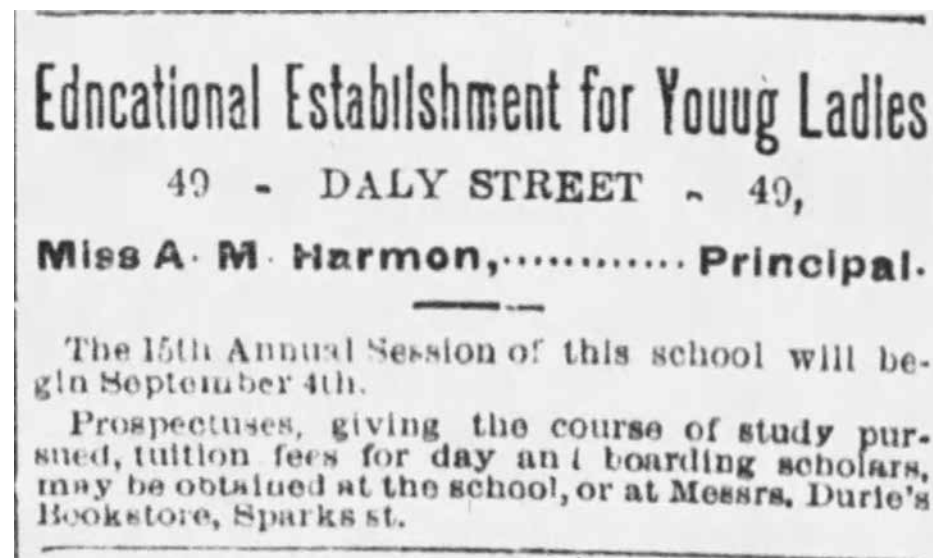
The gift of the double house at 47-49 Daly Ave gave the Heron family financial stability once their travelling days had ended. Thanks to Rahe's union with their daughter, they gained a place to live, and the adjoining home provided a way for them to earn income to support the family.

The most famous tenant of 49 Daly Ave. was a friend of the Herons, Miss Abby Maria Harmon. She appeared in Ottawa in 1862, operating a private school for girls along with a Mrs. Liddel. Harmon would become a prominent figure in education in the new capital's early years. She first established her own school for



Photo: John McQuarrie

L'immeuble situé au 47-49 av. Daly a été construit en 1861 pour John et Fanny Heron, qui étaient à la tête d'un groupe musical itinérant. De 1874 à 1892, une école pour filles était installée au 49 sous la direction de Mlle Abby Harmon. Aujourd'hui, il appartient à la Mission d'Ottawa.



Ottawa Daily Citizen, August 9, 1879

privileged girls, those not entering the convent, on Wellington Street near Kent Street before moving it into 49 Daly Ave. in 1874. It remained there until 1892,

when she built her own larger school on Elgin Street, which she ran until her death in 1904. She took in both boarding and non-boarding students and employed



Ottawa Daily Citizen, July 26, 1851

teaching and domestic staff to support her and the students.

John Heron would pass away in 1871, and his wife Fanny, two years later. However, the homes remained in possession of the Heron family. Margaret Theresa O'Reilly, mother of Fanny, was living at 47 Daly Ave. when she passed away in her 84th year in 1879. In 1881, Fanny's and John's son William would set up house for his new bride and family at 47 Daly Ave. He was employed with the Inland Revenue Department of the federal government. He may have obtained this job with the support of his brother-in-law, Richard Scott, who was now a senator and a minister without portfolio in charge of Inland Revenue. His sister Marie Alexina "Aline" Heron would marry and move to Victoria in 1881.

August and Agnes Rahe did not live in Ottawa after marrying. He eventually returned to Germany where he died on October 1, 1869, in Dresden, in the Kingdom of Saxony. Agnes passed away at the age of 52 on December 11, 1889, in Florence, in the Kingdom of Italy. Together, they had four children.

In the years following the Herons' ownership, there were several occupants of both 47 and 49 Daly Ave. The homes faced the threat of demolition in 1912 before the Union Rescue Mission made the building its new home, saving it for the future. That's a story to be picked up in my next Bygone Sandy Hill column.

Thank you to David Jeanes of Heritage Ottawa for his assistance with the history of 47-49 Daly Ave.

Photo: Betsy Mann



Heritage Day highlight

Colonel John By (Steve Reid), his daughter Esther March By (SC Ruzsala) and Lady Zoé Laurier (Kelly Eyamie) were accompanied by a British soldier (Aidan Cunningham) at the Heritage Day celebrations at Ottawa City Hall on February 17.

The Bytown Museum (at the locks by the Chateau Laurier) was honoured as the official 2026 Proclamation recipient.

The event featured a showcase of local associations, museums and historical sites under the title "Voices of a City: Celebrating Two Centuries of Collective Histories and Local Heroes in Ottawa".

Bytown was founded on September 26, 1826 and there are many events planned throughout the year to mark the 200th anniversary. Visit Ottawa Tourism's website for more on Bytown's history and a list of Ottawa 200 events. www.ottawatourism.ca

—Christine Aubry

Le Club Franco : Le français en mode 100 % plaisir!

Photos : Karine Lapron-Comtois

Lancé à l'école Francojeunesse pour les élèves de la 4^e à la 6^e année, le Club Franco propose une pause animée où le français se vit autrement. Dans une ambiance détendue et sans évaluation, les jeunes développent leur confiance et enrichissent leur culture francophone à travers une foule d'activités stimulantes.

C'est le rendez-vous parfait pour s'amuser, créer et collaborer en toute liberté. Découvrez sans plus attendre les talents de nos élèves journalistes à travers ces deux articles inédits!

