

Young Sandy Hill artist wins Ottawa grant and makes front page news

Photo: Julie Chou



Ben Lachapelle tient le journal où ses œuvres ont parues en première page pour annoncer le choix de son projet « L'arbre de la biodiversité ». Il a reçu une subvention dans le cadre du programme pour les artistes et créateurs en vue de célébrer le 200e de la Ville d'Ottawa. Il s'agira d'une installation d'art public incluant 200 animaux représentant la faune d'Ottawa, sculptés à la main en argile par ce jeune artiste de la Côte-de-Sable.

Full story on page 14



HAPPENING HERE

Solstice Picnic in Strathcona Park
Saturday, June 20. Potluck supper at 8:00 p.m. (rain or shine, bring your own dishes) to celebrate the solstice, hosted by Sabrina and Claude. A time of flowers, light and magic, so dress in your floweriest most magical outfits. Note: consumption of alcohol is okay until 9:00 pm. At the circle, Range and Osgoode.

Cirquonscient's Faerie Picnic Popup
June 23, July 14 & August 18, 6:30 p.m. - 7:30 p.m. in Strathcona Park. Free but donations appreciated..Follow Cirquonscient on Facebook, Instagram or at www.cirquonscient.com

A Company of Fools Shakespeare in the Park - A Midsummer Night's Dream
June 28 to August 10, Mondays at 7:00 p.m. in Strathcona Park. Pay what you can; recommended donation \$20. www.fools.ca

ISKON's Ratha Yatra Chariot Festival
Saturday, July 18, parade starts at 11:00 a.m., corner of Templeton & Marlborough. Festival starts at 12:00 p.m. in Annie Pootoogook Park. Free vegetarian buffet, children's activities, cultural performances. www.iskonottawa.ca/ratha-yatra-2026

Odyssey Theatre – Mirandolina
July 23 to August 16, Tuesdays to Sundays, 8:00 p.m. (plus Sunday matinee at 2:00 p.m.) in Strathcona Park. Tickets: www.odysseytheatre.ca

Art in Strathcona Park
Saturday, August 22 from 10:00 a.m. to 4:00 p.m. Organized by National Capital Artisans and supporting the Mental Illness Caregivers Association (MICA). www.nationalcapitalartisans.ca

Sandy Hill Yard Sale Day
Saturday, September 12, 9:00 a.m. to 1:00 p.m. Put your home on the online map! Contact Action Sandy Hill at: actionsandyhill@gmail.com

INSIDE THIS ISSUE / À l'intérieure ...



New banners on Laurier East p. 9 Photo: Christine Aubry



Sara Duplancic comes home p. 18 Photo: Maria Vartanova



Angine de Poitrine : cool et hot p. 20 Photo: David Malouin



Odyssey Theatre's 40th season p. 25 Photo: John Forster

IMAGE

Founded in 1972 under the direction of Diane Wood

22, av. Russell Ave.
Ottawa K1N 7W8

Fondé en 1972 sous la direction de Diane Wood

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

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

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

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

IMAGE reserves the right to select content for publication and edit in whole or in part all such contributions.

E-mail: editor@imagesandyhill.org
Requests to join our IMAGE Specials email distribution list are welcome.

Website: www.imagesandyhill.org

Editor / Rédactrice: Christine Aubry

Head copyeditor: Betsy Mann

Rédaction de langue française :

Bianca Bertrand, Noela Bonhomme, Betsy Mann

Advertising:

Jan Finlay, Tiffany Taus

Administration and copyeditors:

Christine Aubry, Evelyn Baraké, Bianca Bertrand, Noela Bonhomme, Dave Elden, Jan Finlay, Rich Glasgow, Frank Heilingbrunner, Betsy Mann, Tiffany Taus, Alanna Yee

Production:

Imprimeries Transcontinental (Anjou, QC), Ismael Schonhorst, Jane Waterston

Photographers and illustrators:

Christine Aubry, Evelyn Baraké, Phil Caron, Paula Kelsall, Ben Lachapelle, Betsy Mann, Philip Owen

Questions re delivery?

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

IMAGE acknowledges that our newspaper is published on the unceded and unsundered territory of the Anishinaabe Algonquin Nation.

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

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

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

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

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

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

Site web : www.imagesandyhill.org

Questions au sujet de la distribution?

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

IMAGE reconnaît que notre journal est publiée sur le territoire traditionnel non cédé et non rendu de la Nation Anishinaabe Algonquienne.

Introducing a member of the IMAGE team



Photo: Alanna Yee

Meet Alanna Yee, who has lived in Sandy Hill since 2017 and became one of IMAGE's copy editors in 2024. She joined the IMAGE team because she thought editing would be fun (which it is!) but also because being more involved in the community paper deepened her love for the neighbourhood. She particularly likes its "homey" feeling despite being so close to downtown (where she works) and its walkability to public green spaces, such as Strathcona Park. A proud car-free, full-time pedestrian, Alanna is often out and about enjoying what Ottawa has to offer or reading in Strathcona Park. IMAGE is very grateful to have Alanna as part of the team, carefully reading, editing and formatting texts before every issue goes to print. If you want to join in the fun too, contact us at: editor@imagesandyhill.org.

Community newspaper networking brings surprise reunion

A May meeting of downtown community papers brought two people together who first met in 1969—to their surprise and delight! IMAGE designer (and previous longtime editor) Jane Waterston (left) and Old Ottawa East Mainstreeter board chair Dianne Wing (right) shared a room on the RMS Empress of Canada ocean liner all those years ago because their names ended in "W". Jane was from Guelph, Dianne from Waterloo, and they were heading to Europe with a few dozen teenagers to study for a year.

"University, kids, professions, and the Queensway conspired to keep us apart through all those decades," says Jane. "Dianne had a super career in magazine publishing (as I knew from various mastheads) and me, I had IMAGE. Now, we have a chance to be ladies who lunch. And reminisce!"



Photo: Christine Aubry

2026 Production Schedule

Issue	NEWSLETTER EMAIL Deadline reminder & event listings	DEADLINE Articles	DEADLINE Advertising	DISTRIBUTION
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)

Delivery thanks

A huge round of thanks to our team of volunteer couriers who get IMAGE out to every doorstep! Andrew Johnston, Emmanuelle Simms, Murielle Murcy, Tiffany Taus, Madeleine Boyes-Manseau, Michael Tremblay-Boyle, Tony Tran, John Kim, Edward Glasgow and Marie-Lou Glasgow.


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

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.

Email Christine Aubry at editor@imagesandyhill.org



**DENYS
BUILDS
DESIGNS**

I am an Ottawa based renovator that specializes in everything from modern renovations to historic restorations. As a creative designer who also builds, I have a passion for combining historical elements with new technology.

Please feel free to take a moment and explore some of our exceptional spaces at Denys.ca.

Paul Denys

EXPERIENCE THE DENYS DIFFERENCE

**Chez
Lucien**

BAR

137 Murray
@ Dalhousie
Byward Market
241.3533

*Sandy Hill's
place
in the Market*

*Côte-de-Sable
se retrouve
au Marché*



Editorial

Am I imagining the parking and traffic increases?

The City seems to say so.

In the last issue of IMAGE, I reported on property standard frustrations in Sandy Hill. For this issue, I wanted to tackle another common downtown-living complaint: traffic and parking. Unfortunately, the best I can put together as we go to print are speculative thoughts based on limited available information. I do hope, however, that this can launch a more in-depth discussion around traffic management within Sandy Hill.

Having lived on the same street of Sandy Hill for 20 years, I can state for a fact that on-street parking has increased exponentially. It is not uncommon for every single street parking spot on our block to be taken, something that was not a problem only a few years ago. Another relatively recent development is the complete backing up of Lees Avenue traffic between the 417 access ramps during rush hour.

Unfortunately, obtaining information from the City of Ottawa is an exercise in extreme patience, especially if several departments need to be consulted. Staff are not allowed to actually speak to the media, and if you don't word your written question exactly right, you better ask it again differently to get useful data.

With respect to an increase in on-street parking, the response from Byron Hemlow, Program Manager, Traffic Investigations & Surveys, implied there is no problem:

"Current service requests suggest limited reported issues with on-street parking. However, zoning changes and infill development in the area can affect the number of on-street parking spaces, which may contribute to the *perception* of reduced availability." (emphasis added)

Regarding misperceptions, a line I have often heard is that uOttawa students don't own cars. As recently as the last Action Sandy Hill (ASH) annual meeting on April 27, Councillor Stéphanie Plante said that the addition of new high-rises on Lees Avenue will not pose traffic congestion problems because they are mainly intended for students and students don't drive. (For more information on these buildings, see Ralph Blaine's article "Another Roadside

Attraction" in the October 2025 issue of IMAGE, available online at www.home.imagesandyhill.org). In fact, that development will have twice as many bicycle parking spots (most of them outdoors) as spots for cars—presumably because cycling is an easy mode of transportation in the middle of winter. The Transportation Impact Assessment (TIA) done for the 2 Robinson Ave/320 Lees Avenue development also stated that the increase in residential population (1,534 apartments) will not require additional service from OC Transpo. That I believe, given the state of our transit system!

However, data provided to IMAGE by the City shows that many more on-street parking permits are issued during the school year. Sandy Hill is broken into four segments for issuing parking permits. In the area known as Sandy Hill North, for example, 24 parking permits were issued in July 2025 compared to 81 in September. In the Sandy Hill East-Osgoode section, the number went from 14 to 51. It turns out there is more to this issue than just perception, and maybe students do own cars and need somewhere to park them.

As for traffic along Mann Avenue, the TIA, referred to earlier, stated that there was no "vehicular movement data" available for the eastbound on-ramp of the 417, and in response to my request for data, the City could provide no traffic counts for Lees between the 417 on-ramp and King Edward.

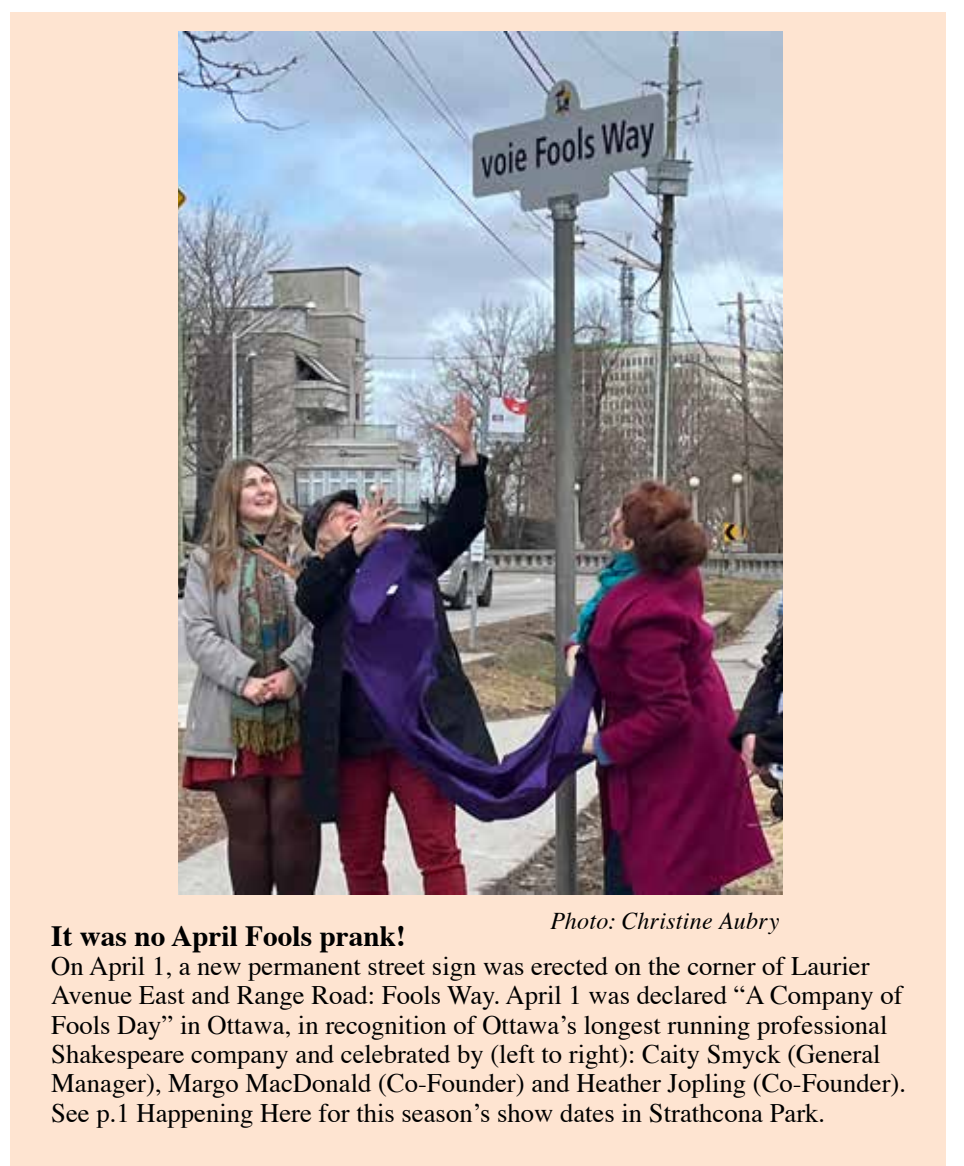
I am left with so many more questions, and not much confidence that City staff understand the realities of downtown residents who use vehicles to get around, including students!

Please share your thoughts with IMAGE by writing to: editor@imagesandyhill.org.

Christine Aubry
Editor

Beutel's eye view

Cartoon: Josh Beutel



It was no April Fools prank!
On April 1, a new permanent street sign was erected on the corner of Laurier Avenue East and Range Road: Fools Way. April 1 was declared "A Company of Fools Day" in Ottawa, in recognition of Ottawa's longest running professional Shakespeare company and celebrated by (left to right): Caity Smyck (General Manager), Margo MacDonald (Co-Founder) and Heather Jopling (Co-Founder). See p.1 Happening Here for this season's show dates in Strathcona Park.

Photo: Christine Aubry

Join us for the inaugural ceremony of Herbert and Estelle Brown Park

**July 28th, 2026, 2:00 PM
(rain date: July 29th, 2026, 2:00 PM)
Herbert and Estelle Brown Park
612 Besserer Street**

Join me and Black History Ottawa at the official unveiling and inauguration of Herbert & Estelle Brown Park to celebrate their family legacy. There will be food and music. Bring your whole family!



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

Invitation à la cérémonie d'inauguration Parc Herbert-et-Estelle-Brown

**Le 28 juillet 2026 à 14 h
(En cas de pluie, le 29 juillet 2026 à 14 h)
Parc Herbert-et-Estelle-Brown
612, rue Besserer**

Rejoignez-moi ainsi que l'organisation Black History Ottawa à la cérémonie d'inauguration du parc Herbert et Estelle Brown afin de célébrer l'héritage de cette famille à notre communauté. Il y aura des rafraîchissements et des activités pour toute la famille. Venez célébrer avec nous!

🌐 stephanieplante.ca
☎ 613-580-2482
✉ stephanie.plante@ottawa.ca



Lucille Collard

MPP / députée Ottawa-Vanier



Photo C. Brazeau

Une action provinciale est nécessaire pour soutenir la Côte-de-Sable

La Côte-de-Sable est l'un des quartiers les plus historiques et dynamiques d'Ottawa. C'est aussi un quartier qui ressent les effets des décisions provinciales en matière de logement, de santé mentale, de dépendances, de sécurité publique et d'abordabilité.

Les résidentes et résidents veulent des rues sécuritaires, un logement stable, des soins accessibles et une communauté où chaque personne peut vivre dans la dignité. Ces enjeux sont liés. Quand le logement est inadéquat ou que les services sociaux et communautaires manquent de ressources, tout le quartier en subit les conséquences.

Les organismes de première ligne de la Côte-de-Sable font un travail essentiel avec des moyens souvent limités. Ils doivent obtenir un appui provincial à la hauteur des besoins croissants, que je continue de porter à l'attention du gouvernement.

La fin du financement provincial des services de consommation supervisée et de traitement est un enjeu majeur pour la Côte-de-Sable et le centre-ville. L'Association canadienne pour la santé mentale d'Ottawa a exprimé ses préoccupations au sujet de la décision du gouvernement de mettre fin au financement des deux sites de consommation supervisée de la ville, soit ceux liés au Centre de santé communautaire Côte-de-Sable et à Ottawa Inner City Health, en partenariat avec les Bergers de l'Espoir.

J'ai demandé à plusieurs reprises au gouvernement de soutenir les solutions proposées par les organismes communautaires afin de protéger les personnes vulnérables et l'ensemble de la population. Ces organismes connaissent la réalité du terrain et savent quelles interventions peuvent faire une réelle différence.

J'ai aussi invité officiellement le ministre associé délégué à la Santé mentale et à la Lutte contre les dépendances à venir au centre-ville pour constater la situation et rencontrer les intervenants qui ont besoin de son soutien pour mieux répondre à l'itinérance, aux dépendances et à leurs effets sur la communauté.

Queen's Park doit travailler directement avec la Ville d'Ottawa, les fournisseurs de services locaux et les résidentes et résidents. La Côte-de-Sable mérite une action provinciale stable, réfléchie et coordonnée.

Sur une note plus légère, j'invite les résidentes et résidents à mon épiluchette annuelle de blé d'Inde, le 25 juillet, de 11 h à 13 h, au parc Stanley. J'espère vous y voir.

Pour en savoir davantage sur mon travail à Queen's Park et dans la circonscription : <https://lucillecollardmpp.ca/news>.

Lucille Collard, députée provinciale d'Ottawa-Vanier

Provincial action is needed to support Sandy Hill

Sandy Hill is one of Ottawa's most historic and vibrant neighbourhoods. It is also a community that feels the effects of provincial decisions on housing, mental health, addictions, public safety, and affordability.

Residents want safe streets, stable housing, accessible care, and a community where everyone can live with dignity. These issues are connected. When housing is inadequate or community and social services are under-resourced, the whole neighbourhood feels the consequences.

Frontline organizations in Sandy Hill do essential work with often limited resources. They need provincial support that reflects growing local needs, which I continue to raise with the government.

