



FEBRUARY 2013

A Voice of Riverview Park

VOL.5 NO.1

From her kitchenette, **Joan makes the days brighter**



Joan Cumming knit this rainbow afghan and also crafts chocolates

by Carole Moul
Kindness can be found on many faces, in different places, and obviously wearing a great variety of outfits; and recently this was quite evident when Joan Cumming answered her door wearing one of four Senator hockey sweaters that she rotates after a victory home team win. Finally able to dress in one of her prized red, black and white jerseys, Mrs. Cumming first explained the reason for this particular apparel, and then told the story of the amazing chocolates that she makes several times a year

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The Dog Days of Winter

by Heather Swail
Photo credit: Mairi McGuire

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Tammie Winsor, live in CBC's studio when she found out she won

Vicariously fulfilling others' dreams through mine

by Tammie Winsor
Late last November, I walked into the kitchen and heard Alan Neal from CBC Radio One 91.5 FM, state, "Email us a dream that you have." Because I wasn't following the program that day, I was not sure what he was referring to, but I quickly typed a one line email stating, "My dream is to publish a children's book that I wrote many years ago." I can honestly say, I never thought about this again until about a week later when I got an email from Alan stating that I was one of nine finalists in

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My travels with Louis

by Brian McGur
 Riverview Park resident Louis Comerton is a long-distance runner, now enjoy

Story on page 13



Louis drinking Guinness before a marathon?

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Get W.I.T.H It in your community!

by Becky Hailstone
photos by Carole Moul

Striving for a healthier lifestyle in the cold winter months can be a challenge, but walking is an easy, cheap and great way to be part of your health and fitness plan. Come join us at Hillcrest High School every **Monday night from 6:00-8:00pm** for the Get W.I.T.H It! (Walking In The Halls) program. It is a **FREE**, grassroots community walking initiative that invites everyone to “Get With” the benefits of walking. This program is endorsed by the University of Ottawa Heart Institute and meets the criteria of a Heart Wise Exercise program. The program runs **every Mon-**



Françoise and Karin



Caroline, Pam and Gerry

day night from 6:00-8:00pm until March 25th, 2013 with the exception of Monday February 18th and March 11th where there will be no walking group due to the school being closed.

The program is a drop-in format and offers light, moderate and vigorous walking route options to accommodate all the different walkers! We also can lend you a pedometer to help you track

your steps. If you need to take a break from walking, stop off at our “Muscle Moments” station where two of our friendly University of Ottawa kinesiology students will help you flex or stretch your muscles. All you need is comfortable footwear, a water bottle, walking poles (if you choose) and of course, your love of walking! For more information about **Get W.I.T.H It!** contact **Lindsay Flinn**, coordi-



Jacob

nator at lfino35@gmail.com or at 613-695-2217 or **Becky Hailstone**, Healthy Lifestyle and Diabetes Program at rebailstone@toh.on.ca or at 613-798-5555 ext 81806.



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Different tooth replacement methods: dental implants, a bridge or removable dentures

by Dr. Jin Soo Song

Your teeth, like other parts of your body, are meant to stay with you throughout your life. Tooth loss, however, through caries, gum disease dental trauma, and genetic disorders can initiate the need for you to look at tooth or teeth replacement.

It is important that lost teeth be replaced for a variety of reasons, since chewing, adjacent teeth or those in the opposite jaw, and your bite can be affected. Missing teeth can also affect your appearance to a considerable extent, while front tooth loss will also impact on a person's smile. Which method of tooth or teeth replacement is right for you will depend upon a number of factors.

If a person is generally in good health and has healthy gums, plus enough bone in their jaw, then dental implants might be the right choice. Dental implantation is a very successful way of replacing either single or multiple teeth that are missing, and are used to

replace missing roots and support artificial teeth. The implant itself is a fine metal rod inserted into the jawbone and takes the place of the natural root. It is made of titanium and acts as the anchor that will hold the replacement tooth in place.

“The implant itself is a fine metal rod inserted into the jawbone and takes the place of the natural root. It is made of titanium and acts as the anchor that will hold the replacement tooth in place.”

A fixed bridge is another option for tooth replacement. It is a structure supported by teeth on either side of the space left from a missing tooth or teeth, and is called a bridge because it spans the gap between two teeth.

To do this procedure the dentist will pare down the tooth on each side of the empty space and take an impression of the pared-down teeth. Then, using this impression, a replacement crown will be made for each of the pared-down teeth, and an artificial tooth placed between the two teeth. The two replacement crowns and the artificial tooth between them will then form the bridge, and the dentist will cement the bridge to the two pared down teeth. The structure will be permanent and a natural-looking replacement for missing

“A fixed bridge is a structure supported by teeth on either side of the space left from a missing tooth or teeth, and is called a bridge because it spans the gap between two teeth.”

teeth.

Missing teeth are also often replaced with removable partial dentures, while complete or full dentures may be worn by people who have lost all their teeth. For both types of dentures the dentist or specialist makes a model of your teeth by taking an impression, then using the models creates your own custom made dentures. Dentures are the least expensive method of tooth replacement because they are less complicated to make, with limited function.

You will want to discuss all the possible tooth replacement options with your dentist, who will help you come to the right decision for your individual situation. Your general health should be an important part of the discussion, as will the costs involved, plus the pros and cons of the various methods. Dentistry has come a long way in providing you with choices for replacing missing teeth. You will want to make the right one for the good of your health.

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An auto-erotic tale

by David Martin

Author of "Dare to be Average"

My car is a fourteen-year-old Toyota Tercel. It's small, green and not particularly attractive. But I love it dearly.

It is, as I tell anyone who will listen, the best car I have ever owned. It is trusty, reliable and fuel efficient—the Boy Scout, or perhaps Girl Scout, of the motoring world.

My automobile love life wasn't always like this. In my younger days, I was less cautious about who or what I hooked up with and, consequently, I had some disastrous auto-erotic relationships.

My first car was a 1963 Rambler Classic, an aging vehicle working on her second engine that I picked up for \$200 back in 1975. Needless to say, this romance ended quickly and badly.

Within weeks, the Rambler lost her third gear. I continued to tool around the city using only first and second gears which generally worked well except for the odd time I accidentally ended up on a freeway.

After two months, the Classic lost her second gear as well. I

cut my losses and sold her for the princely sum of \$25 to a mechanically-inclined guy down the block. Like any first love, breaking up wasn't easy, particularly when I saw her prancing about the next week with her new beau with all three functioning gears.

Having been hurt, I didn't rush back into car ownership right away. But it wasn't long before I was employed and could afford to reenter the motoring world.

In 1980, my dad offered me his 1969 Oldsmobile Cutlass, an eight-cylinder gas hog with more power than brains. The Cutlass and I had a tempestuous, five-year relationship. Periods of compatible romance were frequently interrupted by breakdowns and separations, often with her choosing to stay at a local garage.

It was after my breakup with the Cutlass that I figured maybe I had matured in my approach to automobile relationships. Instead of haphazardly picking up the nearest used car, for the first time I bought a new vehicle.

It was a 1985 Honda Accord and it was everything I had hoped for in an automotive partner. She was

bright, new and engaging. This seemed to be a relationship destined for greater things.

And it was, at least for awhile. But after the three-year warranty ran out, it seemed like she just didn't care anymore. Repairs became more frequent and more costly and eventually she started consuming oil a little too often.

What I didn't know was that beneath the surface, things were literally falling apart. The Accord still looked OK on the outside but, in fact, she was aging rapidly and quickly losing her chassis. The final break came when someone lightly rear-ended her and she couldn't even make it up on a hoist without falling through.

At age 46, I said goodbye to the Accord and decided that maybe a brand new partner wasn't the best choice. A secondhand '91 Honda Civic looked like a good bet for a medium-term casual relationship. Nothing too serious; just regular trips back and forth to work and maybe the occasional weekend outing. But being cheap didn't pay off either.

As with most mid-life relationships, both partners tend to come with baggage. But smitten by that first glance, I didn't pay too much attention to the signs.

When she had a run in her hose, she didn't bother to let me know. If her PVC valve was all clogged up, she acted as if it didn't matter. And when the head gasket on her engine blew, it was as if nothing had happened. At least that time I had enough sense to get out of the relationship before she bankrupted me.

Which brings me back to my beautiful Tercel. She may be plain looking but she has inner beauty in spades.

No extraneous demands; just basic maintenance. No breakdowns, no recriminations and no abandonments. She may not be glamorous or exciting but she has something much more important than that: reliability.

Now that I'm sixty-two, I can look back on my relationship history and see what I have learned. In my younger days, I longed for a flashy, sexy sports car with speed and tight handling in the corners. But with the advantage of acquired wisdom and diminished testosterone, I now know what I truly want: a solid, long-term relationship with someone or something you can depend on to get you where you want to go. And back, too, for that matter.

Continued from page 1

their Hopes and Dreams contest for the Shepherds of Good Hope. So, this was how it was going to pan out.... CBC had chosen the Shepherds of Good Hope as their local charity for their annual holiday fundraising campaign. The top three finalists who raised the most money for the Shepherds of Good Hope in five days would have their dreams fulfilled. Alan gave me the weekend to think about it. Most people would probably jump at the chance; however, I am a pretty big fundraiser for the MS Bike Tour and since it had just taken place three months before, I was a little hesitant about going to the same proverbial well.

I posted a note on Facebook to see what people thought I should do and the encouragement was awe inspiring! There was no turning back. It was as though by potentially having one of my dreams fulfilled, I would in turn be vicariously fulfilling theirs – the energy was phenomenal.

I confirmed with Alan that I would do it and then came five days of steady fundraising. I had a full-time job and three children to contend with somewhere in there, not to mention both of my

boy's birthdays are in December and then there's that thing called Christmas. Oh, that's right; my husband's fiftieth birthday party was also on New Year's Eve. Needless to say, December was crazy!

The initiative was launched by each finalist going to CBC's studio to pitch their dream. I brought my nine year old son, Finnegan, along with me and he read some of the story on air – he did a brilliant job – he was a super star!

I primarily used social media and email for fundraising; however, I also wrote a letter and delivered it in my immediate neighbourhood – about 80 homes. What an incredible response I got to that letter. I even met people who have lived doors away from us, and who have lived in Riverview Park for decades, that I have never laid eyes on – thank you Dorothy's. That's right, two Dorothy's. I hope to see you when the weather warms up!

My fundraising efforts paid off; I tied for second place with \$2310 raised – thank you to everyone who supported me – many of my supporters were from Riverview Park.

So what happens now? Well, I have received a consultation from the famous Canadian Author Mélanie Watt, the author of

the Scaredy Squirrel series, and General Store Publishers has agreed to publish my book with 50 cents from each copy sold going to the Shepherds of Good Hope.

So what's the book about? It's a book aimed at children in the five to eight years old age group called "Jack and the Fairy Dog Mother." It's about a not-so-model, yet average, seven year old boy named Jack who really wants a Dalmatian dog for his birthday. Jack's parents give in, but Jack's dog slowly loses his spots. When Jack gets a visit from the Fairy Dog Mother he soon realizes if his behaviour changes his dog will get his spots back.

Jack and the Fairy Dog Mother is one in a series of "That Jack" books. If this experience is a success, I will aim to publish the second book which is currently titled, "Caveman Jack."

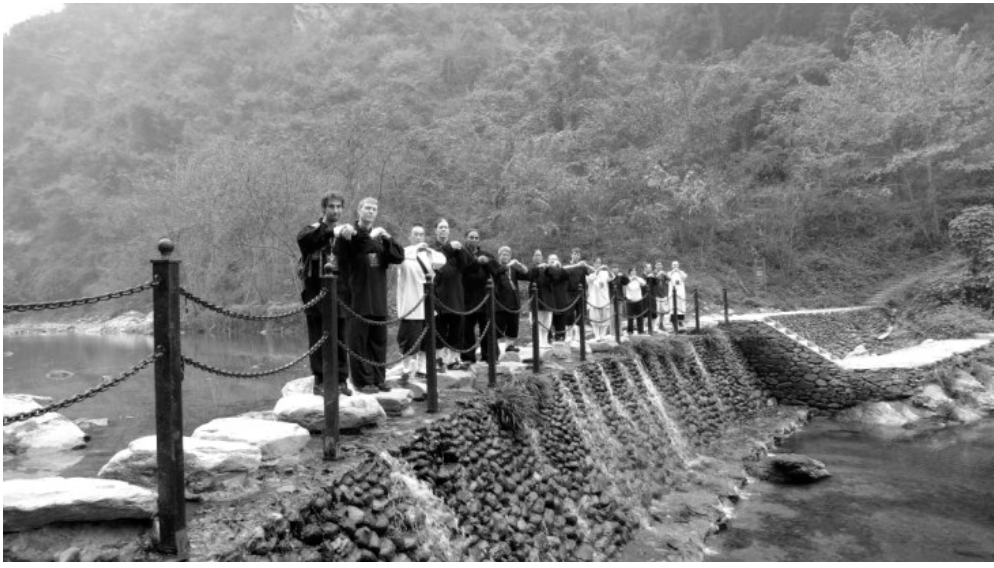
Now that the craziness of December and the sickness of January that followed, is past me, I will be able to refer to Mélanie's con-



Finnegan reading from Jack and the Fairy Dog Mother

sultation, start talks with an illustrator, and pursue the opportunity to publish with General Store Publishing. Speaking of an illustrator, I have been in preliminary discussions with Greg Money, fellow Riverview Park resident, and cartoonist, masthead artist and graphic designer of this paper. Greg recently illustrated his Aunt's book, "Princesses Don't Hit" which was featured in the December issue of *Riverview Park Review*. Hmmmm, who knows, maybe Greg can bring Jack alive and together we can bring him and his adventures into many homes in Riverview Park, Canada, and beyond.

Jiseikan Aikido



by Rustling Birch

In October 2012, I joined a martial arts group from the United States on a “pilgrimage” to the Wudang Mountains, back to the land of the internal martial arts, the three offsprings of Taoism: Tai Qi, Bagua, and Hsing Yi. Although such a trip had never occurred to me, when the opportunity arose, I knew I had to go. It represented a natural extension of my interest in Tai Qi, which I have been practicing for over twelve years. Encouraged by family members, I signed up, responding to an ad I had seen in the April 2011 edition of a martial arts magazine. A leap of faith.

I really did not know what to expect, but based on the credibility of the ad and the organizers, and what I already knew about China, I was ready for and open to anything. I would not be disappointed.

After signing up, I began the necessary preparations, which involved gathering information and jumping through a series of endless “hoops”. What would the weather be like there in October? What clothing would I need? Did I have to bring my own sword? When did I have to apply for a visa? How many RMB yuan (\$\$) should I bring? There were Facebook chats and e-mail exchanges with the organizers and other participants, and those who had been there before offered all manner of advice. It took time and patience to sort it all out.

I had visited China once before in 2005, a trip of a different nature, and had been enchanted by the culture, the language, the history, and the Chinese themselves. The frenzy of the cities, many of which have anywhere from 2-4 times the population of Canada’s largest metropolis, had been exhilarating.

This trip brought me first to Wuhan, a city of 10 million people. I arrived late and went directly to the hotel where I met up with our

Shifu (organizer and teacher) and the other members of the group. It was raining—one of those glistening rains that distort everything: shadows, people, city lights, the sound of traffic, and the smell of street food. There are places that overwhelm the senses, and China is definitely one of them.

The next day, we packed ourselves into a bus, and headed for our final destination. The five-hour trip provided an opportunity to get acquainted.

Toll booths, overpasses, exit lanes, and signs whizzed by, and we marveled at the fertile countryside and farmlands of the Yangtze basin. The anticipation was palpable. As we got closer to the Wudang, cameras in hand, we focused (pun intended) our attention on the horizon, anxious to catch our first glimpse of these sacred mountains.

We turned off the freeway, and were swallowed up by the incessant and obnoxious traffic of Laoying, a city located at the foot of the mountains. We checked into our hotel, settled into our rooms, and headed out to get our bearings. We quickly discovered that Laoying is THE hub

for all activities pertaining to the Wudang, in general, and to the internal martial arts, in particular. There were reminders everywhere. Yin-yang symbols adorned every street-light in the city. The large park in front of our hotel had eight sides (bagua style). Its focal point was a central, elevated yin-yang mosaic space (as it turned out, it was there that we would hold most of our daily 5:30 am and 9 pm classes); and every second shop, on either side of the streets, sold daggers, jian and dao (swords), and polearms of all types. Everything seemed at once

Travelling the Wudang

new and familiar. Somehow, I felt that I belonged.

Slowly, the sheer magnitude of the experience revealed itself. Visiting the Wudang is a privilege at any time, but 2012 marked the 600th anniversary of the Wudang Complex, a UN world heritage site. Laoying was particularly festive, decorated with garlands and ribbons, and pennants bearing the 600-year-anniversary logo. This

would be no ordinary visit. It was to be exceptional.

Today, the Wudang Complex includes 53 ancient buildings and 9 architectural sites, but under the Ming dynasty (14th and 15th centuries), the ancient complex boasted 9 palaces, 9 monasteries,

Their bright robes flooded the city with bold colours and patterns that continue to swirl in my mind. Incense burned endlessly, carrying off their chants and prayers. Our Shifu, himself a Taoist priest, spent 21 years studying Taoism and practicing the internal martial arts in the Wudang. Thanks to his tremendous connections (guanxi), we had behind-the-scenes access to important sites, and religious celebrations. He wanted us to experience the “authentic Wudang”, and proved to be a solicitous and dedicated teacher. We lacked for nothing.

The Wudang Complex suffered somewhat during the Cultural Revolution, but the Chinese government is currently renovating the Complex’s monuments and laying down an impressive infrastructure capable of handling thousands of tourists.



