



Power Play in Riverview Park

by Geoff Radnor

We all know that Ottawa is growing because the traffic on the streets that surround us gets busier every day. The city is spending approximately 70 million dollars on a short cut for the thousands of employees and visitors to the Ottawa Hospitals to get there in their cars. Residents of Riverview Park know that the retail stores in the Trainyards have brought more traffic to this neighbourhood. Russell Road has become almost a major traffic artery, and Alta Vista Drive sees bumper to bumper traffic in the rush hours.

Business and industry expansion requires more electrical power to operate.

For many years the residents of Balena Ave., Chomley Cres., Caverley St., and Sonata Place have been used to the pylons and power lines close to their properties.

Recently these same residents received notices from Hydro One that it plans to double the 115kV lines that are close to their homes. This power goes from the hydro towers in Balena Park to the Overbrook Transformer station close to Coventry Road on the other side of the Queensway.

Over the years the Hydro Right of Way (RoW) adjacent to the homes has been transferred from a poorly maintained wasteland to a green garden that many of the residents

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A view of part of the Hydro One corridor. PHOTO CREDIT: GEOFF RADNOR

A street car named No. 696

by Tim Mark

Riverview Park resident Rhéaume Laplante is a man with a mission. He and a dedicated crew of volunteers have worked for over twelve years to rebuild Ottawa streetcar no. 696. Next year could be the great unveiling.

Rhéaume and his wife Diane have been Riverview Park residents since 2005. Born in Sarsfield, Ontario, Rhéaume was educated at André Laurendeau High School and enjoyed a 34-year career with OC Transpo, the last 11 years as supervisor of the body shop. He and Diane moved to their home on Abbey Rd. from Vars in 2005. The local neighbourhood is friendly, quiet, and a great place for young families they say. Since retiring in 2011 Rhéaume has spent much of his time on the 696 Streetcar project. "It's almost a full-time job for Rhéaume and a really huge project" says Diane, who looks forward to seeing the finished result.

No. 696 is one of the two cars remaining of the 33 built in the 600 series between 1913



Streetcar No. 696 is being made ready for its 100th birthday next year.

PHOTO BY RHÉAUME LEPLANTE

and 1917 by the Ottawa Electric Railway. It was constructed in 1917 and served Ottawa until the city withdrew streetcar service in May 1959.

At OC Transpo Rhéaume says he was always looking for new challenges. His Dad had often spoken to him about riding the street cars, so when the opportunity came in Spring 2004 to join the Tramway 696 project he jumped at it. Work had already started in 2000 as a five-year project when Rhéaume joined. He remembers the date well. The five-year project has stretched into sixteen years but now he's confident the end is in sight.

Over the years volunteers have spent 'countless hours' at the OC Transpo garage on Colonade Ave. where no. 696 is housed –rebuilding, re-fitting, re-wiring, refinishing and refurbishing the streetcar. Success has been built on volunteer work. One of the team members, Bruce Dudley, now aged 84, used to drive No. 696 on the Britannia Line in the early fifties back in the days when No 696 was in service. Other workers include youths completing court-ordered community service. Several have stayed

CONTINUED ON PAGE 2

Enjoy all the beauty that Autumn brings



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Trinity Church back from holiday

by Pastor Franklin Chouinard

Summer is often a time of rest, relaxation, and recuperation. Routines are put aside. Bright sunshine, blue skies, and [mostly] green grass call us to unwind and to encourage recreation. The fall, with school restarting, calls people to return to ordinary, every day life.

Church life is no different. Programs take less of a priority and are often cancelled for the summer, but return the beginning of September. So it was with Trinity Church. Programs were suspended for July and August, with the exception of Sunday services. With the arrival of school [the “new year”] comes the re-start of programs and activities at the church.

This year’s “Welcome Back to Fall” kick-off event for the church was an outdoor movie night – “cinema under the stars”. The movie, *The Princess Bride*, was viewed from the front lawn, and enjoyed by the many who attended. The enthusiastic response has led to a movie being scheduled next September 8th the first Friday after Labour Day. . . this may become an annual tradition. Arnold Saunders brought his Model T Ford and a Mini-Model T, a replica that he built, and children were able to ride it prior to the movie being shown.



The Trinity Community Garden Potluck: a reason to celebrate

While summer is a time for rest and relaxation, it allows people to use their time in ways they normally would be unable to. Three teens who attend the church went to El Salvador for two weeks during Au-

gust to be with and to work with a number of children at camps. They will be sharing their story in the October 2, 11:00 am service.

Teen activities restarted September 16. The youth group provides a

safe, non-threatening environment for those in Grade 6 and up. From the tame to the wild, teen night activities are an excellent alternative to Friday evening boredom at a minimal cost.

Trinity Church continues to allow part of its property to be used by a community garden, and every year the members of the church and members of the garden join together for a celebration potluck meal. This took place September 11. The scope of the garden continues to expand. The congregation is glad to see the land used wisely and for good purpose rather than lying fallow.

The Alta Vista Cooperative Nursery School continues to operate from the church, as it has for the past 25 plus years. AVCNS is licensed by the Ontario Ministry of Education and is staffed by fully qualified ECE workers. Its program has expanded from a part time day program for pre-school aged children to a full day program. Quality after school care is also offered.

For more information about the activities of Trinity Church visit the church web site, www.ottawatrinity.ca, or Facebook page; follow Pastor Frank @ TheFrankPastor on Twitter;

e-mail the church at ottawatrinity@rogers.ca; or call the church at 613-731-8926.



On Movie Night, Arnold Saunders shared the wonderful Mini-Model T Ford replica he built. PHOTO SUBMISSION BY PASTOR FRANKLIN CHOUINARD



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A street car named No. 696

CONTINUED FROM PAGE 1

on after completing their time. Rhéaume is proud that the project has helped several youngsters get ‘back on track’ and helped with their career choices.

Thanks to Rideau High School, the project has also welcomed students completing their high-school volunteer hours over the past four years. “They have built the entry and exit doors, the window frames, the upper part of the window frames and have forged the iron frame of the roof.” explains Rhéaume.

There’s thanks too, to the many sponsors for supplies and help – Loucon Metal Ltd., The Wood Source, and LogsEnd (for the flooring, from logs salvaged from the bottom of the Ottawa river) to just to name a few.

When will the public see the final results of the renovation and restoration of this historic gem of Ottawa’s transport history?

“Well,” says Rhéaume, “it is very ambitious but doable: 2017 is very special: it’s the 150th anniversary for Canada, it’s the 100th anniversary of No. 696 - and it will be our 40th wedding anniversary. Wouldn’t it be great to celebrate them all together?”

It’s Rhéaume and the team’s dream to have No. 696 fully rebuilt and ready to go for Canada Day 2017. His second dream is – since they both use the same gauge tracks - for No. 696 to be the first vehicle to ride the tracks of Canada’s new LRT when it is launched officially in 2018. “Imagine that. No .696 leading out of the tunnel the first LRT train, in procession. Our history from the past leading into the future. Wouldn’t that be special?”

Maybe then, No. 696 could be renamed ‘a streetcar named Desirée.’



Diane and Rhéaume Leplante enjoying some holiday time. PHOTO BY ISABELLE LEPLANTE

Well done to the Oakpark walkers

by Carole Moul

You may have seen them walking past your house, or in your neighbourhood, or heard about these 5 km walkers, but even if you didn't, congratulations are in order for a great group of people.

Thirty one residents from three Riverstone Retirement Communities took part in the month long initiative by walking a combined 277 km throughout the month of June. An award ceremony in celebration of their involvement in the University of Ottawa Heart Institutes', Hearts in Motion Virtual 5 km walk was held on August 3rd 2016 at Bridlewood Trails in Kanata.

On hand to present the medals were Jim Orban, President and CEO, University of Ottawa Heart Institute Foundation, and Lindsay Firestone, Coordinator, Special Events and Community Engagements. Both were high in their praise for those who undertook the Hearts in Motion Virtual 5 km Walk.

Eleven of the participants were from Oakpark, and Miriam Dwyer, Activities Director of Oakpark also joined the event in the ceremony's praise of the dedicated walkers.

The 2016 Virtual Race was a race that could be completed at any time or location between June 1st and June 30th. Each participant was to complete a 5 km walk, jog, run or cycle during those 30 days. They could do a little at a time or all at once. They could also register as an individual or as a team.

Lois Schmitt said, "I wanted to see if I could do it. Heart research has allowed me to participate in two of my grandchildren's weddings."

Other participants would have had a variety of reasons.

Funds raised will go towards the Heart Institute Foundation's \$4 M campaign for a new hybrid operating room. The over-sized procedure room, where interventional cardiologists, surgeons, and imaging specialists can physically work together, will make it possible to do less invasive procedures with real time advanced cardiac imaging in the same room to improve procedure outcomes.

The wonderful walkers from Oakpark who joined in this endeavour included: Lucy Burton, Lois Schmitt, John Pageau, Norine Wolfe, Ardeth Hill, Gilbert Hill, Elisabeth Dempsey, Irene Tammadge, Angela Templin and Audrey Telford.



Lots to celebrate for Lucy Burton, Lois Schmitt, John Pageau, Norine Wolfe, Miriam Dwyer (Activity Director), Ardeth Hill, and Gilbert Hill.



All participants received these beautiful awards. PHOTOS BY CAROLE MOULT



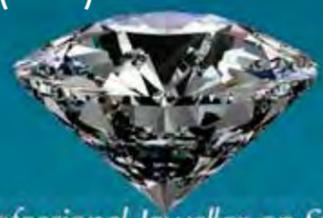
Photo caption: A word of praise from Jim Orban, President and CEO, University of Ottawa Heart Institute Foundation

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Powerplay in Riverview Park CONTINUED FROM PAGE 1



Residents Lynne Bezanson (second right) and Alan Landsberg (R), discuss access to Balena Park during construction and the sodding of high traffic areas with Hydro One Project Manager, Temesghen Bzuayehu, and Farah El Ayoubi, Hydro One representative for Environmental Planning. PHOTO CREDIT: GEOFF RADNOR

whose backyards are next to the RoW have spent considerable time and some money to maintain.

However, there are many small trees that are on the RoW that will one day grow tall enough to be a danger to the hydro operations. Inspection prior to the installation of the new lines has highlighted these trees. One maple is growing out of a cedar hedge.

Hydro One initially determined that this beautification by the residents must come to an end. Construction of the new line will mean that heavy equipment, cranes and trucks need to be used. Any encroachment by the residents on to the RoW will have to be taken down to permit this work to take place.

Many residents have vegetable and flower gardens on the RoW, some have planted flowering shrubs and cedars. There is even a garden shed as an encroachment. A number have taken care to mow the grass that is adjacent to their property. Over the years Hydro One and its predecessors have taken very little interest in beautification and care of their RoW.

Initially, the residents involved were contacted by mail and given a phone number to set up dates and times for them to meet with Hydro One staff to discuss the arrangements for the construction of the new power line.

The existing steel towers will be replaced by single poles to carry the lines. These poles will be much higher than the existing towers. During the construction cranes will be used to support the lines prior to the installation of the new poles; a process that will take over a month.

We were ready to meet with the Hydro One officials when the date of our appointment was revised. We met on Tuesday August 24th.

Terry Forrest (yes, he works for the Forestry Dept. of Hydro One, although with a double 'r' in his name), Ani Bekmezian and Christine

Hurley met with us out on the RoW adjacent to our house. We were told that most, if not all, the trees and bushes would have to go when construction starts in April 2017.

We also learned of the two public meetings scheduled for September 21 and 22, 2016. These were listed originally as 'public meetings'. Hydro One had called them 'Project Information Centres'.

A gathering of concerned residents took place on Thursday September 8th in the back garden of one resident. There were close to 40 in attendance. We were joined un-expectedly by our MPP, John Fraser, who promised that he would look into our concerns with Hydro One. He said that he had already contacted the Energy Minister and someone at Hydro One.

The group then went on to voice all the various issues that could arise from this Hydro One project, and there are many. The majority are environmental. Destruction of trees and bushes, privacy and loss of nesting for birds were just some of the issues raised.

Media attention was drawn to this project and there have been interviews, videos and photos on CBC TV, CBC Radio1, and on The Carol Anne Meehan Show-1310 News. The residents affected by this project gained widespread publicity throughout the region.

Following the raised voices of all the concerned residents and this negative publicity, Hydro One realized that what some call a 'scorched earth policy' was in trouble and was to be revised. The two Hydro One sessions, one in Overbrook and one at the Riverview Alternative School were by then called 'Consultation Meetings'.

A good crowd of concerned residents were at the meeting at the school on September 22nd and the Project Manager for Hydro One, Temesghen Bzuayehu, was among the many Hydro One employees present. The residents were able to see for the first time the provisional new locations of the steel towers that are to replace the original steel lattice pylons.

Many were pleased to hear that Hydro One would modify what was now being referred to by many local residents as a 'scorched earth' policy on encroachments in the right of way.

It was suggested that to minimize the impact that the construction would have on the residents and their gardens a five metre 'buffer' zone would be recognized as free from destruction unless any encroachment hindered access during the construction period.

This would leave a 20 metre zone in the centre of the right of way for Hydro One to do its job. There has been so far no indication that this is in any way a legal commitment by Hydro One.

I think that it is as a result of our MPP John Fraser, asking Hydro One to be "a good neighbour".

Dave Crosbie, Area Superintendent of Construction, estimated that the cost of the whole project will be in the region of \$25 million.

The Engineering Manager, Weili Pan, was also present at the meeting, and she comment-

ed that she had walked the right of way 3 or 4 times thus far.

There are still many details of the project to be finalized, but it is encouraging to see that the combined voice of the concerned residents was heard and acted upon.



"SAVE OUR APPLE TREE": Aoife Swandel presents Hydro One Project Manager, Temesghen Bzuayehu, with a hand-written card to save an apple tree. Alison Lynch (at rear), from the Office of Councillor Jean Cloutier, smiles at Aoife's sincerity. PHOTO CREDIT: BILL FAIRBAIRN



Photo caption: Ottawa South MPP, John Fraser, discusses the Hydro One project with Ani Bekmezian, Hydro One Community Relations representative. PHOTO CREDIT: GEOFF RADNOR



Caverley Street residents, Anton and Erika, review many poster boards that went all around the perimeter of the gymnasium at Riverview Alternative School. PHOTO CREDIT: GEOFF RADNOR



Anna Tjepkma adds her comments to a Hydro One comment box that soon became overflowing. PHOTO CREDIT: GEOFF RADNOR

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RIVERVIEW... THEN

The Hurdman Bridge c. 1956

by Paul Walsh

Recently, many Riverview Park residents will have been affected by all the construction and changes to the Hurdman Bridge area. This issue, 'Riverview... Then' will go back 60 years and look at 'the way things were.'

Our aerial view shows the Canadian National Railway girder bridge, now completely removed, at the top of the photo.

Below it, the Canadian Pacific Railway bridge, which like the CNR line, continued, to the right, all the way to the Union Station on Rideau St., opposite the Chateau Laurier. It remains as a pedestrian walkway, for the present.

The next bridge, a four-lane automobile and pedestrian structure, ended just left, over the Rideau River, and it would take Queen Elizabeth to detonate a charge in the field ahead, to start the Queensway extension construction... all the way down to St. Laurent Blvd.

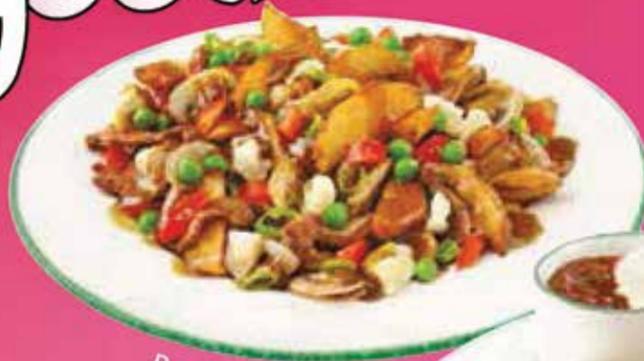
The bridge below the Queensway was the original 2-lane Hurdman Bridge, and it was the only local route across the Rideau River up to the mid-50's. It was closed and eventually removed in the 1960's.

Heading left, away from the city and over the Queensway, then turning right, and right again past the CPR tracks, would take you onto Riverside Drive, following all along the Rideau River, until you reached Smyth Road, Pleasant Park, and Bank Street. The City dump would have been on your right, close to the river, for many years up until c. 1955.

Avoiding Riverside Drive, past the CPR tracks, and going straight, would have been the main route into Riverview Park in those days. Pictures of that to come in future issues!



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What did you do in the silly season?

The silly season: August and September when valid news is scarce and newspapers resort to reporting trivialities and frivolities.

Canada's successes in the Olympic Games, the American presidential election campaign and Brexit in the United Kingdom filled columns of national news this silly season. Community papers were not so lucky and *Riverview Park Review* staff faced a challenge. Hence the summer photo spread and a dependence on columns such as this one.

Nationally Justin Trudeau had a headline in August when spotted shirtless and there were headlines about humankind being wiped out by an apocalyptic asteroid.

Hockey on the ice is hard to find in the silly season but there was no end to comment on what is going to happen when the silly season ends and NHL sticks are out.

Does shutting down a lemonade

stand rate big time news coverage? The kids were cute and photogenic but basically they were in the wrong. The National Capital Commission's junior conservation officer could have handled it better but he was doing the job he is paid to do yet Ottawa newspaper coverage did not read that way to me.

Bombs were falling on hospitals in Syria and patients dying while research was going on in the Ottawa Hospital into a handful of deadly illnesses when the lemonade story rocketed down harder.

A mood of column-filling political frivolity descended in London when Brexit political leaders raced for the exits when they won the Britain-out-of-Europe referendum then were dragged back into the ongoing fray. Two remaining United States presidential election candidates slandered each other mercilessly in front of millions watching television. Newspaper



analysis helped fill political columns the next day. Rio's Olympic Games were a huge success despite columns and columns of predicted pitfalls that also helped to fill hours on television screens.

Riverview Park Review staff came through the same silly season wondering if they would uncover stories good enough to produce this newspaper! Let us know if we succeeded.

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Contributions can be e-mailed to Editor@RiverviewParkReview.ca in **Microsoft Word** or **RTF**. Please *do not format* your documents. We may edit for grammar and brevity. Photographs must be e-mailed in **jpeg format** to Editor@RiverviewParkReview.ca. All photographs must be accompanied with the **name of the photographer and a caption** describing the subject.

Got an opinion to share? Please send letters to Editor@RiverviewParkReview.ca. Your name, address and phone number is required for verification. *Please remember to recycle this newspaper.*

Please note that the opinions published in *Riverview Park Review* are those of the authors and do not necessarily reflect the views of Riverview Park Review.

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Next deadline for advertising and copy:
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ITC Refugee Action Group: The story continues

by Lynne Bezanson

The Syrian Refugee crisis may be yesterday's newspaper news BUT Syrian refugees, including our family, continue to suffer today and every day.

Our ITC/Emmanuel United Church application to bring our family of seven to Riverview Park did not make it to the front of the queue when there were extra immigration officials in place to screen applications. Therefore, the approval for our application will likely take a bit longer than we had hoped. We are now told that we can expect our family to arrive in spring 2017. We will be ready!

With your generosity, we have raised \$25,250.00. Thank you all! However, we are not yet basking in success as we need to reach \$30,000.00 to match the contributions of Emmanuel United Church and the Atieh family already here (son, wife, infant daughter). Half of the proceeds from the upcoming RPCA Fall Social (see the ad) will be generously donated to the ITC. We are very grateful to the RPCA for their ongoing support. We will also be undertaking additional fundraising events this fall and over the winter.

We are blessed with an extensive list of volunteers from the community who have put their names forward for various settlement committees. As the arrival date moves closer, these committees will be-

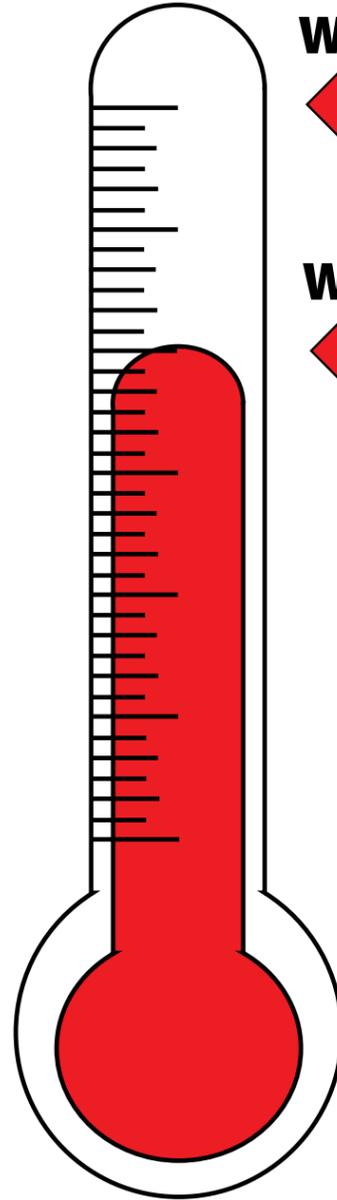
come very active. The task of resettling our Syrian family of seven really will take a community!

While we are waiting for the family to arrive, there are many things we can do. One of the most important is to help support them until their application is approved. They are currently living in a one bedroom apartment in Beirut with no refugee support and they are not allowed to work. Their own funds are running out. Every tiny bit helps. Many of us can spare an additional \$10.00 or \$20.00 even if we have already donated. Multiplied by one or two hundred generous hearts and we will have sufficient to help them through until spring.

