

FEBRUARY - MARCH 2013

FÉVRIER - MARS 2013

Photo Bill Blackstone



Once a community centre serving Congregation Beth Shalom, Heartwood House has housed many non-profit groups since 2000.

Photo Betsy Mann



Maureen "Moe" Moloughney, the enthusiastic and determined Executive Director of Heartwood House, outlined the plans for the new building to provincial and municipal politicians and other interested citizens at a meeting on December 5, 2012. It was an opportunity to meet representatives of the 18 non-profit organizations that rent space in the current location, organizations as varied as Hopewell Eating Disorder Support Centre, English Language Tutoring for the Ottawa Community (ELTOC) and MultiFaith Housing Initiative.

Heartwood House is raising money for a move to a new location

Betsy Mann

For 12 years, Heartwood House has been located at the corner of Rideau and Chapel, where it has provided an affordable home to a number of small not-for-profit organizations, as well as several social enterprises like the Community Laundry Coop and EcoEquitable textile recycling. In addition, if you've ever left anything on a city bus, it's at Heartwood House that you might have recovered it in OC Transpo's lost-and-found office there. But be warned: next time you lose something on OC Transpo, you'll have to go a bit further. Heartwood House is moving to Vanier and taking its tenants with it.

When Congregation Beth Shalom, the owners of the current location, sold the property in December 2011 to Claridge Homes, Heartwood House began the search for a new location. The decision was to purchase and renovate the former Giant Tiger Warehouse at 404 - 412 McArthur Avenue. In the meantime, the sale and redevelopment of the Chapel Street property has fallen through, meaning Beth Shalom will be looking for a new buyer. However, this does not affect Heartwood House's move. The hope is that renovations on the new building will be completed this spring.

Heartwood House was helped in its purchase by the formation of a new partnership with the Unitarian Universalist Fel-

lowship of Ottawa (East) which now owns 12.5% of the McArthur Avenue building. After meeting in several locations during its 16 years of existence, the Fellowship had also been looking for a permanent home. The two organizations found that their common values and commitment to social justice were a good fit.

The Ontario Trillium Foundation has contributed \$150,000 toward the costs of renovation, but there remains a need to raise \$400,000 to complete the work. Heartwood House's long-term strategy is to continue fundraising in order to pay down the mortgage. The goal is to return to its self-funded status as quickly as possible. Currently, 72% of Heartwood's income comes from rent collected from the

not-for-profit tenants, 19% from other social enterprise, and 9% from grants and donations.

For more information about Heartwood House and how you can help raise funds for its new permanent home, go to www.heartwoodhouse.ca. You'll be helping the hundreds of people who will benefit from the organizations lodged there for many years to come.

IMAGE celebrates Heritage Month ...



Activités pour le Mois du patrimoine en février 2012, par Michel Prévost — p 6



The story of Sandy Hill's early days — pp 8-9



Photo Larry Newman

Wit Lewandowski.
IMAGE file photo, 2000

Sandy Hill retirement residence to be converted into bedsitter suites

Mr. Wit Lewandowski has recently bought the Sandy Hill Retirement Residence property which consists of the main residence, formerly l'École St-Pierre at 353 Friel Street, an unused house at 365 Friel Street, and a two-storey house at 311 Laurier Avenue East. Mr. Lewandowski is the former owner of the building on the corner of Friel and Rideau, home of the Rideau Pharmacy, as well as the Rideau Gardens Retirement Residence, across Rideau Street from the pharmacy.

The plan is to convert the main residence, which now contains 68 units plus other rooms for dining, recreation, offices, etc into 91 small suites. These suites would be bedsitters with Murphy beds and kitchen facilities. Mr. Lewandowski plans to advertise for graduate students and international students—those who would be more settled than the average university undergraduate. Bicycles will be accommodated and there will be parking spaces for three Vrtucars. No exterior changes are planned for this building.

Mr. Lewandowski will convert the Laurier Avenue house into a triplex and rent the apartments. He plans to sell 365 Friel Street. — Larry Newman

IMAGE

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

If you'd like to write articles, draw cartoons or other illustrations for stories, or take photographs on assignment, please call and leave your name and number at 613-237-8889. No age restrictions.

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

Les personnes intéressées à 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. Nous apprécions la contribution de tous, quelque soit leur âge.

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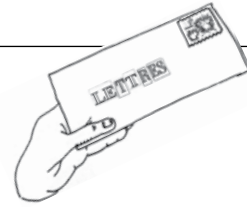
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**Our readers
write ...**



**Courrier
des lecteurs**

Great news: Shifting attitude re derelict properties

The double standard on property standards may finally be coming to an end!

There are many vacant and derelict properties throughout Sandy Hill and Lowertown that are blights on our communities. The property standards by-law explicitly requires property owners to maintain their buildings to a prescribed standard and commensurate with neighbouring properties. However, and for whatever reason, the City has historically refused to enforce its own by-laws on vacant and derelict properties, resulting in a sanctioned double standard that has allowed vacant and run-down properties to fester between well-cared for properties.

If you are unsure of what this means, recall the state of the Richcraft properties at the corner of Charlotte and Rideau. Or take a look at the Gorfay properties at 197-201 Wilbrod that have been vacant and derelict for more than ten years, or drive north along King Edward and look at the row of houses between Murray and Clarence Streets or look at the corner of Murray and Cumberland Streets, or take a gander at the former Earl of Somerset at the corner of Bank and Somerset West. Even the University of Ottawa is guilty of letting its share of properties in the community fall to rack and ruin. There are more examples in our communities and even more across the city. And in all instances the City has consistently told us that there was nothing they could do to compel the owners to do more than board up windows, keep the yard free of long grass and garbage, and occasionally remove graffiti.

This practice is set to change, according to a note just in from Mat Genest, our

Councillor's assistant. Mat reports that the City's legal staff "have confirmed that the exterior elements of a building, occupied or not, must respect the guidelines set out in the property standards by-law. This is a big change to the way enforcement is currently managed and should achieve great results. We expect that there will be legal issues on the way; if it rolls out the way we expect this will bring on a major expense to these property owners. That being said, it's a big step in the right direction.

"We are also looking at other options to address the issue. Some cities have enacted specific property standards provisions for heritage properties. This could allow us to require that buildings continue to be heated, vacant or not. There is some legwork that needs to be done from a policy angle to address situations where owner does not comply."

Due in part to hard work on the part of ASH—in particular the Derelict Properties Working Group of Morris Davison, Larry Newman, Marc Lapierre and John Verbaas, and the relentless questions to City staff on the matter by Claire MacDonald and John Verbaas - and the work of our Councillor Mathieu Fleury and his staff, it appears that the City of Ottawa is finally recognizing that it has an obligation to enforce the property standards bylaw on vacant properties!!

Changes are coming that will slowly but surely see these properties be brought up to a higher standard. It is anticipated that notices of non-compliance will be issued shortly to the more egregious owners and that compliance periods will extend into the summer and/or properties will change hands to new owners that are more motivated to rehabilitate or redevelop the sites. As indicated in the message above pushback can be expected from some property owners, but this is an indication that they are finally paying attention and will certainly draw public opinion on the issue.

Take a moment to reflect on what has been accomplished here by a handful of people. Our efforts and our voices and letters count. We are being heard and we are getting results. The only thing that is certain if we don't try is that nothing will change, and this victory is a concrete example of the power of action.

Christopher Collmorgen
President, Action Sandy Hill



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Our readers write ...



Courrier des lecteurs

How about a heritage component to the new Rideau St.?

Photo Bill Blackstone

Although the heavy machinery is stored for the winter, we at the east end of Rideau Street are bracing for its return in April, as the street's infrastructure is renewed, a process that happens about every 50-60 years. Although the major disruption should wrap up by this fall or early in 2014, the "icing" will take a bit longer. This includes new lighting, four sculpture installations, and various concrete benches.

The "we" in this case is a group of mostly retired residents of Lowertown (specifically McDonald Gardens) and Sandy Hill called Friends of Uptown Rideau (FUR) who meet every two weeks at the Econolodge breakfast room. I am the moderator. I also have been part of the group of residents and businesses that have met regularly with City staff and the contractors to design the streetscape and coordinate the construction disruptions, which started last July.

At a meeting of the latter group in late January, the staff agreed with a suggestion by the Lowertown Community Association to try to work some references to the considerable heritage of the area into the seating and other features that will be installed in the final streetscape. The LCA has a heritage subcommittee, but Action Sandy Hill does not. FUR would like to help.

To prepare for my 2012 Jane's Walk, "Uptown Rideau: A Main Street Interrupted," I did research at the City Archives, mostly of the businesses that have located along the street since 1893. This information has now been shared with FUR participants, LCA reps, and City Staff. Two interesting examples are the several hospitals and an end-of-streetcar-line transfer depot that once existed in the Charlotte-Wurtemberg area.

We are all looking for more references that could be considered for the streetscape features; such features could include words or images inscribed on the concrete pavers to be installed in place. I am appealing to IMAGE readers to contribute any heritage information they may have. Rideau is the closest we have to a community main street.

You can contact me with the information (papers, webpages, photos) or just to be part of FUR. If it will elicit more memories, I will send you my spreadsheet that lists all businesses at all Rideau Street addresses for twelve reference years, 1893-2013. Contact me, at hearth@ties.ottawa.on.ca or 613-230-4566.



Rideau St., summer 2011. No sign of any heritage based "furniture"!

Chris Bradshaw
Besserer St.



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Thé | Tea

Yarn bombing spotted on Sandy Hill streets



Photographic evidence of a Sandy Hill yarn bomber has arrived in the IMAGE in-basket. A resident with a creative eye took to ‘bombing’ our streets last fall with acts of artistry. The City seems to have cut them down ... unaware perhaps that this artistic movement is thriving in other parts of the world.

There is nothing more valuable to families than time together.

This February 18th, Ontario's Family Day, celebrate with your loved ones.

Il n'y a rien de plus important pour les familles que de passer du temps ensemble.

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A comparison: paper vs virtual libraries

Ron Hodgson

There’s something very appealing about the way paper books age. They gather a record of previous readers from thumbprints, underlines, folded corners, even food stains, not to mention dedications and personal messages from the giver to the recipient. Good books age well, their pages developing a sort of patina from their readers and are meant to be kept for a long time. Even old paperbacks with their inherent brittleness bring back memories.



Often books that hold precious memories for you are handed down from a previous generation. I come from a literary family that held books in high esteem. My father was an English teacher, my mother a librarian. Their memories are all around me through the books that they left behind and that helped define their personalities and mine.

That can’t be the case with virtual books. Chances are they will disappear in time just as CDs and electronic media fade away or become obsolete. Virtual books are temporary and transient and may not last beyond the technology timespan of tablets.

But that doesn’t mean there isn’t a place for virtual books. In her later years my mother had failing eyesight but was able to devour books using the CNIB recorded book library and book readers. With these “books” the reader was an actor who was able to convey the words and nuances of the book to the listener. Now with tablet readers we have been taken to the next level of smart readers. Maybe you can’t fold the page corners but bookmarks, underlines, definitions and associated reference material such as videos, voice recordings and web discussions are possible.

With a virtual library we have the ability to pick the right technology for the occasion. For example, magazines are very adaptable to tablet readers. I’ve had a habit of saving old magazines for “future reference” but now find that having a digital archive of them is much more convenient and doesn’t clutter my office. Pulp fiction paperbacks are another type that are very adaptable to tablets.

E-readers are excellent for the delivery of text books and can add another dimension to the learning process. The same would hold true for legal texts although it’s hard to imagine a legal office without the backdrop of bound legal proceedings packed neatly into glass-fronted bookcases.

Guide books on smart phones or tablets are very convenient. Along with descriptions and guides you get maps, directions, public transport information and traffic warnings.

One downside though is that you can’t share virtual books with someone else very easily once you’ve finished reading them. We are warned of “piracy” and of treating authors unfairly, but I wonder if in fact we’re becoming overly concerned with the legal aspects of copyright at the expense of sharing. I don’t feel as if I’m contravening some copyright law when I pass along my paperback to a friend or donate it to the annual Snowflake Bazaar, but if I try to do that with a virtual book I’m prevented by codes embedded in the virtual files.

The books that don’t adapt as well to virtuality are the ones you want to use time and again and which become part of the decor of your home. Besides classic literature these include reference books, biographies, histories, travel adventures, and out-of-print editions.

Someone once said that in the home of a literate person the bookcase should be at least as big as the TV screen, but this can’t apply with a library of virtual books. How many of us, upon being invited into someone’s home, do a quick scan of the books on display and determine common interests and areas of discussion? In fact bookcases are an important item of furniture and personality in most homes.

Bound books, even paperbacks, are like art. If the art is good enough you hang it on your wall and take pleasure every time you look at it. With books you arrange them in your bookcase and take pleasure every time you browse through them. Such books will always maintain a pride of place. Virtual books, no matter how convenient they are to use, are not a replacement.

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Photo Bill Blackstone



The Carriage House at 43 Blackburn was recently sold by the Ellis family to a group planning to make it the home of a neighbourhood nursery school and wellness practitioners.

Carriage House developers seek zoning change

Susan McLeod

The community-based initiative to convert the Carriage House heritage property at 43 Blackburn Avenue into a daycare and family wellness centre is moving along well. Enough investors have come on board that the group is ready to tackle the next step in the development process: apply for a zoning change. This will permit Bettye Hyde Nursery School to take up residence on the ground floor of the house with the upstairs rooms being rented to health care practitioners in the form of a Child Wellness Centre (for details see IMAGE issue December 2012).

To this end, the investment group staged an information session on the evening of January 29 to enable neighbours to learn about the zoning application and its implications. At heart is a change from the current zoning of R4F [480] to an R4F exception zone. R4F means Residential, Density 4 and has a height limit of 11 metres, which is generally 3 stories.