36 nunneries and 72 temples, stretching up and down 4000 hectares of slopes. The 2012 anniversary was organized to mark the apogee (1412) of the campaign undertaken by the Ming emperor Zhu Di to align his regime with Taoism. In fact, however, Taoist temples and monasteries have existed in this area since the 6th or 7th century, and those that survive today exhibit Chinese art and architecture as achieved over a thousand-year period.

While the 600th anniversary attracted all types of foreign and Chinese tourists, it also drew thousands of Taoist priests and priestesses from around the world.

(Laoying will have its own airport by 2015.) Clearly, there is rising global interest in Taoism, and China’s efforts constitute a judicious response to this renaissance.

It took over thirty hours of flights, bus trips, and lay-overs to return to Ottawa from China’s Wudang Mountains, but it is taking much longer for my soul to make the journey back. Three months later, and it still lingers back there in the Wudang—wedged, perhaps, like a cloud in a gorge, or caught on the limbs of an ancient ginkgo, this pilgrim’s prayer ribbon. I beckon to it; it ignores my summons.



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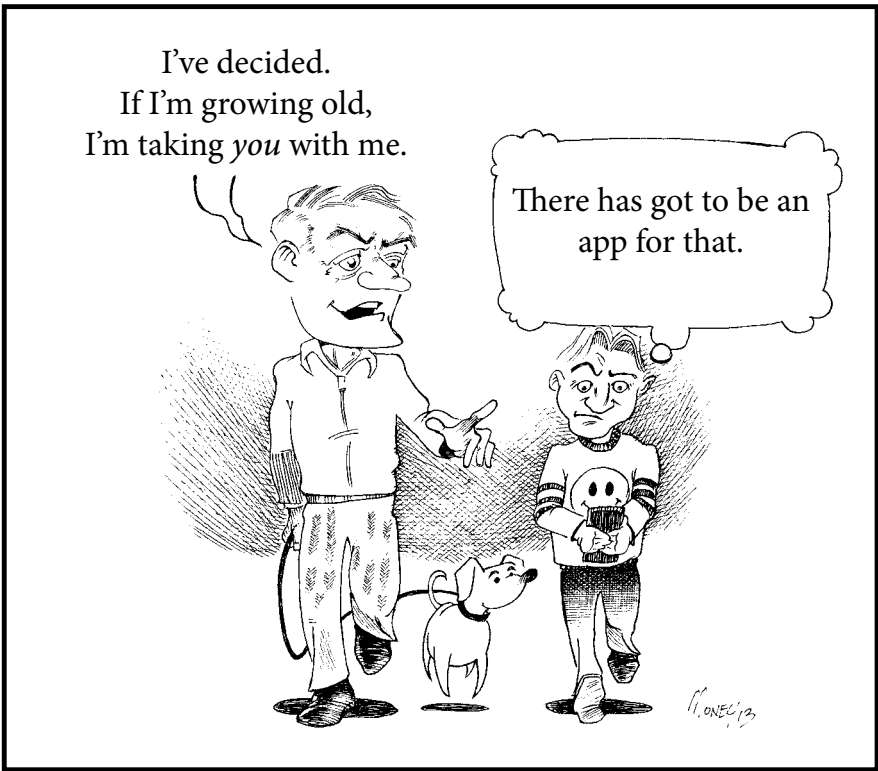
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The American astronaut and Senator John Glenn put it well. “There is still no cure,” he said, “for the common birthday.”

While no one else has journeyed into space at the age of 77, as he did, the Senator would probably acknowledge that, at 91, he is subject to the same laws of gravity and limits of time as everyone his age. Unlike some neighbourhoods in Ottawa, Riverview Park still has many residents in the same age range as John Glen. Some still live in the houses they bought four or five decades ago, when developers touted this area as a new suburb. But as time goes on, these people are faced with new choices about an old concern: should they continue to live independently in their homes, or should they move into the kind of residences and retirement homes that now surround this neighbourhood?

If you are one of them, it must be a tough choice. On one hand, you have a house and street you know and the memories that go with it, you have independence to live life on your terms, and you aren't paying a small fortune to live in place where you might not be queen or king of your castle. On the other hand, there are new, young neighbours around you, your health isn't what it used to be and, since people your age have a one in three chance of living alone, you may feel rather isolated. We can study and learn a great deal, as Bill Fairbairn relates on **page 22**, about many aspects of people's physical and mental health as they

Continued on page 7



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Remembering Jacquie Berrow

The Riverview Park Review wishes to express its sympathy to the family of Jacquie Berrow, an Area Captain for the community newspaper for many years. Jacquie passed away at home on Monday, December 10th. 2012. Her volunteerism for her community was appreciated by many and she will be truly missed.

Trinity Church of the Nazarene

by Pastor Franklin Chouinard

Financial experts are often interviewed during two big spending seasons a year: Christmas time, and RSP time. The experts warn people to be careful about their spending in December [that they not max out their credit cards] and about their spending in February [that they do max out their RSP limits if at all possible]. December and February are important times for the Trinity congregation as well: they are seasons of and for compassion – times to look after others in need.

At Christmastime the congregation focuses on general compassionate ministry. Locally we [along with many others] support the Salvation Army, inner city ministries and shelters, and women’s shelters. We prepare shoe boxes for the Samaritan’s Purse. As well, each year the congregation raises money to support one specific charity. This past December the congregation’s compassionate ministry offering was directed to Gigi’s Place [Kitchen and Children’s Centre] in Manzini, Swaziland. Gigi’s Place is a community school and a “soup kitchen” for vulnerable children or those living on the streets. Every weekday at 3:00 p.m., a free meal is served to about 300 children.

Trinity Church’s post-Christmas focus is La Maquina Church, a rural congregation close to Guantanamo Bay in Cuba. The average wage for those living in the area is less than \$150 a year. The congregation has supported the community for the past five years. Money

raised helps with building repairs [there has been much wind damage due to hurricanes], provides seed for crops, and encourages self-sufficiency in the community.

Trinity Church holds an international dinner every February and receives an offering for La Maquina Church during this dinner. On Friday January 25 the Trinity congregation held a Beat the Winter Blues / Family Fellowship for Cuba Salsa and Chips night to raise funds the church. Latin music played in the background while those who attended – dressed in their best summer outfits – played Caribbean-themed games and enjoyed a night together after a cold January week. Many thanks to “Big Rig” Adams and the Lone Star Texas Grill [1211 Lemieux Street] for the generous donation of chips and salsa for the party.

Looking after people is not a once or twice a year emphasis – it is something that followers of Jesus – that Christians are called to do. Compassion as a lifestyle is not just a nice slogan – it is something that members of the Church of the Nazarene hold fast to and believe in. It is something that the Trinity congregation lives.

Information about the Trinity Church of the Nazarene [events and activities] can be found on their web site: www.ottawatrinity.ca. Coming up: a winterlude party February 10, a young adult retreat weekend February 22-24, and a family tubing day March 3. Please call the church office for further information.

Walmart Shopping Carts

Please call the Ottawa Train Yard’s Walmart to report shopping carts in Riverview Park. The telephone number is **613-562-0500** to tell where the cart is located.



Toronto 1; Ottawa 0.

by Louis Comerton

No, this is not a “Battle of Ontario” hockey score. It’s a “Public Consultation” assessment score. Judge for yourself.

(t) A downtown Toronto Casino?
Here’s how the City of Toronto is going about assessing the issue?
- Read this recent Toronto Star article filled with relevant links: <http://bit.ly/TU5b2j>;
- Check this City of Toronto website set up specifically for public consultation: <http://www.toronto.ca/casinoconsultation/>; and

(o) A downtown Ottawa Casino?
Here’s how the City of Ottawa is going about assessing the issue?
- Mayor Jim Watson has already decided himself that Ottawa needs a downtown casino;
- Public consultation will follow later; and
- An assessment of the health impacts will follow later.

Continued from page 6

neighbourhood is more than a collection of younger families.

So despite all the other concerns we have about development, roads, parks and schools, let’s not forget that, while Riverview Park may not be home to numerous coffee shops and trendy restaurants, it does have a population of older people who are important threads in the fabric in our community.

Senator Glenn would probably see that as a condition that needs no cure.

age. We can also discuss about what we, as a community, need to do to help improve the lives they lead in their senior years.

What we also need to remember, however, is that our entire community gains from having them around us as they get older. They give us history, wisdom and context. They are reliable volunteers in many community groups. And they remind us that our

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HUME NEWS

CHEO IS EXPANDING!

I'm pleased to share with you that a \$10million investment by the Government of Ontario in facilities at CHEO has been announced; this money will allow CHEO to increase the number of pediatric operations. With this funding, CHEO will perform an additional 2200 operations yearly--this is an increase of about 29% in yearly capacity.

Details about the renovations are still to be announced, but it has been said that this will reduce patient travel and transportation within the hospital; as well, the renos will allow for more effective sharing of resources and specialized staff. The changes will improve patient safety and infection control, address building code related deficiencies, and increase the flexibility of surgical operations.



We're proud to host such an outstanding facility in our ward, and it is always great news to hear that our hospital continues to improve its already stellar care for children.

-Peter

BYLAW REPORT 2013

Each quarter, the City's bylaw department reports on the calls and complaints received in each ward. In 2013, stats show that the majority of calls made to bylaw in the Alta Vista area were focused on three areas: parking, animals, and property standards.

These bylaw statistics assist us in assessing what the ward's greatest needs are, and we can plan accordingly for the future.

Below you can see a chart showing the annual numbers for the most common types of complaints for our area. In general, for each area of complaint, Alta Vista accounts for less than 5% of the City's complaints.

If you have any questions, contact 311 for more information or to speak with a bylaw officer.

	WARD 18						
	2006	2007	2008	2009	2010	2011	2012
Animals	382	648	560	590	575	538	621
Care of Streets	59	76	134	113	90	83	109
Graffiti			15	37	23	26	31
Noise	369	452	396	473	454	488	486
Parking	1059	1180	1501	1512	1375	1375	1532
Parks	125	57	56	56	51	77	57
Property Standards	353	452	509	484	599	523	615
Signs	290	268	60	137	258	142	142
Zoning Enforcement	49	86	89	80	103	78	104

SNOW PLOWS ON THE MOVE

Some important facts to remember:

- There is no parking on city streets overnight when the snowfall is forecasted to be 7cm or more.
- Do not attempt to pass plows on the right-hand side...this is very dangerous!
- Main arterial roads are the priority, so your street may not get plowed immediately; rest assured, once the major roads are cleared, the plows will return to your area.
- If a snow bank is blocking the sightlines of traffic, it will be reduced or removed. Call 311 to report an issue.
- Shovelling your driveway snow into the street is dangerous for yourself and your neighbours. Please move snow to the snow banks or your lawn.

THE FLU AND YOU

The flu shot program has been increased and extended this year in an attempt to stop the spread of this sometimes deadly virus.

Flu shots are available widely; you don't even have to see your physician anymore!

The flu is not the same thing as a cold. Influenza is a specific virus that can have debilitating effects on even the healthiest people. To protect your family, particularly the very young and very old, we urge you to get your flu shot now.

Remember, the immunization takes two weeks before it is effective, so continue diligent handwashing and hygiene!

Read more here:
<http://ottawa.ca/en/seasonal-flu-faq>

2013 Ottawa Real Estate Market: let the prediction debates begin

by Thomas Conway, Ph.D.

As the housing market slowed in Ottawa, and in much of Canada, in 2012, we can expect forecasts for 2013 to continue a lively debate. Three dominant hypotheses are prevalent:

- “We are seeing the beginning of the bursting bubble of the real estate market”
- “This is a small hiccup and the market will return to significant growth more quickly than many think
- “The market is cooling but holding steady, which is what the market needs for long-term sustainability”.

Let's inform ourselves in our own community as a basis for making sound decisions.

The Bubble Burst

Those who advocate the “bubble burst” hypothesis derive most of their arguments from what happened in the United States in 2006. They look for comparables between Canada's situation now and the situation in the United States just before the real estate crisis in that country.

However, as Conway Fung Homes noted in “Balanced Real Estate Markets, Soft Landings and the Bubble Bogeyman” (19 June 2012: www.ConwayFungHomes.com) the threat of a bubble is highly overstated. The comparisons between Canada and the United States simply do not stand-up to scrutiny.

For instance, the quality of household debt in Canada is much better than it was in the United States. People who have taken on more debt have a much higher credit score, due to more stringent banking regulations in Canada. The nature of the debt is also con-

siderably different in that less of Canadian household debt is subject to sudden interest rate shocks. 70% to 80% of Americans were in variable financing products in 2006, while the Canadian figure is approximately 29% (See, The Facts About Household Debt and House Prices, 19 October 2012, conwayfunghomes.com).

So, why then should we be concerned about the “bubble burst” hypothesis when their arguments can be so obviously countered in this way? Well, it is because attitude matters and faulty information leads to faulty, harmful decisions.

The Small Hiccup

The “small hiccup” hypothesis is what we like to identify as the carryover euphoria from the greatest real estate boom in living memory, which, in Canada, started in about 1999 (see, How Important is Real Estate to the Wealth of Canadian Households? – 5 August 2012, conwayfunghomes.com). Interest rates, kept historically low to support the recovering Canadian economy, underpinned rising real estate valuations.

Interest rate supports for real estate were also combined with:

- Loosening of government mortgage insurance requirements
- Inward migration to urban centers
- Historically high foreign immigration numbers
- Growth in government employment at all levels until recently
- A relatively stable economy due to high commodity values.

These developments, occurring together, were a unique historical moment that is unlikely to be repeated anytime soon.

Moreover, this euphoric real estate trend had clearly become unsustainable. Economic growth rates, employment levels and household incomes were not keeping pace with the escalating costs of real estate. The federal government's concern about escalating household debt also compelled a re-tightening of mortgage insurance rules (See, New Federal Government Mortgage Rules: How serious is this for real estate markets? – 23 June 2012, conwayfunghomes.com).

The Cooling Market

Conway Fung Homes ascribes to the cooling but sustainable market hypothesis. To our mind, all the major indicators support this argument. The cooling market is indicated by:

- A gradual decrease over many months in the number of transactions (we have seen that for some 11 months now);
- Eventual stabilization of transaction numbers at around a five-year average;
- Real estate prices holding-up overall, increasing more in line with the rate of economic growth and employment numbers at the local level;
- Significant differences in price increases dependent on neighborhood attractiveness; and
- A pullback on speculative buying as real estate appreciation rates move more inline with economic growth rates (See, CMHC Housing Market Outlook for Ottawa for 2012 – 26 July 2012, conwayfunghomes.com).

In summary, 2013 will not see a bursting bubble or a return to euphoria. This will place greater requirements on real estate broker-

ages to make sure the market decisions of clients are informed by sound research to capture the values that still exist in the Ottawa market.

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Sales Representative
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- 10 Chinese, Korean, and Vietnamese Lunar New Year—Year of the Snake
- 14 Valentine's Day
- 18 Family Day
- 21 International Mother Language Day
- 23 Purim begins

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Continued from page 1

for both guests and the residents at Alta Vista Manor: a story which was the real intent of the visit.

The history of Joan Cumming’s chocolate making actually began during the time when she lived at



Macee lying in the sun on a cold winter day

637 Bathurst Avenue for 52 years, where she was the mother of five children under seven years when her youngest was born. Moreover, besides being the extremely busy mother of three boys and two girls, she was a crafter who could turn her hand to almost anything it would seem.

“A lot of neighbours will remember the house because I had a great big garden and 700 crocuses in the front yard, which could be seen just as you rounded the corner on to our street,” Mrs. Cumming recounted. “I also had an *Open House* in the middle of November, when my neighbours and their friends would be invited to see and buy the crafts that a number of my friends and I had made over the year. We used every room in the house to display our many things, and that is when I first began to make chocolates.”

Five albums of pictures featuring what she has made can attest to Joan Cumming’s great variety of

talents.

“I was always a knitter, but I made everything, including afghans (115 in total), little girl dresses with smocking, ladies nightgowns, and soon Christmas cakes and then the chocolates. The first chocolates I made were turtles. People would

look at them and say ‘I’m not supposed to eat chocolate’. And I’d say, ‘Have one on me.’- and the next thing you knew they would be coming back for more.”

Now, unable to buy the required Kraft caramels, Joan Cumming no

longer makes her famous turtles, but the chocolates that she does make now are truly mouth watering; created with four kinds of dried fruit, four kinds of nuts, and of course dark chocolate.

“Now I’m getting ready for Valentine’s Day,” she notes. “I’ve just started, and I’ll make chocolates right here over the next few weeks, but it’s tricky. The hot pot I use is about 60 years old, it was my mother’s, but it does a good job of melting the chocolate.”

A heart mold and red chocolate are already sitting on the counter of Mrs. Cumming’s kitchenette, and as each batch of candy is completed it will be put either just outside her door to keep the candy cool or be taken down to the refrigerator for storage. Preparation for each special day takes just under a month, while Robie Hartling, the shuttle bus driver, is a great help at the *Bulk Barn* when it comes time to buy the ingredients. He and Mrs. Cumming work from a set list to acquire what

is needed, then although he hasn’t said, no doubt hopes that he will be one of the lucky ones who get to ‘taste-test’ the results.

For a long time no one knew about the generous person who was putting out the chocolates near the grand piano for each special occasion, that is until one day when a lady came into the dining room, pointed to Joan Cumming as she ate, and referred to her as ‘the chocolate lady.’ Needless to say, someone had found out the generous Joan Cumming’s secret, and from then on others began refer-

to drive, thus allowing her much more freedom.