Charitable receipts for any amount will be issued if your cheques are made out to Emmanuel United Church and mailed to: Lynne Bezanson, 1601 Balena Avenue, Ottawa, K1G 0X1. Our website www.fundrazr.com/itcrefugeeactiongroup is also a quick and easy option but please remember that we cannot issue any charitable receipts through this mechanism. Your support to date and whatever you can still give is needed and so much appreciated.

Don't hesitate to contact Lynne Bezanson, Chair of ITC Refugee Action Group for more information: mlynneb@magma.ca or 613-733-2946. It does take a community and Riverview Park is such a community!

While we are waiting for the family to arrive, there are many things we can do. One of the most important is to help support them until their application is approved.



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Warming up for The Shout Sister, ITC Syrian Refugee Fundraiser.
PHOTO BY CAROLE MOULT

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Canal crossing signals shift in active transportation trend



DAVID CHERNUSHENKO
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I took a great deal of pleasure in the recent federal government funding announcement that chose to highlight and use as its backdrop the site of a new pedestrian/cycling bridge over the Rideau Canal. Pleasure from knowing this bridge will be of enormous value to local residents and visitors, and also in realizing that it represents an important shift in priorities from the three levels of government supporting it.

The Fifth-Clegg Bridge is proof that the importance of “active transportation” is finally being widely recognized. More and more people are telling us they would walk, cycle and roll more for work, fun or exercise if governments built infrastructure that makes it appealing to do so: safer, convenient and more pleasant. Essentially, when we provide viable alternatives to driving, more of us will choose to

get around by other means. When large numbers of people do that, we as a society benefit from improved public health, increased public security, reduced pollution and greenhouse gas emissions, and more vibrant streets and spaces.

So, when the federal government makes a big deal out of emphasizing active transportation and public transit as cornerstones of its infrastructure projects, that in itself is a big deal.

Some will think this shift doesn't go far enough (while others decry it as going too far), but remember that, not long ago, this major announcement would have been about widening a highway or building a bridge designed exclusively for driving. It's a change of significant symbolic and practical value at a time when we need to take urgent action to address physical inactivity and the resulting public health ep-



The Ottawa locks

idemic, as well as the climate crisis about which I often write.

I'm glad we now have three levels of government aligned in our vision of a city where it's increasingly appealing to get around by active and public transportation.

Aside from the bridge, many other projects were announced, including a wide range of enhancements to the Confederation and Trillium (O-Train) lines, improvements to multi-use pathways, extensions of many paths, new cycling tracks, and widened shoulders on rural roads.

Specifically of interest to residents of Capital Ward:

- Construction of an underpass along the Rideau River at the south end of Billings Bridge, allowing east-west pathway users to avoid the daunting level crossing at Bank St.
- Design of a new multi-use path and crossing over the Rideau River between Carleton University and Confederation Heights alongside the Trillium line, allowing pedestrians and cyclists to avoid the Airport Parkway and Dunbar Bridge.
- Design of the Bus Rapid Transit (BRT) corridor from Billings Bridge to Bayshore via Heron and Baseline Rds., including cycling corridors.
- Cycling tracks along Heron, connecting Bank St. to these new BRT corridors.
- Two new pedestrian crossings of Queen Elizabeth Dr., at Commissioner's Park and at Queen Elizabeth Place.
- Rideau River Western Pathway construction, lighting and park linkages.
- Design funding for completion of the Trillium Pathway from Carling Ave. to Dow's Lake, with a signalized crossing at Prince of Wales Dr.

Main Street Update

Main St. north of Clegg reopened in August, but there's still work to be done both on final touches and large infrastructure updates. October through December will tentatively see the installation of the various public art elements at the corner of Main and Hazel, while November should bring much needed relief to all: the end of the northbound closure between Riverview and Clegg!

Because of the significant infrastructure changes on Main, my office is working with the Safer Roads Ottawa team, the City of Ottawa's Cycling group and the senior Main St. project engineer to develop an education campaign for all road users. It's not enough to educate cyclists on using the cycle tracks and bike boxes. We must also educate pedestrians and motorists so all road users can gain the intended benefits from this significant taxpayer investment.

Cruising the Canal

On a misty September day, 80 Capital Ward residents participated in a cruise along the Rideau Canal on Ottawa's first solar-powered electric boat. They heard from guest speakers on a variety of topics related to energy efficiency, renewable energy production in the city, electric vehicles and the progress of Ottawa's Energy Evolution — a renewable energy transition plan. You can watch footage and interviews at capitalward.ca.

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JISEIKAN AIKIDO EXPERIENCE



The more I need aikido, the longer I will do it. In 1987 I had to take my orange belt test twice. In 1995 I was tested twice for my first black belt. If I do only what is easy, I will never improve what needs it most.

Our week of summer intensive training was three practices a day for those who chose. Sunrise outdoors with wooden swords, breakfast together, dojo chores and a rest period, then sacrifice techniques. In the evening, review of empty-hand basics.

Photography and aikido challenge me to be here now, forget everything, expect nothing, relax, apply what I have learned, make it good, learn something new.

By moving my viewpoint I can sense depths that would be hidden from a fixed perspective. Stereo photography works that way. A different image for each eye gives subjects depth and substance. It fascinates me. Summer training provided many views. Motion in every dimension.

After the week I took my bokken home and burned our dojo name into it. Ji Sei Kan, Self-Improvement Place. It is a good practice weapon. No splinters. It occurs to me now that bokken is likely a combination of Bo, staff, and Ken, sword. Why now? I have experienced its woodiness in a new way.



Experience is not just during practice but after too, in remembering and contemplating. Writing down what triggers memories and why. Triggering more recollections. Sitting helps. I stop my

walk to smell a peony. I examine interesting objects put in little jars on someone's lawn. After-effects.

I need to learn what no-one can teach me. By practicing. The



week's experience in ethics was an emotional antidote to bad vibrations from the internet. Orlando shootings.

Facing a partner, I often tense up, resisting before they attack. Camp was a chance to practice relaxing. Why do I need to learn what a cat just knows?

The pursuit of quality and excellence in the martial arts is fundamentally a personal matter. I've seen those words on the dojo whiteboard for two years, and now I grasp that to be really good at aikido can't be taught by someone else. I have to teach myself through my own experience out of my own interest.

Pruning makes a bonsai more interesting. The same with this article. The same with character.

The fundamental thing in aikido is how we treat each other. Ethical actions support mutual welfare and prosperity. Win-wins. At a food court counter there was a lady ahead of me. With tongs the server was pains-

takingly selecting small clumps of noodles from the steam tray for her. I asked her what he was doing. She said she doesn't like onions. She was gaining and he

and the business were losing. She didn't care. She was glad to She was glad to punish them for cooking with onions. She didn't say another word to me. She didn't tip.

Martial arts are about changing ourselves, helping each other to be more effective partners. Looking at the newcomers at camp, their enjoyment strikes me. They are here to find correction and learn to learn better, whether they know it or not.

Why do we wash the dishes? .. to wash the dishes. Cleaning the dojo windows and fixing the doors felt pleasant and satisfying. Stress would come from thinking about all the things not getting done. At camp those things are out of mind.

Sensei asked *When all eyes are closed who can see?* That guy clapping with one hand? *Look for what is different from the usual.* And when I noticed what others didn't notice, it was because I was conscious of what he had said. Awareness can be learned, or I am wasting my time.

One time he surprised me with the suddenness of his strike. My right hand came up in defense. Days later he mentioned that such a reaction makes sense. It came because his attack was sincere.

He asked *Why do I say Do Ten?* I had done my ten, then stopped and waited for others to finish theirs. He asked *Why do I say Do Ten and what do you do after you do your ten?* No one answered and he looked at me and I knew why, so I said Do some more.

My knees have been feeling weak and painful for a long time but are getting stronger. Who knows, maybe sometime soon I'll be able to dash across the street if I need to.

It was a great way to start the summer. Afterwards a little tired but that will pass in a day or two and then I'll just have the benefits. I feel strong. If I hadn't done it I wouldn't.

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Dining out by the numbers

by Carole Moulton

Of 18 million visits to restaurants by Canadians every day, 7.5 million are in Ontario. Twenty-five billion dollars in food and beverage products are purchased every year in Canadian restaurants, while \$10 billion worth are in Ontario alone.

These numbers may appear huge, perhaps even staggering, but then 4% of the country's Gross Domestic Product is in Canada's Restaurant Industry. GDP is the total of all goods and services produced within the boundaries of a country.

According to *Restaurants Canada*, also in their April 2016 report, there are over 90,000 restaurants, bars and caterers across the country and 1.2 million people directly employed in the restaurant industry—making it the country's fourth largest employer. Here in Ontario, there are 455,400 restaurant employees or 6.6% of the workforce. At 168 Sushi, 1760 St. Laurent Blvd., there are 15 employees, working mostly full time. Other local restaurants vary in employee numbers.

Twenty-two percent of Canadians had their first job in the restaurant business; the highest of any industry, while one in five young people between the ages of 15 and 24 are employed in the restaurant industry both in Ontario and across Canada

First job.

At 168 Sushi, the majority of the employees began working in the restaurant business as their first job. Several are balancing university with being a server. "I will return to Waterloo University in February," noted Jack, as earnings help pay his tuition.

Across Canada, there are approximately 283,000 indirect jobs because of the restaurant industry, with 105,000 of these in Ontario.

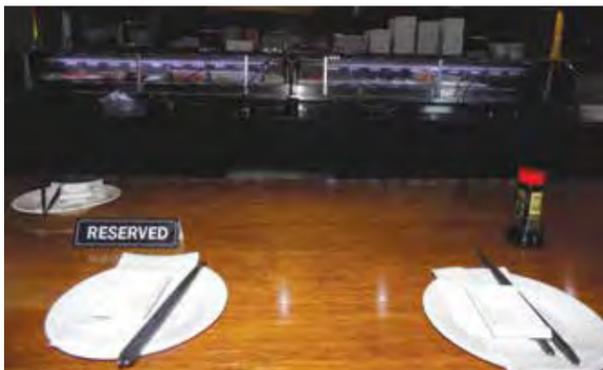
When 168 Sushi incorporated iPad ordering, new technology had to be included as part of doing business. Signs made by local businesses were added to both the inside and outside of the restaurant introducing this new feature, with Manager John Ke sharing recently the great numbers of businesses he has dealt with in both setting up and running a restaurant. Think dishes and cutlery, multiple booths to buy and keep repaired, kitchen and washroom consumables, plus the various food supplies including meat, fish and rice orders. "We also buy fresh local produce," John Ke added.

Restaurants Canada, in one of its Food Service reports, notes that across Canada, because of the restaurant industry, there are 50,200 indirect jobs in manufacturing; 41,000 in farming, 31,400 in finance and insurance, and 14,100 in the arts, culture and entertainment.

In another study, the same market research



iPad ordering brings new technology to 168 Sushi. PHOTOS BY CAROLE MOULTON



90,000 restaurants require a lot of equipment



Thousands of indirect businesses benefit from the restaurant industry.

company also noted that in 2014 the restaurant industry was Canada's top job creator.

Asian restaurants

This year, *The NPD Group, Inc.* market research group reported that there are 6,844 Asian restaurants across Canada, with 2,329 in Ontario. These are the highest numbers among all Canadian ethnic restaurants, thus those individuals working indirectly with just Asian restaurants would be fairly large.

Across Canada, both the number of food service businesses and number of people employed in restaurants are tracked by *Restaurants Canada*,

including by electoral ridings. Here in Ottawa, not totally surprisingly, Ottawa Centre ranks #9 across Canada out of the top 10, with 780 restaurants noted and 8,780 employees. The numbers for Orleans are 230 and 3,300, Ottawa South 320 and 5,170, Ottawa West-Nepean 300 and 4,180, plus 560 and 8,250 respectively for Ottawa Vanier.

Gordon Food Service, in an August 2015 report, notes that three generations possess the largest share of purchasing power today. That would encompass being able to spend dollars in restaurants. These generations are the baby boomers, Generation X and millennials. And although millennials, also referred to as Generation Y or the Echo Boomers are possibly the demographic most closely watched, (those born between the years 1976 and 2004 at the latest); it is the boomers (born between 1947 and 1965) who have the greatest purchasing power, which includes the resources for eating out.

Nothing like it

No matter what your age, there is nothing quite like sitting around a table having great conversations over a delicious meal. And, as it happens, according to *Restaurants Canada* in their April 2016 report, going to a restaurant is the number one favourite activity for spending time with family and friends.

Perhaps the survey results included here may just provide some great mealtime table talk for one of your next discussions. Then, you too will become just one more statistic, you know.

168 Sushi is located at 1760 St. Laurent Blvd., between Smyth Road and Industrial Avenue. 613-523-1680. Open 7 days a Week + Holidays. iPad ordering. 168SushiBuffet.com



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Songs of yesteryear light up Revera Alta Vista

by Carole Moulton

There's a saying, 'Two's company, three's a crowd.' Well, that's not the way it is on Thursday evenings at *Revera Alta Vista*.

With Brian Wigmore, Hank Sims, and Rae Chalmers, on their electric guitars, this engaging band, '*Three's Company*' delights their audiences each Thursday evening with many songs of yesteryear; all of them favourites.

And, although, in truth, the group actually consists of four for most of their jam sessions, including their bass guitar player, Chris Eberts, who has now returned from his holidays, the name remains the same no matter the numbers.

Jane Brennan, General Manager of *Revera Alta Vista*, refers to the men as, "Inspiring." She even sings with them on occasion.

The gentlemen refer to their weekly sessions as "Jamming", but to those listening to their music and songs; it is a wonderful source of entertainment.

According to Hank Sims, "Jamming is when a group of musicians get together to play anything they want and sing along."

'No time off'

When asked whether they ever had a Thursday night off, their unified response was, "No union, no time off, and no raise in pay."

Brian Wigmore notes that they pretty well work from a list of 25 songs per session, from a possible selection of over 200 plus; although the group welcomes suggestions for new ones from their weekly audiences. And, when they aren't familiar with a request, then one of them will no doubt be able to share their rendering of it over the following few weeks.

Underneath the Arches, made fa-



A summer session of jamming with Hank Sims, Brian Wigmore, and Rae Chalmers. PHOTO BY: CAROLE MOULTON

mous by Flanagan and Allen in 1932, had been one such request a few weeks back, and Hank Sims came prepared one particular evening to give the lyrics and music a try. The request had come from a centenarian, Sydney Baker, who was seventeen when the song written by the duo of Flannigan and Reg Connelly was popular; so it would no doubt bring back memories from his youth.

One definition of the word audience follows the idea of 'a group of spectators at a public event'. The Alta Vista Retirement Community residents and guests are anything but that. They know the words to the songs and join the singers throughout the hour long get-together.

Audience joins in

On one recent Thursday night in September, the group began with the music and lyrics of '*Way down upon the Swanee River*', a well-known song written by Stephen Foster from 1851. Then '*Three's Company*'

was soon joined by the audience of at least 20 people singing or humming; '*Cruising down the river*', 1946, '*I'm looking over a four leaf clover*', 1947, and '*Tiny Bubbles*', 1966. Even Marty Robbins was highlighted by Brian Wigmore as he sang '*A White Sport Coat (And a Pink Carnation)*' from 1957.

Rae Chalmers sang the ballad '*Danny Boy*' from 1910, and it is doubtful that there was even one person who didn't know most of the words to sing along or hum some of the lyrics or melody with him.

Brian Wigmore has played in a band since 1968, and at that time the men, named the *Tri Lites* practised in the basement of his home. The group was never unionized, and thus their 'gigs' were in the venues of community centres or Legions in places such as Metcalfe, Stittsville or Richmond.

After that particular group broke up, it was Brian's late wife, Patricia, while driving along the Queensway, who suggested the name, *Three's*

Company, for his new group, and the name has stuck.

When asked how the men had met, Brian Wigmore pointed out that they had known each other for many years, in a variety of musical ways, "... for about 35-40 years". They also like to think of themselves, not because of the musical instruments they play, but because of the vocals they share with their audiences.

According to Walter Terentiuk, Vice President of the Resident's Association, "There's nothing like a local family enterprise with a resident (Brian) and his friends (Hank and Rae)."

When asked, Sydney Baker said that "Yes, he had missed the previous jamming sessions because of a RedBlack's game." The following week, he sat front and centre, and replied as to his interest in *Three's Company*.

On the radio

"Any news of events, then I normally attend. I was always keen on music and dance music," he added. "In the U.K., in the mid-thirties to the early forties dance bands were on the radio between 10 p.m. and midnight, and my brother and I would sit up and listen to them."

His recall of their names was amazing, since this is the gentleman who turned 101 this past month.

The hour long sessions seem to pass very quickly before volunteer Heather Wyman serves cookies and fruit punch to the cleverly arranged tables of four.

The word 'inspiring' that Jane Brennan used is truly an accurate one when speaking about this band. Some synonyms include, 'stimulating, exciting, energetic, and exhilarating'. It would be hard not to agree with any of these when one is referring to *Three's Company*.

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Diary of a Nijmegen walker

by Helen McGurrin

Nijmegen (pronounced Nie-may-hen) is a Dutch city near the German border, the oldest city in the Netherlands. It was once a Northern outpost of the Roman Empire, and later a royal residence for the Emperor Charlemagne. Every year in the month of July, Nijmegen sponsors the Vierdaagse, the largest multiple-day walking event in the world. On four consecutive days, 46,000 participants, mostly chosen by lottery, walk 30, 40 or 50 kilometers daily. Based on my age and gender, I qualify to enter the 30km. The participants are predominantly middle-aged civilians, but there are also a few thousand military marchers from many nations, including 180 soldiers from Canada.

March, 2016 This year is the 100th Anniversary of the Vierdaagse, and even though the total number of participants has been raised to 50,000 for the occasion, I know that the lottery will give priority to those who have completed the walk on each of the previous five years. I have only three com-



Helen McGurrin's First Day: Waiting to start. The board in the background is updated every day. Flags represent the countries participating.

PHOTO BY: BRIAN MCGURRIN

pletions, but I submit my application and keep my fingers crossed.

April 8th My name has been chosen! Hooray! It was meant to be!

June 1st I begin my training for the walk.

Nijmegen, Monday, July 18th

The weather is extremely HOT, and the forecast is for more of the same. Ugh! I head to the Wedren (the central square where all the walking routes begin and end) and pick up my registration bracelet. We wear this bracelet for the entire week. It will be scanned at the be-

ginning and end of each day's walk, and at random points during each day's walk in order to authenticate participation. 2,834 registrants dropped out of the Walk before it even began.

Tuesday, DAY ONE: I arrive at the Wedren well before 7:30, my scheduled departure time. Already thousands of walkers are lined up at the gate to get their bracelets scanned. (This is entirely typical. Even with staggered departure times, there are over 47,000 walkers to be scanned prior to morning departure.) I am delayed until 8:30, a major loss of walking time during the coolest part of the day.

Day 1 is a northern loop through the town of Elst, along narrow, unshaded country roads and dikes. When the temperature reaches 34 degrees C., neon sign boards advise: DRINK REGULARLY; WEAR SUNSCREEN; COVER YOUR HEAD; TRY TO KEEP WALKING. I constantly sip on my electrolyte drink to avoid that light-headed feeling. I really watch where I am walking.

CONTINUED ON PAGE 44

SOPHIA NAILS SPA

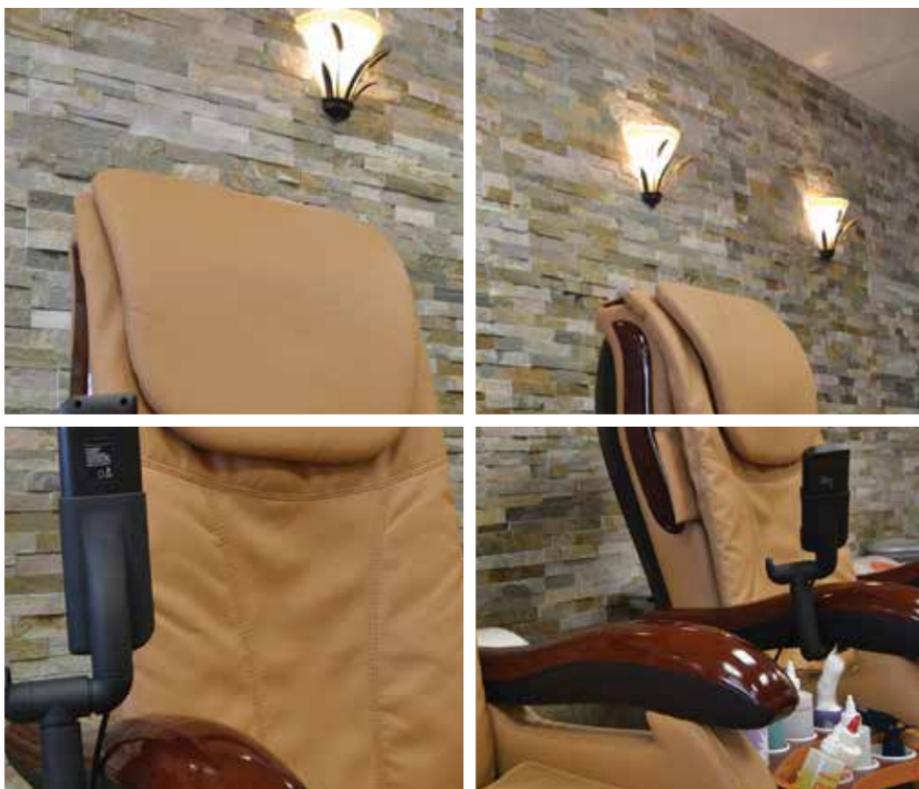
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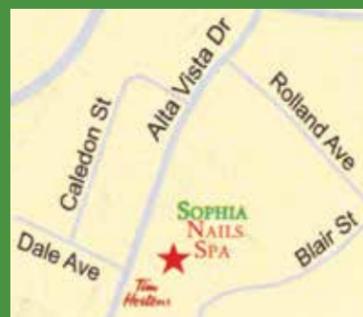
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Jean CLOUTIER

Have your say – October 6th budget town hall

Councillor Jean Cloutier will be joined by Mayor Jim Watson and Councillors Diane Deans and Riley Brockington to discuss the 2017 city budget on **Thursday, October 6 from 6:00 to 8:00 p.m. at the Jim Durrell Recreation Centre (Ellwood Hall, 1265 Walkley Road)**. Staff from the Finance Department will present a brief introduction of the city budget and how it's developed.

