



JUNE 2013

A Voice of Riverview Park

VOL.5 NO.3

The Butterfly Effect

by Mick Steers

Photo credit: Annie Jackson

On May 7th, Vincent Massey unveiled a new artwork at their annual Multi-Cul-

tural Dinner and Art show. It is entitled “The Butterfly Effect”, and is a collaborative effort of 160 primary school students from grades one to three.

The Butterfly Effect is a large tapestry depicting the changing seasons. Teacher Kim Sparks lead the project which drew inspiration from the science curriculum, and the amazing ways plants and animals adapt to thrive in our changing seasons.

Annie Jackson is a weaver and fibre artist with MASC, a local artists’ cooperative that brings performing, literary and visual arts into Ottawa schools. In this project, Annie had the students weaving colourful background images, and then adding plants and animals made with needle felting and wet felting techniques. During the creative sessions, the kids were engaged with the teacher and artist learning



Riverview JK student Maggie is delighted with her Marigold purchase.
Photo credit: Gbadir Fareed. See Kids Helping Kids on page 21

about the ways that the particular animals and plants change with each new season.

There are over 50 countries represented by students at Vincent Massey, and the kids brought different perspectives on how sea-

sons work in different places, and how extreme Ottawa can be from January to December.

The Butterfly Effect will hang in a prominent spot in the school after the successful unveiling.



Blair Court’s new cheer squad perform their community safety cheer. See Community Safety Day on page 36

Photo credit: George Kozoriz



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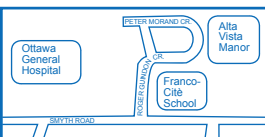
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Another Diamond Jubilee Medal Award to a member of the local community

by Colin Hine
The April 2013 edition of RPR featured an article on Riverview Park residents who were recently honored with Queen Elizabeth II Diamond Jubilee Medals. One medal recipient, Alta Vista resident Dr. Qais Ghanem, who is well known to local residents was out of the country at the time of the award ceremony so was unable to attend.

Qais’ medal recognizes his work in the fields of human rights and social justice, in particular because of his efforts to foster links and dialogue between communities. Qais Ghanem a retired neurophysiologist and professor, is also a human rights/social justice activist, a poet, a novelist and a community builder. Through countless voluntary initiatives he has succeeded in opening communication among people of different cultural, ethnic and religious backgrounds, particularly those who might not otherwise have had a safe forum in which to explore their differences and their similarities.

Amongst the communities where Qais is active in Ottawa are Potlucks for Peace, a group that

he founded, bringing Ottawa Jews and Arabs together. Women and men that form this group come together to share food, engage in dialogue and develop initiatives that will contribute to the possibility of peace in the Middle East.

Qais also created a weekly radio program “Dialogue with Diversity” on CHIN Radio 97.9 FM in Ottawa to showcase the lives of individual new Canadians from different national origins; focusing on their everyday lives, as well as their cultural backgrounds and traditions. He hosted this program for several years and now hosts a similar radio segment “A Luta Continua” on CKCU FM 93-1.

The web site <http://www.dialogue-withdiversity.com/> that Qais created also helps build bridges, and develops dialogue among ethnic groups



Dr. Qais Ghanem proudly displaying his Queen Elizabeth II Diamond Jubilee Medals

forming the Canadian mosaic. As a result of his radio shows and his web site Qais comes in contact with Canadians with diverse ethnic backgrounds every day. He helps to make a difference by promoting awareness and un-

derstanding and is often invited to speak at events in Ottawa and across Canada.

In 2008 Dr. Ghanem was a candidate for the Green Party of Canada in Ottawa South. He did not enter the campaign with high expectations of winning but used

the campaign as an opportunity to promote grass roots democracy within the community. Qais strongly believes that ordinary people yearn for peace and security and deserve respect. They need to be listened to throughout the year, not just during election campaigns. During the campaign Qais took the opportunity to invite constituents to come to the first of a series of non-political monthly town-hall style meetings entitled Dialogue for Democracy (D4D). Monthly meeting started following the campaign and are ongoing in the greater Ottawa community to this day.

Dr. Ghanem has published two novels: “Final Flight from Sanaa” and “Two Boys from Aden College.” These novels are directed at the plight of the oppressed women of Yemen and much of the Arab world whose lives and sexuality are marginalized and undervalued.

A third non-fiction book, “My Arab Spring, My Canada” explores how the Arab Spring will impact the future of Canadians of Arab origin, and hence of Canada itself. This book was launched in Ottawa on October 22, 2012.

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Another dental debate: amalgam fillings

by Dr. Jin Soo Song

Dentists have been using amalgam fillings over the course of 150 years. Ever improving as a restorative material, and the most affordable of all the filling options, amalgam fillings are commonly known as silver fillings. They are durable for the patient, and much easier for dentists to work with than other restorative alternatives. Concerns over the safety of their use however have recurred periodically over the years.

Amalgam filling material consists of a powder composed primarily of silver, tin, copper, and zinc mixed with a small amount of liquid mercury in varying percentages. And while mercury is known to be a toxic substance at high doses, in dentistry only a very small dose of mercury is used. It is the mercury content nevertheless that raises public concern with regard to its effects on the individual.

By itself, mercury is a poisonous metal to which we are all exposed through the air, water, soil and food. According to the *Canadian Dental Association in Dental Amal-*

gam FAQs (2013), mercury's toxicity is related to the amount absorbed, and this amount depends on a number of factors, such as the type of food you eat, your occupational exposure, environmental levels and number of amalgam fillings you have. For the majority of people, no harmful effects are known as a result of the average levels of mercury exposure to amalgam fillings. However, just as there is an element of risk whenever a foreign substance is introduced into the human body for any therapeutic purpose, so it is that health professionals must constantly weigh the risks against the known benefits of dental amalgams. In response to the question of when research will provide more information about dental amalgams (# 13) The *Canadian Dental Association* replied that it 'continues to encourage the federal government to support further research specifically related to dental amalgam.'