— Karine Lampron-Comtois
Directrice, É.E.P. Francojeunesse

La valeur du mois à Francojeunesse : L'amitié

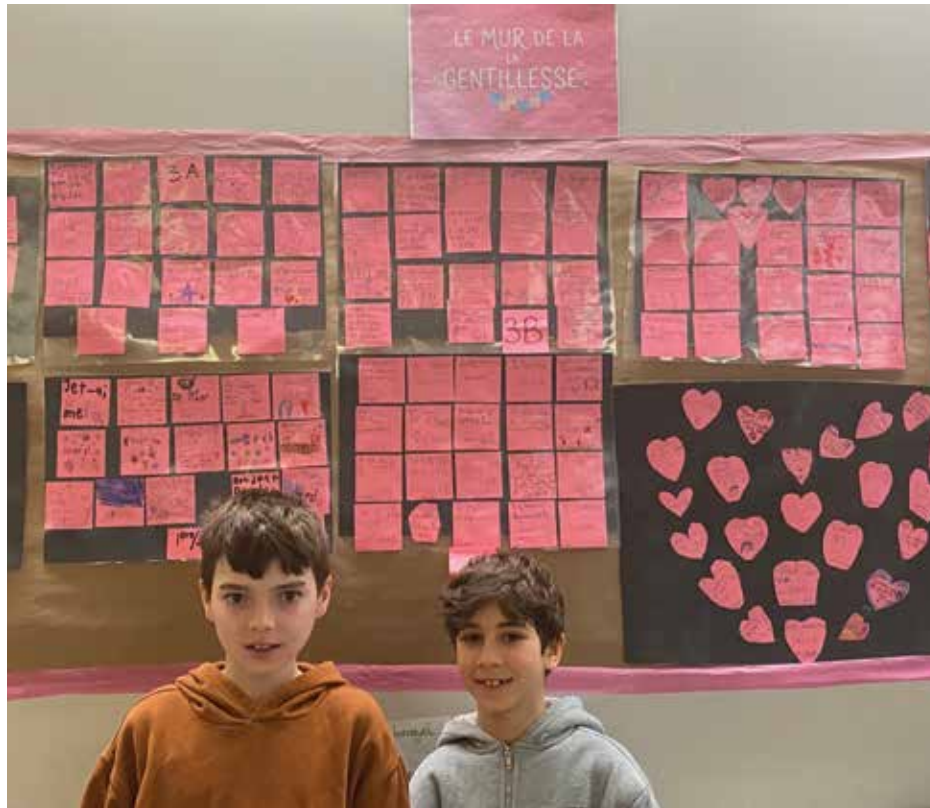
Benjamin Caron et Ayden Duplâa
(4^e année)

À l'école Francojeunesse, les élèves sont sensibilisés à mettre en pratique une valeur particulière chaque mois. Ce mois-ci (le mois de février) c'est l'amitié. L'amitié c'est ce qui définit des amis. L'amitié est un trésor précieux qui suscite un attachement sincère, une sympathie mutuelle.

L'amitié c'est d'être aimé par un ou une ami(e). C'est une façon de savoir que tu lui fais confiance pour ta sécurité. Cette personne doit aussi être respectueuse et bienveillante et ne peut pas te juger que ce soit par rapport à ce que tu manges ou à tes origines. À quoi sert l'amitié? L'amitié sert à se sentir bien en soi et surtout à s'amuser.

Voici les trois types d'amitié : l'amitié par utilité, basée sur un bénéfice mutuel; l'amitié par plaisir, fondée sur des activités partagées et agréables; et l'amitié vertueuse, la plus noble, fondée sur le respect mutuel, la reconnaissance des qualités et le souhait du bien de l'autre.

Soutiens ton ami durant des temps durs



Benjamin Caron et Ayden Duplâa sont devant le "Mur de la gentillesse" à l'École Francojeunesse où chaque mois on souligne une valeur à mettre en pratique.

pour qu'il ou elle se sente mieux après que quelqu'un s'est moqué de lui. Aide ton ami avec des mots d'encouragement, comme « tout va bien » ou « es-tu correcte? », etc. Montre-lui du respect, car tous les êtres au monde ont le droit d'être respectés.

Voici des règles de l'amitié : être soi-même, être poli avec les autres, être à l'écoute en tout temps même durant des temps durs, l'égalité, la défense des autres et le respect, car tous les êtres au monde ont le droit d'être respectés.

Un avenir numérique?

Mathis Armour et Xavier Granger
(5^e/6^e année)

Savais-tu que les codeurs doivent être très bons en maths et en français? Dans la classe de 2^e/3^e de Mme Caroline, plusieurs élèves commencent leur voyage dans l'univers du codage grâce à l'enseignement de deux codeurs, Mathis Armour et Luca Gallant. Tous deux ont réalisé de nombreux projets à l'aide de diverses applications au fil des ans.


La plateforme Scratch, utilisée comme point de départ pour les débutants, permet de créer un nombre infini de projets en plus d'être consultée par plusieurs autres codeurs partout dans le monde. Le premier cours de codage des élèves des 2^e et 3^e années, qui a eu lieu le jeudi 29 janvier, consistait à créer son propre compte Scratch, à apprendre les bases de la création de projets et à découvrir les outils permettant aux élèves de concevoir leurs propres jeux.

Le but de ce cours était tout simplement d'apprendre les bases de la programmation sur Scratch : où se situent les blocs de programmation, où se trouvent les personnages, comment créer ses propres personnages, et bien plus encore à l'avenir.




Xavier Granger et Mathis Armour enseignent le codage aux plus jeunes.


Erratum: Dans l'article Une belle initiative à l'école Francojeunesse, dans le numéro de décembre 2025, la phrase « Oui, absolument. La littérature est fondamentale pour contrer l'échec scolaire et... » devait lire: « Oui, absolument. La littératie est fondamentale pour contrer l'échec scolaire et ... ».



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Photo: Tyler Reis-Sandford

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Take a book, leave a book, meet a neighbour

Tyler Reis-Sandford

Sandy Hill's Little Free Libraries aren't just helping neighbours get their hands on great books for free; they're also building a sense of community when people need it most.

To Sabrina Mathews and Claude Schryer, owning a little library of their own has always been something they've wanted to do. So when a family friend moved and was unable to bring their library with them, they decided to fix it up to fit on their lawn on Chapel Street.

"I've always wanted to have one, I think it's a nice offering to the community," said Schryer. "What I try to do is make sure there are enough books in there. If it's low I'll let the neighbours know, but now it doesn't need prompting. At one point there were so many books people were stuffing them in; there's a sense of excitement."

Schryer said that sometimes when he's outside shovelling snow people will stop to ask him questions about how the library works, and that he had one very memorable conversation with a pleasantly surprised international student when he explained that they could just take a book for free.

"It's a trust situation," said Schryer. "People like to share books and this is one way of doing it."

Mathews and Schryer's little library is simple but stylish. It has bright blue paint, a see-through plexiglass door and small decorations done by a local artist. "Book Exchange" is written in English and French at the top, and there's a small note dedicating the box to Mathews' parents.

Mathews' parents were both heavily involved in the arts and publishing world. Her mother was a manager of a publishing company, and her father, Robin Mathews, was a Canadian poet, professor at Carleton University and founding member of the Great Canadian Theatre Company.