Mayor Watson, city staff, Councillor Cloutier and his councillor colleagues will be taking questions and suggestions from residents.

We hope you can join us on October 6th! For additional details, please visit JeanCloutier.com.

Corn Roast Recap!



Alta Vista residents of all ages came out in droves for Councillor Cloutier's Corn Roast which was held on September 11th at Balena Park. Thank you to the Ottawa Train Yards and all our generous sponsors, as well as our dedicated volunteers for helping make this event a success.

Neighbourhood office hours – bringing City Hall to the people of Alta Vista

Councillor Cloutier will be holding neighbourhood office hours on Saturday, October 22nd from 9:30 to 11:00 a.m. at the Canterbury Community Centre, 2185 Arch St.

Councillor Cloutier and Forestry Services team-up for fall tree planting

Meet us at Grasshopper Hill Park (1615 Killborn Ave.) on **Saturday, October 15th between 9 and 11 a.m.** for a tree planting event hosted by our office along with Forestry Services.

Any resident wishing to volunteer can do so by e-mailing my office at JeanCloutierOtt@Ottawa.ca, or by calling 613-580-2488.

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Big or small, we want to promote your events on JeanCloutier.com! Please take a moment to submit all events that your various organizations (community associations or otherwise) have coming up by visiting JeanCloutier.com. When we've some extra space, we will gladly include it in our weekly e-newsletter, Cloutier's Corner!

Spice up your morning at *Aabar*

by Carole Moulton

India is known as 'the home of spices'. Dating back to ancient civilization, then highlighted during the trading expeditions of the early explorers, spices have a wonderful history as a valuable product.

Long recognized as having the power to both preserve and make food taste great, current research now also outlines how spices provide health and well being when used as part of our daily diets. Many had already been convinced of their importance for centuries, now however, with the addition of numerous ethnic foods as part of our daily nutrition, more than ever people are appreciating the exceptional value of spices.

Coming from the fruits, flowers, seeds, roots or the bark of a tree, spices have long been accepted health-wise for a variety of reasons, and because of their impressive list of vitamins and minerals, essential oils, phytonutrients, and antioxidants. Indian dishes incorporate a superb selection of different spices.



Good cooks learn the art of how to combine spices. PHOTOS BY CAROLE MOULTON

A great start to the day.

There are 632 Indian restaurants across Canada according to *The NPD Group, Inc.*, one of the largest market research companies in the world. Three hundred and three or almost half of these restaurants are in Ontario. Very few provide the amazing breakfasts that help in the start of a person's day with the healthy benefits of spices. *Aabar, The Taste of India*, at 1573 Alta Vista Drive is one of these; and the only one in Ottawa.

The "go to" place for breakfast

Repeat customers are the norm once people have tried a delicious Indian breakfast. Diners to *Aabar* may well begin with their familiar Canadian fare; however, it doesn't take long for breakfast lovers to turn over their menus and start their day with names such as Aloo Paratha, Gobi Paratha or Paneer Paratha: paratha being an Indian flatbread. Little do these diners realize all the health benefits on the menu's Indo-Canadian side.

JoAnne Norton and her family are regular visitors to *Aabar*. Besides having heard about the numerous trips that owners Rupinder and Jasvir Pal make to the Parkdale Market each week for the fresh produce used at the restaurant, JoAnne and her relatives truly enjoy their Indian breakfasts.

"Although I thoroughly enjoyed my first meal at *Aabar*, I soon found myself craving a return visit and my family followed suit," noted JoAnne recently. She tries a different breakfast selection each time she visits and doesn't have one favourite, but thor-



Sukhman may be the one to greet you with a breakfast menu.

oughly enjoys each one that she eats.

Two sisters, Trupti and Trishna, who live nearby, never miss their weekend visits to *Aabar*. It is breakfast there one day and brunch the other. They love Indian food, but just don't have the time to make it.

"When I eat out my main concern is food quality and especially the cooking oil," noted Trishna, after enjoying a wonderful Sunday breakfast. "At *Aabar*, it is perfect!" added Trupti, "I just love it here and all the staff treat everyone so very nicely."

Breakfast spices

Very small amounts of coriander, cumin, red peppers, and green chilies are incorporated into an *Aabar* breakfast, each of these long known for their nutritional values.

Spices are always to be used sparingly for their maximum benefits.



Aloo Paratha is one popular way to have a healthy breakfast.

Every cook will invariably use spices in different combinations in preparing their food. Some spices mix well with each other but others do not. Cooks learn this art from existing recipes and experimentation, or from family members.

Kirti Kaila is one of the daughters of Rupinder and Jasvir Pal, owners of *Aabar*. She is a nurse and well-versed in the health aspects of an Indian breakfast.

"We all grew up watching Grand Ma grinding the spices and making different kinds of Masalas (a mixture of selected grounded spices) that she prepared for her heavenly lentils and kormas and wraps. To this day, we still make yogurt, butter and all our Masalas for cooking at home. We also refrain from preservatives and extra unnecessary oils in the cooking; which is how it is at *Aabar*. I feel energetic working my 12 hour shifts

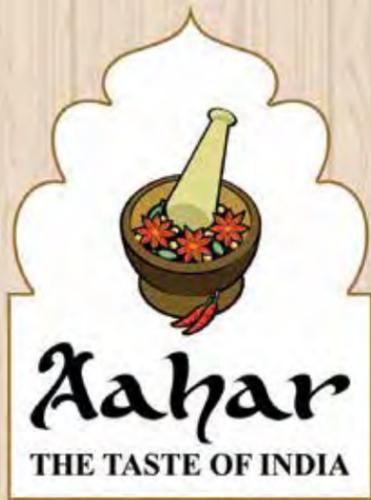
when I eat healthy broccoli, spinach or lentil wraps for breakfast."

What's in a name?

The name *Aabar* was chosen because it means healthy eating and nourishment, and in Hindi that is often associated with purity and meals at their best. Authentic Indian breakfasts are freshly cooked from scratch, almost always vegetarian, served warm, generally savory, spiced moderately and absolutely delicious; and *Aabar* does this to perfection.

After one trip for an *Aabar* breakfast, it won't take long before you realize that once is not enough. If you want to have your taste buds tantalized, then try their fascinating menu. Breakfasts are served daily from 7-10 a.m. every day.

Now you don't need to travel all the way to India for a delectable breakfast. Just eat out at *Aabar*!



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Sydney Baker: The Early Post-War Years – Part 1

In early 1947 I returned to flying club work as engineer-in-charge of the flying club at Weston. We purchased two airplanes from war surplus a Taylcraft Auster LD 334 re-registered G-AHUM and a Miles Magister, G-AHUK. Following these we also obtained a DH Hornet Moth, G-AFDT and an Auster Autocrat, G-AJIT.

Around this time the American disposal unit was selling off some Fairchild Argus aircraft, four seater high wing monoplanes fitted with single Warner-Scarab seven cylinder radial engines. These planes were based at Silloth, southern Scotland. I visited Silloth to inspect the planes and found them to be in excellent condition. Although in a military utility configuration, I considered them to be perfectly suitable for advanced training, passenger work and joy-riding. We purchased ten of these planes and had them flown to Weston-Super-Mare where they were serviced and repainted. We had them reupholstered by Rumpolds of London, specialists in the aircraft upholstery business.

Following inspections and test flights the Ministry of Civil Aviation approved the American type certificate and issued certificates of airworthiness. The only registrations I have recorded or can recall are: G-AJPB, G-AJOY, G-AJOX, G-AJPD, G-AJPA and G-AJSA. These aircraft proved to be very popular and they were reliable and proved easy to maintain. Although we maintained a fairly busy schedule, flying clubs did not take off as they were expected to. I believe the war aftermath and the general

shortage of cash were the main reasons for this.

Early in 1947 we purchased two Walrus II aircraft from Number 15 Maintenance Unit at Wroughton in Wiltshire. The planes were flown to Weston-Super-Mare; one by Llewellyn Lisle our chief engineer and test pilot, the other by Bill Cuthbert. I knew Bill from when he worked at Jersey Airways in Eastleigh. After landing in Weston Mr. Lisle reported that his aircraft had flown very left wing low, and upon inspection it was found that a large quantity of water has seeped into the top left wing during its storage at Wroughton. Apparently a Mr. Owen Roberts, who was I believe a director of Straight Corporation in earlier days, had intended operating these aircraft for charter work in the Caribbean, but this venture never materialized.

One of the aircraft was serviced and submitted to the Air Registration Board (ARB - a group that had taken over responsibility for civilian aviation in Britain) for a certificate of airworthiness. Registration number G-AIEJ was given to this plane but before a C of A could be issued a 48 hour flotation test needed to be carried out. It was decided to do the test at the Saunders-Roe air base at Cowes, Isle-of-Wight.

The flight to Cowes was on October 23rd 1947 with Mr. Louis as pilot and Colin Turner our inspector as engineer. Cowes being my home town, I went along for the ride. Flying time to Cowes was one hour thirty minutes. We landed at the mouth of the River Medina where it flows into the Solent. It



Sydney Baker (Right) celebrated his 101st. birthday on September 15th, 2016. This photo shows Sydney on a recent visit to the Sander Geophysics Limited (SGL) hangar at Ottawa International Airport. Sydney used to work in this hangar in the 1960s and 70s when it belonged to Spartan Air Services, a well known aerial survey company at the time. Others in the picture are Colin Hine (Left), and Colin's grandson Emmett Schmidt (Centre), who is an apprentice aircraft maintenance engineer with SGL.

PHOTO BY DEB HINE

was not long before we realized that the aircraft was rapidly taking on water. Fortunately, it was high tide and Mr. Louis was able to taxi to the Saunders-Roe slipway on the east side of the river. He was then able to lower the landing gear and taxi up the slipway and then onto dry land. It was then discovered that all the sea-cocks had inadvertently been opened. From the outside the sea-cock operate contrary to normal i.e. they "unscrew" (counter clockwise) to close. After the sea-cocks were drained and closed correctly flotation tests were completed successfully and we flew back to Weston on

October 27th.

Now equipped with a current C of A, G-AIEJ undertook a few commercial contracts, one of which was to film the City of London while flying up the Thames. For this, the camera operator was positioned in the mooring hatch, in the nose of the aircraft. I believe another contract to film sailing events on the south west coast of England during the 1948 Olympics was undertaken, and there was a third contract for some photographic work in Glasgow, Scotland. Unfortunately this aircraft was later wrecked in a severe storm and ironically a similar fate ended the life of the other Walrus II. This second plane was turned completely upside down during a terrific wind storm while it was parked outside the hangar at Weston-Super-Mare.

Later in 1948 I was transferred to Exeter Airport Limited, a subsidiary of Airways Union, which had taken over from Straight Corporation. This was done to eliminate any appearance of conflict of interest by Whitney Straight, who was by this time Deputy Chairman of British Overseas Airways Corporation (BOAC).

Exeter Airport Limited operated RAF Number 10 Reserve Flying Training School. Wing Commander W. R. (Parky) Parkhouse was managing director, Mr. W. T. Dann the chief engineer and I took up the role of deputy chief engineer. We were operating DH Tiger Moths followed by Chipmunks and an Avro Anson Mk. 21 for navigation and radio operator training.

To be continued next issue of the RPR.

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THE WHOLESALE OUTLET
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MON – SAT 10 – 5



Councillor Cloutier's corn roast another huge success

There was something for every one, and was it fun. The cooks and Enbridge Gas put out an amazing spread and no one could say they went away hungry. Hamburgers, fresh crunchy corn on the cob, bags of chips, drinks and more; this was the place to be on Sunday, September 11th. Mayor Jim Watson and M.P.P. John Fraser, along with Marty Koshman of the Ottawa Train Yards joined the hundreds of happy visitors, and a number of local companies provided excellent prizes for a variety of draws. Even the

adults were guessing numbers for the candy jars, and one gentleman from Newfoundland was thrilled with his win. Major sponsor, the Ottawa Train Yards, along with Train Yards Dental, The 3 Sisters Bake Shop, Ottawa Champions, Farm Boy, The City of Ottawa and Ottawa 2017 all helped make this popular event happen. The great black bags from the Train Yards were again big hits, with the great displays around Balena Park providing other gifts as well. Kids of all ages kept the conductor busy on the train, and

individuals and groups of people entertained to the delight of their audiences. Cameras and phones were busy taking pictures of happy people all afternoon; and thanks to Orrin Clayton and Geoff Radnor for getting some of these to us. With sincere appreciation to Councillor Jean Cloutier, his team, and all the many volunteers for working so hard to make this wonderful afternoon such a success. We just hope that others shared in the husking of all those hundreds of cobs of corn.



Ross and Gus and one of the great black bags.



Some shutter bugs catch Mayor Jim Watson, Councillor Jean Cloutier, and his Executive Assistant, Susan Scott having a great time at the corn roast. PHOTOS BY ORRIN CLAYTON AND GEOFF RADNOR



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MON – SAT 10 – 5

Canada's Parliament out of bounds for a decade!

by Maria CampbellSmith

The Centre Block on Parliament Hill in Ottawa is the seat of our federal government. It houses the elected Members of Parliament in the House of Commons and also accommodates the Senate. It provides access to the Library of Parliament, the Memorial Chamber, and the Peace Tower. But we have just over one calendar year left to tour it and enjoy it. One of Canada's largest Public Works projects ever will see Centre Block closed for a decade of intensive rehabilitation and restoration work starting in 2018.

Scaffolding and cranes on Parliament Hill are not new. They have been a frequent part of the scenery for years now. The East and West Block buildings have already undergone exterior roof and stonework renovations. The Library of Parliament underwent rehabilitation and upgrades of both its interior and exterior from 2002-2016. Centre Block is the last and largest piece of the puzzle.

Canada's Parliament Hill was designed and built in 1859-1866, before modern building codes and seismic assessments. We now know that these iconic, Gothic Revival buildings require structural reinforcement to withstand earthquakes. They also need replacement/restoration of stained glass windows, electrical and plumbing refits, internet and technology upgrades, and security adjustments. It is a long and crucial "To Do" list.

Public Works and Government Services Canada (PWGSC) is the department responsible for managing the Government of Canada buildings. Through them, firms "prequalified" for the large-scale rehabilitation project of Centre Block in July 2015. The PWGSC goals for the Centre Block Rehabilitation Project are "to fully restore and modernize it, inside and out... to ensure that the building meets current safety standards while also preserving its archi-

tectural and historic heritage".

The Centre Block of Parliament Hill is iconic to Canadians and known throughout the world. It stands as a symbol of democracy, responsible government, and Canadian history. It also serves as a picturesque example of Gothic Revival stonework and a marvellous blending of materials and design. It has been the backdrop for countless family and tour-



ist photos, civic demonstrations and celebrations. Losing access to it for a decade of reconstruction will upset many people.

Let's also remember this is the seat of our federal government. How will that continue to function if Centre Block is closed? Well, we have had to shift Parliament once before.

On the night of February 3, in 1916, the original Centre Block was destroyed by a massive fire. Only the Library survived. Parliament's House of Commons had to relocate temporarily (to what is now the Canadian Museum of Nature) until reconstruction of Parliament Hill was finished in the 1920's. When the PWGSC renovations close Centre Block in 2018, a new "Plan B" goes into effect.

For the decade into the 2020's our federal parliament will still

function. The House of Commons will shift to the newly renovated West Block. The Senate moves to interim chambers in the Government Conference Centre (the scenic old CP Rail Station, across from the Château Laurier). The Prime Minister's Office and the Privy Council already use offices in the Lange in Block, on Wellington Street (opposite Parliament Hill).

painstakingly protected, removed, restored, and then stored until the decade of renovations is complete. Then everything will be returned to a fully refitted Parliament Hill. There might be one item not well-accounted for, however.

It is a long-standing Canadian parliamentary tradition that the Usher of the Black Rod (like the sergeant-at-arms of the Senate) paces down the halls of Parliament to the House of Commons and knocks on the doors with the "cane of the office". He does this to summon the Members of Parliament to come to the Senate to hear the Speech from the Throne. This speech opens a new session of Parliament and is ceremoniously read by the Governor General in the Senate.

With the House of Commons temporarily housed in the West Block, and the Senate residing in the Conference Centre (across from the Château), and Canadian weather being strong and changeable, I hope that the Usher of the Black Rod has rain boots and a toque at the ready. His job might be very challenging for the next decade or so.

According to staff at Parliament Hill Tours, it might still be possible to take tours of the two key components of our federal government (the House of Commons and the Senate) once they are resettled.

The renovation project also includes the creation of a modern, multi-level underground complex to link the West, Centre, and East Block buildings. This will house a new Visitor Welcome Centre with an arrival hall/greeting area, security and scanning area, information and ticketing stations, modern washrooms, coat room, Gift Shop and seating areas. The renovation of Parliament Hill hopes to blend our historic stone exteriors with modern, secure interiors.

All the furnishings and artwork from famous rooms like the House of Commons and the Senate will be

You still have time to tour Centre Block, to visit the Memorial Chamber, to go up and look out over the city from the Peace Tower. The closure and renovation plans are scheduled to start in 2018. Before then we have Canada's 150th birthday to celebrate (in 2017) and another year of seasons and ceremonies to mark on Parliament Hill. Group tours can book online and individuals can get tickets for tours/access at the Information Centre at 90 Wellington Street (directly across from Parliament Hill).

It seems a shame to lose access to the centre of Canada's government and the seat of such historic and architectural importance, but rehabilitating Parliament Hill and extending its life and significance far into the future seems well worth the decade of work still required to get it there.



Dr. Stéphane Chillis



Dr. Stéphane Chillis: "Why I love chiropractic"

"It began just after my graduation when some parents brought their son to me. The little boy had had ear infection after ear infection, and was continually being given antibiotics. He wasn't getting any better; thus his parents asked if I could help. A couple of weeks later the boy began doing much better and no longer required antibiotics."

Dr. Chillis has seen a lot of people who suffer from migraines, headaches or pain, and whose quality of life is just not good. It always amazes him by removing the nerve interference the body begins to get better. He is also fascinated with the fact that a person can heal naturally without the use of drugs, surgery or even some harmful side effects.

Dr. Chillis has been to, and still goes to conferences and information sessions to learn how to make people feel better. At his chiropractic clinic, he takes satisfaction in explaining how to increase the healing potential; while around the city he has also visited many companies, some schools, retirement communities and businesses.

One of the things at his own clinic that Dr. Chillis likes to do is to make certain that people understand their problem. He will take the time to show what a normal spine looks like and compare it to one that is degenerative, and, as a result, a patient will be able to tell what is wrong, and thus be able to make an informed decision about what to do.

Dr. Chillis is from Trois-Rivières. He graduated from the Canadian Memorial College of Chiropractic in Toronto in 1995. After a short time he decided to open an office in Gatineau, Quebec in 1998. He now also works at Simply Chiropractic to help even more patients be healthy. "I want to have an impact on the community."



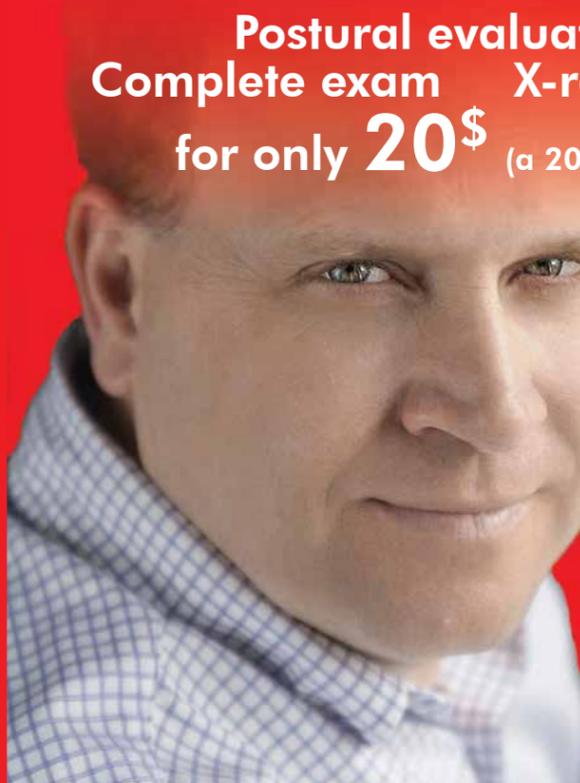
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FINANCIAL PLANNING

Saving Is Good... but It's Not Investing

by Bob Jamieson

It's a good thing to have some savings. When you put the money in a low-risk account, you can be pretty sure it will be readily available when you need it. Nonetheless, "saving" is not "investing"—and knowing the difference could pay off for you far into the future.

Think about it this way: Saving is for today, while investing is for tomorrow.

You need your savings to pay for your daily expenses, such as groceries, and your monthly bills—mortgage, utilities, and so on. In fact, you might even want your savings to include an emergency fund containing three to six months' worth of living expenses to pay for unexpected costs, such as a new furnace or major car repair.

These are all "here and now" expenses and you could use your savings to pay for them. But in thinking of your long-term goals, such as post-secondary education for your children and a comfortable retirement for yourself, most individuals typically can't simply rely on their savings—they'll need to invest. Why? Because, quite simply,

investments can grow—and you will need this growth potential to help achieve your objectives.