Health Canada in *The Safety of Dental Amalgam* (1996, modified in 2006) does note that while dental amalgams do contribute detectable amounts of mercury into the

body and are the largest single source of mercury exposure for average Canadians, amalgams are not causing illness in the general population. Moreover, in Part 2, *Health Canada's Position Statement on Dental Amalgams*, under *Considerations*, the removal of existing amalgam fillings from individuals who have no indications of adverse effects is not recommended, nor is the total ban on amalgams.

"The use of dental amalgams as a filling material is declining worldwide, along with the general decline in the incidence of tooth decay"

The use of dental amalgams as a filling material is declining worldwide, along with the general decline in the incidence of tooth decay. Alternative filling materials available are composites, glass ionomers, gold alloy, and metal/ ceramic crowns however, not all are as durable in locations where they are subject to chewing wear, nor have had the safety of the alterna-

tives been assessed in much more depth than the safety of amalgams.

Health Canada does make eight recommendations in *Part 2, of the Position Statement* advising dentists to take certain measures, including health (in either expectant mothers or patients with impaired kidney function), allergic hypersensitivity to mercury, plus the contact with existing metal devices in the mouth such as braces. Techniques and equipment used in the placing and removing of amalgam fillings should minimize the exposure of both patient and dentist to mercury vapour.

As with any discussion between dental health care professional and patient, it is important to talk about, and decide together, which filling material will work best for you. There will be pros and cons for each of the options, with some materials better meeting your needs than others. And although the final choice will be yours, remember that it is your dentist who can provide you with the best information necessary to make the right decision for you.

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Augusta Eve a true amateur

Riverview Park wrestler concerned with OAC decision

by Rob Eve

The fact that the IOC (International Olympic Committee) has decided to drop Wrestling from the 2020 Summer Olympics, probably due to the fact that it is not typically followed or even viewed widely, is



still a decision most people find surprising and difficult to understand. This has led to a widely publicized last attempt salvage effort including changing the rules and petitioning the Olympic Committee to regain the spot in the 2020 Olympics. Wrestling, once the rules of the sport are known, is actually a very

entertaining sport to watch considering a match is only comprised of three two minute, highly demanding, and skillfully fought rounds. Differing from some combative sports such as boxing and MMA, freestyle wrestling allows the athletes to compete in an individual bout with a low risk of serious injury in tournaments that usually can have the wrestler meet in typically 3 to 5 bouts in a day. This requires physical stamina,



NCWC Open Tournament St. Pat's High
January 2013 49kg Womens

speed, skill, technique application, and strategy, to gain a victory. In wrestling, both winning and losing



Augusta Eve Gold medal 43kg Canadian National Juvenile
Championship April 2013 Saskatoon Sask

are part of the sport, which gives pretty much all the competitors of all ages the opportunity to win while learning to accept loses to the opponent who exceeded them in these qualities on that day. Augusta Eve, a Riverview Park resident, decided to get into this somewhat obscure sport when starting high school, and has made it a passion. These three years have taken her on an unexpected journey, a journey that delved into a sports community that would otherwise be unknown to us. The community created friends for the kids locally, and across the province. Another aspect not fully known

is that wrestling is very much for girls, also small girls. In cadet level wrestling (age 15-16), the first girls category is 38 kilograms (83.6 pounds). The first weight class in the Olympics for women is 48 kilos (105.6pounds). These lighter weights mean speed, agility and plenty of action in takedowns and on the ground. Canada has been a country where female wrestling has enjoyed some great Olympic success over the past several games. As a 4'11" 16 year old girl, Augusta started wrestling in the 40 kilo

Continued on page 47

A Modern Steakhouse in the Heart of the Market

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A photograph of the interior of a modern steakhouse, showing long wooden tables set with white linens, glassware, and silverware. The room has a warm, rustic feel with wooden walls and large windows.

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A close-up photograph of a piece of sushi, specifically a nigiri with salmon and a slice of orange.A close-up photograph of a piece of steak, possibly a filet mignon, garnished with mushrooms and a drizzle of sauce.

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Jiseikan Aikido

RELAX



by Ocean Wave

When you begin to learn something new, you are shown to do this and that, and you are asked to practice with repetition. At the beginning, you find those techniques interesting because they are still new and fresh to you, but you will slowly find the repetition so boring. You will start to question, with your very limited understanding, whether or not it works. The most common question is "Does it work in the real situation"? Of course, the answer is "No". There are many things still missing including your muscle memory, your posture, proper utilization of your strength, timing, etc. We tend to rush into the techniques with a mind so uptight and full of frustration. Often, we are not able to see the whole big picture of the technique, because we don't know how to learn. When the technique does not work, we start to blame the others but not ourselves. We begin to identify favourite partners versus non favourite ones. I made the same mistake. When you come and ask Sensei, and his answer is always "you have to RELAX".

Slowly, I begin to understand the meanings of the word RELAX. When I am shown a new technique, I need to have a clear mind with a hundred percent belief that the technique would work. Physically, I take a deep breath and slowly breathe out to let my muscles RELAX. I then observe by capturing as much detail as possible the posture and all movements shown to the point that I can still play back with my eyes close. Slowly, I imitate the movements, step by step and practice repetition to implant memory into the muscles. I might not fully understand at first, but I just copy exactly the form. I also practice by observing the techniques performed by my partners to detect any similarities and differences compared to those shown by Sensei. When he stop and correct us, I pay attention to his explanation or suggestion and practice right away what he had said although it might not be easy at the beginning. I then continue

practicing those new ways in my following classes. It is the best opportunity to do fine tuning of the technique. I remember how clumsy at my very first time of holding the iaito (a long sword used to practice Iaido), and my cutting was very awkward. However, without disappointment, I realize that the only way to perfect it is to imitate what I was shown and practice with repetition. Most South-East Asian people know how to use chopsticks because we use it every day. So, at the beginning, I continued to practice with my iaito every night at my backyard during that summer and being mindful to the contraction and RELAXation of my arms' muscles. Slowly, I was able to hear the sound of each cut, which was very satisfactory, alone in the dark. In one summer camp and in the morning, there were about twenty of us performing cuts with iaitos, each of us counted fifty times, so it was about one thousand cuts and thrusts all together that we had to do. Closing my eyes and let my body RELAX while following my breathing and the sound of every single cut, no words could describe the experience of that moment. I also practicing RELAX in the drawing and shielding of the iaito to minimize the rattling sound.

