

Spring arrives (hurray!) in Sandy Hill...

Time to get out your bike and your skateboard, celebrate Easter, chat over the fence, dig in the garden, take the kids to the Salon du livre at Franco and the Bettye Hyde spring fair, enjoy the best from the West at the NAC's Prairie Scene, check out the sparkling convention centre, head to the annual meeting of our community association, explore the boutiques on Rideau and Laurier Streets, take one last ride on the 316 and (yes!) vote. Info on all these options inside this issue



Photo Bill Blackstone

The Strathcona Park bike path, enjoying a colour boost this year from the folks on Range Road, is open again to bikes, strollers, runners, walkers....

Faith and homelessness

The Anglican Diocese of Ottawa plan to bring Centre 454 back to its church at Daly and King Edward triggers intense local debate

Ralph Blaine

A deep split in the Anglican Church over the nature of Christian worship and the role of Jesus in their faith seems destined to force the move of a street ministry for homeless people to Sandy Hill. The split has been a matter of public knowledge for years but IMAGE only learned of its potential impact on the street ministry in February when the developer Richcraft sent a letter to our city councillor expressing concern about the effect the relocation of Centre 454 would have on their condo development being built around the corner at 238 Besserer. Specifically Richcraft's letter states:

"This newly announced 'street ministry' will simply promote an unsupervised street-level drug use and prostitution area instead of promoting an atmosphere of safety, family and community as done by the current ministry. The relocation of Centre 454 to 125 Daly Avenue will be a detriment to the University District and to the historic Sandy Hill Community within our City of Ottawa."

A Richcraft representative explained to IMAGE that he had heard about this move from a member of the current congregation of St. Alban's church (corner of Daly and King Edward) where the Anglican diocese plans to install Centre 454 in the new year. He also expressed concern about the effect Centre 454 would have on the street level commercial occupants of Richcraft's new development.

St. Alban's, 454 King Edward Avenue



Centre 454 is a street ministry run by the Anglican Diocese of Ottawa that moved from the St. Alban's site to 216 Murray St. (next to the Shepherds of Good Hope) eleven years ago. According to the director, Martha-Mary Hale, Centre 454 offers a daytime social recreation program that develops skills such as interpersonal relationship abilities (building "trusting relationships"), celebrates "life events" like birthdays and Christmas and also offers counselling services to help people in trouble with the law or with other crisis situations. The John Howard society runs a literacy program. The centre also offers laundry services and phone access to their clients. A karaoke night has also proven a great success.

Ms. Hale explained that budgetary pressures (rent and other expenses) have been a factor in the Diocese's decision to move Centre 454 (which has 8 paid staff members and 4 to 5 volunteers on a given day) back to St. Alban's. She said that they currently serve about 250 people per day although she expects the numbers to decline a bit due to the move. The lease on 216 Murray expires next January and they hope to move into premises at St. Alban's by Christmas of 2011. The diocese is looking forward to offering the services of Centre 454 in a church setting once again.

IMAGE contacted Ms. Hale immediately after receiving the Richcraft letter

and she expressed surprise at the developer's concerns. She feels that the clients of Centre 454 are no different from the residents in the neighbourhood surrounding St. Alban's ("they are just like you and me") and noted that they would also be patrons of the stores being planned for the street level of the new condominiums. She said the centre had always been good partners with the local community and had maintained good relations for 24 years in Sandy Hill and more recently in Lower Town where a member of the local community association is on their programme committee. She said they have also been good partners with the police in trying to control the drug trade on Murray St.

IMAGE then contacted Archdeacon David Selzer of the Anglican Diocese. Mr. Selzer expressed concern that Richcraft had used such strong language to refer to the clients of Centre 454 who were "after all, human beings" and said that Richcraft had never expressed their concerns to him. The Archdeacon explained that the Diocese is still in negotiations with Centre 454 about the amount of space they would be using at St. Alban's. He said the centre had not moved back to St. Alban's before this year because the congregation at the church had not wanted the centre on the premises.

Centre 454 — continued on page 14



Photo Bill Blackstone

Ces quatre noms figureront sur le bulletin de vote d'Ottawa-Vanier le 2 mai, le jour du scrutin. À la page 8, un résident de la Côte-de-Sable donne un aperçu de l'expérience et des plates-formes électorales de ces candidats.

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.

In 2011, IMAGE is published in **February, April, June, October and December**. 7,500 copies are printed and distributed free of charge to all residents of Sandy Hill. Free issues can also be picked up at the community centre, library and 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 call and leave your name and number at 613-237-8889. No age restrictions.

IMAGE reserves the right to edit in whole or in part all such contributions.
Tel: 613-237-8889

E-mail : image22@rogers.com

Website: imagesandhill.org

Editor:

Jane Waterston

Rédactrice de langue française :

Denyse Mulvihill

Advertising: Peter Rinfret, Jane Waterston

Research/admin/translation:

John Arthorne, Clive Branson, François Bregha, Marie-Claude Jean, Claire MacDonald, Rob MacDonald, Betsy Mann, Jan Meldrum, Jane McNamara, Dodi Newman, Larry Newman, Catherine Pacella, Peter Rinfret,

Production: Jane Waterston, Bob Meldrum

Photographer: Bill Blackstone

Deadline

Reserve advertising space or let us know you have a letter, photo and/or article by

May 30, 2011

(target delivery June 10)

IMAGE is written, published and delivered thanks to the efforts of dedicated and talented volunteers and the support of our advertisers. Please support local businesses, especially those who advertise in and display IMAGE.

Questions re delivery?

If you live in Sandy Hill, IMAGE is delivered free to your door. Please call 613-237-8889 if you are aware of anyone or any business in our neighbourhood who is not receiving their newspaper.

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

En 2011, IMAGE sera publié en **février, avril, juin, octobre et décembre**. Son tirage est de 7 500 exemplaires. Il est distribué gratuitement partout dans la Côte-de-Sable. On peut également l'obtenir au centre communautaire, à la bibliothèque et dans plusieurs commerces du quartier.

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

Les personnes intéressées à collaborer à IMAGE sont invitées à téléphoner au 613-241-1059 ou au 613-237-8889, en indiquant leur nom et leur numéro de téléphone. La bonne volonté est appréciée autant que l'expérience et l'âge.

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

Tél: 613-241-1059 et 613-237-8889

Courriel : image22@rogers.com

Site web : imagesandhill.org

Date de tombée

Publicité, articles, photos et autres soumissions

le 30 mai 2011

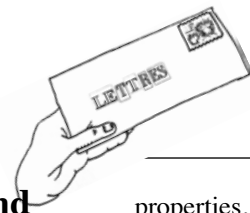
(livraison prévue le 10 juin)

IMAGE est rédigé, publié et distribué grâce au dévouement et au talent de nombreux bénévoles, mais aussi avec l'appui des annonceurs. Soutenez les commerces locaux, et tout particulièrement ceux qui font de la publicité dans IMAGE ou chez qui vous pouvez le trouver.

Questions au sujet de la distribution?

IMAGE est distribué gratuitement dans Côte-de-Sable. Veuillez appeler le 613-237-8889 si vous connaissez un particulier qui ne le reçoit pas.

**Our readers
write ...**



**Courrier
des lecteurs**

Fix the problems behind 311 calls

Some City of Ottawa officials are now complaining about the people who use the 311 system primarily to report matters needing attention by the City of Ottawa, and much is being made of calls about "neighbours."

However, the notion that citizens should try to sort things out with the source of the problem, and if that does not work then call 311, has aspects which are both bizarre and potentially dangerous.

Two points should suffice to persuade our municipal officials to play the hand that they dealt themselves, and to stop blaming citizens for using 311 as it is intended to be used.

First, rather than spend money on field staff such as by-law officers, the City of Ottawa and other area municipalities adopted a complaints-based approach years ago, whereby the onus was put on citizens to call in complaints about potholes, unplowed roads, ice-covered sidewalks, littered parks, burnt-out street lights, plugged storm drains, abandoned buildings, overgrown hedges, garbage-strewn

properties, barking dogs, noisy parties, and so on.

Small wonder then that numerous calls are made, including multiple, repeated complaints about matters that might never have arisen had proper standards and by-law enforcement procedures been put in place by our municipal government.

Second, many 311-related incidents involve strangers rather than well-known neighbours, and making personal contact can be very problematic. Police services officials have raised cautions about the personal contact approach idea for good reason: intended polite discussions with strangers and casual acquaintances can escalate into confrontations that have dire consequences.

I suggest that our municipal officials could best serve all citizens by doing a better job of preventing and correcting the problems that cause the 311 calls, rather than attempting to discourage civic-minded citizens who make the effort to inform the City of things gone and going wrong.

Barry Wellar
Professor Emeritus
University of Ottawa



IMAGE reçoit avec plaisir les questions et les lettres à l'éditeur.
image22@rogers.com
ou 161, rue Stewart K1N 6J8
ou 22, av. Russell K1N 7W8

IMAGE welcomes letters and enquiries
image22@rogers.com or
22 Russell Ave. K1N 7W8
or 161 Stewart St. K1N 6J8

Nous ne considérerons la publication de votre lettre que si vous fournissez votre nom, votre adresse au complet et votre numéro de téléphone. (Seuls votre nom et celui de votre quartier résidentiel paraîtront.) Nous nous réservons le droit de modifier le texte des lettres pour des raisons de longueur, de grammaire et de contenu diffamatoire. Aucune lettre anonyme ne sera publiée. Le nom de l'auteur peut toutefois être supprimé si les éditeurs reconnaissent la nécessité de protéger l'identité de l'auteur. Les lettres publiées dans IMAGE ne reflètent pas toujours le point de vue des éditeurs et nous n'appuyons pas nécessairement toutes les opinions exprimées.

We will consider publishing letters provided that you include your name, full address, and telephone number (only your name and general residential area will be printed). We may edit letters for length, grammar, and libellous content. No anonymous letters will be published. A writer may have his or her name withheld if the editors agree that it is necessary that the writer's identity be protected. Letters published in IMAGE may not reflect our editorial position nor do we necessarily endorse the views expressed.

Come on down, with a sign!

A protest will be held at King Edward and Rideau on April 26 at 4 p.m.

We need to make it clear to the politicians in this city that we are serious about the problems on King Edward and in Lowertown and getting rid of those trucks. Let's try and get as many people as possible out to the corner for the protest. Mark your calendar. Bring a sign if you can.

I really encourage you to come. Other communities are able to mobilize thousands and often get what they want. Let's try and get a thousand people out for Lowertown and Sandy Hill and show that we are a community also!

Marc Aubin

Chair,

King Edward Avenue Task Force

John Verbass comments on the controversy on King Edward, page 5. —Ed.



Mauril Bélanger
Ottawa—Vanier

*Présent et actif!
Working for you!*

www.mauril.ca

Libéral

**Campaign Office /
Bureau de campagne :**
106 — 355, ch. Montréal Rd.
Ottawa, Ontario
K1L 8H3
613-744-4847
mauril@liberal.ca

Guest Editorial

Life's painful curve balls: two failures of municipal governance

If it doesn't come early, we eventually realize that life throws us some painful curve balls.

It's easy to think of some, when your world gets turned upside down. What I never imagined was that my family's world would experience such upheaval from what I had thought was such an unlikely source - failures of municipal governance.

Spring is the time of new beginnings, and both of these stories have their beginnings in May - May of 2009 and May of 2010. The changes wrought last May were potentially life threatening - but for the purposes of chronology, let's look first at May 2009.

It is going to be a challenge in a guest editorial of 800 words to properly lay out the two situations, you'll perhaps bear with me as substance adapts to form.

In May 2009, Homestead Land Holdings bought the 10 story apartment at 85 Range Road. That summer drilling began on the site. We were told looking for contamination below the parking lot. But it wasn't drilling for contamination, it was drilling to determine the feasibility of digging a huge pit, next to the Rideau River, for a 200 car parking garage and the construction of a second massive building across from our neighbourhood of two story homes.

A second building was never to go on the site as the first apartment, built in 1958, had used the maximum floor space assigned to the lot. We learned this criterion had been quietly removed by the city some months earlier, and at a meeting organized by ASH in September 2009 the developer told Sandy Hill "You can have a 10 story building at the street, or a 14 story building set back from Range Road. You decide, because that is the way it's going to be."

For the next year our family was at the epicentre of a campaign to right this wrong. Indeed, city council even passed

an emergency bylaw saying that the maximum height for new building on the site would be four stories.

Turns out there's something called the Ontario Municipal Board, (there's nothing like it in the other provinces.) Originally created to promote railroad expansion over a hundred years ago, it has a reputation of ruling in favour of capital not communities. "Not so fast" says Homestead Land Holdings, we will reverse the will of citizens by appealing to the OMB, "we've a very good chance of winning."

As Jeffery Simpson argued in a recent opinion piece in the Globe and Mail, the OMB is an anti-democratic anachronism, which "is the favoured method by which developers do end runs around council decisions they don't like."

With an OMB hearing in July 2010 looming, my wife as a leading representative of the community, began negotiating with the developer and their consultants. Jane, a volunteer, faced-off week after week against this high paid team.

The result, a 10 story building in from the street with, to be honest, significant design improvements.

Now the really serious one. The one that is every parent's nightmare. Your child leaves for school on his bike on a beautiful mid-May morning. You receive a call at 8:45 am that he has been hit by a car in a cross-walk on the way to school. Your life is truly turned upside down, you rush to CHEO, your 13 year old is in shock, teams of doctors surround him.

The accident happened at a location where for three years parents had worked to have the city properly maintain the cross-walk. They succeeded in having a traffic count done near the schools concerned. Guess when the city did its count? In mid morning! Used as further justification by city bureaucrats as to why no changes need to be made to the site.

Two failures of municipal governance, the life of one Sandy Hill family turned upside

down twice in less than two years.

Our son, thank you so much CHEO, is fine. The digging of a massive pit and construction of a second ten story building across from our and hundreds of other two story homes begins this Fall.

And here's a kicker, in both cases the powers that be didn't visit the site of the "outrage." The OMB commissioner from Toronto in July of last year at the hearing asked the representatives of Homestead what the site was like, asking or was he saying, "There's one 10 story building, so it makes sense to have a pair." Why don't OMB commissioners take a taxi to the site and assess in 20 minutes the situation for themselves?

As for the cross-walk, while thankfully our councillor is engaging the problem, for now we continue to receive turgid bureaucratese from deep within the municipal government as to why nothing can be done.

David Dymont
Range Road

FINE CHINESE ANTIQUE FURNITURE & REPRODUCTIONS

Centuries Old Chinese Craftsmanship
All natural, hand rubbed finishes



WATERMELON SEED

503 Rideau St. (613) 789-3120

watermelonseed503.spaces.live.com

Between Augusta & Cobourg

Tues.- Fri. 10-4; Sat. 11-6

Interest-free Financing Available

LIQUIDATION SALE

50% off all items!

*Chez
Lucien*

**B
A
R**

137 Murray
@ Dalhousie
Byward Market
241.3533

*Sandy Hill's
place
in the Market*

*Côte-de-Sable
se retrouve
au Marché*



SUZIE VINNICK

Women's Blues Night
SUZIE VINNICK, LITTLE MISS
HIGGINS, ROMI MAYES,
MEGAN LANE

MAY 6, 8:00 p.m.

LIBRARY AND ARCHIVES CANADA, AUDITORIUM



THE DUHKS

THE DUHKS,
KARRNEL SAWITSKY
& DANIEL KOULACK

MAY 5, 8:00 p.m.

LIBRARY AND ARCHIVES CANADA, AUDITORIUM

CHIC GAMINE, ANIQUE GRANGER

MAY 4, 8:00 p.m.

LIBRARY AND ARCHIVES
CANADA, AUDITORIUM

Singer-songwriter
Anique Granger opens
for JUNO Award-winning
Chic Gamine



CHIC GAMINE

MUSIC→THEATRE→DANCE→LITERATURE→VISUAL AND MEDIA ARTS→FILM→CULINARY

prairie
scene
des prairies

prairiescene.ca APRIL 26 → MAY 8 2011

TICKETS ON SALE NOW!

1-888-991-2787 (ARTS) *ticketmaster.ca* | IN PERSON NAC BOX OFFICE



NATIONAL ARTS CENTRE
CENTRE NATIONAL DES ARTS

**PRAIRIE
SCENE
PASS***

**6
\$49**

All of these fantastic
shows are available on
the Prairie Scene Pass!**
**subject to availability.

CO-PRESENTING PARTNER (MANITOBA)

MTS allstream

CO-PRESENTING PARTNER (SASKATCHEWAN)

PotashCorp

SPECIAL PARTNERS



Gail Asper & Michael Paterson
John and Bonnie Buhler Foundation

MAJOR PARTNERS



Ian & Kiki Delaney
Margaret & David Fountain
Craig & Pamela Lothian

MAJOR MEDIA PARTNER

CBC Radio-Canada

Canada

Manitoba



Government
of Saskatchewan

Gouvernement
de la Saskatchewan



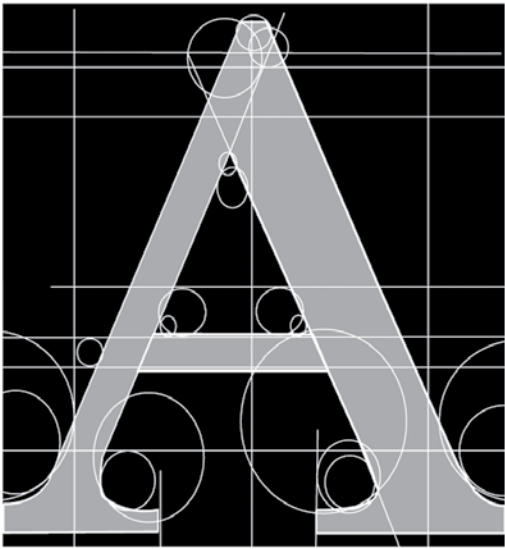
Canada Council
for the Arts

Conseil des Arts
du Canada

DESIGN

RENOVATION

CONSULTATION



ADCOR
CONSTRUCTION

"par excellence"

www.adcorconstruction.com

76 Queen Mary Street,
Ottawa, ON K1K 1X7
ph: (613) 422-2128
fax: (613) 422-8263

613 254 6580

Robert Horwitz
SALESPERSON
SUTTON GROUP-PREMIER (2008) REALTY LTD.
OVER 20 YEARS EXPERIENCE ASSISTING
BUYERS & SELLERS
rhorwitz@sutton.com

Another cave-in on the slippery slope

Ottawa gaming tables to compete
with Casino du Lac-Leamy

Judy Rinfret

Do any of us remember when it would have been unthinkable for our governments, schools, and churches to contemplate financial gain through suspect means? Perhaps rectitude is passé and I am beating an old drum but when I heard that city council was considering casinos in Ottawa, I wrote to Councillor Fleury:

I have recently heard that city council may approve a casino in Ottawa without any public consultation. The last time the casino industry lobbied long and hard for this, Ottawa was not amalgamated. Our councillor, Stéphane Énard Chabot, was vehemently opposed and so eventually were the majority of Ottawa's councilors.

I urge you to keep casinos out of Ottawa. Government greed and expediency must not trump public good. Thank you.

I received a generic reply from the councillor's office indicating that M. Fleury had not yet taken a position but was aware of the complexities. Eventually his web site indicated Councillor Fleury had voted with the majority of council to allow 20 gaming tables on a trial basis at the Rideau Carleton Raceway:

"The option of incorporating gaming tables on a two year pilot project at the Rideau Carleton Raceway is a controversial issue. I voted in favour to allow the province to study this option to see if it can be a viable opportunity for revenue for the City of Ottawa. Although gambling is an addiction that is perpetuated through accessible means, we must remember that mitigation programs are in effect and that most users are spending their money with



the appropriate knowledge of the level of impact on their life."

I then spoke with M. Fleury to better understand his position. While it is understandable that he does not read all of his mail, Councillor Fleury said he had received no direct response to this issue. I was surprised as I know of at least two others who wrote to our councillor urging him not to support casinos.

