



# Riverview Park Review

## An Independent Community Newspaper

APRIL 2013

A Voice of Riverview Park

VOL.5 NO.2



Meghan displays her framed certificate and photograph of Jadore  
Photo credit: Bill Fairbairn

### RCMP contest winners Meghan named a foal and rode the Queen's laundau

by Bill Fairbairn

Meghan DoCanto-Primeau, aged 7, of Riverview Park, adores animals. Especially animals one can ride. So last June she entered the RCMP 2012 Name the Foal contest. She thought up a name she says was cute and was among six winners in an entry of thousands of names beginning with the letter J from children aged under 14.

Meghan's studies at 212

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Double the goalie power

Photo credit: Michelle McLellan

### Dale Park Winter Carnival

by Michelle McLellan

**See page 22**

## Hillcrest concert band honours pandas and wins \$5000

by Carole Moulton

A talented high school concert band. A contest. A win. A trip to Toronto. Lots of support. Much enthusiasm. Many people at the Toronto airport, and all because of the arrival of the two giant pandas from China who will be spending the next ten years living in Canada.

Three fifteen a.m. came very early on Monday, March 25<sup>th</sup> as the Hillcrest High School's music students prepared to leave Ottawa for Toronto to help with the welcome of Er Shun and Da Mao. Due to arrive around 10:30 that morning in the FedEx Panda Express, the female and male giant pandas were being trans-



The Hillcrest High School Concert Band with Music Director, Jeannie Hunter  
Photo credit: Cindy Girard of Once Upon a Childhood Photography

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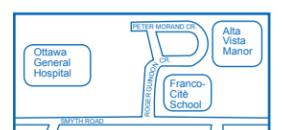
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# RPCA Winter Carnival

by Cheryl Kboury

What a beautiful winter day! What a great crowd! What a wonderful Sunday, February 3rd!

Thanks to the amazing work of Chris Khoury and all of the rink volunteers, who shovelled and flooded the Balena Park rink, the ice was in great condition.



Samah, Minami, Aliya and Manon  
Photo credit: Bill Fairbairn



Ivan and Anna

Photo credit: Bill Fairbairn

Thanks too for the tremendous job done by the 101<sup>st</sup> Ottawa (St. Aidans) Scout Troup, who organized the campfire so that appreciative groups of people were able to sit on bales of hay and warm fingers and toes and roast toasty marshmallows.

And, a great big thank you to all the people who attended this decade-old tradition of the Riverview Park Community Association's Winter Carnival. Counting was difficult; however there appeared to be about one hundred and fifty people in attendance over the two- hour event.

**Continued on page 17**

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# Fluoride in water

by Dr. Jin Soo Song

According to Health Canada, in an updated report of *Healthy Living: Fluoride and Human Health* modified April 2011, over ninety national and international professional health organizations endorse the use of fluoride in water for the prevention of dental cavities. The Canadian Dental Association, the Canadian Medical Association, the Canadian Public Health Association, the U.S. Food and Drug Administration, and the World Health Organization are all included within these numbers.

The Canadian Dental Association supports the appropriate use of fluorides in dentistry as one of the most successful health measures in the history of health care, while the U.S. Centers for Disease Control and Prevention have recognized water fluoridation as one of the ten great public health achievements of the twentieth century.

According to the Ontario Dental Association, as early as the 1930s, dental scientists had already begun documenting how the occurrence and severity of tooth decay was lower among people whose water supplies contained higher levels of natural fluoride. In 1945, the city of Brantford, Ontario became the very first Canadian community to have fluoridation

trials for their water supply, and by the 1950s, communities across North America had begun fluoridating their water supplies.

As recently as March 2013, the Communications Branch of the Ministry of the Environment reported that in Ontario 77 municipal residential drinking water systems have fluoridation as a treatment process, a further 49 receive fluoridated water on a continuous basis, with another 2 receiving it on an intermittent basis. Ontario was also one of the first places in the world to introduce community water fluoridation as a public health initiative to reduce tooth decay, and according to the Ontario Dental Association is the province with the greatest percentage of its population having access to fluoridated water among all of the provinces and territories of Canada. (Health Canada 2007).

In their Special Report, *Tooth Decay in Ontario's Children: An Ounce of Prevention-A Pound of Cure*, the ODA recognized 'that dental decay is the most frequent condition suffered by children other than the common cold, and is one of the leading absences from school'. Moreover, not only do children need fluoride protection while their teeth are developing,

but adults need it as well to prevent cavities.

Why then is there still the debate with regard to the addition of fluoride in local water systems even in 2013?

Many myths surround community water fluoridation. In their report, *Community Water Fluoridation: Myths and Facts*, March 2011, the Ontario Dental Association has presented a Fact Sheet of frequently asked questions (FAQ) with regard to fluoride in community water supplies. Responses to questions asked of the ODA should provide more confidence to residents with regard to why cities such as Ottawa choose to add fluoride to the drinking water for the central distribution system.

First of all, Canada has strict standards that must be met in order to fluoridate water. In the province of Ontario, under the Ontario Fluoridation Act, communities must obtain a license from the provincial government plus include continuous monitoring of fluoride concentrations. And, according to the City of Ottawa's website on *Fluoride*, the possible effects of fluoride in drinking water is one of the most intensely researched areas of public health, with the results of major studies all concluding that water fluoridation is a safe and effective method of reducing tooth decay at all stages of life.

Health Canada on its website states that "the big advantage of water fluoridation is that it benefits all residents in a community regardless of age, socio-economic status, education or employment", thus, adding fluoride to a community's water supply is the best way to provide oral health protection to a large number of people at a low cost.

In the December issue of the *Riverview Park Review*, p. 3, the article *Fluoride in toothpaste and its importance* looked at 'remineralization' as being one of the most important reasons for the addition of fluoride. Remineralization occurs when fluoride drawn from a person's saliva absorbs onto the surface of a tooth where tooth decay (demineralization) has already taken place. Fluoride works by stopping or even reversing the tooth decay process, and keeps the enamel of the tooth strong and solid by preventing the loss of important minerals.

Published science over time has offered a clear answer with regard to fluoride in water, and its response is that fluoridation is safe and effective as a public health measure. Again however, as with any other dental care issue, it is important to talk to your dentist should you have water fluoridation questions.

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### Continued from page 1

ported to the Toronto Zoo in a specially fitted Canada MD11 aircraft.

The Hillcrest students had been notified just the week prior that they had won the *Welcome-the-Pandas Contest* sponsored by FedEx Canada: an honour which meant that their concert band, under the leadership of Music Director Jeannie Hunter, would be officially opening this special event by playing *Oh Canada*, not only for the two

contest winners had to be made in just six short days.

Notification of the *Welcome-the-Pandas Contest* had arrived from an Arts Instructional Coach of the OCDSB just two days before the March Break, and to enter would mean an exceptional amount of cooperation from not only all the students and staff at Hillcrest High School, but also the community as a whole- and they did it!

Students had to be notified and they used social media, the band's

ing to be going all across Canada in the news."

Sixteen year old Claire Nanda, a fellow band member and clarinet player, had some interesting thoughts to share as well about how the band had to look after their instruments before they actually got to play *O Canada* out on the airport tarmac.

"It was fun to be playing *O Canada*, but it was really cold and really windy, so we had to think strategically as to how to keep both our

were very proud to represent Ottawa, and thought it fantastic that FedEx would chose to support music programs in our schools and our role to provide free programs that are available for everyone."

Meanwhile news from the Toronto Zoo website at [www.torontozoo.com/pandas/](http://www.torontozoo.com/pandas/) reports that Er Shun and Da Mao are curious but also resting comfortably in their new surroundings. They did eat almost 200 kilograms of apples and 200 kilograms of bamboo during their flight, and



Photo credit: Cindy Girard of Once Upon a Childhood Photography

pandas, but all invited guests, including the Prime Minister. Fifty-one students and three chaperones from the Ottawa high school made the trip aboard a Trillium bus.

It took the Ottawa group five hours to reach Pearson International Airport. For the winsome pandas, the trip from Chengdu Shuangliu International Airport in their specially designed Plexiglas travel crates, took over fifteen hours.

And while some of the students reported that the bus trip snacks were granola bars, bottled water, or what they had carried on with them, Er Shun and Da Mao in their *Panda Express*, contentedly munched on the 100 kg of bamboo, 150 kg of bamboo shoots, 50 kg of apples, plus the 15 kg of fresh water that was made available to them.

Breakfast for the Hillcrest guests was creatively served in an airplane hangar courtesy of FedEx, with lunch provided for their return trip at a nice downtown Kingston restaurant.

A veterinarian plus Chinese handlers travelled with Er Shun and Da Mao to get them to Pearson Airport safely according to the FedEx website. While plans for the panda's arrival had begun on February 11<sup>th</sup> 2012, when the official Giant Panda Cooperation Agreement between China and Canada was signed, all arrangements for the successful Hillcrest High School

entry number had to be not only planned but performed and recorded, and all this before they left for their holidays. Basic editing had to be completed, and their choice of Gary Glitter's soundtrack to many movies plus home team sports wins, *Rock and Roll Pt.2*, had to be uploaded to the FedEx's Facebook page so that everyone would be ready for the voting, due to begin on March 14<sup>th</sup>, right in the middle of the upcoming March Break.

"We wouldn't have won without the support of everyone," reported Ms. Hunter, the day after the band's return. "The staff, all the students at Hillcrest High School, and the Alta Vista Community all contributed. We even had a spot on Alan Neal's radio program, *All in A Day* on CBC Radio One, 91.5 FM, and really noticed our vote numbers go up after that as well."

In the end when the voting closed late on March 18<sup>th</sup>, and just the day that school resumed, Hillcrest High School came out on top with 1035 votes, or 207 votes greater than the second place contestants. The school was officially notified at noon the next day, and needless to say, everyone was ecstatic.

Fourteen year old, grade nine student, and tuba player Angus McIntyre, when interviewed about the experience, noted, "When we were playing *O Canada*, I realized that we were actually playing *O Canada*, the national anthem for our country, and that this was go-



Photo credit: Cindy Girard of Once Upon a Childhood Photography

hands and instruments warm even before we played."

Both students agreed, when interviewed separately, that when the *Panda Express* pulled up beside them, with the wing almost over

will be receiving between 600-900 kilograms of bamboo each week, delivered especially for them from the Memphis Zoo. They will also be enjoying leaf-eater biscuits, dog chow, apples and vitamins.



Photo credit: Cindy Girard of Once Upon a Childhood Photography

their heads, and knowing that Er Shun and Da Mao were inside, that this was 'cool', and something that no doubt anyone on the trip would never forget.

FedEx, on their website, gave a special thank you and congratulations to the Hillcrest High School band for coming from Ottawa and winning the *Welcome-the-Pandas Contest*. FedEx also congratulated the concert band that will receive \$5000.

towards their music program.

Jeannie Hunter, for her part, was likewise quick to praise FedEx. "We

The Hillcrest High School guests of FedEx may well look forward to a return trip to Toronto with the free tickets that they are to receive to visit Er Shun and Da Mao at the Toronto Zoo. The giant panda exhibit will be opening on May 18<sup>th</sup> and hopefully many other people from Ottawa will get to meet the zoo's most recent arrivals from China.

Well done to the giant pandas who travelled so well, and extremely well done to everyone who helped the Hillcrest Concert Band make it happen!

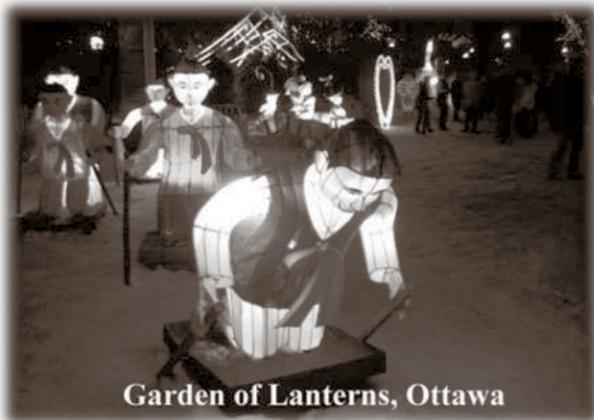
# Jiseikan Aikido



# New Year of the Snake

by Whispering Pine

Every year, just before the Chinese New Year and the transition from one zodiac animal to another, millions of Chinese are on the



Garden of Lanterns, Ottawa

move, heading home for their New Year's celebrations with their families. I remember in my younger days when it was always difficult to find a plane ticket just prior to New Year's, and how we would have to book well ahead of time.

This year, on February 10, as the year of the Dragon makes way for the year of the Snake, and the mass migration recurs, everyone is once again eager to get home and join in the joyful, happy celebrations.

A cacophony of drums and gongs, cymbals, and other traditional musical instruments, and happy songs expressing good wishes for health and prosperity emanate from every household. The familiar greeting *Gong Xi, Gong Xi, Xin Nian Kuai Le* is on everyone's lips.



This year at the dojo we celebrated Chinese New Year on February 24, the fifteenth day of the lunar calendar, which also marks the last day of the Chinese New Year

celebrations. This day is also known as the *Yuanxiao Festival*, *Shangyuan Festival*, or *Chap Goh Meh Festival*

The Snake--this year's zodiac animal--is much feared and misunderstood, not only by human beings, but also by other creatures. My pet birds flutter anxiously and squeak loudly when I carry something long and slim, like a broom stick, in front of their cage. And yet, the snake has always played

many important roles in different cultures throughout history. It is a flexible, alert, and patient animal, and we can apply these qualities in our everyday lives by cultivating



perseverance and focus, for example.

We all know that the kind of seed one sows determines what one reaps. An acorn will turn out to be an impressive beautiful oak tree at maturity, while a sugar-maple seed will give a wonderful shady tree in the summer, with brilliant colour in the fall, and sweet, delicious syrup in the early spring. In the same way, one's initial actions and decisions are of the utmost importance as they determine

results and consequences in our lives.

With perseverance and nurturing, the resolutions we make today will bear the desired fruit. Furthermore,

caring for what we sow contributes to the development of a compassionate nature and provides constant awareness training, both within and without.

As we persevere towards our goals, it is important to be aware of our own assumptions and suppositions, as they can stifle the mind and affect our actions. Our personal opinions and perceptions, for example, form our outlook and our beliefs, and if we are not careful, these can lead to fundamental errors (misinterpretations, misjudgments, etc.).

Our present determines our future. However, it is important to remember that the goal we achieve may not exactly meet original

equal amount of disappointment.

The master of flexibility and adaptability is the Snake: it lies low and is comfortable in many environments, be it in the water, on land or up a tree.



According to legend, it was while watching a fight between a snake and a bird that Zhang Sanfeng was inspired to develop Tai Chi. Faced with the bird's onslaught, the snake's defensive tactic was to remain still and alert until it lunged and fatally bit its attacker at the opportune moment.

*Be like water, adapt and go with the flow; determination and resistance are futile, says the Tao. Put the mind to work, be its master, and it will do wonders for you.*

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## Canada Post's mail delivery has changed

The days of the letter carrier, sorting mail at a local depot, tucking letters into a pouch and then walking door to door along a route have disappeared in Riverview Park and elsewhere in Canada after a very long time.

In fact in about 500 B.C., Herodotus, the Greek historian, wrote: "Neither snow nor rain nor gloom of night stays those couriers from the swift completion of their appointed rounds." The translated verse describes the fidelity with which the Persians operated a system of postal couriers in a war against the Greeks.

It's a stretch to link the two systems of centuries apart but until last spring and in many other cities across Canada mail was delivered on a postman's two legs. Now postal transformation, in which carriers collect machine-sorted mail as well as parcels, then drive small electric vans to their routes, is the name of the game. They park, de-

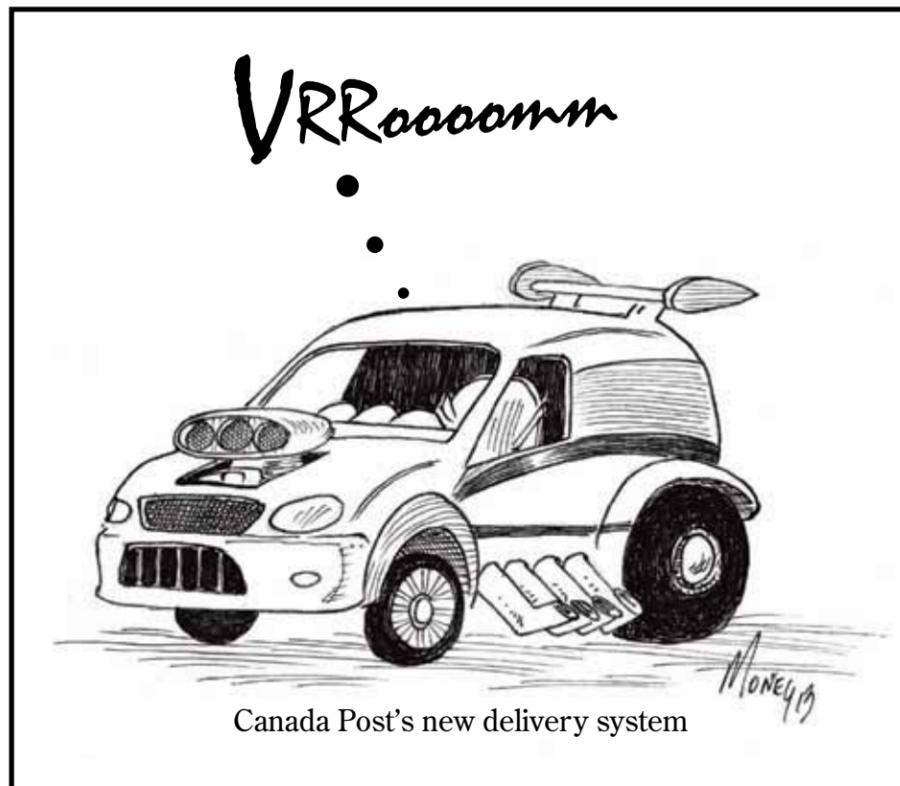
liver mail and then get back into the vehicles to the next stop. They may even drive their vans up your driveway to make deliveries.

With two shifts some carriers start later so that means mail has been arriving in your post box later in the day.

Canada Post spokesperson Jon Hamilton has said that the new method should result in annual savings of \$250 million once implemented across Canada.

The chosen van of the future is built on a Ford Transit Connect vehicle body with a battery-electric powertrain. It is able to cover 130 kilometres on a single charge and "meet challenges with quiet, clean and lower-cost operations."

Kevin Matthew of the Canadian Union of Postal Workers says some letter carrier jobs across Canada have been lost in the new system. The union does not dispute that the post office must adapt, but fears the changes



Canada Post's new delivery system

raise health and safety risks because carriers do not have inside duties such as sorting. Instead they are outside delivering on longer routes.

What do you think of the postal transformation operation?

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Got an opinion to share? Please send letters to rpr.editor@gmail.com Your name, address and phone number is required for verification.

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# Traffic? What Traffic??!

by D.Mausser

The new traffic lights on Industrial Ave. are creating a need for some sterner traffic control on Coronation Ave. Our quiet little residential area has been discovered by traffic dodgers. I am not in my dotage yet. I do drive at the correct speed and sometimes a little faster I'll admit. But I definitely try to be on the straight and narrow in a residential area such as ours. Since January 2013, I have had the finger raised at me. I have been overtaken by a cube van. I have had not one but two cars at one time pass me despite my driving at the speed limit. I have witnessed a car race. That's right, two cars, side by side. To be honest, I have even made as many as five cars follow me to Weyburn, at the correct speed between 3:30 pm and 5 pm. That must have been sheer torture for them! They quickly passed me, picking up more speed than necessary to reach Russell Rd in record time.

Exiting Coronation Ave. onto Russell Rd. between the hours of 3:30 and 5 pm is sometimes tantamount to suicide. The cars coming onto Russell Rd from Industrial are exiting at speed. The numbers coming down Russell Rd to Industrial far exceed the number of people that will be living in the new condos. When I read the explanation that the volume of cars coming down Russell Rd to Industrial is due, in part, to the new condos. I burst out laughing. Somebody needs a math lesson.

I am one of those people who likes snow, lots of snow even. However, I draw the line when it is dangerous to myself and my passengers. The snow banks at Russell Rd and Coronation Ave. made it impossible to go forward without risking to get the front end of your car clipped. Eventually snowbanks were trimmed but, I think not far down enough nor fast enough to decrease the high risk of an accident. Plow drivers need to think small cars. We are all not driving SUV's. The other problem is the merging at that intersection. It is becoming downright dangerous for all concerned.

Now that I have vented in public I still do not feel any better. Summer will bring new and interesting ways to beat the system of lights on Industrial. Construction on Industrial will bring to new heights drivers blood pressure. The snail that is bureaucracy has to wait until all things are done before they can solve the problem. Meanwhile, I feel very sorry for the residents of Coronation Ave. I feel sorry for the public transit users crossing Coronation Ave. I hope all cyclists are very careful along that route. Pedestrians, keep your ears and eyes open, crossing Coronation to go to the Train Yards. Most of all, I feel sorry for the people who have small children or visiting grandchildren on Coronation Ave.