As an attacker, it is very important to RELAX and follow the leading of my partner right at the moment the technique is being executed. By RELAXing, I am able to enter into my partner's domain, submit myself to the technique and let myself be carried by the movement of the technique. By this way, I am able to feel the strength and weakness of my partner, and to enter and exit safely to prevent potential injury. Being thrown and let my body roll out from a technique is also an art. At the beginning, I tend to choose a partner to practice with because some are quite rough and less flexible compared to the others. However, when I learn how to RELAX and let go, I enjoy practicing with different people. Recently, I start to practice

RELAX in ground work, in which I let myself being dominated and try to find a way out by sensing and following the movement of my partner. Only from RELAX and letting myself into the dominating situation of my partner that I am able to find his/her weak point so to counter attack timely and effectively.

Recently, I begin to practice with an objective to explore the right timing of the Irimi (entering), the proper positioning of the body and the use of appropriate strength in relation to the coming speed and force of the attack. While into the process of the technique, I begin mentally recording the position of my hands and feet while the body is in motion. Only through RELAX and mindfulness that I am able to register that moment, so I can blend and adapt to different physical status of each partner. It is a rewarding experience once I can sense that my movement is in



concert with my partner's. RELAX does not mean weakness or slow-down. It is a commitment that allows me to enter into my partner's realm in a timely fashion and with as little fear as possible. It is not a situation of life and death here. But it is mostly the fear of failing the technique. Many years ago, I used to be so uptight while performing my Irimi. It was always a bit too soon or too late. To compensate for this shortcoming, I then rushed into the technique by applying inappropriate force. Once that failed, I began to look for shortcuts and frustrations started to build up. Then, when I was corrected, I denied my failure and started

questioning the effectiveness of the technique or blaming my partners. Keeping RELAX in mind but focus, I slowly able to correct those limitations and enjoy during my practice.

Like anything else, it is easier to keep that bad habit than making a correction. At first, it feels clumsy and awkward to change something that I have been doing for years into something apparently new. From working with the beginners, I begin to understand that we are taught a bit differently depending on our level of understanding and readiness. For instance, Sensei keeps emphasize about the nagashi and the hand block in the Robusé, or the irimi and the hand block in the Kotegaishi, but I observe that everyone of us perform differently. Sensei might correct the white belts differently than the color belts. He led the students practicing at their own level, and he will correct accordingly. Many of us didn't get his intention when he makes correction. We may wonder why, with the same technique, he led it pass when we are at lower belt, but he starts correcting when we are at advanced level. I once felt very frustrated and thought that my progress had been plateaued. Luckily, I soon realize that, at the beginning, a student just studied the form of a technique, but then over time throughout practice of repetition and with the proper guidance, we would elevate our understanding beyond the form to reach to other higher levels of understanding. "You just see the tip of the iceberg" is what Sensei used to tell me.

With all the aforementioned experiences in the dojo, I also practice RELAX in my daily life situation, from which I experience many fruitful results. Discussion of that is a topic for another day.

~ ~ ~

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Moving patiently forward as a writer

A lesson in determination is found in the goal Catina Noble of Riverview Park set herself. This single parent of four children has struggled for years to be a writer and some of her pluck is showing signs of success.

Her voluntary articles and photographs in the *Riverview Park Review* helped her march on through dark days to brighter ones. Now the publisher of the bestselling *Chicken Soup for the Soul* series has accepted her work and *The Ontario Poetry Society* last month published her poems in a chapbook. Those chinks of light in what she sees as her hobby rather than career were richly deserved through many hours at the her computer.

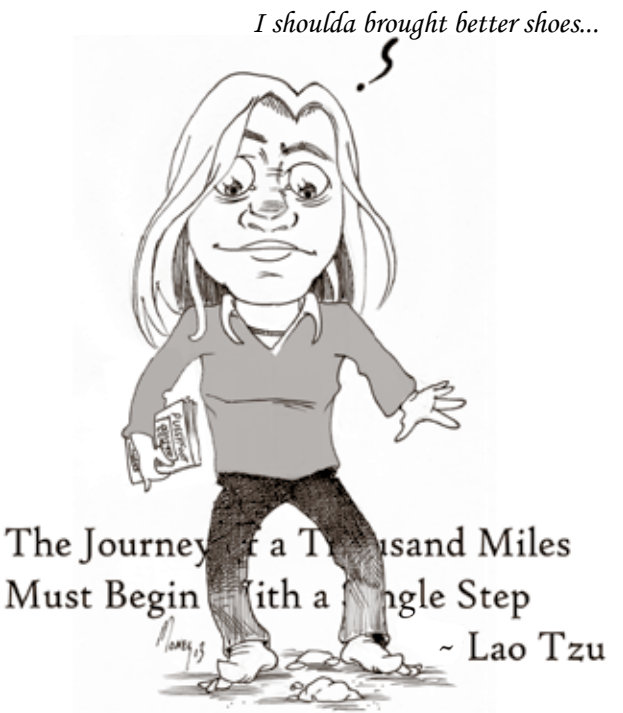
Catina works part time on the front desk at Dempsey community Centre. The small remuneration she will receive from *Chicken Soup for the Soul* will help. But it is the success of

publication that makes her happy for the time being rather than the small reward.