This means that the site would preserve its zoning provision but have added to it "Day Care, Office and Community Health and Resource Centre" as permitted uses. This change would also see the current permitted use of "Rooming House, converted [480]" removed from the property.

The information session was held at the Carriage House and moderated by Leanne Moussa, president of the investment group developing the property. About 25 residents attended the meeting. The participants affirmed their unanimous support for the project, seeing it as an investment in Sandy Hill as a livable neighbourhood for families. They also expressed their relief that the zoning change means a rooming house can never be built on the property. Questions were largely straightforward, ranging from the location of parking and drop-off zones to details about the investors' business plan and corresponding risk management.

The most difficult line of questioning was reserved for the representative of Councillor Fleury who was in attendance.

Mat Genest was put on the defensive to explain the property next door to the Carriage House that is currently under construction. Residents expressed their deep dissatisfaction with the conversion of what had been a single-family home on the site into a four-unit apartment building with five bedrooms in each unit. They denounced the City planning process that enabled this form of intensification that they feel promotes student-oriented housing at the expense of single-family living. They also expressed frustration with the University of Ottawa's apparent lack of responsibility toward housing the ever-growing student body that it aggressively courts.

The zoning process will take a minimum of three months, after which renovations may begin. Despite the extensive nature of these renovations, the investment group remains optimistic that the building will be ready to receive its first cohort of smiling young faces come September.

The investment group now numbers 16 shareholders, about half the number required to fully finance the development. New shareholders are welcomed. Prospective investors are invited to contact Leanne Moussa for details regarding this investment opportunity. Leanne also welcomes questions that readers may have concerning the zoning change or the development project. She may be reached at Leannemoussa@gmail.com or at 613-282-8900.



Photo Bill Blackstone

Just south of the Carriage House is a controversial conversion project.

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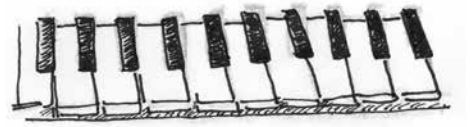


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par
Michel Prévost,
archiviste en chef
de l'Université
d'Ottawa

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Samedi 9 février à 14 h

Conférence sur le patrimoine et le potentiel archéologique de Deschênes
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Centre communautaire André-Touchet, 25, rue Saint-Ménard, secteur d'Aylmer, Gatineau (Québec)
Renseignements : 819-557-0833 ou manu_lpaquette@yahoo.ca

Samedi 9 février à 18 h

Souper-conférence à la maison Fairview : Historique de la maison classée et visite guidée, Ville de Gatineau et Société d'histoire de l'Outaouais
Conférencier : Michel Prévost, président de la Société d'histoire de l'Outaouais
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Mercredi 13 février à 19 h

Lancement du 5e numéro de la revue Hier encore Centre régional d'archives de l'Outaouais
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Samedi 16 février, de 9 h à 17 h et dimanche 17 février, de midi à 17 h

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Galerie Aylmer, 181, rue Principale, secteur d'Aylmer, Gatineau (Québec)
Renseignements : 819-568-8798 ou melanie.plouffe@banq.qc.ca



Pendant le Mois du patrimoine, l'archiviste en chef de l'Université d'Ottawa fera voir le premier journal étudiant francophone, *La Rotonde*, en 1932.

Mardi 19 février à 12 h

Cérémonie et réception de la Fête du patrimoine de la Ville d'Ottawa
Hôtel de ville d'Ottawa, Place Jean-Pigott
110, avenue Laurier Ouest, Ottawa (Ontario)
Renseignements : tél. : 613-562-0405 ou www.choocopo.ca

Mercredi 20 février à 19 h

Conférence : Se souvenir de Clarkstown
Conférencier : Robert Serré, chercheur
Muséoparc de Vanier, 300, avenue des Pères Blancs, 2e étage, Ottawa (Ontario)
Renseignements : 613-842-9871 ou info@museoparc.ca



Jeudi 21 février de 17 h à 19 h

Remise des Prix du patrimoine de l'Ontario français : Prix Huguette-Parent et Prix Roger-Bernard Réseau du patrimoine franco-ontarien
Muséoparc de Vanier, 300, avenue des Pères Blancs, 2e étage, Ottawa (Ontario)
Réservations : 613-729-5769 ou projets@rpfo.ca

Jeudi 21 février à 19 h

Conférence : Le droit à l'oubli Conférencier : Luc André Vincent, Université d'Ottawa
Galerie Montcalm, Maison du citoyen, 25, rue Société de généalogie de l'Outaouais, 855, boulevard de la Gappe, secteur de Gatineau, Gatineau (Québec)
Renseignements : 819-243-0888 ou sgo@genealogieoutaouais.com

Les plus anciens artefacts des Archives de l'Université d'Ottawa, les clés du Collège de Bytown, datent de 1848.

Dimanche 24 février, de 14 h à 15 h 30

Causerie : Le parc Queen's Park de 1896 à 1934 Conférencier : Jean Deschênes
Association du patrimoine d'Aylmer, 495, chemin d'Aylmer, secteur d'Aylmer, Gatineau (Québec)
Renseignements : 819-684-6809 ou heritage.aylmer@videotron.ca

Lundi 25 février, à 13 h

Visite guidée du pavillon Hagen, l'ancienne École normale de l'Université d'Ottawa
Guide : Michel Prévost, archiviste en chef de l'Université d'Ottawa
Départ à l'entrée du pavillon Hagen, 115, rue Séraphin-Marion, Ottawa (Ontario)
Archives de l'Université d'Ottawa et Retraite en action
Coût : 5 \$. Réservation obligatoire : Mme Chantal Richer, tél. : 613-860-1099, poste 2
Renseignements : info@retraiteenaction.ca

Mardi 26 février, à 12 h

Conférence : Le canal Rideau, site du patrimoine mondial de l'UNESCO
Conférencier : Michel Prévost, archiviste en chef de l'Université d'Ottawa
Carrefour de la Francophonie, Centre universitaire, salle 026, 85, rue Université, Ottawa (Ontario)
Archives de l'Université d'Ottawa et Service de vie communautaire de l'Université d'Ottawa.
Renseignements : Isabelle Décarie, tél. : 613-562-5800, poste 4705 ou idecarie@uOttawa.ca

Mardi 26 février, de 19 h à 20 h 30

Causerie : Les coulisses du livre; L'autre Outaouais : guide de découverte du patrimoine Conférencière : Manon Leroux, historienne et auteure
Ancienne chapelle méthodiste, 495, chemin d'Aylmer (entrée rue du Golf), secteur d'Aylmer, Gatineau (Québec)
Société Pièce sur pièce. Renseignements : 819-243-2345, poste 2120 ou blouin.sonia@gatineau.ca

Jeudi 28 février, de 17 h à 19 h

Lancement d'une exposition virtuelle au sujet de Samuel de Champlain
L'Arche Agapè, 19, rue Hanson, secteur de Hull, Gatineau (Québec)
Réseau du patrimoine gatinois. Renseignements : 819-771-8391, poste 231 ou direction@reseau-patrimoine.ca

Nous tenons à remercier très sincèrement Yves Marchand et Brigitte Trépanier, ainsi que la Ville de Gatineau, qui ont préparé le calendrier pour les activités à Gatineau.



Venez explorer les voûtes des Archives de l'Université d'Ottawa où sont préservés les trésors de l'établissement enraciné dans la Côte-de-Sable depuis 1856.

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Heritage Month • Le Mois du patrimoine



Photo National Archives of Canada PA167023

In 1972, a decision to demolish the Rideau Street Convent at Cumberland and Rideau was a call to arms for local citizens. Its chapel was eventually relocated at the National Gallery. Interest in preserving local heritage spread through local streets and erupted again in 1984.

Record reveals key effort to preserve Sandy Hill landmarks

Over the years, zoning conflicts and construction projects have threatened to extinguish the neighbourhood's historic character.

Sandy Hill was the focus of Ottawa's very first Heritage Conservation District in 1982. This designation is designed to protect whole neighbourhoods instead of individual properties. Groups such as Action Sandy Hill, driven by a strong community desire to protect and maintain the neighbourhood's character, have fought hard to win such designations.

One of the five Heritage Conservation Districts in Sandy Hill comprises an entire block of houses on King Edward between Laurier and Wilbrod, and it is anchored at one end by the Panet House at 189 Laurier. This grand old limestone building was built by an important military family in the 19th century, and it only barely survived two separate threats.

In the 1960s, the city planned to build an expressway through Sandy Hill linking the Macdonald-Cartier Bridge to the Queensway. When the University of Ottawa objected to the road being built over its land, it was redirected – onto the front lawns of King Edward Avenue.

Pressure from the *Ottawa Citizen* killed the project, but not before the city had bought the Panet House with a view to demolishing it. By the 1980s, the disused house had fallen into disrepair. The new plan was to demolish it and build a fire station on the site. Richard Gervais, owner of a unit in Martin Terrace next door to Panet House, went to war. He collected over 2000 signatures from residents, caught the attention of local newscasters and advocated with the City.

Photo Clive Branson



Thirty years ago, the City yielded to the pressure of Richard Gervais and other Sandy Hill residents to preserve Martin Terrace on King Edward Avenue.


Gervais argued that the stretch of houses along King Edward from Laurier to Wilbrod was the most visible heritage block in Ottawa. Thousands of people passed it every day, and each building was over 100 years old. The city yielded to the pressure. It built its fire station on a vacant lot across the street and sold the Panet House to a sympathetic developer – not the highest bidder – who restored the exterior to much of its past glory. And in 1984 the whole block became a Heritage Conservation District.

That was not the end of the story. In 1984 – the same year that the Heritage Conservation District was set in place – a developer purchased the rights to Linden Terrace, a historic row of century-old apartments in the same block as the Panet Building, with a view to tearing it down and replacing it with modern condominiums. There was an inherent weakness in the heritage designation, in fact, that would allow them to do so. For heritage activists, this was the first test of whether the conservation designation they had fought for meant anything.

After long petitions and fierce negotiations, Linden Terrace was saved. The City expropriated it from the owner – just one week before the planned demolition – and the City voted on a renovation plan that would keep the appearance of the Terrace and combine it with harmonious infill.

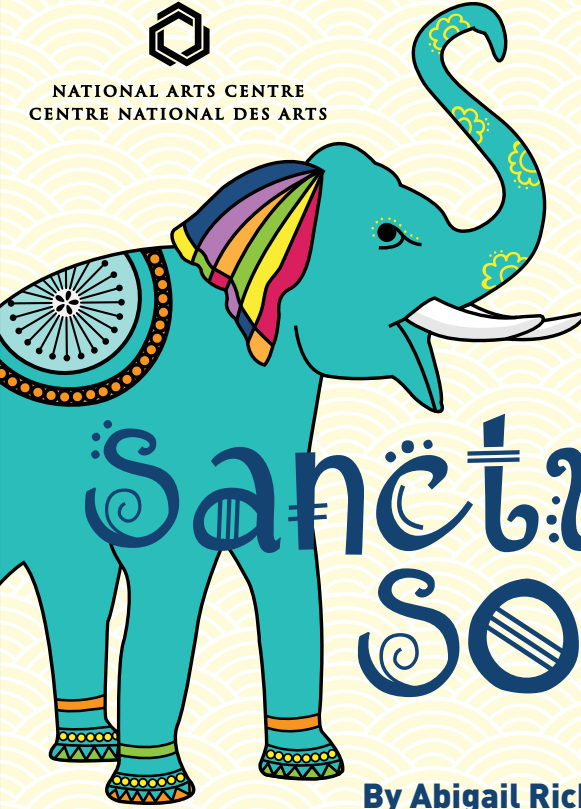
The building was saved, but a principle was established: even with designation, communities need to stand ready and be actively prepared to defend their neighbourhoods from inappropriate development.

— *Excerpted from a script prepared by the IODE.*



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Heritage Month • Le Mois du patrimoine

Sandy Hill's early days

Founded in 1906, the Laurentian Chapter of the IODE is a proud part of the history of Ottawa. This text comes from a video the group prepared at the time of the House and Garden Tour hosted in Sandy Hill in June 2012. Many people contributed to this article and IMAGE thanks them all.

Sandy Hill began its urban existence as a land grant on a sandy, forested slope on the edge of a wilderness settlement. Over nearly two centuries, it has evolved into a unique and thriving district in the nation's capital, home to some of Canada's most prominent industrialists, politicians, embassies and institutions. Today it houses an eclectic mix of residents with an awareness of the need to preserve and protect its unique heritage.

Until the second half of the 19th century, Ottawa, then known as Bytown, was a remote settlement, home to a rough-and-tumble population of lumber workers as well as many descendants of the labourers who, in the 1820s, came here to build the Rideau Canal.

A British veteran of the War of 1812 was granted a piece of land encompassing much of present-day Sandy Hill, and he shortly thereafter left it to his brother, Louis-Théodore Besserer. Throughout the 1840s and '50s, Besserer tried to build a

community on his new land, donating lots for schools, homes, and churches.

He also wanted to sell the land for development – but few prospective buyers took him up on the offer. He died in 1861, leaving behind large debts and a house at 149 Daly Avenue, which still stands today.

It wasn't until 1857 that the area, soon to be known as Sandy Hill, began to flourish as a neighbourhood. That year, Ottawa was named capital of the newly created Province of Canada. With the completion of the Parliament Buildings in 1866, civil servants began to arrive and many of them took up land in Sandy Hill. By this time, there was money in Ottawa.

As well as politicians flocking to their new home, the town had a prospering lumber industry, led by barons such as John Rudolphus Booth. Many of Ottawa's richest and most important citizens chose to build their homes in Sandy Hill, sparking its golden age as an elite neighbourhood in the Capital. Architecturally, Ottawa existed in a kind of time warp, with designs that embraced the past, and revived styles that had been popular in Britain some years earlier. In later years, these nostalgic styles were often mixed and matched in a typically eclectic way.