While he recognizes the moral and social problem of even more gambling opportunities in this city, he does not see the need to deny what the province already allows. "As a society we've accepted it, it's unfortunate." He says there is too much money going to the Quebec side because of the glitzy Casino du Lac-Leamy and some of that should stay where it is earned. While he points out that there are many social programs to help those with gambling addictions, he does not know the costs of these programs or how effective they are.

He also says that the real responsibility for public gain from gambling lies with the province of Ontario and "to be honest my vote was not the breaking one."

But now that Council has agreed to gaming tables in Ottawa, will the Rideau Carleton Raceway really compete with the casino across the river, where the cacophony of vacuumed coins dulls all sensibilities, or will we taxpayers soon be asked to spend public money on a bigger and better casino in Ottawa?

Will we be confronted with the twisted logic that a bigger and better casino will, by raking in even more money from those who can't resist, feed the public purse and eventually pay for itself and more?

Is it already too late to avoid the slippery slope where greed and expediency trump public good?

Illustration
(above)
"Sleight-of-hand"
by Claire
MacDonald

Rent-A-Wife Household Organizers

"Every working person needs a wife!"

- Regular & Occasional cleaning
- Pre & Post move cleaning and packing
- Pre & Post renovation cleaning
- Blitz and Spring cleaning
- Organizing cupboards, basements . . .
- Perhaps a waitress?

Laurel 749-2249

Annual General Meeting, 2011	Our Community Association - Notre association communautaire	Assemblée Générale Annuelle 2011	ACTION SANDY HILL
WHEN	May 26, 2011 • Doors open 6:30 p.m. • Le jeudi, 26 mai à 18h30	QUAND	
WHERE	Sandy Hill Community Centre, 250 Somerset St. E. Centre communautaire, 250, rue Somerset est	où	
WHAT	Election of Action Sandy Hill Directors. Meet your City Councillor • Police • Bylaw Enforcement Services. Volunteer of the Year Award. Élections au Conseil d'administration Action Côte-de-Sable Venez rencontrer votre conseiller municipal & les porte paroles de la police et des règlements municipaux. Prix pour le bénévole de l'année.	QUOI FAIRE	
UPDATES	What we did last year. What's coming up. Nos activités récentes. Nos plans pour l'année à venir.	NOUVELLES	
All residents of Sandy Hill welcome • Bienvenue à tous • www.ash-acs.ca			ACTION CÔTE-DE-SABLE

Have Your Say!
Venez vous faire entendre!

Controversy on King Edward North

John Verbass

There seems to be no shortage of controversial topics lately when it comes to transportation issues impacting Sandy Hill. On the docket this month is the controversy over whether King Edward Avenue can be reduced to 4 lanes from today’s 6 lanes north of Rideau St.

The City Transportation Committee on Apr. 6 decided that the reduction to a 4-lane cross section should not proceed until after a new bridge over the Ottawa River is built in the east end **and** not until more than 45% of peak hour trips across the river into downtown Ottawa are taken by transit. Even the most wildly optimistic scenarios would not see these conditions fulfilled until at least 10 years from now.

The effort behind this initiative came mostly from Lowertown residents organized into a group called the King Edward Avenue Task Force. Several years ago with the help of Georges Bédard this group managed to convince then city council to mandate city staff to conduct a study on the feasibility of this lane reduction.

A very detailed analysis and computer modelling was performed by an engineering consulting firm who concluded this lane reduction would be possible and that the implications would be that vehicles travelling northbound in the afternoon peak would be delayed by an extra 90 seconds to reach the Macdonald-Cartier bridge. Also, empty STO buses travelling southbound in the afternoon to Rideau to begin their routes would experience average increased delays of about 30 seconds. In the morning rush hour there was predicted to be no negative impact in travel times.

City transportation staff were not supportive of this conclusion and managed to convince the city councillors on the Trans-

portation Committee (including councillor Fleury) that this extra inconvenience for drivers and buses was not acceptable and that, in addition, there would be far more problems with extra traffic spilling over onto other neighbourhood streets than was stated in the consultants’ report. Our councillor, Mathieu Fleury, has outlined why he voted as he did in a video posted on YouTube (Go to YouTube and search on “Mathieu Fleury Councillor” to hear his point of view).

Randall Denley wrote a criticism of this decision in his column in the Citizen saying that once again cars were chosen over people. It is hard not to avoid coming to the conclusion here in Sandy Hill and Lowertown that all the fine words coming from the city about prioritization of walkable communities have not yet helped the city make any of the hard decisions that will be necessary to actually bring such change about.

Instead the path forward on King Edward is now tied even more to the building of yet another new major arterial roadway elsewhere, in this case a 1960s style “high mobility arterial roadway bridge” connected to expanded freeways in Ottawa and Gatineau. The extent to which such a bridge (if it ever happens) actually will or will not make much material difference to traffic downtown is a whole other story that has not been very well thought out at all. It kind of reminds me of another often-used phrase these days - “kicking the can down the road”.

A final decision will be made by City Council on April 27th and a last ditch effort will be made before then by the King Edward Avenue Task Force to convince the wider council of the merit of not delaying this lane reduction for another 10 years or more.

John Verbass is the ASH transportation file watcher



Les rues de notre quartier

Betsy Mann

En parcourant la Côte-de-Sable, vous êtes-vous déjà demandé en l’honneur de qui les rues de notre quartier ont été nommées? Plus souvent qu’autrement, ce sont des personnes qui étaient bien connues à leur époque mais qui n’ont pas laissé grande trace dans l’histoire. Prenons l’exemple de John **Henderson**. L’exploit qui lui a valu la distinction d’avoir une rue portant son nom c’est son service en tant que greffier de la Ville d’Ottawa entre 1891 et 1915. On pourrait croire que la longévité y était pour quelque chose.

La rue **Friel** nous rappelle Henry James Friel, un journaliste qui, en 1846 à l’âge de 23 ans, a acheté le journal le *Bytown Packet*, devenu plus tard le *Ottawa Citizen*. Élu au premier conseil de la Ville de Bytown en 1847, il a occupé différents postes à l’intérieur de celui-ci pendant une période de 22 ans. Friel était maire d’Ottawa en 1868 (on se rappellera qu’en 1855 Bytown avait pris le nom d’Ottawa) quand il a signé une proclamation offrant 2000 \$ en échange d’informations menant à la conviction de l’assassin de Thomas D’Arcy McGee. Quand Friel est mort l’année suivante, la Ville lui réserva des funérailles d’état et il fut enterré dans le cimetière catholique de la Côte-de-Sable.



Vous demeurez sur la rue **Sweetland**? Sachez que votre rue a un lien avec la Coupe Stanley. Elle tient son nom du docteur John **Sweetland** qui a présenté le nouveau trophée au « Montreal Amateur Athletic Association » en 1893. Le D^r Sweetland était l’un des deux premiers fidéicommissaires nommés par le donateur de la Coupe, Lord Stanley of Preston. Il a occupé ce poste jusqu’à sa mort en 1907. Par ailleurs, Sweetland était chirurgien, shérif du comté de Carleton, commissaire du système d’approvisionnement d’eau de la Ville d’Ottawa et président

de nombreuses associations, dont le cimetière Beechwood, le Rideau Club, le Dominion Sanitary Association et le Rideau Skating Club. Un homme qui a certainement mérité qu’on nomme une rue en son honneur!

Sources: Lucien Brault, *Ottawa Old and New* (1946); A.H.D. Ross, *Ottawa Past and Present* (1927) et www.ottawagraphy.ca



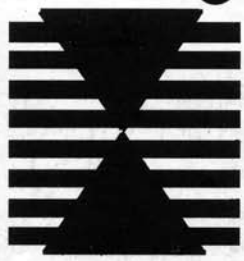
FINE CUISINE AND CATERING BY EXECUTIVE CHEF ERIC PATENAUDE.

- SERVING DINNER FROM WEDNESDAY TO SATURDAY, OPEN FROM 5:30PM
- WIDE SELECTION OF AWARDED ONTARIO WINE FROM PRINCE EDWARD COUNTY
- CASUAL AMBIENCE
- SEASONAL AND REGIONAL CUISINE

10 MCARTHUR AVE., OTTAWA
(RESERVATIONS) 613.321.0252
(ONLINE MENU) WWW.TODRICS.COM



PHARMACIE CAMPUS PHARMACY



100 Marie Curie • Services de santé / Health Services Bldg.
563-4000

Welcoming the entire Sandy Hill Community
Les résidents de la Côte-de-sable sont bienvenus

POUR TOUS VOS BESOINS PHARMACEUTIQUES....

- Prescriptions
- Vitamines
- Soins sportifs
- Produits de beauté
- Tests de grossesse
- Papeterie
- Timbres
- Services de photocopies et de télécopieur

FOR ALL YOUR PHARMACY NEEDS ...

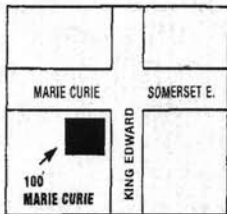
- Prescriptions
- Vitamins
- Sports care
- Health and beauty needs
- Pregnancy tests
- Stationery
- Stamps
- Fax and photocopy services

et **Plus!**

and **More!**

Interac • VISA • Mastercard • American Express

Lundi-jeudi 8h30 - 20h00
Mon-Thurs 8:30 - 8:00
Vendredi 8h30 - 19h30
Friday 8:30 - 7:30
Samedi 10h00 - 17h00
Saturday 10:00 - 5:00
Dimanche 10h00 - 14h00
Sunday 10:00 - 2:00



NEW!

- 1 hour prints and
 - Next Day prints
- From negatives,
photographs and all
types of digital media**
- Film developing*

www.campuspharmacy.com



Photo Bill Blackstone

Many miffed at maintenance measures

Karen Bays

Sandy Hill Park received some unwelcome maintenance work early in April that left a number of the community's skateboarders feeling shut out from using the park and others wondering why the community was never consulted about the project. The episode started when city staff noticed damage to some of the park furnishings - mostly the railings along the various stairways. It was decided to install metal "knuckles" (bands or bumps) to discourage "grinding," riding, rolling, or sliding on these fixtures. Somewhere between the original planning of the work and finishing the job, it was also decided to add the metal knuckles to all the railings (i.e. those not along the stairways), the large central stairs, and the cement curbing and retaining walls. The contract for this work was approximately \$20,000.

"We are furious," explained Patrick. "This has come without any warning," added Tommy. Both men live in Sandy Hill and are students at Ottawa University. They have been skateboarding in the park since it reopened about a year and a half ago. They admitted that the skateboarders wax the retaining walls and are a bit hard on some of the adjacent sod. But, they noted that skateboarders never use the railings - they are too high - and they were therefore not responsible for the wear and tear. They also added that they don't litter and often clean up after others. "And we respect the little kids and yield to them and everyone else," said Tommy.

Their views were echoed by several other skateboarders, including Jean-Philippe who noted that this was not the only park where this had occurred. "Too bad they did all this work. We pretty much stay over on this side of the

park and respect other users, especially children and people with their dogs," he said. The skateboarders like the space and enjoy being woven into the fabric of the park, find it peaceful, and all the people friendly.

Neighbours were surprised to see this work performed. One pointed out, "We can't get extra garbage cans for the park from the city but they have the funds to do this!" Another wondered if the city was aware that they had taken down the "welcome sign" to a whole group of users and what could be done about that.

When questioned, Action Sandy Hill President, Robert Stehle, said there had not been any complaints about the skateboarders use of the park and ASH certainly did not initiate any request for work of this nature. He added, "Nor were we informed or consulted."

City staff responding to questions about the modifications pointed out that they viewed the work as a maintenance measure and thought this did not necessitate community consultation. It was stated that they were trying to maintain the park's assets and protect them from further damage and the expense of repair. Once hearing about the various concerns from the skateboarders, area residents, and other staff about the work, city staff reviewed the maintenance project. It was agreed to remove the metal knuckles from the retaining walls as soon as it could be arranged.

Once again the skateboarders are back in the park attempting various feats and showing off their skills. We can be pleased that the city and community were able to find a way to help keep our park's furnishing in good shape while honouring a group that is a part of our neighbourhood fabric.

If only we can get a few more garbage cans.

Buying or Selling?

"... We liked your clear and organized approach and the way that everything happened as it was supposed to. This resulted in lots of interest in our property and a quick sale at an excellent price..." - M.L. and R.L.

Janny and Jeff...Working for You

proven performance in Sandy Hill since 1986



JannyMills • JeffRosebrugh

Sales Representative

Sales Representative

ROYAL LEPAGE
Performance Realty
Brokerage, Independently Owned and Operated

613.238.2801

jannyandjeff.com



University of Ottawa Sports Medicine Centre

Open to the public
No referral necessary

**Caring for all your orthopedic
and sports medicine needs.**

- Sports medicine physicians
- Adult and Pediatric Orthopedic Surgeons
- Registered Bilingual Physiotherapists
- Massage Therapist
- Chiropodist/Orthotics

**Special prices for University
of Ottawa full time Students**

**For sports and non-sport
related injuries. Physiotherapy
coverage is reimbursed by most
extended health care plans.**

801 King Edward - N 203, Ottawa
(613) 562-5970

*Bus wars***Bus riders vs 'network optimization' at OC Transpo****Jan Meldrum**

On March 29 at City Hall IMAGE attended the OC Transpo public consultation on the proposed bus route changes. By 5:30 the hall in front of the Council Chamber was crowded with people first studying the numerous maps showing the proposed changes and then filling in comment forms.

At 6:30 a presentation in the chamber began to an almost full house. Two of the officials facing the somewhat distrustful audience were Diane Deans, Chair of the city's Transportation Commission and Alain Mercier, OC Transpo General Manager.

Ms Deans explained that the public consultation was to better understand the effect that the proposed changes would have on their customers. We were assured that the proposed changes were not etched in stone. All the comments submitted during the consultation would be evaluated and the final recommendations tabled on April 13 for a decision by City Council on April 20th.

The challenge for OC Transpo is "to serve our customers at a price the city can afford," said Alain Mercier. "We've raised fares enough."

At the beginning of the question period, a long line immediately formed at the microphone. It soon became obvious that many people would be adversely affected by the changes proposed. We were reassured again that comments from the meeting would be taken into consideration in the final proposals.

And, indeed, there were many changes in the final proposals announced on April 13.

Sandy Hill proposals as revised based on comments from riders

The number 5 route will continue on Laurier Avenue as usual (instead of being replaced by the 18 as first proposed). The 18 will continue on Rideau Street.)

Photo Bill Blackstone



The 16 bus will continue its present route southbound on Chapel between Somerset and Mann and northbound in a loop along Mann/Range/Somerset (instead of two ways on Chapel as originally proposed.)

The original proposal to cut the 16 service on Main Street south of Lees Avenue has been retained, with the modification that the return loop will be at Metcalfe and Catherine so the service will continue to be two-way on Lees Avenue. (The original proposal had the return loop via Main, Greenfield and Mann.)

The original proposal to eliminate the 316 has been retained.

Evening and weekend service will be retained on routes 5 and 16

The cutting of route 16 south of Lees Avenue means that the trip from Sandy Hill to the General Hospital will necessitate two transfers (first at Lees transitway station and then at Hurdman on to route 106) instead of a single ride on the 16. Even worse off are residents who catch the 16 on Main Street to go to the hospital or any other location on Smyth Road. They will have to take four buses in a circuitous route to make the trip.

The elimination of the 316 leaves no direct route from southern Sandy Hill to eastern Rideau Street. Riders will have to make a circle route via the Rideau Centre.

The revised proposals were presented to the Transit Commission on April 20 while IMAGE was at the printers, so unfortunately, we cannot report on the end of this story.

Approved changes will be implemented this fall.

Tidbits from the OC Transpo public meeting**Councillors and buses**

A question at the meeting: "How many councillors ride the bus?"

The reply by Diane Deans, "All councillors have bus passes" was greeted with general scorn by the audience.

IMAGE called Councillor Fleury's office and found that councillors are provided with a bus pass as a taxable benefit. Each councillor has the option of declining this taxable benefit. Further, we contacted the city and found out that 13 councillors have opted out of the pass and only 11 have accepted. Sandy Hill's councillor Mathieu Fleury uses the pass; he doesn't own a car.

Earlier we heard Ms Deans, in a CBC radio interview, say that she didn't ride the bus as often as she would like as she was too busy. Did she mean that regular riders are not busy so have lots of extra time to wait for and ride the buses?

Patient Transpo riders

The meeting MC expressed concern about the long line of people waiting for a chance to ask a question.

One audience member said, "Don't worry, we OC Transpo riders are used to standing in line and waiting."

This remark was much appreciated by the audience.

Highest service level

The announcement at the meeting that the American Public Transit Association (a group of Canadian and American organizations dedicated to improve public transportation) had rated OC Transpo as having the highest level of service in North America did not impress the audience. It turns out that part of the rating is a result of the high percentage of Ottawans who live within 800 metres of a bus stop.

**GET IT TOGETHER**

Lifestyle Efficiency is what we do and teach. Whether it be researching piano lesson options for your children, clearing the clutter out of your basement or generally helping you get more organized. We can work with you to free up your valuable time and reduce the stress in your life.

ALISON GURR

Efficiency Consultant

46 Marlborough Avenue
Ottawa, Ontario K1N 8E7
T: 613.371.8553
F: 613.231.4850

getittogether@magma.ca
www.gottagetittogether.com



Reesink Law Office

Landlord/Tenant • Small Claims Court
Criminal Defence (theft, impaired driving, drugs, assault, fraud)
Civil Litigation • Family Law • Wills & Estates

Called to the bar in 2001 • Long-time Sandy Hill resident
Fluent in French and Russian • Personalized service with attention to detail

Paule Stone, Office Manager
Martin Reesink, Lawyer
Evan Cathcart, Paralegal



209 - 400 Dalhousie St., Ottawa, ON K1N 9J9

T: 613-680-8859 • F: 613-241-3276

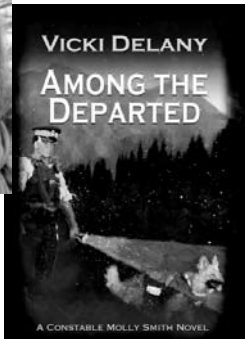
lawyer@vianet.ca • evan@reesinklaw.com • www.reesinklaw.com



Mary Jane Maffini



Vicki Delany



New Maffini mystery on the way

Mary Jane Maffini (who lives in Sandy Hill) and Vicki Delany will soon launch their new mystery novels.

Mary Jane is kicking off *The Busy Woman's Guide to Murder: the fifth Charlotte Adams mystery*. Vicki is celebrating her latest Constable Molly Smith mystery *Among the Departed*.

Drop in for refreshments (especially chocolate) and a chance to schmooze with the mystery community.

Sunken Lobby, Library and Archives Canada, 395 Wellington Street, May 9 7 - 9 pm. Book sales will be by Books on Beechwood. Can't make it? You can phone ahead to reserve a signed copy. 613-742-5030. For more information: staff@book-sonbeechwood.ca or detect@rogers.com.

Over-the-air digital TV

Ron Hodgson

Like me you've probably been getting ads and flyers encouraging you to sign up for digital cable or satellite service so that you can watch High Definition TV (HDTV). But did you know you don't need a digital box to receive the best quality signals you can imagine?

You don't need to pay for cable or satellite delivery as long as your TV-watching doesn't demand the specialty channels that are offered by the service providers. You can receive free, over-the-air (OTA) transmission of network digital signals using as humble a resource as the old rabbit ears you got with that bedroom portable set you bought years ago.

Let me explain. Digital transmission makes more efficient use of the wireless spectrum and that helps the federal regula-

tor to manage the ever-increasing demands for bandwidth from cell phones and the internet. TV broadcasters are switching to digital transmission signals this year with a mandate from the CRTC to switch in urban areas by August 31 and for all stations by the end of the year. Many have already done this. In the U.S., transmission was switched over by June 2009, for example, and the CBC has been transmitting clean, uncompressed, OTA high definition signals for over two years.

If you have an HDTV try hooking up an old set of rabbit ears and orienting them towards the main transmission tower at Camp Fortune. Tune your TV to Channel 25 (CBC Ottawa) and see what happens.

You'll be amazed at the quality of the picture on your set and if you compare your picture to one from your satellite or cable box provider you'll see that it's actually better than what they deliver. That's because the cable or satellite service providers need to "compress" their signals so that they can stream as many channels as possible to optimize their facilities. Your 720p or 1080p HDTV can handle the higher quality signal but your service provider doesn't deliver it.