"He was very involved in the Canadianization movement. He was part of a huge push at the time to get Canadian voices in publishing, academics, and the arts," said



Sabrina Mathews et Claude Schryer profitent de la Petite bibliothèque gratuite devant leur maison sur la rue Chapel pour bouquiner. Pour eux, c'est aussi une façon de contribuer à leur communauté et de faire de belles rencontres avec les gens qui s'y arrêtent.

Mathews. "When I was a kid, our house was always full of actors and artists rehearsing and working."

Mathews' and Schryer are both artists themselves and said they'd love to see other local writers and artists share their works in the little libraries around the community. Mathews said that their library often has a good balance of French and English books, a few books in other languages, children's books, educational texts and more. They've also had artwork, zines, CDs (including some of Schryer's own) and children's toys shared in their library.

Apart from being a good way to connect through media, Mathews said that she enjoys catching glimpses of people going about their day as they stop to see what's inside their little library.

"The last thing I want is for people to feel watched," said Mathews. "But sometimes I catch these little moments."

She shared a few of her favourite moments, including a woman who came in the pouring rain to drop off a book, and a work truck full of women in high-visibility gear who all stopped to take a book from the library.

"I just thought oh, that's so charming," said Mathews. "They're up early on the job and still stopped to say 'oh let's go check out some books.'" The whole little picture was really truly wonderful."

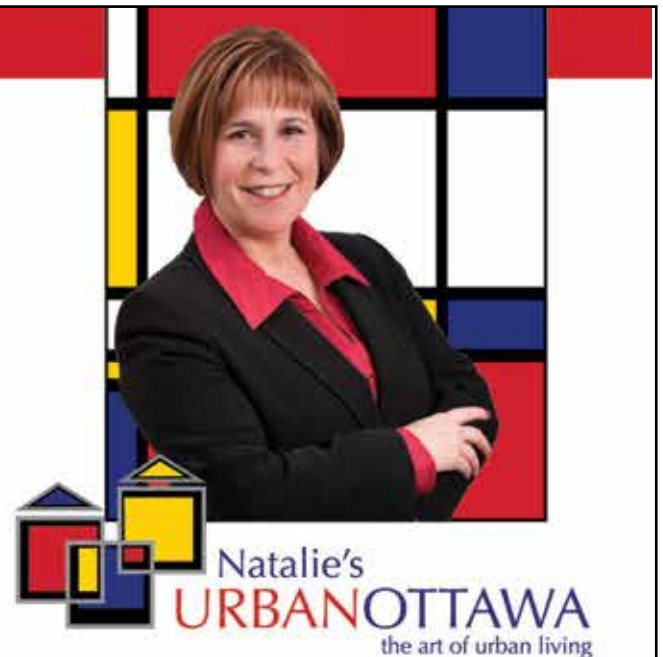
Despite other little libraries in Sandy Hill having occasional problems with garbage being left in them, Mathews' and Schryer said they haven't had any issues with neighbours being disrespectful.

Mathews said she was more concerned when she heard of little libraries in Ottawa being targeted with fascist and white nationalist literature, an issue that prompted police investigation back in February of 2025.

"It might get vandalized one day, but I think people respect and understand that it's a community asset," said Schryer. "It's also been a family project, from our friends to us. Who knows what will happen in the future."

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Thirteen Strings Chamber Orchestra plays in Sandy Hill in celebration tour of their 50th anniversary

Photo: HS Canada

Ana Júlia Galvan

On Friday, March 6, *allsaints event space* hosted a delightful concert by the chamber orchestra group Thirteen Strings. Founded in Ottawa in 1976 by conductor Brian Law and string musicians from the National Arts Centre, the group is celebrating their 50-year anniversary this year.

Contributing to the concert were Romanian-Canadian guest conductor Andrei Feher and Elizabeth St-Gelais, Innu soprano from the Pessamit community, who enchanted the audience with their incredible talent and charisma. The concert program included works by Mendelssohn, Wagner, Florence Price, and Benjamin Britten, as well as a special opening piece created by composer Kevin Lau in celebration of the group's 50th anniversary: *Up Upon The Leaves So Deep*, a lovely Fanfare for Strings.

As a resident of the neighbourhood, it was fascinating to witness such a collaboration of Canadian talents so close to home. Congratulations to the group on their anniversary, and here is to many more!

Bravo!



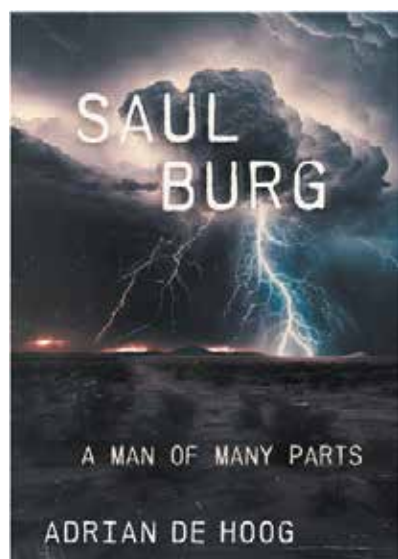
Sandy Hill photographer Philip Owen captured the emotion of Thirteen Strings conductor Andrei Feher during a recent concert at *allsaints event space*. Watch for two more Thirteen Strings concerts coming in April and May at Carleton Dominion-Chalmers Centre. www.thirteenstrings.ca