The end of provincial funding for supervised consumption and treatment services is a major concern for Sandy Hill and the downtown core. The Canadian Mental Health Association Ottawa Branch has expressed concerns about the government's decision to end funding for Ottawa's two supervised consumption sites, including those connected to the Sandy Hill Community Health Centre and Ottawa Inner City Health, in partnership with Shepherds of Good Hope.

I have repeatedly called on the government to support the solutions proposed by community organizations to protect vulnerable people and the broader community. These organizations understand local realities and know which interventions can make a real difference.

I have also formally invited the Associate Minister of Mental Health and Addictions to visit the downtown core to see the situation firsthand and meet with the frontline workers who need his support to better respond to homelessness, addictions, and their impacts on the community.

Queen's Park must work directly with the City of Ottawa, local service providers, and residents. Sandy Hill deserves a stable, thoughtful, and coordinated provincial response.

On a lighter note, I invite residents to my annual Corn Roast on July 25, from 11 a.m. to 1 p.m. at Stanley Park. I hope to see you there.

To learn more about my work at Queen's Park and in the community: <https://lucillecollardmpp.ca/news>.

Lucille Collard, MPP for Ottawa-Vanier

Neglect of public spaces reflects City's disregard for quality of life

Jennifer Cavanagh

Many dream of urban neighbourhoods that are clean, green and vibrant. Having spent 15 years in London as well as time in Bern, Switzerland, I experienced quite the culture shock when moving to Ottawa. I was surprised to find a city struggling with visible homelessness, littered streets, and public spaces that felt neglected.

had only recently been completed a block away. When the ensuing damage to the sidewalk there was finally repaired, the incorrectly installed drainage caused flooding until a resident (cough, cough) raised the issue and pushed for it to be corrected. The public seems expected to accept inconvenience, reduced access, and substandard work as the cost of doing business.

I'm tired of the growing ugliness in our public realm and suspect I'm not alone. There is a connection between physical neglect and social neglect.



Photo: Jennifer Cavanagh

Depuis plus d'un an, ce chantier de construction occupe tout le trottoir ainsi que la piste cyclable le long de la rue Wilbrod, en face du pavillon maternelle-jardin de Francojeunesse. Un des nombreux exemples dans notre quartier où l'infrastructure publique est rendue inaccessible aux piétons et cyclistes pour accommoder un développement.

What strikes me most is not simply the existence of these problems, but the choices that seem to perpetuate them. While the City requires residents to hide garbage bins from view, it appears less willing to invest in the basic services that keep neighbourhoods clean and vulnerable neighbours safe. Street sweepers, for example, could maintain public spaces while also creating accessible entry-level employment opportunities. Instead, litter accumulates on sidewalks, particularly on garbage collection days, sending a message that disorder is something we should tolerate, rather than address.

The same pattern emerges in how we approach housing and development. As renoventions increase and homelessness becomes more visible, public frustration is often directed at those living in parks and on sidewalks. Yet far less attention is paid to the policies and decisions that contribute to these conditions in the first place. The contrast between how vulnerable residents are treated and the leniency granted to private development interests is difficult to ignore.

A small but telling example can be found on Wilbrod Street, across from a school, where a sidewalk and bike lane have been surrendered to a private construction project for more than a year. Space that belongs to all of us, paid for and maintained through public funds, has been a parking lot, storage yard, an office, and even a washroom for a private builder. It is remarkable that a developer can occupy public infrastructure for such an extended period while pedestrians, cyclists, and school children are expected to simply adapt.

What makes this even more frustrating is that another construction project

When litter accumulates, sidewalks disappear for years at a time, bike lanes are treated as expendable, and public spaces are allowed to deteriorate, the message is clear: expect less. At the same time, public frustration is too often directed toward those with the least power, while those making the decisions that shape our city escape similar scrutiny.

The condition of a city's sidewalks may seem far removed from homelessness, housing insecurity, or social services, but they are connected by a common thread: priorities. A city willing to accept deteriorating public spaces, inaccessible infrastructure, and declining civic services is a city that struggles to harness the political will to address deeper social challenges as well. Neglect rarely exists in isolation.

A city reveals its values through its priorities. When public spaces are routinely sacrificed for private interests while homelessness, affordability, cleanliness, and accessibility receive inadequate attention, the message is clear: the convenience of powerful interests matters more than the quality of life experienced by ordinary residents.

A truly compassionate city invests in both the public realm and the people who rely on it. These investments reinforce one another. Well-maintained public spaces, accessible infrastructure, and strong social supports are expressions of civic commitment and community care. Everyone deserves to live in a city that is cared for and that cares in return.

A city that cares for its people cares for its places, and vice versa. An attractive city and a compassionate city are not competing ideals; rather, they are inseparable.

Constituency Office /Bureau de circonscription

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

New Tabaret dome... coming this July!



It was slightly alarming to see construction fencing going up around a large portion of the lovely green space in front of Tabaret Hall at the University of Ottawa this spring, followed by the erection of scaffolding. However, it turns out this will be a temporary situation. The dome that caps the administration building's gracious interior staircase and lets natural light shine down through the central rotunda is due for replacement. The lawn will be a staging ground for the construction of the new dome, which is scheduled to be hoisted into place in July.

—Paula Kelsall



Photos: Paula Kelsall

Nostalgica
PUB & BEER GARDEN

Presents
OPEN MIC NIGHT
WEEKLY FEATURED ARTISTS
Every Thursday at Nostalgica

SIGNUP: 8:00pm
EVENT STARTS: 8:30pm

Hosted by Sofia
*Free Entry

601 Cumberland St., Ottawa ON K1G6N5

ALL DAY, EVERY DAY

\$6.25 | 20oz Pints
\$7 | 8oz Wine
\$7 | Bar Rail

MONDAY'S
5\$ OFF All Burgers
Nostalgica.ca
601 Cumberland

Catering or Private Event
Contact us info@nostalgica.ca
Mention code "first order 626"
For 10% off your first catering order
Valid until Oct-1-26

L'HONORABLE | THE HONOURABLE

MONA FORTIER

Députée | Member of Parliament

Ottawa-Vanier-Gloucester

Bureau de circonscription | Constituency Office
233, chemin Montréal Road, Ottawa, ON K1L 6C7

Communiquiez avec nous! Contact us!

Mona.Fortier@parl.gc.ca

(613) 998-1860

MonaFortier.libparl.ca

@EquipeTeamMona

@MonaFortier

@MonaFortier

Chères résidentes, chers résidents,

En ce début de mois de juin, nous continuons de célébrer la force, la résilience et l'unité qui définissent Ottawa-Vanier-Gloucester. À l'approche de l'été, nos communautés s'animent d'une énergie renouvelée, entre les événements locaux, les activités en plein air et le plaisir de se retrouver entre voisins et de soutenir les entreprises locales. Ensemble, nous poursuivons la construction d'un avenir plus fort et inclusif pour toutes et tous.

Le mois de juin est un moment pour célébrer la diversité, l'inclusion et le vivre-ensemble. Il s'agit du Mois de la Fierté, une occasion de reconnaître et de soutenir les personnes et les communautés 2ELGBTQI+ et de réaffirmer notre engagement envers l'égalité, la dignité et le respect. Partout dans Ottawa-Vanier-Gloucester, des activités sont organisées tout au long du mois pour célébrer l'amour, l'acceptation et la richesse de notre diversité.

Soutenir les familles demeure une priorité centrale. Des programmes comme le Régime canadien de soins dentaires continuent d'aider les résidents à accéder à des soins essentiels, faisant une réelle différence pour les aînés, les enfants et les familles de notre circonscription.

De plus, des initiatives comme le Laissez-passer Un Canada fort contribuent à rendre les voyages, la culture et les activités récréatives plus accessibles aux jeunes et aux familles, favorisant la découverte et le rapprochement entre les communautés à travers le pays.

La protection de l'environnement et la préservation de notre patrimoine naturel demeurent également essentielles. La Stratégie canadienne pour la nature témoigne de l'engagement à protéger la biodiversité, à préserver les espaces verts et à garantir que les générations futures puissent profiter de la beauté naturelle qui nous entoure ici à Ottawa-Vanier-Gloucester et partout au Canada.

Alors que nous profitons des journées plus clémentes, continuons de nous soutenir mutuellement, d'appuyer nos organismes locaux et de célébrer tout ce qui fait de notre communauté un endroit exceptionnel. Si vous souhaitez communiquer avec notre bureau, n'hésitez pas à composer le 613-998-1860 ou à écrire à mona.fortier@parl.gc.ca.

Dear residents,

At the beginning of this month of June, we continue to celebrate the strength, resilience, and unity that define Ottawa-Vanier-Gloucester. With the arrival of summer just around the corner, our communities are coming alive with renewed energy, from local events and outdoor activities to the simple joy of connecting with neighbours and supporting local businesses. Together, we are building a stronger, more inclusive future for all.

June is a time to celebrate diversity, inclusion, and community. It is Pride Month, an opportunity to recognize and support 2SLGBTQI+ individuals and communities, and to reaffirm our commitment to equality, dignity, and respect for all. Across Ottawa-Vanier-Gloucester, events throughout the month invite us to celebrate love, acceptance, and the richness of our diversity.

Supporting families remains a central priority. Programs like the Canadian Dental Care Plan continue to help residents access essential dental services, making a meaningful difference for seniors, children, and families across our riding.

In addition, initiatives such as the Canada Strong Pass are helping make travel, culture, and recreational experiences more accessible to young people and families, encouraging Canadians to explore and connect with communities across the country.

Protecting our environment and preserving our natural heritage are also key priorities. Canada's Nature Strategy reflects a commitment to conserving biodiversity, protecting green spaces, and ensuring that future generations can continue to enjoy the natural beauty that surrounds us here in Ottawa-Vanier-Gloucester and across the country.

As we enjoy the warmer days ahead, let us continue to support one another, uplift our local organizations, and celebrate everything that makes our community such a remarkable place to call home. As always, should you need to contact our office, please do not hesitate to reach out at 613-998-1860 or mona.fortier@parl.gc.ca.



Les membres du conseil d'administration d'Action Côte-de-Sable pour 2026 – 2027 (de gauche à droite) : Patrick Munro; Andrew Johnston; Masood Qureshi; Alec King; Cilaine Maurin; Betsy Schuurman (présidente); Tom Waller (président adjoint); Kathleen Lalande; Marilyn Whitaker; Megan Reilkoff. Il n'est pas trop tard pour se joindre au CA! Si vous résidez dans la Côte-de-Sable, envoyez votre demande au actionsandyhill@gmail.com.



Your community association news: new board and community art activity

Betsy Schuurman (Chair, Action Sandy Hill)

A big thank you to everyone who joined us at the ASH Annual Meeting on April 27. We had a great turnout of new ASH members and longtime community volunteers. It was wonderful to see so many neighbours together again in Borden Hall!

A special thanks to the Environment Committee for organizing the always-popular plant sale, to departing board member Nick Harrison for his leadership on the Homestead fund project, and to *allsaints event space* for generously donating their venue.

At the Annual Meeting, Action Sandy Hill members unanimously affirmed the following to the ASH Board of Directors: Alec King, Andrew Johnston, Cilaine Maurin, Patrick Munro, and Marilyn Whitaker. Welcome to Alec and Cilaine, who are joining the Board for the first time. Finally, a heartfelt thank you to all our volunteers and to everyone who has supported Action Sandy Hill over the years.

At the ASH Board of Directors meeting in May, Tom Waller was elected Vice Chair.

Betsy Schuurman continues as Chair, Kathleen Lalande as Secretary, and Megan Reilkoff as Treasurer.

Marilyn Whitaker and Bryan Dewalt are chairs of the ASH Environment Committee; Patrick Munro is chair of the ASH Town & Gown Committee; Masood Qureshi is chair of the ASH Planning Committee; and Andrew Johnston is chair of the ASH Heritage Committee. Interested in one of these issues or have a comment or suggestion? Email actionsandyhill@gmail.com and we'll put you in touch with the appropriate board member.

A reminder that our monthly ASH Board of Directors meetings are open to the public. The meetings are at 7 p.m. on the last Monday of the month (except July and December) and are in the boardroom of the Sandy Hill Community Centre, and hybrid on Zoom. Check the ASH events page on our website (<http://www.ash-ac.s.ca>) for details, agenda, and Zoom link.

Want to know more about what's happening in Sandy Hill? ASH Community Conversations are virtual on Zoom at 7 p.m. on the third Monday of every month. This year will feature discussions about the upcoming developments and new construction of student residences at the University of Ottawa as well as topics related to planning, heritage, and the environment. Keep an eye out for the schedule and Zoom link on the ASH events page.

Finally, a shout-out to Julie, Ben, and Vanessa for launching the inaugural ASH Art Activity! Proceeds from the 2024 and 2025 One & Only Arts & Crafts Fair are supporting this new activity to bring art experiences into our community. Whether you'd like to participate in a future activity or contribute as an artist, email actionsandyhill@gmail.com and watch the ASH events page for upcoming activities.

Action Sandy Hill EVENTS

Do you love planning a party? Enjoying meeting new neighbours? ASH is always looking for more volunteers to help out with community events all year long. Contact us if you can contribute to planning an event or simply help out for a few hours on the day. Check out the ASH events page at www.ash-ac.s.ca for more details on upcoming events, including:

Block Party Season is here! If your block doesn't usually host a summer get-together, why not start the tradition? Planning resources are on the ASH website.

Sandy Hill Neighbourhood Yard Sale on Saturday, September 12. Sign up on the ASH website.

Candidates' Forum in late September. With the municipal election coming in October, ASH will be hosting a public forum with candidates. Details coming soon on the ASH events page.

One & Only Arts & Crafts Fair on Saturday, November 14, 2026. This beloved community favourite is on the calendar, but we need a few more volunteers to make it happen. If you love this event and want to keep it going, please email actionsandyhill@gmail.com.

Winter Carnival on Sunday, January 24, 2027. Mark your calendars now for the return of this annual favourite!

And the highlights of recent ASH meetings are ...

Ralph Blaine & Christine Aubry

Since the last issue of IMAGE, there have been two meetings of the Action Sandy Hill (ASH) Board (March 30 and May 25), as well as the Annual Meeting (AM) on April 27. The following is a summary of key points of interest from the perspective of two Sandy Hill residents and does not represent official ASH record.

Somerset Street rezoning

As reported in the Spring issue of IMAGE, the City's move to prepare for increased residential density in Ottawa resulted in a rezoning of Somerset Street in Sandy Hill. This rezoning will allow greater density and taller buildings on Somerset. The efforts of ASH and our councillor to repeal this zoning decision failed, and ASH is now considering a move to appeal. It is still not clear if ASH has legal standing to make such an appeal. However, after discussion, the ASH Board agreed to "in principle" approve up to \$1,100 to support such an appeal pending clarification that such an appeal is possible. However, Councillor Plante expressed the view at the AM that this was a lost fight. As of now, there are no new development applications with the City for Somerset Street East.

Strathcona Park gazebo

Following a consultation meeting of Sandy Hill residents, a consensus was reached by the Board that the "Living Gazebo" proposal from the Environmental Committee for using the Homestead Funds was the best approach to re-creating a gazebo in Strathcona Park. The Board presented this decision at the AM. Briefly put, this project proposes to plant a ring of disease-resistant elm trees around the perimeter of the circular concrete platform in Strathcona Park to form a partial canopy over this space; there will also be benches and historic plaques. ASH is hoping to obtain an additional \$15,000 from the City and hoping it can all be done by October 2027, if there are no delays from the City.

Strathcona Heights Community House proposal

Representatives from Strathcona Heights and the Sandy Hill Community Health Centre have asked ASH to support the plan to build a Community House in Strathcona Heights that would serve as a hub for various community initiatives, including an extension of the health services presently provided by the Sandy Hill Community Health Centre, among others. IMAGE is hoping to report on this interesting initiative in the next issue.

Photo: Christine Aubry



La plage près du champ Robinson prendra bientôt un nouveau look après l'installation par la Ville d'une rampe de mise à l'eau en juillet.



Un tableau de communication destiné aux enfants vivant avec l'autisme ou autres troubles de langage, le premier de son genre dans la ville d'Ottawa, se trouvera dans la nouvelle aire de jeu au parc Strathcona.

Photo: Christine Aubry

Consumption and treatment services

Dean Dewar of the Sandy Hill Community Health Centre presented ASH with some of the measures that are being discussed to continue some services to the current clientele of their Consumption and Treatment Services after this program loses its funding this year. The Board has invited SHCHC to share any ideas so that they might cooperate in these efforts.

Councillor's updates on Sandy Hill parks and green spaces

The "trees" that were removed last year by the pool near Dutchie's Hole were, in fact, invasive shrubs. The City plans to plant native trees, but no other details have been shared with ASH. To the south of the pool building, a boat launch will be installed on July 20 at the Rideau River "beach" near Robinson Field.

Herbert and Estelle Brown Park will become the first amenity space in Ottawa named after black individuals. There will be an official ceremony in partnership with Black History Ottawa on July 28. See details in the councillor's ad on p.3.

The play structure at the north end of Strathcona is finally being replaced. As part of the new equipment, there will be a communication board for children with autism, a first in Ottawa! See photo above.

Councillor's updates on development

ASH highlights, see page 8



Photo: Jane Waterston

(De gauche à droite) Chloe Salter, Tim Williams, Sabrina Matthews et Eamonn Cuerden Conboy ont vendu des plantes de fleurs sauvages indigènes devant allsaints event space le soir de la réunion annuelle d'Action Côte-de-Sable, le 27 avril dernier. Les fonds récoltés soutiendront le travail du comité de l'environnement d'ACS.



Lettre à la rédaction

Je vais tous les matins prendre un croissant chez Safi. Je marche sur l'avenue Somerset, de l'avenue Goulburn jusqu'à Chapel.

L'embellissement des bacs et du petit jardin sur Somerset m'ont ravi. Et j'aurais voulu féliciter et encourager l'équipe qui a fait ce beau travail, Jardins de la Côte de Sable.

Jean Gordon
rue Goulburn



Photo: Bryan DeWalt

Elections  Élections
Ottawa

Ottawa

We're hiring election workers!

The City of Ottawa's Elections Office is hiring to fill over 5,000 paid election worker positions in the 2026 Municipal Elections.