Anyone who gets an OTA signal will need to have either an HDTV set or they'll have to install an inexpensive digital converter box that will allow them to continue using their older model analog TV. Also you will want to obtain a good antenna. They're not expensive. You can get a set-top model for less than \$20 that will give you startling results. Larger ones that will pick up more distant stations

mountable in attics or on your roof can be had for \$40 to \$100.

There are several web sites that will give you an idea which stations you'll be able to get using an antenna. The one I like is TV Fool (www.TVFool.com). This site allows you to enter the coordinates of your home and the height of your antenna and then works out what signals you'll be able to receive. It accepts your address or postal code and then displays a Google map of your address followed by a Predicted Channel Availability list. There's a little radio button to the left of each channel that you can use to see the coverage map for each station. For my Sandy Hill address there are 23 digital stations that are either available now or will be later this year; but no History Channel, TSN, Slice, HGTV or Turner Classic Movies. These are all examples of cable channels and they are not broadcast over the air.

But the magic is there. Once you've hooked up, that's it, the highest possible quality and no more cable or satellite fees - ever.



And Who Are You? documentary premiere at Embassy of Poland on Daly Avenue



Ela Kinowska of Elaga Production, for many years a resident of Henderson Ave., has produced a new one hour documentary film, "And Who Are You?", which tackles the perennial question of ethnic identity in Canada. It focuses on four prominent Canadians, who all have one strand in their complex identities - the Polish strand - in common. The four are pollster Donna Dasko, sociologist Victor Armony, aboriginal rights lawyer Jean Teillet, and Jack Jedwab of the Association for Canadian Studies. All four have spent much of their lives examining how others view their identities. In this film, they allow the spotlight to shine on them. Commissioned by Rogers (OMNI) television, the film was launched at a March 24 reception at the Embassy of Poland on Daly Avenue. Pictured above are Ela Kinowska and guest the Hon. Herb Gray.

Photo Stan Sokolowski



Just Listed!

194 Cobourg Street

Stately 6 Bedroom Queen Anne Revival row house filled with heritage charm.



Just Listed!

413 Daly Avenue

Completely renovated 4-bedroom designer row house with luxurious master suite.

John King
Broker



110-333 Preston St., Ottawa, ON K1S 5N4
Tel: 613.231.4663 · Fax: 613.231.4661

www.HomesInOttawa.com · John@HomesInOttawa.com



Photo Bill Blackstone

Ça monte... L'Université d'Ottawa continue son programme de construction avec le nouvel édifice de la Faculté des sciences sociales, haut de 15 étages, et la rénovation de l'immeuble voisin, le pavillon Vanier. L'occupation du nouvel édifice est prévue à l'automne 2011. Le tout est conçu en fonction des normes écologiques à l'avant-garde. Par exemple, 80 % du chauffage de la nouvelle tour proviendra des ordinateurs centraux du campus et son système de ventilation à récupération de chaleur sera efficace à 90 %. Le projet vise à atteindre la norme OR du programme LEED (Leadership in Energy and Environmental Design). —Betsy Mann

Action Sandy Hill trash walkabouts (Sundays at 4) restart this month

You have probably noticed that Sandy Hill is not a litter-free neighbourhood.

The first thing to do is to let the city know about the problem by calling 3-1-1 or emailing 311@ottawa.ca. Be sure to copy the councillor's office (mathieu.fleury@ottawa.ca). In addition, there is more that we residents of the community can do.

The Action Sandy Hill Beautification Committee is working closely with the city and the councillor to try to address persistent and widespread violations of litter, garbage, graffiti and property maintenance by-laws. We encourage anyone interested in this issue to join us in our efforts. For starters, we are looking for volunteers for our weekly ASH Trash Walkabouts.

What is an ASH Trash Walkabout? Basically, whoever has an hour to spare on Sundays meets with fellow walkers, armed with plastic gloves and some sort of garbage receptacle. We then decide on a route in the neighbourhood and pick up litter along the way. We also take note of properties that are garbage-strewn and either talk to the owner ourselves (if we know who it is) or ask that City By-law Officers do so (especially in the case of absentee landlords). We also take note of areas that are heavily targeted by graffiti



Photo Jane Macnamara

Lots of litter in Sandy Hill.

and other problems so that we can pass on this information to By-law Services via 311.

When and where do we meet? In front of Laurier House (corner Laurier and Chapel) every Sunday at 4 p.m. during the spring, summer and early autumn months. In 2011, our walks restarted on Sunday, April 17 but we intend to skip the Easter weekend. There will be a community-wide park and street clean-up on May 1.

For more information on our activities: trash@ash-acsc.ca. — C.H.

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

Here is what my clients are saying...

"We were delighted with the speed, efficiency and effectiveness afforded to us by Lynda Cox of Faulkner Real Estate in the selling of our home. Leaving a home after living there for over forty years is an emotional experience. It was made easier by the sensitivity, integrity and general helpfulness provided by Lynda in guiding us through this stressful process."

David and Helen Tod

If you are Considering a Move call for your **Complimentary Consultation.**

It would be my pleasure to help.



613.231.4663
HomesInOttawa.com

Lynda Cox
Sales Representative

not intended to interfere with existing agency relationships

The Garden Of Light



163 Laurier East
Ottawa K1N 6N8
Tel. (613)235-2727
Fax. (613)235-4842

1099 Bank Street
Ottawa K1S 3X4
(Near Sunnyside)
Tel. (613)680-5727

www.gardenoflight.ca

Recumbent chairs, Balance ball chairs, Karma chairs
Meditation cushions, Yoga mats...
Nepalese jewellery, Incense from all around the world, Essential oils
Electric essential oil diffusers...
Pashmina, Scarves, Natural soaps, Creams, Perfumes...
Unique selection of Singing bowls, Tingshas, Bells, Chimes...
Fountains, Statues, Specialty teas, Mugs, Notebooks, Cards
and more

Are you ready for the federal election?

Larry Newman

Wait, you say you’ve had enough attack ads and empty promises? Don’t be afraid to read on because this article is all about **information** needed to make an informed choice on Election Day.

First, a reminder that Election Day is Monday, May 2nd. There are multiple polling stations for our **Ottawa-Vanier** electoral district. These polling stations will be open from 9:30 a.m. to 9:30 p.m. The location of the appropriate polling

stations will be written on your voter information card. If you have no card, call Elections Canada at 1-866-256-2872 or look on the Elections Canada web site for the polling station assigned to your address. The web site is www.tinyurl.com/3qf52bk. For advance voting on April 22, 23, or 25, there are multiple polling places too. Elections Canada has that information on the voter information card as well as on the same site and telephone number. Bring your voter information card plus another identification document (or documents) showing your name and address. You must prove your identity and address.

Oh yes, the other rub is “informed choice.” How is that done? One way is to go to all the candidates’ web sites (listed below), read the many articles written about these candidates and work hard to separate the content from the air. A possible alternative is to take advantage of CBC’s Vote Compass program, www.cbc.ca/votecompass. This is a web-based questionnaire that attempts to match a voter’s policy/issue preferences with those of the four major political parties running campaigns in our riding. It asks you for your opinion on a number of political issues and then shows you how

your views compare with the platforms put forward by each of the political parties. Get ready for a surprise.

IMAGE’s contribution to this campaign is to ask each of the four major party candidates for Member of Parliament in Ottawa-Vanier to provide a short bio and answer a questionnaire, revealing their views on three questions that we think the residents of Sandy Hill will be interested in. We thank each of the candidates for responding within our short deadline.

The candidates, in ballot order, are...



Liberal Party
Mr. Mauril Bélanger

I have lived in Ottawa-Vanier since 1973. Two important community activities in which I am involved are:

- Support Treatment Education Prevention (STEP): Help fundraising for the STEP Program. The objective of the program is to help Ottawa youth aged 13 to 17 years who are struggling with addictions. The STEP program raises funds for two residential treatment centres and also includes an educational and prevention component in the public school system.
- Franco-Ontarian Foundation (FFO): Member of the Board of Directors and Treasurer for the Franco-Ontarian Foundation for many years. The FFO provides financial support to local initiatives that fuel Franco-Ontarian cultural vitality.

• Message to Sandy Hill voters: My passion has always been to help people, which is why I want to keep offering my experience and my energy to serve you!

Visit www.maurilbelanger.liberal.ca/en/ or phone 613-744-4847



New Democratic Party
Mr. Trevor Haché

I have lived in Ottawa-Vanier since 2004. Over the past five years, my community involvement has included:

- Ecology Ottawa: member of the Board, and committees; recently hired as full-time policy coordinator.
- Lead researcher for 2009 report on developers’ financial contributions to electoral campaigns of candidates for City Council.
- Campaigner on various topics, including the transit strike, Hydro Ottawa green energy investments, Official Plan update and the fight to stop urban sprawl.
- Member of volunteer group lobbying councillors for greener policies in Ottawa
- Established a community garden in the Dutchy’s Hole Park.
- Encouraged a more helpful direction for Canada’s foreign policy in Haiti.

• Message to Sandy Hill voters: I have been an active member of the Sandy Hill community for the past seven years—on Election Day, I ask kindly for your support.

Visit: www.trevorhache.ca or call 613-749-8683.



Green Party
Ms. Caroline Rioux

I was born and raised in Ottawa-Vanier, studied outside of the city but have been back since 2007.

Over the past five years, my community involvement has included:

- Volunteer with the Sandy Hill Food Drive
- Volunteer with the Main Community Garden
- Volunteer through my work (Park cleanup)

• Message to Sandy Hill voters: Consider voting Green to pledge your support for walkable, sustainable communities like Sandy Hill!

Visit www.carolinerioux.ca or call 613-801-0261



Conservative Party
Mr. Rem Westland

I have lived in Ottawa-Vanier since 1990.

Over the past five years my community involvement has included: soccer coaching for my kids in school, professional engagement in local issues such as the Algonquin claim, community association leadership where our cottage is located, and the last 18 months as candidate for the Conservative Party in Ottawa-Vanier.

• Message to Sandy Hill voters: My experience in building consensus and delivering results will help in resolving the real property issues in the Mann/Nicholas area.

Visit www.votewestland.ca or call 613-422-5756



PHARMACIE

RIDEAU

PHARMACY

Since 1898 - Depuis 1898

390 RIDEAU STREET

AT FRIEL

OPENING HOURS:

Monday to Friday 9AM to 9PM

Saturday 9AM to 6PM

Sunday & Holidays 12 to 6PM

789-4444

OUR PHARMACY:

Prescriptions

Vitamins

Health and body care

and MORE !

NOTRE PHARMACIE:

Prescriptions

Vitamines

Produits de beauté

et PLUS !

789-1796

OUR POSTAL SERVICES:

Stamps

Mailbox for rent

Fax & photocopy

and MORE !

NOTRE COMPTOIR POSTAL:

Timbres

Location boîte postale

Fax et photocopie

et PLUS !

Get your 6/49 & Super 7 tickets in store !

The candidates respond to our questions

Health Care

One of the latest polls shows that health care is at the top of the list of concerns. What will your party do to reduce wait times and insure that every citizen has access to a family doctor?

Mauril Bélanger, Liberal

A Liberal government will work with provinces, territories and health professionals to pursue solutions to these problems. One step will be a new incentive for doctors, nurses, and nurse practitioners to practise in underserved communities. The Liberal Party believes that our universal healthcare system is the ground under the feet of Canadian families and that we must invest in the future of health care so that it is there when our families need it. We are firmly committed to continuing the 6% annual increase in health care Federal transfers to provinces and territories.

Trevor Haché, NDP

As the party which created the modern Canadian public health care system, the New Democratic Party of Canada is committed to take an active part in negotiating a new Health Accord agreement which expires in 2014. For a country with the highest GDP growth amongst G7 countries, we still have close to 5 million Canadians without a family doctor.

New Democrats will work with the provinces and territories to remedy the shortage of health care professionals by funding an increase of 1,200 doctors over the next decade. New Democrats also commit to create 6,000 new spaces for nurses and nurse practitioners over the next 6 years and increase the number of other health professionals including psychiatric nurses, midwives, technicians, nurse aides and patient service associates.

We will adopt the Canadian Medical Association's call for a fund to repatriate Canadian doctors practising abroad and seek to bring back 300 doctors to Canada over 4 years. Our party will forgive student loans for health care professionals who remain in family practice for ten years, and work with the provinces and territories to improve equity programs to recruit and support low-income, rural and aboriginal medical students.

Caroline Rioux, Green

We will:

- Address the cost crisis that produces long waitlists by providing more money to hire staff to open currently closed beds, fully utilize existing operating rooms in hospitals and purchase new diagnostic equipment.
- Provide funds immediately to begin training more doctors and nurses.
- Work with the Canadian Medical Association to immediately establish qualification standards and on-the-job mentoring programs to fast-track certification of foreign-trained health care professionals.
- Provide student loan forgiveness incentives for graduating doctors, nurses, paramedics and other health care professionals who agree to staff rural facilities and family practice clinics where recruitment is currently a problem.
- Provide funds to expand provincial health insurance to cover proven alternative therapies that are less expensive and invasive such as chiropractic, massage, acupuncture.
- Improve access to midwifery services across Canada.

Rem Westland, Conservative

It is important to remember that jurisdiction for health is with the provinces. Provincial decisions about health care are guided by the Canada Health Act and also by specific initiatives taken by the Federal Government to make it easier for Canadians to make the best possible choices with regard to their own well-being. The recent doubling of the child tax credit for participation in fitness and sport and extension of that credit to adults are examples of this.

The approximately \$41 billion in federal transfer payments for health to the

provinces will be up for renegotiations in 2014. As your MP, I will contribute to the ongoing Senate review of this program. There has been much innovation over the last decades within provincial health care regimes. The upcoming renegotiations will be a good time to incorporate the most successful provincial initiatives into a revised transfer payment program.

Environment

Various environmental organizations, including the Ottawa Riverkeeper, often remind us of serious environmental dangers. Do you feel that the federal role in environmental protection is adequate? If yes, why? If no, what needs to be done?

Mauril Bélanger, Liberal

It's time for leadership that will put in place strong environmental policies. A Liberal government will launch the Canadian Clean Energy Partnership, inviting provincial and territorial governments, the private sector and stakeholders to work together on five Canada-wide objectives: Managing a long-term transition to the low-carbon economy of the future; helping families advance energy efficiency and conservation; encouraging Canadian businesses to become more competitive through energy efficiency; securing clean technology jobs in Canada; doing our part in the global fight against climate change.

Liberals will also work to reduce greenhouse gas emissions and advance carbon pricing through the kind of equitable cap-and-trade system already operating in Europe, and being pursued by BC, Ontario, Manitoba and Quebec. We will also work to implement a permanent \$13,500 Green Renovation Tax Credit for home improvements that bring environmental benefits such as energy-efficient windows, doors and roofing. Finally, we support the Ottawa Light Rail Transit project.

Trevor Haché, NDP

New Democrats do not feel that the federal role in environmental protection is adequate. We believe the federal government has a much more robust role to play in environmental protection. The past two Conservative budgets whittled down environmental safeguards by centralizing the power to define the scope of environmental assessments to the Minister of the Environment, which sets a dangerous precedent. Now, at the discretion of the minister, a project can be approved based on an assessment of only part of its overall environmental impact.

The government diminished public representation and recourse in environmental assessments of major energy projects. The NDP has been a consistent voice calling for greater responsibility and respect for the environment. Projects funded by the federal government must be properly assessed, we need to take the politics out of these decisions and address long-term environmental and health impacts rather than short-term political gain from fast-tracked project approvals. I have been very involved in the environmental movement in Canada for the past five years and am the policy coordinator at Ecology Ottawa.

Caroline Rioux, Green

We advocate a renewed federal government role in environmental protection, focused on strong regulations and programs created in collaboration with provincial and municipal governments. When it comes to our vision for the environment, especially freshwater, the Green message is clear: Keep it. Conserve it. Protect it.

As the only party working within a triple bottom line (economic, ecological and social) approach to every policy, the Green Party of Canada's position on key environmental issues is clear.

It is urgent that the Canadian government set real targets, with measurable objectives, and put in place the resources to deliver on those goals. We need to de-couple the perception that economic success is dependent on physical growth and build upon the benefits of a steady-state economy (non-boom/bust economy).

Continued exponential growth is counter to the realities of a finite planet.

Rem Westland, Conservative

At the global level the record shows that our Government's approach on Greenhouse Gas emissions, which was to set realistic reduction targets, has gained widespread support from the international community. The Action Plan provided approximately \$4 billion for green infrastructure investment. The March budget included \$870 million over two years for clean air research, regulation, and for renewal of the popular retrofit program. In a word, for me the answer is "yes".

Military

We are involved in the Libyan rebellion in a rather big way. There is now a movement to arm the rebels, another step deeper into more intimate contact with that country. What do you think our role should be and what should be the cue to get out? Under what circumstances should we provide ground troops?

Mauril Bélanger, Liberal

We condemn in the strongest possible terms the Libyan government's use of violence to punish protesters for exerting their right to free speech and right to assembly. The brutal attacks on the Libyan people by Libyan security forces loyal to Colonel Muammar Gaddafi are an affront to every standard of human rights. Demands for change are coming from all levels of Libyan society. Canada has applied sanctions and sent in elements of its air force as part of NATO efforts.

Canada would be in a better position to influence events in Libya if our government had not failed to win a seat for Canada on the United Nations Security Council. Canada could be leading the diplomatic and political efforts to get rid of Colonel Gaddafi.

Our country needs to continue to participate in efforts to persuade Gaddafi to step down. The Liberal Party supported the use of Canadian air power for one purpose—to keep Colonel Gaddafi from massacring his people. But the "Responsibility to Protect" doctrine does not mean Canada should send troops into Libya.

The international community must remember that above all, it's up to the Libyan people to determine the future of their country.

Trevor Haché, NDP

Libyan authorities have been engaged in atrocities against the country's population and I strongly condemn the Libyan regime's use of deadly force – including military aircraft – against civilians. The Government of Canada must unequivocally express its support for the peaceful realization of the Libyan people's democratic aspirations.

New Democrats are committed to ensuring that this mission never becomes another combat mission like Afghanistan. That's why we passed a motion that closed the door on the use of ground forces, limited the military deployment to three months, and ensured that Parliament is the overseer of this mission.

To fulfill our humanitarian obligations in Libya, Canadians need a Prime Minister who can be trusted to protect peacekeeping and pursue development initiatives around the world. Jack Layton pledges to engage the United Nations in all aspects of the Libyan crisis, particularly in establishing an immediate ceasefire, addressing the legitimate democratic demands of the Libyan people, and ensuring corrupt authorities answer to international law.

New Democrats believe that Canada's participation in any NATO missions abroad should be approved exclusively through Parliament and we remain committed to hold all parties in the House of Commons to account to ensure that our women and men in uniform are not placed in harm's way.

Caroline Rioux, Green:

The Green Party is calling for a rapid and robust international diplomatic intervention to pre-empt a potential slide towards a protracted Libyan Civil War. On the diplomatic table should be an ultimatum



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

**Bettye Hyde Co-operative
Nursery School presents...**

**Sandy Hill
Spring Fair**

**At All Saint's Church
- the Corner of
Blackburn and Laurier**

**June 4, 9am - 2pm
(rain or shine)**

A day of family fun:
community arts and crafts for sale,
live music, face painting,
children's entertainment and games,
yummy bake sale, coffee and pastries,
BBQ, and much more...




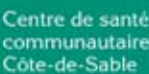
**Phone (613) 236-3108 or e-mail:
BettyehydeOttawa@gmail.com**

to divert Libyan oil revenues to a United Nations escrow account by a set target date in order to make clear to the Gaddafi Regime that they will not be able to outlast the current UN intervention.

One of the Green Party of Canada's key values is of non-violence. We believe that security should not rest mainly on military strength but on cooperation, sound economic and social development, environmental safety, and respect for human rights. The Green Party also advocates strengthening the United Nations as the global organisation of conflict management and peacekeeping.

Rem Westland, Conservative

I am running a local campaign to represent the people of Ottawa-Vanier. Questions pertaining to foreign affairs are better answered by the national campaign.