English, Irish, French, Catholic, Protestant

During the 1860s, when ethnic and religious communities in Canada tended to keep strictly to themselves, Sandy Hill was already diverse. Let's look at a single street – Daly. The names of owners there read like a catalogue of prominent Canadians, English, Irish and French as well as Catholic and Protestant.

In 1867 Sir Charles Tupper, one of the Fathers of Confederation and later prime minister, moved to 274 Daly. He was the Nova Scotian premier who led the campaign for his province to join Canada. A few years later, his house passed to Sir Richard William Scott, Canada's Secretary of State and a Catholic of Irish descent. He was, incidentally, the man whose memo-



Sir Sandford Fleming with his grandchildren in the Daly Ave. home he purchased from Georges Desbarats.



Laurier House, initially without its lovely wraparound porch, was designed by noted architect James Mather and was a twin of Munross, now occupied by the Cordon Bleu.

randum on Ottawa to the British Parliament convinced Queen Victoria to choose this remote community as the new capital.

Scott also persuaded a friend, Georges-Édouard Desbarats, to move into Sandy Hill – onto property that Scott himself owned at 309-311 Daly. For 14 years, Desbarats was publisher of the famous *Canadian Illustrated News*. In 1869, Desbarats was named Queen's Printer, first official printer of the Canadian government.

His house, christened Winterholme, was built in the Second Empire style of French tradition, featuring a steep, short mansard roof and high windows. Today, the house opens onto Daly; in its day, however, it faced Rideau Street down a long slope.

The Québec-born Desbarats found himself at the mercy of bad political luck. His press was located at the corner of Sparks where Irish-born member of Parliament D'Arcy McGee was assassinated in 1869 by the radical Irish Fenians. When Desbarats erected a plaque there to honour McGee, he too became the victim of violent harassment. Desbarats left Ottawa, selling his home to the extraordinary Sir Sandford Fleming. An engineer who helped drive rail across the country, Fleming realized that rapid transportation required a new approach to time over space. His answer was a system of standard time, which still governs our days and weeks. He lived at Winterholme into the 1920's. The mansion was later divided into apartments.

240 Daly Avenue was built in 1879 by Isaac Moore, the son of a lumber magnate. It eventually became the home of the Sisters of the Holy Cross, as well as of two Chief Justices of the Supreme Court.

The Allen House at 192 Daly was built in 1893 for John Roberts Allan, a successful pharmacist and one-time mayor of Ottawa. It is an early example of Queen Anne Revival architecture, which developed

in reaction to Neo-Gothic, and featured extravagant exterior decoration, such as turrets and wraparound porches.

In the 1920s, 192 Daly was occupied by Cairine Wilson. She became Canada's first female senator following the famous Persons Case of 1929, when Canada's Supreme Court tried to decide whether women were actually "persons" under the law.

Meanwhile, Laurier Avenue – originally known as "Theodore" – was the address of choice for Canadian prime ministers, with three of the famous setting up house there. The first, Sir John A. Macdonald, made his home at 395, Stadacona Hall. This was the first Ottawa home of that Scottish-born political strategist whose energy and diplomacy succeeded in 1867 in cobbling together a nation where only a handful of separate British colonies had existed before.

Down the road at 335, another important house was built in 1878 for jewelry store owner, John Leslie. In 1899, it became the home of Sir Wilfrid Laurier, Canada's first French-Canadian prime minister. The Second Empire-style house was expanded during Laurier's time there, as he liked to conduct business at home and he and his wife entertained there lavishly.

Mackenzie King, who as prime minister led Canada so successfully through the Second World War, began his political career as a protégé of Laurier and he ultimately inherited the house – now called "Laurier House" – from his political master.

Laurier House is the younger of twin houses built by the noted architect, James Mather. Its older sibling at 453 Laurier, like Laurier House, began life as a Second Empire design with mansard roof. Built in 1877 for James' brother John, a Scottish-born lumber businessman, it was given the Scottish name, "Munross". In the 1920s, when mining tycoon and owner of the Montréal Canadiens, J. Ambrose O'Brien, took ownership. He contracted renowned architect Warner Noffke to add another wing to the house and restyle it as a Tudor Revival building, with tall chimneys and half-timbered gables.



The Fleck House on Wilbrod St. east of Charlotte is one of the neighbourhood's great mansions. Senator Norman Paterson purchased it in 1940; for many years it was known as Paterson House. In 1992 the building was sold to Maharishi Heaven on Earth Development Corp. for just over a million dollars. Ten years later it was sold again, for \$2.95million, to serve as Embassy of Algeria. The elegant interior, from the days of the Fleck family, is shown at right. Photos National Archives of Canada



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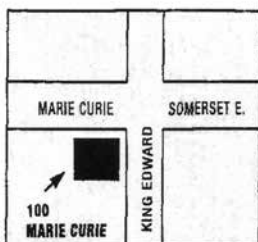
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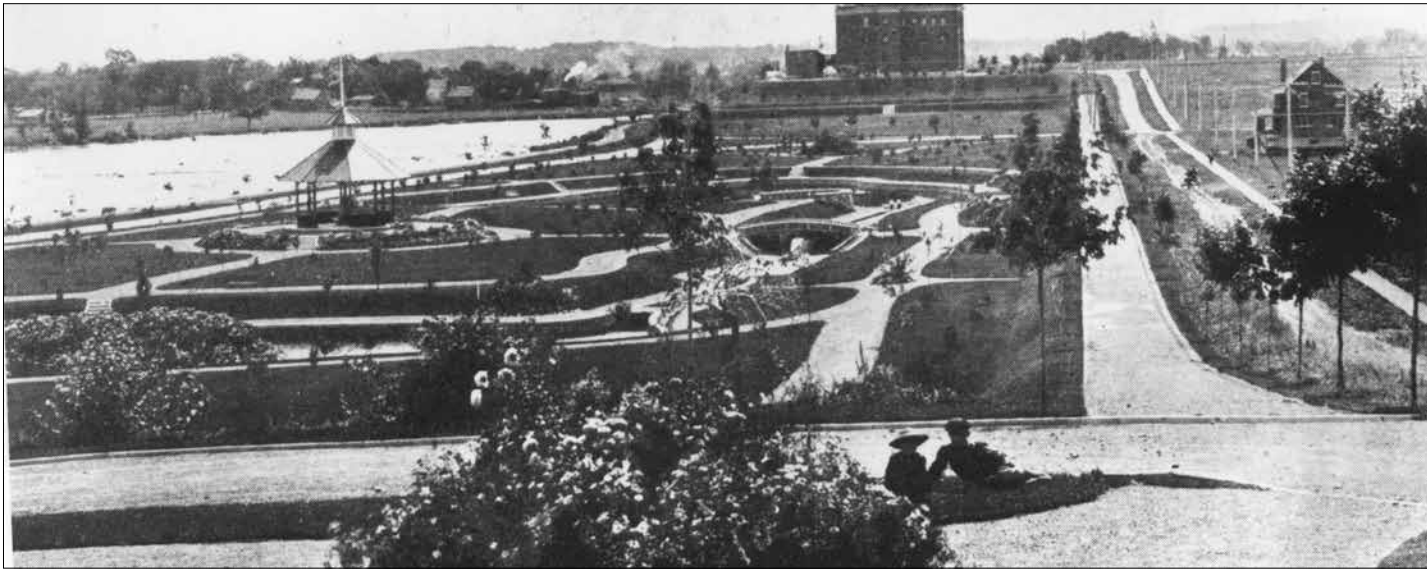
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Strathcona Park circa 1911.

The house at 453 Laurier now houses the Cordon Bleu.

In the 20th century, the grand old houses of Sandy Hill began to welcome diplomatic missions from all over the world, which brought a certain international flavour to an already eclectic community.

The large property at 500 Wilbrod overlooking the Rideau River is a significant example of Sandy Hill going international.

Built in 1902 for ironworks tycoon Andrew Fleck, the house originally stood as a monument to the city's manufacturing elite and set a new standard for ostentatious wealth. Today, the building is a designated heritage property both inside and out and houses the Embassy of Algeria.

Not all the houses in Sandy Hill were built in the grand style, as many politicians and civil servants took up residence there as well. As well as more modest homes, a range of row housing appeared between 1880

and 1920. The Georgian-styled Philomène Terrace was built by Member of Parliament Honoré Robillard, who named it for his wife. One of the most famous tenants was Archibald Lampman, one of four so-called "Confederation Poets" who flourished in the 1880s and '90s. Lampman — a nature poet known as the "Canadian Keats" — died in 1899 at age 37 after writing his last poem, "Winter Uplands" where he talks of Ottawa as the "far-off city towered and roofed in blue." (See excerpt, page 20.)

Multi-unit development continued into the 20th century. Martin Terrace, a Queen Anne Revival construction, was developed in 1903 by grocer Daniel Martin and wife.

In the 1900s, in addition to row houses, many single houses were also built in Sandy Hill for middle-class families. After the 1920s, new areas of Sandy Hill south of Laurier Avenue were built up, including Marlborough Avenue near Strathcona Park.

These houses featured a balanced design known as the King Edward style with straight roof lines and simple detailing.

Since then, creative forms of modern infill have been built between most of these single houses, as the neighbourhood continues to evolve.

Meanwhile, a variety of institutions — churches, schools and a hospital — also were built in the community as landowners donated lots for the

construction of schools and churches for Catholics, Anglicans, Lutherans and Presbyterians.

Construction on St. Alban the Martyr began in 1866, but the church's difficult location on an area of shifting sand forced the architect to abandon the project. Ten years later, another builder created a new design and completed the church, which set the tone of architecture for parishes in the region for several decades. The church was attended by such prominent people as Sir

John A. Macdonald and Sir Charles Tupper.

In 1902, when some members of St. Alban's wanted a change in church practices, they followed the lead of the wealthy Sandy Hill commissioner, Henry Newell Bate, to All Saints, his newly built church on Laurier Avenue. The church later famously hosted a royal wedding when Lois, the granddaughter of lumber baron J.R. Booth, married Erik von Rosenberg, a Danish prince. It was also the site of former Prime Minister Robert Borden's funeral in 1937.

Residents also took thought for recreational amenities. One of the important landmarks of Sandy Hill today is Strathcona Park. It started life as a rifle range, where soldiers trained before departing for the Boer War, and was then turned into a park named after politician and philanthropist Lord Strathcona. He donated the fountain for the north end of the park.

Sandy Hill North also became the site of a major hospital. Wallis House on Rideau Street was built in 1873 as the Carleton County Protestant General Hospital. In 1897, a new wing was added to the hospital with Queen Anne Revival and Tudor Revival elements designed to integrate new construction into the older building.

The Protestant General Hospital left in 1924 to merge with the Ottawa Civic Hospital and Wallis House was the home for various other services, such as a seminary and a barracks. In the wake of the Second World War, when housing for veterans was desperately short, angry veterans actually occupied the almost derelict building, which was then converted to subsidized housing.

The building was virtually derelict in the 1990s, when the threat of demolition sparked heritage activists in a successful fight to preserve the complex. The buildings were redeveloped as luxury condos while the exterior of the building was restored to its original splendour.



All Saints Church, draped for the funeral of Sir Robert Borden, in 1937.



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Ottawa Carleton District School Board Trustee Report

Student well-being at the OCDSB

The *Education Act* was recently amended, making school boards responsible for student well-being as well as achievement. This recognizes that we expect more from our schools than academics. No new funding was attached to the amendment and the meaning of “well-being” was left up to each board. It does, however, help us see student well-being as a valid and legitimate end in itself.

Achievement is usually understood using EQAO scores, grades, graduation and certification rates, and related equity improvements. There are not, however, agreed metrics to measure ‘well-being.’

Clearly, however, it includes physical and mental health. Social climate, citizenship, bullying, engagement or alienation may all be part of the picture. Once one tries to define well-being, in order to be accountable and inform the Board’s training, resource allocation and other planning, it’s harder to nail down.

Our multi-year strategic plan has, as one objective, establishing meaningful clarity and improvements in this area. Wellness also is one of the four pillars of the plan.

Our widely reported student survey is now being analyzed, and we await actionable results. Many survey questions probed for bullying incidents and school attachment. Analysis should give us a better picture of students at risk and pockets of concern.

Our staff last year produced a Mental Health Framework, eagerly received provincially. We will seek to support students in recognizing and managing emotions, identifying and achieving positive goals, demonstrating care and concern for others, establishing and maintaining positive relationships, making responsible decisions and choices, and handling interpersonal situations and conflict effectively.

We’re helping this year by: providing an inventory of training to each school to ensure trained staff; exploring Facebook and spamming options for students; providing an external resources vetting path for principals; developing a mental health attitudes school survey; and expanding short-term staffing to better address school-based mental health.

The OCDSB has recently partnered with the Champlain Cardiovascular Disease Prevention Network (CCPN). This focuses on creating healthy school environments and teaching students about the importance of physical activity and of making healthy food choices. Healthy Schools 2020 workshops last year focused on three areas: healthy lunch programs, healthy fundraising, and healthy classroom rewards. Parents/guardians and educators can find more information at www.healthyschools2020.ca. Our on-line schools healthy foods policy applies variously to cafeteria food, food-based fundraisers, and vending machines.

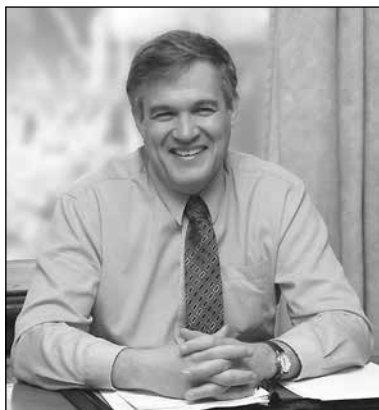
An OCDSB program is being piloted which proactively encourages, recognizes and supports after-school physical activity for students. We expect a report in the spring.