Positions are available for the following dates:

- **Advance Voting Day: Friday, October 16**
- **Voting Day: Monday, October 26**

The Elections Office is looking for individuals who:

- Are at least 16 years old
- Understand the voting process and learn quickly
- Are reliable and have strong interpersonal skills

Proficiency in English and French is an asset and will be considered for all positions. Proficiency in other languages will be considered an asset, and applicants are encouraged to indicate which language(s) they speak on their application form.

Due to the high volume of applications, only selected applicants will be contacted by the Elections Office between June and October. For more information on the available positions, pay rates and to apply online, visit ottawa.ca/vote.

For questions or more information on becoming an election worker, contact the Elections Office by phone at 613-580-2660 or by email at elections-jobs@ottawa.ca.

Nous embauchons du personnel électoral!

Le Bureau des élections de la Ville d'Ottawa recrute en vue de pourvoir plus de 5 000 postes rémunérés de travailleurs électoraux pour les élections municipales de 2026.

Des postes sont offerts aux dates suivantes :

- **Jour de vote par anticipation :**
Le vendredi 16 octobre
- **Jour du scrutin : Le lundi 26 octobre**

Le Bureau des élections recherche des personnes qui :

- sont âgées d'au moins 16 ans;
- comprennent le processus de vote et apprennent rapidement;
- sont fiables et ont beaucoup d'entregent.

La maîtrise du français et de l'anglais est un atout et sera prise en compte pour tous les postes. La maîtrise d'autres langues sera considérée comme un atout. Nous encourageons donc les candidats à indiquer les langues qu'ils parlent sur leur formulaire de demande.

En raison du fort volume de demandes, le Bureau des élections communiquera seulement avec les candidats sélectionnés entre les mois de juin et d'octobre. Pour en savoir plus sur les postes offerts et les taux de rémunération, et postuler en ligne, consultez la page ottawa.ca/votez.

Si vous avez des questions ou souhaitez obtenir plus d'information en vue de devenir membre du personnel électoral, communiquez avec le Bureau des élections par téléphone au 613-580-2660 ou par courriel à emplois-elections@ottawa.ca.

ottawa.ca • 3-1-1
VRS • SRV 613-580-2400
TTY • ATS 613-580-2401

ASH highlights, from page 7

The City's push for increased residential density in the urban core has brought a flurry of complaints from residents near these developments. Many of these complaints involve activities that amount to trespassing and other disruptive activities. Councillor Plante feels the City should adapt its enforcement, possibly through extensions of bylaw enforcement, to deal promptly and effectively with these disruptions and has held further consultations on this issue.

She hosted a consultation on the proposed changes in the City housing infill bylaws and was encouraged by the participation. She asks residents with concerns about nearby developments to contact her office (Email: stephanie.plante@ottawa.ca; Phone: 613-580-2482). For more on residents' concerns, see Jennifer Cavanagh's article on p.4.

Alto High Speed Rail terminus

The Ottawa Board of Trade proposed that Alto's High Speed Rail system have its Ottawa terminus in downtown Ottawa. Councillor Plante pointed out that the current plan sees this terminus placed in the Tremblay Road area where the present ViaRail train station is located. She is opposed to the proposal of the Ottawa Board of Trade because of the amount of expropriation and major disturbance this could cause in downtown neighbourhoods. She also noted that this proposal would require a bridge across the Ottawa River to re-route truck traffic. ASH passed a motion to send a letter to the Ottawa Board of Trade asking them to explain their position on the construction of a bridge across the Ottawa River to take truck traffic out of the downtown core.

Smart Living / Takyan / Dwell

At the ASH AM, Councillor Plante reported that the company known as Smart Living Properties (previously Takyan, and also known as Dwell) had declared bankruptcy and the owners have left Canada. It appears that many of the buildings are now abandoned and not maintained. IMAGE has not been able to obtain more details but is interested in speaking to anyone affected by this situation. Please contact: editor@imagesandyhill.org.

214 Somerset Street East

The Ottawa Community Housing (OCH) property at 214 Somerset St. E. is being turned into supportive housing, expected to be completed in 2028. Visit the OCH website www.och-lco.ca/construction/214-somerset/ for more details. Councillor Plante is very interested in working with organizations like Ottawa Community Land Trust to find opportunities for other housing acquisitions that can preserve affordable housing in Ward 12 and Sandy Hill.

Traffic impact of Lees/Robinson project

At the AM, a resident asked about the traffic impact of the new development on Lees/Robinson. (See the front page of the October 2025 issue of IMAGE for details, available at: www.home.imagesandyhill.org.) Plante reported that a traffic study had been completed as part of the development application, and that the City is not concerned about traffic impacts since these buildings are mainly intended for students. (For a dissenting view, see the editorial on p.3.)

Waste issues

Finally, Councillor Plante has expressed concern at the poor level of participation in the recycling and compost programs within Sandy Hill. There is discussion within City management as to whether requiring clear garbage bags might increase participation. She encourages residents who live in a multi-unit building to make sure the management of their building provides receptacles for recycling and organic matter (compost).

ASH Environment Committee

This committee continues its efforts to eradicate invasive plant species along the Rideau River. They are also taking the initiative to promote the replacing of grass with native wildflowers and plan to conduct a tree canopy survey in Sandy Hill.

ASH Town and Gown Committee (Liaison with the University of Ottawa)

As reported in the December 2025 issue of IMAGE (available online at www.home.imagesandyhill.org), uOttawa has plans for adding a few thousand more units of on-campus student housing which should be completed by 2031. Work will begin with the demolition of the Brooks complex, and the university has announced it would consult with residents on the new development plans this summer.

In a bit of good news, the Sandy Hill Housing Co-operative and the St. Georges Co-op have been granted a two-year extension on their leases to 2029. However, the university claims they need the buildings for visiting professors and Plante stated decision-makers don't appear to understand how difficult it will be for all displaced residents to find affordable housing. (See Glen Grignon's letter in the June 2022 IMAGE at: www.home.imagesandyhill.org.) Councillor Plante also reported that she has raised ASH's concerns about the number of houses owned by the University of Ottawa that have been vacant for long periods.

In other good news, Councillor Plante reported that the university is looking for a new permanent space for the Bernadette Child Care Centre, but had no other details at this point.

ASH Heritage Committee

The Chair of this committee, Andrew Johnston, is hoping to put together a committed group of volunteers to work on this important file. No experience necessary; all that is needed is an interest in heritage and a few hours a month!

ASH Membership and Funds

ASH membership now stands at 194. During 2025, 42 memberships expired without being renewed. The AM was attended by approximately 40 residents of Sandy Hill. The Report of the Treasurer at the AM showed an opening balance for 2025 of \$62,648 and a closing balance for the same year of \$65,218, which was accepted by the assembly.

Councillor Plante encourages residents who live in a multi-unit building to make sure the management of their building provides receptacles for recycling and organic matter (compost).

Photo: Jane Waterston



Strathcona Heights community garden makes headlines

Christine Aubry

A community garden in Strathcona Heights has been garnering a lot of press, thanks to a committed team of residents and supporters desperately trying to salvage the 2026 gardening season and have their needs considered by the City.

Not to be confused with the Sandy Hill Community Garden (closer to Dutchie's Hole and easily visible by passersby along the Rideau River path), the Strathcona Heights Community Garden is around the bend, tucked behind Ottawa Community Housing buildings on Wiggins Private, on top of the small hill on the southwest end of Robinson Field.

According to spokesperson Jackson Couse, for the first 25 years of its 30-year existence, the garden was successfully but informally self-governed without issue. Then in 2020, in the middle of pandemic chaos, the previous chair of the committee handed over that authority to another person without an election from the members. According to some of the protesters I met on June 2, management of the garden became riddled with problems with no transparency or input from the actual gardeners. A separate crisis within the housing community spilled into the garden space, and suddenly police and the City of Ottawa became involved.

Couse further explained that the City of Ottawa, a sponsor of community gardens, has only recently realized that it is the rightful owner of the land, not Ottawa Community Housing. Another surprise: the land was once a train yard, which means the soil may be contaminated.

What has also come to light is that the City and CGN (Community Garden Network, an organization appointed by the City to help support community gardens) has been attempting communication and resolution with the garden committee for about three years following multiple reports of conflict.

According to residents, some of those conflicts include discrimination, harassment, misogyny and an overall abuse of power coming from the committee.

"It's so horrible because the garden is a place of paradise and peace," said one of the gardeners, "we just want to grow our food and medicine."

What happened next is what has led to sit-ins and press interviews: the City gave 10 days notice to shut down the garden. Why does this matter? Couse explains that it goes beyond meeting food security needs, though that in itself is hugely important!



En début juin, des controverses menaçaient de fermer et détruire le jardin communautaire de Strathcona Heights, situé au bout de Wiggins privé. Les membres de la communauté, avec le soutien de défenseurs de jardins communautaires, ont fait pression sur la Ville pour qu'elle prenne en compte leurs besoins et qu'elle les consulte.

Photos: Christine Aubry



"This is really important space for the community," he explains. "People come here to work out trauma or addictions, or to grow something from back home to get a taste of their home country. It's a vital, necessary space that meets a need."

The activists are not arguing with the fact that a better plan and management structure is needed, and that a redesign such as raised beds may be required if the soil is contaminated. They are asking to be consulted and involved in the process and to be given time to take care of the plants that are already established and thriving.

With the clock ticking and major news outlets like CTV news and CBC Ottawa Morning covering the story, here's hoping that by the time you read this, a workable compromise will have been found, plants will have been salvaged, and the Strathcona Heights community can look forward to a renewed and truly communal garden space.



Welcome to The Other Hill

Leanne Moussa

If you've walked along Laurier Avenue E. lately, you've probably spotted them—new banners on lampposts from King Edward to Strathcona Park, identifying the space as The Other Hill. It is the first visible sign of an initiative that has been in the works for the last several years: making the area into a destination. The place in our nation's capital where Canada's voices rise and conversations thrive.

It is an initiative that recognizes that at the heart of a well-functioning democracy are average Canadians who care about our future. And although Parliament Hill, known as "The Hill" for short, is the symbolic centre of our political democracy, The Other Hill is the grassroots equivalent. Our programming moves important conversations out of the grand halls, and into the pubs, parks, and cafés in the area.

Over the last several months, our spaces have hosted a half-dozen authors including Cory Doctorow (author of *Enshittification*) and Derek Aronhiemens Montour and Elin Sandberg Miller (authors of *Everyday Reconciliation: A Guide to Action and Change for All of Us*). We have welcomed the Green Budget Coalition with David Suzuki, and large Power Shift conversations around women and leadership. And we have so much more to come!

This summer and fall, expect more public events, as well as the launch of self-guided walking tours through the neighbourhood, including one that lets you in on all the scandalous details of past politics. Check out our website (www.theotherhill-lautrecol-line.ca) or follow us on Instagram to hear about new events, which are added regularly.

Photos: Christine Aubry

Les bannières de rue sur les lampadaires sur la rue Laurier Est entre King Edward et le parc Strathcona identifient l'espace comme « L'autre Colline ». Il s'agit d'une initiative communautaire qui vise à stimuler des rencontres et des conversations qui permettent de réfléchir non seulement à notre passé, mais aussi à notre présent et à notre avenir.

Lifting the lid on garbage problems in Sandy Hill

Ralph Blaine

In the last issue of IMAGE, Christine Aubry wrote an article about property standards and the City’s failure to enforce its own bylaws in Sandy Hill. One of the many merits of this article was a clear summary of the bylaws that govern how garbage is to be managed. I take the liberty of repeating the part of this summary which addresses my concerns.

Garbage shall be kept in the back of a property. If there is no room at the back, the garbage can be stored on the side. 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.

The reader will notice that nothing in the bylaw permits the storage of garbage in the front yard of a place of residence. And yet, residences all over Sandy Hill are doing just that. These photos show examples of a variety of front yard garbage storage which seems to have mutated particularly in the northern sector of our neighbourhood.

It is easy to see that at least two of the containers pictured are not constructed to prevent the entry of rodents or even a determined dog or cat. They do not have a tight fitting lid, nor are they kept neat. And yet, City bylaw officers must go by similar garbage containers every day without once filing a complaint.

But what would the complaint be based on? If the container were neat and had a tight fitting lid would everything be okay?



Photos: Ralph Blaine

“Nothing in the bylaw permits the storage of garbage in the front yard of a place of residence. And yet, residences all over Sandy Hill are doing just that.”

Roger Chapman: “We recognize that waste storage can sometimes be a challenge, and our goal is to keep our community clear and welcoming, while also working with the unique circumstances of each property. ...BLRS will work with property owners to achieve compliance.”

But what does Chapman mean by compliance? Does he mean strict compliance with the bylaws concerning garbage storage? Or does he mean that, if necessary, he will bend over backwards to find the easy way out for a landlord who, perhaps, owns multiple buildings where, in his judgment, “waste storage can be a challenge”? Given the current situation in Sandy Hill, the answer to this question seems clear. I hope I am wrong.

In the next issue of IMAGE, I will address another specific example of the City’s failure to enforce its own waste management bylaws.



NO! Because there is absolutely no provision which allows garbage to be stored in the *front* yard, no matter how pretty the container, no matter how tight the container lid, and no matter how clean.

The bylaw does not say that a property owner can store their garbage in their front yard as long as it is stored in a clean, neat and tightly closed container.

The examples in the top and left photos feature various takes on the plywood box theme. But there are other variations.

In the example to the right,, each of the four units is provided with a plastic garbage storage container. For a while, they do look better than the plywood variation; they generally have a tight lid. However, with time and rough usage, they tend to fall into disrepair and are often left in that condition.

But once again, the salient issue here is that these containers are placed in the front yard, a location not allowed by Ottawa bylaws. Yet nothing is done about it, even though the problem is staring the bylaw officers in the face. How do we explain this?

Aubry’s article quoted the City’s Director of By-law and Regulatory Services



It's Summer in Sandy Hill!
Let's chat about what's hot right now.

jen stewart & team

Real Estate, Real People.
WE'LL GET IT DONE TOGETHER.

Just Listed!

99 GOULBURN AVENUE | Sandy Hill | **\$874,900**

For Sale!

35B ROBINSON AVENUE | Sandy Hill | **\$449,900**

Needle pick-up DIY

Marie-Pierre Lefebvre

Every now and then, I spot a syringe (or two!) or other drug paraphernalia on the ground. It's not worse than six to seven years ago, but it's not better. During the pandemic, when users were forced to use on the streets and in parks, the problem exploded. I was upset that my children, at their tender age, could identify a needle and a crack pipe— this was not something I could do at their age! In 2020, it seemed easier to get a hold of the City of Ottawa to send someone over to pick them up, but now, my options are limited—and time consuming.

The City website says to call 311 to speak to an agent, apparently so the pick-up is done more quickly than through an online report (which is not even an option). But the wait time when calling 311 can be really long, and there isn't a "if you're calling about needle pick-up" option. I would have needed to wait 60 minutes on the phone last time I called, so I turned to the neighbourhood Facebook group for ideas.

These included:
Calling the Needle Hunters (613-725-3494 or info@needlehunters.ca). The downside with them is that they show up when they can, you have to present, and they don't usually provide you a timeslot.

Picking it up myself. The Ottawa Public Health website states that property owners are responsible for having the item(s) removed. If they are not comfortable removing the item(s), they should call a private waste removal company to have the hazardous material removed. (www.ottawa-publichealth.ca)

The second option was the best solution for me, but it requires safety equipment. I already have a garbage grabber for keeping my street clean, so I was able to use that. I learned that Ottawa Public Health has a "Sharps Kit Program" containing protective gloves, tongs, a sharps container and instructions, that you can pick up across the City—just google it! Once it's picked



Photo: Larry Newman

L'entreprise sociale Needle Hunters emploie des gens pour ramasser des accessoires de consommation de drogues jetés dans les lieux publics, mais Marie-Pierre Lefebvre trouve qu'il est plus facile de le faire elle-même quand elle en voit.

up though, it's still on me to find a needle drop box and dispose of them there. There are several drop boxes in Sandy Hill and Lowertown, so I won't have to walk too far (according to Ottawa Public Health's Needle Retrieval Services online map, locations in Sandy Hill include 292 Rideau and 530 King Edward), but I will still need to go there myself.

Reporting discarded needles found on public property: City Councillor's office's explanation

Carina Pogoler

A discarded needle is not treated the same as litter. The City would not send someone if there was an empty pop can on the sidewalk; they will send someone for a discarded needle. Drug paraphernalia that is not a needle or glass stem is treated as standard debris. In these cases, a service request is created; however, it is not immediately dispatched to the responding department. The responding department is responsible for determining the service standard for collecting debris.

Reports of discarded needles and glass stems on public property do receive an immediate response from the City. Currently, reports must be called in as this is to ensure that 311 agents not only create the service request, but verbally notify concerned staff immediately so that the items can be removed. (Unfortunately,

there's no option to "Press X for discarded needle.") This immediate dispatching occurs 24 hours a day, every day of the year. The City is working on having an online reporting feature for needles by this year.

City staff will attend to collect discarded needles and glass stems that are located on all City property, such as roads, sidewalks, parks and City facilities. City staff will also attend for needles and stems that are in *publicly accessible locations* on private property, such as a front yard that can be accessed from the sidewalk. Part of what makes this a bit complicated is that if the needle is found in a park, the call goes to Parks, and if it's found on a road, it goes to Roads, etc. So it really depends on where the needle is found.

For drug paraphernalia that is located in an inaccessible location on private property (such as a fenced in backyard), the property owner is responsible for properly disposing of the materials.

This makes me ask myself some pretty philosophical questions such as, "Is drug use equipment equivalent to litter?" and "Am I responsible for keeping my streets clean?" and "What are other cities doing?" (ok busted, the last one isn't philosophical!).

For now, I will continue to pick up needles when I see them, and when my con-

tainer is full, I will find a drop box. Like we say in French, "On n'est jamais si bien servi que par soi-même".

IMAGE submitted this text to Councillor Stéphanie Plante's office prior to print and received comments from staff (see box above).

Au service de notre communauté depuis plus de 30 ans!

Votre pharmacie de confiance sur le campus depuis 1994

Soins personnalisés - Vous êtes plus qu'un simple numéro!

Rapide et pratique - Pas d'attente interminable, juste un excellent service.

Soutien en santé naturelle - produits naturels et consultations bien-être disponibles.