Photo: Betsy Mann



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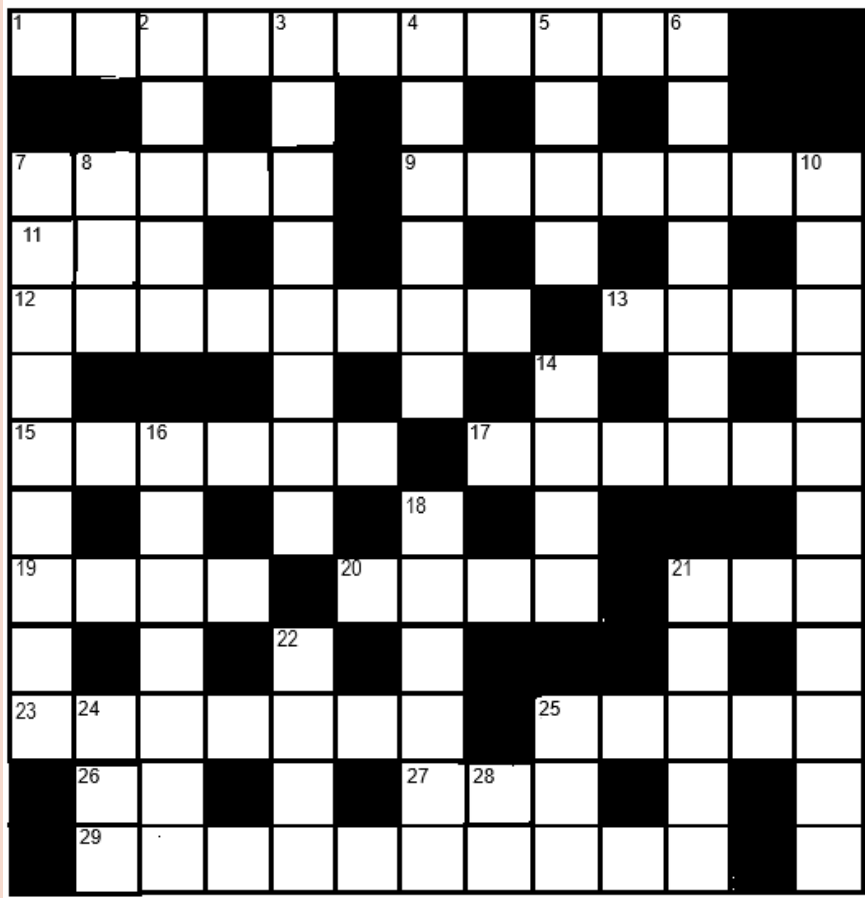
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BY THE WATER IN THE CAPITAL REGION

By Ralph Blaine



ACROSS

1. What some did for a summer job at the location cited in 7 down to ensure safety. 11
7. A bathroom fixture common in some European countries and Japan. 5
9. More noisy and disorderly. 7
11. ____ vs Wade. 3
12. A mental illness that prevents a person from fully understanding their actions. 8
13. Compassionate, tender, gentle. 4
15. Happening every 365 days or so. 6
17. A feeling of sickness with an inclination to vomit. 6
19. Annoys by constant scolding or urging. 4
20. Identical, not different. 4
21. Part of the circumference of a circle. 3
23. Advent, appearance, entrance. 7
25. The ancient Greek sculptures the British removed from the Parthenon; known as the ____ Marbles. Also a major north-south avenue intersecting Laurier Ave. just west of Sandy Hill. 5
26. The approximation of human cleverness exemplified by certain computer programs (abr). 2
27. Approves, gives the go-ahead. 3
29. You get access to the cottage on this lake in the Gatineau Hills when you become Prime Minister of Canada; or you could make friends with Mark Carney and drop a few hints. 10

DOWN

2. Gradually goes faint and disappears. 5
3. This river flows north through Wakefield, Alcové, Bouchette etc. 8
4. To expose (like a stuffy room) to fresh contents of the atmosphere. 6
5. In the winter one can skate to this body of water from Sandy Hill. In the summer one can sail and, as of 2025, swim in these waters (with 14 down). 4,4
6. Newspapers like the Ottawa Citizen and the Globe and Mail which publish throughout the week. 7
7. Up to the 1950s residents of Sandy Hill could catch a street car on Laurier Ave. and reach this swimming spot and sandy beach on the west side of Ottawa. The beach and the streetcar line shared the same name. Alas, only the swimming spot remains. ____ Beach. 9
8. An electrically charged atom or molecule. 3
10. This watercourse forms one of the boundaries of Sandy Hill. In the 1830s the British built it to convey troops to the border in case of a U.S. invasion – farsighted? 6,5
14. See 5 down
16. This West African nation is the most populous African country. Its capital is Abuja and its largest city is Lagos. 7
18. A British Imperial liquid measure of volume equal to 4 quarts. 6
21. A noble gas that makes up around 1% of the atmosphere. 5
22. At a higher level or layer than; finished, complete. 4
24. A cheer of encouragement, especially for a sports team. 3
25. La direction à partir d'Ottawa vers Montréal. 3
28. A unit of mass in the metric system (abr). 2



Bethany Bisailion, résidente de l'avenue King Edward, voyage en Écosse chaque année pour participer au World Pipe Band Championship. Elle joue de la cornemuse depuis l'âge de 9 ans et continue à donner des cours.

The joy of meeting interesting neighbours

Maëva Leblanc

Are you in your Buy Nothing group on Facebook? It's an amazing way to receive items people want to donate, or to give away things you may have lying around collecting dust. It's also a great way to meet your neighbours and grow amazing friendships! I met Bethany Bisailion a few years ago through our local BN group. In addition to having a heart of gold, she is a very talented bagpiper and teacher. If you were at the Sandy Hill Winter Carnival this year, you probably heard her play. I thought I would share more about her, so I met her for tea and asked her a few questions.

How long have you been living in Sandy Hill?

I moved to Sandy Hill about 35 years ago, after growing up all the way in Kanata. I first moved to the Glebe, and then the Byward Market, before settling in Sandy Hill. This is a very cool community because the people that live here are interesting, fun, and very welcoming. It feels safe, it feels metropolitan, and it just feels like home.

What got you into Scottish music?

My father was a self-taught bagpiper and a true Scottish music lover. He shared his passion with us, and my sister and I started as highland dancers. I got my first chanter (the part of the bagpipe upon which the player creates the melody) at nine years old and my sister started playing the drum. We started playing in a pipe band with our two brothers and it all started there!

What do you love most about Scottish culture?

I don't even know where to start, but I would probably just say that feeling of "being home" when being in Scotland. We go every year in the summer for the World Pipe Band Championship. We get to see good friends we have made all these years, but we also get to meet new passionate people along the way. Through the music, we get to learn more about Scotland, its history and people.

What instrument do you play and teach?

I mostly play and teach bagpipes, but I also do a little bit of snare drum.

How did you become a teacher?

I used to go to a summer school in Timmins and when I turned 17, a teacher asked me to teach a beginners class and that was it. I just love sharing my knowledge; being a teacher allows me to do that every day but also being a band member. The band and I love giving back to the community. For example, during the pandemic, we went to play outside of retirement homes; they would just open their windows and hear us play. It is a very important memory for us.

What's your proudest moment in your career?

There are lots, but I would probably pick the two moments I played for Queen Elizabeth II in Scotland in her summer home Balmoral Castle. The first time was in 2005 and the fifth and last time was in 2022, not long before her passing. She was always so kind and remembered each and every person she had met throughout the years. Imagine the number of people she had met in her life and she could still make people feel so special!

Any fun projects coming up?

I just launched a very cool project to commemorate 100 years of the Royal Canadian Legion. I want 100 bands to play at their local legions (one for each year)... how cool! There are 1350 legions in Canada, and so far, in just a few hours after launching my project, 6 bands registered, only 94 to go! I also play the bagpipes in studios for other bands, and sometimes I get to play with rock and punk bands.