Many schools have adopted the Walking School Bus initiative for younger students. It encourages students to walk more often, and this is about encouraging parents also. Hazard surveys are done, training and support provided.

Another column would be needed to describe our anti-bullying and character education activity. Many school administrations work with their school councils to invite in external presenters on bullying. We have a central team devoted to Safe Schools.

The OCDSB treats student well-being very seriously and, though on the move, much remains to be learned and done.

If you have a suggestion or a concern, then please contact me via rob@ocdsbzone9.ca or at 613-323-7803. Meeting and document info available at www.ocdsb.ca



Rob Campbell, Trustee
Ottawa-Carleton District School Board



ParticipACTION announcement, December 10

News from Viscount Alexander

Michael Barnes

ParticipACTION announcement!

Viscount Alexander hosted the Honourable Bal Gosal, Minister of State (Sport)’s December 10 announcement about the government’s 2012–2013 contribution to ParticipACTION. Icing on the cake for the Viscount students was meeting Olympians Derek O’Farrell (rowing), and Ottawa’s Michael Taylor (kayak slalom) and Para Olympians Amy Kneebone (goalball) and Todd Nicholson (sledge hockey).

ParticipACTION is a national not-for-profit organization dedicated to inspiring active living and sport participation for Canadians. Originally established in 1971, ParticipACTION was a pioneer in social marketing and has become internationally recognized for its compelling communications to promote physical activity.

“Thank you to the Government of Canada for its ongoing commitment,” said Kelly Murumets, ParticipACTION President.

It was very satisfying that Viscount Alexander Public School was selected for this announcement as physical fitness and participation in sports and physical activity are an important cornerstone of school life.

Winter Walk Day

Viscount Alexander is hosting another Winter Walk Day in early February. The class with the most walkers to school will receive the coveted Golden Boot Award. There is also an activity planned for first recess with hot chocolate and muffins from TAN Coffee. Thanks to TAN Coffee, Green Communities, Public Health, and Sandy Hill Community Health Centre for helping us keep the school healthy and active!

Speeding down Mann Avenue

The posted speed limit in front of the school is 40 kilometers per hour. Last May, the school had a speed reader sign put up which recorded that 76% of the cars were driving past the school above the speed limit. Directly across the road is the Sandy Hill Arena where some 90 temporary parking spaces for the University of Ottawa will now be allowed for the next 5 years.

Viscount Alexander has met with Councillor Mathieu Fleury and the City of Ottawa. We are seeking more ways to slow down traffic, such as speed humps and painted lines to visually narrow the road. And an additional speed reader sign may be installed in front of the school, informing drivers of their speeds going down the hill.

Viscount will continue seeking ways to improve the safety of the school community and community at large. It is essential that young children can walk safely to and from school.

OCDSB capital funding announcement for five schools

The Ottawa-Carleton District School Board announced that it had received provincial funding which will enable the construction of one new school and four major addition/renovation projects. In total, there is \$47.9 million of capital funding for the OCDSB. These new projects will enhance student learning through modernized learning spaces and will support the continued roll out of full-day kindergarten. The funding will be used for a new elementary school to be built in Kanata North, and permanent additions at Mutchmor Public School, South March Public School, Earl of March Secondary School and Longfields-Davidson Heights Secondary School.

Viscount Alexander was pleased to see the funding go to these schools. Viscount remains on the OCDSB’s list of the top 15 capital funding priorities. After funding these five schools it is hoped that Viscount will move up that list; the school patiently awaits its turn for its permanent addition announcement. Currently, 170 students attend Viscount so putting money into a permanent addition makes good sense.

Looking for a school for next fall?

Learn more about Viscount Alexander and its programs by calling the school office at 613-239-2213. Ask questions and arrange a visit. A great little school awaits your call!



One World Awesome Arts Festival debut

On Thursday December 13, the gymnasium at Viscount Alexander Public School was abuzz with excitement as an audience of over 200 attendees took in the One World Awesome Arts Festival. This was the first year the Awesome Arts Festival was being held in Sandy Hill and hopefully not the last.

One World Awesome Arts aims to raise awareness about social justice and environmental issues through the arts. They do this through offering arts-education workshops whereby children and youth explore a variety of global issues through music, theatre, poetry, animation and more.

For ten weeks, children and youth came together every Thursday night to participate in drumming, animation, theatre and spoken word workshops. Each workshop was led by a professional artist who helped the groups to narrow in on a narrative about their specific issue. The drumming workshop featured Junk Yard Symphony, animation was led by Tina LeMoine, Lydia Pépin and Christina Dunn, the theatre group was led by two actors, Tony Adams and Madeleine Boyes-Manseau of Salamander Theatre and spoken word was led by two local poets, Balam Santos and Sarah Musa.

At the end of the ten weeks, the Festival was held so that the children and youth could showcase their creations to their community. Hosted by Jamaal Rogers, the Festival also featured local professional artist performances, in hopes of inspiring the participants to remain connected with the arts. Some of the professional artists who participated were: the Baobab Youth Performers, Julia Dales, beatboxer and singer, Triple A also a beatboxer and TVO show host, Megan Landry, a young musician, Yvon Soglos’ Bboyizm crew and Missing LinX, a local spoken word/rap group.

The event was a huge success and a celebration of the wonderful young talent right here in the neighborhood of Sandy Hill.

A special thank you to United Way and Deborah Woods and the staff at Viscount Alexander for their support of this initiative and to Micheline Shoebridge, Program Coordinator for One World Awesome Arts.

— Gerald Dragon, Sandy Hill Community Health Centre.

La saison hivernale à Francojeunesse

Christine Aubry

La direction, le personnel et les élèves de Francojeunesse souhaitent à tous et à toutes une bonne et heureuse année 2013 ! La fin de l'année 2012 fut célébrée à Franco, comme à chaque année, avec le fameux concert de musique du temps des fêtes organisé par Madame Gabrielle Rousseau, enseignante de musique à Francojeunesse depuis plus de dix ans. Mme Rousseau était encore une fois accompagnée de ses quatre grands enfants (quatuor réputé dans la région de l'Outaouais). La communauté de Francojeunesse s'est aussi rencontrée pour s'échanger leurs meilleurs vœux lors du déjeuner du temps des fêtes organisé par les membres du Franconseil.

Malgré l'arrivée du grand froid canadien, les élèves de Franco n'hibernent pas, au contraire ! Francojeunesse fête la saison avec un Carnaval d'hiver. Les plus jeunes profitent des activités du Bal de neige au Parc Jacques-Cartier tandis que les plus grands se défoulent en patins ou en bottes sur le Canal Rideau. Pour se réchauffer, tous ont droit à un spectacle au gymnase (la pièce de théâtre La Ribouldingue, présentée par leurs enseignants). Suivra une partie amusante de Super Bingo pour tous. De plus, les élèves de 6e auront aussi l'occasion de démontrer leurs talents oratoires en racontant à leurs amis de 3e, 4e et 5e des légendes autochtones. Parents et familles font partie de cet événement en étant invités au souper communautaire de fèves au lard et de macaroni le 31 janvier au soir.

Madame Leclerc, directrice, est très fière d'annoncer que le projet technologique de collaboration entre les élèves de 4e et les élèves de 10e année de l'École secondaire publique De La Salle fut un grand succès. L'élaboration de jeux technologiques et la conception de ces derniers furent entièrement réalisées par les apprenants. Aussi, les élèves de 5e et de 6e années continuent de travailler très fort et avec enthousiasme sur le projet pilote ISO1400 visant à réduire leur empreinte écologique. Chaque enfant apprend non seulement à récolter des données im-



portantes sur la consommation d'énergie, mais va ensuite développer et mettre en œuvre un plan de réduction de déchets et de consommation énergétique à la maison.

Un autre beau projet visant cette fois le développement artistique des élèves sera réalisé au printemps : l'école Franco avait posé sa candidature pour recevoir des ateliers en expression dramatique avec des artistes de « la Vieille 17 ». La classe de 5e de Mme Danielle Raymond est l'heureuse élue. Par conséquent, ses élèves auront le grand privilège de vivre plus de 7 jours de formation avec des artistes chevronnés à l'école en intégrant plusieurs éléments du théâtre au Curriculum.

Autre bonne nouvelle, après une absence de quatre ans, le programme Français en Famille a repris les samedis matins au pavillon Wilbrod. Le but de ce programme est de créer des occasions pour des parents de pratiquer le français avec leur(s) enfant(s) en s'amusant. Ce programme vise en particulier les nouveaux arrivants et les enfants ayant des besoins langagiers à combler. Ils renforcent aussi des liens dans la communauté favorisant le développement encore plus grand de leur construction identitaire. Les parents reçoivent finalement de l'information sur les services communautaires.

Le prochain grand événement à l'école sera la Semaine de la Francophonie (2ième semaine de mars) qui sera, comme d'habitude, très mouvementée à Franco. Des ateliers divers et des visites de conférenciers intéressants sont prévus. Les détails suivront dans la prochaine édition du journal.

Nous aimerions vous rappeler que même si les portes ouvertes pour inscrire les enfants à la maternelle étaient en janvier, il est toujours temps de vous présenter au Pavillon Wilbrod avec votre enfant pour une inscription pour l'année 2013-14. Nous vous demandons de prendre rendez-vous en téléphonant notre secrétaire au : 613-241-0988. Elle se fera un plaisir de vous indiquer tous les documents requis pour procéder à l'inscription de votre enfant.

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A bientôt...



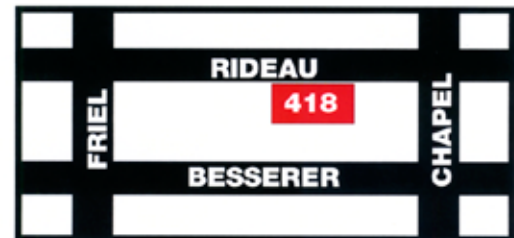
Photo Bill Blackstone

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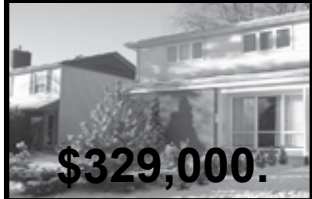
Miss Magic Daintyfoot, a recent Canadian immigrant from the tropics, has to dress carefully for the cold. She has found rolling in the snow is a good way to scratch the itch of unfamiliar clothing.

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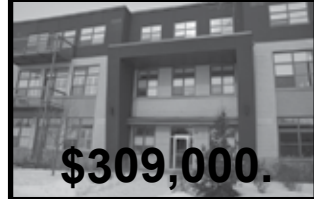
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Photo Larry Newman

“Invisible” people

John Grant’s streetname is Rambo

Larry Newman

Last year IMAGE featured a story about Roger Loutitt, a Cree originally from Attawapiskat, who was often seen panhandling near the Rideau Street entrance to Loblaws. Roger waited for about four years for an apartment to become available and one did last fall. He has since moved on and hasn’t been seen for at least two weeks by his brother, Peter. He has been missing from his old panhandling station for about three months.

I started to think about Roger because, although he was a constant presence in Sandy Hill, I used to ignore him. It was only when I saw him playing his guitar that I stopped to listen and really see him. Since then I learned that, to many of us, street people are invisible; they know that and it doesn’t feel good. Roger’s story and the following story of John Grant are my attempt to shine some light on people whom many of us tend not to see.

John R. Grant, another Cree, can be seen most days in his wheelchair near Roger’s station, between the library and Loblaws. John’s street name is Rambo. “Even the cops call me Rambo. Sometimes they take me home. They just put the wheelchair in the trunk and give me a ride home.”

John is 48 years old and is a member of the Waswanipi Reserve in the southern part of the James Bay area in Quebec. He has two brothers and two sisters now located in various parts of Quebec. When he was young, he worked in the bush with his logger father. When he was 14, his parents and grandfather died. He spent a year in a residential school and was then placed with a foster family in Senne-terre, Quebec, a small town south of the reserve, where he received the rest of his public schooling.

Beginning in 1999, John attended Cana-dore College in North Bay for two years. This is a school with a First People’s Centre and offers a large variety of courses, from trade to professional. He also attended Algonquin College in Ottawa in 2001, in both cases, taking courses in the Liberal Arts and Sciences curriculum.

He still has a trap line on the reserve, but with the logging and now the destruc-tion that comes with mining for gold, most of the animals are gone. When at the reserve, John is a substitute second-ary school teacher. Here in Ottawa he worked as a carpenter and janitor until his accident, when he was hit by a car while crossing the street about a year ago.



John Grant worked as a carpenter and janitor until he was hit by a car.

John has moved around a bit. His most recent stay in Ottawa began almost five years ago. This way, he’s near “his lady” and his 17 year old daughter in Golden Lake, Ontario. He would like to live some place even nearer, like Pembroke, but there are no shelters in Pembroke and it’s hard to get around with a wheelchair. Still, he visits them as often as he can. He hopes to get a power wheelchair soon.

As John and I were talking in the shel-ter of the Loblaws entrance, he was joined by the friends shown in the picture below. Not in the picture is Peter Loutitt, Roger’s brother, who came to chat and left before the picture was taken.

Besides the early deaths of his parents and grandfather, his niece, with whom he lived in Ottawa until two years ago, died by drowning. One day late last February, she said to John, “I’m going swimming.” He reminded her of the temperature but she insisted and walked to the canal where she apparently found some open water. The next thing John knew, the po-lice summoned him to the hospital where he waited with her for two days until she died. This hit John hard.

At various times, John has stayed at the Mission, the Sally Ann, and the Shepherds of Good Hope. While at the Shepherds he participated in the “Wet Program,” where clients can stay in a separate place from the dormitories and cook their own meals. They get an allowance of homemade wine, decreasing in amount as time goes on, in an attempt to reduce binge drink-ing. “They want me back because I’m a good cook,” says John.