Entreprise locale et indépendante - fier de servir les étudiants et la communauté depuis des décennies!

Merci de nous faire confiance depuis plus de 30 ans!

613 563-4000 613 563-9135

www.campuspharmacy.com

100 Marie Curie Priv, Ottawa, ON K1N 6N5

Sandy Hill Community Health Centre

Centre de santé communautaire Côte-de-Sable

CORDIALLY INVITES ITS MEMBERS AND COMMUNITY TO ITS

Annual General Meeting 2025-2026

INVITE CORDIALEMENT SES MEMBRES ET LA COMMUNAUTÉ À SON

Assemblée générale annuelle 2025-2026

24 June 2026
5:30 PM - 6:00 PM : REGISTRATION
6:00 PM - 7:00 PM : BUSINESS MEETING

SHCHC Board Room
221 Nelson Street, Ottawa, K1N 1C7

Rsvp to Christiane Farah
cfarah@sandyhillchc.on.ca

24 juin 2026
17H30 - 18H : INSCRIPTION
18H - 19H : RÉUNION D'AFFAIRES

Salle du conseil du CSCCS
221 rue Nelson, Ottawa, K1N 1C7

Rsvp à Christiane Farah
cfarah@sandyhillchc.on.ca

Come get involved in your Community Health Centre!

Venez vous impliquer dans votre centre de santé communautaire!



ANCORE
Solution de rechange
communautaire pour
l'intervention en cas de crise

What ANCHOR's expansion into Sandy Hill means for our community

Sandy Hill will soon be included in the City of Ottawa's Alternate Neighbourhood Crisis Response (ANCHOR) program, a community-led mental health and substance-use crisis response service that offers an alternative to a police response in certain situations.

ANCHOR was launched in 2024 as a response to long-standing community calls for safer, more compassionate ways to respond to mental health and substance-use crises. Instead of police, ANCHOR dispatches trained crisis response workers who are equipped to assess situations, de-escalate crises, and connect people to appropriate supports.

What's changing for Sandy Hill

With additional funding approved by City Council in December 2025, ANCHOR is expanding eastward. By the end of June 2026, the program will begin serving Lowertown, along with the ByWard Market, Sandy Hill, Lees Towers, Vanier, and Overbrook.

What ANCHOR is and how to use it

ANCHOR is available 24 hours a day, seven days a week, 365 days a year.

Residents can access the service by calling 2-1-1 when someone is experiencing a mental health or substance-use crisis, and a police response is not required. Calls are handled by trained 2-1-1 navigators, who assess whether an ANCHOR response is appropriate and can dispatch a team of two crisis workers to attend in person.

ANCHOR teams focus on de-escalation, safety, and connection to care. They can also link individuals to post-crisis response workers, who provide follow-up support and help connect people to longer-term services once the immediate crisis has passed.

If there is an immediate risk of violence or weapons are involved, residents should continue to call 9-1-1.

Why this matters in Sandy Hill

In its first year, ANCHOR received more than 4,400 calls, and over 92% of in-person responses were handled without police involvement. These early results suggest that many crises can be addressed more effectively through community-based care.

For our neighbourhood, the expansion adds another tool – one that prioritises dignity, safety, and compassion – when someone is in distress. It reflects the reality many neighbours already know – that not every crisis is best met with enforcement, and that care-first responses can strengthen both individual outcomes and community wellbeing.

Who runs ANCHOR?

ANCHOR is jointly operated by the Centretown Community Health Centre and Somerset West Community Health Centre, in partnership with Community Navigation of Eastern Ontario (2-1-1). It is funded by the City of Ottawa. The program builds on extensive community consultation led by the Ottawa Guiding Council for Mental Health and Addictions.

A new option, rooted in community

ANCHOR's arrival in Sandy Hill does not replace existing emergency services – it complements them. It offers residents a clearer choice when someone is struggling and needs support rather than punishment.

As the program expands into our neighbourhood, knowing when and how to use ANCHOR is one more way we can continue to look out for one another, respond with care, and strengthen the community supports that make Sandy Hill home.

Adapted and reprinted with permission from The Echo, Lowertown's Community Newspaper.

Keeping Sandy Hill safe: Local trends and community solutions

Constable James Kennedy

During the summer months, Ottawa typically sees an influx of residents and visitors into the downtown core and tourist areas. While this is a great time to enjoy the outdoors, festivals, restaurants and patios, it can also create operational challenges for emergency services.

With the recent closure of the Consumption and Treatment Services (CTS) sites in Sandy Hill and Lowertown, there have been questions about how the Ottawa Police Service (OPS) plans to address potential increases in loitering, trespassing, and related criminal activity. While the full impact on the community remains to be seen, the Community Outreach Response and Engagement (CORE) strategy is designed to help mitigate these challenges through strong collaboration and communication among all partners.

OPS has dedicated CORE officers conducting foot patrols in key hotspot areas, including the ByWard Market, Centretown, West Centretown, and parts of North Sandy Hill. These patrols are supported by a coordinated approach involving CORE officers, patrol constables, OPS special constables, OC Transpo special constables, and other OPS specialized units.

The primary goals of the CORE strategy are to:

- Reduce crime
- Improve response times to calls for service
- Enhance the sense of safety for residents and visitors

Importantly, the CORE strategy goes beyond enforcement. It integrates City services and community partners, including bylaw services, housing, public health, transit, public works, outreach organizations, shelters, and addiction treatment services.

Trends in the Sandy Hill community

Like other areas across the city, Sandy Hill has experienced an increase in thefts under \$5,000. One contributing factor may be the rise in package thefts associated with increased e-commerce activity.

Residents are encouraged to:

- Track deliveries closely
- Retrieve packages as soon as possible
- Ask a trusted neighbour to collect deliveries when away
- Consider secure delivery options, such as post office pickup or parcel lockers

During the summer months, increased activity in the downtown core can also lead to more loitering, trespassing on private property, and the presence of encampments

How you can help

Report incidents whenever possible! Active participation from residents is essential in helping OPS understand evolving crime patterns and community concerns.

Important reminders:

- Reporting a theft through an online retailer (e.g., Amazon) does **not** notify Ottawa Police.
- Filing a police report helps provide a clearer and more accurate picture of crime in your neighbourhood.

You can report incidents by:

- Filing a report online at: www.ottawapolice.ca/en/reports-and-requests/file-a-report.aspx
- Calling the non-emergency line: 613-236-1222, ext. 7300 to reach the Police Reporting Unit
- Calling 911 for crimes in progress or emergencies

Community members are also encouraged to report the following through the City of Ottawa's Service Ottawa portal by calling 311 or using the 311 app:

- By-law issues (e.g. parking violations, property standards issues)
- Encampments on public property

Constable James Kennedy is employed by Ottawa Police Service.

UrbanOttawa.com



200 Lafontaine Coming Soon!

Completely refreshed, spacious 1,100sq.ft., 2 bedroom, 2 full bath condo with central AC, garage parking, loads of building amenities and fabulous downtown views. Access to shopping and transit. A great urban lifestyle.



30 Charlevoix

Gorgeous main floor unit with a private terrace, 2 bedrooms, 2 full baths and garage parking. Quiet, well-built and well-managed condo with tight-knit community, just steps to Beechwood Village life.



907E Elmsmere Beacon Hill

389K buys a 3 bedroom home with finished lower level and 1.5 bathrooms. Outdoor parking. Private yard. Condo fees cover everything, including furnace and hot water tank replacement, when needed. Get in the market in a great urban Ottawa location.



Natalie's
URBANOTTAWA
the art of urban living

Ken's Bygone Sandy Hill

The story of 47-49 Daly Avenue, part 2: the birth of the Ottawa Mission

Ken Clavette

Built in 1861, the double stone home at 47 and 49 Daly Ave. is one of the oldest homes in the neighbourhood. The Herons, an Irish traveling musical family, made it their home for 51 years. Mary Heron married Richard Scott, who had been the mayor of Ottawa and subsequently a member of provincial parliament, member of parliament, and member of the federal cabinet. Between 1874 and 1892, the family rented the unit at 49 Daly Ave. to Miss Harmon, a well-known Ottawa educator in the last half of the nineteenth century, who ran an all-girls school.

The building was designated a heritage property by the City of Ottawa in 1991. According to the City, "the purpose of this designation is to recognize the important role this building has played in the social history of Ottawa and to protect a fine example of a rare Ottawa housing type; the classically proportioned, stone double dwelling." The major reason for this designation was to recognize that since 1912, the building served as the home of the Union Mission, now called the Ottawa Mission.

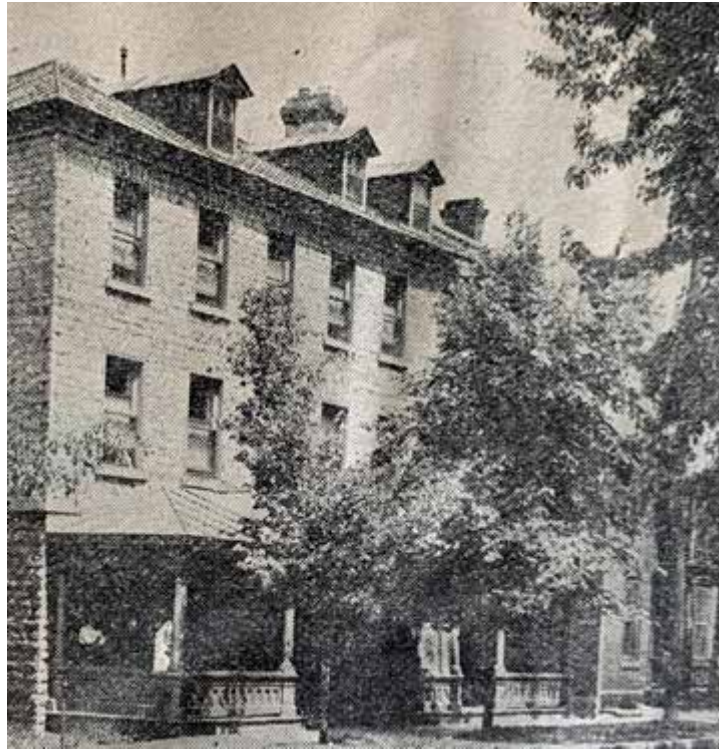
On January 1, 1907, the Ottawa Citizen reported that a new institution was to open the following day. The headline read: "For the unfortunate – Union Mission Opening Shelter for Homeless in Ottawa." The Mission has its roots in the leadership of Ottawa's Protestant churches. Inspired by the Old Brewery Mission in Montreal, it opened at 75 George St. in the ByWard Market. The founders believed there was a need for a home for the poor and unfortunate in every large city, and Ottawa was no different. "It will have for its object the sheltering of homeless men or needy strangers as well the reclaiming of drink victims," stated Reverend W. G. Taylor of the Old Brewery Mission. He believed that in order to be successful, the Mission needed to have "representatives of every Protestant church in the city [...] at its head," and that cooperation of Ottawa's businessmen would also be necessary. In his words, "If this mission can save only one poor soul in a year, it is money well spent."

The first building to house the Mission was a wood frame dwelling at 75 George St. The dining room could seat about 24 men, and the sleeping quarters had a dozen beds. The average cost of a single meal was 10 cents, while three meals and a night's lodging cost 40 cents. Tickets were sold to merchants and to "charitably disposed persons who may give them to applicants whom they consider worthy," as published in the Ottawa Citizen. Soon, 15 beds were added in the attic.

The need for the Mission was demonstrated when, in its first month, it served 1,800 meals. The chief of police congratulated the officers of the Mission on the "reclaiming of several noted frequenters who have heretofore been a nuisance to the police and public." Newspapers reported on the early success of the Mission, noting that "enlarging of the present quarters will be only a question of a very short time."

The Mission was interested in helping more than just men. In August of 1907, women volunteers organized a family picnic at Rockcliffe Park with sports and games. Such an event was valued by many poorer families who did not get such breaks. The Ottawa Citizen reported that "one tired mother brought along two pairs of twins, the quartets all being less than three years of age."

The Mission's first annual meeting was held on February 13, 1908. While adopting a constitution, there was a lengthy discussion as to the desirability of including the loaded term "rescue" in the name. In the end, it was agreed that it would be



En 1912, la Mission d'Ottawa a emménagé dans la maison double au 47 et 49 avenue Daly, une des plus vieilles maisons du quartier. À ces débuts, la Mission fournissait « trois repas et un lit » aux hommes dans le besoin. Maintenant, elle offre une plus grande gamme de services, incluant la formation en services alimentaires, du soutien en éducation, des services de santé et un programme de soutien au logement.

*Photos provided by
The Ottawa Mission*

known as "The Union Mission for Men." The use of the word "union" in Canada indicated that the organization was a union of Protestant churches that would carry out the work together. However, newspaper coverage would refer to the Mission using the word "rescue" for years to come. Membership was set at \$1 a year for men, and women who annually contributed at least 50 cents could also be members of the society. A motion was passed to seek a city grant and another to start the process to purchase the building it was renting.

From the start, the need continually outgrew the Mission's space. As early as in its second year of operation, a committee was established to find a new location. The Mission moved to a larger building at 26 George St., frequently housing 50 to 60 men a night and serving 2,700 meals a month. But even that building was not large enough to meet the need.

By 1912, the Heron family had sold the property at 47 and 49 Daly Ave. The new owner, a Mr. Copland, was applying to demolish the building and had received a building permit for a new \$28,000 apartment building. It is not known why that work did not take place, but shortly there-

after, it was reported that the Mission had acquired the buildings and was undertaking renovations. The Ottawa Journal reported that the new building would contain sleeping accommodations for one hundred men who were to be provided with lavatory and bathing facilities, "for each guest at the mission must wash thoroughly and have his clothes fumigated before he goes to bed." There was even a quiet room that provided the "opportunity to write home, if they have a home."

The Mission that the Sandy Hill community has come to know over the past 114 years opened here on December 3, 1912. Guests enjoyed a musical program, and tours were given to those who had made donations to purchase the Daly Avenue homes. The managers reported that between 1907 and December 1911, they had served 67,967 meals, supplied 67,967 beds, held 1,833 gospel meetings, and, of the 69,105 men who registered for employment, jobs had been found for 10,234 of them.

Peter Tilley, Executive Director of the present-day Ottawa Mission, made a presentation to the Historical Society of Ottawa in 2023 saying that, from its start,

the guiding principle was that "no man would ever be turned away the first night they came to the Mission." He said the "three hots and a cot" (three meals and a bed), the Mission's initial offering, is still a key component of their services today. But the organization now provides a much wider range of services to the community; it offers job readiness and job training assistance, and it operates two mixed-market rental buildings, an addictions program, and a food services training program based in the former Rideau Bakery. Primary health care, mental health, dental care, foot care, and a wide range of educational and housing supports, as well as a food truck program are among the many programs that have been developed over the years. Several years ago, a neighbour of mine who was living in a rooming house was dying of cancer. As his life ended, he was cared for in the Ottawa Mission Hospice. Special care continues to be given to those in need by the Mission at the heritage homes at 47 – 49 Daly Ave..

After I finished my research, I couldn't stop thinking of the irony that in 1912, the Mission came to buy the Herons' homes at 47 and 49 Daly Ave. Since 1907, the Mission has provided services to those whose lives have been affected by alcohol. Through the 1853 marriage of Mary Heron to Richard Scott, the buildings are forever connected to the Canada Temperance Act; while he was a member of parliament, Scott drafted Canada's first temperance legislation in 1879. The act that has been known ever since as the Scott Act allowed municipalities to ban the sale of alcohol.

Young Ottawa artist gives a powerful voice to wildlife

Marianne Keuleman

In the corner of Ben Lachapelle’s loft art studio in Sandy Hill, an unfinished painting of an endangered sea lion rests on an easel. He’s anxious to finish it, but it’s hard to find the time. In addition to being an emerging artist and prolific author-illustrator, he is an advocate for inclusivity in the arts and for wildlife conservation.

“You know what would happen if you stood face to face with a full-grown Galapagos sea lion?” he asks as I inspect his work-in-progress. “People think they’re playful, but sometimes male sea lions can get very angry if they’re bothered. Instead of barking, they roar when they’re angry. But they also roar when they want to sing.”

Ben calls himself the Animal Knower, and he certainly lives up to the title. I ask about his paints, his choice of medium, his busy schedule, but he always comes back to the real focus of his work: the animals.

His next project is part of the City’s Ottawa 200 celebrations and is made possible through the Ottawa 200 Artist/Creator Grant. The Ottawa 200 Biodiversity Tree will feature creatures far closer to home. The six-foot carved tree, modeled after the oaks in Strathcona Park, will house clay sculptures of past, present, and at-risk species in the National Capital Region. Ben can’t wait for this opportunity to introduce other Ottawa residents to species we might not realize are our neighbours.

Ben and his mom, Julie, moved to Ottawa just a year ago from the Laurentians, where his artistic career began. The 2025 documentary Ben’s Animals (available to watch on CBC Gem, as part of the Absolutely Canadian series) tells the story of how he became an artist, with a focus on the connective power of art and his expe-



riences as an autistic person. “I used to be a solitary kid,” he told me. Arts programs like Autism and Arts in the Laurentians provided an opportunity to connect with like-minded creatives. Now, he’s working to build a community in Ottawa as he continues to build his career, leading workshops with the Ottawa Art Gallery and Action Sandy Hill, exhibiting at Art in the Park in Strathcona Park, and more.

The Biodiversity Tree is a multi-disciplinary effort, to be designed in consultation with local conservation groups. It will feature many animals we see every day in Sandy Hill—groundhogs, raccoons, the black cormorants that visit us on the river—but rare and at-risk species will be featured, too. Ben hopes to include the peregrine falcon, a once-endangered bird of prey that disappeared from Ontario in the 1960s. Today, it is no longer at risk thanks to the efforts of conservationists who sounded the alarm of its potential extinction. With works like the Biodiversity Tree and his captivating Extinction Protest Series paintings, Ben follows in their footsteps, while offering an inspiring example of an autistic man carving out an impressive career as an artist.

Learn more about Ben and his social enterprise, Ben Animalia, at www.benanimalia.com.

Ben is leading the artistic vision of the Ottawa 200 Biodiversity Tree through his clay animal sculptures, while Mio is designing and crafting the wooden tree structure. Their collaboration involves a constant back-and-forth as the sculpting and woodworking evolve together. The partnership is beyond ideal... business meetings are just a few steps away!