Throughout the ages there have been writers who struggled to make a living before patience brought success. Charles Dickens burned the candle for years learning Pitman shorthand to become a parliamentary reporter and eventually possibly the greatest English novelist of the past 200 years. Welsh poet Dylan Thomas had his struggles with the bottle and Robbie Burns with the tax collector. Most recently, J.K. Rowling, a single parent, struggled to find her financial feet and did it so well. She went from state benefits to multi-millionaire status in five years. Theirs are case studies of overcoming early difficulties and Catina's past 10 years had similar problems. Her essential \$200 digital was made possible only through a tax refund.

The dark poetry to be found in her booklet collection entitled *Pussyfoot* will soon be replaced with poetry of a lighter verse as her confidence grows in a different place now.

Her philosophy is that when things are going wrong there is only so much one can do. To tread with a catlike patience waiting things out is her remedy. Patience rarely is a writer's first choice since that means a struggle with time and circumstance. Yet today it is more essential than ever. A writer who is faultless through patience rather than half right through rush makes that



author publishable and worth reading in a growing torrent of books.

Catina is grateful to our community newspaper for helping her pursue her passion.

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

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

Please remember to recycle this newspaper.

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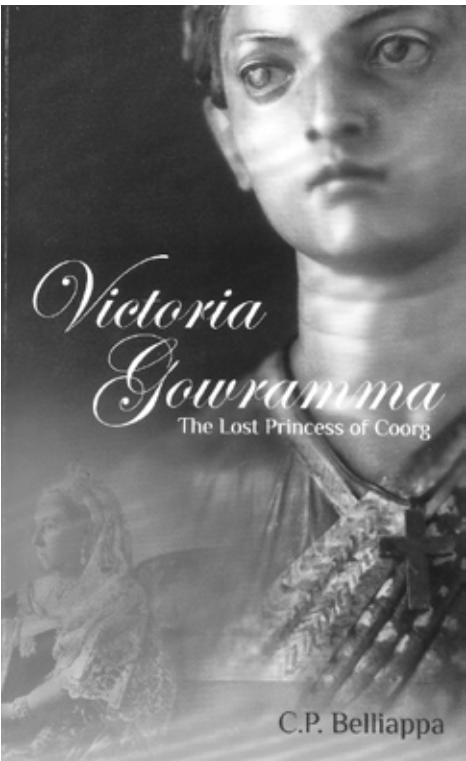
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Dear Editor

I received the hard copy of Riverview Park Review a couple of days ago. I thank you immensely for the excellent review of my book by Bill Fairbairn. Appreciation from another writer is always special. I very much enjoyed reading his book Germaroon. The suspense continues throughout the story and the ending was most unexpected. I look forward to reading his two other books in the near future. His article on his visit to India is very interesting. I had the article and the photograph of our students posted on the notice board at Coorg Institute of Technology.

I am pleased to inform you that my book on *Victoria Gowramma, the Lost Princess of Coorg*, is going for a reprint with an epilogue. I have collected a great amount of additional information on the Indian princess and her family along with some rare images. Contrary to what I had written about her



descendants I discovered that her lineage continues. I traced them to Australia and even spoke to one of them.

Yours,
C.P. Belliappa, Coorg Institute of Technology, India.



Cooper's hawk spotted on Caverley Street
Photo credit: Geoff Radnor

HERON EMERGENCY FOOD CENTRE, at the Heron Road Community Centre Building, 1480 Heron Road, 2nd 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

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.

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.



Ottawa's Spring 2013 REALLY REALLY FREE MARKET

Date: Saturday, June 8, 2013 (rain date June 15)

Time: 8:30am - 2:00pm

Location: 206 Montreal Rd, Vanier ON

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Ottawa ON (May 21, 2013) -- It's FullCircles Ottawa's 6th bi-annual RRFM! What is an RRFM (Really Really Free Market)? Just like a garage sale / flea market, except everything is FREE! Ottawa's RRFM is Canada's first free market based on environmental values and sustainability. Ottawa's RRFM uses free sharing of good reusable items to reduce the number of items being prematurely recycled, trashed, or just stashed away out of sight. By extending the lives of 'stuff' we reduce our collective environmental footprint.

Drop off your surplus stuff in good condition, and take anything you can use. You don't have to drop to shop! Drop off books, toys, clothing, small appliances, decorative items, old computers, electronics, furniture... the kitchen sink... almost everything. Take home perfectly good items you can use. It's all FREE. And this year, **PODS Canada** is very generously donating an on-site PODS container so you can drop off your stuff at scheduled times in advance of the Saturday event (watch our Facebook page for times).

At the now permanent home in Vanier, Ottawa's Really Really Free Market are guests of [St. Margaret's Anglican Diocese](#).

We are proud to announce that the Spring 2013 Ottawa's Really Really Free Market will be sponsored by **UsedOttawa.com** who will be launching the curbsiding hash tag for free stuff **#ShouldaUsedOttawa!** UsedOttawa.com is a popular free, family-friendly classifieds website where locals buy, sell and give away used stuff. Look for the UsedOttawa.com table at the market.

eWaste collection partner, **RD Long Computers**, will once again be on-site to accept pre-owned computers and any other eWaste for recycling. If it has a cord, it can be eWasted! You can be confident that your digital signature is secure when you recycle with a [registered OES \(Ontario Electronics Stewardship\) collector!](#)

Valley Boxer-Mastiff Rescue will be on site to offer information on pet adoption and accepting any items that you want to donate to the dogs in rescue. You may meet the next love of your life if you come to see the dogs from Valley Boxer-Mastiff Rescue! Remember to be green, stoop and scoop that poop with a biodegradable poop bag free to try from the rescue!