The irony to this is the impending rise of accidents with physical implications in the Ottawa General Hospital's back yard.

**VOLUNTEERS** needed to help with **delivery** on the following streets: **Renova Private, Pixley Private, the east side of Station Blvd. and Tremblay Road (Eastway Gardens)**. The paper is published only five times a year for the first week of February, April, June, October, and December. The Riverview Park Review welcomes students who wish to complete volunteer hours.

**HERON EMERGENCY FOOD CENTRE**, at the Heron Road Community Centre Building, 1480 Heron Road, 2<sup>nd</sup> floor, Ottawa, ON, K1V 6A5. Tuesday afternoons: 1:30-3:30, Wednesday evenings: 6-8, Thursday afternoons: 1:30-3:00, and Friday mornings: 9:30-11:30. For more information on how to donate, please call 613-737-9090

**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.



# Thank you Letter to the Editor

Dear Editor,  
I am writing to say a big thank you to the Customer staff of our local Walmart's at the Trainyards in Ottawa and to the unknown person who found my lost wallet on 30th January, 2013 and handed it in to the Customer Services staff. To that unidentified person, I wish to express my sincere thanks and gratitude for their honesty. It is such acts of kindness that make our Riverview Park neighbourhood such a great place to live in.

With grateful thanks,

Sincerely,  
Anne Brammer



Riverview Park's newest resident - Angus  
Photo credit: Nicholas Swandel

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## HUME NEWS

### SAFE STREETS ROLLS ON!

Peter Hume's **Safe Streets campaign** continues this 2013 season with new locations set out for the Hume radar speed signs. For the duration of March, the signs will be located on Alta Vista Drive; in early April, they'll be placed along Dorion at Lennox. More key areas have already been highlighted, but don't forget to send in your own concerns about places in Alta Vista where you feel cars tend to speed. The Hume Team will move the signs throughout the spring, summer, and fall to capture data and dissuade drivers from driving at unsafe speeds.

Your input can be shared by emailing [avsafestreeets@ottawa.ca](mailto:avsafestreeets@ottawa.ca) or calling us at 613-580-2488.



## Annual Report 2012

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### TRAINYARDS EXPANDS!

Trainyards, Ottawa's newest and most talked-about shopping area, has expanded again with the grand opening of a beautiful new Farm Boy grocery store. An LCBO has also just opened its doors in the Trainyards! These two additions were highly requested by the community and round out the shopping experience available in Riverview. Take some time to explore Trainyards this spring and see what's new and happening; and be sure to stop into the Farm Boy for some great eats!

There's always more news  
at [peterhume.ca/blog](http://peterhume.ca/blog)

# Learning more about your Family History

by Geoff Radnor, Riverview Park

**W**ho Do You Think You Are is a very popular TV show in England that started a Canadian edition on CBC last fall. The reason for its popularity is that everyone wants to know more about their family. Your mother, your grandmother and their marriages and their children. How about your great grandparents? The TV show features celebrities and other worthy or infamous characters and the program probes their past looking for scandal and other more newsworthy items of interest

My involvement in this started when I received an order of service from a funeral for an aunt who had died in London about 10 years ago. This little four page document contained many details of my aunt's life that I did not know. Her daughter had prepared this and had sent me a copy. This aunt was my father's sister. She had been born on Valentine's Day 1909 and was christened Queenie Valerie Radnor, I think that Valerie was as close to Valentine as they could get, but where the name Queenie came from is a mystery. I did meet Queenie a few times when I was a boy, and I did have a couple of old photos of me with her when I was only a year or two old.

Queenie's husband was Uncle Allan, and I did have a photo of them with my elder brother, just that one of them together. One other piece of relevance to this was a small card, the size of a business card, that said my paternal grandmother was buried in Greenford Cemetery near London.

When I started I was just wondering who were these family members that I hardly knew. Perhaps there would be some surpris-

es. One thing that I did have was my own *Certified Copy of an Entry of Birth*. This is a very grand looking document that does not look like a copy, it looks very original, written in ink in 1934. It cost 2 shillings and 7 pence, it tells me that I am number 200 (?) and gives the date and place of birth, my name, sex, my father's name, my mother's name and her maiden name, the rank or profession of my father and his address, the signature, relationship



This is me with my Aunt Queenie Valerie Radnor taken around 1935

and address of the informant,(my mother) and the date of this registration. It was signed by the registrar and a one penny stamp was attached and the registrar signed his name over this stamp. Wow! All this just for me and then for millions like me. All of this information is important when you start to research your family history.

A marriage certificate can provide even more information. Besides the date, place and the names of the bride and groom it also gives their ages, their addresses and names of the fathers of the bride

and groom and their professions. There are also the names of the two witnesses. I have one certificate from my great grandmother's wedding that says both the groom and his father were French Polishers and the bride's father was a Builder. The bride was two years older than the groom.

Early versions of the death certificates gave the age of the person. The later version gives the place and date of birth of the person, so if you have a date of birth already, you are able to ensure that there is no discrepancy in your records.

Now is the time to start if there are many of your family that are still alive and able to give you first hand details. Old photos, family bibles, wills and letters are great sources of family history. If not then there are those sources available such as the General Register Office (GRO) in Southport England, The Church of Latter Day Saints (LDS) and several commercial internet sources that one has to pay for.

The GRO can supply copies of Birth, Marriage and Death (BMD) certificates but you must supply them with some information as to what you want and you must pay for this service. Every registration has a place, a year, a quarter, a volume number and a page number. With the availability of online sources you can pay an annual fee to one of the commercial sites you can have the whole register from about 1837 to search through. My personal birth GRO reference is Place: Camberwell, London. Year 1934, Quarter Jul - Sept, Vol: 1D, Page 880. There is one free source of BMD records that can supply all the references that the GRO requires in order to process a re-

quest for a certificate and that is <http://www.freebmd.org.uk>.

For research prior to the start of civil registration in England and Wales in 1837 one will have to consult the Parish Records (PRs) of the parish where you think your ancestors resided, as all of the recording of births, marriages and death (baptisms and burials) prior to 1837 were done by the churches. These are handwritten by the church official and can go back to the 16<sup>th</sup> century. Many of these records are available from the LDS in Salt Lake City. There is an LDS family research centre here in Ottawa on Prince of Wales Drive. The staff there are very helpful and you do not have to become associated with the church to do your research.

There are several online resources that one can subscribe to, that make research of the BMD records from 1837 to 2006, as well as the Census data for the 1841, 1851, 1861, 1871, 1881, 1891, 1901 and 1911 available. There seems to be very little census data after 1911 that will ever be made public. The later census data are fairly complete and from them you can see, for instance, the household members of your great grandfather, their birth place and their profession. The 1911 census forms were completed by the head of the household, so that you can see your great grandfather's handwriting.

Since I started family research I have found family members that I did not know of in Australia, South Africa, Botswana, California, BC and in the counties of Devon and Sussex in the UK and, believe it or not, right here in Ottawa. And I am not finished yet. FreeBMD

Continued on page 31

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## Requesting lights for Coronation Park

by Blair Court Community House Youth Council

We are the Blair Court Community House Youth Council. We are a group of 12-18 year olds that meet once per week. We have fun activities for us, and we also plan and host events for the children in the community. We just hosted a Valentine's Day Dance Party for the kids which included snacks, dance games and a Valentine craft. It is important to the families of the neighbourhood that there are fun and safe activities for the kids to participate in. All of the programs run out of Blair Court Community House are designed for enrichment and enjoyment of the participants.

One Youth Council Meeting in November, we got hot chocolate and took a walk around the neigh-

bourhood with a clipboard, making a checklist of things we saw that could be made safer for the Blair Court Community. At around 6:30 pm, we walked into Coronation Park to check it out and it was pitch black. We could hardly see in front of us. We all decided it would be much safer if Coronation Park had lights. We tried to take pictures to show how dark it was but they didn't turn out, the pictures were all black. We believe that well placed lights on timers will make the Coronation Park safe, and here's why:

- Lights on timers that turn off at 11:00 pm will notify people when they are allowed to be in the park and when they are not, based on the Ottawa curfew.
- Lights in the park would be a deterrent for anyone attempting illegal or unsavoury behaviour in our park.
- Especially in the winter months, lights will allow the children more hours to participate in healthy, physical



(left to right): Ayoub, Mathew, Michael, Abdul, Hibaq  
Photo credit: Kiana Pilon

activities outdoors, which promotes athleticism and good health.

Continued on page 19

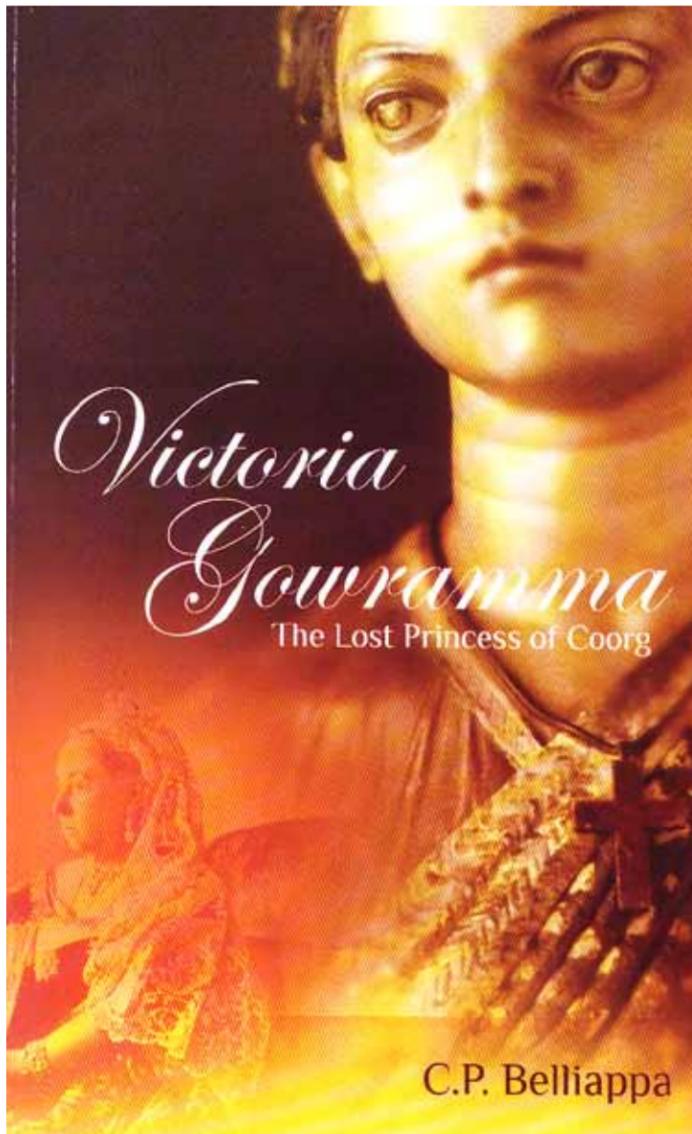
## Book Review

# The jewel in the crown epitomised an empire

by Bill Fairbairn

Princess Victoria Gowramma, aged 11, landed in England in May 1852 along with her father Veerarajendra, the last raja of the province of Coorg in India. They were the first Indian

org. C.P. Belliappa, who presented me with a copy during my visit to India in March, has reconstructed the extraordinary saga of the earliest Indian royalties to live in Victorian England. He unearthed hitherto unpublished material that



royals to land in Britain although another exiled royal, Maharaji Duleep Singh of Punjab, arrived shortly after.

In his excellent book, *Victoria Gowramma, The Lost Princess of Co-*

throws light on Veerarajendra's and Princess Gowramma's lives in England and the amazing affection Queen Victoria bestowed on a

Continued on page 21

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# CBC an example

## The changing face of journalism

by Bill Fairbairn and Carole Moulton

Women today dominate men at journalism schools with about 75 per cent attendance and the outcome is clearly seen on Canadian Broadcasting Corporation television news programs and radio broadcasts.

“Things have improved since the old days when men dominated the news rooms,” awards-winning CBC reporter Alison Crawford, who recently set up home in Riverview Park, says with a smile.

Interviewed just before she sat down to write a radio story about hopes that a new RCMP palm print database might help crack an unsolved murder from 1976 in Smiths Falls, Alison said: “The palm print was left in blood and a fellow present at the scene gave me the story.” CBC radio aired it first then it was to be televised with palm print images portrayed on the screen.

Born in Ottawa, Alison attended Glebe Collegiate and stud-

ied journalism at Carleton University. Her early ambition was to be an archaeologist because she enjoyed digging but her mother in particular encouraged her to be a

journalist instead. She agreed that ranked friends had several times

asked her why she was always asking questions. Alison did a two-week internship with the CBC in 1996. She was nervous at the interview leading

CBC in Fredericton turned into a full-time job. She also worked as a broadcast reporter in Calgary and Winnipeg before coming home to Ottawa to work.

Alison says of journalism school that the instructors can teach rudimentary skills but she thinks reporters learn their craft through their career on the job. She says her best mentor early on was journalist Michael Camp, son of politician the late Dalton Camp.

Alison last year won a Canadian Association of Journalists human rights reporting award for a story entitled *Rosa and Antonio* that she broadcast in 2011. The dispatch, which began in Antonio’s Toronto home, told of Argentina’s dirty war of the 1970s by the military against the government of Juan Peron and much closer up a torture chamber sometimes called “the Singing Room” and also “the Barbeque” in the basement of a Mendoza police station. What Rosa and Antonio



Alison Crawford at the Golden Temple in Amritsar, India, taken on a Prime Minister’s trip in November 2009  
Photo credit: Alison Crawford

journalist instead. She agreed that ranked friends had several times

to the internship because she had been refused internships by several newspapers. A short contract with

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# Does the soul of India lie in villages or cities? Cows, cricket, coffee and the Bangalore Club

by Janina Nickus and Bill Fairbairn

Our first outing after arriving in India was to the Bangalore Club, opened in 1886 by a group of British army officers. Bill's daughter signed us in and showed us around.

daughter Judith is a contributor, was being printed. Bill gave Chandra a copy of his book *The Printer's Devil*.

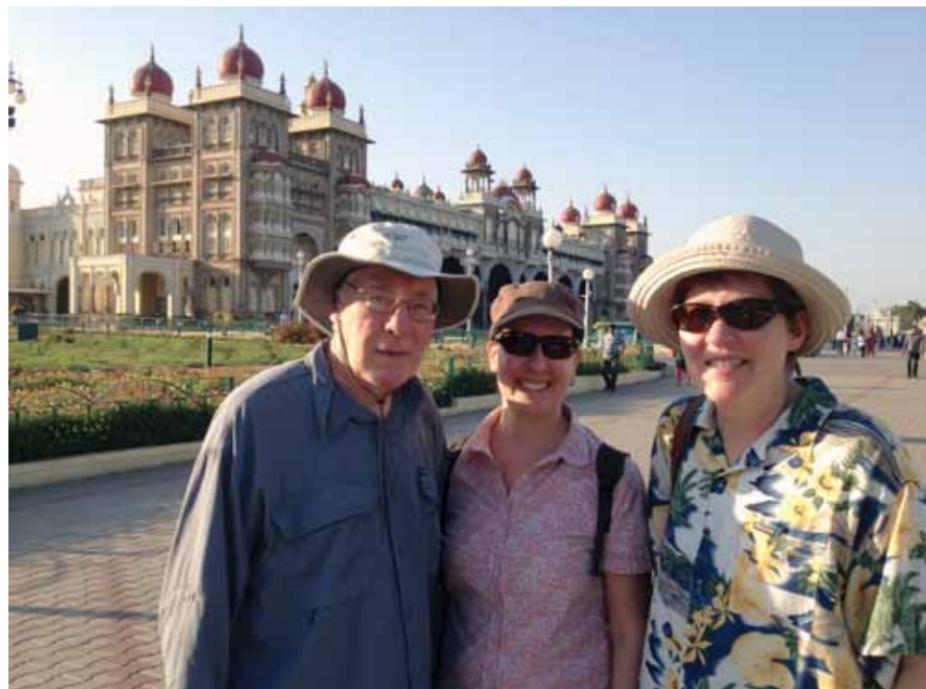
That evening we took in a performance of contemporary dance by The Lewis Foundation of Clas-

ground railway metro system. Cows used the roads too. A cricket commentator told us India was whacking Australia in the first test in New Delhi.

We drove to Mysore, where we toured Tipu Sultan's summer pal-



Elephants can be dangerous as broken fences on our trail indicated



Bill Fairbairn, daughter Judith Fairbairn and Janina Nickus in front of Mysore Palace



Ian Felton, Judith Fairbairn and Bill Fairbairn with Janina Nickus riding the guided elephant

We saw in a display case a ledger entry showing former Prime Minister of Britain Winston Churchill had unfinished business at the club. It stated that Churchill owed the club 13 rupees and found out that this is a running joke among Bangaloreans. Churchill served as a 21-year-old lieutenant in the 4<sup>th</sup> Queen's Own Hussars at his Bangalore duty station in 1886.

After we had rested at our host's downtown apartment we visited Judge Press, a Bangalore printing business, and were led on a tour by owner Chandra Mouli. The Rangoli magazine of the Overseas Women's Club, to which Bill's

sical Ballet, similar to the Montreal group La La La Human Steps, and met founder Yana Lewis, a former British ballerina. Later we watched some near professional snooker in a Bangalore Club tournament.

The temperature was hovering around the 30 C. mark but we knew Judith's husband planned to drive us to cooler hills in a Tata coffee plantation to the west. As soon as we emerged from the apartment driveway we met trucks, cars, auto rickshaws (three-wheeled transport used by the locals) and motorcycles crisscrossing Bangalore. We passed huge concrete pillars built to carry Bangalore's new above

ground railway metro system. Cows used the roads too. A cricket commentator told us India was whacking Australia in the first test in New Delhi. We drove to Mysore, where we toured Tipu Sultan's summer palace at Srirangapatna. The powerful Tipu, also known as the Tiger of Mysore, was the ruler of the Kingdom of Mysore from 1782 to 1799, and a scholar, soldier and poet. The palace was his summer residence until his death in 1799 during the Fourth Anglo-Mysore War. The magnificent structure was built with French rose wood and stands adorned with pillars and balconies. After winning three wars aided by the French, Tipu was defeated and killed by the British. Treasures from his palace are on display in the Victoria and Albert Museum in London.

We stayed at the Green Hotel,

formerly the Chittaranjan Palace built for Mysore's princesses, and visited a silk shop after riding in a horse-drawn carriage through city traffic. At the Mysore Palace we took rides on elephants until Bill nearly fell off after barely getting on.

By way of rough, narrow, winding, upward roads we reached Surgi Bungalow of Tata Coffee Plantation Trails, near Polibetta, and met and dined with Jepu Uthappa, his wife Vani and friends at the Bamboo Club. Mr. Uthappa organized visits to a public school (run pri-

**Continued on next page**

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**From previous page**

vately in the British tradition), the Coorg Institute of Technology and the Rotary Club.

Well into the land of Coorg, we took a guided nature walk at 7 a.m. to see birds, coffee beans and pepper plants. Mr. Uthappa invited us to his house for drinks and we saw how his workers processed the coffee beans.

We reached the apex of our visit at the Taj Madikeri hotel high up with views over 180 acres of rain-forest and distant hills. We awoke to red-orange sunrises from a wall of windows and swam in the Infinity Pool right beside the hotel lobby. A choice of Indian and Western food awaited us at the Ferntree Restaurant and we walked in the Buddha Garden and amongst the hotel beehives. There was also an

informative conservatory museum managed by the astute Colonel Pattamoda Somarra Mutharra to further our understanding of Coorg.

The British connection takes in Gauramma, the lost princess of Coorg whose godmother became Queen Victoria when her father, the Raja Virarajendra, took her to England to settle his monetary accounts. Author C.P. Belliappa, whom we had dinner with, wrote that Virarajendra used the pretext of his daughter embracing Christianity and acquiring a Western education as a ruse to secure permission for a visit. His ultimate aim was to challenge for rupees he lost to the British. He was unsuccessful.

**Continued on page 30**



Coconut shell husks are miraculously stacked on an auto rickshaw



Cows are sacred enough for Indians to sculpt and embellish them for display



Auto rickshaws serve as taxis and general transport in Bangalore



Would you believe that those women are engineering students at Coorg Technical Institute

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# Electronically speaking, this store is a gem

by Carole Moulton

In 1952 Ernest Gervais placed a T.V. set in the window of his music store on Cumberland Street in Ottawa's Lowertown. Little could Mr. Gervais ever have dreamt that this television set was not only the beginning of a change for his shop as he knew it, but it was also part of one of the most influential changes in media history.