If you want to learn more about Bethany's projects, her private lessons, her band Sons of Scotland Pipe Band (Canada's oldest Civilian Pipe Band), or where to go to see a live show of her band, you can visit www.sospb.com/.

► Crossword solution, page 17

Winter 2026: Sandy Hill socials indoors and out



February means sports, visits, love—and chamber music

Lolita and Desmond Walsh hosted a small chamber music concert in their living room on Russell Avenue. Entitled “Sandy Hill Salon”, this was the fourth concert in as many years. Neighbours enjoyed Georg Philipp Telemann’s 1738 Paris Quartet in D major. Players included: Jennifer (Wright) Kirney playing flute; on cellos, Alta Vista residents Louise Smith and David Vandine, and Lolita and Desmond’s son Nollaig Walsh on violin.

Photo: Ria Walsh

Photo: HS Canada

The Estonian and Finnish embassies hosted a joint sledding event

On Shrove Tuesday Feb. 17 (Vastlapäev/Laskiainen) the embassies invited Lowertown and Sandy Hill neighbours to MacDonald Gardens for Finno-Ugric sledding and traditional buns (vastlakukkel).

Left to right: Janina Wegelius, Denya Muir, and Maria Jussila (Embassy of Finland); Liina Tomlinson and Ambassador Margus Rava (Embassy of Estonia).




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Winter Carnival 2026

2026 saw the coldest Sandy Hill Winter Carnival day in over 10 years! Thankfully, the wonderful organizing committee had filled the community centre with a range of activities and stations for all ages - neighbours gathered inside to warm up and catch up.

Next year will be the 25th SH Winter Carnival (given the pandemic break). If you are interested in joining the team that will plan the milestone event, contact ASH: info@ash-acsc.ca.

Photo: Paula Tchen



Left to right: Ward 12 Councillor Stéphanie Plante; MPP Lucille Collard; *allsaints event space* owner Leanne Moussa; IMAGE editor Christine Aubry; and ASH Chair Betsy Schuurman met and chatted with neighbours of all ages at the January 25 Sandy Hill Winter Carnival.

Photo: Christine Aubry



Face painting and cotton candy were once again very popular stations!

Photo: Christine Aubry



Javier Porrás-Gil of Chartier Physio came out to play music and teach some salsa to those wanting a break from the frigid weather.

Photo: Christine Aubry

Longtime Blackburn Avenue resident and copy editor extraordinaire Betsy Mann was representing IMAGE.

Photo: Christine Aubry



Carnival volunteers Vivian Hoffman (left) and Tasya Tymczyszyn (right) kept the taffy going in the kitchen.

L'interligne : un espace pour les voix franco-ontariennes

Emmanuelle Erny

Tel qu'annoncé dans le numéro de décembre 2025 d'IMAGE, Emmanuelle Erny est auteure primée de la Côte-de-Sable. Son roman *Charlotte au pays des mots* fut publié par les Éditions L'Interligne, qu'elle nous fait découvrir ici.

Nichées au cœur du quartier Vanier, rue Montréal, les Éditions L'Interligne (interligne.ca), fondées en 1981, s'annoncent d'emblée comme « éditeur de la francophonie ». Initialement gardienne de l'Histoire franco-ontarienne, la maison d'édition est devenue passeuse d'histoires, celle des multiples voix de la francophonie en Ontario.

Chloé Leduc-Bélanger a pris la direction générale de L'Interligne il y a un an, après dix ans passés à Sudbury. Auteure elle-même, elle apporte à son métier passion et engagement envers la littérature francophone en milieu minoritaire.

Comment décririez-vous la littérature francophone en Ontario en comparaison de celle qu'on trouve au Québec ?

Le Québec est une province majoritairement francophone qui possède une identité littéraire forte, tant dans ses thématiques que ses goûts stylistiques.

De son côté, la littérature franco-ontarienne, très attachée à ses racines et à l'histoire des francophones en Ontario, se développe dans le pluriculturalisme et l'exploration formelle, mais aussi sur fond d'insécurité linguistique.

Le pluriculturalisme donne naissance à des thématiques spécifiques : récits d'immigration, fenêtres vers d'autres cultures, témoignages de contrastes culturels, de transitions...

Ces voix d'origines multiples influencent les esthétiques de la littérature franco-ontarienne, mais les styles sont également influencés par la créativité linguistique qui découle de la situation minoritaire—je pense au théâtre, à la poésie et aux récits qui empruntent aux normes de l'écrit comme à celles de la parole.



Photo: Emmanuelle Erny

Chloé Leduc-Bélanger a pris la direction générale de L'Interligne, une maison d'édition située sur la rue Montréal à Vanier qui publie des œuvres de la francophonie en milieu minoritaire—romans, nouvelles, poésie, théâtre et essais pour adultes.

Comment une maison d'édition publie-t-elle dans un contexte d'insécurité linguistique ?

Si l'on veut que la langue française s'épanouisse en milieu minoritaire, on doit donner une voix aux gens qui sont en insécurité linguistique.

À Sudbury, où la conscience de parler « en dehors » de la norme est beaucoup plus palpable qu'à Ottawa, les gens s'excusent de leur français. Or les jeunes sont fatigués de se faire dire « comment parler », comme si « leur voix » n'était pas une voix.

L'Interligne choisit un manuscrit à publier justement en raison de sa voix unique. Le but de notre soutien éditorial à nos auteurs n'est pas de normaliser cette voix; on travaille avec eux, et non contre

eux, pour qu'ils cultivent cette voix, en se posant des questions sur leurs pratiques linguistiques afin qu'elles ne soient pas juste un état de fait mais un choix conscient.

Par exemple, actuellement, tout ce qui tourne autour de l'écriture non genrée est en ébullition, car la norme n'est pas fixée. Les expressions épiciques, par exemple, peuvent ajouter une lourdeur au texte, tandis que les doublets ou formes inclusives du type « écrivain.e » sont une catastrophe pour l'accessibilité. Les auteurs cherchent une autre voie, inspirée par ce qui se fait dans d'autres langues. Et ce, même si cela les éloigne du respect strict d'une grammaire prescriptive.

J'aime que vous dites « une » grammaticale, car effectivement, « la » grammaticale n'a cessé de se modifier, et souvent pour des raisons ouvertement idéologiques. Par exemple, la règle « le masculin l'emporte sur le féminin » date du XVI^e siècle. L'abbé Bouhours et d'autres grammairiens décrètent alors que c'est le masculin, considéré comme « plus noble », qui devait « l'emporter ». Avant cela, on utilisait l'accord de proximité : l'adjectif s'accordait avec le nom le plus proche.