Photos: Julie Chou

Service and Performance You Can Count On



SICO® PROLUXE® SRD RE WOOD FINISH is a one-coat, high-quality, translucent finish for use on a variety of properly prepared exterior wood surfaces such as siding, rails, decks and deck furniture.

Easy to use - Excellent UV protection - Highlights wood’s natural texture





RANDALL'S
Decor since 1948



Randall’s – Ottawa’s Paint & Décor Centre – randalls.ca

555 Bank St | 613-233-8441 and
1891 Merivale Rd | 613-695-2945

Paints | Stains | Window Treatments | Designer Wallpapers & Fabrics

100% Local, Canadian Owned and Operated

Sico and Sico Proluxe are registered trademarks of The Pittsburgh Paints (Canada) Dealers Ltd. © 2026 Canadian Industries Limited. All Rights Reserved.



Meet the woodworker behind Ben’s project

Mio Jovanovic (above) has always been passionate about woodworking. A retired public servant, woodworking is now his second career as the principal of KUĆA Woodworking. Mio, Ben Lachapelle and Julie Chou are next-door neighbours on Besserer Street, where Mio and his family have lived for over 15 years. Mio created several custom woodworking pieces for Ben and Julie’s home, along with exhibition display items for Ben Animalia, Julie & Ben’s social enterprise. Mio has been part of Ben Animalia’s Ottawa 200 Biodiversity Tree project since the proposal stage, and he was with Julie when the City of Ottawa announced the selected Ottawa 200 artist projects at the OAG on April 29.

New mom found an anchor at Sandy Hill's Parent Resource Centre

Noeul Kang

Photo: Noeul Kang

On sunny and rainy Friday mornings alike, I walk with my 13-month-old son through Strathcona Park to the Parent Resource Centre (PRC) on Goulburn Avenue in Sandy Hill.

As soon as we arrive, Mandy, the EarlyON Team Lead, and Anna, the Toy Library Coordinator, warmly greet us, instantly lifting our spirits. My son recognizes them right away. He smiles, scrunches his nose, and points in excitement.

I still remember our first visit. Everything was new, and we didn't know anyone. Feeling uncertain in an unfamiliar space, we were approached by Mandy, who welcomed us with a thoughtful smile. In that moment, we felt like we belonged. Since then, we have become part of a weekly rhythm where familiar faces and new families come together in a shared sense of community.

Each visit brings small but meaningful questions: Will the families we usually see be here today? Is the child who recently started daycare adjusting well? Is the toddler who fell okay? I find myself caring for other children as I do my own, waiting for familiar faces with warmth and curiosity.

PRC offers spaces for children and caregivers such as a soft play area, pretend kitchen corners, puzzles, books, a multilingual reading nook, and a nursing space. There is also a kitchen area where caregivers can enjoy tea or coffee while children have snacks.

Every corner feels intentional. A fish tank draws children in, while nearby play areas encourage exploration. A quiet space with a tent, soft lighting, and books provides a place to rest after active play. The layout changes regularly, making each visit feel fresh and engaging.

Anna also helps families explore and borrow toys through the toy library, allowing children to experience different kinds of play and learning without families needing to purchase everything. It is one of many supports that quietly ease the realities of parenting.

When my husband returned to work after parental leave, I worried about



Le Parent Resource Centre, situé au 300 croissant Goulburn, offre aux parents des ressources, du soutien et des occasions de nouer des amitiés avec d'autres parents, pendant que leurs jeunes enfants jouent dans un milieu sécuritaire et stimulant. Le Centre fête cette année son 50e anniversaire.

long days alone with my son. PRC, first introduced through a visiting nurse and a neighbour's recommendation, quickly became our anchor. It is now both my son's favourite place to play and my connection with other parents at similar stages of life. Monthly Parenting Drop-In sessions with public health nurses allow caregivers to ask questions about children's health, while language specialists offer support for early communication development. These programs provide meaningful guidance during uncertain moments of early parenthood.

At the end of each session, Mandy leads circle time. She remembers every child and parent by name, sings songs, and

reads stories, creating a sense of belonging that feels simple and profound.

This year marks PRC's 50th anniversary. It is remarkable how many families it has supported over decades and the care that has sustained it. To honour this milestone, PRC launched its "\$50 for 50 Years"

campaign, inviting the community to give back to this vital place.

I hope PRC will continue for many years, growing deep roots alongside my son's children and the children of my neighbours, helping support a healthy and strong community.



Does it seem like developers can get away with so much more than an average homeowner? This is a glaring example of something that would never be allowed as part of a home renovation. This monstrous spaceship-like HVAC set-up is highly visible on the corner of Laurier and Nelson, part of the Dwell property that houses La Diperie. According to Sandy Hill resident and HVAC expert Jason Kitchen, commercial units such as these are meant to be installed on rooftops for a reason!

Photo: Christine Aubry

THE
Other Hill

where Canada's voices rise and conversations thrive

Donate to help bring programming to The Other Hill - we will provide tax receipts for all donations over \$50



L'autre Colline

là où les voix du Canada se font entendre et les conversations prennent vie

Faites un don pour aider à financer les activités de L'Autre Colline - nous délivrerons des reçus fiscaux pour tous les dons de plus de 50 \$

Building and fostering community in Strathcona Heights

Photo: Gerald Dragon

Fatimazahra Mounfaloti

The Sandy Hill Community Health Centre (SHCHC) is grateful to continue supporting initiatives that encourage wellness, belonging, and community connection throughout Strathcona Heights. Together with residents, partners, and local organizations, we remain committed to creating welcoming spaces where neighbours can connect, support one another, and grow together.

With the support of newly secured funding from Green Communities Canada, SHCHC is currently working alongside Ottawa Community Housing (OCH) and residents to help revitalize the Gathering Garden located behind 430 Wiggins Private. The project aims to strengthen this shared green space so residents can grow fresh food, spend time outdoors, build relationships, and take part in community-led environmental activities.

As part of ongoing community engagement efforts, in May residents of Strathcona Heights participated in a Community Care Walk. This gathering provided an opportunity for neighbours to come together and reflect on where care and support are present or still needed within the community. Participants also explored ways to improve accessibility, strengthen local connections, and help shape a more caring neighbourhood for everyone. Snacks, conversation, and participation gift cards were offered during the event!

Residents also took part in the Capital Community Clean Up which took place on May 30th. This event allowed neighbours, families, and community partners



Des résidentes de Strathcona Heights ont participé à une Marche communautaire du soin organisée par l'Initiative : une ville pour toutes les femmes.

to work together in beautifying shared outdoor spaces all while fostering pride and collective care within the neighbourhood.

Looking ahead, the community is excited to celebrate the annual Strathcona Fun Day on August 21, in partnership with

the Parent Resource Centre (PRC) as part of its 50th anniversary celebrations. The event will bring together residents of all ages for a day filled with activities, food, entertainment, and opportunities to connect with local organizations and resources.

SHCHC is also pleased to highlight its partnership with the Rideau-Rockcliffe Community Resource Centre (RRCRC) through the Good Food Box Program, helping improve access to affordable healthy food for residents. To better support accessibility within the neighbourhood, weekly deliveries are decentralized to a community pick-up location at 300 Goulburn Avenue every Wednesday.

The Good Food Box Program provides fresh and affordable fruits and vegetables while helping strengthen food security, health, and community well-being. This collaboration between RRCRC and SHCHC reflects a shared commitment to supporting residents and making healthy food more accessible within the community.

As summer approaches, SHCHC would like to sincerely thank all residents, volunteers, community leaders, and partners whose ongoing care and involvement continue to make these initiatives possible. We wish everyone a peaceful, joyful, and safe summer season filled with moments of rest, connection, and community.



Straightforward · Caring · Dedicated

Janny, Jeff & Shan...

The Power of Three... Working for You!™

ROYAL LEPAGE
RED DIAMOND
AWARD 2021
TOP 2% IN CANADA*

proven performance in Sandy Hill since 1986

Janny Mills · Jeff Rosebrugh · Shan Cappuccino
Sales Representative Sales Representative Sales Representative

613.238.2801
jannyjeffandshan.com

ROYAL LEPAGE
Performance
Brokerage | Independently Owned & Operated REALTY

*Based on gross closed income, 2021



Photo: Contributed to Perspective

St. Albans church community serves nutritious meals on the campus at stressful times of year

Free meals were a big hit with students through the past academic year — three lunches and a dinner each semester, cooked and served on-campus by churchgoers from a Sandy Hill church. The incumbent priest of St. Albans on King Edward, the Rev. Michael Garner, is seen above heading to the kitchen for more burrito filling at the mid-April dinner. They served 385 students that day, and volunteers heard it was the only meal of the day for many. Cooperation and socializing were happening on another level also; local United churches enthusiastically donated 500 servings of baked goods to that dinner. Garner acknowledges that such meals can't solve the problem of food insecurity on campus, but he is pleased to see that highlighting the problem and advocacy work seem to be spurring some action on improving food security for the whole campus.

— with notes and photo from Perspective (Anglican Diocese of Ottawa)

Meet your neighbour

Jean-François Bélisle, Director and CEO of the National Gallery

Photo: Ana Júlia Galvan

Ana Júlia Galvan

Previously the Executive Director and Chief-Curator of the Musée d'art de Joliette (MAJ), Jean-François Bélisle moved to Sandy Hill with his wife Alexandra and their kids, Clara and Adrien, in July 2023 when he assumed his current role as the National Gallery of Canada's Director and CEO. A child of diplomats, Bélisle grew up surrounded by art. Here, he talks about his views on art, his work at the Gallery, and the relationship between our vibrant neighbourhood and culture.

You moved to Ottawa (and to Sandy Hill) in 2023. How do you like it so far?

It's an amazing neighbourhood with a sense of community, which is really surprising to find in the downtown core of a major Canadian city. I think that the historical architecture is what drew us to the neighbourhood. And, because it's Ottawa, it's not just the history of the neighbourhood that you feel, it's the history of the country. It's a privilege for us to be able to raise our kids in this environment.

Does living here influence how you think about your role at the National Gallery?

Being the only national art museum in Canada, we are actually very active in every province and territory. Because Sandy Hill has a strong sense of community, I think I better understand small communities. And it's funny because there's a bit of a tradition of directors of the Gallery living here. I'm the third, maybe, in the history of the Gallery. I think anyone that works in a museum has an appreciation for history and likes to be surrounded by it. It's also a very diverse neighbourhood. That is another huge draw, to be fed by this diversity and this constant influx of culture and different points of view. It's a privilege for me to live here.

What role did art have in your formative years?

My parents are huge art fans. We've always had engravings, drawings, paintings—not high value items, but art was always around. And there were always art-interested friends coming through the house, but that was just the background music to my life. Turning 18, I realized: "This is it. Maybe it can be more than the background music." In a way, my parents and my upbringing set the scene for me to do this.



Jean-François Bélisle s'est installé dans la Côte-de-Sable avec sa femme Alexandra et leurs enfants en juillet 2023 quand il est entré en poste comme directeur général et premier dirigeant du Musée des beaux-arts du Canada.

You mentioned in an interview that you think art could change the world. How?

To me, art doesn't change the world through ideologies or propaganda; it changes the world incrementally, even if only 1% of the time people start questioning their own perspective on things. To me, really good art is art that is beautiful, that you want to see, that makes you feel something, that makes you feel like you're connecting with something. And in the process, it introduces new thoughts and new ideas in your mind, of looking at something from another perspective. That's the beauty of art. And I think vi-

sual arts have the amazing strength of not having language barriers. We all relate to shapes and colours.

How could art become a more natural part of everyday life in neighbourhoods like ours?

I'm a huge fan of public art, artistic installations, takeovers, or pop-ups. I think art should be everywhere all the time, but it doesn't need to be big, costly things. If each individual that likes art takes a little step and thinks, "how can I do a little something?". Simple things. Shop owners, building owners, universities, people

like me. Yes, I think it's just a better society overall if you have art in your life every day.

Large institutions, such as the Gallery, can sometimes feel very distant from the public. How do you prevent them from becoming disconnected from their surroundings?

It all depends on the people doing it, telling those stories, and building these institutions. In our case, I think it starts with me. I'm very conscious that when you go into the National Gallery, you feel like you're going into something special. I think, on the human side, we have to overcompensate for that impressive, huge building. If you walk into the building and the first person that you talk to is cold and distant, if you feel judged, then it matches the building, right? If the person surprises you, that changes everything. You walk up that ramp with that impression in your mind. When you walk out of there, you think, "this was comfortable, this was fun."

Is there something you learned from the people that walk in?

Tons. I make a point of using the public entrance every day, going through the galleries, walking through the public hallways, and talking with people. And of course on opening nights, events, and activities. Whenever school is closed, there's a studio open at the Gallery, where you can go with your kids. There's staff there, and every art material you can think of, and there are always activities. It's a beautiful, fun space. My kids love it. We often go there on weekends, and there you meet even more people, because you're sitting at a table with them and you talk. I've learned a lot from museum goers—what they like, what they don't like. But, more meaningfully, how they see and learn, and what they understand about the shows, the art, and the programs we build.

What do you think makes Canadian art distinct today?

Well, extremely high quality. But more importantly, the relationships with Indigenous peoples and recent immigrants—multiplying that and framing that discussion in a constructive, positive, and rich fashion. It's something that Canada has done for centuries and it's a recent thing for most other countries around the world. I think those Canadian voices are incredibly rich and strong, and can play a huge role internationally. I see a very Canadian nature to this that I love, and I think is fantastic.

Sandy Hill scene



Sandy Hill neighbourhood art: A mural on Goulburn Avenue and Michel Gauthier's tulip house on Russell Avenue.

Photos: Christine Aubry

Far from Home brought Sara Duplancic home

Photo: Maria Vartanova

Betsy Mann

New York-based actor Sara Duplancic returned home to Sandy Hill recently to perform in a play written by local playwright Janet Uren to mark the 110th anniversary of Elmwood School. Titled *Far from Home*, the play tells a little-known and fascinating tale of generosity, compassion and community solidarity in Ottawa in the Second World War. It's the true story of 23 children evacuated from wartime London who arrived with their three teachers in the summer of 1940 and, at first, found lodging in the empty quarters normally occupied by Elmwood's boarders.

Herself an Elmwood "old girl," Duplancic jumped at the chance to return to the city where she first took to the stage. "Although I've now spent over a decade living in New York City, Ottawa is still home," she says. "When the phone rang with the opportunity to perform in this show, specifically one about Ottawa, home, belonging, and my alma mater—filled with both cast and crew I've worked with before—I couldn't say no!"

Far from Home enjoyed three performances at the end of May in Academic Hall on the uOttawa campus, and audiences who were lucky enough to attend were very happy that Duplancic said yes. Her portrayal of the teacher, Leonora Williams, brought out the energy, warmth and devotion of this young British woman and showed how she gave her charges a feeling of love and security despite being so "far from home" for over four years. Duplancic herself immigrated to Canada from the former Yugoslavia with her parents at a young age. "I feel an enormous kinship with Leonora Williams, that brave teacher, who embodies a level of almost modern gumption," she explains. "I understand her deeply, and it has been a joy to bring her story back to life."

Duplancic's roots in Sandy Hill run deep. She grew up at 108 Daly Avenue



La comédienne Sara Duplancic habite depuis dix ans à New York, mais en mai elle est revenue à ses racines dans la Côte-de-Sable pour jouer dans la pièce Far from Home. La pièce raconte l'histoire d'un groupe d'enfants et leurs enseignantes évacués de la Grande Bretagne durant la Seconde Guerre mondiale et de l'accueil qu'ils ont reçu à Ottawa. On la voit ici avec Josh Sparks dans une production de Pride and Prejudice au Ottawa Little Theatre où elle a joué Elizabeth Bennett.

where her parents still own the Bella Notte B & B. Performing in Elmwood productions led by the drama teacher, Angela Boychuk, set her on the path to English Literature and Theatre Studies at McGill University. Upon graduation, she returned to Ottawa for a few years, dur-

ing two of which she worked for Georges Bédard, City Councillor for Rideau-Vanier at the time.

She also had the opportunity to perform, among other places, at the Ottawa Little Theatre, conveniently located just around the corner from her home. Duplancic has

high praise for OLT. "It is a huge asset to the neighbourhood and Ottawa as a whole, both for theatre creators, lovers, and the greater community," she says. "It must be preserved at all costs!" Convinced by her experiences there that she wanted to pursue a career in acting, she went on to complete the two-year Professional Conservatory program at Atlantic Acting School in New York City.

Accepting the role of Leonora Williams in *Far from Home* allowed Duplancic to once again share the stage with actors she had worked with at OLT, this time to tell a story from her school's past. The school's present was represented by current Elmwood students who played the young evacuees with great enthusiasm.

Another historical character with a role in the play's story, though she doesn't ever appear on stage, once lived at 192 Daly Avenue, just a block and a half from the Bella Notte. Next time you walk past the house, take a moment to read the historical plaque there. This was the home of Senator Cairine Wilson. In 1940, with Britain under threat, Senator Wilson agreed to find a safe refuge for three children of family friends in London. Imagine her surprise when 23 children and three adults arrived! She prevailed upon Elmwood's headmistress to allow the group to stay at the school until other arrangements could be made. And thus began *Far from Home's* story of welcoming these "British guest children" and their devoted teacher.

There are unfortunately no current plans for more performances of *Far from Home*, and Sara Duplancic will be returning to New York. Perhaps her roots will draw her back to Ottawa for other productions and we will get to see her again.

If you want to learn more about how Ottawa opened its doors (and its purse strings!) to this group of children, you'll find their story at

<https://todayinottawahistory.wordpress.com/2025/07/05/guest-children-and-the-childrens-overseas-reception-board/>.