To illustrate the difference, between saving and investing, let's do a quick comparison. Suppose you put \$550. per month into a savings account that paid hypothetical 2% interest. After 35 years, you would have accumulated about \$330,000. Now, suppose you put that same \$550 per month in a diversified investment portfolio that hypothetically earned an average of 6% a year. At the end of 35 years, you would end up with about \$785,000. (These hypothetical examples are for illustrative purposes only and do not reflect the performance of a specific investment. They also do not include any transaction costs or fees.)

This enormous disparity, be-

tween the amounts accumulated in the two examples clearly shows the potential difference between "saving" and "investing." Still you might be thinking that investment is risky, while savings accounts carry much less risk. And it is certainly true that investing does involve risks—investments can lose value, and there's no guarantee that losses will be recovered.

Nonetheless, if you put all your money in savings, you may actually incur an even bigger risk—the risk of not achieving your financial goals. In fact, a savings account might not even keep up with inflation, which means that, over time, you will lose purchasing power.

Ultimately, the question isn't whether you should save or invest—you need to do both. But you do need to decide how much of

your financial resources to devote toward savings and how much toward investments. By paying close attention to your cash flow, you should be able to get a good idea of the best savings and investment mix for your particular situation. For example, if you find yourself constantly dipping into your long-term investments to pay for short-term needs, you probably don't have enough money in savings. On the other hand, if you consistently find yourself with large sums in your savings account even after you've paid all your bills, you might be "sitting" on too much cash—which means you should consider moving some of this money into investments with growth potential.

Savings and investing—that's a winning combination.

If you would like to review your approach to your long term goals, and how investing will let you reach them, please give me a call at 613-526-3030.

Bob Jamieson, CFP,
www.edwardjones.ca/bob-jamieson
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Think about it this way: Saving is for today, while investing is for tomorrow.

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Like many other
Ottawa streets

PHOTOS BY
GEOFF RADNOR

Welcome to Color Me Mine

by Kaitlyn Brennan

Every child is an artist. The problem is only how to remain an artist once we grow up." Picasso

We truly believe that there is no better place where everyone can express their inner artist than at *Color Me Mine*. Every week, we welcome painters of every age and every experience level. This is a place where people can express themselves, find their creative side, try something new, find relaxation, or have a place to have fun painting with friends.

Just this past week, we were visited by an energetic group of Girl Guides. They met at 6:30 in the party room and began painting their own mugs. A few were self-proclaimed artists having painted with us before, for others it was their introduction to pottery painting.

We begin every visit by explaining how the paint works, making sure everyone understands the need to do three coats of paint, and that our paint is special because it won't be bright or shiny until later.

By the end of the session, the guides will know that they will be leaving their mugs with us for seven days. During that time, we glaze and fire their mug in our kiln to

1800 F. We often explain that 'firing' is similar to baking and our 'kiln' is much like a very large hot oven, so it is comparable to when their parents cook in their oven at home.

Following the eager Girl Guides, a group of ladies came in from after work. We often get questions asking, "Is this just for kids?" Absolutely not! Anyone can discover that this is a place for relaxation, somewhere to distress, focus on painting and enjoy a quiet time with friends.

The longer our studios have been open, the more regular painters we attract. These regulars are part of what make our week so special; such that the staff looks forward to catching up with their 'painting friends.' We are also always curious as to what they will paint next.

Color Me Mine will be adding to our family of studios with the opening of a brand new location in the Bayshore Mall in October, 2016. Then we will be able to reach even more of Ottawa and provide people with the opportunity to explore their artistic side.

Our helpful staff are always here to help you express yourself in paint. And, do remember the words of Ralph Waldo Emerson, "Every artist was first an amateur."



Studio Hours:

Sunday	10:00-6:00
Monday	11:00-9:00
Tuesday	11:00-9:00
Wednesday	11:00-9:00
Thursday	11:00-10:00
Friday	11:00-10:00
Saturday	10:00-9:00



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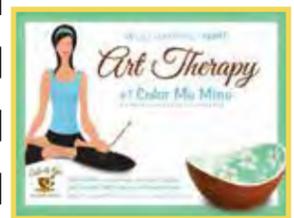


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RIVERVIEW PARK COMMUNITY-RUN SOCCER (RPCA SOCCER)



We start young playing soccer in Riverview Park.



Look at these great soccer players!



We had a lot of fun!



Great sports! PHOTOS BY ANNE-MARIE THOMPSON

2016 Season update

Thanking our volunteers

Submitted by Carol Richenballer on behalf of RPCA Soccer

First and foremost, we would like to extend a HUGE THANK YOU to all of our parent and teenager volunteers with organizing and coaching for this season which almost didn't happen until a number of you stepped forward. THANK YOU!!

Please take an opportunity in your travels to thank these valiant individuals who gave their time. Without their involvement this great community evening would not happen each summer.

We had around 100 kids again this year register for this relaxed community evening of soccer in Riverview Park. For those unfamiliar, this is a parent organized and parent coached community soccer skills development evening founded in 2009 by a group of Riverview Park residents to play in four age groupings (ages 2 through 10+). For

2016 it was again run on Wednesday nights from 6:30 to 7 pm (or to 7:30 for the older ones) from June through August on the grounds of the Riverview Park School on Knox Crescent.

A few new events this year included our pizza night and we also had the Merry Dairy visit and give our kids ice cream cones on our last evening. We hope to continue these or other events in the future as the kids most obviously enjoyed them (and the adults got out of a dinner rush for one evening!).

Of particular note we are beginning to see more teenage / high school kids volunteering with the parent adults which has helped tremendously and can aid in their

achieving their required volunteer hours for high school graduation.

Finally, I would like to take this opportunity to say farewell and thanks to Josie, Carol and Leah as they will be moving on and leaving big voids in the running and organizing of RPCA Soccer for next year but are willing to hand off their knowledge to anyone who can step forward to fill the boots and keep this great community league running. Josie has been involved for 9 years now and Carol for 7. Leah has helped tremendously over past 3 or 4 years with keeping a coach on the field at all times. Anne-Marie will continue as Treasurer and organizational and registration help. Thanks Anne-Marie! You will be the rock for next year!

A huge thank you to all of our parent and teen volunteers

Positions direly needed to run again include:

- CHAIR** - General overseeing of program, events and volunteers
- REGISTRAR** - Registration and coordination of fees, waivers and parent/child info
- COMMUNICATIONS** - All these notices, answering questions
- COACH COORDINATOR** - Coordinating and connecting coaches per age group and outing

It is imperative to get these roles filled as quickly as possible and ideally this Fall. If you have interest or could offer any assistance organizing for next year please send an email to RPCASoccer@rogers.com or visit/like/message our Facebook page at www.facebook.com/RPCASoccer/.

Did you have a Riverview Park summer in 2016?

by Kris Nanda, President, Riverview Park Community Association

Riverview Park residents are fortunate to have many amenities, local businesses and fun activities at their disposal – both seasonal and year-round. With the warm summer behind us, now is the time to see how many of these amenities you were able to take enjoy. Try scoring – one point for each “yes” answer along with some bonus extra credit items

Did you?

- 1) Go to the Balena Park play area and wading pool?
- 2) Walk/walk your dog or jog run through the Alta Vista Corridor Woods or along the Hydro Line?
- 3) See the “Riverview Fox?” (If you did you will know what I am talking about)
- 4) Try out one of the new Riverview Park restaurants (*Aabar Taste of India; The Lebanese Palace?*) (One point for each restaurant)
- 5) Visit the Bicycle Craft Brewery for a tour or to buy some of their locally brewed craft beer?
- 6) Take in an Ottawa Champions Baseball game? (Extra credit for riding your bike or walking

- 7) Go to the Alta Vista Shopping Centre and visit Shoppers Drug Mart and/or say hello to Rock?
- 8) Rent a Movie from Movie’s N’ Stuff on Kilborn?
- 9) Attend the Balena Park Corn Roast?
- 10) Take part in the Community Garden behind the Nazarene Church or Avalon/Braydon?
- 11) Watch or take part in the Wednesday evening Riverview Park soccer program at Riverview School?
- 12) Go down to Hurdman Station to check in on the progress of LRT construction?
- 13) Go to the Trainyard’s Farmboy? (extra credit if you walked or cycled)
- 14) Sign up for and take part in one of the six Park cleanups organized by the Riverview Park Community Association (RPCA)?
- 15) Take time to walk through the Cancer Survivors Park or relax on one of the benches?
- 16) Visit one of our Farmers’ Markets at Maplewood? Still one

to the game via the Max Keeping pedestrian/cyclist bridge across the 417)

17) Join the Riverview Park Community Association?

Score

14+: Congratulations – you have made the most out of living in

Riverview Park this summer. 9-13: You are taking advantage of many things our neighbourhood has to offer. 5-8: Starting to get the picture 0-4: Try to get out some more next summer!



Debbie visited Art Lending of Ottawa. The show is now at the RA Centre Outaouais Room (East entrance). Next exhibition: Saturday, Dec. 3, from 10 a.m. - 5 p.m. PHOTO BY CAROLE MOULT



ROGER'S ITALIAN-BISTRO

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Sunday	8:00 AM - 9:00 PM
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Saturday and Sunday: 8 am – 2 pm.	
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CHEF DENIS ANALYTIS**Pork Souvlaki On A Stick (Kalamaki)**

Just a few weeks ago, as I was soaking up the sun while vacationing on the beautiful island of Kefalonia in Greece, I realized how fortunate I am to be able to visit such a jaw dropping country rich in history, culture and of course food. What really stood out while I was there, was the fact that when it comes to food, simple is always best. Quality ingredients speak for themselves. Preparing something good to eat should never be complicated. Here I share with you a recipe so simple to create, it is sure to become a staple in your kitchen. Enjoy!!



DENIS ANALYTIS
Executive Chef,
Riverstone Maplewood

Ingredients

1-1/2 lbs pork tenderloin
2 tbsp lemon juice
1 tbsp extra-virgin olive oil
1 large clove garlic, minced
1/2 tsp dried oregano
1/2 tsp salt (or to taste)
1/4 tsp pepper

Trim and cut pork into 1-inch cubes. In large bowl, mix together lemon juice, oil, garlic, oregano, salt and pepper, add pork and stir to coat. It's best to marinate covered and refrigerated over night.

Thread pork onto bamboo skewers, brush with any remaining marinade. Place on greased grill (BBQ) over medium-high heat, turning halfway through, until juices run clear when pork is pierced and just a hint of pink remains inside, about 12 minutes.

*If pork is not your thing, replace it with either chicken breast or lamb loin.

Tip: Soak your bamboo skewers in water for 30 minutes prior to skewering the meat. This will help to prevent the skewer tips from burning.



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SNOW BLOWING

SNOW BLOWING

Local councillor supports Heron Emergency Food Centre

by Lynn Sherwood

This past August, Heron Emergency Food Centre provided 3 days' worth of emergency food supplies to 1826 individuals in 568 households. We are currently the second largest food bank in Ottawa. Even though we receive almost 80% of our food from the Ottawa Food Bank we need to fundraise in the Ottawa South community in order to meet the needs of the increasing number of clients who are experiencing food insecurity.

On Saturday morning, June 25, Alta Vista Councillor Jean Cloutier sponsored an E-Waste Recycling event at the Elmvalle Acres Shopping Centre. Councillor Cloutier, his staff, and members of the board of HEFC were present to greet our neighbours who once again cleaned out their basements and brought e-waste for recycling. As well as almost filling a truck with printers, computers, old television sets and all manner of e-waste, we received a substantial amount of money, \$ 512.05 in cash donations, which was used to purchase food for clients at HEFC. Much thanks to Councillor Jean Cloutier and his staff for orga-



A great team supporting the HEFC: Evie Richard, Lynn Sherwood, Harold Black, Alison Lynch, Korey Brown, Brock Armstrong and Councillor Jean Cloutier PHOTOS BY CAROLE MOULT

nizing this event, and to the community of Ottawa South for remembering our less fortunate neighbours.

We must maintain our fundraising efforts if we are to continue to provide emergency food for members of our community experiencing food insecurity. The minimum wage as well social assistance funding has not increased at the same rate as basic expenses. Who among us has not been shocked by the increase in the hydro bill, for example. For

people surviving from paycheque to paycheque, increasing expenses can only be met by cutting back on food. Reliance on our food bank is at an all time high, and we must turn to the local community if we are to meet the current need. In August, 701 of our clients were under the age of 18.

Our largest annual fundraising event a 5 km Walkathon around Alta Vista was held on Saturday September 24, again with the support

of Councillors Jean Cloutier, Riley Brockington, John Fraser our M.P.P. and David McGuinty our M.P. Stay tuned to find out how much we raised through this initiative!

The fall is a great time for faith groups, service organizations and childrens' clubs to sponsor food drives; a member of our board of directors would be pleased to come to meet with your group, to answer your questions and to suggest ways in which you can help our community. Just contact us at: 613 737 9090 or hefc-info@rogers.com to discuss your project.

Heron Emergency Food Centre is located at 1480 Heron Road, and is open 4 days a week to provide emergency food to folks in need in Ottawa South.

Wish list

All of our clients receive 3 days' worth of emergency food which includes tuna, canned vegetables, canned tomato sauce, pasta, canned soup, chick peas, kidney beans, canned fruit, cereal as well as eggs, powdered milk, bread and whatever perishables are donated by the community. Cash donations are also welcome.

Overbrook/Riverview Transmission Line Upgrade

As you may be aware, Hydro One will be upgrading the Overbrook/Riverview transmission line. As the MPP for Ottawa South, I wanted to touch base with Riverview Park residents regarding the removal of community vegetable and plant gardens on the hydro easement.

Over the past few weeks, many members of the community have expressed concerns about the impact the planned upgrade will have on the greenspace that has been part of Riverview Park for decades. I have spoken with residents who share the space with Hydro One, and heard their concerns regarding both the construction and post construction phases of the project. I share those concerns, and believe a better solution exists. I was pleased to recently learn that Hydro One has now adopted a "take only what is needed" approach. I believe it is an important first step.

I have been in contact with the Minister of Energy on this matter, and followed up with a letter to the CEO of Hydro

One outlining the community's concerns. I encouraged Hydro One to continue to work with the community, as any good neighbour would, to address your concerns. I believe that Hydro One can find a solution that balances the community's concerns with the necessary upgrade, and I will continue to monitor this project and the community's concerns.

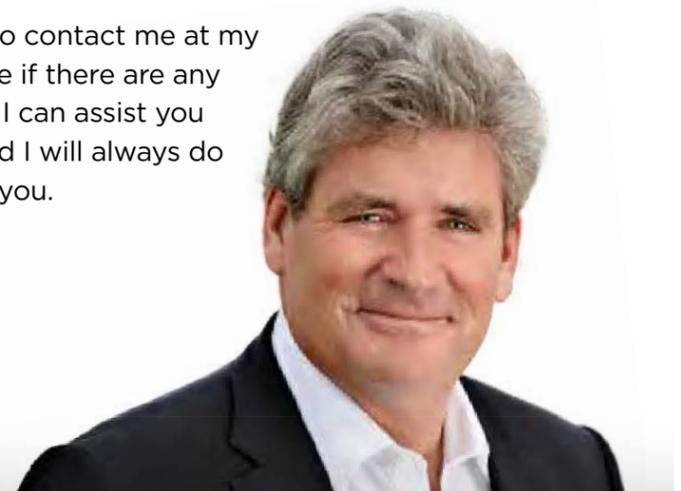
Please do not hesitate to contact my office if you have any questions.

WE ARE HERE TO HELP

Please feel free to contact me at my community office if there are any provincial issues I can assist you with. My staff and I will always do our best to help you.



John Fraser
MPP, Ottawa South



Community Office
1828 Bank St., Ottawa, ON K1V 7Y6
Tel 613-736-9573 | Fax 613-736-7374 | jfraser.mpp.co@liberal.ola.org



Adriana and Mathieu from Jargon Preserves tell about what they have to offer



Michael Firth at his Buddy Bites booth and the all natural dog treats



Denise and Paul Brennan, Overbrook Honey Co. and Bill Fairbairn and Janina Nickus (R) discuss bee keeping.

Farmers' Market at Maplewood supports local businesses

by Carole Moulton

It was a win-win situation when a local Farmers' Market arrived right in the middle of our neighbourhood, and in the choicest of venues:

Wanted

Distribution Manager for The Riverview Park Review Community Newspaper.

The Distribution Manager would need to be available for 5 pre-arranged times per year. The RPR is delivered 5 times a year during the first week of February, April, June, October and December.

Remuneration Provided.

A van and garage would be an asset.

For details please e-mail:

Distribution@riverviewparkreview.ca or telephone **613-731-6646**.

Maplewood Retirement Community. It has a wonderful backyard, gazebo and all, and is the perfect spot to have a local market.

"It is a great way of including and welcoming the community," noted Diane Charlebois of Maplewood recently. "This is a place where we want those around us to come and see us," she added, and who could blame her? It is also a first for the Riverstone Retirement Communities.

Bill Fairbairn pole walked over from his near-by home on the last Sunday in August, while his wife, Janina Nickus, got her morning exercise moving at a faster pace.

"The people were very interesting and had stories to share about their backgrounds. We talked to the Overbrook Honey Producers because we had had our own bees at one time. There was a nice mix of things, and we hope to return," Janina and Bill both responded when asked about their very positive experience. They also needed a drive home with all the great things they bought.

RPCA President Kris Nanda included a Maplewood Farmers' Market question in his newspaper quiz, "Did you have a Riverview Park summer?" as a result of his bicycle trip over to the 340 Industrial Avenue location.

A group of ladies commented that they drove over after mass "to check things out!" They were not disappointed, and could be seen carrying bags filled to the brim because the selection

is so varied, and of course fresh.

Another plus is that residents can also buy fresh food and nutritious snacks, since a number choose to take only one meal in the dining room. Staff, too, joined others in taking home some of the produce and products brought to the market by the local sellers.

A farmers' market is a great way to support local businesses and Maplewood does this in spades. One vendor even lives a block away from where she was selling her delicious bake goods. Overbrook Honey Producers have their home, just not the bees, in Ward 13 just minutes away from the Maplewood Farmers' Market, located at the corner of Neighbourhood Way and Industrial. The Maple syrup comes from Vars and there has even been a gourmet dog treat stand from another Ottawa home business.

"There is one final outdoor market for 2016 on the last Sunday in October, and fortunately, there will be some vendors at the Maplewood Bazaar on Thursday, December 1st," added Diane Charlebois, Maplewood's Marketing Manager.

The Collins Dictionary defines 'community spirit as a willingness and desire to participate in activities that promote a community'.

Isn't our neighbourhood indeed fortunate to have in its midst the many great people who are helping make a local Farmers' Market happen? See you there on the last Sunday in October from 10-2!

MORE PHOTOS ON NEXT PAGE





Local residents Renata and Boris with Rocky and their exceptional baked goods



Local resident, Maureen Collins and RPCA President, Kris Nanda, check some preserves.



Cassandra and Stephanie share their fresh Orleans Fruits and Veggies



Sean and Bethany look after his grandmother's stand at Maplewood.

PHOTOS BY CAROLE MOULT



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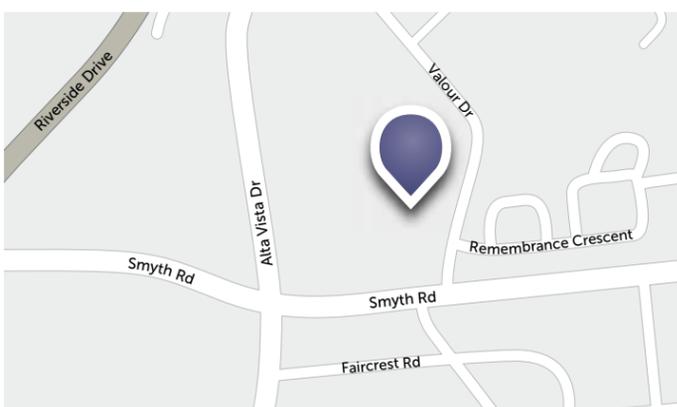


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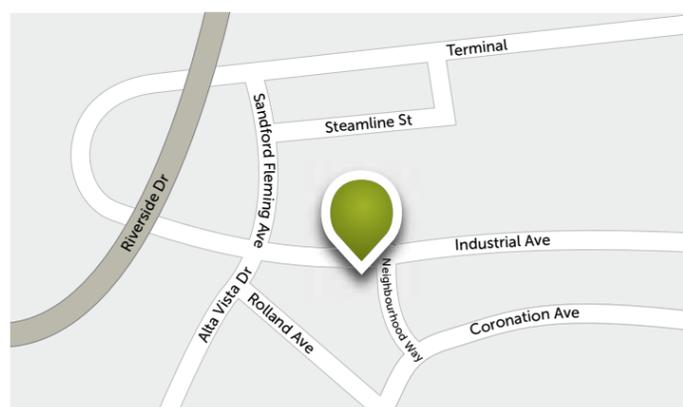
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VINCENT MASSEY PUBLIC SCHOOL

A message from the graduating Heart and Sole students of June 2016

By Zeyu Shao, Jacob Dorion and Teacher Greg McKean

Heart & Sole, the group of grade 8 student philanthropists at Vincent Massey, have recently finished all four of their proposed events: Bike Tune Up Day, Sports Club, Literacy Group and Glee. This eight week program was very successful and we learned a lot about the community and ourselves.

To recap our events, we completed soccer, kinball, basketball and dodgeball in the gym at Dempsey Community Center. The Bike Tune Up Day was an awesome event and we decided as a group to continue this initiative for the next year. The Literacy Group completed stories about the community and were provided a digital copy for their personal libraries. Glee presented their song, "Drag me down!" at a concert on the final day of the program at the basketball court, behind the Brown House.