Now John Grant sits in a wheelchair on Rideau Street, depending on ODSP (On-tario Disability Support Program) and the generosity of passersby. I’m astonished to see him there, sitting with a crocheted coverlet over his knees and garden gloves on his hands, at minus 40° (wind chill). I think that, in a way, he is like Roger, who answered several “How..?” queries with, “I adapt.”



Photo Larry Newman

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 :
>**Prendre un repas**, qui signifie « se nourrir, consommer divers aliments à des moments précis de la journée » - non pas - manger un repas, ce qui est un angli-cisme.
Ex. - À l’heure du midi, beaucoup de personnes ne prennent qu’un léger repas et ne mangent souvent qu’une salade et un yaourt.

>**Suivre un régime** (sens vaste et général), qui signifie « surveiller son alimentation » - non pas - être au régime, ce qui est incomplet et incorrect.
Ex. - Comme le médecin lui a conseillé de maigrir, le directeur de l’usine doit maintenant suivre un régime d’amaigrissement très sévère.


>**Être à la diète** (sens précis), qui signifie « faire abstraction totale ou partielle de certains aliments » - non pas - être sur une diète, ce qui est un anglicisme.
Ex. - La plupart des gens qui souffrent de diabète doivent être à une diète très sévère, excluant tous les aliments à teneur trop élevée d’éléments nuisibles à leur santé, tel que les glucides par exemple.

>**Maigrir**, qui signifie « devenir plus maigre, plus mince, diminuer de poids » - non pas - perdre du poids, ce qui est un anglicisme.
Ex. - Beaucoup d’adolescentes qui rêvent de devenir mannequins décident de maigrir à tout prix, en se privant de nourriture pendant plusieurs jours de suite, au point d’en devenir émaciées et méconnaissables.

>**Grossir**, qui signifie « devenir plus gros, plus épais, augmenter de poids » - non pas - mettre du poids (anglicisme) ni engraisser, qui signifie « gaver les animaux de nourriture », ou « enrichir la terre d’engrais. »
Ex. 1 - Cet enfant avait tellement grossi depuis son dernier examen médical que le pédiâtre a averti les parents de surveiller son alimentation, sans quoi l’enfant court vers l’obésité précoce.
Ex. 2 - L’éleveur de volailles engraisse ses poulets aux grains de maïs afin de les rendre plus dodus.
Ex. 3 - Selon cet agriculteur d’expérience, il est préférable d’engraisser la terre à l’automne plutôt qu’au printemps, à cause de la période dormante hivernale.

>**Joindre quelqu’un**, qui signifie « communiquer avec quelqu’un par lettre, par téléphone ou par tout autre moyen technologique et populaire » - non pas - rejoindre quelqu’un, ce qui suppose et implique un mouvement de déplacement quelconque.
Ex. - Lors de son départ vers un nouveau travail dans une ville éloignée, le jeune homme a promis à ses parents de les joindre par téléphone dès son arrivée à destination.

>**Se joindre à quelqu’un**, qui signifie « s’associer, s’unir à quelqu’un dans un but quelconque » - ou bien - se joindre à quelque chose, qui signifie « adhérer à une association ou à un mouvement quelconque » - non pas - joindre quelque chose ce qui est un anglicisme.
Ex. 1 - Le mari se joint à sa femme pour offrir ses remerciements à leur hôtesse, lors de la fête organisée pour leur anniversaire de mariage.
Ex. 2 - Afin de profiter de l’expérience de ses aînés, Alexis s’est joint à la Confré-rie des écrivains.



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Le Maire Jim Watson et Véronique Soucy, résidente de la Côte-de-Sable et animatrice à la radio communautaire 94,5 CJFO-FM.

La radio communautaire au service des francophones

Christine Aubry

Parmi ceux qui applaudissent le retour du hockey à Ottawa se trouve Véronique Soucy, résidente de la Côte-de-Sable et directrice de la programmation au 94,5 CJFO-FM. Mme Soucy, qui anime aussi l'émission du matin VéroCité, est fière d'annoncer que pour la première fois, les Sénateurs d'Ottawa ont une voix dans leur marché naturel. Le 94,5 a conclu une entente avec Intersport Productions et les Sénateurs d'Ottawa pour diffuser tous les matchs des Sénateurs en français, en compagnie des animateurs Nicolas St-Pierre et Alain Sanscartier. Et pour les vrais mordus du hockey, le 94,5 diffuse aussi les matchs des 67 d'Ottawa avec Chad Boucher et Denis Girouard.

Pour ceux qui ne la connaissent pas encore, le 94,5 est la seule radio francophone diffusée à partir d'Ottawa (à l'exception de Radio Canada). En ondes depuis l'automne 2010 et située au 245 avenue McArthur, c'est une station au service de la communauté francophone de la région d'Ottawa. Fait surprenant, notre région est un des plus gros marchés radiophoniques d'Amérique du Nord avec 30 stations de radio. « Ce n'est pas facile de se faire connaître dans ce marché, et pour le 94,5 la tâche est colossale. Mais je pense que les francophones de la région gagnent à écouter le 94,5 pour savoir ce qui se passe chez eux », raconte Mme Soucy.

En effet, au 94,5 vous entendrez souvent des entrevues avec les ministres et conseillers de la région, tels que Madeleine Meilleur, Mathieu Fleury, et notre maire Jim Watson. De plus, le 94,5 se veut

une radio qui favorise l'intégration des nouveaux arrivants dans la communauté francophone régionale avec une programmation qui gravite autour des domaines socio-politiques, de la santé et des activités communautaires.

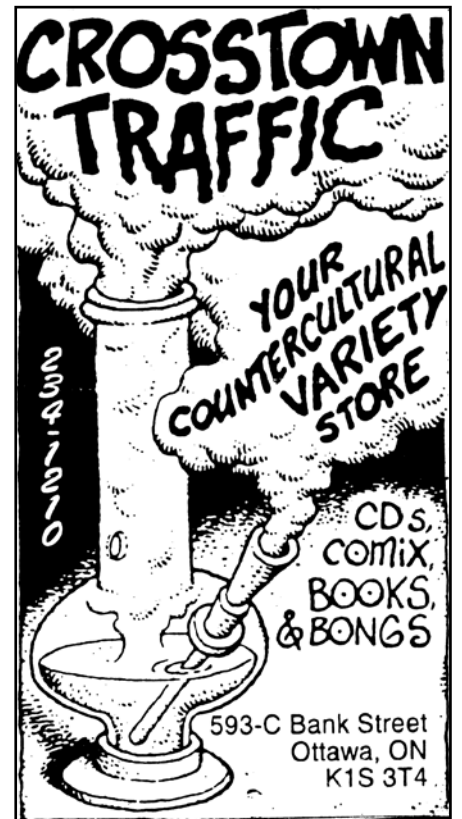
« On essaye d'être partout », explique Mme Soucy. Les animateurs se trouvent souvent aux événements communautaires, dont notamment le Festival Franco-Ontarien et les festivités de la St. Jean au Parc Richelieu-Vanier. Le 94,5 est aussi fier d'être partenaire du gala des Prix Trille Or qui récompensent les artistes franco-ontariens et de l'Ouest canadien.

En effet, le 94,5 favorise l'expression de la culture francophone et de la francophonie, ainsi que l'épanouissement des artistes de la francophonie canadienne. Au 94,5 vous pouvez entendre les nouveaux artistes francophones qui ne sont pas souvent diffusés sur d'autres chaînes, tels que Tricia Foster, Annick Granger et Gabrielle Goulet.

Même si le 94,5 se fait un devoir d'aider les nouveaux artistes francophones à se faire connaître, vous y entendrez aussi les classiques tels que Daniel Bélanger, Francis Cabrel, Céline Dion et Daniel Lavoie. Et vous aurez la chance d'entendre des entrevues avec de grandes personnalités francophones telles que Véronique DiCaire, Bruno Pelletier et Damien Robitaille.

Le 94,5 se différencie aussi des autres stations francophones de la région en offrant une programmation musicale très diversifiée en soirée et en fin de semaine, qui comprend notamment la musique haïtienne, acadienne, instrumentale et classique. De plus, le 94,5 offre de la musique 100 % francophone les samedis et dimanches entre 10 h et 15 h.

Mme Soucy souhaite beaucoup faire connaître le 94,5 CJFO-FM aux auditeurs de la Côte-de-Sable. Vous pouvez l'écouter en direct à partir du site web www.cjfofm.com. Vos suggestions et demandes spéciales sont les bienvenues et la salle de nouvelles répond bien aux besoins de la communauté. Si vous avez quelque chose à communiquer, vous pouvez appeler au 613-745-5529 ou envoyer un courriel à : nouvelle@cjfofm.com.



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The future of the St. Clement building on Mann Avenue

Larry Newman

There's been a FOR SALE sign in front of St. Clement church at 87 Mann Avenue (between Chapel and Russell) for a few months now, since the St. Clement parish moved to a building in Lowertown. This has attracted some interested parties, including the trio who addressed the Action Sandy Hill Board of Directors meeting on January 28.

Rakan Abushaar, investor, Robert Martin, architect, and Katherine Grechuta, planner, revealed their proposal to buy and convert the church. They expressed interest in showing their conversion proposal to the community, starting with ASH, to get feedback on their design. Mr. Martin was the primary speaker, identifying himself as a conservation architect and a volunteer member of the City Urban Design Review Panel. It is worth noting that Mr. Martin is the architect who designed the conversion of a single family home at 45 Blackburn to a 4-unit building.

They have not yet committed to buying the property but they revealed plans to convert the church and the associated residence and garage to house about 50 apartments, largely bachelor units, in the 200 to 300 sq. ft. range. This conversion was referred to by Mr. Martin as "adapted reuse". It's clear that it will be attractive to U of O students.

The exterior of the church would remain largely the same; the changes would be to its in-

terior and to the existing residence and garage. The "bones" of the church are said to be good and the laminated beams will be retained. The residence would be replaced with a multi-storey building, the roof of which will mimic the roofline of the church. The drawings show the windows would also mimic the large centre front window of the nave.

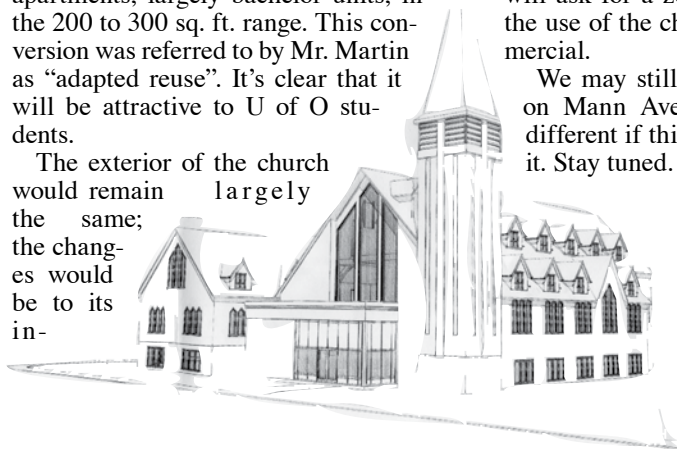
Since each bedroom is required to have a window, dormers will be built on the east and west sides of the church roof as well as on the building replacing the residence. No decision has been made yet about the future use of the nave and the tower: perhaps a climbing wall in the tower. Some thought has been given to providing commercial space in the half basement on the Mann Avenue side.

The City will be asked to make two exceptions to allow this project to be realized. Its use as a church had required parishioners to find parking only one day a week for the most part. As a residence, there will be a need for parking daily. Generally, the City requires 0.5 parking spaces on site for every living unit. The developers will ask to pay the City cash in lieu of providing ten extra spaces.

Zoning is interesting for this property as half of it is zoned residential and the other half is institutional. The investors will ask for a zoning change to "adapt" the use of the church to residential/commercial.

We may still see St. Clement church on Mann Avenue, looking not much different if this investor decides to buy it. Stay tuned.

Draft perspective of view from Mann Avenue, presented by Robertson Martin Architects at the January meeting of Action Sandy Hill.



Just ask IMAGE ... About your pets

Eleanor Woolard

My 10 year old cat has started pooping outside her litter box. I clean the litter daily and she still uses it for peeing. What's wrong?

Litter box problems are by far the most common cat issues. First, see the vet; older cats may develop a number of conditions that change elimination behaviour. Most can be managed with a change in diet, but it requires a vet to diagnose what changes to make.

If your vet finds no physical problem, the cat is not happy. Have you recently got another cat? A dog? A new room mate? A new litter box? A new kind of litter? Have you changed your habits or moved her favourite chair? Did you buy an ammonia-based cleaner? Analyse recent changes in her environment and, if possible, change back. If that is not possible – if the new pet/room mate is here to stay – give her extra attention or treats in the presence of the newcomer. Ammonia is a strong component in cat urine so avoid ammonia-based cleaners. If she uses one particular area for pooping, put a second litter box on it. It may be there is something there triggering the behaviour, or she just wants two boxes.

Almost all litter box problems can be resolved with one of these suggestions. If you try them all, and still have no luck, you might try an animal behaviourist. Check out Jackson Galaxy on the internet.

My boyfriend has one of those little barky dogs; it's making me crazy! I've asked him to do something, but he just shrugs and says, "Dogs bark." Now what?

Some people don't train small dogs because they think they can't really make problems, or that barking, nipping, chewing is "cute". Clearly, he's one. Get a new boyfriend who's a little more responsible and responsive to the needs of others.

Dogs bark for many reasons: play, warning, fear, attention seeking, even boredom. You want them to bark, a rea-



The August Personage of Jade, aka Gus-Gus, viewing the winter from his preferred bed by the window. He is clearly not impressed.

sonable amount at the right times. Many people have been saved from crime or disaster because their dog warned them by barking.