 	
<h2>We Are Looking for New Board Members!</h2> <h2>Nous sommes à la recherche de nouveaux membres pour notre conseil d'administration !</h2>	
<p>The Centre serves the Sandy Hill and Ottawa East communities and welcomes all people who live or work in our community to become involved as volunteers on our Board of Directors and/or Board Committees. We particularly welcome people with links to the Francophone, multicultural, GLBTQ and senior communities.</p>	<p>Le centre dessert les communautés de la Côte-de-Sable et de l'Ottawa-Est. Nous invitons toutes les personnes qui y vivent ou y travaillent à devenir membres bénévoles de notre conseil d'administration et de nos sous-comités du conseil. Nous cherchons particulièrement des personnes ayant des liens avec les communautés francophones, multiculturelles, GLBTBQ et les personnes âgées.</p>
<p>If you:</p>	<p>Si vous :</p>
<ul style="list-style-type: none"> ❖ are aware of SHCHC's role in the community and support our Mission, ❖ are 18 years of age or older, ❖ have awareness of current health and social issues, ❖ have links with the community we serve, ❖ can commit to monthly meetings, advocacy and networking activities for a two-year term, 	<ul style="list-style-type: none"> ❖ connaissez le rôle de CSCCS dans la collectivité et appuyez sa mission, ❖ avez 18 ans ou plus, ❖ êtes au courant des enjeux sociaux et de santé actuels, ❖ entretenez des liens avec la collectivité desservie, ❖ pouvez vous engager à assister à des réunions mensuelles, à faire la promotion et la défense des causes du centre et à participer à des activités de réseautage pendant un mandat d'une durée de deux ans,
<p>call Cristina Coiciu at 613-789-1500 for more information.</p>	<p>contactez Cristina Coiciu au 613-789-1500 pour obtenir plus de renseignements.</p>
<p>You can become a Corporate Member by completing and returning the Corporate Membership Form below to Sandy Hill Community Health Centre - 221 Nelson St., Ottawa, ON, K1N 1C7. There is no cost to become a Corporate Member.</p>	
<p>Pour devenir membre du CSCCS il est suffit de remplir le formulaire ci-dessous et de le remettre ou de le poster au CSCCS – 221, rue Nelson, Ottawa ON, K1N 1C7. Il n'y a pas de frais à déboursier pour devenir membre.</p>	
<p>APPLICATION FOR CORPORATE MEMBERSHIP DEMANDE D'ADHÉSION DE MEMBRE DE CORPORATION</p>	
<p>Sandy Hill Community Health Centre/Centre de santé communautaire Côte-de-Sable</p>	
<p>Name/Nom :</p>	
<p>Address/Adresse: Home or Work Domicile ou travail</p>	<p>Telephone/Téléphone Home/Domicile : Work/Travail :</p>
<p>I confirm that I am over 18 years of age and reside or work in the Ottawa area. I support the mission statement, service and management values of the Sandy Hill Community Health Centre.</p>	<p>J'affirme avoir 18 ans ou plus et être résident ou employé dans la région d'Ottawa. J'appuie l'énoncé de mission et de prestation de services tel que prévu et autorisé par la direction du CSCCS.</p>
<p>Signature</p>	<p>Date</p>
<p>Application approved by the Board of Directors at its meeting of / Demande approuvée par le conseil d'administration à sa réunion du: _____</p>	
<p>Secretary/Secrétaire _____</p>	<p>Date : _____</p>
<p>Our best wishes to you for a joyous Holiday Season and a New Year filled with peace and happiness!</p> <p>Nos meilleurs vœux pour une saison joyeuse des fêtes et une nouvelle année pleine de paix et de bonheur !</p>	



**No Referral
Necessary**



**Ottawa-Carleton
PHYSIOTHERAPY
&
Sports Injury Center**



**FREE
Parking**

Registered Multilingual Physio-Acupuncture Occupational & Massage Therapists



Responding To Your Needs Since 1995

- Motor Vehicle Accidents • Blocked Milk Ducts • TMJ
- Orthopaedic & Spinal Injuries • Positional Vertigo
- Rehabilitation & Sports Medicine • Post Surgical
- Post Burns • Maternity Beds • Post Partum Therapy
- First Aid Services For All Events
- Direct Billing to most Plans,
Canadian Sport Centres, CSST, SAAQ,
DND, WSIB, RCMP & Veterans Affairs
- Mechanical Traction • Magnetic Therapy
- Home Visits • Custom Orthotic Services
- Large Exercise Facility & Whirlpool
- Athletic/Orthopaedic Bracing & Supplies
- Independent Medical Examinations
- Functional Capacity Evaluations
- ADP & Ergonomic Assessments






**Morning/Evening
Appointments Available**

Most Emergencies Seen Same Day

Suite 305-168 Charlotte St.

(nt Rideau)

www.ocphysio.com

613-789-0015

Do You Need an Electrician?

There's one right here in Sandy Hill !

Electrical / Communications Wiring
No job too small !!

Call Jeff: 569-3900

Licensed Electrician - 95 Templeton St. Ottawa

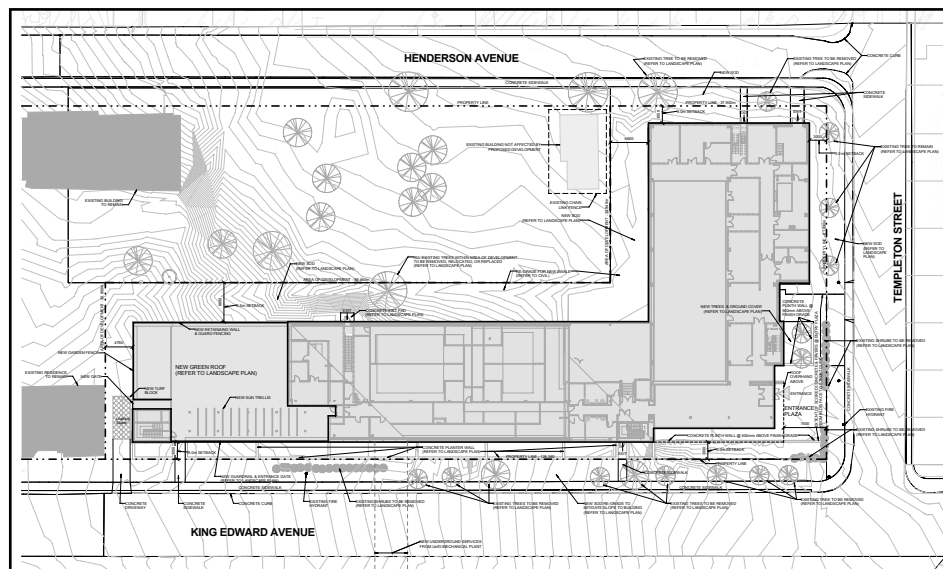


Illustration Cole & Assoc.

Photonics lab planned for King Edward/Templeton

Jan Meldrum

The big hole has been filled in indicating that soil testing has been completed and the city's site plan and parking notices are up at the large lot on King Edward Avenue at Templeton Street. It's clear that another construction project is about to begin at Ottawa University.

The university is proposing to develop the site with a three-storey laboratory building to house the Center for Advanced Photonics and Environmental Analysis. The university's site application to the city indicates that "cross-disciplinary research and academic activities will occur within this building, including engineering, chemistry, physics, biology and earth sciences."

The site is an L-shaped lot running down King Edward and across Templeton to Henderson. Similarly the building will be L-shaped. The existing university building at 43 Templeton will be demolished to make way for the lab. The area on Henderson behind 43 Templeton and north to the housing cooperative is not part of the site.

Pedestrian access will be mainly from the southwest corner of the proposed building at an “entrance plaza” and service access is to be provided on Templeton Street.

The north end of the building will be built into the hill resulting in less than a storey showing above grade at that end. Most of the laboratories will be in this underground part of the building. The north end will also have an area of "green" roof with plantings of bushes such as sumac and serviceberry and an outdoor courtyard.

All the existing trees on the site will be removed but will be replaced, on the 35% of the site not covered by the building, by more trees and other plantings and in accordance with a landscape plan submitted to the city. (To see all these plans go to www.ottawa.ca/devapps and put the term, university, in the search box.)

A timetable has not yet been set up for the project but we were told that the earliest time that construction could begin is the fall. Once started the project is expected to take 16-24 months.

Cash-in-lieu of parking ... (again!)

The university has submitted to the city an application for cash-in-lieu of parking for the site of its planned Photonics Laboratory at King Edward and Templeton. According to the provisions of the city's zoning bylaw a building of the size proposed would require 30 parking spaces. In addition, 66 existing parking spaces in two lots will be removed to allow construction of the building. The university is applying to pay cash instead of supplying the 96 parking spaces required.

Paying a sum of money instead of providing the parking required by the zoning bylaw is possible anywhere in the former City of Ottawa area. Each application is decided by planning staff (or in some cases by the Planning and Environment Committee) on a case by case basis. Evaluations are based on the supply of and demand for parking in the area taking a variety of

factors into consideration: availability of on street parking and municipal parking lots, accessibility of transit, why a particular use might have less parking demand, peak demand hours for the specific use and so on.

The university is covered by a special agreement with the city regarding parking. Cash-in-lieu of parking applications are not based solely on the specific site and use of the new building but may be allowed if there is sufficient on-site parking supplied by the university to meet demand. The application documents prepared by a consultant to the university include a parking survey which shows that at peak time on campus there will be 860 surplus spaces even after the construction of the new building.

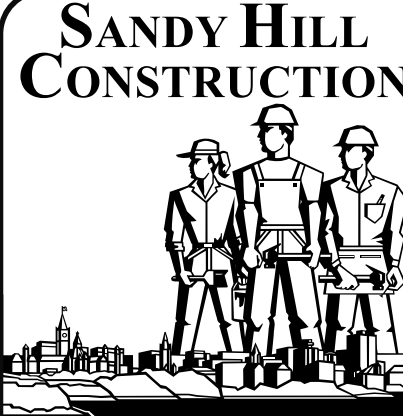
Claudio Brun Del Re of the University of Ottawa told us that there are many surplus spaces close to the proposed new building as the parking garage on Mann Avenue near King Edward is “dramatically under-utilized” and has plenty of space.

How much and where does the money go?

“Cash-in-lieu of parking fees represent the amount of money that it would cost the city if it were to provide and operate each parking space that is exempted,” according to information from the city’s web site. The fees vary according to various factors including the location of the site. The money collected is “specifically used to improve or provide municipal parking facilities.”



There is a catch to this last statement. In reply to a question from IMAGE a city spokesperson wrote, "Generally speaking, funds from cash-in-lieu of parking applications are used to provide public accessible parking or fund studies to determine the needs for public accessible parking. The funds are used throughout the city, not specifically for one geographic area of the city." Thus funds from Sandy Hill are not necessarily used to help provide parking in our community. —J.M.

**SANDY HILL
CONSTRUCTION**



**DESIGN • DESIGN BUILD
RENOVATIONS • REPAIRS**

CELEBRATING OVER 15 YEARS
OF QUALITY AND SERVICE

 **613-832-1717** 

www.sandy-hill.on.ca

BBB Honor Roll 2006 & 2007



EnviroBoutique Manager Dana Silk. Photo Bill Blackstone

EnviroBoutique opens City's non-profit partner sets up Rideau St. shop

Ralph Blaine

The new store at 366 Rideau Street may not offer the fresh okra, coriander and curry leaves of the previous tenant but it does offer its own version of green products. Walk into the freshly renovated premises of **EnviroBoutique** where General Manager Dana Silk or Office Manager Melanie Johnston will enthusiastically take you on a tour of the many energy efficient strategies integrated into their new location.

This building, which is an older home typical of many in the northern sector of Sandy Hill, is being turned into a demonstration centre for how to retrofit an older home to maximize energy efficiency. Soon visitors will be able to see how they have insulated the basement walls and the spaces between the floor joists under the first floor. You can already see LED lighting in the showroom and a high efficiency furnace connected to the hot water heating system. If any of the many installations you find catch your interest, they can recommend a contractor for the installation.

EnviroBoutique is a new venture of EnviroCentre, a non-profit organization that still offers a walk-in energy-efficiency advisory service at City Hall. In addition to continuing to offer energy audits (no more grants for now) as well as electricity audits, EnviroCentre also has a special program to help install energy efficient solutions in low-income households (both public and privately owned units) and they have recently finished installing upgrades in two houses here in Sandy Hill – two among 131 units they worked on last year in Ottawa.

EnviroBoutique is now almost fully stocked with energy efficient devices that you may not easily find in the average hardware store, including mercury-free LED bulbs. Right now you can buy a solar charger for mobile phones, fireplace draftbusters, and devices for tracking your electricity use room by room. You can also see (and even use) a Canadian-designed ultra-high efficiency three-litre single flush

toilet and pick up the best clothes drying rack on the market. As a bonus, you can also drop off your old CFL bulbs and small batteries for recycling.

Last but not least is an impressive selection of environmentally and socially friendly designer products from around the world, including colorful pillows made from recycled seatbelts, dog beds made from recycled plastic bottles, and shaving kits made in Vancouver from recycled sails. Great ideas for presents!

Visit EnviroBoutique at 366 Rideau or check out www.envirocentre.ca.



A storefront on Rideau near Nelson has been converted from Asian grocery to purveyor of earth-friendly devices and designer products.

SHCHC
Award
for Excellence in Health Promotion

CSCCS
Prix
d'excellence en promotion de la santé



Recognizing outstanding contributions to the promotion of health in our community!

With the annual Award for Excellence in Health Promotion, the Sandy Hill Community Health Centre (SHCHC) is proud to honour those whose activities and initiatives have contributed to improving the health and wellness of our community.

Eligibility

Nominees for the SHCHC Award for Excellence in Health Promotion must be:

- Individuals who work or reside within the SHCHC catchment area (Sandy Hill and Ottawa East);
- Businesses and organizations that operate in our catchment area.

Award Criteria

To qualify, nominees must demonstrate leadership activities that:

- Strengthen people's health knowledge and the skills required to prevent ill health, and to enhance and protect healthy behaviour;
- Create and sustain environments that are supportive of health;
- Advocate for health to gain political commitment, policy support, social acceptance or system support for a particular health goal or program; and
- Have a current or potential impact on SHCHC strategic priorities.

Submit your nomination today!

For complete details, visit www.sandyhillchc.on.ca, or contact Cristina Coiciu at 613-789-1500 x 2505, e-mail ccoiciu@sandyhillchc.on.ca. Nominations must be received on or before April 30, 2011.

Souligner les contributions exceptionnelles à la promotion de la santé dans notre collectivité !

Le Centre de santé communautaire Côte-de-Sable (CSCCS), au moyen de Prix d'excellence en promotion de la santé, est fier d'honorer ceux et celles dont les activités et initiatives ont contribué à améliorer la santé et le bien-être de notre collectivité.

Admissibilité

Les mises en candidatures au Prix d'excellence en promotion de la santé du CSCCS visent :

- les personnes qui travaillent ou habitent dans le secteur du CSCCS (Côte de Sable et Ottawa Est);
- les entreprises et organismes actifs dans notre secteur.

Critères du Prix

Pour se qualifier, les personnes mises en candidature doivent démontrer un leadership dans des activités qui :

- perfectionnent les connaissances des gens sur la santé et le savoir nécessaire pour prévenir les maladies, ainsi qu'améliorer et protéger un comportement sain;
- créer et soutenir des environnements qui favorisent la santé;
- défendent la santé afin d'obtenir un engagement politique ou un soutien aux politiques, une acceptation sociale ou un soutien à l'appui d'objectifs ou de programmes de santé en particulier; et
- ont présentement ou potentiellement un impact positif sur les priorités stratégiques du CSCCS.

Soumettez une candidature aujourd'hui !

Pour obtenir tous les détails, visitez notre site web à www.sandyhillchc.on.ca, ou contactez Cristina Coiciu au 613-789-1500 x 2505, ccoiciu@sandyhillchc.on.ca. Les mises en candidatures doivent nous parvenir d'ici le 30 avril 2011 au plus tard.



Madeleine Meilleur
MPP/députée
Ottawa-Vanier

Happy Easter

Bureau de circonscription /
Constituency Office :
237 ch. Montreal Road
Ottawa, ON K1L 6C7
(613) 744-4484
mmeilleur.mpp.co@liberal.ola.org
www.madeleinemeilleur.onmpp.ca



Madeleine Meilleur
MPP/députée
Ottawa-Vanier

Joyeuses Pâques

Bureau de circonscription /
Constituency Office :
237 ch. Montreal Road
Ottawa, ON K1L 6C7
(613) 744-4484
mmeilleur.mpp.co@liberal.ola.org
www.madeleinemeilleur.onmpp.ca



Are you a
Landlord?

Specializing in multi-unit residential

- Rent Collection
- Vacancy Control
- Evictions
- 24hr Service & Maintenance
- Detailed Monthly Statements

Sleepwell Management

Need some help?
613.521.2000
sleepwellmanagement.com

We don't judge women by their differences, we *support* them.



St. Joe's Women's Centre 2011 Fashion Show
featuring fashions by **Shepherd's**

May 12, 2011 • \$60
5:30 p.m. Cocktails and hors d'oeuvres
6:30 p.m. Fashion Show
Angie Poirier, M.C. • Fabulous prizes
St. Joseph's Church, 151 Laurier Ave. E
Limited Free Parking
Contact Jennifer Clark, 613-231-6722



OTTAWA CITIZEN

A MORNING

duocom

duocom

Jiffy Photo & Print

St. Alban's
Continued from page 1

After the release of the Richcraft letter, news of the relocation of Centre 454 made the rounds of the community and Action Sandy Hill (ASH) soon learned that a large delegation of Sandy Hill residents intended to air their concerns at the regular ASH meeting of February 28, 2011.

ASH meeting Feb. 28

The meeting room on the lower level of the Community Centre was packed as this reporter took a seat; a show of hands revealed that most of the observers present were there to discuss the move of Centre 454. ASH chair Robert Stehle explained that he had already arranged for a special community meeting the following Wednesday (March 2nd) for the express purpose of discussing Centre 454 but a few minutes would be allotted out of the agenda of ASH's regular business for an immediate preliminary exchange. He then gave the floor to Dean Parker of the local Anglican Diocese as well as Bev Jensen and Martha Hale. Dean Parker went over the recent settlement with the breakaway congregation of St. Alban's and the subsequent decision of the diocese to return Centre 454 to that church. Ms. Hale emphasized that the centre works with police to respond to "critical incidents" and noted that they intend to implement programmes to increase security. In answer to a question from the audience Ms. Hale said she did not know what percentage of the centre's clients were drug users.

Several members of the audience now expressed their concerns. A representative of a nearby condominium complained about the "mock dialogue" being carried out by the diocese when it seemed clear that the move of Centre 454 was a "fait accompli." Chair person Robert Stehle and Councillor Mathieu Fleury both expressed their concern about the lack of prior consultation which Mr. Stehle felt now forced the community into a reactive NIMBY position without having had a chance to influence the original decision.

Other observers at the meeting asked why all these services to homeless people had to be located in the city core - creating ghettos which they felt did not serve any-



Executive Director Mary Martha Hale shows Sandy Hill teenagers touring the Centre two t-shirts painted by 454 clients. All Saints' youth group was delivering funds (\$1100) they had raised for Centre 454 at a spaghetti supper in February.

one's best interests. Some of the audience asked why shelters and services for the homeless could not be built in other communities. The owner of a hotel on Daly Avenue maintained that when Centre 454 had previously been at St. Alban's there had been a constant traffic of homeless people between the Centre and the Mission which had attracted drug dealers to Daly Street. She and others pointed out that the Centre 454 has no way of controlling the actions of their clientele once they leave the centre and pass into the community. The discussion came to a close with a reminder of the special meeting to be held to discuss this issue the following Wednesday.