This year was a big success for Heart and Sole. We give a big thanks to all the volunteers/community workers, Sarah Dwyer and Angela Begin who helped inspire the class. We hope the next grade eight class of 2017 will continue in the same direction and continue to give back to the community.



Above: A happy and successful June 2016 Heart & Sole graduating class.



Right: MP David McGuinty joins students Shurkri Haybe (L) and Aris Tarfas (R) at Vincent Massey School last June.

PHOTOS BY GREG MCKEAN



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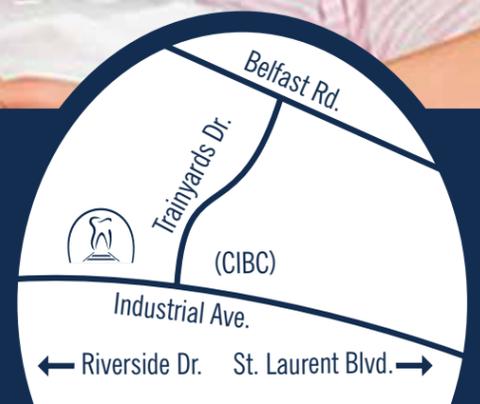
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AGE *appropriate...*



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This past dance season, at 4 Dance, Gym & Cheerios, Fashion Designer, Denis Poitras has done a larger number of dance costumes than he can probably remember. Some of the costumes were detailed work that took an enormous amount of time, while others were detailed by incorporating a multitude of fabrics. That being said, at one point there was a discussion on age-appropriate costumes.

In today's society, we tend to move at such a fast pace that we sometimes let the little performers wear costumes that are totally not age-appropriate. The fashion today on such main dance stages in competition is basically wearing a bra and a panty, but done in a way that is appropriate for a dancer of a certain age. This fashion statement has become the costume of choice because the little dancers want to look like their peers.

At 4 Dance, Gym & Cheerios, if we find the costume is inappropriate for the age of the dancer, the client will be warned. That being said,

alternatives will be offered to showcase the dancer more according to the style of music with the dance that is being performed.

These past few years, 4DGC did a costume that was loved by the judges at a national dance competition. The parent actually sent me the audio recording of the dance performance being judged and one of the comments was, "Finally, a great little dancer who is wearing

an age-appropriate costume." The parent was as happy as I was to hear such a comment.

A costume doesn't have to be a skimpy outfit, but a costume that represents the music and the moment being expressed. If only more thought was placed in the creation of a costume that represents a movement, as compared to only focusing on the choreography.

A creative person should look at

all aspects of the dance so that the performance is well-presented and the costume is age-appropriate.

Denis Poitras is a Fashion Designer working out of 4 Dance, Gym & Cheerios; a retail store that caters to dancers, gymnasts as well as cheerleader.

4 DGC is located above Figure 8/ Hockey One Skate Specialists at 380 Industrial Avenue (just off Riverside Drive). Check us out on Facebook at 4 Dance, Gym & Cheerios. 613-521-2433

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Jean CLOUTIER

Dear Neighbour:

I'm writing to share news regarding the electrification of the O-Train's Confederation line. In late September or early October, the overhead wires that power the light rail transit (LRT) vehicles will be going "live" in the east end from Blair to Tremblay stations, and along the tracks leading to the Belfast Yard Maintenance and Storage Facility.

This crucial step enables testing of the light rail vehicles to begin. The vehicles will be travelling the above mentioned section of track at varying speeds to enable various dynamic tests to be performed. No members of the public will be on board during testing.

This on-track testing will continue until spring of 2017. The remaining sections of the alignment will then be electrified in phases, with additional testing occurring until the end of 2017. Starting in January 2018, testing will take place across the entire alignment until Confederation Line service begins later that same year.

The live wires will be over the LRT tracks between Blair Station at the Gloucester Centre and Tremblay Station (at the VIA Rail Ottawa Train Station), and along the tracks leading to the Belfast Yard facility at 805 Belfast Rd.

Once this occurs, potential safety hazards will exist that you should be aware of in order to avoid electrocution or getting in the way of a moving LRT vehicle.

The City is undertaking a public safety awareness campaign to highlight the dangers of the electrified overhead wires and of being on or near the LRT corridor. This campaign will outline safety precautions, while also highlighting this important milestone of the Confederation Line project.

The City will be asking all residents to take note of the following safety measures:

- Never try to reach the wires or throw things at them. Do not fly kites or any other airborne object near the LRT corridor. Stay clear of the corridor at all times to avoid the risk of electrocution; and
- Stay away from the tracks at all times. Since there are no at-grade crossings and the entire alignment is fenced off and secure, there is no reason for members of the public to be on or near the tracks at any time.

I strongly encourage all parents to educate their children about rail and electrical safety, and discourage them from going near the LRT corridor at any time.

Information posters, public service announcements, social media posts and warning signs adjacent to the LRT corridor will all be used by the City to help inform all residents of the potential dangers around the area.

Despite the risks that come from any light rail system, the City wants to assure all residents that this is a well-established and safe system that is used widely in many cities, without incident.

I appreciate your cooperation in adhering to these safety measures, and talking to your families about them. This is an exciting milestone for the Confederation Line project.

Sincerely,

Jean Cloutier

www.JeanCloutier.com Councillor Jean Cloutier - Alta Vista

110 Laurier Avenue West, Ottawa ON K1P 1J1

613-580-2488

jean.cloutier@ottawa.ca

RIVERVIEW ALTERNATIVE SCHOOL

The before and after story of a successful vegetable garden

by Christine Graves

In March 2016, Riverview Alternative School received word of a successful grant application to create a vegetable garden for the school. A plan was set by parents on School Council to build seven raised beds, and in April, with lingering snow on the ground, parents and students got building.

By May, the students at Riverview were starting indoor seeds, preparing the beds by working the soil. Planting began after the May long weekend. Andrew Fleck Childcare Services (AFCS) at the school joined in with their own bed including eggplant, peppers,

tomatoes and herbs to add to the crops of carrots, potatoes, squash, cucumber, chard and lettuces. During the summer, Andrew Fleck watered and weeded and began enjoying the fruits of the labour with fresh salads in their snacks.

September 15, the students joined parent volunteers in the kitchen to prepare a communal school soup of potatoes and dill. Carrot sticks and dip with homemade bread donated by parents added to the feast.

The building of raised beds and creation of the square foot gardens to grow organic food is an opportunity to put students directly in touch with the process of food growing. Besides being a practical skill, the blossoming gardeners are learning to be in touch with seasonal rhythms and ecology.

Tying into the curriculum is important for our student learning so Riverview teachers incorporated math calculations, journaling, and attending a workshop on worm and vermiculture for creating compost into the outdoor learning center. Science curriculum and biology is an obvious student learning objective springing from the garden.

And this school year, outdoor art will be created to enhance the experience and beauty of the space. Besides the paper and pen learning process however, students were delighted to put shovels into the ground, dig and plant seeds and watch the garden's progress through one growing season. For many students, it was the first opportunity to participate in a garden.

In keeping with the Alternative education philosophy, students are sharing the experience in multi age groupings and emphasizing the cooperative efforts of tending the vegetables together. A celebration with food created directly from their efforts is a wonderful means of growing the school's community!

This garden was made possible by a grant from Whole Kids Foundation. The efforts of many parent volunteers, staff and AFCS was essential in getting the project off the ground. For future students and years to come, Riverview Park and the Riverview Alternative School communities can enjoy a new addition to the charming neighbourhood!

The beautiful natural grounds of RAS have traditionally been enhanced through volunteer efforts by teachers and local residents. If you would like to lend a hand with the vegetable beds, please contact the school.

MORE PHOTOS ON NEXT PAGE



Our own potatoes: The stars of the show

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BOOK REVIEW

No better life as racial challenge met head on

by Bill Fairbairn

A bush plane brought Naz Deen to his first teaching job in Canada. The school was at Sandy Bay, northern Saskatchewan. After landing on a lake, Naz and his wife Bea were met at the village dock by Cree and Métis from the community and by the principal and his wife.

Naz, a Trinidadian, had come to Sandy Bay in 1968 after teaching experience first in Trinidad then in London, England. The couple had met a Superintendent of Education from Saskatchewan who was in London to recruit teachers.

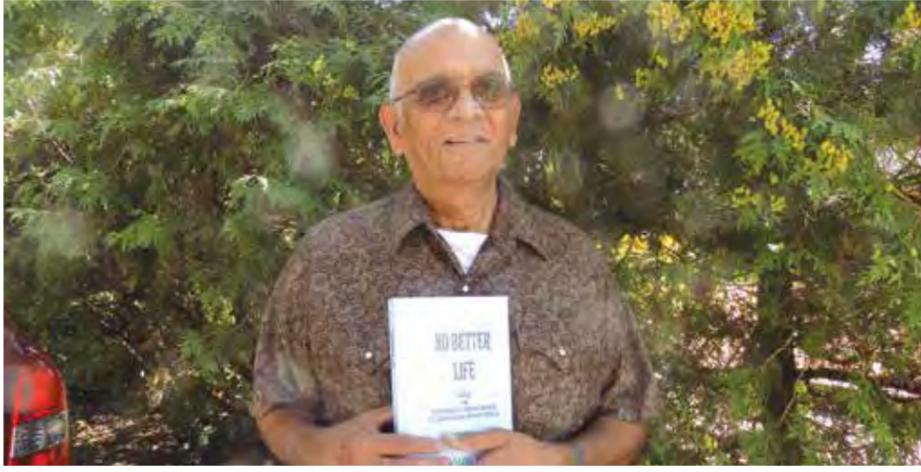
The terms of an offered two-year contract were attractive to Naz and Bea: salaries more than three times they were making in England, free travel to Sandy Bay, and rental of a fully furnished two-bedroom house for \$75 a month.

"But help us understand what an isolated community really means," Naz asked the Saskatchewan interviewer. Told there were no roads in or out of Sandy Bay, of long and severe Saskatchewan winters and other hazards of the north, Naz and Bea nevertheless signed on.

Sea, air, road travel took the would-be immigrants to orientation sessions at the University of Saskatchewan at Saskatoon. Naz writes in his memoir, *No Better Life*: "We heard nothing of the systemic barriers to employment, housing, criminal justice; or of the naked racism which the Cree and Métis people among whom we were going to work faced every day." Neither he nor his wife thought of returning to England, despite encountering "white" Island Falls and "Indian" Sandy Bay. "We saw it as a challenge," he declared when interviewed on this remarkable book that every Canadian teacher should read.

No apprenticeships

The Island Falls Power Plant provided employment but the jobs open to the Cree and Métis were the un-



Naz Deen on interview day sharing his life experiences.

PHOTO BY CAROLE MOULT

skilled and, very infrequently, a few semi-skilled positions. They were labourers, cleaners and security guards. There was never anything resembling an apprenticeship program.

Naz writes that The Hudson's Bay Mining and Smelting Company's employees in the area during years of prosperity worked under rigid apartheid. Then, when the company automated the power plant, virtually all jobs disappeared resulting in catastrophe for the Indians. The entire white staff were pensioned off or relocated. The Indian staff, apart from two guards, were summarily released without compensation or pension.

Mac, one of the elders, told the author: "After 30 years with the company and hardly having missed a single day's work I was let go. No severance, no pension, not even a thank you, and you know what, I was not the only one."

Mac contended that he did not have Naz's power. "In the North white man means power. And you have power. But you are not a white man."

Naz found that through their written journals his 23 Grades 7 and 8 students had disturbing information to share about past treatment, and the bitterness which they felt because of their constant experience with systemic racism. "Rather than the Indians being non-communicative, as we had heard at the orienta-

tion sessions in Saskatoon, the truth was evident when a knock came to our door by two teenagers carrying a wobbly bag. "We brought you a present teacher. This is for your dinner. If you want we'll show you how to fillet this Jack-fish Indian style"

Fishy lesson for teacher

Naz also writes that his students were determined to teach him about their culture and life. A few weeks into the school year one of the class leaders proposed that "it's time, sir, to teach how to picnic Indian style." The students took him to the banks of the Churchill River carrying no food except tins of baked beans and some lard with a frying pan saying they were going fishing for pickerel. Naz was met with incredulous laughter when he asked what they would eat if they did not catch any fish!

Naz says his wife and he wound down their stay in Sandy Bay mainly because their four-year-old son was finding adjustment to northern isolated life difficult. So the two went on to teach first in Sudbury then Ottawa where he was a vice-principal, rising to Curriculum Coordinator and Superintendent of Education for the Ottawa Carleton School Board, implementing an approach to reading that had proved successful with young children in London, England, with Cree and Métis adolescents in Sandy Bay and with adult parolees in the capital. He helped introduce programs like Enrichment Mini Courses at Carleton University and the University of Ottawa for highly motivated students. This program thrives today after more than 35 years.

How opportunity knocked

Asked after his retirement by his friend Ron to recall his most significant experience and about its influence on his life, Naz said it came during an interview for a junior clerical position with London County Council (LCC) on his arrival in the big city from Trinidad. He got the clerical job but during the interview he was asked that since he had been a teach-

er in Trinidad, why he had not applied for a teacher's position with the LCC.

Naz explained that he had worked as an unqualified teacher in Trinidad since there was no teacher pre-service training there. His parents had stretched the tiniest of incomes to feed, clothe and educate their nine children and launch them into successful lives.

When asked if he would like to teach in London if the LCC were to arrange for training, he wholeheartedly said yes and was told: "All right Mr. Deen. We'll pursue this matter further."

This opportunity started Naz's career as a teacher but educating youngsters did not end his service to the community. After his retirement the former redoubtable politician Stephen Lewis officially investigated causes of tensions between police and black people in Toronto and recommended setting up a Police Race Relations Monitoring Board. Naz became its first chairman and he found conflict between the community and the police in Ontario was real.

White or black?

One function of his task as chair was monitoring the late-night ride along in police cruisers, and one incident in his book comes readily to mind. While he was in the back of a lead cruiser driven by a police sergeant an all-call was broadcast on the police radio about a hold-up at a gas station in Vanier with the description of the suspect as a "white male, about 25, wearing a white tee shirt and blue jeans."

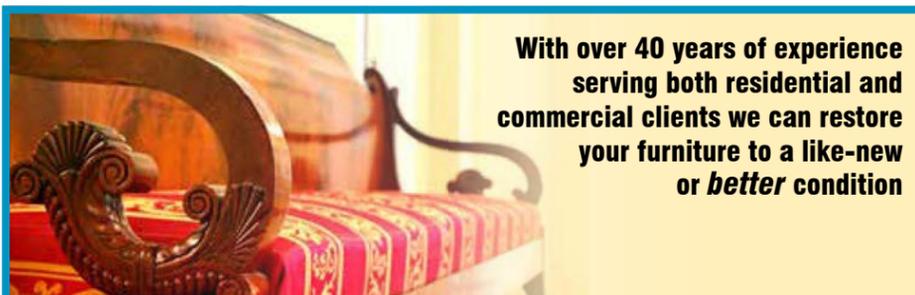
There was a request for clarification from another police cruiser. "Could you clarify? Are you sure that it was a white man and not a black man wearing a white wig?"

The lead cruiser sergeant commented: "Well, Naz, that gives you an indication of how much work needs to be done on this issue."

When Mike Harris' Conservative Party came to power in Ontario one of its first cuts was to abolish the Police Race Relations Monitoring Board and send Naz back home to Ottawa.

For Naz's autobiography retired Special Assignment Teacher for Gifted Education Penny Styles wrote of him: "You were more than a boss. You were a leader, a mentor, a true collaborator with those who worked for you and with those with whom you worked. You allowed us to pursue our own ideas and initiatives, while at the same time you were always there to provide leadership, encouragement and support. You taught us how to fly, applauded us when we did so, all the time keeping those nasty birds away from us when we tried our wings."

For my part, "This is a book that I recommend be read by every teacher."



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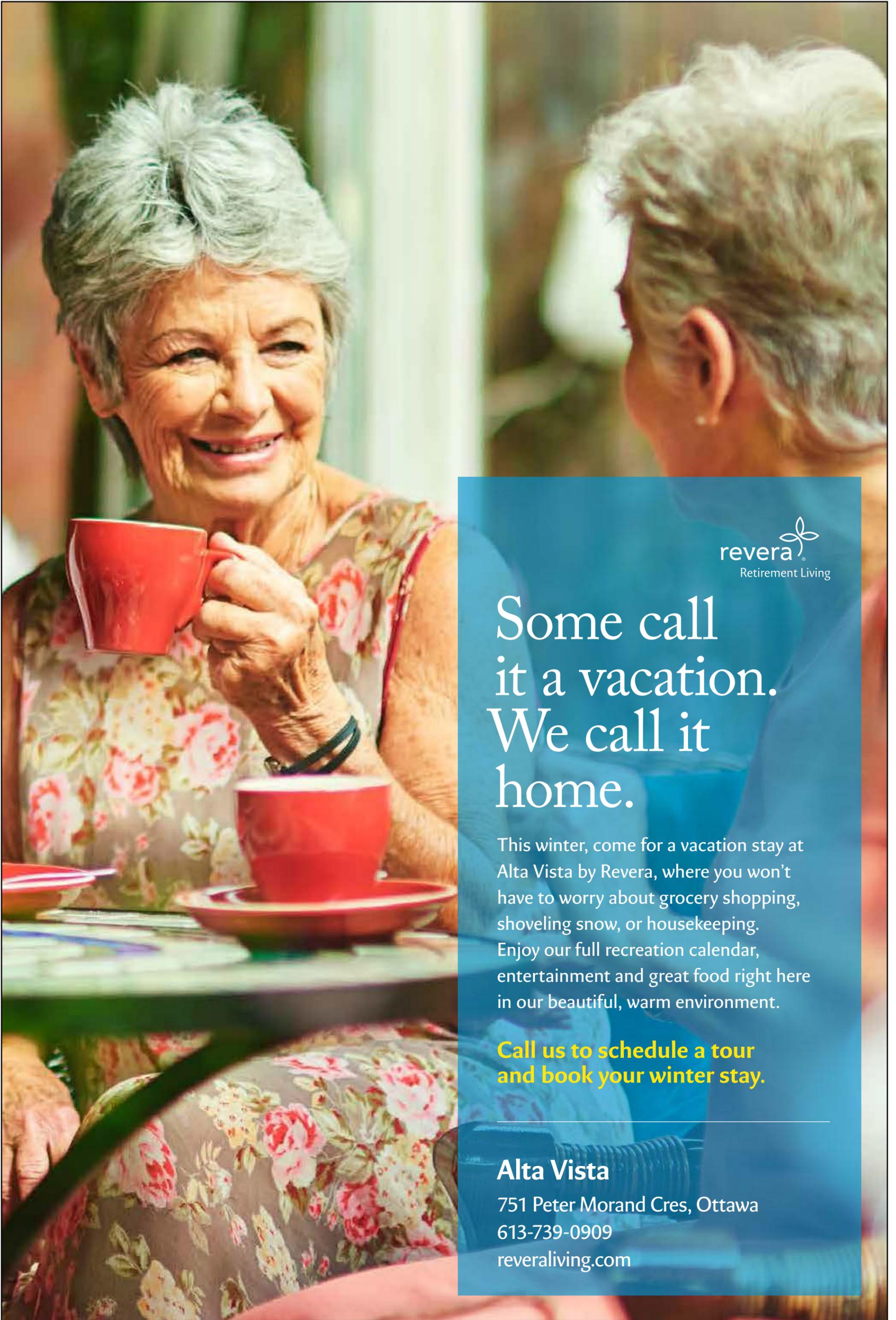
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TRINITY COMMUNITY GARDEN

2016 was a great year for Trinity Community Garden

by Bernadette Bailey

Trinity Community Garden celebrated its fifth year of growing vegetables and community in Riverview Park. It was a very successful season in numerous ways. This was the first year that all of the plots were well utilized. We welcomed seven new members, giving us a total of thirty four rented plots which the gardeners, prepared, maintained and harvested for themselves. For the first time, we had no vacant plots and we have begun a waiting list. It is not possible for us to predict at this time how many plots will be available for next season, however, if you are interested in becoming a member, please contact us at trinity.garden@rogers.com.

The hot weather this summer caused our plants to flourish and give us fabulous yields. Many gardeners value the ability to grow a wide variety of plants, sometimes those which are not readily available in the supermarket, either because they are specialized or heritage varieties, or plants from their country of origin. We did an informal count of the varieties grown, and counted over 60 varieties of vegetables and herbs.

In addition to providing a source



of fresh, organic, local food, the garden also fosters community in a number of ways. Each member, in addition to caring for their own plot, performs one of the tasks necessary for the success of the garden as a whole, such as controlling weed growth in the common areas, maintaining the compost system and keeping our water barrels filled.

There are also members who create and care for a herb garden for all gardeners to use. This year, two plots were designated as donation plots and members planted and harvested vegetables for the specific purpose of donating them to congregants of Trinity Church and the local Food Bank which operates at the Eglise de la Nativite on Acton St.

Gardeners come together on common days, in the spring to prepare their plots, and in the fall when they remove the used vegetation in preparation for winter. These days are a nice opportunity for gardeners to get to know each other and share a pot luck lunch. We also interact with the greater community in the spring when we hold our annual plant sale during the Alta Vista Community Garage sale. Members donate plants from their own gardens to raise funds to help cover garden expenses. We were very grateful for the wonderful support of the community this year.

In the past the garden has had vacant areas where weeds and wildflowers flourished. These created

problems for the gardeners and we have therefore created a work team to control the growth in these areas. We recognize however, that these areas also provided habitat and food sources for many beneficial insects. As has been publicized in recent years, many bee and butterfly populations have suffered due to a variety of reasons, including pesticide use, climate change and loss of habitat. We would like to support these creatures which play such an important part in our food production. This fall we will begin to create a pollinator garden adjacent to the community garden. We will be planting a selection of native plants as well as other flowering plants which provide important nectar sources. If you happen to walk along the pathway which cuts across the church property to the hydro corridor, you will also be able to enjoy this garden.