Only 1% of the Canadian population owned a T.V. in 1951, just a year before Ernest Gervais bought



his set and placed it in his shop window. According to Paul Rutherford in his *Researching Television History: Prime-Time Canada, 1952-1967*, by 1961, a mere 9 years later, 83% of Canadian households had their own television sets.

And although Mr. Gervais' in-

terest lay in the field of music where he self-taught himself to play every kind of instrument that he sold, the changing world outside was creating a different



From left to right- Eric Ladouceur, Craig Wilson, Alain Coté, Marcel Sicard, and André Cousineau

field for him and the use of his talents. Thus, as a result of the rapid growth of electronics equipment, a workshop was set up behind the Cumberland Street Gervais store where various electronic devices

could be serviced and repaired and eventually sold to TV repair shops around Ottawa and the region.

It didn't take long however with the boom in electronics, that

business. Moreover, by making the decision in 1955 to invest in electronics, Ernest Gervais created the very beginning of a unique specialty store that would still exist over 60 years later.

Now located at Unit 1-716 Industrial Avenue, *Gervais Electronics* is co-owned by his daughter Diane Cousineau and son-in-law, Andre Cousineau.

"When *Gervais Electronics* originally moved to Industrial Avenue in 1988 it was owned by



one of Mr. Gervais' sons, Lou, and was a business that originally sold home entertainment as well as the parts for them such as T.V. tubes," noted Mr. Cousineau recently.

**Continued on page 20**

Dear Neighbour:

As many of you already know, I have stepped down as Premier. It will be my honour to continue to serve the constituents of Ottawa South as your MPP.

Our province and our community have come a long way since I first earned the privilege of representing you at Queen's Park. I remember our campaign to bring paramedics to the city of Ottawa and how we rallied to keep CHEO's cardiac unit here in our city.

More recently, we were able to accomplish many things for our community like the expansions at CHEO and the Ottawa Hospital, and a brand new regional cancer centre, along with other improvements at our hospitals that will ensure care for our loved ones. And I am so pleased that one of Ontario's two Birthing Centres is coming to our riding.

I am proud that, working together, we have made our schools the best in the English-speaking world. Class sizes are smaller. Test scores and graduation rates are up. Full-day kindergarten will be available in all our elementary schools across Ontario by September 2014 so that our children get the best start possible. This is a first for North America!

There is so much more that we have done together, and none of it would have been possible without your support.

My community office will remain open and, as always, we are here to help. If you have any questions or comments on any matter of provincial concern, please do not hesitate to contact me there.

Thank you for the opportunity to represent you at Queen's Park. I consider it an honour and a privilege. Please accept my very best wishes.

Yours truly,



**Dalton McGuinty, MPP**  
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# Riverview Alternative School

## Let me play! Trust me, I'm learning...

(story starts below)



A super highway - under construction!



What else does our airport need boys?



Celeste and Lucas explore the properties of magnets

by Erin Way

**Children need the freedom and time to play. Play is not a luxury. Play is a necessity.**

**- Kay Redfield Jamison: professor of psychiatry**

**I**t is a simple fact that children learn through play, but despite the research, many still question why students in Kindergarten “just play all day”. Sometimes when adults see a child using school time to play, they believe that no “real” learning is taking place at all. But play materials in the kindergarten room are the textbooks of the higher grades. In fact, play is so important to optimal child development that it has been recognized by the United Nations High Commis-

Continued on page 28



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# The Ottawa Hospital Community Advisory Committee

## Ask the chief

Thanks to Dr. Kitts, CEO of The Ottawa Hospital who arranged for Dr. Brigitte Bonin, Medical Director of medical education, to respond to an issue raised in the February 2013 issue of *Riverview Park Review* "The Ottawa Hospital – A Patient's Rights" (Helen McGurrian) concerning information medical students or interns can give a patient.

### 1. Are students, interns, residents explaining who they are to patients and what their level of expertise is?

- All trainees rotating through TOH are obliged to wear a badge, provided to them by the university and/or hospital, which identifies them by name, level or rank as well as university. This badge must be worn in a way that it is clearly displayed and readable by patients.
- They must also introduce themselves explicitly at the start of every patient encounter and indicate that they are working under the supervision of a medical

staff and that all encounters are reviewed with this staff. That staff must be identified. All are informed of these obligations at orientation and are reminded about them on a regular basis.

### 2. Are there protocols/standards on what each may reply to patient's questions about procedures the patient has undergone and their results?

- There are no protocols or standards on what each intervening member of the team may say in response to patients' questions.
- Patients are entitled to know what treatments they have received as well as the outcome of these treatments. They have the right to ask questions and receive satisfactory answers to these questions.
- Trainees must recognize their limitations and express those limitations to the patient, never providing answers or advice beyond their level of knowledge/expertise.

- At any time, the patient has a right to refuse trainees and request to speak to the staff physician. Patients are also entitled to express their dissatisfaction with the answers provided to their questions or with the encounter in general.
  - Although, this is preferably done at the time of the event, patients can request a second encounter with the staff physician to discuss their concerns and receive satisfactory resolution.
  - If still unsatisfactory, they can ask for a second opinion or contact the Department of Patient Advocacy (613-798-5555 extension 13377).
- 3. Now that medical personnel have iPads, a patient could assume that they have access to their file and could provide information contained there. So there would have to be some instruction given to students/interns on what they could say in response to a patient's request. Does it depend on the**

**preference of the treating physician, are their written guidelines, on what can be said by whom to his/her patients?**

- There are no written guidelines as to what specific information can be provided by whom.
- Trainees who have access to a patient's chart in the context of an encounter, through the use of iPads or vOACIS, (TOHs computerized Electronic Health Records system) are allowed to share this information with the patient, again, to the level of their ability. If unsure of what can be disclosed, all trainees must first verify with their staff supervisor.
- Although some specific divisions or departments may have guidelines on what different levels of trainees are allowed to discuss with patients, the vast majority rely on the treating physician's preferences.



## Facing the future

by Helen McGurrian

### Budget Cuts

The media has reported that up to 300 nursing positions will be cut to reduce a projected deficit of \$30 million. All whose positions are at risk received letters advising them of that possibility as required by the unions, and were informed that they were eligible for other positions and training. Dr. Kitts reiterated that TOH remains committed to quality patient care, and maintaining its volume of patients; there will be no bed closures. With 80 percent of the budget spent on salaries, some positions must be cut but mostly by attrition. TOH will improve efficiency, which means doing the same amount of work with less cost, and fewer personnel.

### Preparing for the Inevitable

For years, Ontarians have known that the province's health care costs were getting out of hand.

Cuts were inevitable. Since 2003, Dr. Ginette Rodger, Senior Vice President of Professional Practice and Chief Nursing Executive, has worked on developing a model of standardized nursing care practice. This work identified the full scope of practice for nurses and for registered practical nurses (RPN) and led to transfers of duties to RPNs of functions once considered solely within the RN practice. This change has not affected patient care but has reduced costs, as salaries for RPNs are lower than RNs. Dr. Rodger expanded her work to include other health care professions to ensure that patient care was handled by those health professionals who could perform that work effectively and efficiently, again at lower cost. Nurses remain the backbone of patient care as they are present 24/7 with patients and now assume more duties that fall within the full scope of nursing care practice that is always evolving and expanding due to new

technologies. Nurse-patient ratios have not changed since the budget cuts: 1 nurse per 4 patients on days, and 1 nurse for 6 patients on nights. However, TOH has to cut some positions and focus their activities towards achieving its core mandate, providing specialized in-

patient health care to Eastern Ontario residents. It also means that any services provided by TOH that can be done in other clinics or community hospitals will be cut should TOH find that it cannot provide its inpatient services and still stay within budget.

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## The Ottawa Hospital cancer program transformation

by Helen McGurrian

In January 2010, The Ottawa Hospital (TOH) Cancer Centre contacted 15,000 recent patients and family members seeking input on how to improve the cancer experience of patients (and family members) and asked for volunteers to take part in its Cancer Program Transformation Project, that would include patients, family members and TOH Cancer Centre physicians and staff. Over 1,000 replies were received and hundreds volunteered. Ultimately 36 were selected.

The Project began in March 2011. Two groups were formed to combine the direct experience of patients and family members, and with physicians, nurses and staff providing a balanced and detailed view of the operational abilities of the Cancer Program. Physicians and staff held two half-day meetings, while patients and family members met for four all-day sessions, the last one being a joint session with physicians and staff to finalize recommendations. Both groups had identified Strengths and Weaknesses in the four stages of cancer care; Screening and Prevention; Assessment and Di-

agnosis; Management and Treatment; and Support and Follow-up, and agreed on common themes or gaps, some occurring in the 4 cancer care stages. These included Communications; and Addressing Financial Issues. Communications gaps ranged from prevention information, introduction to the Cancer Centre (where to go, where to park, lack of links with family physicians, community resources, support groups, and palliative care). Financial issues impact families who cannot afford drugs not covered by OHIP; time off for work because appointments are not coordinated. It was recommended that telehealth conference check-ups be established so patients do not have to drive into Ottawa. There were in all 108 recommendations and each was ranked on two continuums: Easy to Hard, Convinced to Unconvinced, with Next Steps identified. If a recommendation could not be implemented, a rationale was provided, for example, insufficient specialist resources.

### Next Steps

A Patient and Family Advisory Council has been established that meets quarterly; members take

part in Cancer Centre Committees to provide patient and family input. Gwen Barton, the Patient Experience Manager, is the link between the Cancer Program and the Patient and Family Advisory Council. A pamphlet entitled "Your First Visit to The Ottawa Hospital Cancer Centre" helps first-time patients navigate the system. A Radiology Committee looking at Diagnostic Imaging has a Council member on it. The Council provides input from the patient and family member perspective. If you wish to make suggestions to improve the patient-family experience, you can reach Gwen at 613-737-7700 extension 73633

Special thanks to Paula Doering, Vice President of TOHCP and Gwen Barton, for their assistance. A special Thank you to the patients and family members who worked on this project and who volunteer on the Patient and Family Advisory Council. You are making a difference.

You can contact me at [hbmcurrian@rogers.com](mailto:hbmcurrian@rogers.com) or at 613-521-0241.

Continued from page 2

This year there was also a raffle for snow clearing services from KLPS, gift certificates from the Elmvale Home Hardware and activity passess from the City of Ot-



Calvin, Josh, Caelan, and Merrick  
Photo credit: Bill Fairbairn

tawa. Thank you to these groups for their generous donations.

The Parks, Recreation and Environment Committee supported the event with hot chocolate and marshmallows, hot apple cider, and small snacks. The Committee consists of Co-chairs Kim Fisher and Cheryl Khoury, plus Chris Mark, Janina Nickus, Louis Comerton, Carole Moulton and Paul Purritt. If anyone enjoyed their time and would like to help out next year, volunteers are always greatly appreciated! Get in touch via the Community Association's website, [riverviewpark.ca](http://riverviewpark.ca)

## The Ottawa Hospital Community Advisory Committee The quality improvement plan

by Helen McGurrian

Hospitals are required to provide the Ministry of Health with an annual report on how they are meeting set provincial standards on Emergency Wait Times, Readmission Rates, C Difficile Rates and other identified areas. The Quality Plan must show results of the past year and goals for coming year. TOH has had difficulty in meeting the standard on Wait Times for Emergency Department admissions. There has been some improvement over last's year rates since TOH set aside an Operation Room and extended the hours of operation so emergency surgeries can be done more quickly without having to cancel elective surgeries

scheduled for the next day.

However TOH's C-Difficile Rates are still higher than the provincial standard. Special measures have been taken to reduce the spread of this resistant bug but it is a constant struggle. If you are visiting someone in the hospital with C-Difficile, please wash your hands with the disinfectant made available at the doorway and please remind everyone coming into the room to do the same, even if it is a doctor. Follow the directions written by the door of the room, and if in doubt about what protective measures you should take, please speak to a staff member. WASH YOUR HANDS again on leaving the hospital.

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4:30 – 11:00

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### Program of Events

4:30 PM Come early and mingle  
Display of OBE memorabilia  
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Silent auction  
50/50 tickets

6:15 PM Buffet dinner

8:00 PM Entertainment  
Fun with an OBE theme  
Silent Auction (donations welcome)

10:00 – 11:00 PM Social interaction time

Tickets \$42.00 each. On sale starting April 1, 2013

# 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 has provided comments into the City's 2013 Official Plan process and emphasizing the need for more sustainable transportation and an improved planning process, and along with several other groups, seeking the removal of the Alta Vista Transportation Corridor (AVTC) from the Transportation Master Plan. 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 repre-

sentatives 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.

### Official Plan Submission

In its January 2013 submission to the City on the Official Plan, the RPCA voiced its support for the overall principles contained in the *Building A Liveable Ottawa 2031* proposal, 1. The RPCA also pointed to how the planned AVTC roadway does not mesh with many of these planning principles, including Affordability, Safe and Efficient Transportation Infrastructure, Sustainable Transportation, Active Transportation, Transit-oriented Development, and Urban Design and Compatibility. A full copy of the RPCA submission is contained elsewhere in this issue and on the RPCA Website. The RPCA will continue to participate in the Official Plan development process to the extent possible and welcomes input from local residents.

### Industrial Avenue Traffic Issues - new Intersection and Access to Pioneer Gas

Concerns have been raised about the implications of the new signalized traffic intersection and traffic island on Industrial at the entrance to Farm Boy, and LCBO. This new traffic island has greatly reduced the ability of eastbound customers to safely enter and exit the gas station. The RPCA and others have suggested to Councillor Hume and Trainyards President Marty Ko-

shman that a safe resolution to address this problem (and reduce the risk of vehicular collisions and injuries) would be to construct a short link between the eastern edge of the Gas Station and the new access road that would allow Pioneer customers to safely turn east on Industrial at a signalized intersection. However, Koshman has reiterated that the suggested changes were not feasible.

The RPCA only recently learned that last June there had been a notice on the city website inviting comments on the proposed intersection, as it had not been advised of the opportunity to comment on this particular project. Pioneer officials have indicated to the RPCA that they have similar concerns and said they had not been properly consulted about the new traffic arrangement either, adding that the gas station is losing business as a result of the new traffic configuration. A petition at the gas station asking for safer access has already garnered over 1000 signatures.

### Trainyards Developments and New Retail

The LCBO and Farmboy on the Trainyards site area (east of Pioneer

Gas Station) have now opened. 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.

**Continued on next page**

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 34*

## SUDOKU

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



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# Planning and Development Update (continued)

## From previous page

### 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. Councillor 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 still 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. An announcement on possible locations for the casino is expected in the Spring.

### 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. Kim Hiscott from AFCCS has informed the RPCA that the report on the proposed building – originally slated to go to the OCDSB in Fall 2012 – never went forward and that the AFCCS project is on hold indefinitely.

### 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 were expected to be ready for new residents to move in by early Spring. 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.

### Maplewood Seniors residence at (340 Industrial at Neighbourhood Way)

Construction activity continues on the 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 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.

### 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.

### City Consultations

The RPCA was represented at the City's March 23, 2013 Greenhouse Gas Roundtable. No RPCA representatives were able to take part in the only public meeting being held inside the Greenbelt to discuss the City's approach to public engagement. However, the City plans to seek residents' comments on the public engagement strategy from March 25 to April 19 through a series of public meetings and an online survey: [ottawa.ca/en/city-hall/public-consultations/public-engagement/public-engagement-strategy-and-consultations](http://ottawa.ca/en/city-hall/public-consultations/public-engagement/public-engagement-strategy-and-consultations)

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](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](mailto:al2kris@yahoo.ca). For more information on this and other activities in Riverview Park, please see the RPCA website at [www.RiverviewPark.ca](http://www.RiverviewPark.ca). The contact email for RPCA is [info@riverviewpark.ca](mailto:info@riverviewpark.ca)

## Continued from page 10

- If the park is well lit, parents will be able to see into the park from their homes across the street to check on their children.
- For kids already playing in the park at sunset, they won't find themselves suddenly in the dark.
- It would provide a common area for neighbourhood kids and community members to meet and start activities.
- Pedestrians walking on the sidewalk toward Coronation and its bus stops would have visibility into the park making them feel safer.

As you can see, there are several excellent reasons for Coronation Park to gain lights on timers in the revamping of the park this year. We are very excited to see the improvements!

## Neighbourhood Watch

by John Neale

**N**eighbourhood 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:** In the last two months there have been 10 thefts from vehicles, 6 B&E's, and 3 thefts in the Riverview Park neighbourhood. In one case, on Chomley, the theft from a vehicle was an airbag. According to our Community Policing Officer, the most commonly targeted make (for stealing airbags) is the Nissan.

Since "Theft from Vehicle" seems to be the most frequent type of crime in our Watches, NW Captains have been busy distributing "ALL VALUABLES REMOVED" placards to Members. These placards can be displayed on your car dashboard to deter criminals from breaking into your vehicle.

Teenagers should be aware of

the increase in swarming. Gangs of up to ten or twelve youths will confront young people and demand smartphones and articles of clothing. Swarming crimes are most likely to occur at transit stations according to a recent article in the Ottawa Sun and appear to be on the rise compared to last year.

Seniors should be particularly aware of phone scams. The granny scam is still active and some members of our Watches have been duped. This is when someone calls pretending to be (or be representing) your nephew or niece or grandchild who is in trouble and needs money quickly! There is also the phone call from the so-called "Microsoft" technician who claims to have detected a virus on your computer... generally, they want your credit card number so they can bill you for some anti-virus software!

Several members have inquired about the legitimacy of recent door-to-door salespeople in our neighbourhood. One is Greenlife Water Filtration Systems, and another is Canadian Security Professionals (alarm systems). Both are

legitimate businesses, but sales people are sometimes aggressive. Call police if they refuse to leave.

In general, please keep your eyes open and call police if anyone suspicious is seen. If it is a crime in progress or other emergency then call 911. If it's not an emergency, then call (613) 230-6211.

The new policy of self-reporting of minor vehicle accidents will get underway in June with three collision centres at 474 Elgin (Centretown), 211 Huntmar (Kanata), and 3343 St Joseph Boulevard (Orleans). These centres will be for self-reporting of collisions when the vehicles are still driveable or towable and there are no injuries. Also, there should be no apparent criminality (e.g., speeding, impaired driving, etc.). Both parties need to be in agreement about using a collision centre to report the accident and both are expected to follow-up within 24 hours. Take down the license plate number of the other vehicle. Then, if the other driver neglects to follow-up, the police can track down the owner of the other vehicle. More information is available at <http://www.ottawapolice.ca/en/ServingOttawa/CRC.aspx>.

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

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](mailto:JL.Neale@yahoo.ca) for Riverview Park west of Station Blvd and Tim Mark is at [TimMark@rogers.com](mailto:TimMark@rogers.com) for Riverview Park east of Station Blvd, Rheaume Laplante is at [RheaumeLaplante@hotmail.com](mailto:RheaumeLaplante@hotmail.com) if you live on Abbey, Caledon, Dale, or Balfour and Nicole Dorion can be reached at [stationboulevardnw@yahoo.ca](mailto:stationboulevardnw@yahoo.ca) if you live on Station Blvd or in Blair Court. If you live in an area that has no active Neighbourhood 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](http://www.ottawapolice.ca/neighbourhoodwatch)

For up-to-date information on Community Policing in Ottawa, please refer to: <http://cpc.ottawapolice.ca/main.cfm>

### Continued from page 14

"We catered mostly to the TV repair shops and service. Today few TV repair shops exist, and by diversifying we were able to keep going. It was still that kind of store when I bought it from my brother-in-law 25 years ago, but now it is a business that looks after the needs of customers who require electronic parts and accessories only."

Today's *Gervais Electronics* is also a business that serves people, not from just Ottawa and the surrounding area, but others from across the country, coast to coast. It is a one-of-a-kind store that looks after not only retailers, but contractors, government departments, industry, school boards, professionals, hobbyists, elevator companies, DIY repair people

**A special Thank You  
to all the volunteers  
who helped with both  
Balena and Dale Rinks  
over this past winter  
skating season.  
Well done everyone!!**

looking after their own cars and boats, and everyone else who requires electronic parts and needs them 'right now'.

Being a one-of-a-kind store requires an exceptional amount of inventory. Twenty-five thousand skus or stock-keeping units are listed in the computer, with each sku having various numbers of items depending on the need. The sku for megaphones may list just 3, while 8 thousand screws were ordered just recently to add to the sku amounts for those particular items.

"It all depends on how much you sell per item," Andre Cousineau commented during a discussion about the amazing stock in the Industrial Avenue store.

When asked how inventory was kept track of 25 years ago when he first owned the store, Mr. Cousineau described how every item was counted by hand on weekends. Now of course everything is computerized, with spot checks of certain items completed every once in a while to see whether what is on the shelves actually matches the numbers in the computer.