Most dogs learn when to bark and when not to as they grow; basic training helps. Make sure your dog gets lots of exercise, and teach it to sit and lie down on command. Use patience and reward-based training, and don't shout; to a dog, a shout is a bark, and tells him/her that barking is okay. Then, when your dog barks at the wrong time, or too much, distract it by having it sit or lie down. Be sure to reward obedience with treats, praise or some other benefit. Soon, the dog will realise that you do not want a lot of barking.

If a barking problem persists past adolescence, it is time for direct bark control training. As long as the training is positive, and not punishment based, a little patience will get the noise level down.



Mr. Jimmers Slimeytongue, a recent Canadian immigrant from the tropics, is glad to find that dogs everywhere write p-mail in the same language.



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Perfect Day for Winter Carnival/Carnaval d'hiver!

Barbara Brockmann

Perfect! The Annual Sandy Hill Winter Carnival/Carnaval d'hiver on Sunday, January 20, managed this year to insert itself perfectly between a soggy winter morning, replete with puddles, and a series of the coldest days on record in the last decade. By 2:00 p.m., when the Carnival began with the jingling of bells on John Cundell's horse-drawn sleigh, the ice was once again perfect for skating as crowds of children (and the young at heart) came to celebrate winter in Sandy Hill.

Outdoor activities from 2 p.m. until 4 p.m. included yummy free winter fare like hot chocolate and maple sugar taffy, 'shoot to win' on the ice, a lively game of broom ball with many children under eight, horse-drawn wagon ride through the streets of Sandy Hill and, of course, conversation with neighbours new and known! Indoor activities from 4 p.m. to 7 p.m. included a well-attended crafts table, games for young children organized by Avya Stolorow and Kathleen O'Keeffe, a delicious buffet of hot foods (various types of chili being the accidental theme this year!); and once again--conversation with neighbours new and known!

Local businesses gave generously of food products and gift certificates to both the buffet and the draw. Thanks go to: Sandy Hill Grill, Michael's confectionery, The Royal Oak, Perfection-Satisfaction-Promise Vegetarian Restaurant, Garden of Light Gift Shop, Freshii, Fleur Tea, Salito Pizza, Ayoub's, and Stone Soup Foodworks.

Organized by longtime Sandy Hill resident Barbara Brockmann, and assisted by ASH members Jawad H. Qureshi and Julie Croteau, as well as Michael O'Keeffe and community activist Diane Beckett, this event couldn't have taken place without the help of All Saints Church (whose adult and teenage members stirred the hot chocolate), François Bregha (who poured the delicious maple syrup taffy along with Diane), two young adults (Derek McDonald and Yasmin Salad) who organized games with the kids, and various helpful ASH and Sandy Hill Community Centre members. As well, other participants and a friendly group of teenagers helped extensively with the take down and cleanup.

Action Sandy Hill, the sponsor of this event, encourages you to SAVE THIS DATE: the third Sunday of January next year! If you would like to be involved, or make sure your school or organization gets a reminder notification, please contact ASH and the Special Events Committee by phone at 613-241-4646, or by email at info@aash-acsc.ca.



Carnival fun on and off the ice.

Photos
Iain MacDonald



Paul Michniewicz
The Subject Master

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Food trucks send thanks

The two food trucks were thrilled with the article in the fall issue of IMAGE and then the repeat of the core information in the last issue. The colour photos were awesome - both times! To say thanks, the Stone Soup provided a 20 pound pail of their delicious chili for the Winter Carnival. The Blue Relish truck wanted to do something too, but I was busy and got to him too late. His wife runs a business and he has two kids - so his weekend was already packed full.

Diane Beckett
Chapel St.

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Lentils—the other dried legume



Dodi Newman

Everybody knows about and has tasted dried beans or peas, but not so many of us know much about lentils. Let me introduce you.

Canadian lentils are a homegrown superfood, grown mostly in Saskatchewan, and packing quite an economic wallop: \$867 million in farm cash receipts and exports totalling \$1,027 million in 2009 - quite an achievement for the smallest dried legume. They are a superfood because they are high in fibre, potassium, folate, protein, iron, and manganese; at the same time they have very low GI (glycemic index) values.

What's more, they taste great, don't have to be pre-soaked, and don't have the unwelcome after-effects of dried beans. Use them in anything from appetizers to desserts (for good ideas, check out this website: www.lentils.ca and go to "Simple Nutrition" in the menu bar).

Of all the lentil varieties, my favourites are French lentils, or lentilles du Puy, because they are flavourful and will not turn to mush. Following is a basic recipe. Serve it as an entree with whole grain pasta and a green vegetable; or add hotdogs, substitute a little cider vinegar for the Parmesan and rosemary, and serve with a slice of rustic bread; or top it with plain yogurt and have it for lunch. Bon appétit!

Herbed Lentils

Serves 3-4 as an entrée

1 medium carrot, finely diced
1 stalk celery, finely diced
1 shallot or one small onion, finely diced
1 small clove garlic, finely diced
2 tablespoons olive oil
1 cup green or black French lentils, washed and picked over
2 1/2 cups homemade vegetable broth or water
1/2 teaspoon dried rosemary (or a small fresh sprig)
1/4 teaspoon dried thyme (or a scant teaspoon fresh, leaves only)
salt and freshly ground black pepper
2 tablespoons chopped fresh parsley
freshly grated Parmesan cheese to taste, optional

Slowly sauté the carrot, celery, shallot and garlic in the olive oil until the vegetables are somewhat soft but not brown. Add the lentils and stir for a minute. Add the broth or water, the rosemary and thyme, bring to a boil, cover the pan and turn the heat down to simmer. Cook for 30 minutes or until they are almost done (the fresher the lentils, the shorter the cooking time), adding water as needed; there should not be less than 1/2 cup at any time. Add salt and pepper to taste, stir and continue to cook until the lentils are done. Stir in the parsley and Parmesan, if using, and serve.

The lentils keep in the refrigerator to 3-4 days or in the freezer for up to three months.



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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



Ayoub's, 322 Somerset St. E. It's well worth keeping the home-made Lebanese food at Sandy Hill's favourite corner store in mind. A Saturday lunch of cheese bread with eggplant salad or another vegetable dish on the side will make you happy all afternoon. Ayoub's falafels are small and crisp, and reheat beautifully for a pita sandwich with baba ganouj or hummus and tabouleh. The leftovers are also very consoling on Monday when lunchtime at the office rolls around.

Levante Bistro and Lounge, 180 Rideau St. Levante's beef tenderloin special was great last week; cooked to order and served with date and cranberry chutney,

roasted potatoes and beautifully cooked vegetables. During Winterlude, this dish is one choice on a special 3-course menu offer for \$35. Live jazz starts at 7:00 on Tuesdays, and on Tuesdays and Wednesdays you can bring your own wine for a \$10 corkage fee. The selection of wine by the glass is also interesting and reasonably priced. Open Monday-Saturday for dinner, and Thursday-Friday for lunch as well.

Mu Goong Hwa Garden, 376 Rideau St. This bright, new restaurant offers a menu that will be familiar to any fan of Korean food, including entrees of bulgogi and bibimbap for \$12.95. The menu also features dishes to cook on individual table-top barbecues, and a good selection of sushi and other Japanese favourites like tempura and bento boxes. Open from 11:30 to 10:00, seven days a week.

Relish Food Truck, corner of University and Copernicus. For \$8.00 Relish serves a hot lunch that would make many bistros proud. The crispy polenta with pork belly, tomato-onion relish and mixed greens is delicious, and the Mac'n Cheese is a very satisfying mix of perfectly cooked pasta, creamy cheese sauce, and nuggets of fresh tomato along with flavourful nuggets of pepper, coriander, optional bacon, crisply fried onions and lashings of smoky red sauce. Open Monday-Friday from 11:00-late afternoon.

Silver Spoon Express, 503 Rideau St., 613-688-8889. On a very cold night, Chinese food delivered to your door has a certain allure. With Silver Spoon Ex-



Photo Clive Branson

press (formerly Spring Roll King), you don't have to stick to Chinese; you can have your General Tao's Chicken (\$9.95) along with Thai Panang Curry Tofu, (\$8.95), both featuring crisp, bright vegetables along with the main ingredients in their tasty sauces. Portions are generous and will likely leave you with leftovers for lunch.

Stone Soup, corner of Marie Curie and Jean-Jacques Lussier. There's a little tarpaulin corridor providing shelter from the wind at both of the great food trucks on campus this season. For \$8.84 a bowl of Stone Soup's lentil soup with rosemary, a hunk of crusty bread, and a tender taco well-stuffed with the tastiest refried beans in town will carry you through a day of classes. Open Monday-Friday from 11:00 to 6:00 or until supplies run out.



Première Moisson's new shop on the main floor of the new Social Sciences building.

Two hidden food gems at University of Ottawa

Diane Beckett

I wrote in earlier editions of IMAGE about the two wonderful gourmet food trucks at the University of Ottawa. And now I have discovered that the university also has two hidden food gems – a farmers' market and an artisanal food shop.

The farmers' market is located in the Agora in the University Centre. There will be three more markets before the end of the school year – and hopefully it will return in the fall. The food shop is located on the ground floor of the new Social Sciences building at 120 University Private, across from the University Centre.

The U of O Farmers' Market features some of the same awesome local vendors that frequent the Main Farmers' Market (on Main Street) and the Ottawa Farmers' Market (which has been located at Lansdowne and Brewer parks). The three remaining U of O Farmers' Markets this year are February 12, February 28 and April 11. They are from 9-4 in the University Centre on campus. Some of the usual vendors include:

Hall's Apple Markets which has fresh apples that taste as if they have just come off the tree (they know how to store them); delicious baked goods including fruit pies and cookies; tasty, all natural, sugar-free apple butter (with no artificial sweeteners); and non-alcoholic apple cider – both fresh and sparkling in large jugs, festive bottles and individual servings. My young adult son and his friends like the sparkling apple ciders better than they like soft drinks and wine! The distinctive, old-style glass soft drink bottles for the individual servings, the champagne-like bottles and packaging of the festive bottles, and the innovative flavours such as peach-apple, cherry-apple and mulled (cinnamon)-apple, are no small part of that attraction.

Upper Canada Cranberries, located south of the Ottawa International Airport, is the only cranberry grower in eastern Ontario and one of only three growers in all of Ontario. They have whole cranberries, unsweetened dried cranberries, sweetened cranberries and maple syrup sweetened cranberries, as well as cranberry beverages, chutney, sauce and jam. I have been putting cranberries into everything I make ever since I discovered a local source for this nutritious and colourful product. It cheers up my vegetable dishes and oatmeal during the winter. I had stocked-up on Upper Canada Cranberries products at the last Ottawa Farmers' Market of 2012, but was already running low, until I came across this new source.

Other vendors include:

The Fledermaus MicroBakery with various baked goods and preserves;

Log House Perennials – knitted hats, scarves, home-made soaps, pickles, baked goods and preserves;

Raon Kitchen has a variety of styles of kimchi, a popular Korean condiment.

There is also the Worm Lady, which is a vermicomposting business. Her dem-

onstrations, which illustrate how the worms turn food into compost, should interest any pre-schooler and thus turn a shopping trip into a trip to the zoo. Your family could even acquire some pets that earn their keep!

I hope to review the products from these vendors in a future column.

Sometimes low sales cause vendors to leave by 3:00 and others (such as B. Goods Bakery, who is famous for his gluten-free and vegan baked goods, and 5 Cupcakes which has a variety of gluten-free baked goods) to drop out. I expect that this situation will improve significantly when the residents of Sandy Hill discover the wonderful U of O Farmers' Market.

The U of O Student Federation, which runs the market, told me that they are always looking for new vendors, so if you know any farmers or local crafts people, please contact Gabrielle Arkett, Campaigns and Events Supervisor, Sustainable Development Centre, Student Federation, 613-562-5800 ext. 4898, sustainable.campaigns@sfuo.cawww.green.sfuoc.ca

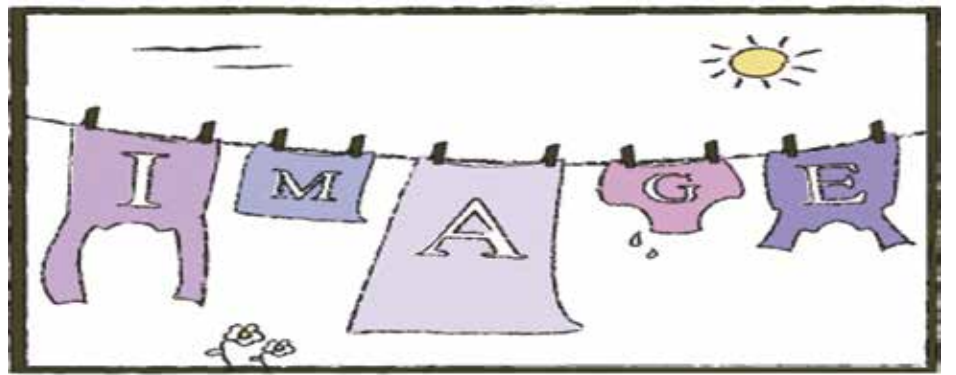
The second hidden gem is **Première Moisson**, a family-owned artisanal food company based in Quebec, which proudly features Quebec natural ingredients in its products. The shop is tucked away at the back of the main floor of the new Social Sciences building. It doesn't even have a sandwich board outside on the sidewalk to indicate its existence.

I have heard rumours that it is a popular destination at the Atwater Market in Montreal. It wouldn't surprise me, as the shop carries an enticing range of high-end baked goods, fine pastries and cakes, breads, take-out meals, savoury pies, organic pasta and pasta sauces, condiments, candies and nuts.