Effectivement, et on peut simplement y revenir, tout comme avec le mot « autrice », qui a existé jusqu'à la Renaissance. Comme quoi la Renaissance était plutôt une extinction pour une certaine partie de la population!

Cela démontre que la forme d'une langue vivante évolue avec les valeurs des cultures qui la parlent. L'inclusivité est rendue visible par l'écriture inclusive. À L'Interligne, nous sommes très féministes et curieuses de développer des façons de représenter toutes les réalités.

Comment peut-on soutenir les auteures/auteurs, ainsi que les maisons d'édition telles que L'Interligne ?

Avant tout, il faut faire de la place dans son esprit pour la surprise et la découverte. S'ouvrir à l'originalité de nouvelles formes d'écriture, de mondes insoupçonnés pourtant si proches de chez soi.

Achetez des livres qui n'ont pas été recommandés, ou empruntez-les—même l'emprunt d'un livre en bibliothèque représente un soutien pour vos auteurs/auteurs et vos maisons d'édition. Lisez ces livres dont vous n'avez pas entendu parler et parlez-en!

Le printemps en mouvement à la Côte-de-Sable

Javier Porrás-Gil

Lorsque les bancs de neige relâchent enfin leur emprise et que le canal Rideau commence à dégeler, la Côte-de-Sable s'éveille doucement. Avec le retour du beau temps arrive aussi un éventail d'activités gratuites et accessibles pour bouger, adaptées aux résidents et résidentes de tous âges, particulièrement à ceux et celles riches d'expérience qui souhaitent reprendre l'activité à leur propre rythme.

Pour les personnes de 65 ans et plus, le programme « En force, en équilibre » est une série gratuite de 10 semaines, offerte par Santé publique Ottawa en collaboration avec des centres communautaires, visant la prévention des chutes. (www.santepubliqueottawa.ca/fr/public-health-topics/strong-and-steady-free-fall-prevention-program-for-older-adults-in-ottawa.aspx) Les séances, tenues deux fois par semaine, mettent l'accent sur l'équilibre, la force et la confiance dans les mouvements quotidiens. Les exercices sont pratiques et adaptables, aidant à se sentir plus stable dans les escaliers ou sur les trottoirs. Les gens progressent ensemble et développent souvent des liens qui se poursuivent après la fin du programme. Les places sont limitées, que ce soit en virtuel ou en présentiel.

Inscrivez-vous donc dès aujourd'hui ou ajoutez votre nom à la liste d'attente pour les cours suivants.

Avec le redoux, les sentiers le long de la rivière Rideau se remplissent également de marcheurs et de coureurs. Des groupes de marche organisés, y compris des options adaptées aux aîné.e.s et des marches de soutien en contexte de deuil, offrent des parcours doux favorisant à la fois la santé physique et les liens sociaux.

L'activité physique prend aussi la forme du jeu. Le centre pour l'enfant et la famille ON y va, sur le croissant Goulburn, propose gratuitement des groupes de jeux libres et des marches en nature pour les familles avec des enfants de 0 à 6 ans. On y grimpe, on danse et on explore les parcs voisins, permettant aux tout-petits de dépenser leur énergie pendant que les adultes profitent d'exercice léger et d'air frais. Pour les enfants plus âgés et les adolescents, l'initiative « Jouer sans frais » de la Ville d'Ottawa offre diverses activités gratuites, dont le patinage public et familial à l'aréna Côte-de-Sable.

Les lève-tôt peuvent se joindre à l'Arboretum Hill Club (AHC), qui propose un entraînement gratuit de 31 minutes chaque vendredi à 6 h 29 à l'Arboretum Dominion. En utilisant les collines et les escaliers comme équipement naturel, ce groupe accueillant permet à chacun d'avancer à son rythme. Les noctambules, quant à eux, peuvent découvrir les cours

gratuits de danse latine offerts par Salsa Rehab tous les dimanches à 19 h au restaurant Barrio, au marché By.

Pour ceux qui souhaitent explorer dehors, la Bibliothèque de plein-air d'Ottawa, située au 211, av. Bronson, offre une adhésion et un prêt d'équipement gratuits. Bâtons de marche, équipement de camping, ou tout autre équipement de plein air peuvent être empruntés pour profiter des sentiers et des parcs sans obstacle financier.

Enfin, le printemps marque le retour des projets de jardinage communautaire! Planter, entretenir et verdir les espaces partagés permet de rester actif tout en renforçant le sentiment d'appartenance. Sur le site ottawa.ca, recherchez « jardins communautaires » ou joignez le réseau des jardins communautaires de Just Food Ottawa.

Bouger à la Côte-de-Sable ne signifie pas s'inscrire à un gym ou s'entraîner pour un marathon. Cela peut être aussi simple qu'une marche au bord de la rivière, une séance d'équilibre au centre communautaire, une sortie en famille ou quelques semis plantés dans un jardin partagé. Ce printemps, les occasions gratuites et conviviales ne manquent pas pour se remettre doucement en mouvement.

Javier Porrás-Gil est Résident en physiothérapie chez Chartier Physiothérapie dans la Côte-de-Sable.



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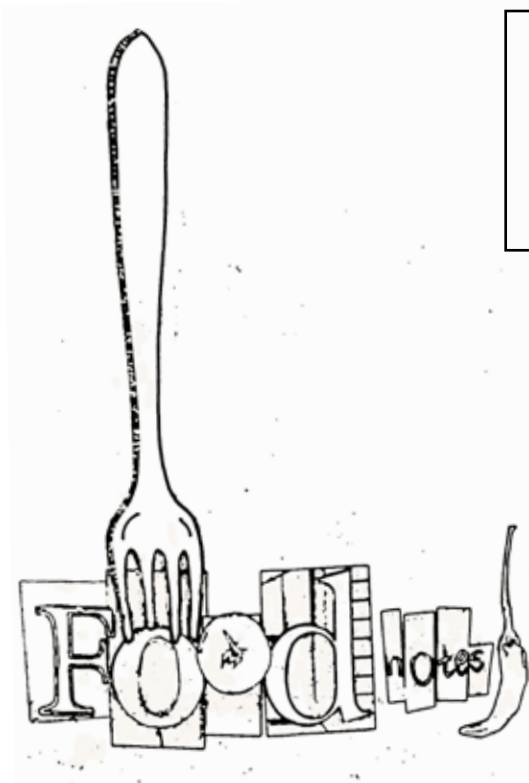
Crossword Answers, from p. 14 BY THE WATER IN THE CAPITAL REGION