Rideau River
DENTAL
General and Cosmetic Dentistry
613-789-0800
A Beautiful Smile and Healthy Teeth.
Please come see us for a SMILE consultation.
New patients and Emergencies always Welcome.
Appointments available on evenings and Saturday
389 Rideau St. (at Friel)
FREE PARKING

CHARTIER
PHYSIOTHERAPIE & MULTIDISCIPLINARY CLINIC
Physiotherapy - Massage Therapy - Personal Training
STUDENTS welcome! **GLA:D CANADA**
WE DIRECT BILL to all major insurers SAME DAY APPOINTMENTS AVAILABLE
Physiothérapie - Massage thérapeutique - Entraînement personnel
ETUDIANTS bienvenue! **GLA:D CANADA**
FACTURATION DIRECTE à tous les assureurs principaux RENDEZ-VOUS le jour même DISPONIBLES
www.chartierphysio.com info@chartierphysio.ca 613.680.3993

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

Photos : Gonkapiou Arnel Gouandeu

Lancé à l'école Francojeunesse pour les élèves de la 4e à la 6e 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 trois articles inédits!

— Karine Lampron-Comptois
Directrice, E.E.P. Francojeunesse

Des animaux mignons... mais en danger !

Hanane Sofia Itouchen (4e année)

Pourquoi certains animaux pourraient disparaître? Quel est le point commun entre le harfang des neiges, le béluga, le manchot, l'orque, le koala et les tortues de mer? Ils sont magnifiques, impressionnants... et très mignons. Mais il y a aussi quelque chose de triste : ils sont menacés de disparition.

Selon l'Union internationale pour la conservation de la nature (UICN), plus de 18 000 espèces d'animaux dans le monde sont menacées d'extinction. Mais pourquoi ces animaux disparaissent-ils? Les trois grandes causes sont la destruction des habitats, la pollution et le changement climatique.

Pour construire des villes, des routes et des bâtiments, les humains détruisent parfois des forêts ou transforment des milieux naturels. En conséquence, les animaux perdent leur habitat. Par exemple, les koalas vivent dans les arbres. Si les arbres disparaissent, ils n'ont plus d'endroit pour vivre ni pour trouver de la nourriture.

La pollution touche les océans, les rivières et la terre. Chaque année, des millions de tonnes de plastique se retrouvent dans l'océan. Certains animaux marins peuvent confondre le plastique avec de la nourriture. Cela peut les rendre malades ou même les tuer.

La planète se réchauffe à cause des gaz produits par les activités humaines. Cela provoque la fonte des glaces, la montée du niveau des océans, des sécheresses et parfois de grands incendies de forêt. Ces changements peuvent détruire les habitats et la nourriture des animaux.

La bonne nouvelle c'est que nous pouvons aider, petits ou grands. Nous pouvons marcher ou faire du vélo quand c'est possible. Nous pouvons aussi recycler et



réduire l'utilisation du plastique, ne pas jeter de déchets dans la nature, respecter les animaux et leur habitat et soutenir les organisations qui protègent les animaux.

Protéger les animaux, c'est protéger la planète. Les animaux font partie de l'équilibre de la nature. Chaque animal a un rôle précis. Les abeilles aident les fleurs à pousser, les prédateurs évitent qu'une espèce ne devienne trop nombreuse et d'autres nettoient la nature. C'est comme une grande horloge : si on retire une seule petite pièce, tout peut s'arrêter de fonctionner. Comprendre cela démontre qu'il est important de protéger les animaux par des actes concrets. Si certaines espèces disparaissent, cela peut perturber l'écosystème. En prenant soin de la Terre, nous aidons aussi les animaux à continuer à vivre.



La mission historique : Artemis II

Mathis Armour, Xavier Granger et Gabriel Moser (6e année)

Artemis II est la première mission lunaire depuis plus de 50 ans! L'astronaute canadien Jeremy Hansen est l'un des spécialistes de mission sur le vaisseau spatial Artemis II.

Hansen termine sa formation de pilote en 2003. Il devient le premier Canadien à être enseignant pour former des astronautes à la NASA.

La capsule Orion est équipée de plusieurs systèmes de survie comme un système complet d'air et d'eau. Artemis II a aussi un bouclier thermique qui protège le vaisseau de l'atmosphère lors de son retour sur Terre.

La capsule Orion a été lancée le lundi 1er avril 2026 au Kennedy Space Center. La capsule a survolé la Lune le 6 avril 2026 et est revenue dans l'océan Pacifique le 10 avril 2026.

Artemis II a battu le record de la plus grande distance que des humains aient parcourue par rapport à la Terre, soit 406 773 km. Quand la capsule est revenue

dans l'atmosphère terrestre, elle allait à 38 400 km/h. C'est un record de vitesse pour la rentrée. La mission a parcouru plus de 1,1 million de kilomètres.

La mission comprenait quatre astronautes : Christina Koch (É.-U.), Victor Glover (É.-U.), Reid Wiseman (É.-U.) et Jeremy Hansen (CA). Hansen est devenu le premier citoyen non américain (Canadien) à voyager dans l'espace lointain. De plus, l'une des communicatrices avec la capsule de la mission était l'astronaute canadienne Jenni Gibbons.

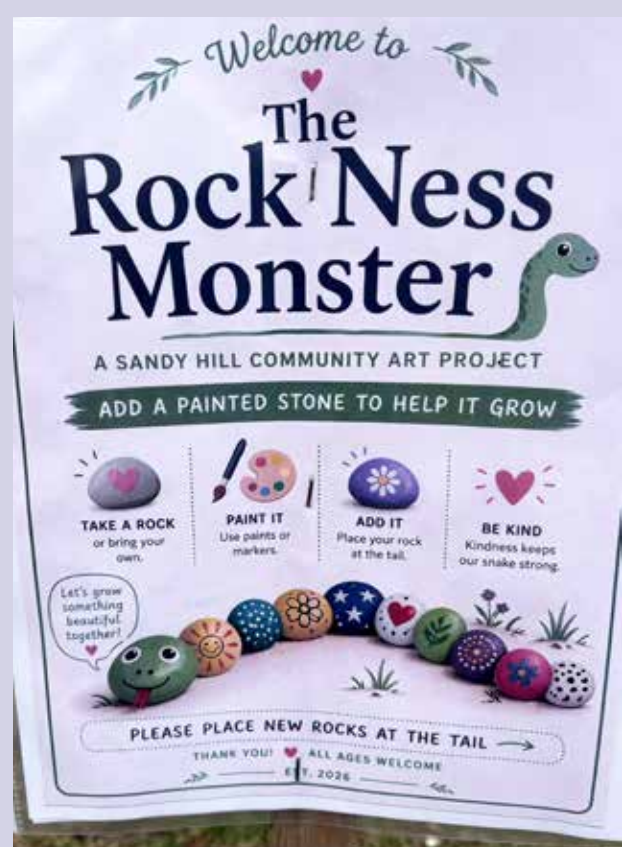
La prochaine mission, Artemis III, est prévue pour la mi-2027. Elle servira à tester en orbite les procédures d'amarrage avec les atterrisseurs Starship et Blue Moon.

Le véritable retour sur le sol lunaire est attendu avec Artemis IV au début 2028.

Le Club Franco, suite à la page 20

Sandy Hill scene

Photos: Christine Aubry



Our neighbour Jean-François Bélisle, Director of the National Gallery of Canada, would love this very original community art project inviting Sandy Hill artists of all ages: the creation of the RockNess Monster! Paint a rock and help build the monster on a front lawn on Goulburn Avenue between Somerset East and Templeton. IMAGE will take another picture at the end of the summer to show how big RockNess becomes.

Father and daughter attend Angine de Poitrine concert

David & Adelaide Malouin

To support a local budding journalist, IMAGE was able to receive press passes to a recent concert of the rock duo Angine de Poitrine, in Gatineau. Father and daughter recount what this experience meant to them.

David: My father has been in bands my whole life. Early memories of my dad are in fact, of him and a guitar sat around a circle jamming with buddies. Through the years, I remember the places he played: the living room couch, a basement with aluminum can pyramids decorating the space, music festival campgrounds, local bars, and even on a big stage opening for the likes of Blue Oyster Cult and Jefferson Airplane. I remember asking my mom once if an artist on the radio was my dad—it wasn't! He took me to my first stadium concert when I was a kid—I remember being thrilled! His love of music has undeniably had an impact on my musical tastes and influences. We often reminisce about shows he or I have attended, or about songs that remind us of a time, or a place.

When I hear music I like, I share it with my kids. The mega-viral Angine de Poitrine is a recent example of such a unique sound and image. Angine de Poitrine is a space rock, microtonal duo from Saguenay, Quebec that has re-invigorated the rock genre with polka dots, foreign lyrics and big sounds.

My daughter was very interested in the band, so much so that she wrote a piece about them for her school newsletter. Around the same time, I discovered that Angine de Poitrine was playing in Gatineau... but the tickets were sold out!

Adelaide : Il y a environ un mois, voici ce qui s'est passé : mon père, sachant que j'écrivais un article sur Angine de Poitrine pour le journal, a découvert que le groupe jouait dans un club du coin et m'a proposé d'y aller.



Adelaide Malouin et son père David s'en allaient voir Angine de Poitrine qui jouait dans un club à Gatineau. Avant d'entrer, Adelaide a été interviewée par un journaliste de Radio-Canada.

Photo: David Malouin

Il a contacté notre voisine, qui se trouve être la rédactrice en chef de notre journal communautaire, IMAGE, pour savoir si je pouvais assister au concert en tant que journaliste. Je devrais sans doute vous préciser que je n'ai que onze ans et que je ne suis jamais allée à un concert en club auparavant (non pas que j'aurais le droit d'y aller de toute façon). La rédactrice en chef a alors envoyé un message à la salle qui accueillait le concert, le Minotaure, pour voir si je pouvais obtenir un billet gratuit, ainsi qu'un autre pour mon père, puisque je suis mineure et que je ne peux pas y aller toute seule. Après trois longues semaines d'attente et alors que nous avions perdu tout espoir, mon père a reçu un courriel qui nous informait que nous avions obtenu les accréditations presse!

Lorsque le soir du concert est enfin arrivé, mon père et moi étions tous les deux très excités. Nous sommes arrivés une

heure à l'avance, dans l'espoir de rencontrer le groupe, peut-être d'obtenir une interview, et d'obtenir de bonnes places. La validation de nos accréditations a pris un certain temps, et quand nous sommes entrés, une vingtaine de personnes étaient déjà là. Une fois nos laissez-passer tamponnés, nous avons quitté le club et nous avons fait le tour du quartier à la recherche d'un endroit où souper, mais tous les restaurants étaient fermés. De retour sur place, nous avons acheté les vinyles de leurs deux albums et un t-shirt d'Angine de Poitrine pour mon professeur, car il nous a parlé d'Angine de Poitrine en classe et il les aime beaucoup.

David: In the countless shows I've attended over the years, few rock performances have sounded the same as the original recordings. Angine de Poi-

trine's music sounded exactly like the tracks I had streamed and what countless fans had posted from their experiences seeing the band. The band members, who go by Khn de Poitrine (guitar, bass) and Klek de Poitrine (drums), engaged their fans throughout the evening by holding their hands high in the air in the shape of a triangle, matching the shape they both wear on their clothing, in a classic call-and-response action that got everyone's arms up. This was a legit band, playing great rock and giving their fans, many of whom were wearing matching polka dots, what they came to see.

Adelaide : Avant le début du concert, un autre journaliste de Radio-Canada m'a interviewée au sujet de mon article pour l'école. Quand le concert a commencé, un gentil groupe d'admirateurs d'Angine de Poitrine nous a laissé passer devant eux, car je ne voyais pas très bien la scène, et on s'est retrouvés tout devant, mais même avec des bouchons d'oreille, je trouvais que c'était trop fort, alors on est allés vers le fond et on s'est assis sur des piles de chaises qui se trouvaient sur la terrasse.

David: My earplug-wearing daughter and I took in the familiar tracks with a little bounce, many smiles and some acknowledging nods. This show was for my daughter; she is a young journalist inspired by music, catching her first club show, staying up late to see the final songs and dragging her chaperone around while doing so. After leaving the venue, I texted my dad a few pictures of Adelaide at her first club show.

Adelaide : Après le concert, vers 21 h 30, nous sommes rentrés à pied, nous avons pris notre souper en chemin et sommes arrivés à la maison vers 22 h 30. Je me couche généralement entre 21 h et 21 h 30, et comme je ne me suis pas couchée avant 23 h, la nuit a été assez courte pour moi, d'autant plus que je devais aller à l'école le lendemain. Finalement, j'ai passé une superbe première expérience comme journaliste!

Serving our Community for over 30 years!

Your Trusted Campus Pharmacy since 1994



Personalized Care-Your more than just a prescription number!



Fast & Convenient- No long waits, just great service.



Holistic Health support - Natural products & wellness consultations available.



Locally owned & Operated - Proudly serving Students & the community for decades!



Thank you for trusting us for over 30 years!



613 563-4000 613 563-9135

WWW.campuspharmacy.com

100 Marie Curie Priv, Ottawa, ON K1N 6N5

PHARMACIE CAMPUS PHARMACY

Le Club Franco, de la page 19

Artemis V devrait être à la fin de cette même année pendant laquelle les astronautes vont commencer à construire pour la première fois une base permanente sur la Lune. Le but est de pouvoir préparer les futurs voyages vers Mars.

Nous sommes tous intéressés par l'espace, car c'est un endroit infini dont moins de 0,1 % est exploré et nous ne savons jamais ce que les astronautes vont voir et expérimenter. De plus, pour nous, l'espace est d'une très grande beauté, car cela comprend des centaines de trilliards de planètes dispersées dans plusieurs galaxies partout dans l'univers. En conclusion, n'oubliez pas de regarder les prochaines missions Artemis pour encourager l'exploration spatiale.

Angine de Poitrine : Des musiciens viralemment anonymes

Abigaëlle Lacelle, Asmae Maazi et Adelaide Malouin (5e/6e année)

Vous demandez-vous qui est le duo musical déguisé en points noirs et blancs qui apparaît constamment sur vos médias sociaux? Pourquoi est-ce qu'ils réclament d'être des extrater-

restres voyageant dans le temps? Ou la raison pour laquelle ils imitent des grognements gutturaux pour communiquer entre eux? Si oui, c'est ici que vous obtenez des réponses.

Pour débiter, ce groupe est nommé Angine de Poitrine, basé à Saguenay au Québec. Jouant du rock expérimental et du math rock microtonal, ce duo est constitué de Khn de Poitrine, s'occupant des guitares microtonales, de la basse, des synthétiseurs, des boucles sonores et de la voix, et Klek de Poitrine, assurant la batterie et les percussions, ainsi que la voix.

De plus, Angine de Poitrine est un groupe anonyme, c'est-à-dire que personne ne sait qui ils sont. Ils réclament d'être des extraterrestres voyageant dans le temps et ils font des bruits incompréhensibles pour préserver leur anonymat. Pour en ajouter plus et s'amuser, ce groupe s'habille en costumes et de masques en papier mâché orné de points noirs et blancs, ce qui est l'une des raisons qui les a rendus très connus.

Finalement, Angine de Poitrine a créé une image qui est maintenant à la mode. Il y a beaucoup de monde qui essaie de copier leur style, y compris leur musique et leurs déguisements. Les gens ajoutent des frettes à leurs guitares afin de les rendre microtonales, vont à des événements comme des promenades en vélo déguisés en tant qu'eux.

En conclusion, ce groupe particulier dont tu te demandais qui c'était est un groupe musical qui a une grosse influence sur la communauté qui l'entoure.

Viscount Alexander P.S. community bids farewell to two beloved staff

Kristi Fulford

This June, Viscount Alexander Public School bids farewell to two cherished staff members: Principal Scott Macklin and longtime teacher Joyce Contant.

Mr. Macklin, whose leadership and dedication helped shape the school community over the past five years, began his career in education in 1998 in Guelph, Ontario. Five years later, he moved to Ottawa, where he spent the remainder of his career serving as a teacher, vice-principal, and principal in five different school communities. He says ending his career at Viscount Alexander in Sandy Hill has been the highlight of his professional journey.

Since arriving at Viscount Alexander, Mr. Macklin has been a steady and caring presence for students, staff, and families alike. Known for his approachable nature, kindness, and genuine concern for others, he helped create a welcoming environment where everyone felt valued and encouraged to succeed.

Throughout his time at the school, he focused on building strong relationships within the community. Whether greeting students at the front door each morning, attending school events, or connecting with families, he brought warmth and positivity to every interaction. His leadership fostered a culture rooted in respect, inclusion, and collaboration. Colleagues describe him as a thoughtful leader who always made time for conversations with students and staff.

As he begins retirement, the Viscount Alexander community thanks Mr. Mack-



Photo: Lisa Phelan

En juin, deux membres du personnel de l'école publique Viscount Alexander prennent leur retraite : le directeur Scott Macklin et l'enseignante Joyce Contant.

lin for his years of service and wishes him well as he spends more time with family, travels, visits the gym, plays guitar, and occasionally returns as a supply principal. His positive influence and dedication will continue to be remembered by the entire school community for years to come.

The Viscount community is also bidding a heartfelt farewell to Joyce Contant.

The beloved educator is retiring after 28 years of service, leaving behind a legacy that spans generations in the Sandy Hill neighbourhood.

Ms. Contant began her teaching career in 1994 in Northern Manitoba, Quito, Ecuador, and her hometown of Kenora, Ontario. A summer visit to Ottawa in 1998 changed everything. Inspired by the vi-

brant Sandy Hill community, she applied to Viscount Alexander Public School that August and has remained a cherished part of the school ever since.

In the classroom, Ms. Contant was known as an organized, thoughtful, and caring teacher who approached every lesson with preparation and attention to detail. Her generosity with both her time and encouragement made every child feel supported and capable. Above all, she had a passion for teaching children to read, helping students to build confidence and develop a lifelong love of learning.

Her impact is best reflected in the words of her students: "Ms. Contant was a great coach," said Marleigh. "She taught us a lot about teamwork and always cheered the loudest for us."

"She made my family feel so welcome when we first arrived in Canada," added Mawadda. "Ms. Contant helped me love reading and always knew the perfect book for me." Cejay replied.

Viscount Alexander is the perfect little place, a secret right in downtown Ottawa. It is a small neighbourhood school with a big heart. Ms. Contant loves that the students are from all over the world, and she has learned so much from their life experiences. Her presence, dedication and kindness have left a lasting legacy at Viscount Alexander, and her impact will continue to be felt throughout the school community for years to come.

As she closes her classroom door for the final time, Ms. Contant looks forward to travel, fitness, and spending more time with her mother.

Kristi Fulford is in Grade 5/6 at Viscount Alexander Public School

Improving your running, for a race day or just to catch the bus!