Now Mrs. Cumming and her 13-year-old cat Macee stay somewhat closer to home, although her pet does enjoy sunning herself; and depending on the weather, lies on either the patio or the bed to enjoy the heat. For her part, Joan Cumming enjoys the flowers and tomato plants that she maintains in her small outside yard when the warmer weather arrives; keeping her bird feeder well stocked in the winter and her bird bath full of water in the summer.



Joan Cumming in her kitchenette getting ready to make another batch of chocolates

ring to her by that name as well.

Joan Cumming’s thoughtfulness did not just begin when she arrived at Alta Vista Manor, for she was a volunteer over the years for various organizations. For a number of years she delivered Meals on Wheels from the Riverside Hospital one day a week, while at the same time worked at the popular Perley and Rideau Health Care Centre Gift Shop on Russell Road. It was only when her youngest child was six that she had learned

Valentine’s Day is fast approaching, and one can only imagine how many chocolates will have been made in the bright red hot pot on the counter before the day comes to an end. People definitely appreciate the efforts of someone who would go to such trouble to make the days of others brighter ones.

Well-done Mrs. Cumming for the continued kindnesses that you have provided. This world is a much nicer place because of people such as you.

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India

50 years later

by Bill Fairbairn

Almost 50 years ago my two-year contract as a journalist with *The Daily Nation* newspaper in Nairobi, Kenya, was about to end. I was tempted by the offer of a contract extension, but forecasts of *Africanisation* of jobs ahead of the newly independent nation made up my mind to travel the world instead. I booked a passage on a British passenger liner bound for India from the East African port of Mombasa via the Seychelle Islands, where I intended to spend a month before continuing to India on the next liner.

My plan was disrupted by cancellation of the voyage because of the India-Pakistan war of 1965. This month, all those years later, I should arrive in India by plane rather than ship partnered by my wife Janina. The opportunity of a lifetime arises because my daughter Judith and her husband Ian

now live and work in Bangalore. We leave on February 15, with a three-day stopover with a nephew in Sevenoaks, England, to lighten the haul.

The 1965 war that sent me rail-roading and trekking through South Africa then back to my native Britain, instead of sailing to India, was over the disputed state of Kashmir which, on decolonization by Britain, had joined India but had a Muslim population majority, as in Pakistan, though led by a Hindu, as in the more secular India. The 1965 war was a repeat of similar warfare at Indian independence in 1947.

The United Nations Security Council finally passed Resolution 211 calling for an end to the 1965 fighting and negotiations on the settlement of the Kashmir problem and the United States and Britain supported the UN decision by cutting off arms supplies



I'll pick my idols carefully in India

to both belligerents. This affected Pakistan more keenly than India since it had a much weaker military. Both countries accepted the ceasefire, but this did not fully resolve the problem that continues to this day.

My visit to India, of course, has no bearing on Kashmir. I plan a holiday to take then make account in photographs of what Janina and I see and do in this developing sub-continent. Hopefully our adventures will include a cup of tea with scones at 4 o'clock in Bangalore's magnificent Taj Hotel. Bangalore is sometimes referred to

as pensioners' paradise so it may be home away from home for us. Seeing is believing.

My daughter phoned to ask what would interest us. I replied that we were interested in everything. I suggested a visit to Kashmir and taking my reply seriously, which it was not, she said it was her belief that tourists might not be allowed into Kashmir. We settled for a visit to a former British hill station where the temperature would be cooler than in Bangalore. It will have taken 50 years so look out for my story in the April edition of *The Riverview Park Review*.

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My travels with Louis

by Brian McGurrin

Riverview Park resident Louis Comerton is a long-distance runner, now enjoying his early retirement years, and quite delighted to be able to flit about the continent, participating in marathon races. As recently as last November, after Hurricane Sandy put the kibosh to his planned participation in the New York Marathon, he decided instead to head to Florida for the Space Coast Marathon. Moreover, with his irresistible combination of adroit salesmanship and Irish blarney, he was able to persuade a bevy of female half-marathon runners – including my wife Helen and my daughter Kelly—to join him on his flit to Florida.

Just one problem: Jackie, his hard-working wife, could not take time off work, so how could Louis convince Jackie that this trip to Florida with five gorgeous females was solely for the purpose of athletic competition?

That’s where I came in. I am not a runner. I mean, if God had intended us to run then why did He invent cars? Nevertheless, I was dragooned into accompanying the runners as

their photographer, coat-carrier and general dogsbody.

Consequently, last November 22, I found myself on a Westjet flight to Orlando, Florida, with Louis and his bevy, ultimately headed for Cocoa Beach, to join with about three thousand other athletes for the running of the 41st annual Space Coast Marathon and Half-Marathon. (As I discovered, this area is informally labelled the “Space Coast”, due to the presence of the John F. Kennedy Space Center on nearby Cape Canaveral.)

Louis assured me that he had made prior arrangements for a car rental, and I would be loath to ever accuse Louis’ of being miserly, but it was only upon our arrival in Orlando that I became acquainted with his customary car-rental strategy of always reserving the smallest and cheapest available vehicle, in anticipation of being upgraded. Call me a worry-wart, but I would prefer not to take the chance of being stuck driving around Florida in some flea-sized vehicle carrying my luggage in my lap. Nevertheless, I am compelled to admit that, *on this occasion*, his strategy worked out perfectly: we were upgraded to a 7-passenger Sienna van at no extra cost! “You see,” said Louis with a self-satisfied grin, “what were you so worried about?”



A bevy of female half-marathon runners – including Brian’s wife Helen and daughter Kelly - join Louis on his flit to Florida.

I managed to get even with Louis after we arrived at Cocoa Beach, and all sat down for a snack in the hotel restaurant. Unlike Karsh, who famously snatched away Churchill’s cigar before snapping a photo of the great man with a furious-looking expression, I reversed the ruse, shoving my Guinness ale into Louis’ hand, and then e-mailing the incriminating photo back home to his wife. “So, this is how Louis trains for his marathons!” responded an incredulous Jackie.

See photo on page 1

Anyone who has not experienced the joys of travelling with long-distance runners should be forewarned that they are not always the best of company. Prior to a race they constantly discuss things like hydration, electrolytes, cramps, etc., and fuss over decisions about when to eat and what to eat or not eat, and the opti-

Continued on page 17

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Indian or sheep fence made with poles or split rails, 12 feet long, one end resting on two pickets in an inverted "V", the other on the ground. It may be made with the pickets dug into the ground without wire, or with wire .

Heritage on our doorstep

by Eugene L. Fytche, P. Eng.

When we drive throughout Eastern Ontario, we pass log and rail fences everywhere. How many of

us will consciously notice them? “Let some place be remote or inaccessible, and the Englishman will lose his life to find it. But he will not even look at it when it

lies within a few hundred yards of his own front door. (“the Exploits of Sherlock Holmes” by John Dixon Carr)
Is this not the way we ignore

our log fences as we drive through the countryside? Yet they represent a precious link with our past

Continued on page 20

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A wonderful sight this morning on one of the large conifers in our backyard - a sharp-shinned hawk (*Accipiter striatus*!) [top left]
Photo Credit: Anna Nitoslawska

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The Ottawa Hospital Community Advisory Committee

The Ottawa Hospital – a patient's rights

by Helen McGurkin

Last month, a kind reader sent me this email:

Hi Helen,

I have been having treatment at the Ottawa Hospital. I found that when I went to see the doctor to discuss the results of the procedures I had received, I was confronted by students and was not able to receive the information and discussion I needed from the doctor who appeared later for only 2 or 3 minutes with the result. How does one obtain the results of procedures done, and what is one entitled to have? Have you heard of other people having this problem with the use of students?

Thank you

I have not heard that question re students but I have heard people complain about the lack of time and information they receive from their physicians. I think that people often excuse that behaviour assuming that doc-

tors are overworked and blame it on the health care system. Well, "the times-they-are-changing", as the song says, and it's time we, as patients and essential partners in the health care system, change our tune and respectfully demand the treatment information we are entitled to.

In this regard, The Ottawa Hospital (TOH) is investing significant resources in Information Technology to improve patient safety and quality of care, and facilitate information-sharing with the patient. Within 2 to 5 years, patients will be able to access to their medical records by downloading them onto their own computer devices. Meanwhile TOH has prominently displayed its Patient's Bill of Rights, on posters throughout TOH and on its website at:

<http://www.ottawahospital.on.ca/wps/portal/Base/TheHospital/PatientsAndVisitors/RightsAndResponsibilities>

This Bill of Rights includes these two statements that apply to the reader's question, and I quote: "You, the patient, have the right to:

- Receive courteous, competent and timely care;
- Receive complete and current information regarding all aspects of your care in a manner that you understand."

So here is my shortened response to the email:

Dear Reader

As a first step if you have another appointment with your doctor, you should insist on getting answers to your questions. Your second option, if you cannot get answers through your doctor, is to contact TOH's Patient Advocacy Department at 613-798-5555 extension 13377. The staff there will address your concerns and help you get the information you seek.

ASK THE CHIEF

I have not addressed the issue of "students" because I don't know what to say. As TOH is a teaching hospital, medical students as well as interns and residents are part

of the health care team. Medical students are mostly observers. Interns and/or residents (I am not even sure of the correct term) are graduate medical doctors. They may be working in a specialized area to learn more about diagnosing a health problem in that area, but others are working to qualify as a practicing specialist in that field, a goal that can take well over 5 extra years of working under the authority of a qualified specialist. When are they qualified to speak on a patient's procedure or its results? When in doubt, ask the Chief, and Dr. Kitts, CEO of TOH has offered to come to my assistance whenever I am stuck for an answer (though I rarely admit it!). So I will be ASKING THE CHIEF if there is a formal protocol or written rules on what information can be given by different levels of medical professional, including medical students, interns/residents (and their level of qualification) to a patient on his/her treatment and results.

Stay tuned.

You can contact me at hbmcurrin@gmail.com or at 613-521-0241.



Choosing a retirement residence

by David Graham

Maplewood Retirement Community

There are many factors to be taken into consideration when choosing your retirement residence. To make this important decision you must first consider what care services you need and what you may require in the future. Although you may be in great shape now father time does like to creep up, and before you know it, even the best of us need a helping hand. This brings up the question of deciding between an Independent residence and a facility that offers a full continuum of care services. Short term, the residence that caters strictly to Independent Seniors may seem like the direction to take. Many Seniors live for years happily in this environment. Unfortunately, if you or your partner show any significant health issues, you may have to pack up "again" and move to a facility that offers a full range of care services which would include Independent Living, Residential

Care, and Assisted living. These newer facilities offer an "Age in Place" philosophy in which care services can be increased as health, mobility, or cognitive awareness decreases.

Next on your list should be location. Do you prefer to stay in the neighborhood close to friends you know or should you consider choosing a residence in closer proximity to family members. This is a very personal decision that should be taken very seriously.

The following question to be asked is financial and is often put at the top of the list. The reality of the situation is that there are some very good Retirement Residences in the lower price range and some less than desirable residences in the higher price range. This is when doing some leg work becomes important. If you have access to the internet there is a world of information available to you. There are many Senior friendly sights that are run by impartial organizations. Whether they are

government organizations or Seniors groups they are there to help you through this difficult decision making process. This is the time that family members can also be your best sounding board.

You must also try not to go into avoidance mode. Many seniors wait too long and are forced into uncomfortable situations when their health or the health of their loved one deteriorates. Some must rapidly make this crucial decision when an unfortunate accident occurs such as a slip or fall. If you do not feel ready to make the decision at least do the homework. Then you are in control. When the right time comes you may find making "The Move" easier than you thought.

You will know when you have entered your "New Home". It may be a smile, it may be a great meal, or it may be the possibility of new friends, but you will know it is the "right fit"!



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David Chernushenko Councillor Capital Ward

The case for more recreational facilities in Ottawa's urban area

An important argument in favour of urban intensification — increased population density in central neighbourhoods — is that it generates higher demand for amenities and services, and more people to pay for them. Intensification should, in theory, bring improved transit and public health services, better-equipped community centres, and new sports and recreation facilities like arenas, pools, playing fields, and tennis and basketball courts.

But residents in Ottawa's urban area know we can't count on population density to leverage more or better recreational amenities. Rather, we're losing many traditional spaces to development and more people are competing to use what remains of existing facilities in increasingly space-challenged neighbourhoods.

In the past decade, instead of getting new, larger community centres, Old Ottawa South, the Glebe and Old Ottawa East have had to fight to hang on to and/or renovate old ones. Creative design has generated more space, but it's not enough to meet demand. Heron Park continues to scrape by with a field house better described as a 50-year-old concrete bunker. This lack of functional space severely limits possibilities for the programming and community meetings so essential to a healthy neighbourhood.

As for open green space for organized games of ultimate, spon-

taneous soccer matches and community picnics, Old Ottawa South is reasonably well served. But Glebe residents have very limited options — even the Lansdowne redevelopment will add more green space, but it must accommodate many new residents at the site as well as anticipated crowds from outside the neighbourhood. Residents in Old Ottawa East are about to see the heavily used open space at 160 Lees (part of the proposed Alta Vista Transportation Corridor) turned into a temporary parking lot to accommodate LRT construction.

In Riverview Park, the loss of green space to the Alta Vista Transportation Corridor's "hospital link" has been widely lamented. Transportation Oriented Development around the future Hurdman LRT station could also cost us green space. Conversely, the area could also be designed to add new formal recreational lands and facilities to serve the anticipated new residential community at this site, as well as neighbouring residents.

So how can we address the need for more parks and recreational facilities in Capital Ward? While no single solution is sufficient, there are a few ways to address the challenge.

One existing tool, the Cash-in-lieu of Parkland (CILP) fund, collects money from development projects for parks and recreational purposes — both a blessing and

a curse. There's a ward allocation controlled through each councillor's office. Fun as it might seem to dole out this money, there's a mere \$250,000 or so per year to meet the needs of the entire ward. I'm more likely to disappoint than curry favour with my spending choices, even though I consult extensively with community associations and try to allot this money as fairly as possible. At best, the funds can add a few play structures, water features, benches or garbage cans. Purchasing land for new parks is well beyond my reach.

The citywide CILP fund, meanwhile, is enough to purchase a modest lot or make one significant capital investment per year. With 23 councillors vying for that money, Capital Ward can only anticipate its turn once in a generation.

Another option, Section 37 of the Municipal Act, lets developers contribute to civic facilities and improvements in exchange for additional development benefits, such as increased building heights. This is a useful tool, but it's important to carefully weigh the trade-offs.

Acquiring "brownfield" (a.k.a. contaminated) sites is an intriguing alternative. The need to remediate these sites drives down the sale price, but the cost of rendering them safe to use can be prohibitive. Still, it can be done, and I believe a City campaign to buy up small brownfield lots offers the best opportunity for creating



small parks on a local scale.

Finally, we must actively pursue ways to creatively share space in existing local institutions. It's absurd for a church hall or school gymnasium to sit empty much of the time when someone could use the space — like the yoga studio offering classes in a church meeting room in my neighbourhood. Naturally, there are insurance and maintenance issues to work out, but with all parties standing to benefit, surely we can make such partnerships work.

Where there's a need, there's often a way. And when it comes to creating more places and spaces for recreation, there is most definitely a need.

Councillor David Chernushenko
613-580-2487 | David.
Chernushenko@Ottawa.ca
www.capitalward.ca

Continued from page 13

mal management of their bladders and bowels. (OK, too much information.)

Cocoa Village, so called, is the informal designation of the historic City of Cocoa's downtown area, boasting a spectacular riverside park, with a gazebo overlooking the Indian River, a circular arcade along which the marathoners will stagger to the finish line, and a bandshell/stage on which the leading runners will receive recognition and prizes.

And so, well before dawn on the morning of the races, we were all gathered in the park, with the Celsius temperature hovering in the single digits, and with hundreds of runners lined up to make last-minute visits to the numerous port-a-potties, shivering in their light running gear. Finally, at 6:15 a.m. sharp, they burst forth from the starting line, all eager to complete their Half or Full

Marathons (21 km or 42 km) in record times.

Needless to say, I was waiting near the finish line as our intrepid half-marathon ladies began to arrive, all of them completing their races in superb times of close to two hours. Nor did we have long to wait for Louis, who completed the *full* marathon in 3:51:27 (a first place finish in his 65-69 age category). Nothing I write could express the excitement of the event better than the BlackBerry message which my daughter Kelly sent home to her family only minutes after completing the race: "*Oh my God, we watched the sun come up as we ran along a beautiful river route. I actually saw a dolphin! Awesome day and we are blessed to be able to do this.*"

We also enjoyed many interesting and educational non-running activities during our holiday on the Space Coast, including a beautiful excursion on Capt. Bob's Talking Airboat Tour (an airboat being a flat-bottomed

craft, equipped with a rearward-facing aircraft propeller, which skims across water and swamp vegetation), and also a visit to the wonderful Brevard zoo.

The Brevard zoo is organized on the concept of four nature walks: 1. Australia/ Asia (Ever seen a cassowary? It's a big flightless bird, well over 100 lbs, runs at 50 mph, and attacks with a dagger-like claw!); 2. Africa (I got a neat video of a lumbering white rhino, and Louis snapped a photo of my wife feeding a giraffe); 3. South America (the anteater was awesome); and of course, 4. Wild Florida (Gators galore. Very slothful creatures.) I asked Louis to poke one with a stick so I could get an action video, but he declined. And if walking is too dull for you, you can choose to explore Africa by canoe, or do a "Treetop Trek" by tightropes, jungle bridges and zip lines, hopefully without falling into the cassowary pen.