Different sections make up the *Gervais Electronics* store. There are areas for switches, cables for sat-

ellites plus cablevision wire, batteries, soldering irons, hand tools, small solar chargers, power supplies, toy kits and small robots, cleaners and lubricants, tool kits, and the list goes on. And yes, there are also seasonal requests by Gervais customers. In the winter many people finish their basements, completing home theatres or T.V. rooms, while in the summer, customers may be concerned, among other things, in sprucing up their boats and require the parts needed for the job.

When asked of the qualities required for working in such a specialized store, Mr. Cousineau, who has been part of *Gervais Electronics* for almost fifty years: twenty-five as staff and the other twenty-five as owner, quickly points out that self-motivation is extremely important, as is of course the need to know electronics. It is necessary as well to not only be able to mingle and talk with the public, but also explain something to the customer in 'layman's terms'.

"The staff of five probably has 120 years of experience combined in the electronics business," Mr. Cousineau figured out just a few days before the interview. A very keen secondary school co-op student frequently joins the extreme-

ly knowledgeable men who work in the store, and reminds the owner of himself when he started out in the business at just seventeen. Moreover, on the day of the interview just a few weeks ago when one of Ottawa's biggest snowfalls was occurring all over the area, inside *Gervais Electronics* all five men were keeping very busy as customers kept arriving and phoning, to not only purchase products, but have their questions answered.

Electronics devices and systems are around us everywhere. From the time we get up in the morning until we go to bed, at home, work and in the car, we interact with a multitude of devices containing electronics. The people with knowledge and skills in electronics technology and who work in the broad field of electronics have come to realize over the many years that *Gervais Electronics* has been in business that there is a store that will serve them well.

*Gervais Electronics* is one of the most important kinds of specialty stores that can be in a city today. Well done to the team of Unit 716 Industrial Avenue that has directly or indirectly helped keep our own electronics functioning over the years.

## David Chernushenko Councillor Capital Ward

### Is Ottawa doing enough to protect our rivers?

Ottawa's history and identity are closely associated with the Ottawa River and the Rideau River — the latter an important feature of Riverview Park. If these waterways are a source of pride for our city, then their pollution with *E. coli* bacteria and other contaminants should be a source of embarrassment.

The City of Ottawa has put much effort into cleaning up local waterways over the past few decades. Unlike 50 years ago, most of our sanitary waste is now treated before it's pumped into the Ottawa River. The health of the river in this area was rated "Good" in 2006, at least by the standards of the Canadian Council of Ministers of the Environment.

But "Good" isn't really good enough, not when sewage spills measured in millions of litres continue to close beaches, pollute the local shoreline and contaminate aquatic habitats.

In 2009, the City began developing the Ottawa River Action Plan (ORAP), a long-term strategy plus a set of 17 shorter-term projects to comply with environmental regulations and improve the health of Ottawa's water environment. Not surprisingly, our sewers are the main focus.

Ottawa has three types of sewer systems: Wastewater sewers transport domestic and industrial waste through a network of pipes and pumping stations to a treatment centre, where it's treated before

being discharged into the Ottawa River. Stormwater sewers carry rainfall and other surface runoff, including debris and various contaminants, directly to the nearest creek, stream or river.

The third type, common in older parts of the city, are combined sewers that collect rainwater runoff, domestic sewage and industrial wastewater in the same pipe and, in theory, transport it to the treatment plant. Unfortunately, heavy rainfall or snowmelt — not uncommon in Ottawa — can overwhelm the system's capacity, and the excess gets diverted straight to the river. Two of these CSO sites, Clegg and Springhurst, dump untreated sewage into the Rideau across from Riverview Park.

In addition to stormwater, these combined sewer overflows, or CSOs, contain untreated human sewage, toxic materials and debris. ORAP attempts to remedy this with remote monitors and controls to activate overflow equipment, storage tanks to hold excess wastewater, devices to remove floating material before it reaches the river, improved inspections and maintenance, and replacing some combined sewers with separate systems.

Such infrastructure upgrades and increased monitoring cost a lot of money. ORAP's initial budget of \$252 million for 2009-2014 has ballooned to \$355 million, in part because of the need to dig two enormous sewage tunnels downtown.

The good news is that we're al-

ready seeing results: The City says CSOs into the Ottawa River are down by almost 70 percent. The bad news is we're still discharging millions of litres of untreated sewage into the rivers, and ORAP is based on outdated assumptions about the frequency and severity of big storms.

Ideally, ORAP would be far more ambitious. Instead building holding tanks to contain CSOs, we could separate all our sewers. We could do more to decrease pollution from uncontrolled stormwater runoff, and we could adopt more environmentally friendly treatment technologies. Finally, instead of treating water health as a localized issue, we could address pollution at its source and throughout the watershed.

ORAP is not perfect, but doing more to clean up our waterways would also cost more, at least in direct financial support. Ironically, doing less would also cost more, in terms of long-term economic, social and health costs.

The City's and media's focus on summertime beach closures and *E. coli* levels might suggest that swimming is the most important reason to protect the Ottawa River from pollution. But the benefits of healthy water environments — and the harm caused by contaminated ones — extend much further.

Yes, it's nice to be able to swim, canoe and kayak in our rivers without worrying about bacteria levels. But it's also nice to stroll along the shores without seeing debris, oil



slicks or filthy scum. It's nice to go fishing, or to simply enjoy the wildlife and plants that thrive in a healthy river habitat.

Overwhelming public support for the plan to reconnect a stagnant pond in Brewer Park to the Rideau River — to re-establish wetland habitat for fish, birds and other aquatic life — suggests Ottawa residents understand the value of natural areas within urban centres. Access to nature is not only desirable but essential to our health and happiness.

I look forward to the City being able to further reduce CSOs in the Ottawa River. But I would also like to see more concrete measures to protect existing natural areas from development, and to restore areas that were once part of a healthy water environment.

**Councillor**  
**David Chernushenko**  
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[www.capitalward.ca](http://www.capitalward.ca)

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young princess mesmerised to find herself in the company of British royalty.

Coorg, where my wife and I enjoyed the colonial comforts of a stay in a comfortable bungalow on a coffee plantation with air conditioning and television, lies near to Mysore where Tipu Sultan, aided by French soldiers, fought four wars against the British before he was finally killed in a skirmish that saw the British East India Company take control of his kingdom as was the case in another Indian holdout, the Punjab.

Thus we have the heirs, Veerara-jendra and a Princess Gowramma proclaimed Victoria's goddaughter, having lost their kingdom be-

ing hailed by British liberals up to Queen Victoria, but looked on as dangerous by the British East India Company that sought to hold all of India.

Governor General Lord Dalhousie penned his thoughts in a letter written in India: "I have been greatly disgusted with the notoriety they have given the Raja of Coorg in England, though I had carefully provided against it here and had warned them on the subject."

The truth was that the Raja had said his visit to England was to have his daughter baptised in the Christian faith and educated in England but he hid his intention to take the British East India Company to court to retrieve his fortune. The

lengthy legal battle was heard but the Raja lost and died in England.

Duleep Singh was posing for his portrait in England when Queen Victoria, in a hushed voice, asked a friend: "Has the maharaja ever asked you about the Ko-i-noor. Does he regret having lost possession of it?" She was referring to the famed diamond widely described as the jewel in the crown.

When shown the diamond, Duleep Singh viewed it reverentially for a long time then placed it in Queen Victoria's hands and said: "It is to me, Ma'am, the greatest of pleasure thus to have the opportunity as a loyal subject of myself tending to my sovereign the Koh-i-noor."<sup>1</sup>

Belliappa, in his book writes:

"The queen was relieved and her feeling of guilt lifted a little."

The power and glory of Britain's imperialism left Indian royals saddened beyond their betrayal.

Duleep Singh died alone in a hotel room in Paris on October 22, 1893, at the age of 55, renouncing Christianity and reverting to the religion of his birth. His hatred of the British India Office was such that he planned an outlandish proposal with the Russians to liberate India from the clutches of the British.

Power and glory wrought an empire on which the sun never set epitomised in a diamond regarded by the British as part of war reparation.

*Available on Amazon Kindle*

# Dale Park winter carnival

by Michelle McLellan

It did not rain, or snow and the wind cooperated as well. On Saturday Feb 23rd some of the neighbours enjoyed an afternoon of fun at our hidden gem of a rink. I am referring to the Dale park rink. Kudos to the ice maker, Bruce Aho, who has worked very hard all season to keep the rink conditions in tack. The rink is kept busy with people coming after work and children going out in the evening after supper and all weekend long. But on this particular Saturday about 40 or so neighbours got together with their kids and grandchildren and participated in a skating party. It was from 11:30 to 3:30 and we served hot dogs, veggies and dips, chips, hot chocolate, cold drinks and homemade

desserts that included taffy on the snow. The hockey game went on for hours and anyone could play. Some watched from the sidelines



Liam having taffy and Declan having a hot dog



Amare getting taffy on the snow. Carlie's taffy helped remove a very loose tooth.



Noah having taffy



From left to right: Liam, Marc, Amare and Jacob



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# Dale Park winter carnival continued from previous page

and some stood right in the middle of the game, while others used shovels to continuously scrape the ice (we are thinking of asking the city for a Zamboni next year). The players ranged in ages from almost 4 to the late 40's and the game was

something to see. At one point one team had two 5yr old goalies working the net together with a shovel. It was so nice to see a community come together and enjoy such

a pleasant afternoon on ice. A big thank you from all of us goes out to Jennifer Sawyers for organizing this event.



Nora, who is 3 1/2, stood in the middle of the game without fear



Rhyse and Nora sometimes watched from the sidelines



All ages played together in harmony



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# Christie Lake- Chance to Dance!

by Catina Noble

Many kids find a variety of activities to participate in school. Nineteen kids who participate in the Christie Lake Star Program decided to spend their time practicing once a week from September 2012, until

March 2nd. All for the opportunity to participate in this year's "Chance to Dance Gala" (Chance to Dance Foundation: <http://www.thechance2dance.com>). The Gala took place on March 2nd at the Centrepointe Theatre. The kids had a wonderful coach named Jill



Senior Group with their Coach Jill



Four girls from the Junior Group: Hanan, Julia, Erin and Muna

who encouraged the kids to do their best. Jill has been in competitive dance and now coaches. There were two groups, the junior and senior group, who participated in the Gala.

In the senior group:

Annick M.  
Faduma E.  
Jessica P.  
Nikita C.

Samantha N.  
Shania C.  
Tenesha C.

In the junior group:

Aisha E.  
Bailey K.  
Batol S.  
Danisha F.  
Erin R.  
Fatima S.

Gilda F.  
Hanan F.  
Julia P.  
Kimly F.  
Mason R.  
Mckenzy D.

Everyone did a great job. A special mention to Mason R. who was the only male participant, good job buddy! Thanks to Jill for your encouragement and passion.



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# Riverview Park residents honored with Diamond Jubilee Medals

by Orrin Clayton and Brian McGurrin

We are very proud of two Riverview Park residents, Helen McGurrin and Carole Moulton.

presentations to them as well as to another 31 Ottawa South area residents.

The medal, pinned on each recipient, has a crowned effigy of the Queen on the front side. On the

blue ribbon. The medal may be worn only on Canada Day and on Remembrance Day.

(medal picture insert)

Before each presentation a short resume was read by Mr. Mc-

from education, sports, health, senior assistance, war veterans, community newspaper editors, ethnic organizations, fund raising and youth camps.

Helen and Carole were noted



Carole Moulton posing with MP David McGuinty after receiving the Diamond Jubilee Medal  
Photo credit: Eric Jasksch



Helen McGurrin posing with MP David McGuinty after receiving the Diamond Jubilee Medal  
Photo credit: Eric Jasksch

They were honored recipients of the Queen's Diamond Jubilee Medal at a ceremony February 16 at the RA Centre. The Honorable David McGuinty, MP made the

reverse the royal cypher superimposed on a diamond shield which lies on four maple leaves. The dates 1952 and 2012 are imprinted. The medal hangs on red/white and

McGuinty describing the outstanding volunteer contributions made by each recipient. He related that the honorees have volunteered thousands of hours in activities ranging

for their volunteer contribution to Riverview Park Community Association and organizations in Ot-

**Continued on page 48**



## David McGuinty

Member of Parliament / Député

Ottawa South / d'Ottawa-Sud

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- les prêt aux étudiants / les questions sur l'impôt

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



**David McGuinty, M.P. / Député**

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# Revisiting the time of the Occupation in the Channel Islands

by Marilyn Minnes, photo credit: Wilf Ward

Story on page 46



Fortress Jersey: part of the concrete Atlantic wall



Commonwealth Headstone (Canadian) with memorial marker (Jersey)



Liberation Square



Occupation Tapestry



Guernsey's Little Chapel



# Season's Openings

**Brewer Park**  
Sundays, May 5-Nov 17  
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**Orléans Market**  
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[ottawafarmersmarket.ca](http://ottawafarmersmarket.ca)

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# More aviation history stories

by Colin Hines

Since last writing about my efforts to record the contributions of individuals who have worked for aviation firms in Canada I have received responses from several sources and I have been encouraged to extend the scope of my research to capture recollections from Canadian aviators and others during the Second World War and later to the Canadian aircraft industry. So far the people I have spoken with remain in good health and their recollections are amazingly clear. In addition to 97 years old Sydney Baker, whom I wrote about previously I have now received assistance from several others including:

- William (Bill) Johnston and his wife Isabel, both of whom served in the RCAF during WWII, Bill later worked in the Canadian aircraft industry and later still in government working primarily on aircraft and defence procurement;
- Mel Taylor from Carleton Place who worked for Canadian Airways in 1940 before enlisting with the RCAF;
- Bodhan Ejbich, a Polish Air Force pilot who escaped from Poland following the outbreak of war first in France then

later in Britain, contributing to Battle of Britain efforts with the RAF.

- Paddy Gardiner a long time member of the Canadian Aviation Historical Society (CAHS).

All these individuals have fascinating stories to tell. So far I have records of preliminary discussions with Bill Johnston as well as a Skype interview with Bohdan Ejbich who lives in Toronto. By the time this article is printed I expect to have met with Mel Taylor in Carleton Place and had follow-up discussions with others.

Bill Johnston was a Bomber Command navigator from December, 1941 and flew on many Halifax bomber missions before being repatriated to Canada in November, 1944. Back in Canada he served as assistant to the adjutant of No. 12 Aero Inspection Unit. After the war Bill completed his university studies obtaining a degree and started a career in aviation working for several organizations, notably at Orenda where he worked on the Avro Arrow program. Bill has recollections of "Black Friday" the day when cancellation of the Arrow was announced.

Bill later worked on aviation and defence procurement projects for the Government of Canada. He tells interesting anecdotes about government aviation and defence

procurement initiatives including the F-5 fighter, the Long Range Patrol Aircraft (LRPA) and others. Some of Bill's recollections likely do not match those in official records. Apparently such controversies as those surrounding government plans to procure the F-35 strike fighter for the RCAF are nothing new and are only the latest in a long line dating back to the early 1950s and probably earlier.

Bohdan Ejbich tells of his experiences in Poland leading to the outbreak of war and about his escape to France, then later to Britain. His adventures are similar to those of many Polish airmen who eventually escaped to Britain where they served as members of Polish Air Force squadrons within the RAF. Bohdan received pilot training in Blackpool, England and piloted Wellington bombers in Coastal Command. The contributions of the Polish squadrons during the Battle of Britain and beyond are not always recognized. Without their contribution the outcome of the British and allied war efforts could well have been different.

The story of the British government's reluctance to recognize the contributions of Polish Air Force pilots and flying crews engenders strong feelings for Bohdan as it does in the memory of other surviving members of the RAF Polish

squadrons. The issue dates back to agreements made between, Churchill, Roosevelt and Stalin at Yalta toward the end of the Second World War where it was agreed that Russia would occupy Poland. Apparently the British government was persuaded that honoring the Polish contribution to Victory in Europe might be seen as offensive to Stalin and further increase then emerging east/west tensions. Although a monument commemorating the efforts of Polish airmen was eventually erected in London, their true contribution remains to be recognized and decision made at the time have never been commented on publicly.

Paddy Gardiner worked in aviation-related industries in the Ottawa area including CDC on Arrow-related tooling; Spartan Air Services drafting and design; and similar work for Personal Plane Services, Laurentian Air Services, Survaire and one or two others before finally ending his working days at Boeing Canada in Arncliffe. Paddy helped form the CAHS Ottawa Chapter along with Hugh Halliday and Geoff Rowe in the 1960s. He now lives in Kuujuaq in arctic Québec some 1600 km due north of Montréal on Ungava Bay in Nunavik.

## Continued from page 15

sion for Human Rights as a child's right. By allowing children to do something that comes naturally to them – playing with things like sand, water, and blocks, children learn how to problem solve, how to interact with friends, how to express themselves creatively, and how to understand their complex world. Everything that children need to learn comes *through* their play. It stretches them physically, mentally, and socially. Quite literally, play changes the size and shape of their brain.

There is a widespread assumption that the earlier children begin to master letter recognition, phonics, and reading, the more likely they are to succeed in school. In truth, a child's capacity to learn is determined by *the brain's wiring* that begins to develop *even before they enter school*. When children are given opportunities in the early years to explore their senses, when they are allowed to role-play for long periods of time, when they

are afforded the chance to question, create, and invent, their brains become ripe for success in school. Attention, memory, processing speed, critical thinking, self-control, empathy ...all of these are strongest in children who have had opportunities for high quality, self-initiated play.

So what exactly is "quality play"? Is building a snow fort better than pretending to be a super-hero? Will playing a video game help a child develop as well as playing a board game? The answer is both simple and complex. Just as your body wouldn't have the right balance of nutrients if you ate the same thing everyday for breakfast, lunch, and dinner, so too, children's brains don't develop optimally when their experiences are limited to one or two kinds of play. To ensure a healthy "play diet", children need experiences that involve movement, language, science, music, problem-solving, social interactions, art, imagination, and most importantly, ...choice. And just as the food we give to our children and the way we prepare it is influenced

by their age, so too, play must be age appropriate. A two year old and a five year old can both eat grapes, but we cut the grapes in bite-sized pieces for the toddler. So the best play we can "give" our children is open-ended, rich in possibility, experiential, and built upon their interests and capacities.

Young children work hard at play. When they are given the chance to play in ways that are unstructured and exploratory, they not only stay engaged for hours, they become participants in the process of **self-education** and **self-regulation**. Children will create play materials from whatever is available and certainly do not require expensive, commercial toys in order to play and learn. They are very happy to explore simple play materials like cardboard boxes, dress-up clothes, fabric, and loose parts like hoses and funnels that are as good for science experiments as they are for dramatic play. In truth, when children receive either insufficient *time* for play or an excess of prescriptive materials and structured activities,

their ability to become creative thinkers becomes stunted.

As adults we often feel the need to direct our children, but why not try following them for a change. Take some time to *watch* your child – not to supervise, not while doing another chore – but in a focused, attentive sort of way. What does your child look at? talk about? ask about? What do they do when they are outside? inside? with others? Children have so much to teach us about their needs and interests if we will only take the time to pay attention. Once you notice what feeds your child's internal drive to learn, take the relationship one step further, ...join in. Act out a story together. Collect rocks in the park. Figure out how to build a "canal" in your backyard. Make some musical instruments and play along to a favourite song. By being a partner in your child's play, you will be fuelling the engine of curiosity, and nurturing their innate motivation to learn. Children's learning happens through play...and surprisingly enough, play stretches the *adult* brain too.

# Get W.I.T.H. It! Program- Family and Friends



Lindsay Flinn- Co-ordinator of the program and Ben Clare  
*Photo credit: Pam*



Caroline, Becky, and Kiera (Get W.I.T.H. It support team)  
*Photo credit: Carole Moul*



Sharon at sign-in  
*Photo credit: Carole Moul*



Friends Dot and Helen  
*Photo credit: Carole Moul*



Jim of Vistas and Carole of the Riverview Park Review  
*Photo credit: Becky Hailstone*



John and Shirley  
*Photo credit: Carole Moul*



Joanne, Jacob and Theresa (Mother, son, and grandmother)  
*Photo credit: Carole Moul*



Jessie and Tony  
*Photo credit: Carole Moul*



Gerri and Jim  
*Photo credit: Carole Moul*



Sisters Laura and Hoda  
*Photo credit: Carole Moul*



Sheila  
*Photo credit: Carole Moul*



Emilia  
*Photo credit: Carole Moul*



Karen and Françoise  
*Photo credit: Carole Moul*

## Keep This In Mind for Your Green Home Renovation Projects

by Thomas Conway, Ph.D.

In *Green Refurbishment of Older Homes* ([www.conwayfunghomes.com](http://www.conwayfunghomes.com), 13 September 2012) Conway Fung Homes noted that there are now many options for undertaking the “greening” of your home renovation projects. Also, in *New Research on The Price Differential of Green Homes in the Real Estate Market* (28 July 2013) we noted that home price premiums for going green are most supportable, at least so far, around tangible items that can be seen and touched by prospective buyers. There is some good news associated with these points in recent developments.