Filing out of the ASH meeting IMAGE initiated a conversation with Greg, a tall, bearded fellow in a large peaked toque and clean, mis-matched clothing, who had been closely following the discussion. Greg describes himself as a recently homeless person who lives at the Salvation Army. When asked for his comments on what had happened at the meeting he said "one thing is certain" - the homeless people them-

selves would not be consulted on this issue. When pressed further he said that Centre 454 was a good place to socialize and he allowed that the coffee was good ("though not as good as the Shepherds' "). As for location, he said that the current location of Centre 454 on Murray Street is convenient but that location didn't matter much to him - he would be willing to walk the extra distance in the event of a move to St. Alban's. Greg acknowledged the problems of drugs and prostitution among the Centre 454 clientele but said that homeless people would always be drawn to the downtown area and that there was no way to separate drug dealers from their clientele.

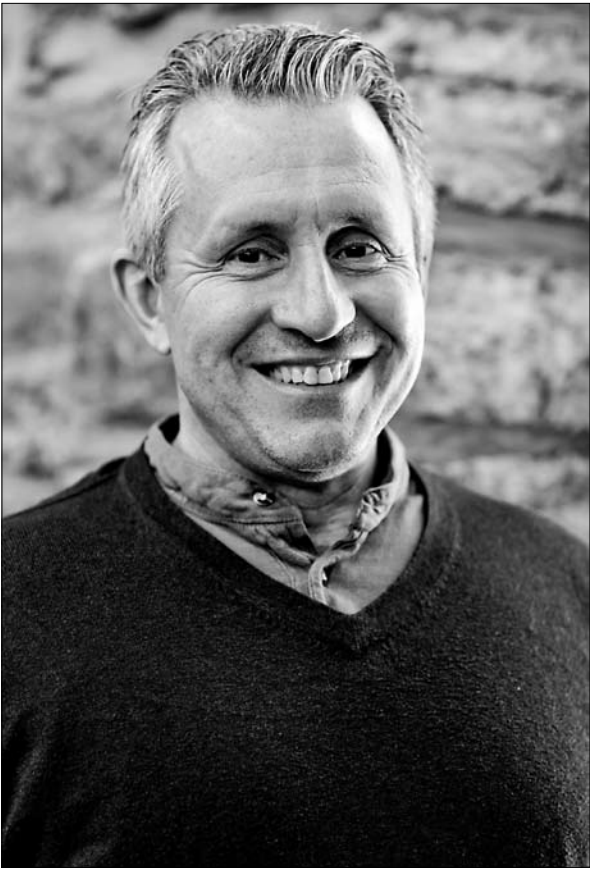
The day after the ASH meeting the Ottawa Sun carried a story on the Centre 454 issue with the following quote from Archdeacon Selzer: "People were saying we ought to get rid of these people, carted away. It sounded like Nazi Germany."

In the week leading up to the March 2nd meeting IMAGE called George Sinclair to clarify the status of the congregation currently meeting at St. Alban's. Mr. Sinclair has been the minister at St. Alban's since 1995 but three years ago his congregation voted to formally break away from the Anglican establishment in Canada over doctrinal issues (see box below). As a result

Evangelical Anglicanism

When George Sinclair began as minister at St. Alban's church in 1995 there were about 100 to 120 worshippers attending services. Today there are approximately 180 to 220 people attending one of three Sunday services at his church and they have been increasingly attracted to the evangelical movement within the Anglican Church known as the Alpha Program. This movement towards the evangelical side has led the St. Alban's congregation to question some of the recent positions of the Anglican Church of Canada and in 2008 they voted overwhelmingly to leave the Ottawa diocese and seek affiliation instead with the "Anglican Province of the Southern Cone" which includes Argentina, Paraguay and Chile, etc. It was this decision that caused the Ottawa diocese to set in motion the legal proceedings that have forced the rector of St. Alban's to vacate the church at 454 King Edward.

According to George Sinclair, the rupture in the Ottawa diocese is a manifestation of larger tensions within the worldwide church. He says that while the split in the church is often portrayed in the media as a dispute over same sex unions, the differences go much deeper. He maintains that these splits are driven by fundamental differences concerning the nature of the Christian faith and the role of Jesus and implies that the Anglican hierarchy is becoming less and less faithful to the words of Jesus. The main questions for him are "Is Christianity a revealed faith?" and "Does the church know more than Jesus?" He points out that some of the traditional ties within the church, the English language and *The Book of Common Prayer*, are no longer dominant in the world wide church and noted that on any given Sunday there are more Anglicans attending services in Nigeria than in all the churches of England and Canada put together. Reverend Sinclair explained that Anglican churches in the world at large are increasingly critical of recent church positions and



The Reverend George Sinclair and his congregation, The Church of the Messiah, will soon start holding services in the hall at Ottawa Little Theatre.

the church hierarchy is having an ever more difficult time trying to patch over these differences due to the ease of communications throughout the world. He illustrated this phenomenon by recounting an incident from a trip to Africa. When he was visiting a church deep in rural Kenya in 2003 a member of this congregation came up to him after the service and upbraided him for the embarrassing positions being taken by the church in Canada, demonstrating a knowledge of world wide church affairs that Reverend Sinclair says would have been impossible for a congregant in such an isolated village 10 or 15 years before.

Whatever the ultimate fate of the global Anglican Church, the congregation currently meeting at St. Alban's, now called the congregation of Church of the Messiah, will celebrate their last Sunday service in the old stone church this June. The congregation will then move to new premises at the Ottawa Little Theatre and Reverend Sinclair is confident that, with possibly one or two exceptions, all of the current worshippers at the church will follow.



Spa Day

Saturday, May 14 • 1 - 4pm

Join us at Sandy Hill Retirement Residence for a luxurious afternoon of spa treatments, compliments of recognized service professionals within the community.

- massages, manicures, skin and hair treatments and make-up consultations
- gift basket raffles
- healthy refreshments and relaxing teas

Call today for your personal tour.

353 Friel St
613-234-3838

reveraliving.com

Revera: Canadian owned for 50 years with over 250 locations.

sandy HILL

RETIREMENT LIVING BY revera

ORCA



Centre 454's current premises on Murray Street are considered cramped and unfortunately disconnected from any worship space and parish community.

the Ottawa diocese initiated proceedings to reclaim its church and went as far as instituting a lawsuit, according to Mr. Sinclair, against him personally. The result of this three-year struggle has been a recent out-of-court settlement in which Mr. Sinclair and the current congregation have agreed to relinquish control of St. Alban's to the diocese by June 30th of this year. At that point Mr. Sinclair fully expects 99% of his congregation to move to a new location and St. Alban's will be searching for new communicants. The Diocese will then begin preparations to move Centre 454 into St. Alban's. Mr. Sinclair said that over 90% of the funding for Centre 454 comes from public sources outside the Anglican Diocese of Ottawa.

IMAGE also contacted Joe Onied, agent for the building at 216 Murray Street. He reported that Centre 454 had been very good tenants and he expressed his opinion that his building was an excellent location for a non-profit organization like Centre 454. He confirmed that the current lease expires early next year but said he had no new prospective tenants at this time and would be happy to renew the lease for the current street ministry.

Meeting about Centre 454, Mar. 2:

At 7:00 PM March 2 the upstairs room at the Community Centre on Somerset Street was packed with about 100 people when the meeting was called to order by Robert Stehle. The proceedings began with an apology by Dean Parker of the Anglican Diocese of Ottawa for the comments of his colleague Archdeacon Selzer which compared residents of Sandy Hill to Nazi Germany. Archdeacon Selzer himself was not present.

The formal part of the meeting began with a presentation by Beth, a city by-laws expert. Questions from the audience revealed that any church may operate a drop-in centre in the city so long as the operation is "on a scale compatible with the community." One resident asked if St. Alban's would qualify as a church since it was losing its congregation on June 30. Dean Parker replied that a new priest would be assigned to St. Alban's as of July 1 and the diocese was confident that there would be a "worshipping congregation" in the building. Another resident asked where the eight full-time and four or five part-time workers would park if the centre moved to St. Alban's given that the church has no parking lot. Beth said that zoning bylaws do not control who can use the area around but off the grounds of a given site. Bev Jensen from the diocese expressed the willingness of the church to work with the community to address concerns of the community but Dean Parker made it clear that the diocese had already decided to move Centre 454 to St. Alban's. The meeting then broke up into small groups to discuss issues arising out of the move of Centre 454.

In the meantime IMAGE took advantage of the lull to check in again with Greg who was standing in the outer lobby observing the discussions of the various groups. Greg suggested that Sandy Hill residents concerned about the move of Centre 454 should come down to the Murray Street location and see for themselves. He feels that a visit would dispel some of

the fears he saw coming out of the community. He expressed the opinion that if half the energy that was going into fighting the move could be put into solving some of the problems of the homeless we would all be better off. He said he admires the staff of Centre 454 for their ability and persistence in working with the homeless and said he didn't think he could do such work. Nevertheless, he said he understood the concerns of the residents of Sandy Hill and acknowledged that he didn't have the solution.

The concerns arising out of the small groups reports can be summarized by the following list:

- Possible increase in crime
- What concrete measures would be taken to protect community?
- Concern over increase in smoking in the area.
- How will tourism and business be affected?
- How to manage what happens on the street round St. Alban's - such as the problems that occurred when Centre 454 was there before?
- Decrease in property values
- What about the needle exchange?
- What will centre staff do to mitigate safety issues?

In answer to some of these questions Martha Hale said that although the Centre has about 250 visitors each day only 150 can be admitted into the building at one time due to fire regulations. She acknowledged that the Centre does run a needle exchange but said they only do about eight exchanges per month - probably, she opines, because they make the recipients leave the premises once they get the needles. When asked to explain this policy she explained that; "We don't want them injecting in the Centre." The room responded almost spontaneously, "Yes, they come into our yards." When the audience expressed concern about Centre clients smoking crack cocaine in front of the Centre, Ms Hale responded that staff chases these people away. To which the audience rebounded with the question, "Where do they go?" Ms. Hale offered no response.

There were a number of comments by people associated with the Anglican Diocese and one person who volunteered at Centre 454 who spoke of the good work being done at the centre.

A member of the audience then asked for comments from Ian Kingham of the Ottawa Police who had been observing the meeting up to that point. Constable Kingham confessed that he had no crystal ball but he could state confidently that bringing homeless people into the neighbourhood in these numbers can change the nature of a neighbourhood and will bring in more crime. He said that the police can respond with foot patrols and similar measures but he said he could not say that there wouldn't be an impact due to the move of Centre 454. With these comments the meeting came to a close.

A visit to the centre

The meeting came to a close but Greg's invitation for a visit to Centre 454 had still not been addressed. So on Friday, March 18th at 2:00 p.m. this reporter was rounding the corner at King Edward and Murray heading west. Centre 454 is

located between the Shepherds of Good Hope and another building with a sign proclaiming "Fire of God Church." Across the street is the boarded up skeleton of "Our Lady's School, 1904."

Centre 454 itself is announced by a small knot of smokers in front of the entrance. Inside the washers and dryers are going at near capacity. About 30 people are quietly reading, playing cards or just chatting over coffee. The bulletin board at the side announces "TB tests on Monday." I follow the sounds of a piano into the back room where Jack, in a faded red baseball cap over unruly hair, is singing and knocking out a credible rendition of "The night they drove old Dixie down." A lady friend is sharing the bench and contributing a few inharmonious trills at the high end while they surreptitiously share a beverage she pulls out from behind her jacket from time to time. Another fellow in long hair chats up a young girl at one table while a third fellow is dead asleep at another with his head resting on a duffle bag that

has seen better days. I get a cup of coffee and sip for half an hour while reading the paper. Nothing much changes except that the other fellow at my table shoves off to another location. It's pretty quiet at Centre 454 today.

Quiet at Centre 454 but there's a round of changes in store for our neighbourhood. The current congregation of St. Alban's finds itself without its building and will be moving into rented accommodations at the Ottawa Little Theatre just down the street. The Anglican Diocese finds itself with a church building but may lose most of the worshippers; so to fill St. Alban's and save some money they will move Centre 454 away from its present location at 216 Murray where by all accounts they are doing an excellent job in a location which is convenient for their clients. One of the neighbours who expressed concern over the relocation of Centre 454 already has her house on Daly Avenue up for sale and Joe Onied will be looking for a new tenant at 216 Murray - maybe a new branch of Starbucks, though, if Greg is any judge, the coffee at the Shepherds might prove stiff competition.

The Chairman of the Board at St. Albans

Does a savvy high-tech executive bring a special set of skills to the priesthood? The Anglican community of Sandy Hill will find out when the Reverend Mark Whittall takes over as pastor of St. Alban's church this summer. Reverend Whittall is currently Chairman of Intelcan as well as priest in charge of the Huntley parish of the Anglican Church.

Known as "Reverend Mark", Reverend Whittall was born in Montreal but, at the age of nine, moved here, graduating from South Carleton High School. He went on to earn a degree in Engineering Physics from Queens and two masters from Oxford, one in Theoretical Physics and the other in Development Economics.

On his return to the Ottawa area he took a job with Intelcan, a company that specializes in telecommunications and air traffic solutions. Within 11 years of his start with the company he was appointed CEO. This early success in business made him think about the possibilities of a second career and in 2001 he took a sabbatical year during which, among other things, he took a theology course. He felt a pull and by 2005 he found himself studying theology full time at St. Paul's University on Main Street.

Reverend Whittall is 48 years old, has a wife and two children (17 and 15) and lives in Old Ottawa South. He sees himself as an orthodox Anglican and when asked about the concerns of more evangelical members over the teachings of Jesus Christ he quoted Jesus as saying that He was "sent to bring the good news to the poor" and also that Christians should "welcome the stranger, feed the hungry and care for the sick." Reverend Mark is confident that Anglicans know how to accomplish this mission and that they also know the importance of not just belief but also putting those beliefs into action in one's daily life.

Of course Reverend Whittall is well aware that he is moving to St. Alban's in the midst of some vigorous local differences concerning the location of the street ministry known as Centre 454.



The Reverend Mark Whittall has been appointed Incumbent of St. Alban's Church, effective July 3, 2011.

Reverend Whittall said that he couldn't comment on the move since this is not a parish issue but rather a decision taken at the level of the diocese but he did point out that the centre had been at St. Alban's for many years before the move to its current location on Murray Street. So in a sense, he says, the centre is just moving home and he noted that the people it serves are living in the community. He wants to assure the residents of Sandy Hill that the diocese is willing to listen to the community and do what it can to address our concerns.

Reverend Mark is also planning some dialogue for his future congregation. Although they will have to wait until July 3 for his first sermon in St. Alban's, he has already set in motion three different initiatives to start building what he describes as a "Spirit-led, Christ-centered contemporary urban church."

As of April 24 there will be an online website and Facebook page where he hopes to begin a discussion about how to promote his vision for a new St. Alban's. He also plans to initiate a series of face-to-face meetings for the same purpose - the first one to be held at the Royal Oak on Laurier Avenue on May 3.

Anyone interested in the online discussion on the future of St. Alban's is invited to logon to www.thenewstalbans.ca or the Facebook page named "thenewstalbans" anytime after April 24.

La Promenade de Jane célèbre le patrimoine bâti et naturel



par
Michel Prévost,
archiviste en chef
de l'Université
d'Ottawa

Encore cette année, des centaines de résidents de la région de la capitale fédérale vont envahir nos rues, les 7 et 8 mai, à l'occasion de la quatrième édition de *La Promenade de Jane*. En effet, plus d'une cinquantaine de promenades visant à célébrer la richesse de notre patrimoine bâti et naturel seront présentées aux Ottavians et aux Gatinois. Ces marches sont offertes gratuitement afin que toutes les personnes intéressées puissent y participer.

Historique

Instaurée dans la région en 2007 par le groupe Imagine Ottawa, *La Promenade de Jane* est un projet du Centre for Urban Ecology qui partage les idées et les préoccupations de la grande urbaniste et activiste Jane Jacobs (1916-2006). De fait, *La Promenade de Jane* vise notamment à mieux faire connaître la réalité urbaine en combinant la marche, l'observation per-



Le magnifique pavillon Tabaret symbolise l'Université d'Ottawa depuis plus de cent ans. uOttawa O-0015

sonnelle, l'histoire de la ville, sa planification et l'engagement civique. Les visites guidées sont données par des bénévoles qui s'intéressent à leur communauté et qui ont une histoire intéressante à partager. Comme le note Mme Louise Renauld-George, un membre enthousiaste du Comité organisateur, « *La Promenade de Jane* est d'abord et avant tout une question d'interaction avec les autres et avec son milieu ».

« À la découverte du quadrilatère historique de l'Université d'Ottawa »

Comme par le passé, je participe à La Promenade de Jane en donnant une visite pédestre afin de faire connaître le riche patrimoine de la Côte-de-Sable. Le samedi 7 mai, à 11 h, venez explorer le quadrilatère historique de l'Université d'Ottawa, situé au cœur du quartier depuis plus de 150 ans. Le départ se fera en face du pavillon Tabaret, au pied du grand escalier. Ce magnifique bâtiment de style néo-classique symbolise l'Université canadienne depuis plus d'un siècle. Venez aussi découvrir l'histoire fascinante de la plus ancienne et importante université bilingue en Amérique du Nord ainsi que son riche patrimoine bâti, notamment le pavillon Hagen (l'ancienne École normale de l'Université), la Salle académique, le pavillon des Arts visuels ainsi que les belles maisons victoriennes et de style Second-Empire de la rue Séraphin-Marion. Je vais aussi souligner au passage plusieurs anecdotes qui ont marqué l'histoire de l'établissement depuis sa fondation en 1848 par Mgr Joseph-Bruno Guigues, premier évêque catholique de Bytown.

« À la découverte du cimetière patrimonial St. James »

Les vieux cimetières sont des lieux d'histoire et de mémoire et souvent des jardins de verdure. Le cimetière anglican St. James, le plus ancien cimetière de la région de la capitale, se trouve dans le secteur de Hull, à Gatineau. Le samedi 7 mai, à 15 h, on en fera la visite avec, comme point de



Michel Prévost devant le monument funéraire de Robert Bell, le fondateur du Ottawa Citizen, au cimetière St. James. PHOTO : Jacques Decarie

départ, l'entrée du cimetière en haut de la côte du boulevard Alexandre-Taché, près de l'Université du Québec en Outaouais. Venez découvrir les beaux monuments funéraires de Philemon Wright, de sa femme Abygail Wyman et de ses enfants (la famille fondatrice du canton de Hull en 1800), de John Scott (le premier maire de Bytown en 1847), du grand propriétaire terrien Nicolas Sparks, de Robert Bell (le fondateur du *Ottawa Citizen*), et de bien d'autres personnages qui ont marqué le développement de notre région, des deux côtés de la rivière des Outaouais. Plusieurs autres visites guidées seront offertes en français à Ottawa et Gatineau, dont deux dans la Côte-de-Sable. La pre-

mière «*La découverte du quartier Côte-de-Sable du point de vue des nouveaux arrivants au Canada* » sera donnée par Antoine Rukebesha et la deuxième «*Une promenade dans l'histoire de la Côte-de-Sable* » sera présentée par Betsy Mann d'Action Côte-de-Sable. Il est possible de se procurer l'horaire et la description des promenades en cliquant sur www.janeswalkottawa.ca. Vous pouvez aussi me joindre par courriel à michel.prevast@uottawa.ca ou par téléphone au 613-562-5825. Profitez bien de cette fin de semaine pour parcourir nos rues et découvrir notre histoire passionnante et notre riche patrimoine bâti.



Venez découvrir où se trouvait le célèbre Musée de l'Université d'Ottawa au début du 20^e siècle. AUO-PHO-NB-38A-1-114

PIEDS
SENSIBLES!

SORE
FEET!

ORTHÈSES RIDEAU ORTHOSES

Nous pouvons vous aider!

- Douleurs aux talons
- Arches affaissées
- Douleurs aux genoux
- Douleurs aux chevilles
- Maux de dos
- Fatigués par la marche

We can help!

- Heel pain
- Fallen arches
- Knee pain
- Ankle pain
- Back pain
- Tired feet when walking

- Custom foot orthotics
- Gait & mobility evaluations
- Footwear assessment

- Orthèses fabriquées sur mesure
- Évaluation biomécanique
- Orthèses spécialisées (diabète, sport...)