Let me conclude this essay with a little anecdote about Louis. After our visit to the zoo, Louis insisted

on returning to the gift shop to buy a copy of *Farts in the Wild* ("Learn to stay one whiff ahead of the pack."). At the admissions booth, Louis explained to the ticket lady that we had already toured the zoo, but that he'd like to re-enter just to buy the "Fart Book." "*Do you mean to tell me that you want to go in here free of charge just to buy a book about animal farts?*" she demands to know. Then, shaking her head with disbelief, she leads us into the gift shop and announces to the clerk in a loud voice, "*Just wait till you hear this—this will make your day! This guy made a special trip here to buy a fart book!!*" Louis doesn't embarrass easily and actually seemed very pleased by all this attention. He then proceeded to quiz the ticket lady by pressing a button on the cover of the book which played the sound of a farting elephant, and then asked her to identify this impressively flatulent animal. "That's easy," she promptly replied. "That's my ex-husband!"

So, Louis, where are we going next?

Planning and Development Update

by Kris Nanda
Chair, RPCA Planning and
Development Committee

The Riverview Park Community Association (RPCA) and its Planning and Development (P&D) Committee follow developments of interest in the local community and around the City which may affect Riverview Park residents either directly or indirectly. RPCA Board members continue to work with other community associations on issues of common interest through organizations like the Federation of Citizen's Associations (FCA) and Community Association Forum for Environmental Sustainability (CAFES) -- two networks of Ottawa area community associations representing rural, urban and suburban neighbourhoods.

The RPCA will be providing input into the City's 2013 Official Plan process and emphasizing the need for more sustainable transportation and an improved planning process. One of the more pressing issues that the RPCA is following relates to the increased traffic congestion along Industrial Avenue, much of which is associated with the expanding Ottawa Trainyards shopping complex. The RPCA intends to work with Trainyards senior management and the City to see if measures can be put in place to improve the overall appearance of Industrial Avenue so that it does not become another "Merivale Road East" defined by big box stores and traffic lights.

Committee members and representatives from other neighbouring Community Associations take part in the Alta Vista Planning Group (AVPG) meetings which

Councillor Peter Hume hosts to discuss local development proposals of interest. Issues of interest which the RPCA is monitoring include the following items listed below.

Industrial Avenue Traffic Issues

Increased traffic along Industrial Avenue, due to a variety of factors, remains a concern for the RPCA and many Riverview Park residents. The traffic levels are expected to become even heavier and left-hand turns onto Russell Road and Neighbourhood Way even more difficult especially with the additional office and commercial development at the Trainyards, the five story residence at 340 Industrial Avenue and new residential construction along Russell Road

The RPCA P&D Committee recently identified at least 6 potential traffic "choke points" along Industrial between Alta Vista Drive and St. Laurent Blvd. As much of the present traffic issues and expected increase in congestion levels is related to developments (current and proposed) at the Trainyards (on both sides of Industrial), the RPCA is seeking to meet with Trainyards president Marty Koshman to consider the situation and potential solutions from a more holistic perspective.

For example, the RPCA recently learned that with the new barrier in the middle of Industrial and new traffic light to service the Trainyards Farmboy and LCBO, cars may soon only be able to enter the Pioneer Gas station using a "right in and right out" traffic patterns. In other words, vehicles leaving the western entry to Pio-

neer will not be allowed to turn left to go east on Industrial -- and cars heading east on Industrial toward Russell Road would not be able to turn into the gas .ggested to Councillor Hume and Trainyards President Marty Koshman that the situation could be alleviated by constructing a short link between the eastern portion of the gas station and the new access road for the Farmboy and LCBO. Koshman informed the Board that this proposed solution was not considered feasible as the intersection has already been constructed and any changes might be expensive.

Trainyards Developments and New Retail

The LCBO and Farmboy on the Trainyards site area (east of Pioneer Gas Station) are expected to open by March 2013. In addition, a series of one-story retail establishments are planned for 575- 595 Industrial -- the area between the Pioneer Gas Station and the CIBC building at the intersection of Trainyards and Industrial. The City is presently accepting comments from the public on this proposal at its website (listed at end of the article) and the RPCA is encouraging community members to submit comments.

The Trainyards complex is also proposing to expand across Industrial Avenue -- with a project to construct seven retail establishments in four new buildings at 628 Industrial (the site of a former Pool Warehouse -- backing onto Coronation (near Weyburn). This new complex would be served by an entry point near its western boundary (near Metro food depot) and by the new traffic signal across from the Farmboy and LCBO. The RPCA has provided initial comments, including a call for better public transit and construction of a sidewalk on the southern side of Industrial to encourage patrons and employees to travel on foot or by bus.

Ottawa Casino

Following Marty Koshman's acknowledgment in the fall that he was offering up the Trainyards (Terminal Avenue) as possible site for a casino, the RPCA and many other individuals wrote to him and Councillor Hume strongly voicing opposition to the proposal and urging that the Trainyards be withdrawn from considerations as a potential casino site, for a variety of reasons, including the inappropriateness of the location. Council-

Easy as 1-2-3 (or is it?)

- To complete the puzzle:
- 1) all rows must contain the digits 1 to 9 only once.
 - 2) all columns must contain the digits 1 to 9 only once.
 - 3) each of the nine boxes must contain the digits 1 to 9 only once.

Sudoku Solution on page 21

SUDOKU

			2			3		
			7		3	1		9
3	6		4			5		
			9		5	8	1	
8								7
	7	4	8		6			
		2			9		8	1
5		7	1		4			
		3			7			



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Planning and Development Update (continued)

lor Hume confirmed in writing to the RPCA that he would oppose efforts to rezone Trainyards to allow a casino. As this article went to press, the RPCA had not heard back formally from Koshman regarding the casino.

The RPCA is on record as opposing a new casino anywhere in Ottawa, in general (and particularly near Riverview Park). It has expressed concerns about the transparency of the casino negotiations directly to the Mayor and to City Council. These concerns have recently been supported by a January 21, 2013 article in the Ottawa Citizen indicating that the Mayor fast tracked the process for Council's vote on the casino, without allowing sufficient consultation or adequate reports on the health and economic impacts.

Alta Vista Transportation Corridor – Hospital Link- NDMC

The detail design work associated with the 1.2 km Hospital Link section of the controversial Alta Vista Transportation Corridor (AVTC) between Riverside Drive and the Hospital Complex will most likely now be publicly shared in 2013. The RPCA and other groups have put forth evidence questioning the cost-effectiveness of the Hospital Link and whether it was, in fact, even needed without sufficient proof that the Link itself will resolve perceived local traffic problems. There are also some issues related to contaminated sites near Riverside/Hurdman. The City is working with Ontario Hydro and VIA Rail to make the necessary arrangements to resolve issues related to construction of the road and its interface with existing hydro and rail usage right-of-way. Once this is completed, detailed design can commence.

The Department of National Defence and Canada Lands Corporation (CLC) are moving forward with the disposition of the National Defence Medical Centre (NDMC). Councillor Hume reported that "DND is continuing to work through their internal obligations necessary to advance the disposition. Once that has been completed, DND and CLC will respectively seek the necessary internal approvals for the transaction". Land use planning is expected to start in 2013. No actual construction date has yet been set.

The RPCA will continue to be involved in the reconstituted Hospital Lands Area Planning Study Committee which Councillor Hume intends to reconvene to guide the planning effort. As this article went to press, no date had been set for the first Committee meeting.

Possible Andrew Fleck Child Care Services (AFCCS) Facility on Knox Crescent

The RPCA continues to monitor the AFCCS proposal to construct a building on the Ottawa Carleton District School Board (OCDSB) land to the east of Riverview Alternative School. The proposed location for the facility, which would accommodate the AFCCS office and a child and family centre, is currently a grassy field used for soccer and other recreational activities. Community concerns include the loss of recreational space, increased traffic along Knox Crescent and other streets in the vicinity and uncertainty about details of the planned facility.

An OCDSB staff report on the AFCCS proposal which was scheduled to go to Trustees in the fall of 2012 is expected to be considered shortly. Meanwhile, the AFCCS is working on developing a business plan. The RPCA has invited local OCDSB Trustee Bronwyn Funicello and AFCCS Executive Director Kim Hiscott to its February Board meeting to provide an update. The RPCA also intends to hold a follow-up broader community-based meeting later in 2013.

Supportive Housing at the Perley Hospital

Construction continues on the two seniors' residences being built on the grounds of the Perley and Rideau Veterans' Health Centre (PRVHC). The final stage of construction and finishing touches on the building next to Russell Road are expected to be ready for new residents to move in by March 2013. Work on the second building, the 5-storey residence which will be connected to the current health centre at the main entrance, is expected to be completed in time for residents to move in by October 2013.

Enhancing Pedestrian and Cycling Access

As part of its efforts to make Riv-

erview Park and Ottawa more pedestrian and cyclist friendly, the RPCA has endorsed a proposal by local resident John Neale that a "Better Biking in Ward 18" event be held to allow the various community association in the ward to meet with City officials to discuss how to improve bicycle infrastructure throughout the Ward and to other key links to neighbouring Wards. A similar event was held in December 2012 for Ward 10 by Councillor Diane Deans.

Maplewood Seniors residence at (340 Industrial at Neighbourhood Way)

Construction activity is ongoing for a 5-storey, 124-unit retirement home near the intersection of Industrial Avenue and Neighbourhood Way, scheduled for occupancy in 2013. The facility's marketing manager, David Graham, met with the RPCA Board in December 2012 to provide information and answer questions about the project. The Board asked for his assistance in lobbying for additional transit service for Industrial Avenue and for construction of a sidewalk on the South side of Industrial (both of which could reduce vehicular traffic) and for widening of the entrance onto Neighbourhood Way from Industrial Avenue to take into account the anticipated increased traffic and wide turns from OC Transpo Buses.

Ottawa Baseball Stadium

The City continues discussions with Beacon Sports Capital Partners to attract a major league affiliated AA baseball team to Ottawa and an agreement in principle to bring a team to Ottawa in 2014 was announced by Mayor Watson in 2012. Finalization of the agreement has been pushed back from original date of January 1, 2013. Concerns exist that the City will not undertake the necessary steps to finalize such an agreement and recent articles in the paper have cast doubt on whether a deal will in fact be reached (now only 60-70% likely according to Beacon Sports).

Alta Vista Ridge (1757 Russell Road)

Construction continues on the Alta Vista Ridges complex across from the Perley to allow mixed residential/and commercial uses. The development will feature both stacked townhouses and low rise

apartment dwellings with one and two bedroom units (320 units total).

The RPCA has provided Councillor Hume and City staff its concerns regarding ongoing issues of vehicular congestion and pedestrian safety, given the proximity of the Alta Vista Ridge entrance to that of the Perley Veterans Complex across the street and the Haig Road intersection.

700 Coronation Redevelopment (Gateway)

Plans have been approved for the new Gateway three-storey 32-unit condominium just west of the existing apartment complex at 700 Coronation Avenue, with occupancy in 2014. The current building at 700 Coronation is being refurbished a shared underground parking area will be constructed with 56 spaces under the new condominium building with full access for all residents, including 10 visitor parking spaces.

Coronation Park Redesign

Calls for community input into the redevelopment of Coronation Park are ongoing. Councillor Hume is asking for suggestions and proposals related to the rejuvenation and improvement of the large greenspace at the corner of Coronation Avenue and Station Boulevard. To submit your suggestions, e-mail peterhumeottawa@ottawa.ca, call his office at 613-580-2488, or fill out a short survey at <http://bit.ly/ParkSurvey2012>.

More information on some of these 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 al2kris@yahoo.ca. For more information on this and other activities in Riverview Park, please see the RPCA website at www.RiverviewPark.ca. The contact email for RPCA is info@riverviewpark.ca

Neighbourhood Watch

The eyes and ears of the community

by John Neale

Neighbourhood Watch is a community-based program to help neighbours watch out for neighbours. The program aims to get citizens involved in preventing crime and promoting safety at the local level. You are the eyes and ears of our community. Through the Watch you can become more effective in preventing theft and promoting safety in our community.

Crime Update: The rash of shed break-ins has now abated. Thanks in part to the vigilance of Watch members in our area, there has been one arrest and two pending arrests as of January 15. Since De-

cember 1 there have been very few calls for police in the Riverview Park neighbourhoods. In this period there were three B&E's and two thefts in Poet's Corner where there is no active Neighbourhood Watch.

Remember to report all crimes to the police. If it is a crime in progress or other emergency then call 911. If it's not an emergency, then call (613) 230-6211.

We have a new Community Police Officer. Constable Gary McCoy has been reassigned and Constable Rebecca Vanderwater has taken his place as our local CPO. Please see Tim Mark's interview with Rebecca in this

issue. Rebecca informed Watch Coordinators at the meeting on January 15 that our local Community Policing Centre on Cedarwood Drive will hopefully be renovated this year.

Is your street address visible from the street? Make sure it is. In the event of an emergency, this is how emergency services find you.

There is now an "ALL VALUABLES REMOVED" placard available to put on your car dashboard. These will be distributed to Watch members by your Block Captain in the near future.

If you live in Riverview Park and would like to join the Neighbourhood Watch program, then please

contact one of the Area Co-ordinators. John Neale can be reached at JL.Neale@yahoo.ca for Riverview Park west of Station Blvd and Tim Mark is at Tim.Mark@rogers.com for Riverview Park east of Station Blvd, Rheume Laplante is at RheumeLaplante@hotmail.com if you live on Abbey, Caledon, Dale, or Balfour and Nicole Dorion can be reached at stationboulevardnw@yahoo.ca if you live on Station Blvd or Blair Court. If you live in an area that has no active Watch, then one of us can help you to set one up.

For more information on Neighbourhood Watch, please go to the following website: www.ottawapolice.ca/neighbourhoodwatch

Continued from page 14

When the first European settlers arrived in North America 400 years ago, their resources were only the goods they brought with them, and their physical attributes. Everything else they needed to survive had to be created from the resources they found here. They had to build houses, they had to grow their food and they had to defend themselves from the peoples they displaced from the land. Available resources were the wild game, the trees and other growth in the forest, the rocks and the streams, and they had to adapt their experience to live with them.

Fences, other than defensive works, came later, to restrain livestock and poultry, and to demarcate property lines. Why log fences? Trees had to be cut to make space to plant seed to grow food. They could be cut trees in the winter, while stone, a better known building material for fences, could only be worked in the summer, when higher priorities governed the use of their time.

We now can see many designs of log and rail fences. The sequence of the development of the designs is not defined. The earliest settlers' first priority was to build shelter and to grow enough food to eat. Fences to keep sheep, pigs and cattle in confinement would have been built using the most readily available material and one can visualize the stages through which they developed as something like this: The available material — whole logs — would have

been arranged in self supporting structures: snake, bunk and then Indian fences, all of which could be built on the ground without digging postholes. As land got cleared, and logs began to have a commercial value, the art of splitting logs developed. (Abra-



Snake, worm, zig-zag or Virginia fence made with large logs, 12-16 feet long. The logs are laid in a zig-zag pattern, spaced apart by the butt of the adjacent log and stabilized with two small posts called pickets

ham Lincoln traditionally embodies the way in which young labourers earned their living) and many new designs evolved.

When nails became available at a reasonable cost, farmers may have used pole fences with dug postholes, and with the availability of cheap iron wire in the 1870's barbed wire and page wire began to supplant the use of forest products. Yet many rural areas were still in the stage that land was being cleared, logs were still available there and cash money was scarce. Inventive minds in the rural communities turned to creating more effective designs

using logs, split rails or poles together with the nails and iron wire. In the period from 1870 to 1890 there were many Canadian patents taken out under the general heading of "improved farm fence". It is interesting to note that the maximum area under

ever since, as unsuitable land has reverted to the bush.

We in Eastern Ontario are favoured by still having many forms of log fences still in use, as a reminder of the struggles that the early settlers went through as they adjusted to life on an inhospitable frontier. Let us hope that they do not disappear for lack of interest.

"History doesn't just live in books and old documents. It lives around us. Just look at what's about you, and look at it through their eyes." —the eyes of the builders—

("Buried Dreams" by Brendan Dubois

Note: For further information, ask for two books, "400 Years of Log Fences" a do-it-yourself book, and "Good Neighbours Make Good Fences" a story of fence development, at your neighbourhood book store, or those in Almonte and Carleton Place. For a guide to two rural circuits locating and naming many designs of fences, e-mail the author at : efytche@xplornet.com

A DISTRIBUTOR IS NEEDED by the Riverview Park Review Community Newspaper to deliver to any of the Avenues of N, O, or P in Eastway Gardens. Distribution is for the 1st. week of the months of February, April, June, October, and December. The paper does sign for volunteer hours.

A DISTRIBUTOR IS NEEDED by the Riverview Park Review Community Newspaper to deliver to the east side of Station Blvd. There are 39 houses. Distribution is for the 1st. week of the months of February, April, June, October, and December. The paper does sign for volunteer hours.

Riverview Park Community Association

From the president's armchair

by Karin Keyes Endemann
President, Riverview Park
Community Association

Winter is truly here – there are mountains of snow on my roof, toe-numbing temperatures and a of gaze raccoons (yes, that is their collective nomenclature) trying to tunnel their way into my attic! I often wonder as I lie in my bed a night listening to them ripping off my shingles and eating through my roof, if the City prevents me from shipping the little devils off to their maker (and believe me, at 3 am I have dreamed up some very innovative ideas about how to do that) and, by law, I can only take them 1 km away after the very expensive wildlife service manages to trap them...(whereupon they just pick up their suitcases and trudge back home).....shouldn't the City be paying for the damage to my garbage cans, front deck, attic insulation and my roof? That's my rant for the season.