The U.S. Green Building Council (USGBC), in conjunction with

The Home Depot, has launched an online green home products database. The [database.lead.bomedepot.com](http://database.lead.bomedepot.com) is a special microsite within The Home Depot’s website that features products geared toward green home building, making it easier for homeowners and builders to find the products they need.

Currently, more than 2,500 products sold at The Home Depot are listed on the website. The green housing market is growing rapidly, having tripled since 2008. Green homes, which comprised 17 per cent of new residential construction last year, are expected to increase by 29 per cent to 38% per cent of the market by 2016, according to a report for the United

States by McGraw-Hill Construction, a part of The McGraw-Hill Companies. Similar patterns can be seen emerging in Canada.

The McGraw-Hill report indicated that two key factors are driving the green home growth: 1) the fact that green homes are seen as having higher quality; and, 2) that green homes save consumers money. “In the current residential market, there is an enormous need to differentiate your homes for consumers,” says Harvey Bernstein, Vice President of Industry Insights and Alliances at McGraw-Hill Construction. “When builders are able to offer homes that not only are green, but also offer the combination of higher quality

and better value, they have a major competitive edge over those building traditional homes.” To further explore this point on differentiating “green” homes in the market, see *Environmental Quality Differentiation in the Real Estate Development Market* ([www.conwayfunghomes.com](http://www.conwayfunghomes.com), 22 February 2013).

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## Trinity Church on Avalon Place celebrates forty five years in 2013

by Pastor Franklin Chouinard

Trinity Church’s goal is to be *part of* not just *in* the community. We open our doors every Sunday morning for worship at 11:00 a.m.. We gather to sing, pray and learn about God with others searching for spiritual renewal. These gatherings help us to become a *community of hope*, finding our way to Jesus.

We are more than a “Sunday” church. Our mandate is to help the congregation build a relation-

ship with God and others. Other opportunities through the week are *The Friendship Club* on Friday evenings for 5 to 12 years old to meet for fun, games and Bible stories. A youth program has restarted on Friday nights with activities for teens and many adults meet on Wednesday evenings.

The Alta Vista Cooperative Nursery School is one of our non-church activities. A FreeShare Centre is open the first Saturday of each month when donated used

items are passed on. Pastor Frank goes to Tim’s on Dorion on the third Thursday of each month to meet with the people of the community. We provided land for a community garden in 2011. Trinity “went to the dogs” on a Friday evening in 2012 for pet play on the church grounds. Everyone is invited June 14 for this year’s event.

Visit us at: *W. Pastor Frank’s weekly newsletter – Monday Musings – can be found under the “unblog” heading among other news items.*



Trinity Church of the Nazarene at 480 Avalon.  
Photo Credit: François Allard

### Continued from page 13

Writer Hilton Brown in 1922 described Coorg as “a veritable fairyland, a true necklace of pearls lying on the fair bosom of the Cauvery River.” We wholeheartedly agree.

Another treat was in store on the way home at the Royal Orchid Hotel, near Mysore, where, near the Cauvery River and overlooking Brindavan Gardens, Indian royalty once lived. We enjoyed a sandwich at the Garden Cafe, a beer at the Elephant Bar and dined from a multi-cuisine menu with live cooking stations.

Back in Bangalore, shopping on MG (Mahatma Gandhi) Road, gave us the chance to wonder if cities or villages were at the soul of India.

Bill quoted Mahatma Gandhi saying that India dwells in its villages. Scattered around the country are at least half a million villages with fewer than 5,000 people, according to The Census of India. Farmers follow time-tested as well as innovative methods of grow-

ing coffee, tea, wheat, rice, lentils, fruits and much more to accomplish the task of feeding themselves and the nation, as well as exporting abroad.

Janina disagreed with Bill on lasting rural ascendancy. She contended that in today’s India large



Coffee beans ready for picking at Plantation Trails in Coorg

cities are more prominent. However, the vast country is very much a mix of rural and city lifestyles as noted in a recent article in the

Times of India by Kanti Balpal. He believes that India is “a nation of five Indias” ranging from the most rural frontier that he likens to life as it was 500 years ago to the predominantly agricultural India lifestyle akin to life of about 100 years ago, and finally to the

modern India of people who live in a globalized world and travel freely in and outside the country. Most of the Indians we met were

of the modern type although we witnessed a rudimentary lifestyle in women washing clothes in local rivers and waterways and men collecting coconuts from the trees.

Cosmopolitan Bangalore, according to Prakash Belawadi of the Bangalore Mirror newspaper, is an integrator city seen in the Indian budget as a meeting place of Chennai-Bangalore and Bangalore-Mumbai industrial corridors, with planned high speed rail and expressways confirming Bangalore’s potential role as economic integrator of South India.

We ended our visit to India on a lighter note at the Bangalore Club playing a snooker foursome on the same table legs that Winston Churchill may have played on and after 19 hours in the air arrived home to a cold, snowy Ottawa.

Sorry to mention that the only connection with Canada that we found during our India trip was to learn that Coorg people speak the native language Kanada and some wondered if we did so too.

# Not illegal—but not nice

by Maria CampbellSmith

Its Latin name is *Trillium Grandiflorum*. You might know it better as the large-flowered or great white trillium. It is a forest perennial that grows from a short rhizome (a creeping stem usually horizontal and underground) and produces a whorl of three very pointed, oval green leaves and an odorless, three-petaled pointy white flower. Six golden stamens grow from the flower's centre and both the green leaves and the white flower petals are visibly veined. The flower petals are most commonly snowy white and pinken as the bloom matures, although some great white trilliums can actually open up with light pink petals. Other trillium species can bloom red or purple. Trilliums only flower from April to June, but the dark green leaves of the plant keep growing until Fall.

*Trillium Grandiflorum* grow best in well-drained soil that is neutral to slightly acidic. You find colonies of trilliums on the floors of younger growth, mixed forests of deciduous and coniferous trees throughout eastern North America. For some reason they also grow on Vancouver Island (much to the delight of Ontario retirees who have relocated there). Closer to home, you can spot great white trilliums in the woods behind the hospitals complex and in shady patches of trees in our local Balena, Dale and Coronation parks.

While the great white trillium seems to be a hardy, perennial wildflower, it is actually a delicate and vulnerable plant. Botany enthusiasts, Roberta and Frederick Case, in their 1997 "Trilliums" by Timber Press, explain that *Trillium Grandiflorum* seeds require "double dormancy" or two years to fully germinate. It is also a very slow-growing plant requiring seven years or more to mature and the health and size of those three green leaves is vital for later flower-

ing. Entire "clonal colonies" of the plant can stem from a single rootstock. This common wild flower is both complex and vulnerable.

Naturalists believe that mostly ants and some bees (yellow jackets and harvestmen) are responsible for the pollination and dispersal of the seeds of the trillium. Ants in particular carry seeds to their nesting sites where the genetically viable ones germinate in the soil resulting in new trillium populations. Ants commonly move seeds in ten metre ranges. White-tailed deer which may eat trillium fruits or flower seeds can later spread



Photo credit: Bernard B. ILarde

new plant populations hundreds of metres away. Our Riverview Park community is too close to the urban core to see many deer in the neighbourhood, but we certainly see many, many ants. Left alone, the ants and the trilliums manage quite well.

Regrettably, we don't leave them alone. As there is little commercial nursery growth of trilliums, it is believed by horticulturists like Roberta and Frederick Case that the majority of plants sold are actually harvested from the wild. For such a delicate and slow-growing plant this causes chaos. Harvesting of trilliums along with animal grazing and destruction of habitats by urbanization have resulted

in this vulnerable plant reaching endangered status in parts of Ontario, Quebec, New York state and Maine.

I can hear you saying, "Not in Ontario though. It's our provincial flower, so it is protected by law. It's illegal to pick them." Well, it is and it isn't.

In 1937 the Floral Emblem Act did designate the *Trillium Grandiflorum* as the provincial emblem of Ontario. It is an official symbol of the Government of Ontario and we often see it on flags, publications, ads, even t-shirts. It is also the official state wild flower

to amend the Floral Emblem Act of 1937 with Bill 184. This Bill would prohibit "the picking, cutting...injuring or destruction of the *Trillium Grandiflorum* plant in Ontario" with a \$500.00 fine as penalty. Exceptions would be made for public works requirements or for necessary yard work done on one's own property. The first reading of the Bill was carried on May 27, 2009. It still requires second and third readings and Royal Assent before it becomes law.

Way back in 1803, in his work "Flora Boreali-Americana", Andre Michaux originally detailed the *Trillium Grandiflorum*. This year marks 210 years of scientifically studying and appreciating the plant. As Spring renews Ottawa and the woods and wild flowers rejuvenate, get out there and enjoy them. Study them with your children. Savour them as you hike, but do not pick or damage them. It may not be illegal, but it certainly is not nice.

Trillium Grandiflorum Research Bibliography—M. CampbellSmith

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Timber Press: Portland, Oregon ISBN 0-88192-374-5

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"Illegal to pick a trillium? Not quite." By Rob Ferguson, Queen's Park Bureau

**The Star**.com, May 31, 2009

Legislative Assembly of Ontario website

(MPP section; Bills and Lawmaking; Current Parliament sections)

Wikipedia; [web.encyclopedia \(Trillium Grandiflorum\)](http://web.encyclopedia.org/wiki/Trillium_Grandiflorum)

of Ohio, designated so in 1987. Because of its symbolic role, many people believe that picking the trillium flower is illegal. In actuality, it is illegal to pick them or uproot them in provincial parks or conservation areas. In your own yard or out on a local hike, it is not illegal. But it is not nice. We must remember that in picking that delicate, symbolic flower we damage a very slow-growing, vulnerable plant that takes years to recover from the injury. The pointy white flower quickly dies once separated from its stem and roots and you steal away the seed centre that ants could help germinate.

Back in 2009, Ontario MPP for Peterborough, Jeff Leal, proposed

## Continued from page 9

has a total of 5,373 listings for the surname Moulton but only 836 for Radnor. I have a friend whose family name only occurs 86 times on FreeBMD. The more common your surname the more difficult it is to get the right one.

Of course there will be times when you come up to what is

known as a "brickwall", where you just can not find someone in the records, but who you know exists, but where are they? I was searching some time ago for a family named Diwell. I just couldn't find this family anywhere. Well I found some Dewells but they were not the family I was looking for. However eventually, after much searching I found them. Their surname was misspelled by the census tak-

ers or the transcribers as DUELL. So never give up. If you want to find out more about your family, Don't Delay! Start Today!

I'll be happy to answer questions from those thinking of doing some family research. However I am not in the family research business.

[geoffradnor@rogers.com](mailto:geoffradnor@rogers.com)

A list of genealogy sites are here, some are free some are not, but most refer to American data:

<http://genealogy-databases.genealogytoday.com/>

This is from the BBC in UK and might be helpful, it is written by someone who has worked on seven series of "Who do you think You Are":

[http://www.bbc.co.uk/history/familyhistory/get\\_started/paying\\_for\\_research\\_01.shtml](http://www.bbc.co.uk/history/familyhistory/get_started/paying_for_research_01.shtml)

# Alta Vista Library

## Alta Vista Library Adult Programs

2516 Alta Vista Drive Register online at: [www.biblioottawalibrary.ca](http://www.biblioottawalibrary.ca) or call 613-737-2837 x28

### Book Banter

Drop in to share the enjoyment of good books in a relaxed atmosphere. Thursdays, 2:00 p.m. (1 hr.)  
**April 4:** *On Canaan's Side* by Sebastian Barry **May 2:** *Sarah's Key* by Tatiana de Rosnay

### Tuesday Book Group

Share the enjoyment of good books in a relaxed atmosphere. Join us for a discussion of *The Great Books*.  
**April 2, 16, 30**, 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.)  
**April 18, May 16, June 20**

### Infusions littéraires

Partager une tasse de thé ou de tisane en discutant de livres. Les mardis, 14 h (1 hr)  
**16 avril :** *Les tendres plaintes* de Yoko Ogawa **21 mai:** *La main d'Iman* de Ryad As-sani-Razaki

### Detoxifying Your Body

Join Dr. Ellen Simone, Naturopathic Doctor, for this information session. You will learn how chemicals in the environment impact your health and how to reduce your exposure to these toxins. Learn how to support your body's natural ability to detoxify using nutrition, herbal medicine, lifestyle medicine, homeopathy and acupuncture. **Thursday, April 4, 6:30-8:30 p.m.**

### OC Transpo - Choices & Challenges

Seniors can live active lives with access to their community, providing they familiarize themselves with transportation options and

the OC Family of Services. Your car, the bus, Para Transpo, taxis and accessible taxis, volunteer drives; learn all about your transportation choices in Ottawa! **Friday, April 5, 2:00-3:00 p.m.**

### Wills and Estates

Discuss estate planning and power of attorney with lawyers Alaina Spec (Low Murchison Radnoff LLP) and Paul Taylor (Borden Ladner Gervais LLP), and learn the process involved in creating a will. **Wednesday, April 10, 7:00-8:00 p.m.**

### Home Inspection

Nathan Weinstock, Registered Home Inspector, will lead a workshop on Home Inspection Tips and Helpful Hints. This seminar will be of interest to home owners, home buyers and sellers, and those concerned with new home warranty issues. **Wednesday, April 17, 6:30-7:45 p.m.**

### With Only a Suitcase

Ellen Adamsons will talk about her family's escape from their native Latvia after World War II, their settlement in Kars, Ontario, and the process of writing about the reconnection with her extended family. **Friday, April 19, 2:00-4:00 p.m.**

### 10 Strategies to Pay Less Tax at Retirement

Learn how to reduce taxes and enjoy more of your own money. Presented by Wade Brown, RBC Dominion Securities. **Wednesday, May 15, 6:30-7:30 p.m.**

### Keeping a Diary

Do you keep a diary? Have you ever wanted to? This interactive talk, given by a retired English teacher and compulsive diarist, will examine why diaries continue to be popular in an electronic age, what they record, what we can learn from them, and pass on to posterity ourselves. Excerpts

from famous diarists such as Samuel Pepys and Anne Frank will be read, and practical advice shared regarding style, format, frequency of writing, storage, and confidentiality. **Friday, May 17, 2:00-3:00 p.m.**

### French Conversation Group

Improve your spoken French in a relaxed setting. For those with an intermediate level of French. Tuesdays, 6:30 – 8:00 p.m. **April 2 - June 18**

### 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

## APRIL

### Drop-in Storytimes / Heures de contes sans inscription

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 2 – Mondays, March 25 – April 22, 10:30-11:00 a.m.

Les lundis, le 25 mars – 22 avril, 10 h 30-11 h.

(Closed April 1 / Fermée le 1 avril)

Session 3 – Mondays, May 6 – May 27, 10:30-11:00 a.m.

Les lundis, le 6 mai – 27 mai, 10 h 30-11 h.

(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 2 – Tuesdays, March 26 – April 23, 10:30-11:00 a.m..

Les mardis, le 26 mars – 23 avril, 10 h 30-11 h.

Session 3 – Tuesdays, May 7 – May 28, 10:30-11:00 a.m.

Les mardis, le 7 mai – 28 mai, 10 h 30-11 h.

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 2 – Wednesdays, March 27 – April 24, 10:30-11:00 a.m.

Les mercredis, le 27 mars – 24 avril, 10 h 30-11 h.

Session 3 – Wednesdays, May 8 – May 29, 10:30-11:00 a.m.

Les mercredis, le 8 mai – 29 mai, 10 h 30-11 h.

### Children's special Programs / Programmes spéciaux pour enfants

Mad Hatter's Tea Party  
Follow Alice down the hole to Wonderland and the strangest Tea Party ever! Ages 5-8. Registration  
Saturday, April 6, 2:00 – 3:00 p.m.

Container Gardening for Kids / Du jardinage en pots pour les enfants

Join us for a special storytime! Children will decorate their own container, and plant their own herbs to take home. Yum! Registration. Ages 4-12. / *Joignez-vous à nous. Venez assister à une heure de conte inoubliable! Les enfants décoreront leur propre pot, et planteront des herbes pour les emmener à la maison. Miam!*  
Inscription. Âges 4 à 12

Saturday, April 20, 2:00 – 3:00 p.m.

Samedi, le 20 avril, 14 h – 15 h

Mouse's first spring / Premier printemps

Stories and crafts. Ages 3-7. Registration. / *Contes et bricolage. Pour les 3 à 7 ans. Inscription.*

Saturday, April 13, 2:00 – 2:45 p.m.

Samedi, le 13 avril, 14 h – 14 h 45

**MCCAY DUFF LLP**  
Chartered Accountants

**JASON T. HOWARTH, CA**  
PROFESSIONAL CORPORATION  
PARTNER

141 LAURIER AVE. W., 6TH FLOOR, OTTAWA, ON K1P 5J3  
613-236-2367 1-800-267-6551 FAX: 613-236-5041  
jhowarth@mccayduff.com www.mccayduff.com

Associated World-wide with jhi

# Alta Vista Library

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, 17 h à 18 h 30  
3, 10, 17, 24 avril  
1<sup>er</sup>, 8, 15, 22, 29 mai  
5, 12 juin.

## 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, 5:00 - 6:30 p.m.  
April 3, 10, 17, 24  
May 1, 8, 15, 22, 29  
June 5, 12.

## Teen Programs / Programmes d'ados

### 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, 17 h à 18 h 30  
3, 10, 17, 24 avril  
1<sup>er</sup>, 8, 15, 22, 29 mai  
5, 12 juin.

### 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, 5:00 - 6:30 p.m.  
April 3, 10, 17, 24  
May 1, 8, 15, 22, 29  
June 5, 12.

N.B. Registration for programs starts on January 9. / L'inscription des programmes commence le 9 janvier. / 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.

## MAY

### 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 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 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 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)

## CHILDREN'S SPECIAL PROGRAMS / PROGRAMMES SPECIAUX POUR ENFANTS

Race Day at the Library / Jour de course à la bibliothèque Build a downhill race track for a favourite little car. Ages 8-12. Registration. / Construire un circuit pour une petite voiture préférée. Pour les 8 à 12 ans. Inscription. Saturday, May 18, 10:30 - 12:00 a.m. Samedi, le 18 mai, 10h30 - 12 h.

Meow! / Miaou! Join us for a special cat themed storytime! Children will make pom pom cats. Registration. Ages 4-8. / Joignez-vous à nous. Venez assister à une heure du conte sur les chats. Les enfants bricoleront leur propre chat avec des pompons. Inscription. Âges 4 à 8. Saturday, May 18, 2:00 - 3:00 p.m. Samedi, le 18 mai, 14 h - 15 h.

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, 17 h à 18 h 30, 10, 17, 24 avril 1<sup>er</sup>, 8, 15, 22, 29 mai 5, 12 juin.

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, 5:00 - 6:30 p.m. April 3, 10, 17, 24 May 1, 8, 15, 22, 29 June 5, 12.

## TEEN PROGRAMS / PROGRAMMES D'ADOS

Mocktails Evening / Soirée Mocktails Join us for a night of fun games, activities and mocktails! Ages 14-18. Joignez-vous à nous pour une soirée de jeux, d'activités et fabrication et dégustation de 'mocktails'! Pour les 14 à 18 ans. Thursday, May 23, 6:30 - 8:00 p.m. Jeudi, le 23 mai, 18h30 - 20 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, 17 h à 18 h 30, 10, 17, 24 avril 1<sup>er</sup>, 8, 15, 22, 29 mai 5, 12 juin.

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, 5:00 - 6:30 p.m. April 3, 10, 17, 24 May 1, 8, 15, 22, 29 June 5, 12.

N.B. Registration for programs starts on April 24. / L'inscription des programmes commence le 24 avril. / 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.



OTTAWA-CARLETON  
DISTRICT SCHOOL BOARD

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# Elmvale Acres Library

## Elmvale Acres Library

**Winter Programs 2013 Programmes d'hiver**  
1910 St-Laurent blvd

### Contes en famille (in French)

Mondays, April 12-19-26 to May 3, 10, 17, 10:15 AM (30 min.)

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

### Family Storytime

Tuesdays and Wednesdays, April 2-3-9-10-16-17-23-24, May 7-8-14-15-21-22-28-29 at 10:15 AM (30 min.)

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

### Babytime (bilingual)

Thursdays April 4-11-18-25, May 9-16-23-30, at 10:15 AM (30 min.)

Stories, rhymes and songs for babies and their parent (s) or caregiver. 0-18 months. Drop-in.

### Homework Help with the E.A.G.L.E. Center

Every Saturday, at 10:00 AM (120 min.)

Develop your skills in math, science, and English. Presented by the E.A.G.L.E. Center. Ages 6-15 ans (Grade 1-10).

### Frontier College Reading Circle

Every Saturday, at 2:00 PM (60 min.)

Volunteers will help your child to love books and become a better reader through stories and games. Ages 5-11.