Dr. Jean-François Gauthier

B.Sc. (Kin), D.C., C. Ped (C)

Certified Pedorthist - Pedorthiste certifié

(613) 241-3434

418 Rideau Street, Ottawa Ontario K1N 5Z1

MEMBER OF THE CANADIAN PEDORTHIC ASSOCIATION

Being Green in Sandy Hill

Karen Bays

Happy Earth Day everyone! April 22 is the one day of the year set aside to urge and motivate us to act on environmental concerns affecting our planet. Earth Day started in 1970 in the United States and is now celebrated in over 175 countries. In 2009 the United Nations designated April 22 as International Mother Earth Day. Events in Japan and other catastrophes around the world in recent years are reminders that the earth is fragile. Dependency on limited non-renewable resources climbs while space in landfills runs out. We each have a part to play in keeping our planet green and safe. No matter how "green" you already are, there is probably still more you can do to help the planet, our country, our community and yourself.

People out on the streets in Sandy Hill one recent, sunny Sunday were happy to talk about some of the ways they are living greener. Some have given up their cars, taken up biking, or have begun walking everywhere they can. Others are using drying racks in the winter and hanging out their clothes in warmer months, recycling, turning off lights, eating less meat, and reading more on-line. Sandy Hillers carry cloth bags to the store and their own mugs to the coffee shop. They are trying green cleaning products or making their own. But when asked what more they could or should do, this is what some had to say:

I could play my acoustic guitar more than my electric one.
Jim, Nelson Ave.

I should pay more attention to my food choices such as the way food is grown (I have concerns over cranberry production) and how my foods are packaged.
Zoë, Somerset St.

I want to buy things with less packaging. I love shopping at the Asian store in Vanier but they use so much Styrofoam and plastic. I wish they would change that.
Mona, Chapel St.

I should turn off the lights more and unplug electronic equipment and appliances. They use a lot of power for nothing.
Qi from Kanata

It would be good if we spent more time picking up garbage off the street. It is pretty bad.
Simon, Joel, and Christine, Blackburn Ave.

I should ride my bike more and I wish there were more I could do about the garbage in the community. I pick some up everyday but it is terrible in many yards where students live. It is scary to think this is what the future is going to be like.
Megan on Goulburn Ave.

I should be more self-propelled meaning walking, biking, even canoeing more. I think we do a lot but we should always be thinking of ways to do more for the environment and influencing others.
Philip, Somerset St.

We should walk more – especially next winter we should walk to the arena for hockey instead of driving like we did this year. Also, we should use power bars more and turn off equipment we are not using. They don't need to be on all the time.
Dave, Luke, and Drew, Russell Ave.

I live in a residence so I am limited in what I can do. But, a while ago, I started taking paper they do not recycle where I live to some blue bins up the street. I should do that more. I also take my clothes and donate them to the May Court Bargain Box on Laurier and I should do that more too.
Patricia, Friel Ave.

I am going to start a garden this year. I have never had one before and my father is giving me a hand. I will then have organic vegetables grown locally thus making my footprint a bit smaller.
Richard, Russell Ave.

I work for the city and have started to work more downtown when I can so I can walk there rather than drive my car to my office in Nepean. I will continue to do that whenever I can because there is one less car on the road and it is good for me to get the exercise.
Bryan, Sweetland Ave.

I should try to be a better user of our green bin. We don't use it like we should.
Laurie, Sweetland Ave.

We are going to renovate our basement using green products and to reduce our need for air conditioning.
Susan from Lowertown

I should be walking more and recycle my stuff. By the way, why are there no recycling bins in the park?
Chantal, Blackburn Ave.

There are no shortages of ways to be green in Sandy Hill. We have a city that is working hard to limit what goes to the landfill so use those green bins, and black and blue boxes. We live in one of the most walkable areas of Ottawa with access to services and amenities within a few blocks reach so use your feet or bike to get places and park for free and get exercise at the same time.

If you want to be more gentle with the Earth in Sandy Hill and need some other ideas:

Clean up your yard and the sidewalk and street around your home or apartment building. Litter-free areas can actually stay cleaner; areas with garbage strewn here and there attract more trash because people think no one cares so why should they.

Visit the Enviro Centre's new retail store on Rideau across from Loblaws. They are open Monday – Friday from 9:00 am – 5:00 pm. In this new outlet you can get products like aerating shower heads and water heater blankets that will help you live a little greener and keep your wallet a little greener too. They also have a great line of products made out of re-cycled materials that would make great gifts. (Mother's Day is coming up.)

Moving or changing furniture? Don't send it to the landfill. There is a volunteer, charitable organization which collects gently used furniture and household goods and distributes it to families starting a new life in Ottawa. For more information visit: www.helpingwithfurniture.org or call 613-745-1348.

Need something new or cleaning out your closets? The May Court Bargain Box at 228 Laurier is a great place to shop for something "new to you" or drop off tenderly used items. A great way to acquire or recycle clothing, jewellery and accessories.

Want a good workout? Why use electric energy when you burn body energy? Get off the tread mill and out and about with Nordic walking. Use these poles to increase your calorie output while enjoying our neighbourhoods. For more information visit: www.nordicwalkfit.com or call 613-832-4407

Perhaps you would enjoy celebrating Earth Day with others. Lady Evelyn School, 63 Evelyn Avenue, is holding **The Greatest Earth Day Bash Ever** on Saturday, April 30th, from noon to 3 pm. Food, fun, and entertainment for all. Admission is free and donations will be accepted for Shannen's Dream. For more information visit: www.ladyevelyn.ca

When you are done reading this paper cover to cover, use it to wrap your compost, line a shelf, mulch the garden, make paper maché with the kids, clean your windows with vinegar, wrap a birthday present, or recycle it.

Celebrating Earth Day is important but do not limit your efforts to just one day – be green throughout the year. That plastic bag you don't use, or that green cleaner made from baking soda and vinegar to wipe your sink, or those coffee grounds you compost may not seem to add up to much but they do. Thinking globally and acting locally has never meant more. For more information visit: www.earthday.ca

Live well with

PHARMASAVE®

**ASTLEY'S
PHARMASAVE**

423 Rideau St. (at Chapel St.)

Tel: 233-8454 • Fax: 233-8691

Fast, Friendly & Professional Service

Free Delivery
Senior & Student Discounts

- Prescriptions
- Vitamins
- Health & Beauty Needs
- Stamps
- Bus Tickets
- Stationery
- Fax & Photocopy
- Many More Drug Store Needs

Monday - Friday / lundi - vendredi

9:00 a.m. - 7:30 p.m.

Saturday / samedi

9:30 a.m. - 5:00 p.m.



THE GREEN DOOR

Ottawa's acclaimed vegetarian restaurant
198 Main Street 613-234-9597



Tuesday to Sunday 11:00 till 9:00 Monday closed
Ever wonder how we make our food so good? You'll want to download our information pamphlet.
www.thegreendoor.ca



The only good car is a shared car
La seule bonne auto c'est celle qu'on partage

50 stations 613-798-1900

www.vrtucar.com

SUE RAVEN PHYSIOTHERAPY CLINIC

Helping you to recover from:

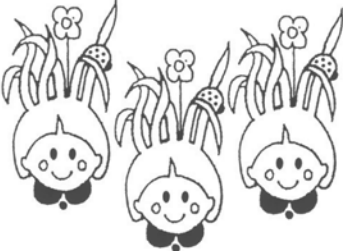
- Pain in Muscles, Joints; Neck & Back
- Fractures; Orthopaedic Surgery
- Sports, Musicians & Work Injuries
- Stroke; Weakness
- Balance & Vestibular Problems
- Motor Vehicle Injuries

Full Physio Services, plus:

- Acupuncture -Ergonomics
- Massage -Hand & Arm Splints

205 - 194 Main St., Ottawa K1S 1C2
Phone: 613 567-4808 Fax: 567-5261
www.sueravenphysio.com





centre de l'enfance
coop. brin d'herbe

Vous recherchez un milieu
francophone et stimulant
pour vos enfants ?
Venez vous joindre à nous !

Pour les enfants de 2 1/2 à 12 ans

Désservant les écoles
Francojeunesse, Séraphin-Marion
et Sainte-Anne

Michel Laflamme
Direction

Courriel:
coopdirection@gmail.com

ÉCOLE ÉLÉMENTAIRE PUBLIQUE FRANCOJEUNESSE

Le Salon du livre de Franco édition 2011

Une vente de livres d'occasion en bon état!

MERCREDI 4 MAI
JEUDI 5 MAI
15 H 30 À 19 H



119, RUE OSGOODE

FAITES DON DE VOS LIVRES DU 4 AVRIL AU 3 MAI 2011
Service de cueillette des dons de livres à domicile
Dépôt public des dons de livres à l'École Francojeunesse

www.facebook.com/salondulivredefranco
salondulivre.franco@gmail.com



**Dancing
Kites**

Canadian Children's
Artists Sing Out for...



**A limited edition CD
of children's music &
poetry donated by
well-known Canadian
children's artists.**

**The perfect gift for
new grandmothers,
new babies, young
families and friends.**

**Help us Turn the Tide
of HIV/AIDS in
sub-Saharan Africa.**

Hard copy — \$20 Also available as a download
www.indiepool.com/GTA111



Community volunteer Richard Kelly has set up a lunchtime Reading Club.

News of Viscount Alexander Public School

Michael Barnes

Campaign for a new school addition begins. Viscount Alexander School Council's Chair, Rachael Mckinley, launched the campaign to have a new permanent addition built at Viscount Alexander School when, on March 24, she wrote to Madeleine Meilleur, MPP, requesting her support in that worthwhile endeavour. In the coming weeks, other Sandy Hill, school board, and municipal organizations will be briefed and asked to support this project. A presentation to Action Sandy Hill's Board of Directors is planned for its meeting in May.

In September 2012, Viscount will begin offering full day kindergarten which will increase classroom enrolment and require day care space at the school. The window of opportunity over the next two years would allow for the funding approval, design and construction of a new wing at the school.

The Ministry of Education's own *Reach Every Student: Energizing Ontario Education* manifesto states, "A strong, publicly funded education system is at the heart of our government's mandate and is vital to the prosperity of Ontario." The document goes on to say that "we will continue to invest in our schools to upgrade facilities and improve buildings and grounds." We, at Viscount, hope that the province, in conjunction with Ottawa-Carleton District School Board, will step forward and work together to achieve this goal.

The Ministry manifesto also states "Our schools are not just buildings for learning. They are also the heart of our communities. We want parents and the broader community to enthusiastically support our schools and get involved." This project benefits children and contributes to a stronger neighbourhood. We welcome public support for the new addition as it will enhance public education in Sandy Hill.

Volleyball. Over the winter, the volleyball teams practised every morning before school and during the morning recesses. All this hard work prepared them for the City Finals. Our boys' team finished in the silver medal round while the girls' team brought home gold! We are very proud of our athletes and their coaches.

World Water Day. On March 22, to commemorate World Water Day, and to celebrate our year-long focus on water issues, the Sandy Hill Health Centre presented some 15 students with refillable water bottles provided by Metro grocery stores.



L'équipe féminine sénior de l'École secondaire publique DeLaSalle remporta la médaille de Bronze antique (4e place) lors de la compétition provinciale (OFSAA 2011) qui a eu lieu à Barrhaven du 7-9 mars. Bravo aux Cavalières et aux entraîneurs (Yan Leroux et Martin Ménard, ci-dessus et Yves Leroux)!
Photo Lise Ausman

Earth Hour arrives early at Viscount! On March 25, the entire school participated in Earth Hour by turning off all electrical equipment for a whole afternoon. "We discovered that we don't really need lights in our classrooms when the blinds are up," said one student. "It was really cool to walk down the dim corridor - kinda spooky-cool," commented another.

Winter Walk to School Day. On February 9th some 70 students either walked to school or walked during recess to celebrate this active event. As the morning temperature on February 9 was close to minus 17 degrees even before the wind chill was added and with wind at 52 kilometres per hour, our walkers braved very wintry conditions. Congratulations to all!

Greening the school grounds. The Toyota Evergreen Foundation has provided a grant of \$5000, the maximum grant available, to plant trees around the school property. Trees are costly and so this grant from Toyota is much appreciated.

Our vision is to turn the grass-and-tarmac yard into a shady oasis for students, their families, and the community at large. We want to add trees to the south (Mann Ave.) side of the building to reduce/eliminate our reliance on air conditioners. We want to plant trees around the outdoor classroom, which is currently in direct sun, and to add trees to shade the upper play structure.

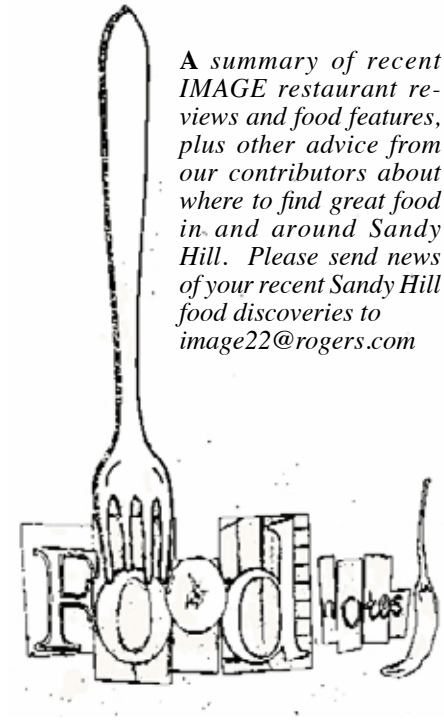
Given that the destructive Emerald Ash Borer beetle is a threat to the school's ash trees there is a need to succession plant between the existing ashes which line the parking lot and the playground.

City of Ottawa honours Viscount students at City Hall, March 2. On behalf of all the students and staff of Viscount, Nadra Musse (grade 3), Zheyuan Zhou (grade 3), and Nasra Ibrahim Hussein (grade 5) shook Mayor Watson's hand and accepted a \$200 gift certificate from Tim Horton's. Mayor Watson and Councillor Marianne Wilkinson recognized our school for its outstanding contribution to the Clean the Capital campaign. Viscount has participated every year since the campaign began, helping to clean up our own school grounds and also the arena parking lot, baseball diamond and tennis courts.

New to the area or just want to learn more? Viscount Alexander offers a special educational opportunity (junior kindergarten to grade six) with a family atmosphere. A student can get to know almost everyone at school. Along with dedicated teachers and an exceptional range of activities it's no surprise that education comes alive at Viscount. It's well worth a visit. To arrange your visit please call the office at 613-239-2213. Seeing really is believing when it comes to Viscount!



The Graduate Students' Association runs Café Nostalgica on Cumberland St., attracting lots of people from the neighbourhood as well as campus.



A summary of recent IMAGE restaurant reviews and food features, plus other advice from our contributors about where to find great food in and around Sandy Hill. Please send news of your recent Sandy Hill food discoveries to image22@rogers.com

Café Nostalgica 603 Cumberland St.

Fans of the cosy café / bar run by the Graduate Students' Association at the University of Ottawa should plan to visit soon, since the brick house it's located in is slated for demolition sometime this winter. The new building that goes up in its place will include space for a new and larger lounge, but it won't have half the Sandy Hill ambience as the current premises do. The old hardwood floors, cheerful bartender, live music and the vigorous conversations going on at the next table will cheer you up on a drizzly evening, and it's easy to find something you'd like to try on the menu, with several imaginative takes on burgers, mini-pizzas and salads, which, if you go for the house dressing, will have a pleasant taste of citrus.

Ahhh! is for asparagus

Dorothy Newman

Asparagus is a legend that comes alive every spring. Where I grew up - in Southern Germany - normally sober, frugal folk gather each year to celebrate the arrival of this quintessential harbinger of spring. Gourmets turn into gourmands and fiscal restraint is abandoned. Asparagus heaven!

The best asparagus is fresh, local asparagus, and its short growing season here in Ontario peaks in May. Asparagus resembles corn in that it is best eaten right after it has been picked. Like corn, it does not travel well; yes, they bring it in from Mexico and California, but it loses a lot of its flavour on the way. So gorge yourself on the real thing while its local season

Le Cordon Bleu Bistro @ Signatures, 453 Laurier Ave. East

The 2010-11 edition of Anne Hardy's *Where to Eat in Canada* gives a warm recommendation to Signatures Bistro. The Cordon Bleu cooking school has combined their two dining options - Signatures restaurant and the bistroCordonBleu - into one operation, open for lunch from Wednesday through Friday and for dinner Wednesday through Saturday. For fans of the restaurant's lunch menu, it will be a treat to be seated in the "grownup" dining room, and in the evening it will be interesting to see if the Cordon Bleu really pulls off the "relaxed, casual ambience and reasonable prices" promised on their website. On Wednesday, there is a dinner special; 4 courses with a bottle of wine for \$89.95 per couple.

The shawarma scene

Sandy Hill is blessed with access to a huge array of places to find the garlicky sandwich that is Lebanon's greatest gift to Ottawa. How to choose? One neighbourhood family sends this list, courtesy of their sons, two young men with large appetites:

- Biggest sandwich:
Maroush Shawarma, 160 Rideau St.
- Best tasting sandwich
Castle Shawarma, 178 Rideau St. (especially with the spicy garlic sauce)
- Tasty but small
Beirut Bakery, 107 Mann Ave.
- Best combination of taste and size
Shawarma Palace, 464 Rideau St.
- Friendliest service
Garlic Corner, 321 Dalhousie St.
- Bonus
Shawarma Palace, Marroush Shawarma, Castle Shawarma, and Garlic Corner are all open to 4 a.m. every night
- The garlic potatoes are good, no matter where you go.

lasts, then resolutely stop eating it and let the anticipation of enjoying it again build until next spring.

When you buy asparagus, choose smooth, firm spears with compact heads. Avoid spears that are bruised or limp or have ridges. Select spears of approximately the same size to ensure even cooking, and eat it the same day you bought it. If you must store it, place the asparagus, cut ends down, in a plastic bag, add half an inch of cold water, tie the bag shut and refrigerate it, standing upright, for no more than a day or two.

To prepare asparagus for cooking, wash it in several changes of lukewarm water to clean it of the sand that may be hidden in the head and under the scales on the stem. Hold the head end of the spear in one hand, grasp the cut end firmly between the thumb and fingers of the other hand and snap off the cut end with an outward twist of the wrist. Discard the cut ends.

The best way to cook asparagus is to keep it simple. Of course you can get fancy, add spices, cover it with sauces, or put it in an omelette, but why bother when it is perfection all by itself.

Green eating on campus

Paula Kelsall

Spring is here, and along with the first crocuses comes the urge to eat something healthy and to celebrate the coming season, when we can look forward to fresh food grown near, if not in, our own backyards. While you're waiting for the first fiddleheads, take a walk and see what the University of Ottawa campus has to offer in the way of tasty new options for lunch served up with a touch of virtue.

Stone Soup Foodworks

Literally the greenest new food purveyor at the University is a truck affectionately christened "Sweetpea" (for its bright green paint job) by its owner. Stone Soup Foodworks is operating out of a converted chip wagon, parked across from the Biological Sciences building at the corner of Marie Curie and J.J. Lussier. Not every street food vendor has a mission statement, but you will find one on Stone Soup's website; it is "to connect people with one another and the land through a rich and healthy relationship with food."

The Stone Soup menu is simple: soup and chili, served with bread. A blackboard outlines the day's choices, the names of the soups often paying tribute to the local growers who supplied the ingredients, as in "Le Coprin Mushroom and Leek" or "Hobbs Family Farms Beef Chili with Organic Berkshire Chorizo." Little O's and V's show what is organic, and what is vegetarian. The soup is served up piping hot; more than warm enough to make it back to your home or office at a pleasant eating temperature, if you're not in the mood to perch on a campus bench. The soups are served in large and small sizes, for around \$7 or \$6, respectively. There is also fair trade coffee, Hall's apple cider, little bottles of milk from Cochrane's Dairy, and baked treats from B. Goods and Auntie Loo's.

The concept seems to be a hit; even on a rainy day, there is a lineup at lunchtime. I liked the vegetarian chili very much; it was thick, chunky and spicy enough to give my sinuses a thrill, and a small bowl with its slice of bread on the side made a filling lunch. The mulligatawny soup was also very good; thick with chicken and rice, and sweetly garnished with coconut milk and chopped coriander. I did not much enjoy Auntie Loo's lavender cupcake, though I have to admit it was nice and fresh. Serves me right for not asking what was in it.