In this issue of our fabulous newspaper (which, by the way, is renowned throughout the city as one of the best – thanks to our inimitable and very talented Carole Moulton and the RPR Team!) you will find many clues to what the RCPA has been doing over the last few months.....some of which I will mention here.....

Quite frankly, most of the RCPA time has been taken up with development issues. Our little corner of the world is suffering from development disease...and it seems to be resistant to all remedies! At this moment in time, we are trying to mitigate the impact of over 11 new developments on our perimeter. Some of these have worked in close collaboration with the community to address our concerns and some have not. Needless to say, those which have not listened to what we had to say are only seeing issues which they had not anticipated. How short sighted.

Speaking of short sighted.... I am sure you are all wondering about the rationale for the new island in the middle of Industrial in front of the Pioneer gas station. According to the City, this island has been designed to restrict access to the gas station. If you are travelling east on Industrial you can get into the gas station and fill up, but then you can't continue eastbound (no left turn allowed), while if you are trav-

elling west you have no challenges. This is another case of "you can't get there from here". Needless to say, this is causing considerable frustration and furthermore, according to Tony Aoun, the owner of this station, this re-routing of cars is having quite a negative impact on his business. Could we not have an entrance/exit off the new access road which was designed for Farm Boy? Let's vote this island off Industrial!

The RCPA is also keeping a close eye on the ever expanding Trainyards...the news latest is that they intend to build more stores on both sides of Industrial just west of the CIBC (at the end of Weyburn). If you live in our neighbourhood it will be well worth your while to carefully read the RCPA Planning and Development report elsewhere in this newspaper – it is certainly a development cornucopia.

Once again I feel it is important to mention the community's increasing frustration with the growing traffic issue in our neighbourhood – especially along Industrial and Coronation. Our concerns are not only about the number of cars on these streets (congestion/pollution) but about their speed – in fact, our last RCPA Board meeting saw representations from a couple of Coronation residents who are deeply concerned about the speed of cars along Coronation Avenue. This must change. The RCPA strongly believes that traffic which affects our community needs to be carefully considered when constructing further development.

The last development issue I really must mention is what the Ottawa Citizen recently called the "rushed process" to bring a casino to Ottawa "without a report on

the health or economic effects". To that end, the RCPA continues to remind City Council to remember that it is our citizens who will bear the brunt of these devastating impacts – and to ask Council to take the time needed to fully understand the impacts. Closer to home, the RCPA understands that both the Trainyards and another "site" in our community are in the running as potential sites for this casino. The RCPA is continuing to work diligently with other community associations to ensure that this economic and social fiasco will not negatively affect our way of life. We still say **casiNO!**

In December the RCPA organized our 4th annual carol sing at the Maplesoft House on Alta Vista. The weather was perfect, the voices sounded angelic (to me at least) and everyone had a wonderful time. Santa, unfortunately, did not visit). I was really touched when several families told me that this has now become one of their family traditions! Many thanks to Councillor Hume for the kind donation of hot chocolate – it was much appreciated.

The amazing RCPA Parks and Recreation Committee is at it again, folks – so get ready for some

good old fashioned Ottawa fun! Following the overwhelming community response to last year's Pop Up Toboggan Party, we have declared **Sunday the 24th of February (14:-16:00)** as our **Riverview Park Toboggan Day of 2013**. Let's all turn out and have some fun! I have also been asked to mention that many of the community children (and young at heart) will be meeting every Sunday afternoon (from 14:-1600) at our same toboggan hill (next to the Co-gen plant directly in the path of the planned Alta Vista Corridor roadway). So grab your toboggan of choice come out for a ride!

Finally, I hope you will mark your calendars for our upcoming **Winter Carnival** on **Sunday February 3rd 2013 (14 - 16:00)** at Balena rink. This is truly one of the social highlights of the year for our community. Lots of skating, hockey, marshmallows around the fire, hot chocolate, hot apple cider and games for all ages. Do plan to join us for this wonderful annual event!

Have a safe winter and don't forget to check our website for all the great events in our community (www.riverviewpark.ca)

Synode Montréal - Ottawa Conference Stewardship Committee presents Aboriginal Teachings Creative Faith

Speakers:

Rev. Matthew Stevens (Mohawk and Irish heritage, recognized as an Elder within the Ojibwe people. He is the resource person for stewardship, justice, and right relations within London Conference.)

Rev. Rosemary Lambie (Executive Secretary Montreal -Ottawa Conference)

Rev. David Sherwin (Director, Faith and Arts Ottawa)

Mr. David Armour (Director philanthropy unit, The United Church of Canada)

Join us for an a conversation on stewardship with an emphasis on aboriginal teachings and creative faith. We promise interesting and lively discussions animated by our speakers.



This is a child and youth friendly event we encourage you to bring or borrow a child for this event.

What a great way to learn about our aboriginal heritage and how is relates to our responsibilities as children of Creator.

We will also learn CREATIVE FAITH to use our imagination to explore

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SUDOKU

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2	7	5	8	6	4	1	9	3
6	9	1	3	5	7	8	2	4
8	4	3	1	9	2	6	5	7

Sudoku on page 18

Unlocking the mysteries of aging

by Bill Fairbairn

I doubt it will help a 20-year Canadian study on aging but I found out my body mass was slightly over normal and that my hearing over 6000 Hz pitch was not good although I passed five times at five lower pitches. On the other hand my waist-to-hip ratio was normal, my blood pressure normal, my lung capacity normal, my bone mineral density normal and my eyesight not 20/20 but 20/25.

Those were just the first immediate results of a Canadian

Longitudinal Study on Aging (CLSA) medical examination I voluntarily underwent at the Elizabeth Bruyère Research Institute in Ottawa early January.

The CLSA is a long-term study that will follow the health of about 50,000 men and women aged 45 to 85 for at least 20 years. I was one of those eligible to take part but only after being contacted by the research team. It was not possible to just sign up. Information is being collected on

Continued on page 40



CLSA participant Bill Fairbairn Nordic walking in Balena Park.
Photo Credit: Carole Moul

**The Parks, Recreation
and Environment Committee
of the
Riverview Park Community Association**

wishes to give a special
Thank you
to
**Kevin Leduc
of KLPS**

In acknowledgement of
all his great assistance
keeping the ice rink cleared
for the skaters
of Balena Park.

*Thank
You*



The CSLA hearing test as seen here is tricky but manageable.
Photo Credit: CLSA office

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Top right and bottom left by Anna Nitosławska.



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Ottawa South welcomes new Community Police Officer

by Tim Mark

On January 7 of this year Constable Rebecca Vanderwater took up her new job as Community Police Officer at the Ottawa South Community Police Centre. She joins Constable Heather Cooper on staff and takes over from Const. Gary McCoy. Many Riverview Park residents will remember Gary for his commitment to the community, and especially to Neighbourhood Watch.

The Ottawa South Community Police Centre is at 2870 Cedarwood Drive. The staff are responsible for community policing in Wards 10, 16, 17 and 18. Const. Vanderwater will look after Ward 10, represented by Councillor Diane Deans, plus Ward 18, represented by Councillor Peter Hume. Ward 18 includes Riverview Park.

Rebecca hails from a small town near Toronto. She's no stranger to Ottawa. She was educated at Carleton University (with a degree in Criminology). From there she went on to Algonquin College and took the "Police Foundations"

course. It must have been good training because in 2002 the Ottawa Police hired her. Since then her career has included time as a patrol officer in the East Division, and a stint of four years in the Mental Health Unit. During this time she worked closely with social agencies and community groups "I thoroughly enjoyed my time with the Mental Health Unit, she says. "You really knew that you were helping people." From October 2011 she spent a year with the Missing Persons Unit; followed by a short spell back on patrol, this time with the West Division. Keen to try community policing, she applied to become a Community Police Officer. When the vacancy came, and after going through the application process, the wish became a reality.

What does the job involve? "In general terms," says Const. Vanderwater, "it is to coordinate and help deliver the various community safety programs – including Neighbourhood Watch. It is also to liaise with and contribute to the safety and security of the com-



Welcome Const. Rebecca Vanderwater!
Photo Credit: Tim Mark

munity that we serve. I am really looking forward to the challenge – to being out in the community, taking part in events and activities and helping to build community well-being."

Welcome Const. Rebecca Vanderwater! Riverview Park residents will look forward to working

with you. If you have any community policing concerns you may contact Const. Vanderwater at the Centre. Ph # (613) 236-1222 x 5812.

Tim Mark. (Tim Mark is the Neighbourhood Watch Coordinator for Riverview Park East).



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We're just wild about walking

by Bill Fairbairn

Some good doctors tell you that the best doctor is your own two legs. Wild About Walking Club's more than 250

members who, on January 25, held a 20th anniversary party at the St. Laurent Mall, have literally taken this message to heart.



members who, on January 25, held a 20th anniversary party at the St. Laurent Mall, have literally taken this message to heart.

Wild About Walking started with a table and two chairs on January 4, 1993. Members soon moved to a basement room known as The Friendly Centre to enroll and administer their thrice-a-week

morning walks through the mall. They later moved to an empty store close to People's Jewelry and now with a growing membership to Herzing College premises.

Master of Ceremonies and veteran walker Jacques Ethier welcomed members and guests seated on the mall's centre court. "A short history of growing pains," recounted Ethier. "It would seem that mall walking may be boring and uneventful, but I found our history through the 20 years interesting and even exciting.

"We cannot underscore enough gratitude to Ottawa Public Health for their wonderful support in providing us with two energetic and enthusiastic advisers in Carole Sly and in Betty-Ann Hamilton who has been with us the entire 20 years," he added before introducing Mayor Jim Watson.

The mayor termed Ottawa's first indoor mall walking club's ef-



forts 20 years of health and lifestyle. "With baby boomers getting to become senior citizens, I see more members," he predicted. "I have attended 17 centenary birth-



less in prevention of sickness such as walking. With a laugh, he added: "Had it not been so cold on this

day parties. There certainly will be peer pressure for older people today. I would say we put more money in the sickness system and

Continued on page 39



David McGuinty

Member of Parliament / Député

Ottawa South / d'Ottawa-Sud

My Office provides information on the services offered by the Government of Canada, including:

- The Canada Pension Plan / Old Age Security
- Guaranteed Income Supplement
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- Citizenship Inquiries
- Canadian Passport / Consular Affairs
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If I can ever be of assistance to you, on any federal matter, please do not hesitate to contact my office.



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Email / Courriel: david.mcguinty@parl.gc.ca
Web Site / Site Web: www.davidmcguinty.ca

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
- le Supplément de revenu garanti
- les demandes de renseignements relatives à la citoyenneté
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Si jamais je peux vous aider, n'hésitez pas à contacter mon bureau.

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Diamond Jubilee medals a family affair for the Dions of Riverview Park

by Bill Fairbairn

The most rewarding aspect of the Queen’s Diamond Jubilee medals awarded to Patrick Dion and his wife Raylene Lang-Dion of Riverview Park is that their children James, 13, and Claudia, 14, have come to appreciate what they do.

“Dedication and public service really are engrained into both of us,” says Raylene explaining their joy at receiving the awards for their voluntary contributions to Canadian life. “I am a real monarchist and my father, a retired Newfoundland Supreme Court judge, has met the Queen several times,” adds this St. John’s-born woman, the subject of whose master’s thesis was Women in Newfoundland Politics and who travelled to Britain for Prince William and Kate’s wedding.

On the other hand, her husband Patrick, native to Penetanguishene, Ontario, graduated from the University of Western Ontario with a degree in electrical engineering science and from a directors education program at Toronto University’s Rotman School of Management.

The couple, who met in Ottawa, received their medals not long before celebrating their 15th wedding anniversary.



The Dion family: (from left) Claudia, Rayenne, Patrick and James.
Photo credit: Dyanne Wilson

The Canadian version of the medal was designed by Cathy Bursey-Sabourin, Fraser Herald of the Canadian Heraldic Authority, and manufactured by the Royal

Canadian Mint. A crowned effigy of the Queen is on front. The reverse features Elizabeth’s royal cypher crowned and superimposed

upon a diamond shield, behind which is a bed of four maple leaves and a ribbon with the dates 1952 and 2012 to left and right. Raylene created the Nation-

al Capital Region’s Equal Voice chapter in Ottawa. Equal Voice has been running for 10 years and has chapters all over Canada. As women’s work often does, it began around a dining room table in January 2001 to raise the awareness of all levels of political life to women and it counts successes up to the House of Commons in helping women get elected.

If sitting MPP Kathleen Wynne or former cabinet minister Sandra Pupatello is elected to succeed Dalton McGuinty as premier of Ontario half of Canada’s premiers will be women and 87 per cent of the Canadian population will have women at the provincial political top. “This is a very proud moment for Canadian women and an inspiration to young women at this point in time. It’s historical!” she says

Equally important for the Jubilee medal is Patrick’s work as vice-chairman of the Mental Health Commission of Canada now halfway through a 10-year program. Three of five commission initia-

Continued on page 39

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- Recreational program for youth ages 12-21
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Community Bulletin Board

A **DISTRIBUTOR IS NEEDED** by the Riverview Park Review Community Newspaper to deliver to the east side of Station Blvd. There are 39 houses. Distribution is for the 1st. week of the months of February, April, June, October, and December. The paper does sign for volunteer hours.



Contact our CBB coordinator Denise Kennedy at denisekennedy@rogers.com

A **DISTRIBUTOR IS NEEDED** by the Riverview Park Review Community Newspaper to deliver to any of the Avenues of N, O, or P in Eastway Gardens. Distribution is for the 1st. week of the months of February, April, June, October, and December. The paper does sign for volunteer hours.

A CELTIC IMBOLC CELEBRATION AT THE MACKAY UNITED CHURCH on February 10th!

The Harmelodic Music Club presents a Celtic Imloc: Scottish and Celtic folk will warm the heart and spirit. Join us for Celtic and Gaelic music, solo and choral pieces, piano duets, harp ensembles and a celtic guitar. A reception sponsored by the Scottish and Irish Store will follow with a traditional ceilidh, music provided by Mostly Bows. Tickets are \$10 for adults, \$5 for seniors and students and are available in advance from the Ottawa Folklore Centre, Leading Note or at the door. Info at 613-749-3727. www.mackayunitedchurch.com

SUNDAY JAN. 27TH and SUNDAY FEB. 24TH:
Open houses - **CHORAL SINGING CLASSES WITH LAWRENCE HARRIS. DOMINICAN COLLEGE**, 96 Empress Ave, Room 210, 1:30 pm. Join us for a lively hour of music making, and ask us about our winter and springtime classes! Learn to read music and develop your voice through choral singing and Gregorian chant. Info 613-567-7729.

USED BOOK DROP OFF DAY – MARCH 23RD – 10:00 A.M. TO 3:00 P.M.

The Friends of the Farm will be accepting your used books on this day.
Please note we do not accept magazines, textbooks, or encyclopedia.
Come to Building 72 in the Arboretum on the Exp. Farm, take East Exit off the roundabout on Prince of Wales Drive.
Info at 613-230-3276 www.friendsofthefarm.ca

LOST AND FOUND PET RECOVERY

We all miss our pets when they become lost. A missing pet is a stressful situation for both guardian and animal. Orrin and Pam Clayton wish to set up a confidential email list of pet owners (and others who care) in Riverview Park. If you wish to participate please email letterit@rogers.com with your email address and postal address and telephone number. When [letterit@](mailto:letterit@rogers.com)



rogers.com is notified of a lost pet all participants will be sent a confidential email 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 between the parties involved. Your participation may result in a lost pet being returned to their grateful owner.



SHROVE TUESDAY FEB. 12TH PANCAKE SUPPER from 5:00 TO 7:00 P.M.

At Emmanuel United Church, 691 Smyth Road. Your hosts: Emmanuel Men's Club!
\$6. For 2 pancakes, 2 sausages or \$8. for 3 pancakes, 2 sausages. Advance tickets, or purchase at the door. Info at 613-733-0437.

CELEBRATE ST. PATRICK'S DAY WEEKEND MARCH 16TH AND 17TH!

The Lyon Street Celtic Band will entertain you at Casey's Grill Bar in Silver City Centre, 1880 Ogilvy Road, East of St. Laurent Blvd.

JOIN "I LOVE LUNGS" TEAM AT OTTAWA RACE WEEKEND! MAY 25TH AND 26TH

The Lung Association invites you to join their new "I Love Lungs" Team at the Tamarack Homes Ottawa Race Weekend. Support people living with chronic lung diseases such as Asthma, COPD and Lung Cancer. Whether you walk or run, nothing is more important than breathing, Volunteer with the "I Love Lungs" Team by raising funds for The Lung Association, and participate in the 2km, 5km, 10km, half-marathon or full marathon distances. Visit <http://orw2013.kintera.org/> or contact Melanie at 613-230-4200; email melanie@on.lung.ca When you can't breathe, nothing else matters.

CUBAN MUSICAL PRESENTATION BY CORO VIVO! SATURDAY FEB. 9TH at 8:00 p.m.

MISA CUBANA, José Maria Vitier's 1996 musical composition. This hour long musical work for orchestra and choir marries traditional catholic mass with Cuban rythms. Come to Knox Presbyterian Church at 120 Elgin St. Soloists: Ania Hejnar (Soprano), Whitney O'Hearn (Mezzo Soprano), Jeffrey Boyd (Tenor) Tickets: \$25., free for children 14 and under.

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Book Banter
Drop in to share the enjoyment of good books in a relaxed atmosphere.
Thursdays, 2:00 p.m. (1 hr.)
Feb 7 - Cancelled
March 7 - *March* by Geraldine Brooks.

Tuesday Book Group
Share the enjoyment of good books in a relaxed atmosphere. Join us for a discussion of *The Great Books*.
February 5, 19; March 5, 19, 7:00 – 8:30 p.m.