### Mystery Lovers Book Club

Come join us for discussion the first Monday of every month, at 6:30 PM Share the enjoyment of good mysteries in a relaxed atmosphere.

April 8: "What the Cat Saw" by Carolyn Hart

May 6: "Chill of Fear" by Kay Hooper

### Adult English Conversation Group

Every Tuesday at 6:30 PM (90 min.)

Improve your spoken English and meet new friends in a relaxed setting.

### Adult French Conversation Group

Every Monday at 6:30 PM (90 min) EXCEPT April 1 and May 20 (Holidays)

Improve your spoken French and meet new friends in a relaxed setting.

### How to Buy a PC

Wednesday, April 17 at 6:15 PM (120 min.)

Chris Taylor, President of the Ottawa PC Users' Group will help sort out the choices so you can buy the computer that is right for your needs.

### Money and your quality of life

Wednesday May 8 at 6:30 PM (90 min.)

At some point in our life, money can make one feel at times inadequate, frustrated, confused, hopeless, isolated or perhaps stressed out. See how sound money management can make a difference in your quality of life. Presented by Entraide Budgétaire. Registration required.. Call to register : 613-738-0619 ext.222

### Celebrating Cultures in Our Community

Saturday, May 11, 3-4:30 PM (90 min.)

Come celebrate the various cultures that are represented in our neighbourhood! We'll have teas from around the world, henna hand decoration, and storytime in Arabic (to be confirmed).

### Newcomers

The Ottawa Public Library can help you learn English and French, prepare for the driver's test, citizenship test, find information about education, sponsorship, housing and other settlement services. Come participate in our free programs, or book an appointment with a Library Settlement Worker (LSW).

### Book an appointment with a Library Settlement Worker :

Mondays and Thursdays : Abdullahi Ali (Eng, Somali, Arabic) 613-797-4263

Mondays : Maral Boudakian (Eng, Fr, Arabic, Armenian) 613-236-0003 x225

## Continued from page 11

suffered at the hands of followers of the coup leaders was finally uncovered when the two returned to confront their captors and help return guilty verdicts of crimes ranging from kidnap to torture and murder.

Alison will later this month travel to Dar es Salaam, Tanzania, to receive her award.

Alison regards as her most exciting story on Parliament Hill the 2008 attempted coalition to topple the Harper government by the Liberal Party, the New Democrats and the Bloc Quebecois stopped by Harper's prorogue of Parliament and talk with the Governor General.

She says with a smile that sometimes people remark only about her hair style rather than about a televised story she may do.

Journalists often complain today of a difficulty in getting information in the way of government reports and documents. Alison last year sent complaints to the Information Commissioner that she says might make an interesting case-study.

In the fall of 2010 colleague Greg Weston and she worked on a series about the cost of rehabilitating buildings in the parliamentary precinct and she sent the Department of Public Works a request for a draft document mentioned by former Auditor Sheila Fraser in her spring report on parliamentary buildings.

Her first reply, after an acknowledgment, came six weeks later saying that the department would need an extension to the 30-day time limit. "We do not expect that it will take more than an additional 180 day to process your request."

"Now," says Alison, "I'm not sure why asking for a specific draft report would necessitate going through such a rigmarole, but wait, there's more."

On Feb. 13, 2012, Alison received

a phone call from Public Works apologizing for the delay and asking if she still wanted the information. A woman told her she could get some of the information quicker if she would amend her request which Alison agreed to do.

There followed a letter from Public Works telling her that the department was proceeding with departmental and third-party consultations.

"Getting information from government people today is difficult. They will not talk to you on the phone. They require email contact only. It costs \$5 to put in a request. They may come back to you demanding \$10,000 for the research involved," Alison despairs. "You certainly have to narrow your search."

Further big assignments included the Haiti emergency where Alison slept in an army cot on the tennis court behind the Canadian Embassy and wore the same clothes for a week because her luggage went astray. Then the Francophone Summit in Kinshasa, capital of the Democratic Republic of the Congo, attended by Prime Minister Stephen Harper and where her introduction to the country consisted of only moving from airport to hotel and hotel to conference centre. "So you don't often see a lot," she says.

As a journalist Alison is a member of the Canadian Association of Journalists, the Parliamentary Press Gallery and her union, the Canadian Media Guild.

"Before I came to live in Riverview Park I had no idea this neighbourhood existed," she contemplates. "My realtor told me it was off Industrial Avenue! Having seen the trees and gardens I can't wait to explore the area in the summer time. People are really friendly and there is a Neighbourhood Watch. I've already learned a lot about Riverview Park from my first two copies of

*The Riverview Park Review*".

## SUDOKU

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

Sudoku on page 18

**Google Canada recently announced that works from Ottawa's Canada Council Art Bank have been added to Google Art Project, a unique online platform for museums.**

**Google Art Project lets museums from across the world invite visitors inside their doors and into their galleries with a little help from technology. People across the world who might otherwise never see the real thing, are accessing masterpieces, antiquities and other artifacts that are part of our cultural heritage.**

**This digital experience has some of Canada's – and the world's - most creative and beautiful art. Canada Council Art Bank joins the Metropolitan Museum of Art, the Smithsonian American Art Museum and other world-renowned museums on the online platform. The Ottawa museum currently showcases 41 artworks and 5 artists on Google Art Project.**

**More information is available on the Google Canada Blog. The Canada Council Art Bank can be found on Google Art Project here:**

<http://www.googleartproject.com/collection/canada-council-art-bank/>

# Official Plan amendment comments by the RPCA

On behalf of the Riverview Park Community Association (RPCA), I wish to express our general support for the overall principles contained in the *Building A Liveable Ottawa 2031* proposal. In particular, we support the emphasis on the following themes: Affordability, Safe and Efficient Transportation Infrastructure, Sustainable Transportation, Active Transportation, Public Transit, Transit-oriented Development, and Urban Design and Compatibility.

As with the previous Ottawa 2020 Plan, there are many worthy principles set out and while it is obvious that a lot of work has gone into the Official Plan Amendment process, the RPCA is concerned that the City via its Preliminary plan and associated Transportation Master Plan (TMP) is not doing enough to implement many of the principles set out in the Ottawa 2020 Plan, notably related to its call for greater focus on Walking, Cycling and Transit. The Ottawa 2020 plan that Council adopted just a few years ago, mandated that the city implement “policies that favour walking, cycling and public transit over the use of private motor vehicles, thereby facilitating the use of modes of transportation that are socially accessible, environmentally healthy and economically feasible.” Our concern however, is that just as was the case in the previous round of amendments to the Official Plan these laudable criteria will not be put into practice to the extent that they should be.

There are several instances where there is a failure to abide by these principles. One of the most egregious examples of these criteria not being followed involves the proposal to build what will eventually be a four-lane roadway in the Alta Vista Transportation Corridor (AVTC), which is why the RPCA and others ask that the AVTC be removed in its entirety (including the Hospital Link portion) from the Official Plan and the TMP. Before addressing the specifics of the AVTC, the RPCA wishes to offer the following general comments. (The page numbers in parentheses refer to the *Building a Liveable Ottawa 2031 Preliminary Policy Proposals* document that is dated January 29, 2013)

## General Comments:

1. **Affordability** – The RPCA strongly supports the need for the City to receive Value for Money in its spending on infrastructure and to ensure that assets like roads and water mains are well maintained before investing in new assets and roads (p.1), especially given that 25% of the City’s existing roads are in need of resurfacing or reconstruction (p.2).

We are encouraged that the City has indicated a desire to consider the total costs of travel, including environmental costs (p.2) and reducing overall life-cycle costs and assessing the cost of travelling by different modes. The graph as overall cost of travel per mode on page 2 demonstrates the greater cost-efficiency and affordability of non-automobile modes of transportation.

2. **Safe and Efficient Transportation Infrastructure** – we support the notion of basing road use on peak period as opposed “peak hour travel demand” and requiring developers to contribute to the cost of road changes. We agree with the proposal’s conclusion that “overbuilding of roads and parking encourages excessive travel by car which is environmentally harmful and economically inefficient.”

3. **Sustainable Transportation** – We support the aim to promote more sustainable transportation to shift people to walking, cycling and transit and for transportation structures to be economically affordable, socially equitable and environmentally sustainable. We support the City’s overriding to limit the growth in car usage and to minimize the amount of driving trips – sustainable modes of travel are more efficient and environmentally friendly than personal automobile use. The current congestion along Industrial Avenue associated with the Trainyards development is an example where there should be more emphasis on planning that encourages active transportation and public transit use instead of private cars

4. **Active Transportation** – It is very important to note that the cost of active transportation infrastructure is lower than roads and highways and that produces co-benefits such as a healthier and less obese citizenry. This conclusion is borne out by numerous experts, including Dr. David Mowat. His presentation on “Building a Healthy Ottawa by Design” at the City’s January 29 public launch of *Building a Liveable Ottawa* contained many practical suggestions — supported by impressive research data — for building a healthier community that would contribute to a better quality of life while making good economic sense. The importance of Active Transportation and sustainable community planning is further buttressed by the recent report on Health and the Built Infrastructure tabled by the City’s Medical Officer of Health, Dr. Isra Levy.

The RPCA is also concerned that targets for increasing pedestrian and cyclists fall are not ambitious enough and fall short of the mark, especially since they cover a 25 year

period. Walking modal share is only supposed to increase from 9.6 % to 10% between 2005 and 2031 (less than half a % point) and cycling modal share only goes from 1.7 % in 2005 to 3% in 2031. These goals are too modest and we would encourage council to fully fund the infrastructure improvements called for in both the Pedestrian and Cycling plans to fill in the missing gaps as a means of getting more people out of their cars and onto cycling and pedestrian paths.

5. **Public Transit**—we would encourage the city to develop a proactive approach to transit services for new residential and retail developments. This regime would see new transit services already in place when a subdivision or mall open so that when residents and businesses move in, a good level of transit service will exist transit service (which would encourage the use of transit rather than private automobiles)

6. **Intensification and Tall Buildings** – we support in principle the idea of intensification but not at any cost. We propose more reasonable and lower height limits on high-rise buildings.

7. **Urban Design and Community Development**—it is important the Community Development Plans and input from local community members be given more weight and respect when dealing with rezoning applications from developers, most of whom do not even live in the affected community.

The RPCA is calling for the removal of the Alta Vista Transportation Corridor from the Official Plan and Transportation Master Plan as a car route. There are a variety of reasons for this position, notably the fact that the AVTC roadway does not mesh with several aspects of the City’s overall planning principles, including the following items set out in the *Building a Liveable Ottawa 2031 Preliminary Policy Proposals*:

1. **Affordability**. Moving ahead with this project – currently estimated at \$70 million for just the first 1.5 km hospital link – would not be a good use of funds, when there are better and less expensive alternatives, including dedicated shuttle buses that go directly between existing Transitway stops and the Hospital. This is evidenced by the graph on page 2. Canceling costly road projects, would free up money for more sustainable pedestrian and cyclist free infrastructure (and allow repairs to be made to existing roads). The present stated costs of constructing the AVTC do not even take into account the long-term life-cycle costs of maintaining this new road.

2. **Safe and Efficient Infrastructure** – Constructing the AVTC roadway is the type of project that the Building a Liveable Ottawa document warns against in its conclusion that “overbuilding of roads and parking encourages excessive travel by car which is environmentally harmful and economically inefficient.”

3. **Sustainable Transportation** – Wider roads and construction of new roads such as what would ultimately be a major four-lane thoroughfare in the AVTC will only encourage increased vehicular traffic and fly in the face of the City’s stated goal of promote public transit, especially when there is no travel pattern destination evidence that the AVTC will effectively service the Ottawa Hospital Complex. A roadway in the AVTC goes against the City’s *Building a Liveable Ottawa* goals to promote walking, cycling and transit and transportation structures that are economically affordable, socially equitable and environmentally sustainable. Building the AVTC Hospital Link will not reduce traffic congestion, but instead merely shift the location of traffic bottlenecks

Moreover, as Dr Levy’s report on Built Environment notes, pollution from traffic is the largest source of local air pollution in Ottawa. His report adds that “car dependent communities lead to an increase in vehicle emission and contribute to poor air quality” — so why build a new road (the AVTC which is only going to lead to more air pollution?)

4. **Active Transportation** – the AVTC runs counter to the City’s proposal to “establish a well-connected network of sustainable modes of transportation providing residents with alternative to the automobile.”

4. **Urban Design and Compatibility** – the increased vehicular traffic due to the “induced traffic demand” that would result from building the proposed roadway in the AVTC is inconsistent with the Urban Design and Compatibility” element of *Building a Liveable Ottawa* which states “liveable communities are designed to support walking, cycling and increased use of transit.”

In closing, we would urge Council to please focus more time and energy on measures that will get people out of cars, lead to a healthier populace, and reduce vehicular traffic and to remove the Alta Vista Transportation Corridor roadway *in its entirety* from the City’s Official Plan and TMP  
Sincerely  
Karin Keyes-Endemann  
President, Riverview Park  
Community Association

## Trinity community garden welcomes new gardeners for it's second season

by Bernadette Bailey

The snow is melting, the sun shines a little brighter and our thoughts turn to gardening. Some of us have purchased our seeds and are thinking about starting our seedlings in doors. Memories of the successes of last year have us looking forward to being in the garden again, seeing those gardeners we met last year, and meeting those who may be interested in joining us this year. Last year the community garden had 14 active plots and we are pleased that this year we are expanding the garden and we welcome those wishing to rent a plot. An information and registration meeting will be held on Thursday April 18 at 7.00 P.M at Trinity Church of the Nazarene at 480 Avalon Place. The garden is located behind the church at the corner of Avalon Place and Braydon Ave.

All who may wish to have a plot, or would like to learn about the garden are welcome to attend. People choose to grow their own vegetables for a variety of reasons.

Some find the experience of being in the open space, close to the earth, nurturing living plants to be very therapeutic. Others choose to do it out of a commitment to the environment, dismayed at the thought that much of our food travels thousands of miles to reach our plates, and being aware of the energy uses, and consequent effect on our climate that that entails. In the grocery store, midsummer, they may be faced with the choice of buying tomatoes or lettuce shipped from some far away place, and feel that there must be a better way. Those with young families embrace the opportunity to teach their children where the food they consume comes from, to see their pride and satisfaction in themselves as they help to load a wheelbarrow, or dig the soil, or clear the plots of weeds, and then marvel when pulling on the visible leaves and finding the treasure below, the carrot or beets or potatoes. Others are motivated by concerns for their health, to have fresh food that they are certain do not contain pesticides, chem-

ical fertilizers or GMOs. Others are attracted to the garden out of their longing for community and their desire to meet like minded individuals. We have found there is something very pleasant in going to the garden on a warm summer evening, and finding someone else there tending their plot, to be able to compare the growth of our vegetables, to perhaps learn about something we have never grown or

eaten, or to learn from the vast experience that some of the gardeners have.

The garden is a community garden in the sense that all members of the community are welcome there, however the individual plots are planted, maintained and harvested only by those who have

Continued on page 43



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# Fire hero saves lives of Tim and Chris Mark

by Bill Fairbairn

Neighbourhood Watch co-ordinator Tim Mark and his wife Chris believe they may owe their lives to Bruce Walker, who roused them from their burning home in February.

Bruce, an Ottawa Rough Rider wide receiver from 1979-85, was heading for work at the Ottawa Athletic Club around 8:30 a.m. when he spotted smoke coming from Tim's Weyburn St. home.

Tim said: "As he drove by that

morning he saw the car burning in the carport and stopped and banged on the front door to alert us. He helped Chris make a 9-1-1 call to the fire department and stayed on the scene ready to help until the fire engines arrived.

"We both got out of the house quickly and safely thanks to Bruce's quick action. We are looking forward to inviting Lynn and Bruce to dinner."

"The response to the 9-1-1 call was incredibly fast," Bruce, who



Fire hero Bruce Walker at his Ottawa Athletic Club work station

works as sales manager at the Ottawa Athletic Club, said. Six fire trucks, a pumper, ambulances and police were soon everywhere.

The blaze had extended from the carport to attic space above the home and there was water damage from putting flames out from the roof top.

Chris and Tim had returned from Florida the night before and plugged in a block heater that fire chiefs said is thought to have caused the fire.



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# Seniors will "DIG" Gardening at Maplewood!

by David Graham  
Marketing Manager  
Maplewood Retirement Community

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the levels of physical activity and helps maintain mobility and flexibility. Gardening reduces stress levels and promotes relaxation while enhancing wellbeing as a result of social interaction.

to participate in this invigorating activity all year long. North American researchers have found that "Gardening", after walking, is the

**Continued on page 48**

# The urban coyote

by Eugene L. Fytche

**W**alt Disney has made us all aware since our childhood of "Wily Coyote", and it may come as a surprise to some that coyotes really

expanded its range to cover most of North America.

Originally the coyote (canis latrans) was a prairie animal, small, weighing up to 30 pounds and living on rodents, small mammals,



exist. The "urban coyote" is an evidence of the survival instinct of an animal that has defeated all the human efforts to eradicate it as a pest, and at the same time it has

and carrion. The expansion of its range is described in detail in the classic "The Eastern Coyote"

**Continued on page 44**

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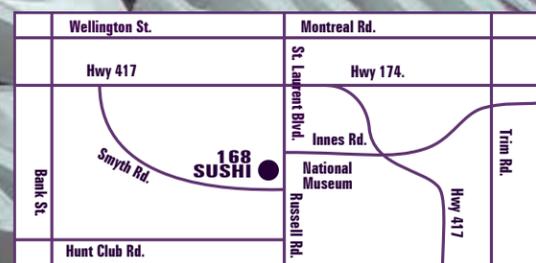
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# A Cuban Cigar Saga

by Paul Puritt

**W**e decided to go back to Cuba again this year. To a different resort on Playa Ancon in the southwest with a fantastic long white beach and better food than last year. But this year I was given a mission. One of my grandsons, misguided fellow that he is, insisted that I buy some Cuban cigars for him to give his dad, my son, for his 50<sup>th</sup> birthday in March. Reluctantly I embarked on the quest.

Fifteen miles from our beach hotel there is an old colonial town called Trinidad. They have a cigar making factory, but you can't buy them there. They tell you to go to the official cigar selling store. But on the streets, almost every man who saw me who wasn't asking if I wanted a taxi, asked if I wanted to buy cigars. Naively, I said, yes. I was taken to a little house, twice by two different guys to the same house, where an assortment of cigars were laid out on a bed for me to choose. Prices were low and really good deals, they said.

Before buying, I thought I'd best check out the official store. Here

they had an even bigger selection and prices which seemed astronomical for some small brown cancer-causing leaves wrapped around each other in sausage shapes. The

Cohiba *esplendidos* for example, which Fidel smokes, cost \$25 (Cdn) each. There were others, of course, ranging from \$10 to the outrageous *esplendidos*.

So, back to the streets. But by now I was getting suspicious. Several people, including those working at the official store, were telling me that the street vendors, black marketeers, were selling *falsos*, fake cigars, or

ones that were stolen from the factory. And worse, I would be stopped on leaving Cuba by the customs authorities who would demand an official receipt which I could only

get from the official cigar store. Customs, they said, would confiscate my ill-gotten cigars.

Back to the hotel for some sober reflections. While sitting around on the beach, perhaps in his 50's or 60's, sitting on a lounge chair in plain view between the water and the other chairs, smoking a cigar and dropping ashes on the beach. We

thought, "He knows cigars. Let's ask him."

Turns out, he said, he's from Quebec, married to a Cuban woman for the past 18 years. He's vacationing here, he said, while she's back in Montreal looking after their daughter and his business. And, yes, of course, he can help me buy cigars, real ones and much cheaper than at the official store. What about an official receipt? No real need, he said, but if I wanted one, he could get it. Where and how?? You just have to go near the baseball stadium in town where there's a large apartment building. You ask for Sergio (Serge, in Quebec), that's the man on the beach, or Ramon or Teresa, who live in the apartment upstairs from him.

My suspicious mind pondered this offer. Why is this guy sitting conspicuously on the beach smoking and playing with a cigar, perhaps waiting for a tourist like me, to ask him what I asked him? Too obviously a black marketeer, I concluded. I decided to follow



Photo credit: Anna Nitoslawoska

Continued on page 49

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**JUST WATER? WORKSHOP May 10th & 11th!**

Starting May 10th at 12 noon to May 11th 4 p.m. At EMMANUEL UNITED CHURCH, 691 Smyth Rd.

Canadian author and activist MAUDE BARLOW is the National Chairperson of the Council of Canadians with members and chapters across Canada. She is also the co-founder of the Blue Planet Project, which works internationally for the human right to water. Join us for a 1 day workshop to explore, reflect, encourage and advocate our call to seek justice for all the waters of the Earth. Workshop: \$100. All are welcome! Special Friday Night Talk with Maude Barlow: \$10 at 7pm. Synode de Montreal and Ottawa Conference Partners in Mission (JGER) Event.