The soup truck started its Ottawa career on the canal this Winterlude, where those hot bowls full of wholesome goodness

Basic asparagus feast

The celebration of fresh, local asparagus is the raison d'être for this meal. Cook it only until tender, but never mushy, serve it with lots of melted butter, a few parsleyed potatoes or very thin and eggy crêpes, and maybe a bit of thinly sliced cold ham. To be really decadent, place a small bowl of melted butter at each place setting and invite your guests to eat the spears with their fingers, dipping them in the butter for each bite they take. It is messy, but ambrosial!

- 5 litres water
- 2 tablespoons salt
- 4 pounds fresh, local asparagus
- 1 cup of melted butter
- Clean and prepare the asparagus as described above.
- In a pot large enough to comfortably hold all the asparagus and water, bring the water, with the salt, to a rolling boil over high heat.

must have been a welcome sight for chilly skaters. Over the summer, the plan is for Stone Soup to hit the road and visit the music festivals. For now, it's in our neighbourhood, open for business on weekdays from 10 in the morning to around 6:00, or whenever they run out.

Freshii

Freshii, at 50 Laurier Avenue East, is going head-to-head with Subway on the ground floor of the large, newish apartment building at the western edge of the campus. This is the first Ottawa outlet (there's another about to open on Sparks Street) of a chain that was founded in Toronto in 2005. The counter at Freshii is reminiscent of a frozen yogurt bar, with rows of bins full of colourful and, for the most part, healthy tidbits to be added to your meal. Indeed, Freshii does serve frozen yogurt, but the emphasis here is more on quick, full meals, and the many bins behind the counter are full of ingredients such as olives, sunflower seeds, edamame beans and chopped dates, which are there to be added to your choice of five basic types of dish; burritos, salads, wraps, bowls of noodles or rice, or soup.

The customer is given a small clipboard on which to tick off her choices from a truly bewildering array of dozens of ingredients from 4 different columns. If you are having salad, for instance, you will first pick your greens; then choose your premium toppings (for a price) from a couple of dozen different cheeses, meats, fruits and vegetables; then it's on to the "unlimited toppings" column which includes selections like tomatoes, celery and the aforementioned dates, along with 20 others; and finally you'll pick one of 20 different dressings (specifying whether you want a half, regular or large portion of dressing, or whether it should be served on the side).

The effect is one of abundance and unlimited possibility, but surely many customers throw up their hands in confusion and go for one of the "best seller" combinations helpfully listed on the board above the counter. For \$8.59, the Asian chop salad is a large bowl of spinach and romaine, topped with roasted chicken, carrots, mandarin orange segments, edamame, and crispy wonton fragments, with a sesame dressing. The Bangkok burrito (\$6.99) features a whole wheat tortilla stuffed with brown rice mixed with mushrooms, chicken, carrots, cucumbers, bean sprouts and a warm peanut sauce. Both dishes have a nice balance of sweet and savoury flavours, and are generous enough for a satisfying supper that won't leave you feeling as though you've committed an assault on your arteries.

So where does the green angle come in? Freshii aims to convey a sense of healthiness, both for man and planet. Their banners and packaging feature inspiring lower-case exhortations: "let's eat... let's eat without regret . . . let's be good to the earth... let's let the earth be good to us . . ." In small print at the bottom of the sticker that's holding your salad container closed, you will read "this packaging is eco friendly," which is hard to believe of a single use plastic box large enough to hold a small layer cake. Still, the Freshii website makes a strong argument for the calculations they've done to reduce their carbon footprint, and there's no doubt that the food they serve tastes good, and offers a welcome range of choices for a meal on the go. They are open 7 days a week for lunch and supper, and also serve some breakfast options on weekdays starting at 8:00.

- Add the asparagus, bring the water back to a boil and cook, uncovered, until the asparagus is tender but not mushy - approximately 10 minutes for spears as thick an index finger. But test it often to avoid overcooking.
- Serve young asparagus with plenty of melted butter, about ¼ cup per person. If it is a little older, add a touch of lemon juice to the butter. And of course, you can coat it with hollandaise sauce, if you must.

Serves 3 for a feast; 4-5 as a side dish.

Photo Bill Blackstone



Dispatch from the future: my personal sustainability challenge

Alexandra Wilson

In September 2009 I attended “Impact! The Co-operators’ Youth Conference for Sustainability Leadership.” At the end of the event, every participant agreed to take personal actions to further sustainability. I promised to do one new thing a week for 52 weeks to reduce my own and my family’s carbon footprint. A year later,

I offer this report on what I did, what I still need to do and what I learned.

Steps taken

Retrospectively, I’ll group my actions under these broad headings: paper and waste, energy, food, water, house cleaning, purchasing, transportation and other actions. In reality, I did whatever came into my head that I could do in time to meet my weekly deadline.

Reduce, reuse, recycle: 14 steps

- ✓ Took steps to cut to a minimum the snail mail coming into our home.
- ✓ Made all my charitable donations during the year through canadahelps.org.
- ✓ Cancelled our *Globe and Mail* subscription, in favour of following the news on line.
- ✓ Stopped using paper napkins, turning to cloth instead.
- ✓ Began bringing our own plastic containers on food-shopping trips.
- ✓ Started carrying my own drinking cup on train and plane trips.
- ✓ Purchased recycled aluminum foil.
- ✓ Vowed never to throw out another elastic band but to take them to the office instead.
- ✓ Joined the office composting brigade.
- ✓ Found a source of facial tissues made from 100% recycled fibres.
- ✓ Undertook to carry our used batteries to the office, from where they travel to the recycling depot at the public library.
- ✓ Began composting all food waste, kitty litter and other acceptable material through the city’s new green-bin program.
- ✓ Started routinely inspecting and sorting the contents of our home waste baskets, with the goal of keeping all compostable or recyclable materials out of the landfill.
- ✓ Bought bio-degradable bags for our residual waste.

Energy conservation: 12 steps

- ✓ Had an energy audit done of our home.
- ✓ Installed a new high-efficiency furnace.
- ✓ Replaced our 40-gallon hot-water heater with a tank-less model.
- ✓ Replaced the remaining incandescent bulbs inside and outside the house with compact fluorescents.
- ✓ Stopped routinely using the clothes dryer, using a drying rack instead.
- ✓ Bought a second drying rack, doubling our electric-dryer-avoidance capacity.
- ✓ Installed solar-powered outdoor Christmas lights.
- ✓ Reduced the refrigerator’s winter energy draw with this trick: fill four large bottles with water; place them on the back porch until the water freezes; rotate them through the refrigerator two at a time, returning them to the outdoors when the ice melts.
- ✓ Stopped charging my BlackBerry all night.
- ✓ Started powering off my home computer whenever it wasn’t in use.
- ✓ Began turning off or unplugging all the gadgets and power bars in the house before heading to bed.
- ✓ Shut off the furnace at the beginning of June, turning to blankets and sweaters on the remaining cool days.

Food and drink: 6 steps

- ✓ Vowed to buy food from local sources, wherever possible.
- ✓ Switched to organic milk.
- ✓ Began eating vegetarian meals three days a week.
- ✓ Stopped purchasing factory-farmed meat and poultry.

- ✓ Resolved to eat no more fish or seafood that has or is heading towards endangered-species status.
- ✓ Swore off bottled water forever, making an exception only in countries where tap water isn’t safe.

Saving water: 5 steps

- ✓ Installed low-flow faucet aerators and shower heads throughout the house.
- ✓ Replaced our 13-litre water-guzzling toilets with new dual-flush models (3/6 litres).
- ✓ Purchased a front-loading washing machine.
- ✓ Started using recaptured dish water to water our house plants and new garden plantings.
- ✓ Swore off using clean water on the lawn and gardens.

Keeping clean: 5 steps

- ✓ Abandoned Drano in favour of baking soda, followed by vinegar and a chaser of boiling water.
- ✓ Replaced toxic oven cleaner with a paste of baking soda and warm water.
- ✓ Adopted a poison-free method of cleaning silver: make a bath of salt, baking soda (2 tbsp of each) and very hot water; place a sheet of aluminum foil in the basin; put your silver in the bath; after several minutes, rinse the silver and rub it dry.
- ✓ Substituted baking soda for conventional dishwasher detergent.
- ✓ Bought green alternatives for those cleaning products that neither baking soda nor vinegar can replace.

The things I buy: 4 steps

- ✓ Purchased several sets of minimally packaged bed linens made in a certified zero-liquid-discharge, renewable-energy factory. Alas, the cotton wasn’t organic!
- ✓ Resolved wherever possible not to buy anything packaged in non-recyclable materials.
- ✓ Swore off buying all paper books for one year. (I’ve since renewed the vow.)
- ✓ Retired my Aérogold credit card, taking out a no-points Amnesty affinity card in its place. (Fewer points mean fewer airplane rides.)

Going places: 3 steps

- ✓ Trained 11-year-old Frédéric to make the 5.4-kilometre trip to school and back by bus or bike.
- ✓ Took the train home from Halifax after our family holiday.
- ✓ Gave up our (dying) car and signed on with Vrtucar, a car-sharing company.

Other actions: 3 steps

- ✓ Made a donation to flood-relief efforts in Pakistan.
- ✓ Celebrated Earth Hour with the children, who deigned to make the gesture for the first time.
- ✓ Set up a spreadsheet to track our family’s utilities consumption.

To be continued in our next issue with part 2: *What I didn’t accomplish and What I learned.*



The impossible language?

Tim Creery’s amusing tract (his term) takes us on a ride down the Chemin CANADA Road where Parlez-Two-in-One (or P2) combines English and French in a single expression to save space on signs and labels. Despite official efforts to outlaw it, Creery says it persists because it’s “people speak.” Since Mr. Creery is a Sandy Hiller even Sandy Hill IMAGE Côte-de-Sable makes an appearance on the P2 road. It’s an especially funny read for us who live in Ottawa, the capital of P2.

Parlez-Two on the Chemin CANADA Road is available from Books on Beechwood, 35 Beechwood Ave. — JM



T.A.N. — Sandy Hill has a new gathering place for coffee lovers: T.A.N. (The Alternative Network) Roaster Cafe opened on April 2 in the People’s Co-op building at 317 Wilbrod Street. Erin Cochrane is its enthusiastic, welcoming and knowledgeable owner/operator. Their coffees - from Peru, Guatemala, Bolivia, Columbia, Ethiopia, among other countries - are all organic, fair trade and single-origin coffees, and roasted freshly at the cafe. They are not only good for the farmers and the environment - they taste good too, I know because I had some! You can either drink your coffee in the cheerfully decorated cafe or take with you. You can also buy the coffees in 3/4 lb. bags to make at home. The cafe will soon serve paninis made on site, soups and a variety of baked goods from local producers, made with ingredients from local or fair trade suppliers. Stop in, have some coffee and welcome the cafe to the neighbourhood. —Dodi Matthews

De passage parmi nous...

La Côte-de-Sable, vue par une étudiante

Marie-Claude Jean

Pour Camille Domeniconi, Suisse d'origine, le 8 avril qui marquait la dernière journée des cours à l'Université d'Ottawa signalait également la fin prochaine de son séjour au Canada. Étudiante à la maîtrise en littérature, Camille est arrivée ici en janvier dans le cadre d'un programme d'échange international avec l'intention entre autres d'améliorer son anglais. Elle aura ainsi passé les quatre derniers mois chez les Bregha, des résidents de la Côte-de-Sable, ce qui lui a permis d'expérimenter le mode de vie d'une famille canadienne parfaitement bilingue et de découvrir les charmes de la capitale du Canada. Elle a apprécié tout à la fois la tranquillité du quartier et la proximité du centre-ville qui lui permettait de se rendre en quelques minutes à l'Université bien sûr mais aussi d'aller flâner au marché, à la Librairie du Soleil qu'elle trouvait très agréable ou encore à son magasin de thé préféré.

Comme elle vient d'une culture très semblable à la nôtre, son adaptation à la vie canadienne s'est faite très rapidement. Elle souligne avoir apprécié la routine du repas du soir pris en famille, la découverte des bagels et maints autres plats. Elle s'étonne toujours de voir les étudiants circuler sur la rue café en main ou encore manger en salle de classe, des choses qui ne se font pas chez elle. Elle a par ailleurs trouvé les méthodes d'enseignement très comparables, ce qui lui a permis de rencontrer sans problème les exigences des cours et des travaux. Un aspect de la vie ici qui la frappe est le sens communautaire, tel qu'il se manifeste à travers les invitations échangées entre voisins, la participation aux activités de la

paroisse ou la publication de notre journal de quartier, IMAGE.

D'un point de vue géopolitique, elle relève l'heureuse cohabitation qui existe ici entre les francophones et les anglophones alors qu'il semble que dans son pays ces réalités se vivent de manière très séparée. Elle a aussi pris conscience que les Franco-Ontariens ne sont pas des Québécois expatriés et qu'il existe même d'autres communautés de langue française à travers le pays.

Camille est enchantée du programme d'échange auquel elle a participé et qui lui a permis de mieux connaître la culture canadienne, d'enrichir le contenu de ses études, entre autres en se familiarisant avec la littérature canadienne-anglaise, de participer à des activités organisées par le Bureau International et de rencontrer des gens d'ici.

Pour conclure, mentionnons que Camille fait partie des quelque 300 étudiants que l'Université d'Ottawa accueille chaque année. En effet, l'Université est signataire de plus de 250 ententes internationales bilatérales établies selon le principe de la réciprocité dans plus de 50 pays à travers le monde.



Camille Domeniconi de la Suisse habite la rue Russell pendant quatre mois.

Photo Bill Blackstone

Le français correct ✓✓✓

par Denyse Mulvihill

Améliorer son français, c'est la responsabilité de chacun. Attention de ne pas confondre le sens français avec le sens anglais de certains mots.

On doit dire :

> **Demander d'être averti de quelque chose**, qui signifie « de rappeler quelque chose à quelqu'un, de lui faire penser à quelque chose » — non pas — demander de laisser savoir, ce qui est un anglicisme.

Ex. — À cause d'activités physiques prévues pour ce jour-là, l'instituteur remplaçant a demandé d'être averti du changement d'horaire pour ses classes.

> **Aider quelqu'un à se souvenir de quelque chose**, qui signifie « fournir un indice, se servir de moyens pour éveiller la mémoire » — non pas — utiliser l'expression « ne pas laisser oublier » ce qui est un anglicisme.

Ex. — C'est l'adjointe du directeur de la compagnie qui doit toujours l'aider à se souvenir de la date précise et de l'heure exacte de la réunion mensuelle du personnel.

> **Être perdu ou mêlé dans ses souvenirs récents ou passés**, qui signifie « avoir temporairement un blanc de mémoire dans la suite d'événements particuliers » — non pas — être confus, ce qui est un anglicisme.

Ex. — À la suite d'événements fâcheux, ou dans certains cas de maladie grave, il est possible pour certains convalescents d'être perdus ou mêlés dans leurs souvenirs et même dans l'identification de personnes connues.

> **Être convaincu qu'un événement se produira**, qui signifie « être certain, être persuadé, être en attente » — non pas — être confiant que, ce qui est un anglicisme.

Ex. — Dans le climat politique qui règne à l'heure actuelle, il est évident que chacun des chefs de parti est convaincu qu'il remportera la victoire aux élections prochaines.

> **Être éloquent dans une présentation oratoire**, qui signifie « être clair dans ses paroles, précis dans son discours, persuasif dans ses convictions » — non pas — être articulé, ce qui est un anglicisme.

Ex. — Depuis toujours, être éloquent, pour un orateur, suppose, évidemment pour lui, un entraînement sérieux et continu en diction, en élocution et en port de voix modulé, en vue de créer dans son auditoire, une atmosphère de respect et d'appréciation.

> **Faire face à un problème**, qui signifie « aborder un problème particulier et affronter les difficultés qui émanent d'une situation douteuse » — non pas — adresser un problème, ce qui est un anglicisme.

Ex. — Malgré tous les efforts qui l'on y met, il n'est pas toujours facile de faire face à un problème qui surgit à un moment inopiné et souvent dans des circonstances malheureuses.

> **Saisir l'occasion de faire quelque chose**, qui signifie « profiter du moment propice pour agir, pour poser un geste important » — non pas — saisir l'opportunité, ce qui est un anglicisme.

Ex. — Grâce à son talent en la matière et grâce aussi à sa facilité de parole, ce jeune chimiste a saisi l'occasion de poser sa candidature comme titulaire responsable d'un projet mené par un groupe de chercheurs.

Vente des plantes indigènes

Le samedi 4 juin 2011
9h30 à 12h30

Jardin écologique Fletcher, Ottawa
(Promenade Prince of Wales, au sud du rond point de l'Arboretum)

Annual Native Plant Sale

Saturday, June 4, 2011
9:30 AM to 12:30 PM

Fletcher Wildlife Garden, Ottawa
(Prince of Wales Drive, south of the Arboretum)

Pretoria Pet Hospital

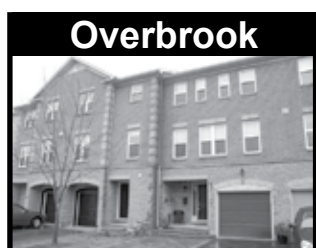
16 Pretoria Avenue
(613) 565-0588

PREVENTIVE HEALTH CARE FOR YOUR PET

- ♥ Vaccinations
- ♥ Dental Care
- ♥ Medical & Surgical Care
- ♥ Nutritional Counseling

OUR NEW BUSINESS HOURS

Mondays, Tuesdays, Wednesdays & Thursdays 8:00am - 7:00pm
Fridays 8:00am - 6:00pm & Saturdays 9:00am - 12:00pm



Overbrook



Sandy Hill



Parkwood Hills



Manor Park



Chapel Hill



Manor Park

For Rent



Lindenlea

For Rent



Alta Vista

For Rent



Natalie BELOVIC

Associate Broker • Courtier associé

Direct Line: 613.747.9914
RE/MAX: 613.563.1155
www.nataliebelovic.com

RE/MAX
metro-city realty Ltd.

CALENDAR

April and May 2011
avril et mai

Bibliothèque Rideau Library

Saturdays at 10:45
Reading circle for children ages 5-10; held in partnership with Frontier College.
Les samedis à 10h45 :
Cercle de lecture pour les enfants de 5-10 ans; un partenariat avec Collège Frontière.

Tuesdays at 10:30 (last session May 17)
Family Storytime - Stories, rhymes and songs for children of all ages and a parent or caregiver. Drop in.

Les mardis à 10h30 (dernière session pour la saison 17 mai):
Contes en famille - Contes, rimes et chansons pour les enfants de tous les âges et un parent ou gardien. Programme libre d'accès.

mercredi le 27 avril, 15h
Clinique juridique: *Droits des locataires*
Cet atelier fera le survol des droits et des recours des locataires en Ontario et traitera en particulier des évictions, des réparations et des hausses de loyer.

Wednesday, April 27 at 6 pm
Surfing for jobs for teens - How to find a job and not lose it! Information for teens about job hunting from Employment Ontario.

mercredi le 4 mai, 18h45
Groupe de lecture Mille-Feuilles - Taisez-vous ... j'entends venir un ange de Michel Déon

Tuesday May 17 at 6:30 pm
Pen and Paper **Writers' Workshop**

Wednesday, May 18 at 3 .m
Legal aid – Human rights
What types of questions are allowed in an interview? Did you know that there are 16 listed prohibited grounds of discrimination by law? Come join the University of Ottawa Community Legal Clinic for an information session on what equality and human rights means under the Ontario Human Rights Code. The presentation will look at the law in Ontario on discrimination and discuss some of the rights to which people are entitled in settings such as employment, renting a house or apartment, or when receiving other types of services.

Thursday, May 19 at 10:15
Morning book club - Infidel by Ayaan Hirsi Ali



What's your library staff (Cathie) reading?



COMMUNITY
BULLETIN
BOARD

ALISON BLACKBURN has accepted the term position of Supervising Librarian at Rideau branch from April 4 to Aug 31. Alison is currently a librarian in Collection Management where she selects audiovisual material.