Plant/Garden Event! Free plants, cuttings, seeds and advice will be offered at the gardener's table. Drop off your surplus garden accessories, tools, decor and plants. Take any items you want or can use - either indoors or out. Anything to do with gardening is welcome at the garden table.

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THE HUME SAFE STREETS PROGRAM: TWO NEW PROJECTS

STREET PAINTING PROJECT

In our continued efforts to reduce traffic issues and encourage the safety of our neighbourhood, we are continuing with the Alta Vista Safe Streets Program in 2013. We are expanding the program this year, by launching a new street painting initiative.

We've chosen three locations on Alta Vista streets to paint the speed limit, 50 KM/H, in large characters on the road way, speaking to traffic traveling in both directions. Our hope is these reminders will encourage motorists to drive with care and respect the speed limit. Once this project is complete, we will deploy the Safe Streets radar boards to collect up-to-date speed survey data which would reveal any changes in traffic speeds. These painted numbers will occur on Kilborn, and Saunderson, and most notably for Riverview, on Coronation.

I will continue to work with the traffic department for long-term recommendations for traffic concerns in our communities, but it is my hope that these road markings will act as an immediate reminder to drivers travelling through our community to drive safely.

If you have any questions or comments, please do not hesitate to contact my office by email at avsafestreets@ottawa.ca or by phone at 613-580-2424, ext. 28490.

Thank you,
Peter

SHOULD RIVERVIEW BE A 40KM/HR ZONE?

I am proposing to establish a 40km/hr speed zone for the entire Riverview Park community. I've heard from residents at last year's Hume Safe Streets traffic blitz about the desire for reduced speed limits on residential streets.

The objective of this proposal is to maintain current driving behaviour and continue to encourage driving safety by those coming into the neighbourhood. Posting signs at all entrances to the community will raise awareness that this neighbourhood is a 40km/hr zone, and will help to ensure traffic law adherence.

I propose to place signs at the Riverview Park community's 9 entrances. I want to hear from residents on this idea. You can email avsafestreets@ottawa.ca to share your support or questions about this plan.

With the community's and Council's support, I will take it to the next step with the provincial government to move towards approval.

To see a map of where I propose to post signage for this project, head to peterhume.ca/safe-streets-program.



Help the 28th Ottawa Scouts bring clean water and sanitation to nursery schools in Chincha Alta Peru!

Scouts youth from the 28th Ottawa troop are going to Peru this summer to assist with the reconstruction of Chincha Alta, a city of 170,000 heavily damaged by a major earthquake, measuring 8.0 on the Richter scale. They will be installing plumbing and restoring buildings and bringing funds and medical supplies.

The youth are reaching out to Ottawa area construction companies to assist in purchasing safety equipment for their reconstruction work as well as to offset travel costs. The youth plan to leave behind their work boots, gloves and safety glasses in Chincha Alta for use by local workers. Funding is still needed to assist with travel and the transport of donated medical supplies.



Please join us at the Awesome Alta Vista Garage Sale on Saturday June 8th! We will have items for sale at the Rideau Park United Church, 2203 Alta Vista Drive, and at 1680 Abbey Road.


Our next Alta Vista bottle drive will be after the Canada Day long weekend. Please visit our online donation site at <https://scouts.thankyou4caring.org/peru2013>

Find us on Facebook: 28th Ottawa Scouts - Peru 2013 All donations gratefully accepted.



On Friday, April 26 a team of 14 staff from the Ontario Centre of Excellence for Child and Youth Mental Health made their way to Balena Park to do their part of the city's Cleaning the Capital Campaign. With their office on Industrial Avenue, they wanted to support their community. The group spent just over an hour picking up litter, shattered glass, recyclables and filled five yard waste bags. Overall, it was a success and some staff shared that they hope it will become an annual event!
Photo credit: Jennifer Blattman





Dalton McGuinty, M.P.P.

Ottawa South


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Riverview Park Community Association

Cheers from the sunny coast of Italy

by Karin Keyes Endemann
President, Riverview Park
Community Association

Yes, while you are reading this, I am hiking along the northern coast of Italy—wish you were here! Even though I am on vacation, the incredible