**MEGA PLANT SALE May 18th**

The Gloucester Horticultural Society is hosting their annual plant sale on the lawns of the North Gloucester Library at 2036 Ogilvie Road, starting at 9 a.m. Home grown plants are very affordable! One of our Master Gardener members will be on site to help with your gardening questions!

**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](mailto:letterit@rogers.com) with your email address and postal address and telephone number. When [letterit@](mailto:letterit@rogers.com)

[rogers.com](http://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.



**ORCHIDOPHILIA – April 20 & 21st**

at Nepean Sportsplex, Woodroffe Ave. Saturday noon to 5, Sunday 9 to 5 Orchid displays and Orchid Vendors. Feature for Photographers: Tripods welcome on Sunday 9 to 11 a.m. Admission \$10. Seniors & Children \$8. [www.ottawaorchidsociety.com](http://www.ottawaorchidsociety.com)

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**Our Craft and Bake Sale – April 20th – 10a.m. to 4p.m.**

A wonderful selection of items from which to choose and don't forget to pick up some delicious baked goods. Come to the Arboretum's Building 72, East exit off Prince of Wales roundabout.

**Our Rare and Unusual Plant sale – May 12th – 9a.m. to 1p.m.**

You are invited to buy from Specialty Growers and Nurseries who gather for this event in the parking lot beside Neatby Bldg at Carling & Maple Drive, Lot #293. The Friends partner with The Ottawa Food Bank on site to accept donations.

**A Day trip to Mont Tremblant – July 12th – 8a.m. to 8p.m.**

A visit to the Laurentians' highest peak in the summer can be fun! Spend a few hours in the Pedestrian Village and then we'll visit a garden in Ripon on the return journey. This is a fundraiser for the Friends, charity donation receipts will be issued.

Info at [tremblanttripinfo-2013@yahoo.ca](mailto:tremblanttripinfo-2013@yahoo.ca) Inquiries for the Friends' events at 613-230-3276. Visit our web site at [www.friendsofthefarm.ca](http://www.friendsofthefarm.ca) New members welcome!



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## Vincent Massey Public School

### Out of the mouths of VM babes

Mme Katie reports on her grade one class: "How about the following? After finding some ants on the floor, I stepped on them and one

of my students exclaimed in horror "Madame! Those are nature's hardest workers!" Well maybe they should find employment outside!



## Mr. McKean's grade 8 class – S.O.L.E.: Math games and public service announcements at Russell Heights

Submitted by G. McKean, Teacher

The students of R8B at Vincent Massey have been working diligently over the winter months preparing to implement their math tutoring program and to collect interviews for the Public Service Announcements.

The class has conducted surveys and interviews with students from the Russell Heights community. They have organized this data and added the teacher's perspective on

where the students need the most help with math. The results were convincing. There exists a need to work with basic math skills including addition, subtraction, multiplication and division. Along with this was a need to reinforce skills in working with fractions, equivalencies and problem solving. As a result, the students of Mr. McKean's class have used this information to design and develop board games to make learning math a

little more entertaining. The class is now in the stages of testing the games, having the reading buddies play and provide feedback. The S.O.L.E. group have made teams and plan on going into the community on Thursdays starting March 28th and working with the homework club. The class is very excited to get started working with the kids of Russell Heights.

Class R8B, or Students on the Leading Edge, have been learning how to make a Public Service Announcement. Activities have included, camera and filming techniques, editing software and acting in front of a camera. The groups have

developed some PSA's on topics such as Mental Health, Car Safety and Texting. In April, the class will put this experience to the test and go into the community of Russell Heights and make a PSA. This announcement will promote the programs that already exist and that provide a rich experience for all participants. These programs require funding outside of the regular budget and are not always operating during the year.

Once again, S.O.L.E. continues this initiative in hopes to develop not only a feeling of community, but the character traits needed to be successful in life.

### Continued from page 36

rented them. As the gardening committee is made up solely of volunteers, there are some activities that all gardeners are requested to participate in. This past year saw a great deal of cooperation. Rain barrels were purchased and the gardeners all took their weekly turn ensuring that the barrels were kept filled so that water would always be available. A shed was purchased to house garden tools and equipment and many gardeners came together to build it. Gardeners came together at the be-

ginning of the season to prepare their plots together, and again in the fall, to clean up the plots and prepare the composters. On each of these days, we enjoyed a break in our labours to share a delicious pot luck lunch.

This year's activities as well as the garden regulations will be discussed at the registration meeting on April 18th. If you have any questions about this please contact us at [trinitygarden@rogers.com](mailto:trinitygarden@rogers.com), visit our website, [trinitycommunitygarden.ca](http://trinitycommunitygarden.ca), or join our facebook group, Trinity Community Garden.

### Do Aftermarket Home Air Purification Systems Work?

By Thomas Conway, Ph.D.

Over the past decade or so, demand for home indoor air purifiers has grown considerably. However, marketplace confusion remains about whether these technologies in fact work or not and under what conditions. Air purification technologies range from the old to the relatively new, including: 1) Humidifiers; 2) Dehumidifiers; 3) Heat-Recovery Ventilator (HRV) and Energy-Recovery Ventilator (ERV) Systems; and, 4) aftermarket air purifiers using various technologies.

The first two of these items are of course widely established in the marketplace to manage humidity levels in the home. As such, we do not discuss those technologies here.

HRV and ERV systems are usually installed as part of the mechanical system of a new home, although they can also be aftermarket installations. HRV systems pull fresh air into a home via the use of one or more fans while also exhausting stale air from the home. HRV technology has an added feature of allowing the heat from the stale air to warm the fresh cool air (and vice versa during summer air conditioning) without mixing the two air streams, thus saving on energy costs. An ERV system does everything that an HRV does, but also allows moisture in the more humid air stream (usually the warm air in winter and the fresh air in summer) to be transferred to the air stream that is dryer.

#### Common Aftermarket Technologies

The good news is that most aftermarket air purification technologies do work to varying degrees, but we need to be clear about what we are buying and for what purpose. Below is a summary of the leading aftermarket technologies and their strengths and weaknesses.

#### HEPA Technology

HEPA (high-efficiency particulate ar-

restance) filters can remove the majority of harmful particles, including mold spores, dust, dust mites, pet dander and other irritating allergens from the air. A true HEPA filter is capable of removing 99.97% of particulates as small as 0.3 microns in diameter (i.e. 4/100,000ths of an inch equals one micron; a particle of 10 microns is invisible to the naked eye; pollen ranges between 5-100 microns; human hair is between 70-100 microns).

HEPA filters, based on 99.97% efficiency have become the industry standard in critical medical and hi-tech applications, because trapped particles in the filter are never flushed out of the filter; the efficiency of the 99.97% efficient HEPA media never decreases; and, the HEPA filtration process is purely mechanical and produces no by-products. A HEPA filter is so efficient that for every 10,000 particles that enter the filter within its filtering range, only 3 particles will get through.

It is important to note that air purification systems advertised as "HEPA-type" filters are not true HEPA filters, including allowing for the use of weaker fan motors. So buyers please beware. As with other "greenwashing" problems that we face in the marketplace, there is a tendency for some manufacturers to misuse the term HEPA for filter technologies that are not performing to the standards of the US Institute for Environmental Standards, which has established the HEPA standard.

#### Electrostatic Technology

Electrostatically charged filtration technology is used in many aftermarket air purification products because it is low cost and allows for relatively high initial air-cleaning efficiency. The technology uses ionization to charge dust particles and then metal plates or filters, which carry an opposite

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Malcolm and John Harding

Continued on page 47

## Riverview Park Community Association

### From the President's (hopefully) Fireproofed Bunker...

by Karin Keyes Endemann, President,  
Riverview Park Community  
Association [info@riverviewpark.ca](mailto:info@riverviewpark.ca)

It's almost spring – can't you feel it on your face? ...longer days, warmer rays...I can't wait to try out my new anti-gravity chairs! And so far this month the Weyburn livestock seem to be fairly quiet – Rocky (or Rachael) racoon(s) seems to have moved on....however, I suspect s/he has taken up residence in one of the two (yes count them, two) burned out houses right next door to mine! Can you believe it! Not only did we have a huge fire in the house next door last November but then about a month ago the Mark's car spontaneously burst into flames in their carport. Thanks to a very alert and incredibly heroic driver who noticed the fire and pounded on their front door, they were both able to get out safely! Let this be a wakeup call for all of us – your life can change in an instant – so check those smoke alarms, keep your important papers in one spot so you can grab them at a moment's notice and don't forget to regularly practice your fire escape plans, just like Chris and Tim did. We miss you both and we hope that you will be back in your lovely home soon (more details and pictures on this tragic fire elsewhere in this paper).

But while the raccoons may be still sleeping, our local turkey is omnipresent this spring....so

watch out for its unique tracks in the snow in your driveway....gobble, gobble. Does anyone have a picture of it? I had one but can't find it now.

On the 24<sup>th</sup> of February, the RPCA hosted our second ever Winter Frolic at the toboggan hill (next to the plume) and over 100 children (and young at heart adults) had a fabulous time sliding/rolling and leaping down the hill. A grand noise was made by all. We were blessed with incredible weather and several immensely creative souls who made the largest snow family I have ever seen! Donuts and cookies were snapped – unfortunately, often by the dogs!

Many concerns are still being raised about the entrance/exit to Pioneer gas on Industrial and people are just totally frustrated with the apparent lack of traffic pattern planning. Did you know that there was so much congestion at Farm Boy last weekend that they had to call the Police? Pioneer now reports that there are well over 1,100 signatures on their petition asking the City to resolve this dangerous situation. The RPCA has been doing what we can to broker a deal to make things safer for our citizens but so far no viable solutions have been found. That does not mean we have given up – far from it....and neither has Pioneer. We will continue to work on this issue along with the many other

development issues affecting our lovely community (more details can be found in Kris's planning and development report). One discussion we are having is to have dead city trees replaced so if you have a dead ash borer on your front lawn could you please send me an email with its location. Thanks

There are a couple of upcoming events which I hope you will put in your calendars: the first is our spring Park Clean-up which will be held on Friday evening, May 3rd with Blair Court at Coronation Park and on Saturday morning May 4th in all the all the Riverview Park parks. This is part of our Adopt-a-Park efforts to make our neighbourhood parks clean and safe for our children to enjoy during the summer. So if you have children who play in our parks, we hope you will offer an hour of your time to help spruce things up. Remember – many hands makes light work! See you at 10:00 at one of our parks (Dale, Hutton, Riverview, Alda Burt, Balena and Coronation Park). FYI the RPCA will be providing gloves and garbage bags.

The second important event is our upcoming Community-wide Garage Sale which will be held on Saturday, June 1<sup>st</sup> on driveways throughout our neighbourhood. The RPCA will be putting up signs and heavily marketing this event, so collect all your gently used

treasures for another great sale day in Riverview Park – and plan to be up bright and early (perhaps you will see the turkey) as those bargain hunters often arrive at 7 am! Many folks will be planning block parties on the same day – what a great idea! For those of you who would prefer, the Riverview Park Alternative School will be offering tables (for \$15) for use between 9:00-14:00.

Finally, as the weather warms, out thoughts are turning to summer activities....such as tennis and biking and swimming—and, of course, the beautiful sport—soccer. The RPCA will, once again, be sponsoring our local Soccer Team—now in its fifth year. This parent-organized and parent-coached skills development league plays on Wednesday nights from June through August at the Riverview Park school grounds. A small fee covers equipment, a Riverview Park Community Association (RPCA) membership and team t-shirt. The success of this program relies entirely on volunteer parents as either administrators or coaches. So if your children want to play and/or if you are able to volunteer, please email [carol.richenhaller@rogers.com](mailto:carol.richenhaller@rogers.com) with your coordinates, preferred role and availability throughout the summer. Wishing you all lots of lovely spring flowers popping up in your garden soon!

#### Continued from page 38

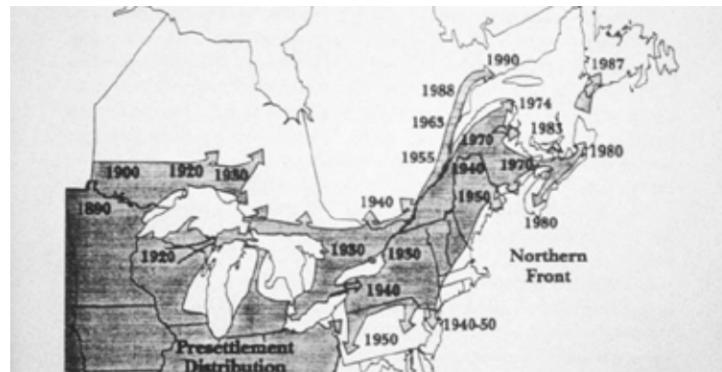
by Gerry Parker of the Canadian Wildlife Service . It entered Ontario from Minnesota and Michigan about 1900 and arrived in eastern Ontario about 1930. Since then it has spread to Newfoundland and Nova Scotia in the east, and to Alaska and Mexico in the west.

From:

"The Eastern Coyote"

In its travels it has cross bred with the gray or red wolf and has grown in size until large specimens sometimes weigh as much as 70 pounds. It is found in many colours and many look much like Alsatians, although of much slighter build. It is fashionable now to call it a coy-wolf although in Eastern Ontario it may be called coyote, wolf, brush wolf and maybe even coy-dog. They mate in the winter, pups are born in the spring and are raised by both parents until the

autumn by which time the young have been trained to hunt and they go off to make a life for themselves. Average litter is 4-6 pups, although the largest recorded was 17, and half of them survive until they leave the parents.



You can understand that as humans expand into rural space, and as the coyotes expand in numbers and need more range, there will be a conflict. Natural sources of food become scarcer forcing the coyotes, that are lazy predators, to seek new sources on farms and in the cities. Farmers have borne the burden for many years, with sheep

and goat farmers suffering most, but cattle, pigs, poultry and other domestic livestock also provide prey. In recent years, as their range has extended into city limits, coyotes have attacked domestic pets. Chicago is the best known example, the impact has been studied, and described recently on tele on "The Nature of Things". Toronto has acknowledged their presence in High Park, Don Valley Parkway and on the runways at the airport.

Ottawa's extension into the surrounding rural areas has acquired many resident rural coyotes. There is no reason why coyotes should not spread into the central city as well, to enjoy cats and dogs, and the pleasures of inadequately protected garbage. Herein lies the

problem. Coyotes are extremely adaptable, and will easily become accustomed to and unafraid of humans. Although there are only a few known cases of their having attacked humans, as lazy predators they can recognize the possibilities of small children as defenceless prey.

City dwellers must recognize that coyotes are wild animals and do not return gratitude for kindness. They will accept food, but will over time become increasingly aggressive until they will bite the hand that feeds them. So the most important rule is: Don't feed the coyotes you see, and don't leave food out for them to find. And the second rule is to notify the city pest control if you see a coyote or find a den. The second rule is harder to implement, because as the Chicago experience has indicated, the animal is unobtrusive, basically circulates at night, and moves around very quickly.

Respect the wild coyote!

# Ottawa Real Estate Reveals Stability and Consistency

by Thomas Conway, Ph.D.

The other day I was reading an interview with an Environment Canada, Weather Service Official who observed that people have been complaining that this winter feels especially cold. In fact, however, it has been a relatively mild 2012-2013 winter when compared with the average seasonal temperatures since the turn of the century. This winter only appears cold because we had such a mild winter in 2011-2012.

The lesson to be drawn from this narrative is that people tend to compare their current experiences with the most recent memory of a similar event, while often stopping short of obtaining the full and factual picture. The same tendency can be witnessed in how the media has been reporting on the Ottawa real estate market in the past few months.

Up to about the middle of 2012, Canadians experienced more than a decade of unusually expansive years in real estate, and Ottawa enjoyed its share of the benefits. Against this backdrop, the media has portrayed the current cooler real estate market as the second coming of "the cold winter". In

reality, however, Ottawa real estate has historically been a model of stability and consistency, and 2013 appears to be continuing that trend, albeit with flatter and more sustainable price growth.

Conway Fung Homes' detailed analysis of Ottawa Real Estate Board, Multiple Listing Service (MLS) data from 2008 to the end of February 2013, indicates that for the first two months of 2013:

1. Price growth has been flat, but price gains are being retained. Indications are that price growth in 2013 will be at the rate of inflation, but this will build upon the gains of the boom years indicating a positive development for the economy and household finances.
2. Average days on market (DOM) for a listed home has become longer, but homes are selling in reasonable timeframes for the slowest seasonal months of the year. In fact, a high point of the boom years in 2011 revealed average days on the market (DOM) similar to what we saw in the first two months of 2013.

3. The market is following a normal and predictable seasonal pattern inline with the first 2 months of any of the years since 2008 when the market was still in the boom period. We expect the number of transactions for 2013 to move to the 5-year average as the year progresses.

The Riverview Park district is following a similar pattern to the citywide average price results. We do not expect this to change as 2013 progresses. Moreover, the number of home sales (transactions) in the Riverview Park area for the first two months of the year is holding-up as compared to the first two months of each of the boom years since 2008.

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Annual Average Price District 3602 (Riverview Park)*		
	Free Hold Residential	Condominiums
2008	\$322,744.00	\$318,646.00
2009	\$345,548.00	\$282,251.00
2010	\$374,618.00	\$328,223.00
2011	\$384,750.00	\$320,098.00
2012	\$402,356.00	\$318,750.00
<b>Five Year Average</b>	<b>\$366,003.20</b>	<b>\$313,593.60</b>
2013	\$400,344.00	\$385,488.00
Average # of Transactions First Two Months of Each Year, District 3602 (Riverview Park)		
	Free Hold Residential	Condominiums
2008	5.00	4.00
2009	9.00	3.00
2010	10.00	6.00
2011	5.00	3.00
2012	4.00	8.00
<b>Five Year Average</b>	<b>6.60</b>	<b>4.80</b>
2013	9.00	8.00



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## Revisiting the time of the Occupation in the Channel Islands

by Marilyn Minnes  
(Pictures on page 27)

The usual tours I design and lead are created with the aim of following in the footsteps of the Canadians who fought in either the Great War or the Second World War. These have taken us to Belgium, France, Netherlands and Italy. However when a number of participants, having been on all of these tours, posed the question "where are you taking us next?", I had to put on my thinking cap.

A visit to the Channel Islands with a view to the time of the Occupation (1940-1945) became the 'next' tour (May 2012). And we came to realize a very important role that Canada played in the Channel islands during that last year.

There are four main islands in the Channel Islands... Jersey, Guernsey, Alderney and Sark. In 1939 there were approximately 92,000 people living on the islands, the majority being natives of the islands. In 1940 Hitler had a grandiose vision of the islands being permanently fortified outposts of the Third Reich. That year Hitler's legions swept rapidly and violently over France and on 12 June the swastika was flying from public buildings in Paris. With the fall of the rest of France only a matter of time, occupation of the islands was inevitable.

The islanders were given the choice, evacuate to Britain or remain on the islands. There was very little time to make a decision. And who knew what the decision meant. Would the war be over by Christmas? How long would they be gone if they chose to be evacuated? Who should go? In some cases those who left, one small suitcase permitted to take with them, were mothers and children. Other groups were of children and their teachers. Many stayed behind with the thought of tending their animals and their farms and guarding their properties from being looted. In the end approximately 34,000 departed. On the island of Sark almost everyone stayed. On the island of Alderney almost everyone left except a handful.

Before evacuation the islands had been demilitarized, so for the most part, all military age young men left to fight for Britain. A public announcement of the demilitarization took place on the evening of 28 June, but not before the Germans had tested the islands, to

see if they would be defended, in the form of some 180 bombs, and resulting in the loss of 44 civilians. By 1 July 1940 the Germans took over the islands... their first conquest of British soil and therefore of great propaganda value. Hitler became obsessed with the islands and at times had as many as 40,000 of his troops posted there making the islands one of the most heavily fortified areas of Hitler's Atlantic wall which stretched from the Baltic to the Spanish frontier. While there they organized the building of concrete emplacements that would be equivalent to 20% of the total emplacements for the Atlantic Wall.

We made our arrangements to be there for the annual celebration of their liberation. Liberation Day was actually not the same for all of the islands, however in Jersey, where we first arrived, liberation was 9 May 1945. The coast of France, short kilometres from Jersey, was liberated in early June 1944 when D-Day saw the Allies landing on the coast of Normandy, with



Photo credit: Wilf Ward

the Americans making the most westerly landings on the beaches of Omaha and Utah. It took nearly one more year for the Germans to be convinced to leave the Channel Islands. And that last year was a very difficult one. With shipping and supplies now cut off for the Germans between the islands and France and with Britain determined to not send food to the islands as, in its thinking, it would just prolong the Germans' stay, there was very little food. Both the Islanders and the Germans were in danger of starving. Mortality rates climbed dramatically.