If you have any questions about Trinity Community Garden please don't hesitate to contact us at trinity.garden@rogers.com.



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Helping You Live Well

Could you benefit from massage therapy? “Everyone can benefit from massage,” says Cindie Helmer, owner and Registered Massage Therapist at Essential Health Massage Therapy clinic, which opened in Riverview Park this past June.

“When I talk to people about massage, many think of the ‘spa experience’ and don’t realize we have much more to offer. Everyone knows about the benefits of relaxation massage and managing and reducing stress, but we all use our bodies every day, and massage can help prevent injury and keep us fit and healthy for our daily activities.”

“We all exercise every day, whether we know it or not, even if your exercise is chasing a little one around, cleaning the house, doing yard work, or even simply brushing your teeth. We can’t forget to look after our bodies and address issues BEFORE they turn into injuries or chronic pain.”

We’ve all given ourselves a ‘self-massage’ on that sore calf muscle after a run, or our aching back after a day of yard work. Massage contributes to reduced muscle pain and fatigue, increased circulation, and flexibility. It also improves re-



Spacious massage areas PHOTOS BY MARK HORTON

spiratory functioning and increases immune system activity.

Cindie and her staff see massage as preventative healthcare. Therapist, Andreína Luján, practiced as a physiotherapist in Venezuela before moving to Canada. She went back to school to study Massage Therapy in 2010. “When I was working as a physiotherapist, I was treating people who had already suffered an injury and needed help recovering,” says Nina, “As a massage therapist I’m able to use my skills to help people stay healthy and not be sidelined by injury or chronic pain, because we



The inviting waiting room

help prevent those injuries before they happen”

If you have already experienced an injury, or suffer from a chronic condition or pain, massage can help that too.

Cindie was asked about her decision to open her clinic in Riverview Park: “My husband and I have lived in Riverview Park since 2011, and I’ve always wanted to open a clinic in my own neighborhood, helping my friends and neighbors live healthier lives.” It was obvious to her that Riverview Park, Elmvale, and Alta Vista were underserved for an available and convenient registered massage therapy clinic.

“When we started checking out commercial properties, I wanted clients to be able to walk to our clinic”. Cindie says that many of her clients from her previous clinic in the downtown core have followed her to her new location. “Many had complained about the congested downtown traffic and the expense and difficulty of finding parking. Now all our clients enjoy free parking, and we’re close enough to downtown to be convenient, but not be burdened by the chaos and congestion of the core!”

Essential Health Massage Therapy is located at 700 Industrial Ave., in Unit 220. “Don’t be fooled by the front of our building,” Cindie says with a smile, “our beautiful clinic is at the rear of the building, on the south side facing the Riverview Park neighborhood.”



Essential Health Massage Therapy

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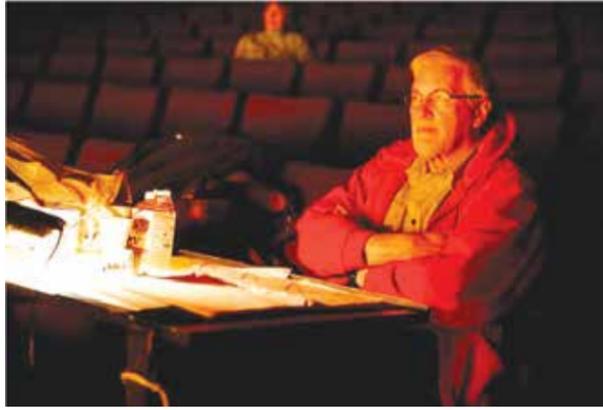
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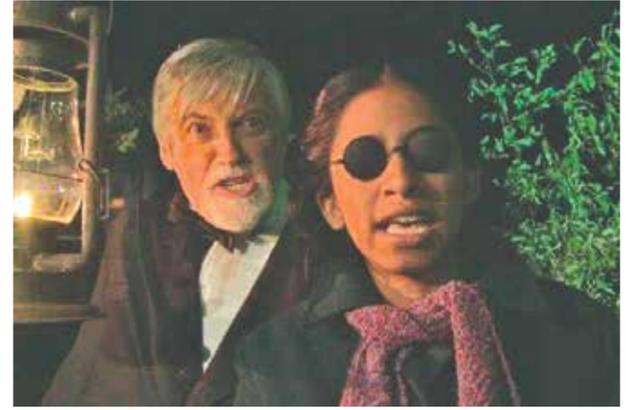
THE ARTS IN RIVERVIEW PARK



Jim McNabb (R) in 'Tell the World', a feature film, 2013 SUBMITTED PHOTOS



Jim McNabb in his role as Director



'Professor and The Blind Girl': Jim McNabb is featured in this short, 2008

An interview with Jim McNabb, Theatre Director

by Diane Davidson Schmolka,
Arts Reporter for
Riverview Park Review

RPR: Welcome Jim, to Riverview Park, and our newspaper. You and I met, because of PAL-Ottawa. Since then, I've been to a couple of your productions at OLT. I've been very impressed by your directing techniques. I know there is much more to becoming a great director than just technical expertise. When did you realize that your intuitive abilities and creative imagination would lead you to become a theatre director?

JIM: My parents were involved in community theatre, so I learned by example. We lived in Cameron, Ontario, near Lindsay, where we would produce plays not only for our community, but would take the plays to neighbouring towns. I loved the theatre from the beginning. In Elementary School, I was not only an actor, but was asked to assist in directing. In high school, I began to direct some of the plays.

RPR: Where did you take your training?

JIM: After high school, I took a B. SC. Degree at Carleton U, because there were no theatre schools or faculties whatsoever in Canada at that time.

RPR: Why did you become a teacher?

JIM: I like working with people, so after Carleton U, I took education courses at U. of T, took the new elective Theatre Arts Course, and became a teacher with the OBE. When the OBE created Theatre Arts, I taught it until I retired.

RPR: What were some of your most memorable experiences as the Director of Theatre Arts at Canterbury High School?

JIM: Many productions! Every day was a great experience! The subject matter lends itself to many peak experiences. The opportunity to guide students right through the whole process of 'becoming the character', is very fulfill-

ing for me. Because of personal involvement, it is much more meaningful. Some performance highlights for me were productions of *Guys and Dolls*, *Oliver*, *Working*, *Kiss Me Kate*, *Ten Lost Years*.

RPR: What peak experiences have you had in your role as Theatre Director since you retired?

JIM: The difference is first: adult expectations. I take them right back to the beginning roots of acting, to the end point, being the production. I love watching their development. That is very satisfying for me. In *Railway Children*, some of the children had no experience at all. There is a big difference between pretending or acting 'as though' you are a particular character, and developing your character through analysing your script, developing that character's body language, intuiting the playwright's feeling for the character, and then, as an actor, becoming completely 'at home' in that character. Seeing each person develop into the art of being a real character is very meaningful.

RPR: What led you to your involvement in PAL-Ottawa?

JIM: I was speaking with Jim Bradford (this was over five years ago), and he told me about PAL-Ottawa, when it was just being developed in Ottawa. (www.palottawa.org). Jim B. asked me to set up an Events Committee from the beginning. I believe so much in PAL's objectives*, that I became a Board Member, and have been for six years. We hope to have a completed lodge for artists of all types and genres by 2020. PAL-Ottawa is the eighth chapter of PAL

Canada, which, after its founding in 1986, led the way in creating affordable housing for artists and a volunteer colleague assistance program called 'Supporting Cast'. Like all good ideas, the Pal concept has spread, spawning chapters in Halifax, Toronto, Stratford, Winnipeg, Edmonton, Calgary, Vancouver, and most recently Ottawa. So far, Toronto, Vancouver and Stratford have created affordable housing facilities; others are on the way.

RPR: What ideas do you have to involve much more of the public to support our cause?

JIM: For the past five years, we've been building a foundation, fundraising for operating costs, but now we need to partner with a developer for the PAL Lodge, to create it. We are also planning many events to raise our profile and raise substantial funds. We have contacted major organizations, some of which are very interested in our endeavour. One of the events will be at the CUBE Gallery in Ottawa. The theme will be: "Building the Arts in Ottawa." We are trying to bring all the major Arts' organizations together; e.g. Arts Court, NAC and more.

RPR: What question has no other interviewer ever asked you, which you would have liked them to ask?

JIM: Well! I've never been asked that question! (a few minutes later) "What do people gain from being so involved in the Arts?" For me, it is expressing my inner self. No matter what art you practise, it is your true essence: therefore, deeply sincere and significant. That is why teaching is so important for me: to open the door to that creativity.

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Alta Vista Hospital Link: September 2016



Above: From a drone's eye view of the AVHL PHOTO CREDIT: CAMERON PRANGE



Right: A ground view of the AVHL from Alta Vista Drive. PHOTO CREDIT: CAROLE MOULT

Musical Heritage: The Minstrel songs of Stephen Foster

by Brian McGurrian

Stephen Foster, a gifted American composer born in 1826 is often praised as *America's first composer*. He was born in Pittsburgh, of Irish ancestry, and left a body of about 200 published songs, even though he was only 37 when he died, a penniless alcoholic.

Many of Foster's songs, such as *Beautiful Dreamer*, were composed in the sentimental style typical of the times, but his early success was achieved by composing minstrel songs such as the lively *Ob! Susanna* (1848) and *Camptown Races* - "I bet my money on the bob-tail nag, somebody bet on the bay" (1852).

In this context, the term *minstrel* may need some explanation. The minstrel show was the dominant theatrical form of nineteenth century America, and over a period of many decades, it gradually evolved into a new form of entertainment known as Vaudeville. "Whatever else it may have been, the minstrel stage was the breeding ground for an American music which was beginning to make the real break with European culture and traditions," says Irwin Silber in *Songs of the Civil War*.

However, the minstrel show initially consisted of songs and jokes and skits about African Americans, created by whites, and performed by whites wearing blackface makeup. Audiences were amazed and delighted by the cakewalk, by tap dancing, and by songs and wisecracks that depicted an exotic black culture of simple, illiterate slaves who apparently spent a lot of their time singing and dancing and eating watermelons.

In minstrel songs such as *Away Down Souf*, another of Foster's early efforts from 1848, we also find crude physical caricatures such as:

My lub she hab a very large mouf, one corner in de norf, tudder corner in de souf;

It am so long, it reach so far, trabble all around it on a railroad car.

In *Ob! Susanna*, Foster relates, in lively fashion, the story of a black man traveling from Alabama to Louisiana, his "true love for to see." The events of the song are nonsensical and contradic-

tory (e.g.: *It rained all night the day I left; the weather it was dry*); but if you think of *Ob! Susanna* as an innocent novelty song for boy scouts to sing around the campfire, then it may surprise you to discover that its original lyrics included a verse that was blatantly racist. To modern ears, the supposedly comical description of something (perhaps a steamboat explosion of some kind?) that, "kill'd five hundred Nigger," is shockingly callous ...

I jump'd aboard the telegraph and trabeled down de ribber,

De lectric fluid magnified, and kill'd five hundred Nigger.

De bullgine bust, de boss ran off, I really thought I'd die;

I shut my eyes to hold my bref—Susanna, don't you cry...

The narrator seems more concerned about the horse that ran off than the death of five hundred black people. Those deaths are brushed off as though blacks were a kind of sub-human species, but in a world of legalized slavery, there were many - not all, but many - who were entirely convinced that African Americans were precisely that - a sub-human species. A song like this reminds us of a time when upstanding members of the community openly joined in grossly insensitive denigration of America's black population.

Perhaps even more surprising, is that a popular performance of *Ob! Susanna* by the renowned Canadian tenor Henry Burr (from St. Stephen, New Brunswick) recorded in 1916, more than a half-century after Foster's time, continued to use the offensive lyrics of Foster's original text.

Of course, all that stuff was a very long time ago. We don't do that sort of thing any more, do we? Well, some of us may remember the wildly popular *Amos 'n' Andy* radio program starring white actors Freeman Gosden and Charles Correll. It's a vivid 20th century example of black caricatures performed by whites: the ignorant Andy, the lethargic Lightnin', the conniving Kingfish and his formidable wife Sapphire were caricatures that would have been very familiar to minstrel show audiences.



Times have radically changed since this Blackface minstrel show depiction from *A Treasury of Stephen Foster*, Random House, 1946, p. 74

I'll be the first to admit that I loved listening to *Amos 'n' Andy* in the 1940s. It seemed quite innocent, and, well, good clean fun.

For a more recent example, you may remember an episode of *Fawlty Towers* in 1975 during which John Cleese, as the insensitive Basil Fawlty, clearly distresses his German guests with a goose-stepping imitation of Adolf Hitler (see *Don't Mention the War!* on Youtube).

Then there's acclaimed 21st century Canadian comic Russell Peters (also well-represented on Youtube) who uses humour to highlight racial, ethnic, class and cultural stereotypes. Peters gets us to chuckle at his own experiences growing up in an Indian family, and he impersonates the accents of various ethnic groups to poke fun at them. As he once told an audience, "I don't make the stereotypes, I just see them." In a 2006 interview on *The National*, Peters observed that he didn't intend to put down or offend different races and cultures, but tried to "raise them up through humour." I'm not sure what that means, but let he who has never laughed at Russell Peters throw the first stone.

Racism is a difficult topic, and I don't mean to single out Stephen Foster as being exceptionally bigoted for his time. On the

contrary, Stephen Foster attracts our attention because he decisively moved away from caricature to compose minstrel songs that suggest a caring human bond between slave and master. In *Old Uncle Ned*, also from 1848, we hear:

When Old Ned die, Massa take it mighty bad,

De tears run down like de rain;

Old Missus turn pale and she look'd berry sad,

Kase she nebber see Old Ned again.

It may be counter-intuitive to imagine caring attachments between masters and slaves, but Foster must be acknowledged as seeking a less racist form of minstrel song.

Just three years after the publication of *Ob! Susanna* and *Old Uncle Ned*, Harriet Beecher Stowe's famous anti-slavery novel, *Uncle Tom's Cabin*, began to be published serially in an abolitionist newspaper. Stowe was a devout Christian, and she infused the character of Uncle Tom with her own

profoundly Christian, "turn the other cheek," values. Uncle Tom was a 19th century Mahatma Gandhi, or perhaps a Martin Luther King, and *Uncle Tom's Cabin* became the best selling novel of the 19th century. The jarring impact of Stowe's book upon Stephen Foster is revealed in one of his songs from 1853, originally titled *Poor Uncle Tom, Goodnight*, but you will know it by its revised title, *My Old Kentucky Home, Goodnight*. In this song, Foster's narrative clearly parallels that of Stowe's. In the beginning of Foster's song, "the sun shines bright in the old Kentucky home," but by the conclusion we see an aged and broken slave stoically awaiting his final deliverance through death. He is melancholic but not bitter, offering the consoling message of "Weep no more my lady..." harking back to the distressed Missus in *Old Uncle Ned*.

When African-American dialogue is exaggerated for comic effect as Foster does in his early minstrel songs, such as *Ob! Susanna*, it is sometimes called 'black-voice', the vocal equivalent of blackface makeup. But in *My Old Kentucky Home*, in which Foster persuades us to empathize with the condition of the dignified old slave, he has almost completely discarded the heavy blackvoice of *Away Down Souf* and *Ob! Susanna*. Renowned African-American abolitionist, orator, and former slave, Frederick Douglass, praised *My Old Kentucky Home* for awakening, "sympathies for the slave, in which anti-slavery principles take root, grow, and flourish."

Let me recommend that you take a moment to call up African American superstar Paul Robeson's performance of *My Old Kentucky Home* on Youtube. You won't be disappointed.

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RPCA PRESIDENT'S REPORT

by Kris Nanda

President Kennedy's well-known appeal to his fellow citizens to exercise their civic duty towards their nation applies to community life at all levels, from the national scale to one's own neighbourhood (where in fact the most difference can be made).

Riverview Park is no exception to this. We have a lot going on in our community (see for example the list of activities in the "Did you Have a Riverview Park Summer?", however, many of these community-driven activities do not take place on their own. The Riverview Park Community Association (RPCA) needs volunteers to make these things happen.

The familiar saying that "many hands make light work" rings true. I speak from personal experience when I say that the biggest benefit goes to the volunteer, even if you are just making what you think is a small difference in someone's life or in the community. There is a feeling of accomplishment and you often get to meet new people and make new friends.

The RPCA Board and our volunteers remain active on your behalf on a variety of fronts to serve Riverview Park residents. Whether monitoring local developments, communicating with elected officials and city staff on behalf of the community, hosting an Open House and walk-through for the Alta Vista Trans-



KRIS NANDA
RPCA President

"Ask not what your country can do for you, ask what you can do for your country." – John F. Kennedy, inauguration address, January 1961

portation Corridor Hospital Link, organizing Park clean ups and other fun community events, supporting a local soccer program, raising money to bring over a Syrian refugee family, putting on the Winter Carnival and/ or posting helpful information on our website; the RPCA and its board strive to be there for the Riverview Park community.

The RPCA's need for new volunteers (or for current volunteers to become more involved) is more important than ever. We, like other organizations, have an inevitable turnover in key volunteers, due to a variety of reasons ranging from health and job-related issues or other changed family circumstances.

Now is your chance to step up to the plate and play your part. We are always looking for new helpers, either on the Board or on one of our committees (Communications, Membership, Parks & Recreation

and Planning & Development); of which are currently short-handed. And of course there is the role of Rink Coordinator at Balena Park. (*Without a new coordinator, the winter skating rink at Balena Park could be in jeopardy*). Whether you are a newcomer or long-time resident, come out to our **Annual General Meeting on October 26**, and for just \$10 your family can join the RPCA (your membership card gets you a 5% discount at Rona and two free tickets to an Ottawa Champions Baseball Game next year.)

Finally, I would encourage you to consider taking part in the **RPCA Fall Social/ Silent Auction on Sunday November 6, 2016**. As part of a fundraising, we are hosting a dinner at The Lebanese Palace, 919 Industrial Avenue (Corner of St. Laurent) in Ottawa.

This event is in support of the activities undertaken by the Associa-

tion on behalf of our residents. Half the money raised will go towards the fundraising efforts to bring over the seven members of the Iteah family who have fled from Homs, Syria and are currently living in a refugee camp. Check out our website, talk to a Board Member, send me an email, check this newspaper for an ad, or come to the AGM if you would like more info or to pick up a ticket.

•••

Canada's 150th anniversary in 2017 is next year. While Riverview Park is much younger (barely 60 years old), we are a well-established neighbourhood. Perhaps there are some local residents out there who are interested in doing something special in and for Riverview Park and our neighbours in celebration? (A celebration/ alumni homecoming for Riverview Alternative School is one such idea) If you have some thoughts and/or are interested in helping organize a celebration event or activity, please drop me a line krpp1415@gmail.com or show up to a future RPCA Board meeting or our October 26, 2016 AGM with your ideas.

Check out our website at <https://rpca.wordpress.com>, or e-mail us at riverviewparkca@gmail.com. Plus, be on the lookout for friendly RPCA Board members who are canvassing in Riverview Park as part of our annual membership drive.



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- » Guaranteed Income Supplement
- » Immigration Matters
- » Citizenship Inquiries
- » Canadian Passport / Consular Affairs
- » Business Opportunities / Grants & Funding
- » Student Loans / Taxation Issues

If I can ever be of assistance to you, on any federal matter, please do not hesitate to contact my office.

Mon bureau vous renseigne sur les services offerts par le gouvernement du Canada, notamment:

- » le Régime de pensions du Canada / la Sécurité de la vieillesse
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- » les demandes de renseignements relatives à la citoyenneté
- » les questions d'immigration
- » le passeport canadien / Affaires Consulaires
- » les occasions d'affaires / les options de financement
- » les prêt aux étudiants / les questions sur l'impôt

Si jamais je peux vous aider, n'hésitez pas à contacter mon bureau.

David McGuinty, MP | Député

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COMPUTER TIPS & TRICKS

STOP! Don't Do That.

by Malcolm and John Harding, of Compu-Home

Year in, year out we are here, pestering you with advice about how to use your computer. This time, we're taking a different approach. All too often people call us and ask for help with problems that would have been avoided if they had NOT done something.

DON'T be flippant with passwords. Someday there may be a more sophisticated alternative, but for now your password is an important line of defence against the bad guys. Don't constantly reuse the same password for different sites. Don't make it something obvious like your address or telephone number, or even your birthday. Of all of the criteria of a good password, length is the most important. Yes, it's going to be a challenge to remember the dozens of passwords that active users need; use your ingenuity to find a safe way to record and retrieve them when necessary.

DON'T Google the telephone number when you need help from your Internet Service Provider or other utilities. Clever scam artists

set up websites with similar names and appearance, and sometimes they even pay to have them listed above the legitimate sites. You may think you are calling Rogers or Bell, but you may actually be contacting a crook who will do his best to bilk you of hundreds of dollars. Get the correct telephone number from your monthly statement, or make a list and keep it handy.

DON'T open an attachment to an email, even from a friend, if you are not actually expecting it. If your friend's email account has been hacked, and bogus messages are being sent out under their name, that attachment may contain a serious virus. The word "Invoice" in an attachment is a dead giveaway that you should be on the alert.

DON'T assume automatically that you need a new computer when problems arise. Even some critical parts like a hard disk, RAM, a fan or a monitor are surprisingly

inexpensive. A reputable service company will tell you clearly if the cost of a repair would be inadvisable because that money would be better spent on a replacement. If that happens, listen to their advice so that you don't spend too much or too little on a new machine.