When I was there, the take-out meals included breakfast croissants and fancy muffins, a daily soup and grilled sandwich, a variety of veggie and grain salads, and a chicken and veggie couscous special, as well as speciality coffees and herbal teas. The food items include freshly baked ancient grain and sprouted breads, balsamic vinegar, olive oil, savoury and meat pies and quiches, sauerkraut, ratatouille, and pasta sauces. The condiments included three types of ketchup, a range of pickles, tapenade, jams and spreads. I was especially attracted to the banana and chocolate spread, and the sweet and sour apple cranberry and blueberry confit. The chocolates, nuts, jams and cookies are perfectly packaged for giving as gifts. There are lollipops for kids, chocolates for adults, and fruit candies and spicy nut mixtures for families.

The U of O is becoming a foodie destination with its gourmet food trucks, farmers' market and artisanal food shop. I have also heard that the students run a free vegan lunch every Wednesday called the People's Republic of Delicious. That is next on my list to check out!

Photo: Bill Blackstone



BULLETIN BOARD

Hablas español? Seeking someone to teach Spanish through conversation. One hour week, daytime, weekday. Will pay. Call Christine at 613-230-9461.

Cool cooking for preteens: Knowing what's in food helps us make healthy choices. We are inviting pre-teens 9-12 to a cooking and nutrition workshop over March Break. The sessions will take place at the Centretown Community Health Centre, 420 Cooper Street. Bus tickets will be provided. Pick one of three sessions; registration required. March 13, 14 or 15, 10:00 a.m. – 1:00 p.m. For information or to register call Olly, dietitian at the Sandy Hill Community Health Centre at 613-244-2792

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Personal fitness

Understanding the core

Corbin Williams



What is the core? If you asked most people, they'd tell you it's the "abs", the stomach muscles, or maybe the muscles of the midsection, which is a better description. But what *is* the core, and what does it do for you?

The core is made up of many muscles, some that lie very deep in the body, and some that are closer to the surface. The deep muscles (often called the inner unit) work to keep the spine and sacroiliac joints (the junctures where the spine and the hips meet) in good shape.

The muscles closer to the skin (often called the outer unit) work to create movement, and they reinforce the inner unit when loads are too heavy for it to manage on its own. (The *rectus abdominis*, colloquially called "the abs", is a member of the outer unit.)

The inner and outer units are equally important, because they work as a team. If either one is weak, there's likely to be an injury at some point. I find that many people tend to be stronger in the outer unit than in the inner unit, while some might have strong inner and outer units that don't work well together. A core that works well integrates the muscle systems of the body and protects the spine and hips during movement; it both initiates movements and protects against them. This is what improves balance and coordination and is what makes a properly functioning core so important.

There are many ways the inner unit can weaken: in my experience, sitting in a chair all day is often the culprit; sustaining spinal and hip injuries are also factors for some people.

What about the inner and outer units not working well together? Working out on

Valentine's Dance, fundraiser for The Hurt Association which is a registered non-profit charitable organization founded by Diane George in 2012 and run by a group of volunteers. Our mission is to assist women in abusive relationships by providing them and their children with emergency services to allow them to leave dangerous and life-threatening situations. Valentine's Dance and Live Auction.

Sat. Feb. 16, 2013, 7:00 p.m. – 1:00 a.m.

Tickets: \$25 available online at www.eventbrite.ca/event/5288514088. If you can't attend but would like to donate goods or services for the auction or make a cash donation (receipts for income tax purposes available upon request for donations greater than \$25.) contact Diane George at 613-371-0243 or e-mail your name and number to: thehurtassociation@gmail.com.

Location: The Ottawa Police Association - 141 Catherine St., 2nd Floor (Meryle Cameron Hall) - parking is on the south side of Catherine St.; the City also leaves the gate open in the lot across the street after hours.

Dress: Semi Formal - wear red – optional. 50/50 draw, bar, live auction, door prizes, DJ Frank Claeys - FAC Music.

Come out and dance the night away at this special Valentine's Dance and Live Auction to help make a difference in women's lives.

old-school machines that provide a seat and a support for your back (and in some cases allow you to strap yourself in with a seat-belt!) and then doing a few planks, leg raises, and crunches at the end of a workout is a great way to confuse the muscle systems of the body in the long run. (That said, I think machines are a great first step for those recovering from an injury who need to get their muscles working again.)

So, now that you have a basic understanding of what the core does and how to make it weaker or less efficient, the question is how do you make it stronger and more integrated with the muscles of the body?

The answer is functional training, but unfortunately this has become a buzzword of late. I've heard squatting down while curling dumbbells with the arms called functional training, and I've heard replacing a bench with a stability ball in a bench press called functional training. So what is it? Look for more on effective functional training.

Corbin Williams is a local Personal Trainer specializing in fat loss, general strength, postural correction, and chronic low back pain. Contact him at corbinwilliamspt@gmail.com (613) 204-0206.

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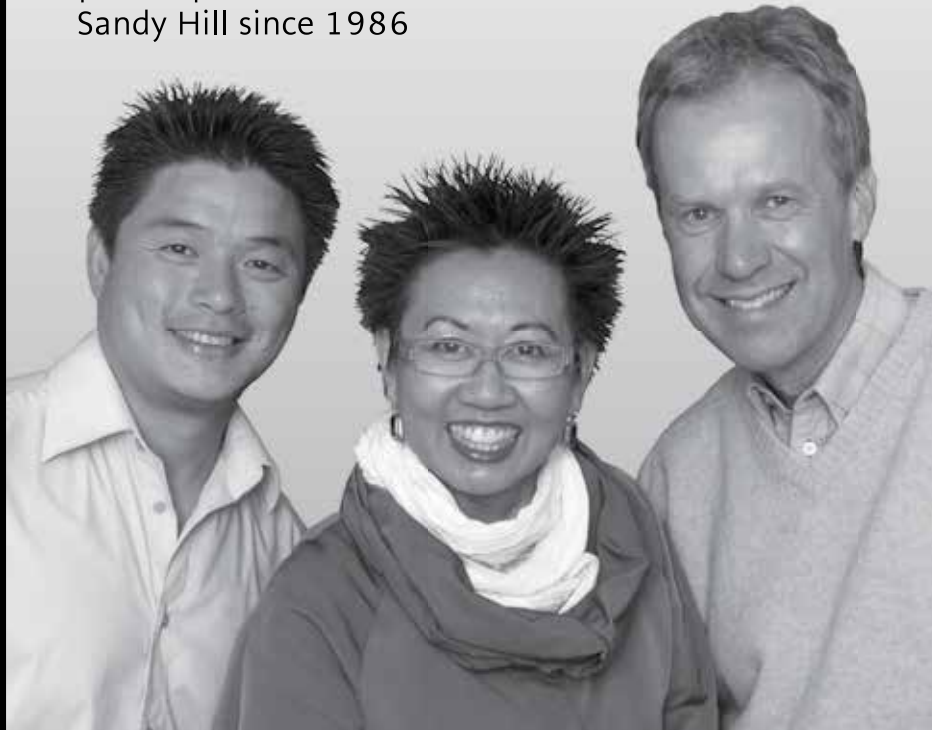
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For our children, and theirs

Jon Legg

The following is a slightly edited letter I gave for Christmas, along with a book, to my wife's children and their spouses.

This book is for you, but especially, for you to use with your children. You certainly don't need to read it all, but I strongly suggest part of the last chapter (number 12), entitled "Twenty Pieces of Personal Advice." Following is some background about the author and the book.

The book was published in 2012, forty years after *Limits to Growth*, the groundbreaking book about the future of humanity on our planet, was published. The author of 2052, Jorgen Randers, co-wrote *Limits to Growth* and two follow-up books in 1992 and 2004. In other words, he has been thinking about the future for well over four decades. Randers and the Club of Rome agreed that he should prepare a study about the next four decades; hence the title, 2052 : A Global Forecast for the Next Forty Years.

Whereas the three "limits" books were based on a systems analysis of the major trends in five areas (population, industrial production, agricultural production, depletion of natural resources, and pollution), 2052 is written in narrative form. Randers makes the book more authoritative by inviting experts in a number of different disciplines to contribute their specialized forecasts in their own specific areas. He then discusses the implications of his forecast, and gets into fascinating areas such as humanity's ecological footprint and collapse.

Chapter 12 includes Randers' personal conclusions, based on how he sees the evolution of our species' situation over the next forty years. Some of the 20 pieces of advice are very down to earth. For example: "Do Not Acquire a Taste for Things That Will Disappear", and "If You Can't Stand a Job in Services or Care, Go into Energy Efficiency or Renewables". Others are specifi-

A Global Forecast
for the Next Forty Years



Jorgen Randers

A REPORT TO THE CLUB OF ROME
COMMEMORATING THE 40TH ANNIVERSARY OF
The Limits to Growth

cally for your children, e.g. "Don't Teach Your Children to Love the Wilderness". He gives a convincing rationale for each piece of advice.

What is particularly credible is that Randers assumes that we will continue to do what we have done over the last several decades by producing more people, more consumption, more growth, more pollution, more global warming and more ignoring of negative trends. Although he makes it clear that he would rather be describing a better future, his tone is analytical, instructive and never preachy. It is clear from the generality of his forecast that any new initiatives towards sustainability could improve the world he describes.

The whole book is very worthwhile reading; you may be sufficiently intrigued by his advice to make your own judgement – by reading the rest of the book – about how he sees the future evolving. I believe that Randers is better qualified than almost any other futurist to write such a book. His past three books have stood the test of time.

I hope you find the book to be useful, and ideally, valuable.

The book, 2052 : A Global Forecast for the Next Forty Years, by Jorgen Randers, and published in 2012 by Chelsea Green Publishing, is available on Chapters Indigo and Amazon and can be ordered from nearby independent booksellers, such as Perfect Books on Elgin Street

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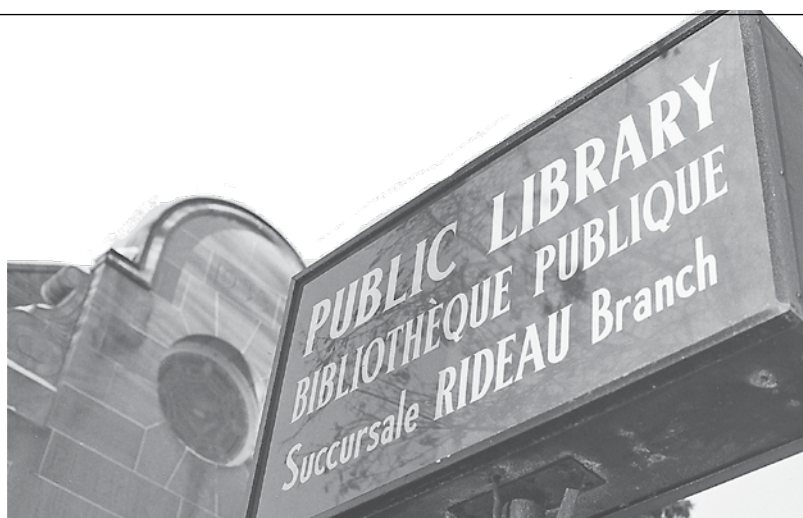
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MARCH BREAK and more at the Rideau Library

Take advantage of your local branch of the Ottawa Public Library. You'll find programs for toddlers and preschoolers, for school-aged children and for adults. From March 11 to 15, the library is offering fun daytime activities for kids aged 6 to 12.

Profitez des activités offertes par la succursale Rideau de la Bibliothèque publique d'Ottawa. Vous y trouverez des programmes pour les tout-petits, pour les enfants d'âge scolaire et pour les adultes. Entre le 11 et le 15 mars, la bibliothèque organise des activités spéciales durant la journée pour amuser les enfants âgés entre 6 et 12 ans.

Family Storytime/ Contes en famille
Bilingual/Bilingue. Tuesday mornings, 10:30 am-11:05 am, Feb. 12, Feb. 19, Mar. 26. Stories, rhymes and songs for children of all ages and a parent or caregiver. Drop-in. / Contes, comptines et chansons pour les enfants de tous âges et un parent ou gardien. Inscription non requise.

Morning Book Club. English.

Share the enjoyment of good books in a relaxed atmosphere. Today's book: The Cellist of Sarajevo by Steven Galloway.

Frontier College Reading Circle / Cercle de lecture Frontier College
Bilingual/Bilingue. TSaturdays, 10:45 am-11:45 am. Help your child become a

better reader through stories and games led by Frontier College volunteers. Ages 5-10. / Aidez votre enfant à devenir un meilleur lecteur au moyen d'histoires et de jeux animés par des bénévoles du Collège Frontière. Pour les 5 à 10 ans.

Evening Book Club English. Monday, Mar. 4, 7:00 pm-8:30 pm. Share the enjoyment of good books in a relaxed atmosphere. Join us for a discussion of The Antagonist by Lynn Coady.

Amazing Animal Homes/ Habitats animaliers, bien particuliers.

Bilingual/ Bilingue. Monday, Mar. 11, 2:00 pm-3:00 pm. Animal architects and their amazing creations. For ages 7-12. Drop-in. / Les animaux architectes et leurs créations étonnantes. Pour les 7 à 12 ans. Inscription non requise.

Home Sweet Home/ Doux foyer.

Bilingual/ Bilingue. Tuesday, Mar. 12, 10:30 am-11:05 am. Stories, rhymes, song and crafts for children of all ages, and a parent or caregiver. Family program. Drop-in. / Contes, comptines, et chansons pour les enfants de tous âges et un parent ou gardien. Programme familial. Inscription non requise.

Paper Beams for Paper Buildings/Des poutres en papier Bilingual/ Bilingue.

Tuesday, Mar. 12, 2:00 pm-3:00 pm. Discover uniquely shaped architecture from around the world and build your own mini-building with the Ottawa Art Gallery.