Alta Vista Sleuth Hounds
Share the enjoyment of good mysteries in a relaxed atmosphere.
Contact the branch for details.
Thursdays, 6:30 p.m. (1.5 hrs.)
February 21, March 21

Infusions littéraires
Partager une tasse de thé ou de tisane en discutant de livres.
Les mardis, 14 h (1 hr.)
19 février - *Artémisia*
d'Alexandra Lapierre.
19 mars - *Limonov*
d'Emmanuel Carrière.

Spanish Colonial cities and the Mayan Indian Ruins in the Yucatan Peninsula
Spend an afternoon with Al Sangster as he describes his adventures in travel accompanied by a stunning visual display. Al Sangster rides the local busses through Mexico and is happy to take you along for the ride.
Monday, February 4, 2:00 – 3:15 p.m.

Transforming Capital Landscapes
In 2009, the National Capital Commission set out a new floral vision for the Capital. A key component of this vision is transforming landscapes using the principals of the New Perennial Movement along the lines of Paris' Bagatelle Gardens, Chicago's Lurie Garden and New York City's Highline. Presentation by Julie Mulligan, Project Manager at the NCC.
Thursday, February 28, 2:00 p.m. - 3:00 p.m.

Travel to South Africa
Take a visual journey with Alex Bissett to South Africa from Cape Town to Victoria Falls.
Tuesday, March 5, 2:00 – 3:15 p.m.

NFB Film Club
Join us for a screening of *Vanishing Point*. This documentary tells the story of 2 Inuit communities of the circumpolar north— one on Canada's Baffin Island, the other in North-

west Greenland—that are linked by a migration led by an intrepid shaman. Navarana, an Inughuit elder and descendant of the shaman, draws inspiration and hope from the ties that still bind the 2 communities to face the consequences of rapid social and environmental change.
Wednesday, March 20, 2:00 – 3:15 p.m.

Home Support Programs
Learn about Home Support Programs available for seniors and adults with a physical disability. Services include transportation, friendly visitors, respite care, home maintenance, grocery bus, caregiver and bereavement support and more. Presented by Lisa Bornn from South-East Ottawa Community Health Centre.
Friday, March 22, 2:00 – 3:30 p.m.

French Conversation Group
Improve your spoken French in a relaxed setting. For those with an intermediate level of French.
Tuesdays, 6:30 p.m. (1.5 hrs.)
Jan 15 – May 28

NEWCOMERS
English Conversation Group
Improve your English and meet new friends. In partnership with Somali Family Services.
Mondays, 6:00-7:30 p.m.
Tuesdays, 12:00-1:45 p.m.

Canadian Citizenship Test Preparation
Get help preparing for the citizenship test. Program offered in partnership with the Somali Family Services.
Registration: 613-797-4263 or 613-737-2837 x31

How to Get Your Ontario Driving License
Learn more about how to get your driver's license in Ontario in this one-on-one session. Presented by the Somali Centre for Family Services.
Book your session: 613-797-4263 or 613-737-2837 ext. 31

FEBRUARY STORYTIMES / CONTES

Babytime / Bébés à la biblio
Description: Stories, rhymes and songs for babies and a parent or caregiver. 0-18 months. / Contes, rimes et chansons pour les bébés et un parent ou gardien. 0-18 mois.
Session 1 – Mondays, January 14 – February 11, 10:30-11:00 a.m. (No registration required)
Les lundis, le 14 janvier – 11 février, 10 h 30-11 h. (Aucune inscription requise)
(Closed February 18 / Fermée le 18 février)

Session 2 – Mondays, March 25 – April 22, 10:30-11:00 a.m. (No registration required)
Les lundis, le 25 mars – 22 avril, 10 h 30-11 h. (Aucune inscription requise)
(Closed April 1 / Fermée le 1 avril)
Session 3 – Mondays, May 6 – May 27, 10:30-11:00 a.m. (No registration required)
Les lundis, le 6 mai – 27 mai, 10 h 30-11 h. (Aucune inscription requise)
(Closed May 20 / Fermée le 20 mai)

Storytime / Contes
Description: Stories, rhymes, and songs for preschoolers and a parent or caregiver. Ages 3-6. / Contes, rimes et chansons pour les enfants préscolaires et un parent ou gardien. Pour les 3-6 ans.
Session 1 – Tuesdays, January 15 – February 19, 10:30-11:00 a.m. (No registration required)
Les mardis, le 15 janvier – 19 février, 10 h 30-11 h. (Aucune inscription requise)
Session 2 – Tuesdays, March 26 – April 23, 10:30-11:00 a.m. (No registration required)

Les mardis, le 26 mars – 23 avril, 10 h 30-11 h. (Aucune inscription requise)
Session 3 – Tuesdays, May 7 – May 28, 10:30-11:00 a.m. (No registration required)
Les mardis, le 7 mai – 28 mai, 10 h 30-11 h. (Aucune inscription requise)

Toddler time / Tout-petits à la biblio
Description: Stories, rhymes and songs for babies and a parent or caregiver. 18-35 months. Contes, rimes et chansons pour les tout-petits et un parent ou gardien. 18-35 mois.
Session 1 – Wednesdays, January 16 – February 20, 10:30-11:00 a.m. (No registration required)
Les mercredis, le 16 janvier – 20 février, 10 h 30-11 h. (Aucune inscription requise)
Session 2 – Wednesdays, March 27 – April 24, 10:30-11:00 a.m. (No registration required)
Les mercredis, le 27 mars – 24 avril, 10 h 30-11 h. (Aucune inscription requise)
Session 3 – Wednesdays, May 8 – May 29, 10:30-11:00 a.m. (No registration required)

Les mercredis, le 8 mai – 29 mai, 10 h 30-11 h. (Aucune inscription requise)



SPECIAL CHILDREN'S PROGRAMS / PROGRAMMES SPECIAUX POUR ENFANTS

Scrapbooking Day/ La journée du scrapbooking
Join us for Scrapbooking Day and create your own, fabulous scrapbooking page! Your page can start a scrapbook or be hung on the wall. Please bring a selection of small photographs. Ages 9-12. Registration. / *Joignez-vous à nous. Les enfants créeront leur propre page de scrapbook ! Ils pourraient ainsi commencer un scrapbook ou afficher leur page directement au mur. Veuillez emmener quelques photographies de dimension modeste. Inscription. Âges 9 à 12*
Saturday, February 9, 2:30 – 3:30 p.m.
Samedi, le 9 février, 14h30 – 15h30

Red is best! / Le rouge, c'est bien mieux!
Stories on clothing. Ages 4-8. Registration. / *Contes sur l'habillement. Pour les 4 à 8 ans. Inscription.*
Saturday, February 16, 2:00 – 2:45 p.m.
Samedi, le 16 février, 14h00 – 14h45

Spring Colouring Contest/ Concours de coloriage de printemps
Colour the picture for your age category for a chance to win great prizes and see your framed picture displayed in the children's department for two weeks! A minimum of five entries must be received in each age category for a prize to be awarded. February 11 – April 11. / *Coloriez le dessin de votre groupe d'âge, et courez la chance de gagner des prix fabuleux, et d'avoir votre œuvre encadrée et accrochée dans la salle des enfants pendant deux semaines ! Au moins cinq pages coloriées par catégorie d'âge devront être soumises pour qu'on puisse attribuer un prix. Du 11 février au 11 avril. Âges 4-6; 7-9; 10-12. Âges 4 à 6 ; 7 à 9 ; 10 à 12.*

Club de devoirs
Description: Recevez du tutorat et de l'aide avec les travaux scolaires après l'école. Programme offert en partenariat avec E.A.G.L.E. Centre. Information: 613-797-4263. Aucune inscription requise.
Les mercredis, le 9 janvier – 27 mars, 17 h – 18 h30

Homework Club
Get tutoring and homework help after school. Program offered in partnership with E.A.G.L.E. Centre. Information: 613-797-4263. No registration required.
Wednesdays, January 9 – March 27, 5:00 – 6:30 p.m.

TEEN PROGRAMS / PROGRAMMES POUR ADOS
Youth Zone Job Workshop for Teens
Get tips on where to job search, what makes a dynamic resume and how

Alta Vista Library

to polish your interview skills. Bring in your resume for some one-on-one feedback from a Youth Zone employment specialist.
Thursday, February 7, 4:30 pm – 6:00 p.m.

Club de devoirs
Recevez du tutorat et de l’aide avec les travaux scolaires après l’école. Programme offert en partenariat avec E.A.G.L.E. Centre. Information: 613-797-4263. Aucune inscription requise. Les mercredis, le 9 janvier – 27 mars, 17 h–18 h 30

Homework Club
Get tutoring and homework help after school. Program offered in partnership with E.A.G.L.E. Centre. Information: 613-797-4263. No registration required. Wednesdays, January 9 – March 27, 5:00 – 6:30 p.m.

MARCH
STORYTIMES / CONTES

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Description: Stories, rhymes and songs for babies and a parent or caregiver. 0-18 months. / Contes, rimes et chansons pour les bébés et un parent ou gardien. 0-18 mois.
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Session 3 – Wednesdays, May 8 – May 29, 10:30-11:00 a.m. (No registration required)
Les mercredis, le 8 mai – 29 mai, 10 h 30-11 h. (Aucune inscription requise)

Children’s Special Programs
/ Programmes spéciaux pour enfants

Spring Colouring Contest/ Concours de coloriage de printemps
Colour the picture for your age category for a chance to win great prizes and see your framed picture displayed in the children’s department for two weeks! A minimum of five entries must be received in each age category for a prize to be awarded. February 11 – April 11. / Coloriez le dessin de votre groupe d’âge, et courez la chance de gagner des prix fabuleux, et d’avoir votre œuvre encadrée et accrochée dans la salle des enfants pendant deux semaines! Au moins cinq pages coloriées par catégorie d’âge devront être soumises pour qu’on puisse attribuer un prix. Du 11 février au 11 avril. Ages 4-6; 7-9; 10-12. Âges 4 à 6 ; 7 à 9 ; 10 à 12.

Club de devoirs
Description: Recevez du tutorat et de l’aide avec les travaux scolaires après l’école. Programme offert en partenariat avec E.A.G.L.E. Centre. Information: 613-797-4263. Aucune inscription requise. Les mercredis, le 9 janvier – 27 mars (17 h-18 h 30)

Homework Club
Get tutoring and homework help after school. Program offered in partnership with E.A.G.L.E. Centre. Information: 613-797-4263. No registration required. Wednesdays, January 9 – March 27 (5:00 – 6:30 p.m.)

March Break / Congé d’hiver
Building Bonanza / Un monde en 3D
Build, create and explore with 3-D sculpture. Ages 10-12. Registration. / Construis et explore les sculptures en 3D. Pour les 10-12 ans. Inscription.
Tuesday, March 12, 10:30 – 11:30 a.m.
Mardi, le 12 mars, 10h30 – 11h30

This house is green
Eco-friendly fables and fun. Ages 7-9. Registration.
Tuesday, March 12, 2:00 – 2:45 p.m.

Nature Art / Art Nature
Land artist, Marc Walter, invites you to explore your creativity while making art from elements of nature. Ages 6-12. Registration. / Artiste envi-

ronnemental, Marc Walter vous invite à explorer votre créativité lors de la manipulation d’éléments naturel. Pour les 6-12 ans. Inscription.
Wednesday, March 13, 2:00 – 3:30 p.m.
Mercredi, le 13 mars, 14 h–15 h 30

Home is where my heart is / J’aime mon chez-moi
Stories, activities and crafts about houses and homes. Ages 4-6. Registration. / Maisons et chez-soi dans les contes, activités et bricolages. Pour les 4-6 ans. Inscription.
Thursday, March 14, 10:30 – 11:15 a.m.
Jeudi, le 14 mars, 10 h 30 –11 h 15

The Mystery of the Diefenbunker/ Le Mystère de la Diefenbunker
How do you build underground? How do you make walls and ceilings that can resist a nuclear blast? Come solve the mystery of one of Canada’s strongest structures and learn how the Diefenbunker was built. Ages 7-12. Registration./Comment peut-on construire sous terre? Comment peut-on faire des murs et des plafonds qui peuvent résister à une explosion nucléaire? Venez résoudre le mystère de l’une des structures les plus fortes du Canada et apprendre comment le Diefenbunker a été construit. Pour les 7-12 ans. Inscription.
Thursday March 14, 2:00 - 3:00 p.m.
Jeudi, le 14 mars, 14 h -15 h

Animals live here / Ainsi vivent les animaux
Stories, activities and crafts that give you a peek inside animal habitats. Ages 4-6. Registration. / Découvre l’habitat des animaux dans les contes, activités et bricolages. Pour les 4-6 ans. Inscription.
Friday, March 15, 2:00 – 3:00 p.m.
Vendredi, le 15 mars, 14 h-15 h

Rock your room! / Décore ton espace!
Crafty ideas to make your space special. Ages 10-12. Registration. / Des idées géniales pour un espace très spécial. Pour les 10-12 ans. Inscription.
Friday, March 15, 3:30 – 4:30 p.m.
Vendredi, le 15 mars, 15 h 30 –16 h 30

Home sweet home / Doux foyer
Stories, rhymes, and songs for preschoolers and a parent or caregiver.

Ages 3-6. Registration. / Contes, rimes et chansons pour les enfants préscolaires et un parent ou gardien. Pour les 3-6 ans. Inscription.
Saturday, March 16, 10:30 – 11:00 a.m.
Samedi, le 16 mars, 10 h 30-11 h

TEEN PROGRAMS/
PROGRAMMES POUR ADOS


Cupcake Wars / Guerres de petits gâteaux
Pit cupcake vs. cupcake - decorating in one of several themes. Ages 13-18. Registration. / Petit gâteau contre petit gâteau – décorez-en un parmi plusieurs thèmes. Pour les 13 à 18 ans. Inscription
Monday, March 11, 2:00 – 3:00 p.m.
Lundi, le 11 mars, 14 h-15 h

Club de devoirs
Recevez du tutorat et de l’aide avec les travaux scolaires après l’école. Programme offert en partenariat avec E.A.G.L.E. Centre. Information: 613-797-4263. Aucune inscription requise. Les mercredis, le 9 janvier – 27 mars, 17 h -18 h 30

Homework Club
Get tutoring and homework help after school. Program offered in partnership with E.A.G.L.E. Centre. Information: 613-797-4263. No registration required. Wednesdays, January 9 – March 27, 5:00 – 6:30 p.m.

N.B. Registration for programs starts on January 9. / L’inscription des programmes commence le 9 janvier. / Registration for March break programs starts on February 6. / L’inscription pour les programmes du Congé d’hiver commence le 6 février. / Registration for all programs requires a valid OPL library card for each registrant./ Toutes les personnes qui souhaitent s’inscrire à des programmes doivent être titulaires d’une carte valide de la BPO.

The Alta Vista Library is located at 2516 Alta Vista Dr. For more information, please call 613-737-2837, ext. 26 / La bibliothèque Alta Vista est située au 2516, promenade Alta Vista Pour de plus amples renseignements, veuillez composer le 613-737-2837, poste 26.



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Vincent Massey Public School

Breakfast at Vincent Massey's

by Ms Hamilton

As we know, breakfast is the most important meal of the day and here at Vincent Massey, we take this information very seriously.

Each and every morning at Vincent Massey our students are treated to a full menu breakfast. The menu consists of pancakes, French toast, cereal, fruit, scrambled eggs, juice, milk, cheese and fruit bars. Some of these items also serve as mid-morning snacks as well for the students.

The breakfast starts at 7:30 and ends at 8:00 in time for classes. We have a breakfast monitor and teachers who help out. We average 50-60 students each morning. Most of the food items are supplied by the Ottawa Food Bank and we do re-

ceive monetary donations from some parents.

Everyone is welcome once they

job is from 7 - 8:30 am, Monday to Friday.

If you are interested, please

goes out to our Vincent Massey families for their generosity in giving to others at Christmas. In lieu of staff gifts, we ask parents to donate kitchen and bathroom items for Harmony House.

For 25 years, Harmony House has provided safe, affordable transitional housing for women and children who are survivors of domestic violence. They rely on donations of money, items, and services to provide for the many needs of their residents.

Vincent Massey has shown they care with new dishes, glasses, cutlery, kitchen tools, pans, small appliances, cleaning supplies, linens for the kitchen and bathroom, soaps, shampoos, toothpaste and more. As well, families donated a wonderful amount of gift cards, cash donations and bus tickets!



have returned a form signed by their parents to the office.

However, this vital program is in jeopardy of being discontinued as we need a breakfast monitor. The

call the school at 613-733-5955.

Vincent Massey parents step up for the community

Once again a HUGE thank you

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The Dog Days of Winter

Plumbing projects to plan for 2013

by Heather Swail
Photo credit: Mairi McGuire

When our wonderful Airedale, Digby, died last December we were heartbroken. No more frantic afternoon greetings, long walks on the greenspace and sweet nasal whines as a wet snout found a lap.



We loved her for nine, long years. This year, as any self-respecting, potential empty nesters would do, we welcomed two of our adult children back home and “ordered” a new puppy from the Princedale breeders. We convinced ourselves that having a new puppy would reinvigorate our home and bring spring to our step.

Siring difficulties aside (not ours, don’t ask), the new pup arrived home with the third child at Christmas. Dory. Sleek, warm black body, long Airedale snout, darting brown eyes, razor-sharp baby teeth. Spring was in our step and puppy pee was on the steps, the kitchen floor, winter boots...

We gathered around the fire (in five-minute puppy spurts), our family reading of Christmas stories replaced by excerpts from the dog

whisperer, Cesar Millan, our discussions dominated by tallying of Dory’s bowel movements. Family meals were punctuated by checking in on the ever-energetic pup.