Only the timely arrival of a Swedish Red Cross ship, the SS Vega, prevented catastrophe. The relief ship made six trips in all from Portugal to the Islands, in which she carried a total of nearly 460,000 food parcels, mainly contributed from Canada and New Zealand, in addition to supplies of flour, yeast, soap, and many other necessities. Each trip provided one food parcel per person. The

islanders' gratitude was immense, so much so that they sent a contribution to the Red Cross a few months after liberation of more than GBP 170,000 raised by voluntary subscription.

Annually on 9 May huge crowds gather on Liberation Square in front of the Pomme d'Or Hotel which had been taken over by the Germans in 1940 for their Naval Headquarters, and which at that time, flew the German flag. In May 2012 we were a part of this gathering. A commemorative service was lead by the Dean of Jersey. There was a reenactment of the British coming ashore on the first landing in 1945. Music, entertainment, al fresco food, and much good cheer filled the the streets and the hearts of the locals. There was a display of the Canadian food parcels and their contents. They had not forgotten Canada. A float was provided for us with a proudly waving Canadian flag, to join in the parade through the downtown streets. The BBC interviewed us... and we felt great pride in our country.

During our time on the islands we visited the many fortifications remaining of Hitler's Atlantic Wall, the many military museums, underground tunnels, gravesites of a number of those who fought for Canada during the Great War or the Second World War and who are buried on the islands (for each we placed our memorial markers at the base of their headstone), and many castles that had been turned into defence stations. In Guernsey we viewed a number of plaques honouring Sir Isaac Brock, important to Canada in the war of 1812. One sobering underground system was the Jersey War Tunnels which was in fact a German underground hospital. On 20 October 1941 Hitler gave orders that the Channel Islands were to be made into "impregnable fortresses". The Jersey War Tunnels were excavated using thousands of forced and slave labour from all over conquered Europe, from October 1941 until January 1944. This complex of tunnels is more than a kilometre of chambers and corridors hewn from solid rock and immune to attack by land or air. The tunnels involved the removal of more than 43,900 tonnes of rock and the laying of more than 6,000 cubic metres of concrete. Half starved, in ragged clothing, labourers were forced to work around the clock on rations barely

sufficient to sustain life. All rubble had to be cleared by hand.

Alderney, with almost all the inhabitants gone, became the site of a German concentration camp and a number of labour camps. A private family has created an impressive memorial to all the foreign workers who died here. Alderney was the last to be surrendered by the Germans. The date was 16 May 1945.

For the 50th anniversary of liberation the people of Jersey created an Occupation tapestry. Twelve hand embroidered panels, each 6 feet wide and almost 3 feet high, tell the story from the Outbreak of war to Liberation. Each of the 12 parishes took responsibility for one of the panels with personal memories expressed in glorious colours. One of the panels, embroidered by the Parish of St Martin, depicts the arrival of the Vega and the distribution of the Canadian Red Cross parcels.

Beyond the memories of the Occupation we took time to visit each of the charming islands, with their dramatic natural beauty of flower filled cliffs, sweeping bays, dozens of beaches, clear waters boasting a treasure trove of marine life, natural cave formations, havens for seabirds and butterflies, meadow flowers, majestic scenic views and on the smaller islands of Sark and Herm, no light pollution as no cars are permitted. Here there is a sense of unspoiled space, at times other-worldly, and with magical night skies.

These idyllic islands offer no end of places of interest, pleasure and relaxation. Among a number that we visited is Jersey's Glass Church, St Mathews Church, refurbished in 1934 by Rene Lalique of Paris. For history buffs sites such as the Hoque Bie fascinates with its massive burial mound dating from 3800 BC and a Neolithic passage grave. Guernsey's quirky Little Chapel, built almost entirely from pottery fragments and shells by french monks in the 1920s is a unique treat. Ferrying across to England we concluded our tour with visits to Weymouth, site of the 2012 Olympic sailing races, Portsmouth, with its historic dockyard, and London where we were attracted to the Churchill War rooms and the Imperial War Museum.

Thinking of going to the islands? You might start your tour with a reading of the Guernsey Literary and Potato Peel Society!.

**Continued from page 1**

Ecole élémentaire catholique Sainte-Geneviève prompted her name Jadore. She explains that the name comes from the French j'adore.

The chosen winning names for

certificate signed by the Commissioner of the RCMP. She also rode in the Queen's landau, toured the RCMP stables and museum and received a Stetson, horseshoe, pins and cards.

Constable Jennifer Dowden presented her with the hat the

in the summer. I am telling other children how nice it is to win a competition like this."

Meghan's parents Tracy and Blaine, both teachers, also have a son Jack, aged 2, and a daughter Madeleine, aged 5. Her Portuguese mother teaches at elementary

smart enough. Indeed Meghan hopes Jadore will be part of a future musical ride.

Other winners in Canada and Australia were:

Samantha Goodwin, Ecole Boréale, Hay River, N.W.T. – Jingle



Photo credit: Tracy DoCanto



Photo credit: Tracy DoCanto



Photo credit: Tracy DoCanto

six foals that may one day be part of the world-famous Musical Ride were based on originality and suitability.

Meghan, as one of the six winners of foals born at the breeding farm at Pakenham, received a coloured photograph of Jadore and a

constable wore in London for the Queen's Jubilee parade. Constable Marty Chesser handed her his horse Lenny's horseshoe.

"It is magical," said this youngster in her Riverview Park home. "I will be a guest at the RCMP Canadian Sunset Ceremony Ride

school and her French father at high school. They are astonished at their elder daughter's success. In May or June they plan to take Meghan to the Carp farm where the foal is growing up to be ready, at age six or so, to take part in the sunset ceremony if big enough and

Ashton Morrow, Provost Public School, Alberta – Jacob

Andrew Urbina, Edmonton, Alberta – Jasmin

Kieran Porter, Scarborough, Ontario – Jolie

Alexander Cheffers, Canberra, Australia – Juno

**Riverview Park  
Community Association  
PARK CLEAN-UP DAY**

Join your neighbours at your local park and pitch in  
at

**Coronation and Blair Court  
at 5:30 p.m. May 3  
Other Parks  
May 4, 10:00 a.m**

**(rain or shine)**



Garbage bags and plastic gloves provided

**Continued from page 43**

charge, are used to collect them, much like static from cloths dryers.

However Electrostatic Technology becomes less efficient with use because soiled fibers lose their electrostatic charge. This can cause the efficiency of the filter to drop to less than 20% in a relatively short period of time depending on the state of overall air quality in the home. This technology can also generate heavy oxygen gas known as ozone in the home. Ozone in the atmosphere serves as a protective layer against harmful solar radiation, but concentrated ozone in a confined space can contribute to health problems over time.

**Ultraviolet Germicidal Irradiation (UVGI) Cleaners**

Some air purifiers use ultraviolet radiation from UV lamps that destroy many biological pollutants such as viruses, bacteria, allergens, and molds that are airborne or growing on HVAC surfaces (e.g., found on cooling coils, drain pans, or ductwork). If used, they should be applied with, but not as a replacement for, other air filtration technologies.

There are many different ways for this technology to be installed and it is very important to read instructions carefully. If the eyes absorb too much UV light, the cornea, the lens and the retina can be damaged. In many homes, aftermarket installation in-

volves placing the UV light in the air circulation (ductwork) system of the home.

**Gaseous Pollutant Removal**

Gas-phase air filters remove gases and odors by using a material called a sorbent, such as activated carbon, which adsorbs the pollutants. These filters are typically intended to remove one or more specific gaseous pollutants from the passing airstream. Because gas-phase filters are specific to one or a limited number of gaseous pollutants, they will not reduce concentrations of pollutants for which they were not designed.

**Ionizers**

Ionizers uses high voltage currents to negatively charge airborne particles, but since pure ionizers capture no particles, charged particles are simply released into the home where they tend to attach to surfaces. This means that ionizers may only have a temporary effect of eliminating particles from the air. Health experts also draw attention to the fact that charged particles may have a higher propensity to get trapped in our lungs with probable harmful effects.

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**Continued from page 26**

tawa. Each have been awarded the Volunteer Extraordinaire certificate by the Riverview Park Community Association .

**Helen McGurrin**

For many years Helen has served both as member and chair of the Community Advisory Committee of The Ottawa Hospital, and is a regular contributor to the Riverview Park Review and the Vistas community newspapers on health and hospital issues. For fifteen years she has been a Board member of the Ottawa Senior Citizens Council which serves individual seniors and member organizations through a wide range of services and activities. She has also volunteered for twenty years at the University of Ottawa Heart Institute Alumni Office, and in 2010 was the recipient of the Alumni Volunteer Award, established to honour dedicated, high-performing individuals who selflessly assist in the administration and operation of that office.

**Carole Moul**

Carole became a resident in Riverview Park in 1981. Later that year she volunteered for the very first Terry Fox Run. For many years she volunteer for the Cancer Society. In the 1990s she became involved in working with the Riverview Park community to avoid a gas bar being built at the corner of Alta Vista and Dorion. Carole has been a member of the Board of Directors of the Riverview Park Community Association. She has been a strong supporter of the Adopt-a-Park Program, skating parties, various Canada Day street celebrations . yard sales, school fundraisings. Carole has been a stalwart force in maintaining a Riverview Park community newspaper, first with 'Riverviews' and lately Editor of



Ottawa South Queen's Jubilee Award Winners. Presented by David McGuinty on February 23, 2013  
Photo credit: Eric Jacksch

the 'Riverview Park Review' as well as acquiring advertisements, writing stories and overall preparation of the newspaper. Carole is presently active in a project to encourage integration of Somalians into communities in Ottawa.

**Jubilee Medal Award**

**Orrin:** Helen must have been thrilled to hear that she was to be awarded a Queen's Jubilee Medal. How was she first informed?

**Brian:** She was informed by letter from our MP, David McGuinty. Yes we were both thrilled. I immediately wanted to tell everybody, but she wanted me to keep quiet about it. She seemed to feel that she was undeserving. Obviously, I didn't agree. We have a lot of kids and grandkids living in Ottawa and, of course, they all wanted to attend the ceremony, even though she warned them that

it would probably be "long and boring." Can you imagine? She's really quite a modest person.

**Orrin:** So you didn't keep quiet?

**Brian:** No. One day Carole Moul [Riverviews editor] called about something, and I said: "Carole, are you aware that a member of our community is being awarded a Queen's Jubilee medal?" So I told her about Helen, and then I was delighted to hear that Carole was getting one too! Then she and Helen got talking on the phone. Did these two dedicated and capable women talk about their outstanding services to the commun-

ity? Nope. They spent about an hour discussing what they should wear to the ceremony.

**Orrin:** Did that surprise you?

**Brian:** No, not really. After fifty years of marriage I'm beginning to understand women. For example, when I got dressed for the awards ceremony, I was smart enough to put on a nice shirt and a sport jacket.

**Orrin:** Smart move. Helen must have been pleased.

**Brian:** Nope. I had to change my pants three times before I passed muster.

**Continued from page 38**

second most common leisure activity with adults aged 65+.

**Greenhouse**

Is there a more relaxing form of exercise than planting seeds in the warmth and sunlight of your own greenhouse? The dreary days of February and early March can be transformed to the awakening and anticipation of spring time. Tender seedlings can be nurtured and cared for until it is time to be transplanted to our "raised gardens" which will be situated on the west corner of our beautifully manicured grounds. Residents will be able to cultivate their favorite herbs which may be used by our chefs in some of our incredible dishes.

Raised gardens

What is a raised garden? Im-

agine your garden at home put on legs to facilitate easy access. Our gardens, which will be raised 3 feet off the ground. This will eliminate aching backs and no more crawling on hands and knees. This is the ideal situation to encourage the use of motor skills-reaching, bending, stretching and walking. Raised gardens are a safe and healthy way to continue a favorite pastime while respecting that seniors do have varying physical limitations.

If you are a senior, who has already downsized from the family home to a condo, this could be an opportunity to return to your "roots". With our unique and "ground breaking" approach to gardening, Maplewood Retirement Community will again show it's commitment to bettering the lives of seniors in our community.

**Blair Court Community House's  
2nd Annual****Community Safety Day**

(Date to be announced for sometime in May)

Coronation Park 11am - 2pm

Free BBQ, Activities, Entertainment and Information about Safety

Great event for the whole family, everyone welcome.

Keep checking in for the date to be announced

You can find us

Web: [www.blaircourt.ca](http://www.blaircourt.ca)

Facebook: Blair Court Community House

Twitter: @blaircourt1

## Computer Tips and Tricks

Continued from page 40

by Malcolm and John Harding, of  
*Compu-Home*  
*An Epidemic of Address Book*  
*Hijacking and Spam*

Since early February we have been receiving a great many distress calls and messages every week, reporting that emails have been sent to everyone in a person's address book and appearing to have been sent by that user. This so-called address book hijacking is not a new phenomenon but it has exploded into a real outbreak at the moment.

Usually (but not always) the only text in the body of the message is a hyper link to some crooked website. We hope that no recipient would be so foolish as to click on a link like that in such a context, but sometimes when we're distracted.

...

If this happens to you and all of your friends receive those spam messages from your account, there is a tendency to get embarrassed and to start phoning or writing all over the place protesting that it wasn't really you. Relax; these days everybody should realize that, just like when you catch a real virus,

this attack wasn't your fault and you are a victim too. If you really feel you must, you could phone or write to a few of the people who have the least experience with email and who would therefore be most likely to be fooled by this sort of thing. **DO NOT** send one message to a large number of recipients, because that will certainly be flagged as spam and they will never receive it.

If you find yourself in this unpleasant situation, the best strategy to prevent things getting worse is to change your email account password. To do this, you will have to log into the webmail version of your email account, and hunt around for the button on that website that allows you to enter your old password once, and a new password twice, to change it. Maybe now would be a good time to check back to our words of wisdom a few months ago on the subject of strong passwords and choose one that will cause the hackers more grief in the future!

Once your password is changed, chances are you will quite likely be done with this incident. Only very

rarely are there further repercussions, such as more bogus messages later, trouble logging into your account, batches of messages disappearing etc. but if something like that should happen, it will be necessary to deal with it by calling your email provider. Fortunately, they are all much better set up to help you than they were in the past; with so many people being stricken with this problem nowadays the providers have set up entire departments devoted to supporting you and your email security.

Personally, in one of those "uncertain vagaries of life" (*Corb Lund*), I seem to have been getting much less of other kinds of spam lately. Go figure.

Have a look at our blog, at [www.compubomeottawa.wordpress.com](http://www.compubomeottawa.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. You can even sign up for automatic updates. We hope you will have a look at our blog soon or call us at 613-731-5954 to share your opinions and suggest subjects for future columns.

the maxim that if something is too good to be true, it's not true.

Back to town, run the gauntlet of the cigar and taxi offers, and I re-enter the official store. I buy a selection of various brands and sizes, including 2 *esplendidos*, and pay the lady \$150 Cdn. She puts them in a nice Montecristo box and gives me a receipt which she says is official.

Armed with my official receipt upon departure, we go through Cuban check-in and passport control, and NOBODY asks for a receipt, official or otherwise, and worse yet, NO ONE even wants to know if I have bought any cigars.

Landing in Montreal, at least here, the passport checker asks if we have anything to declare. We say a bottle of rum and a few cigars. He asks, how many? I say about 15. No problem, he says, welcome back.

I'm more disappointed than relieved. Doesn't anybody care how much angst I had in buying these damn things? At least my grandson will be happy with his gift, but I hope that my son doesn't smoke any of them.

## Astrology by Arze

### Aries Mar 20-Apr 20

With Mars, your dynamic planetary ruler, beginning a six week transit through Aries, your Sun sign, from around the 12th, it's all systems go and time to pursue your ambitions and show the world what you can do. With the addition of the Sun moving from Pisces into Aries from around the 21st, you'll be in your element as your new yearly cycle begins.

### Taurus 20 Apr-20 May

While you'll probably be most effective if left to your own devices, don't let temptation and desire undermine your attempts to make the most of the astrological weather. With Venus, your delectable planetary ruler with a host of planets in dreamy and idealistic Pisces, this is a good time to socialise and catch up with old acquaintances and network with new ones.

### Gemini 21 May-21 Jun

Whether it's due to self-indulgent retail therapy or misplaced attempts to cater to the extravagant demands of loved ones, now is a good time to get a grip on your finances. If you've been feeling undermined and undervalued lately by the insensitivity and carelessness of others, then things should soon improve considerably. With the Pisces new Moon around the 12th, an unexpected new opportunity at work is

set to boost your confidence and bank balance.

### Cancer 22 Jun-22 Jul

With dynamic Mars in feisty Aries, and the angle of your solar chart governing your vocation, status and worldly ambitions, if you keep your eyes on the prize the coming months promise much success and achievement.

### Leo 23 Jul-22 Aug

A mysterious romance or creative project that's been subject to misunderstandings, and no little mischief, should soon be back on track freeing you up to focus on furthering your goals and reputation. Meanwhile, you risk conflict with authority or those threatened by your attempts to get ahead, so don't forget to smile.

### Virgo 23 Aug-22 Sept

With Mercury, your planetary ruler, in your opposite sign of Pisces and retrograde until around the 18th, relationship matters could prove complicated if you are trying too hard to please or have trouble making up your mind or giving a straight answer to a straight question. Best to wait, bide your time and hold your tongue until after the 18th, otherwise you may make life even more complicated for yourself.

### Libra 23 Sep-23 Oct

. With a new Moon in Pisces around the 12th indicating a fresh start on the

day-to-day work front, a promising opportunity or project initiated last autumn could finally turn up trumps. With Venus, your ruler, in dreamy Pisces and assertive Mars in Aries, you'll be inundated with interesting, enticing and even urgent offers.

### Scorpio 24 Oct-21 Nov

The home, family or property is emphasised and a project that has been on hold because of misplaced optimism or broken promises, could well get the green light. With a planetary pileup in Pisces, this is a good time to express yourself creatively, to have fun. The new Moon in Pisces around the 12th promises a fresh start or new approach on the romantic or creative front.

### Sagittarius 22 Nov-21 Dec

With Mars entering Aries, recent tension and upheaval on the domestic front should ease considerably as the focus of your energy shifts towards greater self-expression and pleasure seeking. However, with Mercury retrograde until the around the 18th, be mindful since misunderstandings or communication problems are likely on the domestic front.

### Capricorn 22 Dec-19 Jan

With Jupiter moving forward again it looks like you've weathered a storm or two. With planets in Pisces in harmony with Saturn, your planetary ruler, in

Scorpio, one important relationship in particular could become more personal, steamy and sensual. With so many planets in Pisces you may feel it is time to blow your own trumpet if you want a bigger slice of that pie.

### Aquarius 20 Jan-18 Feb

With Jupiter gathering momentum and moving forward again, March promises to bring opportunities for fun and romance, so let your hair down and play. With planets in Pisces continuing to make harmonious aspects with Saturn, your traditional planetary ruler, in Scorpio, the career, vocation and status zone of your solar chart, a well-deserved improvement on the work front is indicated.

### Pisces 19 Feb-20 Mar

With the Sun in Pisces, your sign, until around the 20th make the most of the astrological weather and promote yourself and put your needs first for a change. With Mercury, Venus, Neptune and a new Moon in Pisces, the new you will be very much in demand, professionally and romantically, and able to call the shots so don't be backwards in coming forwards.

Xoxo

Arze Chahine

Your astro advisor.....

**Ps: be looking out for my astrology book next year!**

# Oakpark swings into spring

by Tom Kloppenburg,  
Marketing Manager

## Swing into Spring

The snow may still be on the ground, but things are starting to heat up at Oakpark Retirement Community with our upcoming Swing into Spring Resident party. Entertainment from The Four Chords will be sure to get people into the "Swing of Spring".

The Residents of Oakpark are looking towards the spring months

with lots of energy and enthusiasm. They have been hard at work creating spring themed decorations to add some colour to the walls after a long winter! We will literally be "swinging" into spring as our residents will be painting spring themed swings to hang from the ceilings!!

## Oakpark Retirement Communities' 5<sup>th</sup> Annual Art Show

In anticipation of Oakpark's 5<sup>th</sup> anniversary, we are looking for-

ward to kicking off the festivities with our 5<sup>th</sup> Annual Art Show. This year's art show will be held from May 31<sup>st</sup> to June 2<sup>nd</sup> with the Vernissage on May 31<sup>st</sup> from 7 pm to 9 pm in our Main Lounge.

In what has become a yearly Oakpark tradition, our Art Show is fantastic opportunity for local artists to showcase their talents but what we really look forward to is displaying the remarkable talent of our own Resident Artists.

The art show is a wonderful event that exemplifies the hard work and creativity of the people in our community. It has become a part of the community calendar which many people look forward to each year. The show is open to the general public and it is one of our biggest events of the year.

Come and join us for a night of fun and entertainment that is sure to inspire your inner artist!



Snowman winter frolic  
Photo credit: Karin Keyes Endemann



A female Pileated Woodpecker eating the bugs that are killing all our ash trees  
Photo credit: Geoff Radnor



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