ACROSS

1 LIFEGUARDED 7 BIDET
9 ROWDIER 11 ROE 12 INSANITY
13 KIND 15 ANNUAL 17 NAUSEA
19 NAGS 20 SAME 21 ARC
23 ARRIVAL 25 ELGIN 26 AI
27 OKS 29 HARRINGTON

DOWN

2 FADES 3 GATINEAU 4 AERATE
5 DOWS 6 DAILIES 7 BRITANNIA
8 ION 10 RIDEAU CANAL 14 LAKE
16 NIGERIA 18 GALLON 21 ARGON
22 OVER 24 RAH 25 EST 28 KG



By the time this issue arrives on your doorstep, spring will be in the air (hopefully!) and we'll all be getting out to visit old haunts and to see what's new in the neighbourhood. Please share your favourite Sandy Hill food experiences with IMAGE, we want to hear from you!

editor@imagesandyhill.org

**Chelia
99 Mann Ave.**

It's been exciting to see the cornucopia of sweets and bread on display at Chelia during the month of Ramadan. We've especially enjoyed trying khobz al bey, a very moist cake made with almond meal and saturated with a light, fragrant syrup. The bakery smells wonderfully of fresh bread, for which it seems to have many regular customers. We've heard good things about the sourdough, and the large, olive-studded fougasses look spectacular. *Paula Kelsall*



Photo: Paula Kelsall

Chelia makes beautiful fougasses, along with sourdough loaves, baguettes and brioches.



Photo: Paula Kelsall

La Zone 23 on Mann Avenue offers traditional Mexican-style tacos and also Algerian "tacos" which originate in the Algerian community in France and are really more of a hearty wrap.

**La Zone 23
113 Mann Ave.**

The young couple running the new restaurant on Mann Avenue bring Mexican and Algerian traditions to their menu. The restaurant is named after his family's home province, as Algerian provinces have numbers as well as names. Interestingly, both Mexico and Algeria have a popular food called tacos, which have very little in common. Algerian tacos are wraps, with a choice of marinated chicken, beef or merguez sausage folded into a large flatbread along with fries and a cheesy sauce. It's a big sandwich full of comforting textures, enough for two modest appetites. Mexican-style tacos are also available at La Zone 23, along with burritos, burgers, and quesadillas, and there's a selection of tasty-looking grilled meats on skewers, served in a generous platter with salad and fries. — *Paula Kelsall*

**Bamm's Snack Shack
74 Cobourg St.**

In February, Ashley and Matthew Atton announced that they will be hanging up their aprons this May, after three years of bringing culinary happiness to Lowertown and Sandy Hill. Bamm's has grown so popular that it's become hard to keep the kitchen stocked, and they've decided to take a step back to focus on their family for a while rather than moving to larger premises. The restaurant, which has been a community gathering place as much as a great spot for lunch, will be sadly missed, but it will be super interesting to see what these two do next. In the meantime, take advantage of the next couple of months to experience the best donuts in town. *Paula Kelsall*



Spay Neuter-palooza 2026 is coming in May

Christine Newman

Since 2014, local animal welfare group, the HolliBell Foundation, has been advocating and supporting low-cost sterilization for pets in all of the Ottawa Valley. Run by animal-loving volunteers, they have understood that the solution to the mass euthanasia and homelessness of unwanted pets is to nip the problem in the bud by preventing unwanted pregnancies in the first place. They believe that spay and neuter options should be available to everyone and their mission is to break down the financial and transportation barriers that prevent Ottawa pet owners from getting their pets fixed. The organization focuses primarily on the vulnerable population, working with Community Veterinary Outreach to connect with pet owners on government assistance; however, anyone needing help to fix their pets is welcome to use their services without judgement.

Several times a year, across the city, the HolliBell Foundation sets up meet-up points where registered owners can drop off their pets early in the morning. Then volunteer drivers take the pets on a 90-minute journey down to Brockville's Leeds Lanark Grenville Spay Neuter Clinic for their surgery. This clinic specializes solely in sterilization, keeping costs low and the quality superior. By late afternoon, the pets are returned to the original drop-off point to be reunited with their owners.

On May 8, the HolliBell Foundation is coming to Sandy Hill! The office of our city councillor, Stéphanie Plante, paid for and obtained the permit to use the Sandy Hill Arena's parking lot at 60 Mann Ave. as a drop-off point. Thanks to this arrangement, spay and neuter surgeries (cats only!) will be much more financially and physically accessible for our local Sandy Hill cats. This amazing event is part of a large, five-day, city-wide Spay Neuter Palooza, HolliBell's largest annual

mission to sterilize over 200 cats within one single week. Transportation and subsidized surgeries are being offered at the cost of \$100 + HST per male cat and \$150 + HST per female cat, a cost that is significantly less than the average \$400-\$1000 price tag charged at a standard veterinary clinic.

If you would like to enroll your cat for the May 8 Spay Neuter Palooza, please email hollibellfoundation@gmail.com and take advantage of this great opportunity. If you would like to donate to their wonderful cause, send e-transfers to hollibellfoundation@gmail.com or find them on Canadahelps.org. You can also follow their day-to-day updates and fantastic fundraising events on their Facebook page or website at www.hollibellfoundation.com.

Millions of animals are euthanized every year simply because there aren't enough homes and they have nowhere to go. We cannot adopt our way out of the pet overpopulation crisis, we must FIX it. No judgment. Just spay and neuter.

Why spay and neuter?

Spaying and neutering, also known as fixing, sterilizing, desexing, castrating or altering your pet:

- Prevents physical traumas caused by pregnancies and unwanted litters that are costly to care for and add to our critically overpopulated pet system
- Eliminates the drive to reproduce which will make them calmer, less aggressive and less likely to roam or escape
- Ends female heat cycles, decreasing unwanted behavioural changes such as howling, spraying and escaping
- Lowers the chance of reproductive health problems such as pyometra and ovarian, mammary, testicular, and uterine cancers
- Reduces the presence of stray pets harmed by cars, causing collisions; also reduces attacks on wildlife such as birds and rabbits
- Though there are minor risks in spaying and neutering, the benefits far outweigh them. If you have concerns, speak directly to your veterinarian about the options for your pet.

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Sushi Lab
317 Chapel St.