DON'T avoid updates to your software. Some updates are simply nice-to-have, but others are critical and you should not continually reject them out of fear of being scammed. Get Safe Online is a very helpful site, with lots of advice for parents, teens and general users. They address the subject of safe updates at: <http://tinyurl.com/zok94h7>

DON'T assume that because you bought and plugged an external backup device, that your data will be there when you need it. There are several things that can go wrong in the backup process, and the only way to be sure that

your data is safe is to make certain that you understand exactly what is supposed to happen and test frequently to be sure that it is.

DON'T waste your time (and certainly not your money) on registry cleaner or tune-up software. Put simply: They don't work, and they almost always cause far more problems than they solve.

DON'T accept calls from anyone who claims to be with "Microsoft" or "Windows" and who wants to take over your computer remotely to help you get rid of dozens and dozens of so-called "threats." Don't talk to them and certainly don't EVER give them a credit card number. They are criminals. Just hang up.

Go to compu-home.com/blog for an archive of our columns (including this one) and lots more tech-related articles. There is a space right after each item for you to make comments and suggestions, and ask questions. You can even sign up for automatic updates. Have a look at compu-home.com/blog soon or call us at 613-731-5954 to share your opinions and suggest subjects for future columns. Our email address is info@compu-home.com

All too often people call us for help with problems that would have been avoided if they had NOT done something

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■ Children's Bilingual Programs

Oct.- Nov.

STORYTIMES / CONTES

Babytime / Bébés à la biblio

Stories, rhymes and songs for babies and a parent or caregiver. 0-18 months. No registration required. / Contes, rimes et chansons pour les bébés et un parent ou gardien. 0-18 mois. Aucune inscription requise.

Session 1

Mondays, September 12 – October 31, 10:30-11:00 a.m.

Les lundis du 12 septembre au 31 octobre de 10h30 à 11h.

Session 2

Mondays, November 7 to December 5, 10:30 a.m. to 11 a.m.

Les lundis du 7 novembre au 5 décembre de 10h30 à 11h.

Family Storytime

Stories, rhymes, and songs for all ages and a parent or caregiver. No registration required.

Session 1

Tuesdays, September 13 – October 25, 10:30-11:00 a.m.

Session 2

Tuesdays, November 8 to December 6, 10:30 a.m. to 11 a.m.

Toddler time /

Tout-petits à la biblio

Stories, rhymes and songs for babies and a parent or caregiver. 18-36 months. No registration required. / Contes, rimes et chansons pour les tout-petits et un parent ou gardien. Pour les 18-36 mois. Aucune inscription requise.

Session 1

Thursdays, September 15 – October 27, 10:30-11:00 a.m.

Les jeudis du 15 septembre au 27 octobre de 10h30 à 11h.

Session 2

Thursdays, November 10 to December 8, 10:30 a.m. to 11 a.m.

Les jeudis du 10 novembre au 8 décembre de 10h30 à 11h.

SPECIAL PROGRAMS / PROGRAMMES SPECIAUX

Fire Prevention Storytime

Date: Tuesday, October 11, 2016

Time: 10:30 a.m. to 11:15 a.m.

Join us during Fire Prevention week. A Fire Prevention Officer will be attending the regular storytime at the library. After this, he will show the Sparky's ABC's DVD and talk about fire safety. No registration required.. Ages 3 to 10.

PD Day: Game On! / À vos jeux! (Congé pédagogique)

Roll the dice, pick a suit or grab a nunchuk! Come play cards, board games or Wii with us! No registration required. / Joue aux dés, choisis ta couleur ou saisis un nunchuk. Viens jouer aux cartes, à un jeu de société ou au Wii avec nous. Aucune inscription requise.

Friday, October 7, 2:00-4:00 p.m.

Le vendredi 7 octobre de 14 h à 16 h.

■ Adult Programs

Oct.- Nov.

Book Clubs

Book Banter

Share the enjoyment of good books in a relaxed atmosphere.

Thursday, October 6, 2:00 - 3:00 p.m. – Sweet Tooth by Ian McEwan

Thursday, November 3, 2:00 - 3:00 p.m. - The Calligrapher's Daughter by Eugenia Kim

Sleuth Hounds Mystery

Book Club

Share the enjoyment of good mysteries in a relaxed atmosphere.

Thursday, October 20, 6:30 - 8:00 p.m. – Any mystery other than

Charlie Salter by Eric Wright

Thursday, November 17, 6:30 - 8:00 p.m. - Special Crimes Unit mysteries by Kay Hooper

Infusions littéraires

Partagez avec nous le plaisir des livres dans une ambiance détendue.

Le lundi 17 octobre, de 14h00 à 15h00 - Ce qu'il reste de moi de Monique Proulx

Le lundi 21 novembre, de 14h00 à 15h00 - Le vent en parle encore

de Michel Jean

Tuesday Book Group

Join us for a discussion of selections from the Great Books Reading and Discussion Program Series 2 – Hobbs, Melville, Smith, Shakespeare and Kierkegaard, and more. Tuesdays, October, 4, 18; November, 1, 15, 29; 7:00 – 8:30 p.m.

CONVERSATION GROUPS

Please note, we will be closed Monday, October 10.

French Conversation Group / Groupe de conversation en français

Improve your spoken French in a relaxed setting. No registration required. / Améliorez votre français parlé dans une ambiance décontractée. Aucune inscription requise.

Beginner – Mondays, October 3 – November 28, 4:45 – 6:00 p.m.

Intermediate – Tuesdays, October 4 - November 29, 6:30 - 8:00 p.m.

Beginner – Wednesdays, October 5 – November 30, 4:45 – 6:00 p.m.

English Conversation Group / Groupe de conversation en anglais

Practice your English language

conversation skills and meet new friends in a relaxed and friendly environment. No registration required. / Améliorez votre anglais parlé et rencontrez des gens dans un milieu décontracté. Aucune inscription requise.

Mondays, October 3 - November 28, 6:00 - 7:30 p.m.

Les lundis 3 octobre au 28 novembre de 18h00 à 19h30

Tuesdays, October 4 - November 29, 12:00 – 1:45 p.m.

Les mardis 4 octobre au 29 novembre de 12h00 à 13h45.

Adult Programs

A Quick Killing: Writing the Mystery Short Story

Short stories are the best way to launch your writing career, and contests are a great way to enter the field. Join us as Melanie Fogel from Capital Crime Writers presents an overview of the fundamentals of mystery short story writing. Monday, November 7, 6:15 - 8:15 p.m.

Getting Started in Genealogy

Do you want to research your family tree but are not sure how to start? Learn about first steps, organizing information, the records you need and where to find them, and tips for effective searching.

Wednesday, November 9, 6:30 – 8:00 p.m.

Managing Your Finances in Retirement

We will discuss understanding your spending patterns, stretching your retirement resources, discretionary spending, protecting your assets, and various retirement strategies. We will share resources and tools for planning your retirement income.

Wednesday, November 16, 6:30 – 8:00 p.m.

Better Soft Skills for a thriving Workplace

Are you a small business owner

CONTINUED ON PAGE 43

Calling all writers

The Riverview Park Review is looking for readers to share their seasonal stories with others in the December paper.

Please send your stories as Word Documents. Please limit your stories to a word count of about 500-750 words.

A photo or two would be welcome. Please send high resolution Jpeg files.

Submissions are due: **Thursday, November 10th.**

For more information

E-mail: rpr.editor@gmail.com

Telephone: 613-731-6646



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■ Programs

Oct.- Nov.

**Passeport-Emploi :
Kiosque d'information**

Vous souhaitez développer vos compétences en employabilité et accéder au marché du travail ? Venez visiter un représentant du Collège la Cité d'Ottawa (ex. La Cité Collégiale) afin de vous informer du programme, Passeport-Emplo.

Nov 28, 2016, 6:00pm

**How to Take Better
Vacation Photos**

Learn how to more effectively tell the story of your vacations through pictures. Also learn how to use light, foreground, people and framing to not only create a better picture but to enhance the sensation of "being there" when viewed by others.

Oct. 25, 2016, 6:30pm

**English Conversation
Group / Groupe de
conversation en anglais**

Practice your English language conversation skills and meet new friends in a relaxed and friendly environment. / Améliorez votre anglais et rencontrez des gens dans un milieu décontracté.

Oct 04, 2016, Oct 18, 2016, Oct 25, 2016, Nov 01, 2016, Nov 08, 2016, Nov 15, 2016, Nov 22, 2016, Nov 29, 2016, 6:30pm

**Ballet 101: Discover the Magic
of Dance with Ballet Jorgen**

The professional dancers of Ballet Jørgen, one of Canada's top touring ballet companies, will show you



the basic positions of ballet and demonstrate how dance is used to tell a story and communicate emotion. Family program.

Oct 04, 2016, 7:30pm

Starting a Business

Learn what you need to consider when starting your business and what you need to do so that you can determine if your business idea is feasible,

Nov. 30, 2016, 6:00pm

**Christmas Fun! / S'amuser
pour Noël**

Celebrate Christmas as a family! Stories, activities and crafts. Ages 5-10. Free. / Célébrez Noël en famille! Contes, activités et bricolage. Pour les 5 à 10 ans. Gratuit.

Déc. 10, 2016, 2:00pm

**Halloween Fun! / S'amuser
pour la fête de l'Halloween**

Celebrate Halloween as a family! Stories, activities and crafts. Ages 5-10. Free. / Célébrez la fête de l'Halloween en famille! Contes, activités et bricolage. Pour les 5 à 10 ans. Gratuit.

Oct 08, 2016, 2:00pm

Family Storytime

Stories, rhymes and songs for children of all ages and a parent or caregiver.

Oct 05, 2016, Oct 12, 2016, Oct 19, 2016, Oct 26, 2016, Nov 09, 2016, Nov 16, 2016, Nov 23, 2016, Nov 30, 2016, Dec 07, 2016, 10:15am

Contes en famille

Contes, comptines et chansons

pour les enfants de tous âges et un parent ou gardien.

Oct 03, 2016, Oct 17, 2016, Oct 24, 2016, Oct 31, 2016, Nov 07, 2016, Nov 14, 2016, Nov 21, 2016, Nov 28, 2016, 10:15am

Babytime/ Bébés à la biblio

Stories, rhymes and songs for babies and a parent or caregiver. 0-18 months. / Contes, comptines et chansons pour les bébés et un parent ou gardien. 0-18 mois.

Oct 06, 2016, Oct 13, 2016, Oct 20, 2016, Oct 27, 2016, Nov 10, 2016, Nov 17, 2016, Nov 24, 2016, 1:30pm

**Mystery Book Club - Monday
Nights Are Murder**

Share the enjoyment of good mysteries in a relaxed atmosphere. Join us for discussion.

Oct 03, 2016, Nov 07, 2016, Dec 05, 2016, 6:30pm



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ALTA VISTA LIBRARY

CONTINUED FROM PAGE 42

hiring employees, a manager, or an employee looking to advance your career? Come discover how being a better team mate, thinking critically, effectively selling your ideas, and making strategic decisions can bolster your performance at work! Wednesday, Nov. 23, 6:30 - 8:00 p.m.

Protecting your computer

The average time it takes for an unprotected computer to be compromised after connecting to the Internet is under 15 minutes. Don't let it be yours. Chris Taylor, President of the Ottawa PC Users' Group will show you the simple steps you need to take to keep your computer from being hacked.

Wednesday, Nov. 30, 6:30 - 8:30 p.m.



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for more information
www.obereunion.ca

OCDSB TRUSTEE CHRIS ELLIS

Keep Children Safe



CHRIS ELLIS
Chris.Ellis@ocdsb.ca

For numerous years school bus drivers have been reporting a great number of cars by-passing their school buses while overhead lights are flashing and the stop-arm is extended. It is a more common occurrence than expected, and one that puts student safety at great risk.

During the 2014-15 school year, the City of Ottawa (Safer Roads Ottawa) and Ottawa Police Services (OPS), in partnership with ML Bradley (one of Ottawa Student Transportation Authority's (OSTA) contracted Operators), tested a number of stop-arm cameras on one school bus. The objective was to determine whether additional enforcement using video technology to capture vehicles on video and subsequently fining the owners, would lead to a reduction in occurrences.

The pilot proved to be successful in that 75 drivers were fined for passing a school bus with lights flashing and stop-arm extended. At the end of the pilot phase, a further 150 videos remained on the video system that were deemed to

be charges, but resourcing did not allow for the charges to be laid. Real success though will be when no charges need to be laid.

To continue on the transportation theme, Ottawa Student Transportation Authority (OSTA) will be developing a Customer Satisfaction Survey and hope to launch this spring. Also in OSTA's strategic plan is to develop strategies that help manage vehicle, bike and pedestrian traffic around school sites.

There are a number of changes at our public schools this year: language of instruction for JK/SK students is now 50% English and 50% French; impacts due to budget reductions in order to ensure a balanced budget which is Provincially

mandated; the implementation of changes coming out of the Learning Disability (LD) Review of i) enhanced support for early identification/intervention for OCDSB students in Kindergarten to grade four; ii) modifications to program structure in the LD specialized program class, and iii) building capacity for instructional staff in regular and specialized programs among others.

The new guidelines for secondary school program offerings set directions for the Boundary and Accommodation Reviews. Two areas are being looked at this fall, the Eastern Secondary Review: Phase 1 involves 3 secondary schools and the Western Area Pupil Accommodation Review involving 26 schools

(22 elementary; 4 secondary). It will be worth keeping an eye on these reviews as the Alta Vista area is slated to be part of a Pupil Accommodation Review this April 2017

In addition to the Pupil Accommodation Reviews the Board is also doing a review on the Gifted Program. The Staff report will be presented to Committee of the Whole this month.

Zone meetings

Trustee Zone meetings are an opportunity to ask me questions and provide input on Board and Zone 6 school issues and are open to everyone. It is important for me to hear from my constituents!

Sat. Oct. 15 – 9 am to 11 am at Hillcrest HS

Sat. Nov. 12 – 9 am to 11 am at Rideau HS

Chris Ellis

Trustee Zone 6 Alta Vista & Rideau-Rockcliffe of the Ottawa-Carleton District School Board
www.SchoolZone6.org
OR 613-818-7350

Diary of a Nijmegen walker

CONTINUED FROM PAGE 12

After I have completed only 16 km, the 30 km, 40 km, and 50 km walkers merge enroute to the finish line. My usual pace is about 5.5 km per hour, but today only 5 km/hr at best. After the merge, congestion slows my pace to 4 km/hr. What a relief to finally finish for the day; further cheered by the news that my start time for Day 2 is advanced to 6:45 a.m. in order to beat the heat.

I am still unfamiliar with the winding medieval Nijmegen streets, and get lost on my way back to my hotel. I arrive just before my worried husband starts checking the hospitals. Maybe I'm



A close up shows how beautifully the Groesbeek children tend the graves.

PHOTO BY: BRIAN MCGEE

getting too old for this!

Wednesday, DAY TWO: 1,206 walkers failed to finish yesterday; I

get through the Start Gate right on time and take advantage of the cool morning air and reduced congestion to set a good pace. By 2:15 p.m. I have finished my walk for the day.

Thursday, DAY THREE: Another 2,050 participants failed to finish yesterday. On this day we head east, toward the town of Groesbeek and the German border. This is a very special day, because many of the walkers will pause at noon to attend a memorial service at the Groesbeek Canadian War Cemetery where 2,590 WW2 Canadian soldiers are buried and another 1,029 names of missing soldiers written on its Memorial Wall. I arrive at the Cemetery just as the Canadian Nijmegen Military Contingent march into position in front of the Monument.

I meet a Dutch lady who hands me a pamphlet describing her project FACES TO GRAVES. Her name is Alice E. van Bekkum and I am touched to learn that she has been involved for years in working with Groesbeek school children who adopt and care for these soldiers' graves. Alice wants to create a biography of each soldier by having Canadian families and relatives send pictures, stories and information about their loved one. It is her way of keeping their memory

alive. For more information about this project, go to WWW.FACES-TOGRAVES.NL or follow up by e-mail: info@facestograves.nl

You may also contact:

Secretary, Viergang 5,
3642BJ-MIJDRICHT,
The Netherlands

IBAN NL78 ABNA 0592 2443 93

Friday, DAY FOUR: There will be 914 fewer walkers today. The weather has finally changed.... for the worse! The pelting rain, thunder and lightning starts around 8:30 a.m. and lasts for three hours.

I arrive at the Finish line at 1:15 p.m. collect my medal, and head to the hotel for a hot shower, and a cold beer. Brian and I watch on TV as the rest of the walkers dance down Via Gladiola, to be greeted by the King of the Netherlands. I feel I have the best seat in the house.

Friday, July 23, AFTER-MATH: In total, only 42,557 of the 50,000 registrants managed to complete the walk. Will I do this again? On Day One, I was convinced that this would be my final Vierdaagse, but I look at the stats, and find that some people in their 80's and 90's are still doing it. I think I'll wait 'till next year before making a decision. And of course, the El Camino Walk in Spain is still on my Bucket List.

**Chris
Ellis**



Public School Trustee
Alta Vista/Rideau-Rockcliffe
Zone 6 Ottawa-Carleton District School Board

www.SchoolZone6.org
613-818-7350 - Chris.Ellis@ocdsb.ca

Military BRATS... A breed like no other

By Bruce Ricketts

“Strangers are just friends waiting to happen.” I do not know who said it first but it encapsulates the life of an Armed Forces BRAT!

Remember when you were a kid and you were insulted to be called a brat. Well, there is a whole culture of people in Canada who are proud to be called brats. They are the Armed Forces BRATS (Born, Raised And Transferred Somewhere).

Membership in this club is not difficult to achieve. It merely requires one or both of your parents to be members of the Canadian Armed Forces. (Or for those of my generation, members of the Air Force, Army or Navy!)

I remember my childhood in detail, but I cannot remember, with some exceptions, the names of the kids I went to school with and played with. Those memories still exist but need to be dragged forward.

ally recognized the name of one of the posters as someone I knew over 50 years ago. Since that time I have made connection with 5 or 6 people whom I had lost over the years. And I am sure that more friendships will be re-established over time.

One web site, <http://www.milbrats.net>, lists over 1000 resumes of Brats looking for their friends. The Facebook page, [can.military-brats](https://www.facebook.com/can.military-brats),



has over 1700 members.

BRATS are generally easy to pick out in a crowd. They made friends very quickly. They join activities without hesitation. But at the same time, they demand personal space on occasion.

If you are an Air Force BRAT, you can recognize every aircraft ever flown in Canada because you went to 5 million air shows... and you still like to go to them!

If you were anything like me, you drew pictures of airplanes (usually CF-86's, if you had any taste at all!) in every school book you used.

I read on one of the many BRAT sites that the best way to recognize a BRAT was:



- he was the kid who graduated from grade 12 in his 13th different school;
- she was the kid who could describe, first hand, most every country you were studying in geography class;
- he would get a funny look on their face when asked about his “home” town;
- she would answer the “home town” question with: “Where are we now?”
- she could concentrate on reading the cereal box when a low-flying airplane screamed overhead because: “I was brought up with the noise.”

To all those 5 or 10,000 BRATS I knew over the years. Hi! Long time no see.

Bruce Ricketts is a Historian, Researcher, and author. His Canadian History website, MysteriesofCanada.com is viewed by over 10,000 persons each day.



Enter the World Wide Web. I was surfing one day and came across a newsgroup named [can. military-brats](https://www.facebook.com/can.military-brats). To my amazement I actu-



This pet may just be waiting for Love Bites from Chelsea

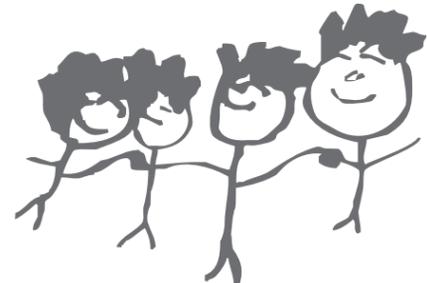
PHOTO BY CHELSEA'S MOM, MARGARET

Chelsea's Love Bites 4 UR POOCH

3 Sisters Bakeshop, newly located on Arch & Canterbury, is helping to launch Alta Vista's newest youth entrepreneur, Chelsea O'Loan, with her dog treat business. The launch takes place on Saturday, October 8th - Thanksgiving weekend.

Thirteen year old Chelsea will have an assortment of homemade dog treats, made with love and natural ingredients especially for your pooch. She is a true animal lover and so excited to launch at the 3 Sister's Bakeshop and share her creations with you.

Chelsea has always loved to bake and anything to do with dogs at an early age. What a winning combination for her new business.



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COMMUNITY BULLETIN BOARD

■ Rideau Park United Church

Rideau Park United Church, 2203 Alta Vista Drive, Activities and Events, October-November 2016. All are Welcome! For more information on any of these activities and events, please call the church office at 613-733-3156 ext 229 (Mon-Fri 9am-4pm) or go to www.rideaupark.ca

50+ Exercise Group: Tuesdays & Thursdays, 9:00 am - 10:00 am, through October & November, Fees are \$60 for 10 weeks (20 classes), payable at your first class (prorated). Drop-in fee \$5.

Gentle Yoga: Wednesdays, 5:30 pm, -OR- Fridays, 9:00 am - 10:00 am, 30th, = a gentle flow mat class. Fees are \$25 for 8 wks (1 class per wk) or \$50 (2 classes per wk.). Drop-in fee \$5.

Browse and buy at the Fall Nearly New and Book Sale: Friday Oct 14th, 6 - 8:30 p.m. & Saturday Oct. 15th, 9 - 11:30 a.m. Proceeds to the work of the church.

Writing Through Grief and Loss: A Workshop with Rev. Ray McGinnis, Sunday Oct 16th, 1:00 pm. Ray McGinnis will lead us in addressing grief and loss by writing in a journal as a helpful companion. For more information, please call: 613-733-3156 ext 225.