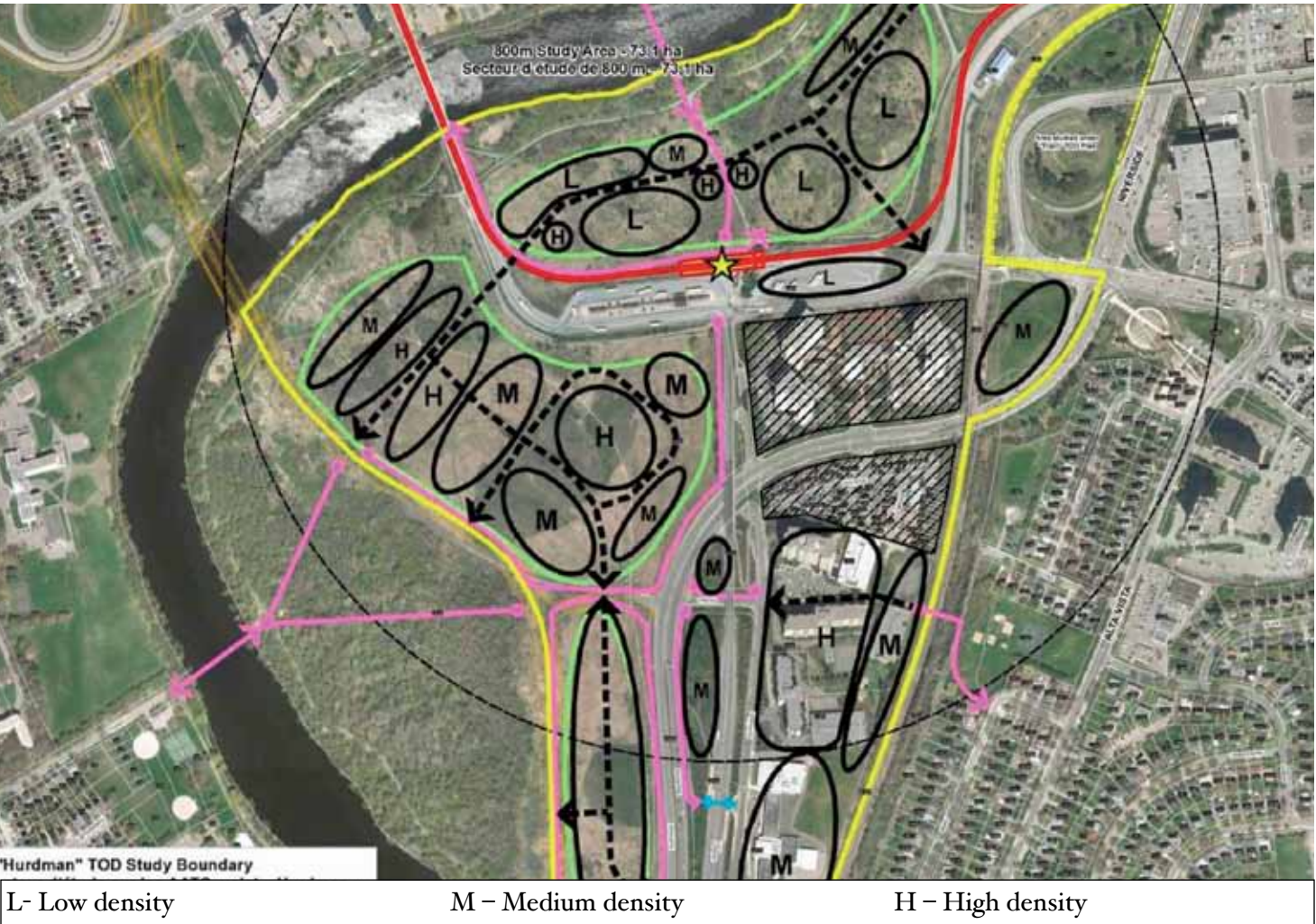
at the 18 dead trees (and counting) along the route and talking about how we can replant the street to increase the buffer between the noise and pollution on Industrial and our community. As many of you will have noticed the evergreen trees have grown so tall that they

The RPCA would really like to see a right turn only at that intersection and/or a widening of the right turn lane slightly to accommodate a right turn lane ramp. There two little improvements would go a long way to making our neighbour just that little bit better.

The City will be requiring a minimal density of 200 to 400 people per hectare. Please note that this “minimal” statement means that developers can create units which are of higher density (ie up to 1,000 per ha or higher). On a good note, the areas along the Rideau River have been excluded from development due to the NCC declaration of this as an area of wildlife and environment protection. Preliminary plans should be online sometime in May 2013, consultations will begin in June, an open house will be held in September and final recommendations will be made in December. While this sounds totally overwhelming there is a slight light at the end of the tunnel because this area was once a dump and as a result, it is full of toxic landfill. This means that many developers will be very hesitant to incur the expense of mitigating the soil issues. Hence, we may not actually see any development on this land for many decades. No matter what, it is still important to be express your views during this process so that the City hears what you want (or don’t want) to see in this area. Watch our website for more information on how you can have your say on this important development which will have major traffic and resource (hydro, water) implications on our community.

In closing I would like to bring your attention to two upcoming events: the first is that the RCPA will be holding its bi-annual fall dinner and social at Mandaloun on 29 September 2013. This will be fun filled night and this is your opportunity to support the work of your community association—remem-

Continued on page 48



members of our RPCA continue to move forward along our neighbourhood improvement path. Just now, we are just putting the final touches on our 4th annual Riverview Park community garage sale, which will be on Saturday 1 June – rain or shine... and here’s hoping that everyone sells out! When I get back in early June, I will be walking along Coronation Ave with our Councillor and the City’s Forester. We will be looking

are just sticks and hence are not offering any sort of sound barrier any more. Here’s hoping that the City will be able to plant something which will offer a better barrier. I will, at the same time, be talking to Peter Hume about how we can modify the difficult intersection at the corner of Neighbourhood Way and Industrial to make it a bit safer for our residents. Turning left onto Industrial is like taking your life into your own hands.

This month I attended a presentation about the City’s proposed designs for the area around the Hurdman LRT station. The information was very useful but also very disconcerting. They will be allowing mixed use development within 800 meters of the station – with the highest density next to the station. The plans will include pathways, sidewalks and a road which could potentially link to the AVTC (should it ever be built).

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The Board is seeking nominations for new members. Some long-serving members are retiring at a time when we are facing numerous challenges to the quality of life in our neighbourhood, such as:

- Uncontrolled intensification with inadequate sidewalks and bikeways to support growth and create a safe environment for our children*
- Traffic noise and congestion*
- Pressure for a casino in Riverview Park*
- Ash trees dying with little commitment for replacement*
- Aging and inadequate play facilities in our parks*
- Decay of the Alta Vista Shopping Centre*



This is your opportunity to influence what is happening in your neighbourhood. No specific experience is required, just a desire to contribute and work on a team. Our twelve member Board meets once a month and our sub-committees (Planning and Development, Parks and Recreation, Communications, etc.) meet as required.