There's an enjoyably clandestine aspect to picking up an order from Sushi Lab, the new takeout and delivery business operating out of the kitchen at allsaints event space. In the parking lot behind allsaints, you scan the QR code on the sandwich board, then wait until someone pops out with a bag full of food. No smart phone? Maybe you'd better stay home and order through a delivery service. In any case, you'll get a very pretty assortment of tasty morsels. We particularly enjoyed the black and green dragon rolls, the grilled eel nigiri and the tamago roll, which featured smoked salmon and tempura shrimp rolled in a thin outer layer of omelette. Sushi Lab is currently open for pickup and delivery only, Wednesday through Sunday from 4:00-10:00 p.m. — *Paula Kelsall*

Left— An assortment of takeout from Sushi Lab was a colourful feast. From left to right: salmon blossom roll, vegetarian roll, salmon/sake nigiri, baked eel nigiri, spicy scallop roll, and green and black dragon rolls.

Photo: Paula Kelsall

Foodinator
322 Somerset St. East

It's been about a year since we last visited Foodinator, and on a recent visit we found some new items on the menu. There's a selection of dim sum now, as well as Thai-style curries with a choice of sauce and protein. Our takeout lunch featured dishes from an impressive variety of culinary traditions: a creamy yellow curry with tofu and vegetables; Japanese teriyaki beef with sautéed peppers, broccoli and mushrooms on the side; steamed shrimp and chive dumplings; and dry pot cauliflower. The vegetables were bright and crisp, the sauces were flavourful, and it was a generous amount of food for four people with enough leftovers for a couple of tasty lunches. — *Paula Kelsall*



Photo: Christine Aubry

Wow Sip on Montreal Road serves authentic Indian dishes like this butter chicken and chicken tikka masala.

Wow Sip
159 Montreal Rd.

While not in Sandy Hill, I felt this gem of a discovery on the other side of the Cummings Bridge worth a mention. After a long day spent in the emergency department of the hospital and waiting for prescriptions to be filled at the pharmacy, our stomachs and souls needed feeding, so we hesitantly decided to pop into Wow Sip on Montreal Road. The boarded up door almost made us turn away, but once we opened the door and caught a whiff of the aromas inside, we thought we might be surprised— were we ever! Our first challenge was to choose an item on the lengthy menu, and decide whether to go for authentic Indian dishes or some interesting-sounding fusion dishes. We opted for the “award-winning” butter chicken and the chicken tikka masala. You can choose your spice level (I chose zero and it was perfect – fragrant and flavourful). The very tender chicken dishes were accompanied by light and crispy papadum, fresh and not too thick naan, and lightly onion-fried basmati rice— many options to soak up the copious amount of sauce in the bowl! Vegetables were very scant and that would be the only critique, for those looking for a balanced meal. Otherwise, if you want authentic Indian cuisine to fill your belly and satisfy that carb craving, this is the place! Not to mention the staff were very attentive and welcoming, and with only one other table filled on a Sunday evening, it was certainly quiet (though I hope they will get busier, because they deserve it!). — *Christine Aubry*

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ROYAL LEPAGE

Leading differently on The Other Hill

Photo: Mary-Michelle Brown

Frédérique Tsai-Klassen

On March 10, more than 200 women from across Canada’s political ecosystem gathered here in Sandy Hill at *allsaints event space* for the Ottawa launch of Power Shift–Women Redefining Leadership in Canada.

The evening, *Leading Differently: Women, Power & Politics*, took place just steps from Parliament, in a neighbourhood that knows public life intimately. Sandy Hill has long been home to parliamentarians, public servants, students, and civic leaders. It felt fitting that a national conversation about leadership culture would begin here.

Canada is at a hinge moment. Democratic strain, polarization, geopolitical uncertainty, and declining public trust are reshaping public life. Meeting the scale of this moment requires more than policy and capital. It requires institutional capacity, and institutional capacity depends on how leadership is structured, sustained, and renewed.

Women are stepping into positions of authority across Parliament, the public service, advocacy, and media not as symbolic figures, but as decision-makers and institution builders.

Yet leadership culture is not a soft variable, it is a strategic asset. If institutions are to translate capital, policy, and political will into long-term national advantage, the structures that define authority must evolve to sustain women’s leadership, not merely accommodate it.

The question we gathered to explore was simple but consequential: what does leadership look like when women define it on their own terms, and what must change for that leadership to scale?

MP Karina Gould spoke candidly about serving in the federal Cabinet while raising two young children, advancing trans-



Frédérique Tsai-Klassen, résidente de la Côte-de-Sable, décrit la soirée intitulée *Leading Differently: Women, Power & Politics*, la première dans une série de conversations sur le leadership féminin : *Power Shift–Women Redefining Leadership in Canada*. De gauche à droite, les présentatrices de la soirée: *Ketty Nivyabandi, Chi Nguyen, Anne McGrath, la députée fédérale Karina Gould* et les fondatrices de *Power Shift, Emily Feairs et Frédérique Tsai-Klassen*.

formational policy—including Canada’s \$10-a-day child care system—while navigating the intersection of public responsibility and family life.

Ketty Nivyabandi, Secretary General of Amnesty International Canada, reflected on confronting power, from resisting political violence in Burundi to building credibility and influence within Canadian institutions.

Anne McGrath, former principal secretary to Alberta’s first woman premier, offered insight from inside the “engine room” of governance, how power is structured, sustained, and negotiated over time.

MP Chi Nguyen shared her journey from leading Equal Voice to stepping into elected office and the courage required not only to enter public life, but to remain.

This was not a symbolic conversation about women in politics. It was a serious examination of how power is structured, how talent is retained, and whether Canada is intentionally scaling women’s authority inside the institutions that determine our resilience.

As a board member of The Other Hill and Co-Founder of The Power Shift Series, I was struck by how naturally this conversation belonged here.

The Other Hill exists to cultivate a civic commons, a place where dialogue lives, where leadership is examined seriously, and where questions about how we govern are rooted in community and place.

Democratic renewal does not happen only inside parliamentary chambers. It also happens in neighbourhoods willing to host thoughtful, rigorous conversations about power and responsibility.

If Canada intends to execute on its ambitions, leadership culture must be treated as part of national strategy. That conversation began here, on The Other Hill.

For more information about The Power Shift series visit: <https://thepowershiftseries.ca/> and for information on The Other Hill initiative visit: <https://theotherhill-lautrecoline.ca/>



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As we wait for the days to warm up and for our patio to open, enjoy our new bar snacks menu in Manifesto. Reserve a cozy table for two, an area for after-work drinks, or book the whole space for a special celebration

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