Ages 9-12. Online registration required. / Viens construire ton propre mini-édifice, inspiré d'exemples d'architecture unique de partout au monde avec la Galerie d'art d'Ottawa. Pour les 7 à 12 ans. Inscription en ligne requise.

Welcome to the Neighbourhood/Viens visiter mon quartier. Bilingual/ Bilingue.

Wednesday, Mar. 13, 2:00 pm-3:00 pm. Take a story walk 'round the block and re-create your neighbourhood with a craft activity. For ages 7-12. Drop-in. / Fais le tour du quartier en histoires et recrée ton voisinage avec un bricolage. Pour les 7 à 12 ans. Inscription non requise.

Nature Art/Art Nature.

Bilingual/ Bilingue. Thursday, Mar. 14, 10:30 am-12:00 pm and artist, Marc Walter, invites you to explore your creativity while making art from elements of nature. For ages 6-12. Online registration required. / Artiste environnemental, Marc Walter, vous invite à explorer votre créativité lors de la manipulation d'éléments naturels. Pour les 6 à 12 ans. Inscription en ligne requise.

Rock your Room! / Décore ton espace!

Bilingual/ Bilingue. Friday, Mar. 15, 2:00 pm-3:00 pm. rafty ideas to make your space special. For ages 7-12. Drop-in. / Des idées géniales pour personnaliser ton espace. Pour les 7 à 12 ans. Inscription non requise.

Illustrations Dawna Moore

CALENDAR

February - March 2013

Events and shows taking place in or near Sandy Hill

Every Sunday – The Ottawa Art Gallery presents Creative Sundays, hands-on art-making activities for children and adults, free, no registration required, from 1:00 – 3:00 p.m., The Ottawa Art Gallery, Arts Court, 2 Daly Ave., 613 233-8699, ext. 228., www.ottawaartgallery.ca.

Every fourth Sunday – The Open Table community meal for students. Come and join us for good food and good company at All Saints' Sandy Hill, Laurier Ave. E. at the corner of Chapel St. We eat. We meet. We reflect. And we connect – with each other, with God, and with the community. We try to work out what it means to be faithful in the midst of work, school, family, and relationship. In short, our community seeks to encourage one another as we connect the dots between faith and real life. It's free and fantastic. Beginning 4:30 p.m. (every fourth Sunday). Visit www.theopentable.ca.

Now until Feb. 18 – Downtown Rideau presents Chill Factor, 18 events offering over 85 shows and activities, featuring 12 of the city's most creative organizations, held at 12 of Downtown Rideau's most esteemed venues, full details available at www.downtownrideau.com.

Now until Feb. 23 – The OAG's ART Rental and Sales presents New Works by Amy Thompson, The Ottawa Art Gallery, Arts Court, 2 Daly Ave., 613 233-8699, www.ottawaartgallery.ca.

Now until Mar. 17 – Natural Motif: Lorraine Gilbert and Natasha Mazurka, The Ottawa Art Gallery, Arts Court, 2 Daly Ave., 613 233-8699, www.ottawaartgallery.ca.

Now until Apr. 7 – OAG's Silver Anniversary Exhibition, Heart of the Moment: Selections from the Permanent Collection, The Ottawa Art Gallery, Arts Court, 2 Daly Ave., 613 233-8699, www.ottawaartgallery.ca.

Now until Apr. 29 – Brew: Beer, Conversation & God, a weekly event designed to encourage participants to read and discuss issues of culture, God, science, art, business and politics and be challenged in different faith-filled ways; each week we will examine five questions or thoughts and the discussion is open, 8:30 p.m., Royal Oak, Laurier Ave. E. between King Edward and Cumberland, downstairs, for more information visit: <http://www.theopentable.ca/brew-beer-conversation-god/>.

10, 16, 17 fév. – Créations In Vivo: 20 000 lieues sous les mers (en français seulement), billets à 25 \$ (adulte), 15 \$ (étudiant), au Studio de la Cour des arts, 2 avenue Daly, 613 233-8699. www.ottawaartgallery.ca.

Feb. 12 – Mar. 2 – Pride and Prejudice, a romantic comedy by Helen Jerome, dramatized from Jane Austen's novel, directed by Geoff Gruson, Ottawa Little Theatre, 8:00 p.m., \$25, \$22 (seniors), \$12 (students), 400 King Edward Ave., 613 233-8948, www.ottawalittletheatre.com.

Feb. 12, Feb. 26 and Mar. 12 – The Tree Reading series meets the second and fourth Tuesday of each month, featuring John Steffler plus open mic (Feb. 12) and Monty Reid and Nina Berkhout (Feb. 26), Stuart Ross (Mar. 12), Arts Court Library, 2 Daly Ave., doors open at 7:30 pm, 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.

Feb. 15 – SAW Video Media Art Centre presents Surface Tensions: The Films and Videos of Pierre Hébert, doors open at 7:30 p.m., screening at 8:00 p.m., tickets \$5 at SAW Video, 67 Nicholas St., 613 238-7648, www.sawvideo.com.

Feb. 16 – Valentine's Dance and Live Auction Fundraiser, presented by The Hurt Association (a registered non-profit charity providing emergency services to women and their children fleeing domestic violence, sexual assault or in crisis), tickets \$25, available online at www.eventbrite.ca/event/5288514088, event held at the Ottawa Police Association, 141 Catherine St., 2nd floor (Meryle Cameron Hall), semi-formal, 50/50 draw, bar, door prizes, music, for more information contact Diane George at 613 371-0243 or thehurtassociation@gmail.com.

Feb. 16 – SAW Video Media Art Centre presents Tropismes: Live performance by Pierre Hébert and Lori Freedman, doors open at 7:30 p.m., screening at 8:00 p.m., tickets \$5 at SAW Video, 67 Nicholas St., 613 238-7648, www.sawvideo.com.

Feb. 20 – Meeting of ASH Town and Gown Committee Working Group on Housing, 4:30 p.m., Sandy Hill Community Centre, 250 Somerset St. E.

Feb. 21 – Ottawa Riverkeeper hosts the Wild and Scenic Film Festival, evening includes a silent auction, door prizes and the opportunity to speak to the Ottawa Riverkeeper herself, Meredith Brown! Library and Archives Canada, 395 Wellington St., 7:00 – 10:00 p.m. (doors open at 6:30 p.m.), \$12 general admission, \$50 VIP pass, all proceeds from this evening support Ottawa Riverkeeper initiatives, including the purchase of water quality test kits for the Riverwatch Program, tickets available online and at Delilah (in the Parc), Delilah (in the Glebe), Mountain Equipment Co-Op and Trailhead. More information available at: ottawariverkeeper.ca.

Feb. 25 – Action Sandy Hill meets the last Monday of the month, 7:00 p.m., 613 241-4646, Sandy Hill Community Centre, 250 Somerset St. E.

Feb. 26 – Meeting of ASH Town and Gown Committee Working Group on Strategic Initiatives (St. Patrick's Day, spring student moving days, etc.), 4:00 p.m., Sandy Hill Community Centre, 250 Somerset St. E.

Feb. 26 – Bettye Hyde Cooperative Nursery School Open House, from 6:30 – 8:00 p.m., bring your child(ren) and meet our educators and volunteer parents, tour the space and learn more about this unique child care opportunity, 613 236-3108, www.bettyehyde.com.

Mar. 11 – 15 – March Break Drama Camp, for kids ages 9 – 12 years old, Ottawa Little Theatre, 400 King Edward Ave., full details available at www.ottawalittletheatre.com.

Mar. 11 – 15 – Enjoy a variety of March Break activities at the Rideau library branch, 377 Rideau St., full listing of events is available in our library column on p. 18.

Mar. 19 – Apr. 6 – Deathtrap, a thriller by Ira Levin, directed by John Collins, Ottawa Little Theatre, 8:00 p.m., \$25, \$22 (seniors), \$12 (students), 400 King Edward Ave., 613 233-8948, www.ottawalittletheatre.com.

Mar. 25 – Action Sandy Hill meets the last Monday of the month, 7:00 p.m., 613 241-4646, Sandy Hill Community Centre, 250 Somerset St. E.

Apr. 23 – May 11 – Come Blow Your Horn, a comedy by Neil Simon, directed by Sarah Hearn, Ottawa Little Theatre, 8:00 p.m., \$25, \$22 (seniors), \$12 (students), 400 King Edward, 613 233-8948, www.ottawalittletheatre.com.

Apr. 29 – Action Sandy Hill meets the last Monday of the month, 7:00 p.m., 613 241-4646, Sandy Hill Community Centre, 250 Somerset St. E.

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Upcoming Events

Free. All are welcome. No strings attached.

7 PM Wednesdays, starting Feb. 13

Lenten Services

March 11-15 March Break Camp

Ages 4-12

Full day program

* Call (613) 234-0321 or our website www.stpaulottawa.org for info.

Sunday, March 31

Easter Worship – 6:30, 10:15 AM

1 PM Feb. 16, March 16, April 20

Children's Pioneer Program

Sunday:

Worship: 10:15 a.m.

Bible study: 9:00 a.m.

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Robin Harlick

Those of us who own dogs know the perils of walking them on garbage night. While 99.9% of the time this evening walk is boring, there could be that one unlucky night when it isn't and you wish it had been. Forgetting the danger, you fail to notice an animal rummaging amongst a cluster of garbage bags you are about to pass. But man's best friend, ever on the hunt for a good chase, definitely notices. Before you have a chance to react, he is barking and lunging. At first, you aren't quite sure what has hit you. You just know that you are breathing in the worst stench you have ever smelt. And then reality hits and home the two of you slink, tails dragging behind, while people cross to the other side of the street.

You have likely guessed by now that I am referring to a skunk, whose formal name is Striped Skunk because of the distinctive white stripes running down its black back. The publication *Up North* by Doug Bennet and Tim Tiner called it a "sweet-faced stinker", which I thought very apt. This plump, cat-size member of the weasel family is very cute, so cute you almost want to pat it until you remember the repercussions. The French in the early days of our country called it *l'enfant du diable*. Non-existent in Europe, one can easily understand why the first European sniffers of the stench thought it came from a "child of the devil." The word "skunk" is derived from the Algonquin word *se-ganku*.

Skunks don't readily spray, which is their only but very effective defence mechanism. Their initial warning is to stamp their feet, arch their back and growl. But from my experience gained from three dog episodes, I've never had a chance to notice let alone respond to this advance warning before the animal released its noxious spray. This stream, ejected from musk glands in the anal area, can shoot

Window on the Rideau

Sniff, sniff, oh no, not again!

out as far as 3 to 4 metres and is generally directed towards the face. A direct hit in the eyes can be blindingly painful and last up to twenty minutes. Water will neutralize it.

Although tomato juice is the traditional dog-washing liquid, I have never had any on hand, so have used dog shampoo and concentrated lime juice. Both have worked. The odour, however, does remain in the dog's fur until it grows out. Every time your dog gets wet you will be reminded of the episode. As for your own clothing, a good airing will work if the smell is not too concentrated; otherwise washing or dry cleaning will get rid of the smell.

Skunks are omnivorous, eating anything from small animals to fruits and bird eggs. They do, however, have a preference for insects and their larvae, many of which reside in the ground. So if you occasionally discover small holes dug in your lawn, it could mean that you have a new neighbour.

They generally like to take over abandoned dens of other animals, although they have been known to dig their own. They are also rather partial to taking up residence under porches as some of you may have discovered after an unexpected smelly encounter.

Like many animals with a limited winter food supply they hibernate deep within their dens. But should the temperature go above freezing for an extended period as occurred this past January, they might be tempted to go outside and do some exploring. That was how I managed to capture the cute little critter in the accompanying photograph. He was about to disappear under the deck of our country place. I didn't see him leave....I'm not looking forward to spring....

As R.J. Harlick, Robin writes the *Meg Harris* mystery series. The latest, *A Green Place for Dying* is available online, in local bookstores and the library.



Winter Uplands (an excerpt)

By Archibald Lampman

The frost that stings like fire upon my cheek,
The loneliness of this forsaken ground,
The long white drift upon whose powdered peak
I sit in the great silence as one bound;
The rippled sheet of snow where the wind blew
Across the open fields for miles ahead;
The far-off city towered and roofed in blue
A tender line upon the western red;
The stars that singly, then in flocks appear,
Like jets of silver from the violet dome,
So wonderful, so many and so near,
And then the golden moon to light me home;
The crunching snowshoes and the stinging air,
And silence, frost and beauty everywhere.

—Written during the evenings of January 29 & 30, 1899



Archibald Lampman
"Canada's Keats"

Archibald Lampman died on February 10, 1899. His funeral was held in Christ Church Cathedral and he is buried at Beechwood Cemetery.

For sixteen years before his death in 1899, Ottawa [was] Archibald Lampman's home. It was here he cultivated his talents, finding encouragement among the city's flourishing literary circles, and — more important — finding in the natural beauty of the Ottawa Valley the inspirational setting he would transmute into some of the richest lines written in late-nineteenth century Canada. ...

Although Archibald Lampman had moved from [Philomene Terrace on] Daly Avenue to a duplex on Bay Street in the fall of 1896, during his father's illness (1896-1897) he lived with his parents at 383 Stewart Street, where they lodged in the home of Lampman's father-in-law, the prominent physician Dr. Edward Playter....

[Lampman] spent most of the winter of 1897 in bed, and in January 1898 the Post Office granted him a six-month leave of absence in hopes his condition might eventually improve. ...After a rare day at the Post Office on Wednesday, February 8, 1899, the poet once again ventured out of a winter evening in Ottawa. The next morning, overcome by a sharp pain in the lungs, Lampman was unable to rise from his bed. Like many of his fellow Ottawans, Lampman had succumbed to la grippe, as influenza then was commonly known....

From :*The Last Days of Archibald Lampman*, by Steven Artelle.
Historical Society of Ottawa's Bytown Pamphlet Series, No 64

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