If you are interested in exploring how you can help your community as a member of the Board and possibly one of the sub-committees, please contact our Nominating Committee Chair:

Lynne Bezanson at 1601 Balena Ave., K1G 0X1, Email; mlynneb@magma.ca Phone (613) 733-2946

We will be electing members at the RPCA Annual General meeting on 23 October 2013. *Hope to see you there*

RIVERVIEW PARK COMMUNITY ASSOCIATION

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Annual General Meeting

When
Wednesday,
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7 pm to 9 pm

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- Learn about developments in your community;
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- Get answers to your questions, issues and concerns;
- Offer your ideas to improve the quality of life in Riverview Park;
- Or get involved yourself; find out how you can contribute; **and**

Participate in the election of the new **Board of Directors**

For more details please visit us at:
www.riverviewpark.ca

Enviro North Blind Cleaning and Repairs another Riverview Park treasure

by Carole Moul

The location of *Enviro North Blind Cleaning and Repairs* may just be one of this community's best-kept secrets, however customers who call upon the valuable services of this company are definitely most appreciative of it. People also like the fact that the company uses only 'environmentally- friendly products', thus the *Enviro* part of its name.

Located at 101-1435 Sandford Fleming Avenue (Corner of Alta Vista and Industrial Avenue) since the year 2000, this sole-proprietor shop is owned by Craig Sentic, and provides much, much more than the name implies.

With the portion of the business that looks after the cleaning of all types of window coverings, a variety of options are available to the customer. To receive full service, Justin, or perhaps even Craig himself, will pick up not only the various kinds of blinds, but also take them down for the customer, clean them, and re-hang them if

that is what is required. For others who still want to drop off their own window coverings, and are able to do this, there is a substantial discount by taking this route. A third choice is to use the same-day service. With this selected option, the customer who brings in their window coverings by 9:30 in the morning will be able to pick them up and take them home by mid-afternoon. The company, of course, is at its busiest as people approach their spring or fall cleaning.

Just about every kind of window covering can be cleaned by *Enviro North* in their ultrasonic cleaning tank, including venetian blinds, honey comb, wood and faux wood blinds, and also silhouettes, and verticals as well. Each is pre-sprayed in one part of the shop, and then carefully moved to the ultrasonic tank where they are immersed from 45 seconds to 5 minutes depending on the material. The blinds are then rinsed and hung to dry from racks that are



at least 8 feet long and suspended from the ceiling, with space for 25 blinds to be drying at one time.

"We also do a tremendous amount of repair work, including cords and mechanisms," responded Craig, when the question was asked with regard to the contents of what seemed like hundreds of small plastic boxes organized on a wall at the side of the room.

When asked about the term ultrasonic cleaning, Craig readily replied, "The term 'ultrasonic cleaning' means sound waves and water. Basically, it is millions of tiny bubbles that reverberate off your window covering and loosen the dirt." And, with just the push of a red button on the wall, Craig was able to demonstrate how the process would work, and just how gentle your blinds would be treated.

Customers of *Enviro North Blind Cleaning and Repair* are both commercial and residential. The other part of the business also handles commercial ceiling and wall cleaning for some very big companies such as GoodLife and Tim Hortons, among others.

"We do high dusting, clean all the exterior duct work, fans, vents etc. and work off of both ladders and lifts. There is a team of four men, and they clean after hours, or

even at locations that are open 24 hours a day."

Opportunities to meet people on the job and the flexibility of the job are two very positive factors for Craig Sentic in owning a business of this type.

"I am able to book appointments at particular times of day, which allows me to be able to coach both lacrosse and hockey for my nine-year old son, Matthew," Craig recently commented. "I also appreciate this same flexibility when I need to be the family chauffeur for my twelve- year old daughter Lauren when she is training for her Ottawa Lion's Track Events. My wife, Rachelle, is a high school vice-principal, and like all other families we are kept very busy."

With the arrival of the warm weather Craig will soon be able to enjoy playing games of tennis with both his daughter and son. He exercises regularly in his spare time, and has just completed playing another season of hockey this past winter.

Over the years, residents across the Greater Ottawa Area and in Gatineau have come to value the quality and service that *Enviro North Blind Cleaning and Repair*

Continued on page 44



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Dory gets schooled

by Heather Swail

Shrill whining and crying from the back seat should be our first warning. Dory does not like the car. The trip to the first puppy training class on a cold February evening is not fun with the canine wailing wall in the back. By the time we reach the parking lot, Paul and I are already nervous wrecks. We pop two organic dog treats and feel better.

The sight of nine other dogs sets young Dory into an absolute frenzy, lunging and jumping from her harness. Grimly, with set “we are calm, capable adults” smiles, we unpack our coats and boots and bring Dory to the wide circle. We are nervously holding our puppy obedience clackers, poop bags and plastic baggies of smelly organic treats. Dory, in the meantime, is wheeling around, spinning and barking at all of the other seemingly sedate pups.

With the encouragement of a very competent instructor, it is time to engage Dory in sitting. She sits once and then proceeds to bounce around, straining on the harness, trying to get to all of the

other sitting, peaceful dogs. She is the original ADH Dog. We quickly discover our silly organic treats are worth nothing! We pop some more ourselves. The instructor takes pity on the mini riot happening in our corner and gives us tiny pieces of greasy gold-cold, cooked hotdog. Gazing adoringly at the instructor, Dory sits sedately, slurping down hotdog remnants. Grabbing handful of the sulfate treat, we thank the instructor profusely and get Dory to sit a few times. We are trying simultaneously to snap the puppy clacker in greasy, sweaty fingers and get Dory to sit quickly.

It is only ten minutes into the class and both Paul and I are breaking into a nervous sweat. Are we the only ones with an unruly dog? It certainly seems so.

The smell of cooked hotdog is almost nauseating.

The next lesson is heeling. It looks effortless when the instructor winds the leash around her waist and with a loose hand guides a charge trotting sedately beside her. More sweaty brow. I can hardly heel myself let alone Dory. “I’ll



Photo credit: Mairi McGuire

do this one,” I say to Paul, grabbing Dory’s leash, the ever present clacker and treats clutched in one hand.