SPRING CLEANING - You have ties, old buttons, brooches and accessories to donate. I am interested. Call me for a pick up. Sylvie at 613-239-0119.
MÉNAGE DE PRINTEMPS - Vous avez des cravates, de vieux boutons, broches et autres accessoires à donner. Je suis intéressée. Appelez-moi. Sylvie à 613-239-0119.



A Gardener's Reflections

FRUIT ALL DAY LONG

by Deidre Green

A very late spring has finally arrived and our pent-up desire to run out into the garden is eclipsing all other activities. There's so much satisfaction in raking up tattered leaves, twigs and remnants of old crusts the squirrels have forgotten. Most of the over-wintered organic matter can be composted except for any maple leaves marked with the tar spot fungus *Rhytisma acerinum*. The large circular or elliptical black spots will release spores when the temperature warms up so it is important remove them from the garden. They cannot be added to the compost bins where it never becomes hot enough to kill the spores that can eventually infect more Norway Maples as well as other flowering shrubs and perennials.

Fruit for breakfast

Nothing can be better than fresh ripe raspberries, warmed by the morning sun, added to breakfast cereal or yogurt. Both raspberries and blackberries grow vigorously in Ottawa and occasionally even arrive as volunteers from long-composted seeds. Add some to your garden this year to begin a decade of fresh fruit delight.

Canes started this spring will produce small bowls of fruit this year and multitudes of berries in the years ahead. These fruiting shrubs will live for years; take time to prepare a well-drained location completely free of weeds. Dig deep into the soil and mix in sheep manure and compost, then place the canes 2 feet apart. If the garden allows, provide a space of 6 feet between rows; if not, one long row will still yield hundreds of berries. Full sun is ideal but I've had a good crop from an area with dappled light.

Berry bushes require water for plump fruit and an acid soil. Mulch them generously to keep moisture available. Before winter, support long canes which might snap under heavy snow accumulation and pile on compost to mitigate frost damage. In spring, cut back any broken shoots along with the old ones which are spent and tend to die back after the previous year's fruit crop.

Look for *Rubus idaeus* raspberry shrubs/canes at well-established nurseries; examine them for any evidence of virus disease, wilted stems or galls which will ultimately destroy the plant. Avoid transplanting wild berry bushes which carry several diseases. Select a spot for a bed that is well away from Spruce trees; these harbour rust that attacks berry shrubs. Varieties hardy in Ottawa include "Heritage" which is almost free of thorny spines and continues to fruit into autumn and "Boyne" which ripens mid-July with deep-red low acid fruit. Boyne is particularly resistant to viruses and pests.

Fruit for lunch

Our native Blueberry, *Vaccinium corymbosum* is hardy to -40 C and will provide thousands of berries over many seasons. The native plant appears to die back completely in winter but shoots up vigorously in spring. There are a variety of cultivars available that will retain architectural interest in all seasons. Blueberry shrubs have shiny, rich green leaves that blaze scarlet in fall. In spring, new foliage is enhanced with white flowers which soon transform to fat blue berries. Plant these bushes in sunny areas where they will



be protected from desiccating winds. Avoid selecting a southern exposure which will subject them to winter freeze-thaw and kill fruiting shoots. Provide moist acid soil with good drainage ensured by sand, sawdust and manure. Keep them composted to retain moisture and discourage weeds. Multiply your shrubs by rooting cuttings in mid-summer and planting them in time for good root growth before frost.
Watch for *Vaccinium corymbosum* variety "Northblue" with dark blue fruit, "Earliblue" with large extra-sweet berries and "Bluecrop" which has large crack-resistant fruit. Though some varieties are self-producing, choose several different ones to ensure cross-pollination.

Fruit for dessert

Ending a summer barbecue with a strawberry and rhubarb pie seems like a perfect choice when the fruit has been grown right in the urban garden. Both fruits are hardy perennials and easy to grow once the light and soil conditions have been chosen with care.

Fragaria x ananassa Strawberry is available in hardy varieties that will survive four or five years. Most plants send out runners that can be invasive but this is their natural means of propagation. Keep control of the strawberry patch by cutting back runners except in fall; leave them growing under compost as winter begins. If plants are lost over the winter, the runner seedlings will quickly burst into growth the next spring. Like other fruits, strawberries yearn for moist acidic soil ameliorated with compost. If drainage is a problem mix sand into the planting holes, and mound the soil to provide some height for the plant. Place plants eight inches apart. The roots must be well-covered but the crown free of soil. Tucking straw under the leaves will offer protection from excessive moisture and pests. Before the first frost, cover strawberries generously with compost and wood chips. Remove large autumn leaves that could promote rot. Watch for the variety "Fraises des Bois" which is free of runners and produces particularly sweet berries.

Rheum rhabarbarum, Rhubarb is a self-sufficient perennial that appears to survive in every garden whether it is dry, wet, pampered or ignored. If left to flower, rhubarb can be an attractive perennial in a mixed border and is often found blooming in English gardens. Most gardeners pull out the stalks for cooking; they are especially delicious within a pie, cobbler or fruit square. Since rhubarb leaves are rich in oxalic acid and thus potentially toxic in large amounts, they are best avoided. However, should you ever need to thoroughly clean stainless steel pots, boil rhubarb leaves in them for spectacular sparkle.

For new plants, dig a deep hole and add liberal amounts of manure. Ensure good drainage and moisture during the growing season and mulch occasionally with garden compost. When plucking stalks for pies, cut off the leaves and tuck them into the base of the plant to provide extra nutrition. Watch for the variety "New Valentine" with deep-red stalks and a natural sweetness which will mean less sugar for your pie, chutney or jam.

Ave. King Edward Démonstration 26 avril - 16h

Où: Coin de King Edward et Rideau


Les communautés de la
Basse-Ville et du Côte-de-
Sable se réunissent pour
une DÉMONSTRATION pour
donner une voix aux
communautés.

URGENT: Le Conseil municipal
votera le 27 avril

FAITES-VOUS ENTENDRE !

Conseiller Fleury a cherché à tuer une étude et une approche qui
rendrait King Edward plus sécuritaire pour tous.
Il n'a pas écouté la communauté !
Il croit qu'un pont dans 15 ans est la seule solution et notre
communauté devra vivre avec une décision qui nuit à notre bien-être.
Nous avons besoin de solutions MAINTENANT aux camions
et autres problèmes.
Il est temps de dire à nos conseillers de NOUS ÉCOUTER!

Contact : kingedwardave@storm.ca



Spring clean-up NETTOYAGE DU PRINTEMPS

Sandy Hill Parks and Streets
Parcs et rues
de la Côte-de-Sable

Rain or shine!
beau temps, mauvais temps!

Sunday, May 1st, 1:00 - 4:00 p.m.
Le dimanche 1er mai, 13 - 16 h

✓ Meet: parking lot
Strathcona Park

✓ Bring work gloves

✓ Garbage bags
provided

✓ HS students - earn
volunteer hours!

✓ Rendez-vous au
stationnement du parc
Strathcona

✓ Apportez des gants de
travail

✓ Les sacs de déchets
seront fournis

✓ Heures de bénévolat pour
les étudiants!

Adopt-a-Park / adoptez un parc

Organized by / Organisé par :
150TH SANDY HILL SCOUTS
ACTION SANDY HILL (ASH)/
ACTION CÔTE-DE-SABLE (ACS)
Info: www.ash-acsc.ca

Illustration Dawna Moore

CALENDAR

April - May 2011

Events and shows taking place in or near Sandy Hill

Until May 7 – Deliver us from Evil, a thriller by J.D. Robins, Ottawa Little Theatre, 8 p.m., Sunday matinee (2 p.m.) on May 1, \$24, \$21 (seniors), \$10 (students), 400 King Edward Ave., 613 233-8948, www.ottawalittletheatre.com.

Until May 29 – Of Earth and Sky: Prairie Artists in the Firestone Collection of Canadian Art, presented in conjunction with the National Art Centre's Prairie Scene festival, Apr. 26 opening event at 6:30 p.m., Apr. 29 – presentation on the history of the landscape genre in the prairies at 3:30 p.m., May 6 – tour of exhibition with curator at 12:30 p.m., Firestone Gallery, Arts Court, 2 Daly Ave., 613 233-8699, www.ottawaartgallery.ca.

Apr. 26 – Lowertown and Sandy Hill unite in a demonstration for a safer King Edward Avenue; corner of King Edward and Rideau, 4 p.m. Urgent City Council votes on April 27 on reducing lanes north of Rideau; we need solutions to trucks and other problems now. Contact kingedwardave@storm.ca.

— The Tree Reading Series meets the second and fourth Tuesday of each month; on Apr. 26 it's University Night, Arts Court Library, 2 Daly Ave., doors open at 7:30 p.m., free admission, 613 749-3773, the Tree Reading Series also offers free one-hour poetry workshops, 6:45-7:45 p.m., www.treereadingseries.ca.

Apr. 26 – May 22 - Mind the Gap!, the Ottawa Art Gallery, Arts Court, 2 Daly Ave., Ottawa, 613 233-8699, www.ottawaartgallery.ca.

Apr. 28 - Action Sandy Hill meets, 7 p.m., 613 241-4646, Sandy Hill Community Centre, 250 Somerset St. E.

Apr. 30 – Ottawa's 1,000 Solar Rooftop Network is pleased to announce that final arrangements have been confirmed for Ottawa's First Solar Fair scheduled for Saturday, April 30th, 10 a.m. – 1:30 p.m. at Ottawa City Hall, followed by a Solar Site Tour. Programs for kids have been arranged, so parents can enjoy the Fair. Refreshments will be available.

— Capital Vox Jazz Choir "We Live Here" concert deals with themes of place, peace, and community and showcases the creative work of 15 Ottawa area artists, 7:30 p.m., Knox Presbyterian Church corner of Elgin and Lisgar, tickets \$20 available at Alcorn Music Studios, The Leading Note, Wellington Herb & Spice, or from choir members. Information: www.capitalvox.ca

May 1 - Spring clean-up/Nettoyage du Printemps, Sandy Hill parks and streets/Parcs et rues de la Côte-de-Sable, rain or shine/beau temps, mauvais temps, 1 p.m. to 4 p.m./13 - 16 h.

Le 4 et 5 mai — Salon du livre de Franco, à l'école Francojeunesse, 119 rue Osgoode. 15h30 à 19h. Pour plus de renseignements: www.facebook.com/salondulivredefranco, salondulivre.franco@gmail.com.

May 7 – Musica Viva Singers present A World of Song at Saint Brigid's Centre for the Arts, 310 St. Patrick St., 7:30 p.m. Tickets \$20 for adults, \$15 for students and seniors. More info at www.musicavivaottawa.ca.

May 9 – Launch of The Busy Woman's Guide to Murder by Mary Jane Maffini and Among the Departed by Vicki Delaney. Library and Archives Canada, 395 Wellington Street, 7 – 9 p.m.

May 10 – The Tree Reading Series meets the second and fourth Tuesday of each month, featuring Jeramy Dodds and Shane Rhodes, Arts Court Library, 2 Daly Ave., 7:30 p.m., free admission, 613 749-3773, the Series also offers free one-hour poetry workshops, 6:45-7:45 p.m., www.treereadingseries.ca.

May 12 - St. Joe's Women's Centre 2011 Fashion Show, featuring designs from Shepherd's, \$60, 5:30 p.m., St. Joseph's Church, 151 Laurier Ave. E., 613 231-6722, www.stjoeswomenscentre.org.

May 18 - Human rights session at Rideau Library Branch, this presentation will look at the law in Ontario on discrimination and discuss some of the rights to which people are entitled in settings such as employment, renting a house or apartment, or when receiving other types of services, with the University of Ottawa Community Legal Clinic, 3 p.m., 377 Rideau St.

May 24 – The Tree Reading Series meets the second and fourth Tuesday of each month, featuring Kevin Matthews, Arts Court Library, 2 Daly Ave., 7:30 p.m., free admission, 613 749-3773, the Series also offers free one-hour poetry workshops, 6:45-7:45 p.m., www.treereadingseries.ca.

May 24 – June 11 – Messiah on the Frigidaire, a play by John Culbertson, Ottawa Little Theatre, 8 p.m., Sunday matinee (2 p.m.) on June 5, \$24, \$21 (seniors), \$10 (students), 400 King Edward Ave., 613 233-8948, www.ottawalittletheatre.com.

May 26 – Action Sandy Hill AGM, 7 p.m., 613 241-4646, Sandy Hill Community Centre, 250 Somerset St. E.

June 4 – Bettye Hyde spring fair at Blackburn and Laurier, from 9 am to 2 pm, rain or shine, family fun, entertainment and games, bake sale, BBQ and more, call 613 236-3108 for more information.

— Capital Vélo Fest: Bicycle Rodeo at Festival Plaza, City Hall, 11 a.m. – 4 p.m., bicycle games, products, demos and education. Tour la Nuit on closed roads: Cyclists gather and live musical entertainment at Festival Plaza, 7p.m., tour starts at 8:30, (must register, fee covers cost of road closures) 18 km night time ride around the Capital; the route will follow Queen Elizabeth Drive to Prince of Wales and the Experimental Farm then circle back to the Festival Plaza, to enjoy more music until 11p.m. www.capitalvelofest.ca

— Annual native plant sale, Fletcher Wildlife Garden (Prince of Wales Dr., south of the Arboretum), 9:30 a.m. to 12:30 p.m., see our demonstration backyard garden, pick up free plant lists and "how-to" info on gardening for butterflies, attracting birds, building a backyard pond, and more! Please help by donating your empty 4-inch square pots, www.ofnc.ca/fletcher, or contact Sandy at 613 730-0714 or fletcher@ofnc.ca. If you have plants to donate (species native to eastern Ontario only), bring them in pots, clearly labelled, no later than 10 a.m. the day of the sale.

June 14 – The Tree Reading Series meets the second and fourth Tuesday of each month, featuring Adam Sol and Julia McCarthy, Arts Court Library, 2 Daly Ave., 7:30 p.m., free admission, 613 749-3773, the Series also offers free one-hour poetry workshops, 6:45-7:45 p.m., www.treereadingseries.ca.

June 27 - Action Sandy Hill meets the last Monday of the month, 7 p.m., 613 241-4646, Sandy Hill Community Ctr, 250 Somerset St. E.

June 28 – The Tree Reading Series meets the second and fourth Tuesday of each month, featuring Carolyn Smart, Arts Court Library, 2 Daly Ave., doors open at 7:30 p.m., free admission, 613 749-3773, the Tree Reading Series also offers free one-hour poetry workshops, 6:45-7:45 p.m., www.treereadingseries.ca.

Ongoing - Walking School Bus "drivers" wanted. Need some exercise? Want to get to know the community? **Believe that physical activity and safety are important to children? Then why not join the Viscount Alexander Walking School Bus? The Walking School Bus weaves through the neighbourhood and collects students so they arrive at school the active, green way. The "bus" is sponsored by Sandy Hill Community Health Centre in partnership with Viscount Alexander School and Action Sandy Hill. The bus operates five days a week but we currently need "drivers" for approximately half an hour - one or two mornings a week. Contact Karen Bays for more information at 613 565-8460.**



Rideau River
DENTAL
General and Cosmetic Dentistry

613-789-0800

A beautiful smile and healthy teeth.

Please come see us for a SMILE consultation.

Whiten and brighten your teeth in one visit with ZOOM advanced

New patients and emergencies always welcome.

Appointments available on evenings and Saturday

389 Rideau St. (at Friel)
FREE PARKING

- Invisible braces with **Invisalign**
- Intra-oral exam using digital video technology
- Treatment of sensitive teeth
- Full digital X-ray, less radiation - **WE CARE!**
- Bilingual service

Upcoming Events
Free. All are welcome. No strings attached.

- April 24** Easter worship @ 7:30 & 10:15 a.m.
- June 4 & 5** Doors Open Ottawa
- July 9** Family Fun Festival. 10 a.m. - 2 p.m.
- July 11-13** Family Vacation Bible School. 6-8 p.m.
- Sept. 10** uOttawa Yard Sale
- Sept. 11** Education Sunday
9 a.m. Sunday School & Bible class resume
10:15 worship
- Oct. 30** Reformation Festival worship. 4 p.m.
- Nov. 26** Christmas for Kids. 8:30-Noon.

Sunday:
Worship: 10:15 a.m.
Bible study: 9 a.m.
Sun. School: 9 a.m.

St Paul
Evangelical
Lutheran Church

Serving God and Man
Since 1874

210 Wilbrod (one block north of King Edward & Laurier) 234-0321



My neighbour built a shed

by Scott Puddicombe

That's right. I looked out one morning and there it was. It wasn't overly large, it wasn't some awful colour... but it was there. And prior to that moment, if you had asked me what I would do in such a situation, I would have said, "What's the big deal? It's just a shed."

But for some reason it was different when it actually happened. That's not to say that I had any advance notice. My neighbour didn't come over and say, "Hi neighbour, I just thought I'd let you know that I'm building a shed this weekend in the back corner of my lot." That would have been nice. No, instead I woke up one morning to a shed constructed about eight inches away from my lot line and its roofline poking up above my fence. Oh, did I not mention I have a 6-foot high fence around the perimeter of my yard? So... yes, I could only see the roofline of the shed above the fence. But still, it was there.

Now I know that Sandy Hill is a tight little community, literally and figuratively. It's

one of the things that I love about living here. It was developed and built in a time when houses and properties were smaller in stature and, over the years, any lot of reasonable size that existed has likely been divided or turned into a duplex. Three of the four lots at the closest corner to us have been severed and there are now infill houses in their rear yards. My house is no exception. The garage originally built for my home, no doubt a carriage house at the time, is now my other neighbour's garage, severed away from its original home decades before I was born. And that garage sits eight inches away from my lot line and the roof of it pokes up above the top of my fence. My neighbour to the rear has a garage. Guess how many inches away from my fence it sits; you got it, eight inches. And I think that was why this new structure, this additional structure, sort of set me off. It was simply the last straw, for me at least, in the ongoing encroachment that we simply can't avoid in this type of neighbourhood.

So I thought to myself, there must be some sort of bylaw about this. And with a

call to the City of Ottawa I was informed that, although there is no limit to how close an existing building can be to the edge of a property, new sheds must be placed at least 0.6 meters (approximately 24-inches) from the lot line.


I know that I probably should have gone over and just discussed the issue with my neighbour. I could have explained the bylaw, talked it over with him and worked something out. But at that moment, I felt a little as though I was being taken advantage of. That someone had decided that they didn't care about the bylaws; they were going to install their shed as far away from their house, and as close as possible to my house, as they could. In hindsight, I know it wasn't like that. He was just building a shed and he placed it the same distance away from the fence as all of the other out-buildings in the neighbourhood. But at that moment... I just felt as though I was being pushed. And so, I decided to push back.

I asked the city to inspect the installation and to ensure that this new shed was the proper distance away from the lot line. I don't know how the city went about it, but

within about a week the shed was moved so that it sat about 24-inches away from the lot line. After all was said and done; it really didn't make that much of a difference. I can still see the roof of the shed poking up above my fence, but now it's a little further away and things don't seem so cramped.

To be honest, I felt a little guilty afterwards and I thought, "Did I really need to call the city about this?" But you know what? The bylaws exist for a reason. They are there to protect the value and the integrity of the properties in our neighbourhood and to ensure that everyone is treated fairly. If the lots in the neighbourhood start to look crowded or the buildings start to fall apart, it lowers their value and that eventually affects the quality of life in the neighbourhood and the equity we all have in our homes. So although this situation was somewhat awkward and it was not pleasant to deal with, I don't regret my decision, or my actions, and I believe it was the right thing to do.


One last thing - my neighbour, the one who built the shed... that was actually me. This is just my way of saying sorry for building a shed so close to the lot line and to let him know that I understand how he felt.




Thinking of Selling?

Find Out What Your Home is Worth
Call Bruce or Wayne Today to receive a
Complimentary Market Evaluation
of Your Home

613.567-1400



Bruce Faulds
Broker
bruce@sutton.com


sutton group-premier realty (2008) Ltd.
Brokerage, Independently Owned and Operated

Wayne Gordon
Broker of Record
wgordon@sutton.com

Get the RESULTS You want with Our combined 59 years EXPERIENCE