Now, once-quiet, well-earned mornings are full of walks, cajoling, chiding and disciplining. We bolt down our coffee and toss toys,

rescue tea towels, door mats, knapsacks and our socks. Six kilos of canine energy are easily equivalent to the energy of two adults and then some.

Walks are now very interesting. Picture one adult bracing against the power and drive of a writhing black puppy machine. With the “calm assertiveness” recommended by The Dog Whisperer—ha!—we writhe and slip on the icy, snow-laden road holding back puppy power and her seeming ability to run non-stop for a full half hour!

We look forward to reconvening on the green space in the next little while so young Dory can meet the formidable Riverview Park dog set and human companions. Yes, we keep telling ourselves, spring is in our step in these new dog days of winter.

by Carole Moulton

According to Environment Canada, not only does each Canadian use over 300 litres of water a day, but also we use more water per person than most other countries. We can change this statistic however, and we can do better, thus the basic question should be: where do we start?

Almost two thirds of water usage in the home occurs in your bathroom. Environment Canada notes that showers and baths account for about 35% of our water use each day, while toilet flushing uses another approximately 30%. Fortunately for homeowners, reducing water consumption by many litres a day can be achieved by replacing older, inefficient products with those that are newer and much more efficient.

In January 2011, Environment Canada entered into a partnership with the Environmental Protection Agency (EPA) of the United States and the WaterSense program; a program designed to help



Environment Canada, website article, Wise Water Use, Individual Action-Conserving Water in the Home, Community and at Work, modified, 2011-03-16

consumers save water for future generations and assist them in reducing costs on their utility bills. With this partnering, Environment Canada agreed to share information about the program and assist in promoting WaterSense here in Canada.

What is WaterSense? WaterSense is a labelling program that ensures consumers that the products with these labels meet strict

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Greg Money testing out his camera before a photo shoot to create an ad. *Photo Credit: Carole Moul*



Greg Money, head of the Graphic's Design Department of the Riverview Park Review, with the oil painting he had just completed for the February 2013 RPR banner.

**Greg Fougere,
CEO of Perley Rideau,
stepping down**

by Sylvie Moncion

Greg Fougere, Chief Executive Officer, is stepping down after 26 years with the Perley and Rideau Veterans' Health Centre. He will be leaving at the end of June 2013 to pursue other interests for which time has not been available during his career at Perley Rideau.

Perley Rideau is one of the most forward thinking long-term care organizations in Ontario. This success is the result of the collaboration and contributions of the Board of Directors, staff, volunteers, residents, families, communities and the many organizations it works and partners with.

"We will miss Greg," said Peter Strum, Chair of the Perley and Rideau Veterans' Health Centre. "He has made great contributions over the years, especially during his tenure as CEO for the past 17 years."

Greg states that he has "been fortunate to have had the opportunity to participate at the local and provincial levels in advancing long-term care, especially through his work with colleagues and or-



ganizations in the Champlain Local Health Integration Network and the Ontario Association of Non-Profit Homes and Services for Seniors." Along the way, he has developed very close personal relationships with many in the community.

The future looks bright for Perley Rideau and for the way we care and support seniors. The Health Centre's 15-year strategic vision to develop the Perley Rideau Seniors Village is perfectly aligned with the emerging Ontario seniors' strategy and is well underway.

For more information on the vision, visit www.perleyrideau.ca/seniorsvillage.

Ontario Helps CHEO Reduce Wait Times for Kids

As parents, we hope we will never have a reason to visit the Children's Hospital of Eastern Ontario (CHEO) but it's always comforting to know it's here when we need it. We have the confidence and comfort that comes from knowing our kids are in the hands of skilled health professionals, state-of-the-art facilities and caring, compassionate people.

It's hard to imagine the previous government considered moving services, like the cardiac unit, away from CHEO. But the strong, passionate voices of this community fought to save it, keeping CHEO's cardiac program where it belongs.

Recently I had the pleasure of visiting CHEO to announce that our government is partnering with CHEO to improve its Day Care Surgery and Post Anaesthetic Care units. These new units will help the hospital perform up to 2,200 additional operations annually — an increase of up to 29 per cent.

This investment is part of ongoing efforts to help CHEO reduce wait times. Since 2008, wait times at CHEO for complex patients have decreased from 8 to 6.4 hours. Wait-times for non-complex patients have decreased from 5.5 to 3.9 hours. Nine years ago our government stepped in to ensure CHEO would remain the hub for children's health care in eastern Ontario. And we're pleased to partner with CHEO to make even more improvements for children's health.



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 do our best to help.



Dalton McGuinty, MPP
Ottawa South

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Oh, Danny Dear... servicing cars for over 30 years

by Carole Moul

It was in 1977, over thirty years ago, that a young man from Vanier opened up the popular Danny Dear Service Centre at Bank and Riverdale. What made him set up a service centre on one of Ottawa's busy main streets of the time?

"It was a love of cars and the opportunity to go out on my own, because I'd been working in the trade since I was 14 years old," Danny responded to the question.

However, a few short years after setting up business, and after gaining many loyal customers at his BP Service Station, Danny was told that he would have to move. Thus, after looking around for a fairly nearby location, Danny ended up re-locating to the former garage of Gus McDonald at Alta Vista and Dorion.

Soon Riverview Park drivers were receiving the same great full-service gasoline and car repairs from their local garage, along with Danny's fun sense of humour that

he dishes out, free of charge.

And again, as on Bank Street, Danny began to build up a loyal customer base at his new location, making many friends throughout the neighbourhood. One such loyal customer to this day is Rock Lalonde, who has been having Danny look after his cars for over 30 years.

"He is the most honest person you'll ever meet. He cares for his customers, and it's hard to find guys like that," noted Rock as he told about numerous times where he had seen Danny take the time to shop around for the best price for car parts, saving the customer hundreds of dollars.

It was for about ten years that everyone enjoyed the status quo of having the Danny Dear Service Centre in the neighbourhood, that is, until one day when it was discovered that the major Canadian gasoline supplier who had taken over B.P. had made the decision to eliminate not only full-service stations, but service bays as well.



Danny with just some of the equipment in the Dear's Small Engine's Showroom

Moreover, to everyone's disbelief, its plan was to put in convenience stores and huge, brightly lit 24-hour gas bars; without ever looking at the consequences to a neighbourhood such as Riverview Park.

A prototype of the one being presented to the community could be seen over at the intersection of Woodroffe and Fallowfield in Nepean, which at the time was in a fairly undeveloped area. It was then that the residents of Riverview Park saw what was in store for their own local neighbourhood, did not like what they observed, and soon began making plans to take on the huge oil company. And


take it on they did.

"I could not believe the support I got," Danny recently recounted, as he talked about the meetings, both large and small, that, although he could not attend, were held to save his garage. Letters were written to council, then Councillor Alan Higdon chaired a very large meeting, people spoke at council, and the residents became actively engaged. So committed were they to this David- and -Goliath cause that one oil company representative even asked Danny how much he had paid to get out so many

Continued on page 38



Danny Dear preparing an invoice



Danny Dear Service Centre Ltd.

Danny Dear
Owner

3-850 Industrial Ave.
Ottawa, ON K1G 4K2

Tel.: (613) 521-4216



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Continued from page 36

people; in reference to a particular standing room only meeting that was held at a local church.

In Orrin Clayton's book, *The History of Riverview Park*, reference was made with regard to how the President of the RPCA, at the 1995 AGM, thanked the Action Committee for their work with regard to the Danny Dear Service Centre. At a time before e-mailing, the Internet, and cell phones, people were amazing in communicating their support for their community and a friend.

Unfortunately for everyone at the time, the saying about winning the battle but losing the war was no doubt created for a situation such as the one in 1995. The oil company never did put the inappropriate convenience store and gas bar at the corner of Alta Vista and Dorion, but neither was Danny allowed to stay.

Reminiscing about the situation recently Danny stated, "After that, I just couldn't leave the Riverview Park community with all its support." Thus, after looking around and finding a place coming up for rent, Danny moved to Unit 3 of 850 Industrial Avenue almost 18

years ago, which is hard to believe.

With five hoists in a two-bay garage and more space at this location than before, Danny and his team of Mike, Claude, and Corey are able to now look after Safety Inspections, since the garage is Ontario-licensed, all types of general automotive repairs, tire replacements and repairs, wheel alignments, oil changes, computer engine diagnostics, and air conditioning services. Moreover, Danny Dear Service Centre is also CAA approved.

With regard to service today Danny notes, "Maintenance is a key thing with new cars. There is a maintenance schedule and it must be maintained. It is important however for people to realize that as long as they maintain their car according to the owner's manual they do not have to go back to the car dealer. In turn, while the car is under warranty, the garage must use the manufacturers' products such as the right oil and parts, which we do."

Evidence of this came as Danny showed off various oilcans from a number of different vehicle manufacturers.

It was only a few years back that Danny decided to diversify and

add small engine sales and service to his garage on display now at the showroom on Industrial Avenue are snow blowers, generators and a variety of water pumps. Come spring, when people start to take stock of what they need, they will find every kind of lawn and garden equipment available from companies such as Snapper, Maruyama, Shindawa, Echo, Dolmar, and Briggs and Stratton.

In response to a comment made about the great variety of equipment available at Dear's Small Engines, in true Danny Dear fashion he replied, "You can't sell off of an empty shelf," which is true.

Long-time customer, Peter Bishop this past week also commented about Danny's quick wit, but more importantly like Rock Lalonde, gave examples of why he has been going to Danny Dear Service Centre since Danny arrived in Riverview Park. Peter's mother Marjorie Bishop also took her car to Danny's garage, and like so many others, felt that they never had to worry when Danny and his team were looking after their vehicles. Peter also mentioned Danny's many contributions to the community.

There have been many changes

for business over the years, and recycling has become an important one. The Danny Dear Service Centre is one of those listed on the City of Ottawa website, as part of the *Take It Back* Program for garbage and recycling, and as such Danny notes, "We recycle everything."

Owning a business makes for very long hours and a tremendous amount of work, and any visit to the Danny Dear Service Centre could well confirm this. Friday afternoons in the better weather, however, could well be the exception, when a *Gone Fishing* sign should be placed on the desk or counter of Unit #3-850 Industrial Avenue.

For it is then when you might just see Danny and his wife Lynn, his daughters Jennifer and Lisa, and their appealing pet bulldog Stewart leaving the city a little early to enjoy some time at a cottage that has been in Danny's family for 50-60 years.

Danny, you have been an important part of Riverview Park for many years, and we have appreciated your many contributions to our neighbourhood. Thank you, in turn, for your support of us.

Continued from page 33

criteria for both efficiency and performance. The products are certified by a third-party licensed body to save water, while at the same time do not compromise performance or quality.

Checking faucets in both bathrooms and kitchens is one place to start in reducing water consumption. High efficiency faucets can

use 30% less water or even more than standard models, with additional energy savings if hot water is being used. Homeowners might also decide just to retrofit standard faucets by adding aerators; a decision, which would also reduce the amount of tap water consumed by their household.

New low-flow showerheads (5.68 litres per minute) can easily replace the older ones (9.5 litres per min-

ute), using approximately 40% less water than the conventional ones still in many homes. High performance need not be compromised, and there is a wide range of consumer choices for decorating style, spray types, and smart features.

Since 1996, the Ontario Building Code has required the installation of 6 litre toilets in all new construction. These new low-flush toilets provide the same required flush power, but at a third of the number of litres required by a standard fixture. Water efficiency in toilets has even gone one step further however, with the introduction of dual flush toilets in the 1980s. And although relatively new in North America, these toilets provide additional savings for the consumer. With the choice of two buttons on the top of the tank; there is one

that uses just 3 litres of water when pressed for only liquid waste in the bowl, while the second is there for a 6 litre water flush when needed.

As with anything else, new products continue to be produced that are more energy efficient than the previous ones we used. The toilets in your house that are more than ten years old are probably wasting you money. The faucets and showerheads of your kitchen or bathroom could be costing you many extra dollars in water waste too. Leaks can be costly with any fixtures, as will a toilet that continues to run after flushing.

2013 is still young, and there is no better time than at the beginning of a new year to make changes with regard to water consumption in your home. What are you planning this year to help you with this?

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Ottawa centenarian one of the first to speak up about Alzheimer's disease



A close-up

A special citizen, Madeleine Honeyman, celebrated her 100th birthday in January. How fitting it is that Alzheimer Awareness Month and Madeleine's 100th birthday occur in the same month, since she was one of the first people to speak up and speak out about Alzheimer's disease in the 1970s.

When her husband Ken was diagnosed with Alzheimer's disease in 1971, doctors told her that there was nothing she could do, that Ken should be in a psychiatric hospital, and that he would die within five years.

Nobody knew much about dementia in the 70's. In fact, as she searched for ways to help Ken, Madeleine found hundreds of people like herself, searching for answers to this devastating disease.

"I was fighting ignorance and prejudice all over the country," Madeleine says. Madeleine travelled across Ontario and Canada, raising awareness and educating people about dementia. She was



close to 70 when she was instrumental in the creation of the Alzheimer Society of Ottawa. The following year, Madeleine co-founded the Alzheimer Society of Ontario, and served as its first President.

As Madeleine spoke up about

dementia, she found pockets of people sharing her passion and commitment to help others. Alzheimer Societies began to spring up across Canada. "We were all caring for people we loved," Made-

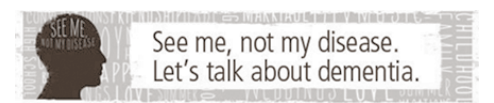
leine explains. "We knew they had not suddenly disappeared. We saw them respond to music and art. We saw what they could do, not what they couldn't."

Now living at The Palisades Retirement Residence, Madeleine still serves as an honorary director

of the Alzheimer Society of Ottawa and Renfrew County – and she still cares passionately about the support and education that people dealing with dementia need.

Today, 747,000 Canadians are living with Alzheimer's disease and other dementias. Yet people with dementia say that they often face shame, embarrassment and exclusion. Dementia remains widely misunderstood. People may fear getting the disease themselves or they're misinformed about it.

The Alzheimer Society of Ottawa and Renfrew County encourages everyone to join in the conversation about Alzheimer's disease. To learn more, please visit www.alzheimer.ca/letstalkaboutdementia.



is the focus of January's Alzheimer Awareness Month. Take the Alzheimer Society's test-your-attitude online challenge at www.alzheimer.ca/letstalkaboutdementia. Support the 15,000 people living with Alzheimer's disease and other dementias in Ottawa and Renfrew County. At the event, you can also contribute to our penny drive.

Continued from page 26

Robbie Burns Day I would have worn my kilt to this wild anniversary party."

Watson said the City of Ottawa was committed to creating and improving spaces and places for all residents to walk safely. "The various municipal plans, such as the Pedestrian Plan, Older Adult Plan and Healthy Eating and Active Living (HEAL) strategy, will guide us in making Ottawa a more walkable city."

City Board of Health member Gisele Richer, before presenting a HEAL award to St. Laurent Centre Marketing Director Bernice Rachkowski, said club members had walked more than 3,000 kilometres. She mentioned taking charge of one's health, being active, eating well and preventing falls as vital for older people. "Walking is free, requires little equipment and can be done almost anywhere."

Rachkowski said the mall was pleased to do its part in removing barriers to physical activity

by providing a climate-controlled environment throughout the year for seniors and their families to engage in activities such as walking. "Ottawa Public Health is a great partner and we look forward to working together in the future."

A circular walk that followed was led by Max Keeping and a Dixie Land band and followed by coffee, cakes and dancing.

Registration for a year at the club's Friendly Corner is \$15 and includes a T-shirt. Walkers wearing their T-shirts are highly visible while walking the self-paced one-kilometre route through the mall.



Max Keeping reacquaints with Mayor Jim Watson

Continued from page 27

tives are the development of a national strategy on mental health, the fight against stigma and a three-year At Home program finding apartment dwellings for those stricken with mental illness. The pilot program targets Vancouver, Winnipeg, Toronto and Moncton.

"This movement is a catalyst for transformational change from being the only country of the G8 to not have a strategy for mental health. All the Canadian provinces along with medical experts are involved."

Patrick is a leading government relations professional recognized for helping clients solve strategic issues and enhancing their reputation with federal, provincial and municipal governments. In a nutshell, he is a lobbyist of the first order. One of the things that inspired his voluntary work for the mentally ill is that his brother Peter, 25 years ago, was struck with mental health issues.

Patrick points out that the Ca-

nadian mental health direction has many gaps despite common knowledge among experts that in any given year one in five people experience mental health problems. "The press is helping as never before," he says pointing as a current example to a CBC television dramatic series entitled Cracked, which puts a psychiatrist in the police car to expose the difficulties emergency services face in dealing with people suffering from mental health issues.

"Our commission's work remains," says Patrick, looking bravely to the future with optimism.

Improving Your Home's Indoor Air Quality

by Thomas Conway, Ph.D.

Did you know that Canadians on average spend 90% of their time indoors, with the highest rates being during the cold winter months? As a result, indoor air quality is an important subject that the community should be informed about. Children, for instance, are especially vulnerable because of their relatively small body size and higher respiratory rates, meaning that a child's body will take in and absorb more contaminants than that of an adult. A new survey conducted on behalf of the David Suzuki Foundation (released in September, 2012) found that 70 per cent of youth spend an hour or less outside each day.

Common Signs of Indoor Air Quality Problems

Be aware of these signs. It is possible it is a cold or flue typical of the season, but it might just be an air quality problem that can be relatively easily fixed:

- Headaches, fatigue, and unexplained shortness of breath
- Worsening allergy and asthma symptoms
- Sinus congestion, cough, and sneezing

- Eye, nose, throat, and skin irritation
- Dizziness and nausea.