Please join us for **An Afternoon of Music & Tea** on Sunday Oct 16th, 2:00 pm. With chamber music by an instrumental ensemble. Proceeds to our Refugee Fund. Tickets (\$10.00): call 613-733-3156 ext 229, or at the door.

The Harmony Club for Seniors 60+ monthly meeting is on Wednesday Oct 26th, From 1:00 to 2:00 pm., Wayne Bennett will provide an overview, and photos of his study trip to Honduras. Next Meeting: Wed. Nov 16th, 1:00 pm.

Christmas Treasures Bazaar: Saturday, Nov 5th from 1:00 - 4:00 p.m. The Bazaar offers something for everyone, from meat pies to homemade baking, jams and relishes. You can peruse the Christmas decor collection, the Ladies' Boutique, cross-stitch gifts, and the garden centre. Search out the Book Alley for a great read and the General Store for household and sporting goods. Browse the children's toys, games and electronics, and bid at the Silent Auction. Then, to the Tea Room for refreshments.



An Old Fashion Roast Beef Dinner with all the trimmings. Friday Nov 25th starting at 5 pm, with a second sitting at 6:30 pm. For tickets, please call 613-733-3156 ext 229., or come to the church office (M-F 9 am-4 pm) starting Nov 7th.

■ St. Aidan's Anglican Church

St. Aidan's Anglican Church **Yuletide Bazaar** Saturday, November 5, 10 am - 2 pm. Homemade baking, jams & jellies, crafts & ladies boutique. Silent auction & pick a prize table. Lunch in the Celtic Cafe. 934 Hamlet Rd. (Behind Elmvale Shopping Centre) For more information call: 613-733-0102

■ Friends of the Farm

Friends of the Farm: October 16 **Guided Tree Tour** at 2pm. Bldg. 72 From trees to us, what trees offer. Free event register at info@friendsofthefarm.ca, donations kindly accepted <http://friendsofthefarm.ca/event/from-trees-to-us/> Co-sponsored by Tree Canada

October 22 Friends of the Farm **Used Book Drop Off** from 10am to 3pm. Save your books and re-gift them for a great cause. Please note we do not accept magazines, textbooks, or encyclopaedia. Drive up to Bldg 72 CEF Arboretum, east exit off Prince of Wales roundabout. 613-230-3276 <http://friendsofthefarm.ca/event/used-book-drop-off/>

November 20 **Guided Tree Tour** at 2 pm Museum of Agriculture parking lot (SW of the traffic circle) Tree forms and shapes, selecting trees for a purpose. Free. Register at info@friendsofthefarm.ca, donations kindly accepted <http://friendsofthefarm.ca/event/tree-forms-and-shapes-selection-and-identification/>

■ St. Thomas the Apostle Anglican Church

St. Thomas the Apostle Anglican Church, 2345 Alta Vista Drive (by fire station) **Annual Christmas Bazaar**, Saturday, November 5 at from 10 am - 2 pm. Lunch: 11:30 to 1:30. Bake room, Clothing boutique, Jewellery, Handicrafts, Books/CD's, Plant room, The General Store, etc.

■ Pacesetters

The Pacesetters Walking Club at Billings Bridge Shopping Mall: Located in the basement of the Tower at the northwest corner of the mall. Activities include walking with your friends, social gathering, knitting for charities, puzzles, library. From 7:30 to 10 am. \$10 per year covers expenses. Call 613-521-6740 during open hours for information.

■ Art Lending of Ottawa

Art Lending of Ottawa presents its **December exhibition of visual arts.** Lease, lease to purchase or purchase original fine art at reasonable prices. Local artists. Large selection of works. Saturday, December 3, 2016: 10:00am - 5:00pm. RA Centre (Outaouais Room, East entrance, 2451 Riverside Drive. Free admission. Free parking. www.artlendingofottawa.ca

■ RPCA - AGM

Riverview Park Community Association (RPCA) **AGM**, Wednesday, Oct. 26th, 7:00 p.m. Riverview Alternative School, 260 Knox Cres.

■ RPCA - Fall Social

Riverview Park Community Association (RPCA) - **Fall Social**, Sunday, Nov. 6th. The Lebanese Palace, 919 Industrial Ave. (at St. Laurent.) 6 p.m.: Cocktails & mingling, 7 p.m.: Buffet dinner. Tickets: \$35. Info: riverviewparkca@gmail.com; any RPCA Board member, or call: 613-731-6646.

■ Maplewood Farmer's Market

Visit the vendors at the Maplewood Farmers' Market, 340 Industrial Ave., (corner of Neighbourhood Way), Sunday, October 30th from 10 a.m. - 2 p.m.

■ Nativity Parish Food Bank

The local food bank at the Nativity Parish, 355 Acton St. in Riverview Park, welcomes donations on Tuesdays from 7-8 p.m. and Wednesdays from 10:00 - 11:30 a.m. Juice boxes for childrens' lunches and canned tuna or meat are especially appreciated. For further information, please call: 613-521-2416.

Balena Park Pet Memorial

To commemorate a loved pet while supporting the Canadian Guide Dogs for the Blind, purchase a brick for the Pet Memorial Patio in Balena Park.

For full details go to the RPCA website:
<http://rpca.wordpress.com/page-1/pet-remembrance-patio-in-balena-park>
or call: 613-523-4339

Lost and Found Pet Recovery Network

We all miss our pets when they become lost. A missing pet is a stressful situation for both the guardian and the animal.

Orrin and Pam Clayton have set up a confidential e-mail list of pet owners (and those who care) in Riverview Park. If you wish to participate, please e-mail letterit@rogers.com with your e-mail address, postal address and phone number.

When letterit@rogers.com is notified of a lost pet, all participants will be sent a confidential e-mail with a description of the lost or found pet. When a pet is found, Orrin and Pam will notify the owner and arrangements can be made for the pet to be returned.

Your participation may result in a lost pet being returned to their grateful owner.

DEAR FRAN

True Lilies and how to grow them



FRAN DENNETT
dearfrangardener@gmail.com

First, do not confuse the genus *Lilium* with the genus *Hemerocallis* (commonly called day-lily because each bloom lasts only one day). True lilies are native to the temperate zones of the Northern Hemisphere of North America, Asia and Europe. The genus has 80-100 species plus all the thousands of hybrids that have been produced over the years both commercially and by ordinary gardeners in their backyard. Lilies are herbaceous perennials which grows a rigid leafy stems topped with trumpet shaped flowers all from an under ground scaly bulb.

The number 1, 2, and 3 rule to growing lilies successfully is good drainage. Also, lily bulbs should always be handled carefully as they are always alive, meaning they never go dormant as perennials do.

Lilies enjoy sun, but a bit of shade in the heat of the day will help keep blooms from bleaching. You can plant lilies in spring or late fall in "hills" of light, loamy soil rich in organic matter at a depth that is three times the height of the bulb. When placing the bulb on the 'hill' of soil, slightly tilt the bulb before firmly seating it in the soil. This insures that water will drain off the bulb thus avoiding rot.

Mulching helps to shade the roots and keep them cool and helps retains moisture in the soil. The soil should be moist but not wet, watering only during dry periods. At the beginning of the growing season after the shoots have emerged, fertilize with an all purpose fertilizer low in nitrogen (a potato fertilizer is a good example), followed by several smaller feedings during the season.

When the blooms have faded the entire flower stalk above the leaves should be removed as seed production puts a heavy strain on the bulb. Like tulips, lilies need their leaves to produce food to strengthen the bulb for the next year's flowers, so only remove the stem after the leaves

have yellowed.

Lilies can spend years in the same site depending on the lily, but when the stems become weak and willowy it is time to divide and rejuvenate the clump, usually every 3-4 years. Carefully lift the clump and separate the bulbs, select and transplant the strong ones to the same site, and share the ones you do not want with friends. If planting in a new site or replanting in the same site amend the hole as described above before replanting the bulbs. In very cold areas, or if planting in October or November, a mulch will protect them through the winter.

Growing healthy strong plants will allow them to resist pests and disease. Good air circulation will keep fungal diseases down.

The main pest, the European lily beetle (*Lilioceris lili*), arrived in North America in the 1940s in imported bulbs and is now found throughout Canada and the eastern United States. This invasive beetle is the main pest of *Lilium* in eastern Ontario, and is easily identified by its fire engine red colour. It is destructive in all stages of its life cycle and over winters as an adult so it is ready to dine on your lilies starting in April.

These beetles also like *Fritillaria*. If you grow any of the *Fritillaria* bulbs be sure to check them for the lily beetle as soon as they are out of the ground. Since the Easter lily is not reliably hardy in Ottawa, you can use this lily as a trap plant for the lily beetle. Just place the Easter lily in your garden when it is warm and the lily beetle will find it. Then just pick the lily beetle off and drop it in hot soapy water or squash it. This is the only control for this pest at all stages of its life cycle.

A gardener posted this observation on the internet; he observed that lilies planted near the perennial *Chelone* (turtlehead) were not



Day Lilies- not True Lilies. Pretty all the same

as damaged by the lily beetle as those growing in other places in his garden. Food for thought and since *Chelone* is a lovely perennial why not test his hypothesis in your garden.

Lilies are masters of ensuring the continuation of their species. They produce seeds if allowed to, and depending on the type of lily, will produce bulbils at the leaf axils of the stem or bulblets just below the soil surface. The bulbils (aerial bulbils) or bulblets (underground bulbils) once planted require four years to reach the blooming age. Each scale can also be planted and will eventually bloom in four years. Also the original bulb multiples and can be divided and shared.

Lilies come in a huge range of col-

ors, scented, large and small flowers, single to many flowers per stem. There are many types of lilies such as, species, Asiatic, orientalis, martagons, turkscap, trumpets, and not to mention the hundreds of crosses between all these types. Something for everyone and such an easy plant with stunning rewards.

Again I hope you enjoyed this article and it encourages you to try to grow true lilies. You might try the pink Stargazer lily as it symbolizes wealth and prosperity.

The North American Lily Society publishes an inexpensive excellent booklet, *Let's Grow Lilies* at their website <http://www.lilies.org/publications/>

Goggle lily beetle, for more information on this pest

- **Master Gardeners of Ottawa-Carleton** (MGOC) check out our website <http://mgottawa.mgoi.ca> for information.
- If you would like to receive **TROWEL TALK**, our free monthly electronic gardening newsletter, contact: troweltalkeditor@rogers.com to be added to the list.
- Check out **THE EDIBLE GARDEN**, our monthly on line guide for those who wish to grow their own food.
- **Phone Help Line:** 613-236-0034, Wednesday and Thursday only, 1-3pm. Year round.
- **E-mail Help Line:** mgoc_helpline@yahoo.ca

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Malcolm and John Harding

Spotlight on Summer



Pileated woodpeckers visited Caverley St. this summer.
PHOTO BY ELGA RADNOR



Author Bill Fairbairn at Prose in the Park at Parkdale.



The 3 Sisters, Joan, Rosemary and Carol celebrate the 5th Anniversary of The 3 Sisters Bakeshop.

PHOTOS BY CAROLE MOULT



A celebration of the new stairs for IHM Parish on Alta Vista Drive



Above: The new stairs and ramp for IHM Catholic Church on Alta Vista Drive

Above: IHM Parish Ribbon Cutting, (R) - (L), Councillor Jean Cloutier, Ward 18, Fr. Stephen Liang, pastor; Archbishop Terrence Pendergast; Fr. Kevin Milaney, retired pastor; Mr. Jean Fraser, M.P.P.



Left: Walking to the reception area after the IHM Parish service of celebration.



Congratulations Gwen and Walter Terentiuk on their 60th Wedding Anniversary.

PHOTOS BY CAROLE MOULT



Congratulations: Henry and Greta Simser celebrated their 60th Wedding Anniversary on September 1st.



The Country Trio: Great entertainment and lots of fun.



Many, many ears of corn were roasted here.



The perfect party venue at 340 Industrial Avenue.



Crunchy fresh pickles came from these box gardens.



A Maplewood Corn Roast & BBQ: There was even corn in your salad.



Canada Day on Caverley Street. PHOTO BY GEOFF RADNOR



Something for everyone at the Revera Alta Vista Open House.

An awesome buffet for Revera Alta Vista residents and guests.

PHOTOS BY JANE BRENNAN



Dimitri Degunov was a huge success at the Revera Alta Vista Strawberry Social.

PHOTO BY CAROLE MOULT



Congratulations: Sydney Baker celebrated his 101st birthday on September 15th



Rock Lalonde of Rock's Barber Shop recently received a hockey photo of himself at 15. It was passed on to him from a former hockey coach, Mr. McKenny, from over 50 years ago. Rock is back row, centre.

PHOTO BY CAROLE MOULT



Above: The August 7th Street Food Social was held at the Cancer Survivors Park.

Right: With sunscreen and his cap, Holden was ready for the picnic.

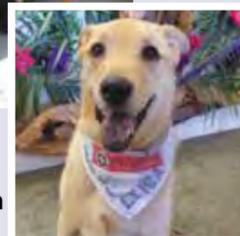
PHOTOS BY CAROLE MOULT



Above: Photographing Walter Terentiuk at the Revera Alta Vista Open House.



Above: The welcoming sign on Smyth Road.



Left: Therapy Dog, Leica, enjoys a great party too.

PHOTOS BY JANE BRENNAN AND CAROLE MOULT



Carlie with Norah, the birthday girl, and the piñata they made with wonderful treats.



Great food, great company and smiling faces at the Caledon, Alta Vista & Dale BBQ.



The Caledon, Alta Vista and Dale BBQ created by some of Ottawa's best chefs.



Michelle McLellan's amazing Tacos: a meal in themselves.

PHOTOS BY CAROLE MOULT

What a party!

Celebrating at Maplewood

by Denyse Mercier

The great team of Maplewood surpassed itself with this 3rd year celebration of the opening of this special residence. The air of festivity that permeated the whole building in and out was a treasure to behold. The rain teased us for a while and decided to go elsewhere.

Activities for the young and old were the order of the day. From the balloon blower to the magician who fascinated us by their talents and the diverse amusements out-

side, we were spoiled.

Let us not forget one special invited guest, the pig, roasting on a spit and opening up all our senses. And what can I say about the delicious appetizers and the special desserts.

And in the midst of it all, our mayor, Jim Watson honoured us by his presence and gave a boost of publicity to our residence.

But the greatest asset of this party was the wonderful staff who prepared and executed this celebration of wonderful conviviality. A grateful thank you to everyone.

It was a memorable event!



A joke was shared among these three: Claudette Winchester (Front), Mayor Jim Watson and Maplewood General Manager, Snjeza Kulie (R)



Executive Chef, Denis Analytis and General Manager, Snjeza Kulie show off the guest of honour.



A Maplewood story was being told to guests, Inez McFadden (L) and Mayor Jim Watson (R) by Snjeza Kulie (C)



Councillor Jean Cloutier joins Mayor Jim Watson to celebrate Maplewood's 3rd. Anniversary. Wasn't it a party!



PHOTOS BY NATHALIE BARTLETT AND CAROLE MOULT

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RIVERVIEW PARK COMMUNITY ASSOCIATION

The Planning and Development Update

By Kris Nanda
Chair, RPCA Planning and
Development Committee

The Riverview Park Community Association (RPCA) tracks local developments, most notably work on the controversial Hospital Link of the Alta Vista Transportation Corridor (AVTC) road between Riverside Drive and the Ottawa Hospital Ring Road. More recently, the RPCA has been involved with concerns raised by local residents regarding the proposed Hydro One Upgrade near Balena Park which will result in the destruction of their gardens located in the Hydro easement (Covered in more details elsewhere in the RPR). Other issues the RPCA is monitoring include developments related to the Light Rail (LRT) project, activity in the Ottawa Train Yards, proposed secondary dwelling unit (Coach House) regulations, possible school closures, and the need for greater pedestrian and cycling connectivity to help reduce traffic congestion and promote more active transportation.

RPCA Board members work with other community associations on issues of common interest through organizations like the Federation of Citizen's Associations (FCA) and communicate regularly with local councillors on planning and development issues of concern.

Details on issues of interest to the RPCA and Riverview Park residents include the following items:

Alta Vista Transportation Corridor – Hospital Link

Construction work continues on the 1.7 km Hospital Link section of the AVTC between Riverside Drive and the Hospital Complex; the approved Eastern terminus link at the Hospital Complex Ring Road (just east of sledding hill) as well as the VIA Rail diversion behind Abbey Road. Work on the AVTC road is slated for completion by 2017 with final landscaping scheduled for 2018. Councillor Cloutier's website has more details on the AVTC project at: <http://jeancloutier.com/hospitallink/>

An open house was held in late spring where residents saw preliminary landscaping plans and provided input on tree-planting, berms and other landscaping designs, footpaths and possible locations for a new sledding hill in the Corridor. Pedestrian access was stressed as well as linking up with the pathway that will be built westward from the high-rise on Roger

Guindon (east of the Hospital complex). The RPCA preference is to locate the path next to the Hospital Ring Road instead of through the Hydro corridor greenspace, though this is a separate project from the AVTC.

City staff have been invited to provide an update at the RPCA's October 26 Annual General Meeting (AGM). The RPCA continues to offer suggestions on ways to reduce disruption during and after its construction, including taking advantage of tree-planting programs to mitigate sound and light from the Hospital Link and to restore aesthetic value that has been lost.

Implications from Light Rail Construction Project

Construction of the structure of the new Hurdman Transit Station is expected to be complete by Fall 2016. The Hurdman bus loop is slated to be ready to move back to a new facility at its old location in 2017. The excavation where the buses used to stop is being transformed into a bioswale – a landscape feature designed to remove silt and pollution from surface runoff water. Later this fall portions of the track east of the Belfast Yards will be electrified so testing of Light Rail vehicles can begin.

The RPCA has asked the City to consider widening the sidewalk on the west side of Riverside (between Industrial Avenue and Tremblay) to accommodate increased pedestrian and cyclist traffic due to detours from the closure of Hurdman Transitway.

Coach Houses/Secondary Dwelling Units

A Fall 2016 release date is scheduled for the final draft study regarding changing regulations to permit secondary dwelling units (Coach Houses); self-contained living units either attached to or on the same grounds as a detached or semi-detached home, duplex building or townhouse. For more information, send an email to emily.davies@ottawa.ca or visit www.ottawa.ca.

Pedestrian and Cycling Connections

At the request of the RPCA, Councillor Cloutier hosted a meeting with City planning officials, earlier this year to view and discuss the initial designs for a link (either a tunnel or overpass) between Terminal Avenue and the Via Station. This link is required as per the original Trainyards Complex project approval in 2001. These design plans are expected to be completed by Fall 2016.

Trainyards Developments and New Retail

Construction on the 9-storey office building at 405 Terminal Avenue should be completed in early 2017. A tenant has yet to be confirmed. M&M Meat shops opened next door to Bulk Barn in September and Kettleman's Bagels is to open in November in the same building.

The revised site plan has been approved for the former lumber yard lands at the south of Industrial Avenue (628 Industrial) and at the signalized intersection for Farm Boy/LCBO. This site plan calls for two retail buildings plus a small coffee shop. One tenant will be a Nordstrom's outlet. A sidewalk, trees, grass and some planting beds will be installed following comments received from the RPCA and others about aesthetics and safety. The completed sidewalk on the south side of Industrial will help address some dangerous pedestrian crossing activity that the RPCA and others have expressed concerns about.

Elmvale Shopping Centre Redevelopment Proposal

The RPCA provided comments on RioCan's plan to redevelop the Elmvale Shopping Centre, including converting the indoor part of the mall and adding high-rise residential towers with rental units. Members also took part in the September 2016 visioning exercise for the project.

Main Street Renewal and McIlraith Bridge Construction

While Main Street north of Clegg re-opened to traffic on August 16th, the section south of Clegg is not expected to be completed until the spring/summer of 2017. Landscaping and final work on McIlraith Bridge rehabilitation is slated for completion by Spring 2017.

OCDSB School Program Review and Boundary and School Accommodations

The Ottawa Carleton District School Board (OCDSB) Boundary and Accommodation Reviews for elementary and high school in the Alta Vista area will take place in 2017 and may lead to some school closures. Zone 6 School Trustee Chris Ellis has been invited to provide an update on the process at the RPCA's October 26 AGM, as Hillcrest High School and Riverview Alternative School (RAS) are among the facilities that will be looked at. There has been a decline in enrollment due in part to boundary rule changes (though a survey of RAS student families conducted several years ago showed 82% of parents would keep their children at RAS if it had Middle-French Immersion).

The RPCA has expressed support for an invigorated "community school approach" to encourage more students to walk to school. This system would have added health benefits associated with walking rather than the additional costs (in time and money) of being bused from Riverview Park to other schools across the city. Information is available at www.SchoolZone6.org

Information on some project proposals can be found at the City of Ottawa website at: http://www.city.ottawa.on.ca/residents/planning/index_en.html. The RPCA welcomes your input on these proposals and any other potential developments in the area.

If you are interested in joining the RPCA, P&D group or would like further information, you may contact the Committee Chair, Kris Nanda at krpp1415@gmail.com. For more information on this and other activities in Riverview Park, please see the RPCA website at <https://rpca.wordpress.com>. The contact email for RPCA is riverviewparkca@gmail.com

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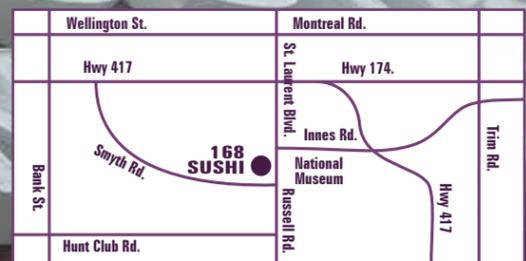
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