Javier Porras-Gil

Running should not be complicated. A good warm-up can prepare your body to move smoothly before the real work begins, and skips are a great place to start. Skips teach tall posture, quick feet, and strong knee lifts. They also add a gentle leg reach and pull-back, helping you place the foot under your body instead of far in front. At the same time, they open the hips and help with rhythm and coordination. In addition, skips are faster and sharper, helping your legs feel springy before running. Think of these functional drills as "practice reps" for better running. You can find more information and tutorials about skips on YouTube from the "Running Clinic" channel.

Anyone who runs will tell you that a main goal while running is to reduce your energy demands. Try to reduce bouncing up and down (otherwise known as vertical displacement), as less bounce usually means less extra muscle work. Additionally, you want to spend less time on the ground and reduce how quickly impact moves up your body and through your joints (this being your vertical loading rate).

Cadence, or step rate, can also help. Imagine a square rolling down the road; it hits hard on each corner; this is like taking big steps as we run. Now imagine adding more sides until it becomes closer to a circle. The impact becomes smoother and less harsh. More steps per minute can work the same way to achieve the same pace with less impact.

Posture matters too. Running is like controlled perpetual falling. A small forward lean from the ankles helps your body move ahead, while your foot simply "catches" you under your centre of mass. Reaching too far forward with the foot can act like a brake and the opposite is true as well.

As you might have guessed, strength matters too. Strong hips and ankles



Photo: Anaël Fabien

help control the leg and create a stronger, more stable spring in your steps. Calf tension, surprisingly, is not always bad since healthy muscle tension can help store and release energy, especially before faster workouts.

For new runners, a run-walk program is often the best starting point. Progress gradually, because the body needs time to adapt. It is important to surround yourself with good resources like "The Running Clinic" and with good coaches and run clubs, and specialized professionals (physiotherapists, dietitians, athletic trainers, etc.). Specialized therapists can help with running injuries and performance.

Keep it simple, think critically, and surround yourself with good guides. Add variety in surfaces, shoes, and training styles, and don't forget to try lots of snacks to keep you on the road happy!

Javier Porras-Gil is a Physiotherapy Resident at Chartier Physiotherapy in Sandy Hill.

THE MARLAND TEAM
FOCUSED EXCELLENCE IN REAL ESTATE

31 WILLARD ST
OLD OTTAWA SOUTH

A stunning blend of timeless character and thoughtful modern design!

462 CODDS RD
WATERIDGE VILLAGE

This oversized home delivers luxury living with thoughtful designer details throughout!

31 AYLEN AVE
WESTBORO

This large three level home offers vistas and views that will keep you entertained in all seasons!

97 BELLWOOD AVE
OLD OTTAWA SOUTH

Bright, connected living spaces and an ideal layout for everyday living and entertaining!

MARLAND TEAM
ROB MARLAND - BROKER OF RECORD

| 613.238.2801 | marlandteam.com

ROYAL LEPAGE
Performance. Integrity. Service.

Sandy Hill scene



Photo: Christine Aubrey

An early spring walk in the neighbourhood is even more enjoyable when there is colourful public art to enjoy. It doesn't have to be a fancy mural—even some colourful chalk on the sidewalk can bring passersby much joy!

Phil Caron's Portfolio



Sandy Hill artist Phil Caron's representation of the 4 cherubs of Strathcona Fountain, each representing the four broad geographical regions. Clockwise from top left: Africa, America, Asia and Europe. Each one was individually featured in recent issues of IMAGE.

Bytown Birds

Evelyne Baraké



FATHER AND SONS
SERVING SANDY HILL SINCE 1967

112 Osgoode St. (at King Edward)
613-234-1173

We welcome students and the Sandy Hill community for: **breakfast, lunch and supper.** 7 days a week.

TAKE OUT MENU AVAILABLE
FREE wireless access

www.fatherandsons.com



Where in the world is IMAGE?

The Spring 2026 issue of IMAGE took a trip to the Mnjikaning Fish Weirs National Historic Site in Orillia, with Sandy Hill resident Stephen Smith.

Photo: Stephen Smith

Poems by Cyril Dabydeen

Sandy Hill resident Cyril Dabydeen is a noted Canadian poet, short story writer, novelist, and anthologist who taught writing for many years at the University of Ottawa and whose work has been published in Oxford, Penguin, and Heinemann anthologies, and over 60 literary magazines. He is an Ottawa Poet Laureate Emeritus.

HANDPRINTS ON THE WALL

—for Simi

She plays the violin thinking
about her first memory with
sounds coming from far away

having been in a crib in China,
eighteen months old she was then,
she tells me, and everywhere babies

were crying some slapping hard,
the cribs tied two or three
together I must know

the colour was green—
Simi remembers, real hand-prints
on the wall. Yes, it was a large hall

and the image of a hotel also
comes back to her about
being adopted, you see

three years old she'd been then
and she was walking through
a great big, wide space but

now she plays the violin before us
the strains coming louder and
softer I will hear once again

China or somewhere else,
children's voices really calling
I now look back upon

KHARTOUM BOYS

Three young men—
boys really, immigrants
you see, and what do
they usually eat or
won't eat I ask?

A flat bread to begin with
being unholy Muslims,
the Mahdi long in them—
now unknown.

Pride with history only
close to their parents,
about once having eaten
a camel roasted over
a slow fire in Sudan

in a desert long ago; but now
it's cold weather in Ottawa,
a true northern place—
let it be known.

No other image will do
adapting to a new place,
or sense of who they are,
the past in them—
in another country.

Nous pouvons tous avoir accès à la bibliothèque de l'Université d'Ottawa

Betsy Mann

Le livre que vous cherchez ne se trouve pas dans la collection de la Bibliothèque publique d'Ottawa, mais vous ne voulez pas l'acheter? Si vous avez une carte de la BPO, il y a d'autres options qui s'offrent à vous. La BPO fait partie de la BiblioGéniale, <https://smartlib-bibliogen.ca/fr/>, un regroupement de 12 bibliothèques dans la région de la capitale nationale. Pour en profiter, il vous suffira de vous rendre dans une succursale de la BPO et d'obtenir une carte de la BibliothèqueGéniale; c'est gratuit.

Pour nous, résidents de la Côte-de-Sable, la biblio la plus proche est celle de l'Université d'Ottawa. Si vous trouvez le livre que vous voulez dans le catalogue en ligne au www.uottawa.ca/library/, vous n'avez qu'à vous présenter avec votre carte de la BibliothèqueGéniale à la Bibliothèque Morisset au 65, rue Université. On va vous y inscrire et vous pourrez ensuite emprunter des livres pour une période de quatre semaines avec possibilité de renouvellement.

Une autre façon d'obtenir des livres que la BPO ne détient pas est par le biais des prêts entre bibliothèques. En vous connectant à votre compte de la BPO et en remplissant le formulaire en ligne, vous pouvez demander des livres, du microfilm d'archives (recensement, registres statistiques de l'état civil, registres paroissiaux, etc.), du microfilm (journaux, périodiques) et des copies d'articles de périodiques et de journaux (mais pas les numéros complets de périodiques ou de journaux). Dans la mesure du possible, ce service est gratuit, mais dans certains cas il peut y avoir des frais. En moyenne, vous aurez à attendre entre trois et cinq semaines pour que les demandes soient remplies. Si votre demande est plus urgente, ça vaut la peine de vérifier la disponibilité de l'article dans un des membres locaux de la BiblioGéniale et de vous y rendre en personne.

Votre carte de la BPO vous donne accès à plein de services gratuitement. Profitez-en et bonne lecture!

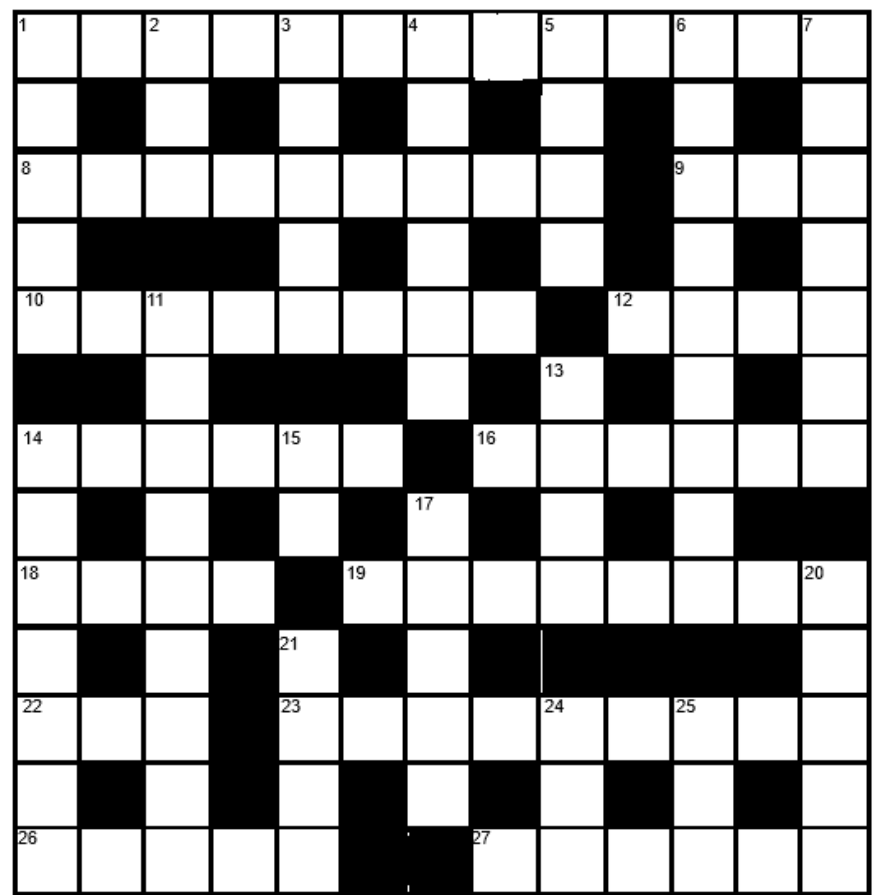


Photo: Betsy Mann

Did you know that anyone with an Ottawa Public Library card has access to 12 libraries in the National Capital Region, including uOttawa's Morisset library? You can obtain this Smart-Library card at any OPL branch or online at www.smartlib-bibliogen.ca.

OTTAWA CELEBS #2

By Ralph Blaine



ACROSS

- L'auteur Daniel Poliquin a grandi dans notre quartier (rue Wilbrod). L'histoire de son premier roman se déroule ici. Pouvez-vous deviner le titre de ce livre? 2, 4, 2, 5
- Tapered, conical textile tubes used to indicate direction and approximate speed of air currents. 9
- Local theatre complex on the Rideau Canal, abr. 3
- This actress graduated from Nepean's Sir Robert Borden High School and went on to play a key role in TV's *Grey's Anatomy*. 6, 2
- Off the correct course, amiss, or in a twisted/askew position. As in, "Something has gone ____." 4
- Friendly. 6
- This American was sure there was great potential in what is now the Hull sector of Gatineau and made the first non-native settlement in 1800. He was certainly not wrong, (last name). 6
- What might be planted on a cheek. 4
- This prolific songwriter and singer was born in Ottawa in 1941 and attended Fisher Park High School. His first big hit was "Diana." 4, 4
- Possess. 3
- Plenty, profusion. 9
- Mediterranean, Paleo, Atkins and Macrobiotic. 5
- This singer/songwriter graduated from Ottawa's Glebe Collegiate Institute. Her breakout album was "Jagged Little Pill" (first name). 6

DOWN

- He's not exactly an Ottawa celebrity yet but when he wins a by-election he'll be leading the NDP caucus in Parliament (last name). 5
- Half of a French cabaret dance? 3
- For a police officer, it's a non-lethal alternative to a gun. 5
- A medical professional. 6
- Impudent speech, back talk. 4
- A popular party, faction, or cause that attracts growing support. As in "jump on the ____." 9
- To change (information) from one form to another, especially to hide its meaning. 7
- Birth in Trois-Rivières. 9
- Involving the mouth. 4
- This comedian attended Ottawa's St. Patrick's High School and Carleton University. He is famous for performances on Saturday Night Live from 1975 to 1979. Dan _____. 7
- Tool for felling trees. 2
- The amount of money that something is worth. 5
- A figure skating routine may include multiple examples of these jumps that involve one and a half revolutions in the air and a backwards landing on the opposite foot. 5
- Flying mammals. 4
- An Indian dish made from simmered, spiced lentils, peas or beans. 3
- His evasive response was a complete ____ sequitur. 3

► Crossword solution, page 25

Two new books of timely tales

Maureen Korp

Not long ago, the Canadian and Turkish Women's Association of Ottawa (CATWAO), gathered a marvelous lot of women together for the International Women's Day Market at the Glebe Community Centre. The Market included all sorts of local goods—clothing, jewelry, artisanal work, foods, books—all on offer. The vendors, for the most part, were the artisans themselves. Two tables had attractive displays of self-published books by Ottawa authors Christine Kilfoil and Miss Rocket; they were there, too! Delightful conversations with both began in those moments.

Christine Kilfoil's novel, *The One Percenters*, is a page-turner, a thrilling tale of near-at-hand possibilities. *Try and Thrive* by Miss Rocket is a handbook of self-purpose. It is in fact, two books. More of that later.

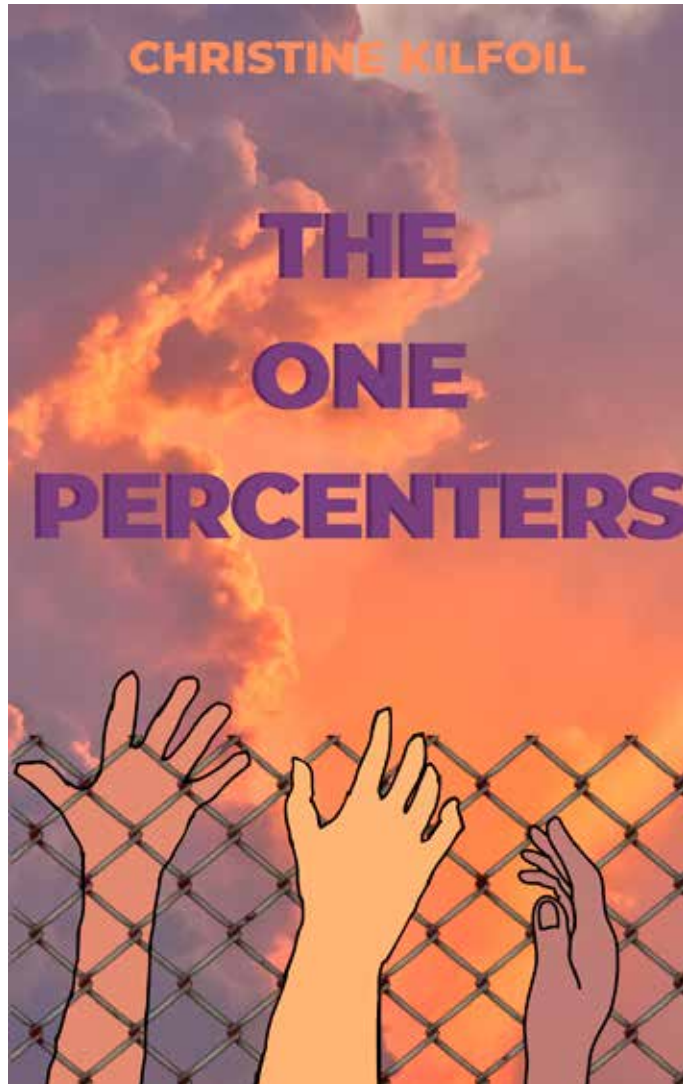
First, we look at Christine Kilfoil's novel. *The One Percenters* is the story of two sets of siblings unknown to one another until they cross paths. Somewhere on the road in California, Ellen and Brendan are looking for their brother Michael. Was he picked up by the Bluecoats?

The border between the US and Canada is closed. Nevertheless, siblings Jay and Harry have managed to slip through. Coming over from Vancouver, they were making their way to California in search of their mother when Harry was grabbed by the Bluecoats. Where is he now?

But, who are the Bluecoats? Why is the border closed? One Percenters, the wealthiest Ones among us, make the rules everywhere in these post-pandemic days. How so? Ones control monies, supplies, social media, and search engines. Ones are everywhere. We do not see them; they see us. Bluecoats are their enforcers. Spy pods float above.

These are days of disarray. Newfoundland and Alberta have separated from Canada. The U.S. is bankrupt. Comb-Over remains titular head-of-state. In the words of an old Buffalo Springfield song of the 1960s, "Step out of line, the man come and take you away."

Is there resistance? Yes, of course. Jay, the Canadian, writes "The Beacon," an



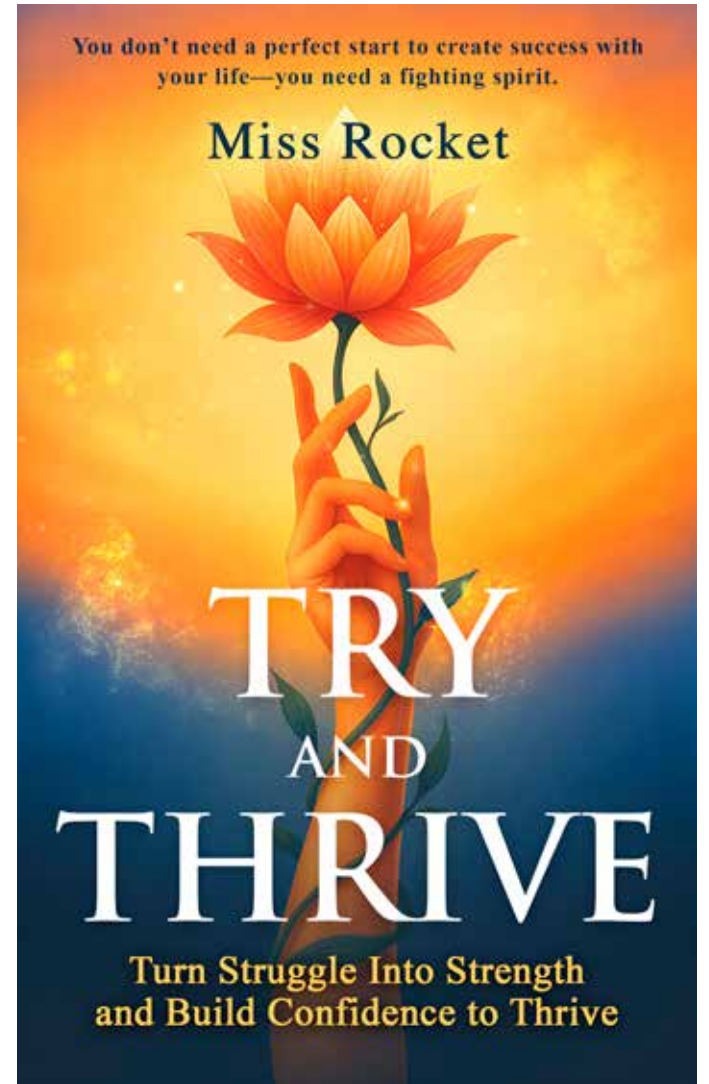
underground zine. Ellen, the American, proves adept at throwing rocks. Sandeep is shrewd; he sees every possibility for it all. Yet great numbers of people are being held in detention camps, others carted away to far-off lands as captive labour. When someone is killed trying to escape, Comb-Over calls it "good TV." In the hands of a reputable publisher, Christine Kilfoil's enthralling book could be a bestseller. Indeed, its plot line has the makings of a blockbuster movie.