Tips for Reducing Air Pollutants in Your Home

There are practical steps to improve your home's air quality, including:

- Yearly inspection and maintenance of fuel-burning appliances
- No smoking in the home
- Adequate ventilation, make sure there is nothing blocking circulating vents, fresh air intakes and that exhaust fans are working properly
- Monitor and control humidity levels in the home
- If mold is found growing in the house, address it immediately
- Eliminate carpets for asthma and allergy sufferers
- Any cracks and leaks in walls, floors, roofs, and basements should be repaired
- Keep the door between garage and home closed (by code, the door should close automatically)
- Do not idle cars or other fuel-burning engines in an attached garage
- Keep paints, varnishes and

solvents out of the house.

The Attached Garage

Most homebuyers, especially for newer homes, seek a spacious attached garage. Ironically, while this is undoubtedly a nice convenience, especially in our cold winter months, attached garages are one of the most significant burdens on the home's indoor air quality. Automobiles give off pollution, and in this case, that pollution has a direct air exchange pipeline into your family's living area.

Starting a car in an attached garage, or driving a car into the garage, even with the garage door wide open will result in higher concentrations of combustion pollutants in the home. Recent university research in Minnesota showed that the time delay of air pollutants entering the house from the garage is highly deceptive. Air leakage can cause the carbon monoxide, and other pollutant levels in the house to start climbing over several hours, in some cases to a point where the house level is high enough to set off a carbon monoxide alarm, but by then the garage is low in pollutants and is not recognized as the major source.

Health Canada completed a study of more than 100 houses in Windsor, Ontario, regarding off

gassing from attached garages. The study illustrated that houses with attached garages had measurable concentrations of benzene (a gasoline-related pollutant) in their indoor air. Houses with no garages or detached garages had little or no benzene. This is true of a host of other airborne chemicals, including from items stored in the garage (e.g. paints, adhesives, etc.).

The most practical way for most people to address air pollution in the home originating from attached garages is to install a heavy duty exhaust fan on a timer that starts when the garage door is open and stays running for a good period of time after it is closed. By operating the fan, the garage becomes depressurized relative to the house preventing air movement from the garage to the house, even if leaks in the insulation and drywall exist between the garage and your family's living area.

Thomas Conway
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www.conwayfunghomes.com

Continued from page 22

changing biological, psychological, social lifestyle and economic aspects of people's lives. These factors will be studied to understand how they impact health and work in the development of disease and disability as people age. The CLSA will be one of the most comprehensive of its kind not only in Canada but around the world.

Some \$30 million in support for the study comes from the Canadian government through the Canadian Institutes of Health Research and the Canada Foundation for Innovation. Other support comes from the governments of Ontario, British Columbia, Alberta, Manitoba, Quebec, Nova Scotia and Newfoundland and Labrador. Universities all over Canada are involved in the actual research.

The CLSA is led by Dr. Parminder Raina of McMaster University in Hamilton along with Co-Principal Investigators Dr. Christina Wolfson of McGill University in Montreal and Dr.

Susan Kirkland of Dalhousie University in Halifax. They are acting in the knowledge that Statistics Canada data suggest that in 2012 seniors accounted for 15 per cent of the population. By 2025, nearly one in five Canadians will be age 65 or older.

So the CLSA is timely in exploring how we age, why we age differently and how we can best cope with the changes that accompany the aging process so that it will lead to better programs, policies and services for an aging population.

The CLSA has now been launched across the country. Since the beginning of 2012, 10 data collection sites opened and are welcoming participants. A total of 17,000 people have joined the study as of January 2013.

The study started for me with a home interview. A data collector came to my home and questioned me on my mental and physical health. She tested me with alphabet and number games and she was astonished to hear that I could still repeat not all as I once could but part of the alphabet backwards.

I was given a time and place at the Bruyère Research Institute for further tests. There three delightfully pleasant nurses put me through more rigorous testing along with taking blood and urine samples. The myriad of questions on my health and social life that started the three-hour study led from station to station for neuropsychological assessments, vision and hearing tests, a bone density scan and walk observations.

The hearing test was tricky as I sat for what seemed like 10 minutes equipped with earphones. I had to tap a button each time I heard high and low bleeps coming at me sporadically. The human voice usually registers between 200 hertz and 8,000 hertz or 40 dB (decibels). After five minutes I was beginning to get bored and thinking weak high sounds were merely echoes. Concentration was essential and I let it lapse. I later questioned a hearing expert who to my comfort replied: "My hearing range is same as yours between 500 Hz and 4000 Hz."

The Statistical Analysis Centre housed at the Research Institute of the McGill University Health

Centre in Montreal is the analytic nexus of the CLSA. The centre is providing secure data storage, data management and collaboration with CLSA researchers.

Dr. Raina said: "Some people age in a healthy fashion despite many physical health challenges, while others who are in good physical health age less optimally. What explains this phenomenon? The study will answer questions that are relevant to decision-makers to improve the health of Canadians."

Federal Minister of Health Leona Aglukkaq, in a 2009 press release, pointed to the creation of several new science-related jobs as well as health benefits.

Of pecuniary interest I was offered coffee and biscuits at the Bruyère and at the conclusion of the examination given \$30 for expenses.

My next examination will be sometime in the future to see if I have aged in a healthy fashion beyond my 77 years or gone to hell or heaven in which case my wife as a proxy will answer questions.

Computer Tips and Tricks

A word about warranties

by Malcolm and John Harding,
of Compu-Home

Extended warranties are an option with all electronic equipment nowadays, and it can be a tough decision whether or not to add as much as 20% or more to the purchase price, for the so-called “peace of mind.” It’s also not fun to think about the possibility that this big-ticket item might fail, even while you are still thinking of it as relatively new.

Self-Insurance:
Some people never buy extended warranties. Instead they (at least theoretically) set aside some insurance funds with every new purchase, and use that money for premature repairs or replacements when necessary. Those people are probably ahead of the game financially, because a catastrophic failure is actually pretty rare, but for the rest of us it’s a kick in the teeth to have to spend hundreds of dollars on a device that still feels like you just bought it.

Manufacturer and Retailer Warranty:
Stores will take back and replace or refund many items for a short period after the sale. If your laptop is faulty when you take it out of the box, you should return it. After that brief return period, the responsibility passes to the manufacturer, usually for 12 months. You call the service depot and report the problem, they authorize you to return it at your expense, and then they repair it and ship it back to you prepaid. When you buy the extended warranty, the store usually adds two more years to the warranty period and they take care of sending the item out for service if necessary. They also usually cover a bit more than the manufacturer. (Read the fine print.) The cost of this added coverage varies with the nature of the item, but is often in the ballpark of 20% of the price.

Warranties Do Not Cover:
Viruses and software issues are not usually covered, either by the

manufacturer or the store. Likewise, you are on your own if you drop the device, spill something into it, or otherwise cause what the warranty will call “abuse.” A big added inconvenience is the possibility that during the damage or the repair, important data can be lost. A condition of the warranty is that if the shop decides that a repair is not viable they might just send you a replacement and that means your own software or data won’t be coming back. This leads to a cardinal rule never to let that device leave your hands without backing up whatever is possible. (In the case of computers, hard disk failure is relatively rare and even if the computer seems to be dead, it is probably possible to rescue the data before you send it away.)

We think that various electronic devices fall into categories regarding the extended warranty decision:

Desktop computers and mon-

itors, keyboards and mouses: The extended warranty could be considered but is not usually necessary, due to ease of repair and/or low failure rate.

Laptops, Notebooks, Netbooks, Cameras, Smartphones, and Tablets: These are more vulnerable due to the nature of their use and the extended warranty should be seriously considered.

Printers: The extended warranty (if available) is strongly recommended, due to a lot of delicate moving parts leading to a high failure rate and meaning that even if a repair is possible it is almost always prohibitively expensive.

Have a look at our blog, at www.compuhomeottawa.wordpress.com for an archive of our columns and other tech-related articles. There is a space right after each item for you to make comments and suggestions, and ask questions. We hope you will have a look some day soon and share your opinions or suggest subjects for future columns.

Astrology by Arze

Aries *Mar 20–Apr 20*
With the Sun, Mercury, Pluto and Venus in Capricorn, January promises to be a time when you can make considerable progress towards your worldly goals and ambitions. However, with Jupiter retrograde in Gemini as Mercury, the planet of communication and paperwork travels through Capricorn and the area of your solar chart associated with work, vocation and your status, try to keep lines of communication open and documentation available for inspection to avoid any shenanigans behind closed doors.

Taurus *20 Apr–20 May*
Some of your wildest and weirdest aspirations could be about to come true. With the Sun, Mercury, Pluto and Venus in Capricorn, in harmony with Taurus, your Sun sign, you’ll be in a generous, carefree mood with your love and money. In the meantime, you should explore opportunities to broaden your horizons and embrace new people and ideas.

Gemini *21 May–21 Jun*
January gets underway with Saturn in Scorpio and Neptune on high in Pisces, the area of your solar chart governing career, reputation, destiny and your path in life, paving the way for subtle, yet important changes in your direction in 2013

Cancer *22 Jun–22 Jul*
Cancers can be such soft, sensitive souls and often feel uneasy prostituting themselves for a bigger slice of the pie. However, this month will be different, you might still get the trots but the rewards will be worth it. In the meantime, with Saturn in Scorpio and Neptune in Pisces, love blossoms away from the noise and distractions where privacy and intimacy go hand-in-hand.

Leo *23 Jul–22 Aug*
With the Sun and Mercury soon to join Mars in your opposite sign of Aquarius, you may have your work cut out enjoying a champagne and caviar lifestyle on a beer and crisps budget. With Saturn in Scorpio and Neptune in Pisces, long-term, emphasising the area of your solar chart concerned with your deeper, darker needs, a burning desire for greater intimacy could bring about an emotional rebirth.

Virgo *23 Aug–22 Sept*
Neptune, the planet that, more than any other suggests that all that glitters is not gold, is in your opposite sign of Pisces, and the area of your solar chart concerned with relationships for the foreseeable future. Therefore, you can expect some of your more important interpersonal

encounters with others to be increasingly idealistic, romantic or downright foggy.

Libra *23 Sep–23 Oct*
The presence of Saturn in Scorpio and Neptune in Pisces could have a significant impact on your life in the months and years ahead. However, change and upheaval on the work front could take their toll if you’re not a little more flexible where your diet and daily routine are concerned.

Scorpio *24 Oct–21 Nov*
While you like to be in the driving seat, sometimes forces beyond your control whisk you away and you have to go along for the ride. With Saturn in Scorpio and Neptune in Pisces, you’re set for an adventure that could be the stuff of fairy tales, soap operas and Sigmund Freud.

Sagittarius *22 Nov–21 Dec*
With Jupiter, your planetary ruler, retrograde in your opposite sign of Gemini, you’re paving the way for a significant and dramatic break from the past. However, you’re fast learning that you have to take a step back before you can take two steps forward.

Capricorn *22 Dec–19 Jan*
With the new year a new perspective is on the cards. With the Sun, Mer-

cury, Venus and Pluto in Capricorn, your Sun sign, this is a good time to forge ahead with your schemes and dreams. In part this could herald a period of greater financial stability, but also an opportunity to further your worldly ambitions in some way.

Aquarius *20 Jan–18 Feb*
With Saturn and the North Node of the Moon in Scorpio, your career and vocation zone, and Neptune in Pisces, your money zone, 2013 could represent a significant year for you professionally and financially. Your life could become a lot more stable and your vocational direction more clear.

Pisces *19 Feb–20 Mar*
With Saturn in Scorpio and Neptune in Pisces, idealistic creative and otherworldly considerations are increasingly becoming an important feature of your personal life if they weren’t already, and if they were, then more so. Your life may become one of personal extremes, of deep emotional stirrings coupled with a concern time may be passing you by and you’ve dreams to fulfil.

Xoxo
Arze Chahine
Your astro advisor.....

Ps: be looking out for my upcoming astrology book!

Book Review

The Courage To Look Beyond

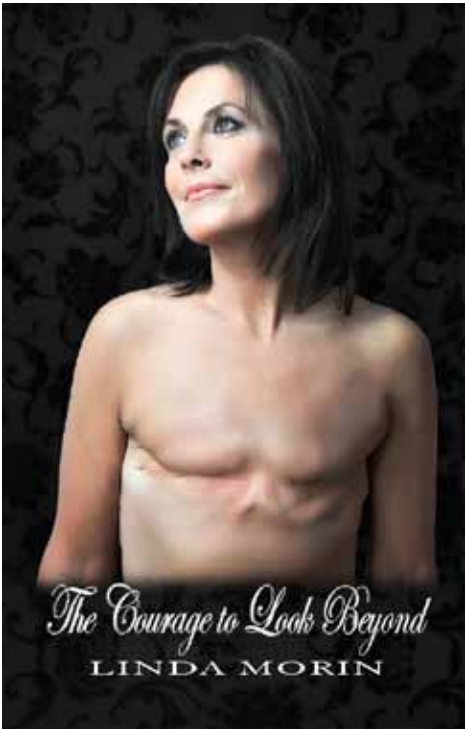
Book of hope and inspiration by a cancer survivor

by Janina Nickus
photos by Michelle Valberg

When my husband asked me to review Linda Morin's book, *The Courage to Look Beyond*, because it was a woman's book, I volunteered with reluctance. I rarely, if ever, read books geared to woman, self-help books or health-oriented ones. My preferences are murder mysteries and science fiction. I was pleasantly surprised to find that it was a real page turner. I read it all in two days!

Linda Morin is a single mother of two boys, living in Ottawa, who is diagnosed with breast cancer at age 45. The book centres on her three-year battle with cancer, enduring four operations in less than a year, her recovery and her emergence as a stronger woman with a new purpose in life "to inspire, to empower and to encourage woman never to give up on themselves."

Along her journey, she deals with difficult relationships with the men in her life, including a custody battle with her ex-spouse, the death of a long-time friend, two basement floodings, thyroid prob-



lems, and having her youngest son diagnosed with epilepsy.

One of the saddest parts that brought tears to my eyes is the chapter on the demise and death of Glen whom she had known since she was nine. Glen was diagnosed with colon cancer on July 24, 2007, the same date as Linda. "I couldn't believe what I was hearing. We had grown up together. We were almost the same age. We had been

diagnosed with cancer on the very same day. Did this mean something?"

Yes it did. Linda ends up taking care of Glen during the last two months of his life until his death in April 2009. "When I returned to Glen's room, I put on some music. I lay on the bed beside him and put my arms around him. I started talking to him, telling stories from our childhood, trying to remember all of the happy times. I managed to get a laugh out of him." Later that same day, a nurse calls Linda at home "It's time." Linda speeds to May Court hospice, a beautiful older home overlooking the Ottawa River, to keep her promise to Glen that he wouldn't die alone. "I lay down beside him, holding him. 'Glen,' I whispered just loud enough for only him to hear. 'I thank you for being my friend. Thank you for being part of my life. The kids will always remember you. I love you. We all love you. It's OK Glen. You don't need to fight this anymore. Let go.' He took a deep breath and looked at me one last time. He died peacefully."

The second half of the book reveals Linda's recovery and transformation. During a three-week stay at the Hippocrates Health Institute in West Palm Beach, Florida, Linda has a life-changing experience. During a lecture there by one of the best lymph drainage therapist doctors, Linda removes her shirt for an examination by the doctor revealing her double mastectomy chest to 75 people. "The



whole room went silent, but the looks on their faces were not that of disgust. They appeared supportive and honoured. I had overcome another hurdle in my recovery. Once I had removed my shirt and saw everyone's reaction, all I could feel was relief. I could breathe again; I could be free. Something was lifted, like I was born again. I didn't have to hide anymore. I could be proud to say that I was a cancer survivor."

Thus begins Linda's journey into her new life and her acceptance of her new body, scars and all. Linda's story reflects her courage and strength in dealing with all that life throws at her.

I highly recommend this book for anyone whose life has been touched by cancer to read for hope and inspiration.

The *Courage to Look Beyond* by Linda Morin, The book may be purchased from this website: www.thecouragetolookbeyond.ca

There will be a book signing February 1st at chapters on Rideau and Sussex st. from 12 to 2 pm



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by David Graham
Marketing Maplewood

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are geared at almost all fitness levels. Whether you are still able to go out for a brisk afternoon walk or confined to a wheelchair, Aquafit exercises can be adapted to your level of fitness and mobility.

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all remember as kids trying to run through waist deep water. We had the feeling of slow motion with every movement. As we got into deeper water we felt very light. Because water can supports over 75 % of our body weight there is very little wear on our joints. For people that are suffering from arthritis or recuperating from hip, joint, or ligament damage Aquafit can be a painless and enjoyable way of getting that much needed exercise. The buoyancy properties that water provides protects our Seniors from loss of balance and falls often associated with dry land exercising.

The last very important fact about Aquafit is that “it is FUN”! Participating in a vigorous exercise class in a group is always more enjoyable and motivating. If you would like more information on the benefits of Aquafit or other amenities offered at the Maplewood Retirement Community please feel free to call 613.656.0556 or drop by the Presentation Center on the corner of Neighborhood Way and Industrial Ave.

Be Healthy and Safe!

Tobogganing Sundays in Riverview Park

Come join Riverview Park Tobogganing Sundays from 2-4 pm. Snacks will be provided on Sunday February 24th by the Riverview Park Community Association. The hill is located behind Riverview Alternative School, across the Hydro line fields (of snow) next to the Co-gen plant.
Photo credit: Anna Nitoslawska





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