Alas, *The One Percenters* is not well served by having been self-published. It lacks a title page and its back cover descriptive text is too small to be read easily, among other presentation problems. Good writers cannot be their own editors, book designers, publicists, and

publishers too. Let others do that work; may there be a second edition. In the meantime, readers will find Kilfoil's story in Ottawa's bookstores.

Now we look at *Try and Thrive* by Miss Rocket, the author's pen name. Writing with clarity and humour, Miss Rocket sources the story of her life to illustrate five "pillars" underpinning the structure of self-confidence. The first three chapters make their case well. Miss Rocket's argument for financial education as well as philosophy, math, and logic in the high school curriculum is sound. But life is not all books in the library.

We the readers soon learn Miss Rocket, born and raised in France, is of Armenian heritage. The second chapter,



"Sports—Strength in Motion" is the story of her athletic endeavors. She becomes an Olympian, carrying the flag of Armenia in the 2002 Winter Olympics. The third chapter, "Career—A Future in the Making," relates with wry humour the back-and-forth of visa applications and border crossings, all the while rollerblading to job interviews. The first three chapters of *Try and Thrive* are stories with wide appeal. The fourth and fifth chapters however, belong to another book. They tell the story of betrayal when a child is grown and grants permission for its telling. As Miss Rocket herself states on page 254, "Letting go isn't a sign of weakness—it's a radical act of strength. Let go of those who hurt you."

Spay Neuter Palooza

Thirty-two cats were spayed and neutered on May 8 at the Sandy Hill Arena parking lot. The event was organized by the local animal welfare group HolliBell Foundation, which aimed to spay 200 cats in the city in a single week. Cat owners signed up in advance.

Many took home food provided by the Ottawa Humane Society.

For more information about the event, see the Spring 2026 issue of IMAGE at www.home.imagesandyhill.org.



Photo: Rosalie Burgess

Odyssey celebrates 40 years of Theatre Under the Stars

Photo: John Forster

Katelyn Luoma

For forty years, Odyssey Theatre has transformed summer nights in Ottawa into something unforgettable.

This summer, the company celebrates its 40th season of Theatre Under the Stars with *Mirandolina*, a dazzling new production adapted and directed by Eleanor Crowder. Running from July 23 to August 16 in Strathcona Park, the production promises an exciting evening of outdoor theatre filled with physical comedy, masks, flirtation, and razor-sharp wit.

As the sun sets and the park transforms into an Italian inn alive with music, comic chaos, and larger-than-life characters, audiences will be swept into a world of exhilarating physical storytelling. Adapted from Carlo Goldoni's classic *The Mistress of the Inn*, *Mirandolina* continues Odyssey's celebrated tradition of visually inventive theatre rooted in Commedia dell'Arte, clown, and movement-based performance.

For four decades, Odyssey Theatre has built a reputation as one of Ottawa's most original and enduring cultural institutions. Since launching Theatre Under the Stars in 1986, the company has welcomed generations of audiences to Strathcona Park, becoming nationally recognized for productions that blend athletic performance, visual spectacle, and fearless theatrical invention. Long before immersive theatre became a trend, Odyssey was creating outdoor experiences that invited audiences into entirely different worlds.

At the centre of this year's production is *Mirandolina* herself: a fiercely intelligent and independent innkeeper determined to maintain control of both her business and her freedom despite endless advances from the wealthy men surrounding her. Clever, charismatic, and always several moves ahead, she expertly manipulates



Above: Odyssey Theatre's 2025 production, *The Girl With No Hands*, with performers Chandel Gambles, Scott McCulloch, Erin Loretta Mackey and Marlow Stainfield.



Left and below: Photos from the IMAGE archive of past Odyssey productions.



the desires and egos of her guests while refusing to become anyone's prize.

But when a smug aristocrat arrives at the inn, boasting that he is immune to women and incapable of being manipulated, *Mirandolina* decides to teach him a lesson he will never forget.



Military ceremony at Beechwood Cemetery introduces Inuit symbol

On May 19, IMAGE photographer Philip Owen attended the Beechwood Cemetery Foundation's national ceremony marking the unveiling of the Inuit Sacred Spiritual Symbol (Qulliq) at the National Military Ceremony of the Canadian Forces. The inclusion of this symbol is intended to serve as a reminder of the full cultural and spiritual diversity of those who have served Canada. The ceremony featured members of the Indigenous and Inuit community who shared traditional performances.

Left to right: M.P. Mona Fortier, Enky Nyamdorj, Sheena Akoomalik, Jane Singoorie, Ruben Komangapik, Her Excellency The Right Honourable Mary Simon. *Back:* Joey Partridge (who sang *O Canada* in Inuktitut).

Photo: HS Canada

What follows is a delicious battle of pride and seduction filled with deception, emotional warfare, comic reversals, and escalating chaos as *Mirandolina* dismantles his confidence piece by piece.

Though written in the 18th century, *Mirandolina* still feels strikingly modern in its exploration of gender, power, performance, and independence. Crowder's adaptation embraces the playful theatricality of Goldoni's comedy, while keeping *Mirandolina*'s intelligence and agency firmly at the centre of the story.

"With *Mirandolina*, audiences will be transported to a picturesque Italian inn under the stars for the banter and giddy action of pure Goldoni," says Crowder.

The production features a dynamic ensemble of Odyssey veterans alongside exciting newcomers. Returning artists include Chandel Gambles, Marlow Stainfield, Scott McCulloch, and William Beddoe, joined by newcomers Jacqui du Toit and Jeremie Huot. Together, the six actors bring rapid-fire humour, bold character work, and nonstop theatrical energy to the stage.

More than simply a summer comedy, *Mirandolina* celebrates a company that has remained artistically ambitious, resilient, and deeply committed to creating unforgettable theatrical experiences for Ottawa audiences year after year.

You can catch performances of *Mirandolina* from July 23 to August 16, Tuesdays through Sundays at 8 p.m., with Sunday matinees at 2 p.m. in Strathcona Park. Tickets and additional information are available through www.odysseytheatre.ca. Visit Odyssey's new online box office and use the promo code *sandyhill2026* for a ticket discount.

Crossword Answers from p. 23

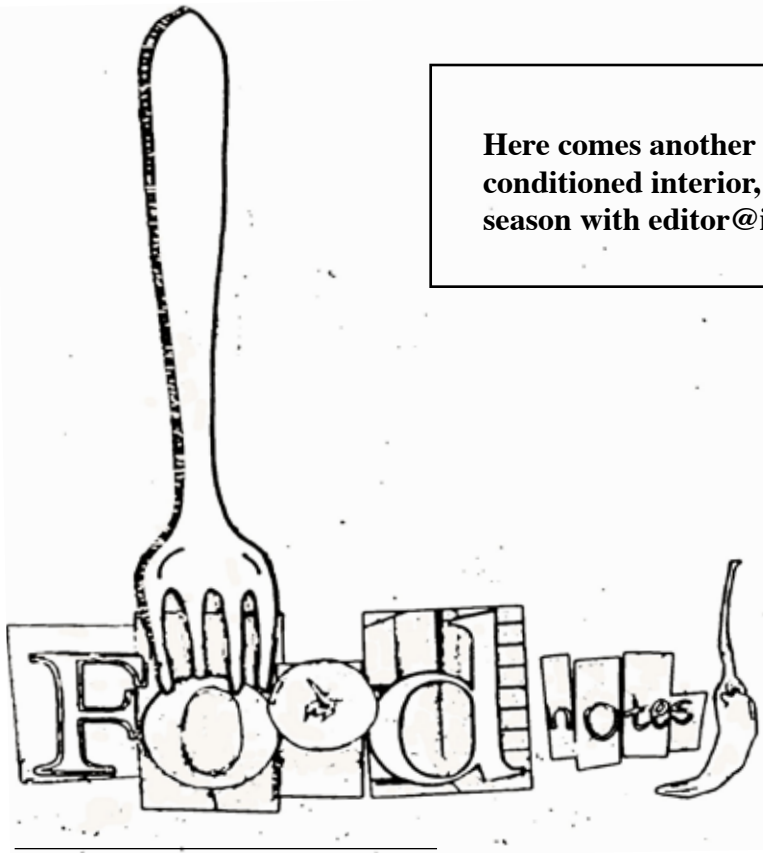
OTTAWA CELEBS #2

ACROSS

- 1 LA CÔTE DE SABLE
- 8 WINDSOCKS 9 NAC
- 10 SANDRA OH 12 AWRY
- 14 AMICAL 16 WRIGHT
- 18 KISS 19 PAUL ANKA
- 22 OWN
- 23 ABUNDANCE 26 DIETS
- 27 ALANIS

DOWN

- 1 LEWIS 2 CAN 3 TASER
- 4 DOCTOR 5 SASS
- 6 BANDWAGON
- 7 ENCRYPT 11 NAISSANCE
- 13 ORAL
- 14 AYKROYD 15 AX
- 17 VALUE
- 20 AXELS 21 BATS 24 DAL
- 25 NON



Paula Kelsall

Here comes another summer! Whether you're basking on a patio or taking refuge in an air-conditioned interior, please remember to share your favourite Sandy Hill food experiences of the season with editor@imagesandyhill.org

The Nelson 🍷
244 Laurier Ave. E.

Speaking of bargains, the sidewalk sandwich board outside the Nelson Pub advertising \$10 burger lunches on weekdays until 3:00 p.m., has been calling out to us for some time. We went there on one of the first perfect patio days of the season, and enjoyed the sunny outdoor space as well as the cheerful service. The special lunchtime price applied to all their regular burgers; the 2-patty smash burger, the smokey burger with bacon, crispy onions and barbecue sauce, and the halloumi burger with tzatziki sauce. Fries were included in the deal. Of course, we found ourselves succumbing to the charms of 2-for-1 margaritas and \$5.00 beer as well, which doubtless contributed to our feeling of post-lunch wellbeing.



A \$10 burger lunch and a cold drink: good reasons to visit the Nelson Pub's patio on a summer afternoon.

Photo: Paula Kelsall

Photo: Paula Kelsall

Volume Coffee House
234 Laurier Ave. E.

How many coffee shops have come and gone from this space on Laurier near Nelson? I remember young mothers bringing their iced cappuccinos to the park over 30 years ago, when our kids were small and the place was a Second Cup, or possibly a Timothy's. Recently, it was a long stint as Figaro, and now a new independent operator has stepped up to host the leisurely laptop users of the neighbourhood. Volume is brewing coffee from Café William, a sustainable Canadian roaster, and they have a good selection of sandwiches and pastries. We have enjoyed their light and creamy tiramisu, their Greek yogurt and cherry danish (scrumptious when lightly warmed) and the Spanish latte, which contains a dollop of condensed milk for a touch of sweetness and extra richness.



An assortment of dips, salads and marinated olives preceded the Flavours of Iran platter at Cafe Tehran.

🍷 **Cafe Tehran**
470 Rideau St.

A string of good movies at the Bytowne has brought us to our neighbourhood Persian restaurant a couple of times recently for before-or-after-movie meals. Their menu of kebabs or stews with perfectly prepared rice has something for any meat-lover, while their hearty and delicious eggplant appetizers and the Ash Reshteh soup are good alternatives for vegetarians. A particular bargain is the Flavours of Iran platter, which includes soup or salad and a plate of dips and olives that arrive before the very generous platter of rice circled by bowls of four different stews of chicken or lamb, all of them tasty. The platter is billed as a meal for 4 or 5 people, and our party of four definitely had enough leftovers for one person to enjoy a couple of lunches.



The jerk chicken platter from Jerkies Chicken is moist, flavourful, and generous. *Photo: Bob Meldrum*

🍷 **Jerkies Chicken**
99 Mann Ave.

We were excited to see that the Ottawa Citizen's Peter Hum had included this small Guyanese-style restaurant from our neighbourhood in a recent column on affordable meals, so we hastened to visit them for a takeout lunch. We were very pleased with both the jerk chicken and the fried fish, both nicely seasoned with a little heat and a lot of flavour. The chicken was fork-tender; the fish was freshly fried when we came in to pick it up. Both meals were served on very generous beds of moist rice with red beans, a dollop of braised tomatoes, onion and peppers, and a side of sweet and tangy fried plantains. Each platter would have made a perfectly satisfying lunch for two.



Serving a vegetarian buffet with local & organic ingredients, since 1988.

OPEN 11:30 - 8:30
Lunch & Dinner

CLOSED SUNDAY & MONDAY
for July & August

Dine in, Patio, Take out & Delivery!

Mel Malette (1936-2026) — Sandy Hill mover & shaker

Ken Clavette

Communities are enriched by those who give themselves to making things work for the benefit of all the residents. Sandy Hill has had many who have given their time and efforts to make our neighbourhood a better place. Action Sandy Hill volunteers helped stop the move of the General Hospital here in the 1960s, and forced the city to put the transitway on Waller rather than up King Edward and Wilbrod to get to the Rideau Centre in the 1980s. IMAGE has been produced by volunteer community labour for over 50 years now, telling our stories and sharing community news. But there have been many others who have given themselves to make Sandy Hill a healthy and enjoyable place for families. One man who did that with sports for over twenty years has just passed away; his name was Mel Malette.

Mel was a Valley boy raised in Portage-du-Fort. He moved to Ottawa as a young man to make a living and start a family. He settled in Sandy Hill, eventually in the veterans housing at Strathcona Heights (see the Bygone Sandy Hill column in the April 2024 issue of IMAGE, available online at www.home.imagesandyhill.org).

With his partner Doreen, they raised five children. His children played a major role in Mel's life. In 1969, he helped establish the Sandy Hill – Ottawa East Sports Association with hockey at the heart of its programming. As early as five in the morning, he was up organizing the cleaning crew at the rink in Sandy Hill Park (now, Annie Pootoogook Park)



Photo: courtesy of Ken Clavette

Ken Clavette (on left) with longtime Sandy Hill community volunteer, Mel Malette.

before going to work at Energy Mines and Resources. Back in those days, the rink at Sandy Hill Park was the only ice surface the city provided. The Minto Skating Club had an arena on Henderson

where the uOttawa Minto sports complex is now and while it could be rented, it was not a City facility.

Mel worked with Ottawa East Community Association President Nancy

Smith to get the City to build the Sandy Hill Arena we know now. It opened on Mann Avenue in 1974. Nancy would go on to become our City Councillor between 1980 and 1991. Mel took on the new arena. He organized the hockey teams, coaches, and referees. He used the canteen, skate sharpening, and an annual skate-a-thon to raise money for kids hockey programs. He also organized a few Sandy Hill fast ball teams!

He was nicknamed the “Mayor of Strathcona Heights” for his role as chair of the residents’ association. He wrote a regular column in IMAGE on the sports association’s activities and organized the delivery of the newspaper by the kids. He would often use his column to point out the shortcomings of the City when it came to our community, urging us to fight back.

Mel was always on the lookout for kids with too much time on their hands. He felt involving them in sports kept them out of mischief. If a family could not afford fees, then hours volunteering at the canteen would be a tradeoff. Some of those kids left comments remembering Mel on the “Growing Up in Sandy Hill” Facebook group. He “was an icon in Sandy Hill, he kept a lot of us playing sports for years,” wrote one. “I played house league hockey for 2 years. My family was quite poor so we couldn’t afford equipment. [Mel] helped track down free equipment for me and my brother. I think he even drove us to some games.”

It is said when one dies, it’s not the money one has in the bank that’s important, it’s what you leave behind. Mel helped make our community a better place and left a lot of children with fond memories of growing up here in Sandy Hill.



WORKING TITLE TERRACE SEASON IS BACK!

The sun is shining and our terrace is back in full swing with a new all-day menu, pizza, brunch, cocktails and more. We are super excited to have prosecco on tap this year, for endless bubbles in the sun.

Daily from 11:30am (11am at weekends)



TEA ON THE VERANDA

The season has begun! We are delighted to partner with Laurier House again this year to offer our take on afternoon tea. Dainty sandwiches, fabulous desserts, and scones and clotted cream on a picture-perfect veranda

Book a table at www.workingtitleottawa.com

De La Salle Expo 2026

Quelques-unes des œuvres présentées sur trois étages de l'École secondaire publique De La Salle lors de l'exposition « Expo Varius » du Centre d'excellence artistique de l'Ontario, le 8 mai dernier. Une exposition de qualité professionnelle (et gratuite!) par les élèves d'Arts visuels et médiatiques de la 8e à la 12e année. Bravo les artistes!



Eveline Guindon, 12e année,
La capuchonnée, Installation

Suivez le CEAO sur Facebook pour ne pas manquer les dates des spectacles, concerts et expositions présentés à l'école De La Salle ainsi qu'ailleurs dans la communauté. Pour les représentations payantes, obtenez vos billets au : www://thepointofsale.com/ceao

Photos: Christine Aubry



Dali Cloutier, 11e année,
Métamorphose, Acrylique sur toile



Ceilidh Cooke, 10e année,
Le désespoir d'esprit aveugle, Techniques mixtes