A first attempt at winding the leash around my waist results in my tripping over Dory and losing the clacker. Second attempt. Our turn to go. Slippery treats and plastic clacker in one cupped hand, leash held tightly by the other I try to keep the lunging, snapping Dory at the back of my hand. Spilled treats and clacker. Dory almost eats the clacker. Recovery of sorts to get Dory at my side. I am holding the leash so tightly I can hear

Dory’s little larynx clicking as we wheel around the circle.”Not so bad”, I hear from the instructor as the almost suspended Dory and I make our way back to Paul.

Paul’s turn. An easy exercise. Walk the dog beside you to a central plate of treats all the while keeping said dog at your side. Three dogs proceed, heeding their owners’ commands to stay by their sides. “Your turn, Dory,” the instructor calls. Paul takes one confident step. There is a funny smell. A slight sound. Dory resists

Continued on page 48

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Photo credit: Karin Keyes Endemann



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- OHIP cards
- Driver’s licences
- Congratulatory messages
- Landlord or Tenant concerns
- Family Responsibility Office
- The Legislative Page Program
- General inquiries regarding provincial programs

If you have any questions or any matter of provincial concern, please do not hesitate to contact my Community Office.



Dalton McGuinty, MPP
Ottawa South

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dmcguinty.mpp.co@liberal.ola.org

Spring cleaning our parks

by Janina Nickus
Parks, Recreation and Environment
Committee,
Riverview Park Community
Association

Did you know that we have six parks in the Riverview Park area that community members help clean up during Ottawa’s biannual “Cleaning the Capital” event?

The Cleaning the Capital campaign gets schools, neighbourhood organizations and associations, businesses, family and friends involved in keeping our city clean, green and litter-free. Over 56,593 volunteers participated in more than 967 cleanup projects across Ottawa this spring.

This May, in our community, we had great weather and a number of very enthusiastic volunteers clean up the following parks: Alda Burt (3 people), Balena (20 from CHEO, plus committee members), Dale (10), Hutton (2) and Riverview (9).

We also had about 50 children and parents from the Blair Court Community join the Riverview Park Community Association to



Photo credit: Sherry McPhail

make Coronation Park a more inviting place to play. Assisted by staff, Kristy Donnelly and Nicole McKenzie, the eager volunteers, worked Friday, May 3, to ensure that Coronation Park was free of

the various bits of debris that accumulate over the winter months. After a job well done, all of the participants enjoyed slices of Pizza Pizza pizza and a variety of cold

drinks supplied by the Riverview Park Community Association. Congratulations to everyone who came out to help and work together for our community.



Photo credit: Karin Keyes Endemann



Photo credit: Karin Keyes Endemann

Rabbi Bulka presented with Queen’s Jubilee medal

Dalton McGuinty, MPP for Ottawa South, presents a Queen Elizabeth II Diamond Jubilee Medal to Rabbi Dr. Reuven P. Bulka in recognition of his service to our community and to Ontario.

Rabbi Bulka is the Chairman of Trillium Gift of Life Network, former co-President of the Canadian Jewish Congress, founder of Ottawa Kindness Week, Honorary Chaplain of the Dominion Command of the Royal Canadian Legion and chairs the Hospice Ottawa West campaign.

Rabbi Bulka has been the spiritual leader of Congregation Machzikei Hadas in Ottawa since 1967.



How to cut trees the easy way

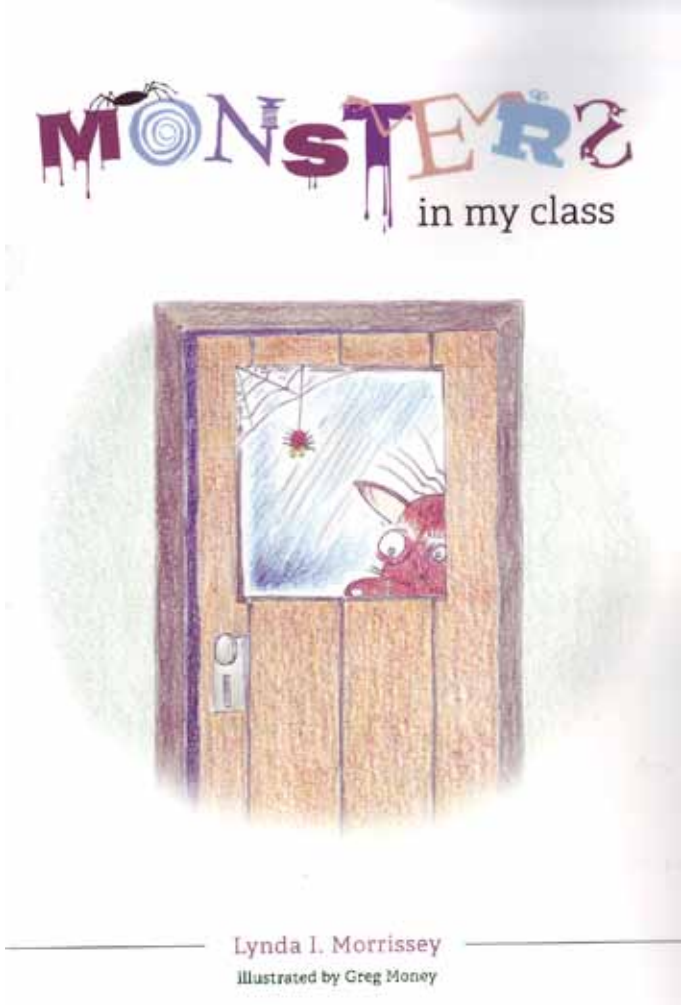
Photos credit Louis Commerton



No shivers over these monsters

Book Review by Carole Moulton

There are monster stories, monster songs, monster games and even a kid’s monster club. Now a new set of monsters has come to the neighbourhood. These are the *Monsters* or even the move to a new house, school or neighbourhood. Everything and everyone looks so different. They may even wear clothes that are not quite like yours, and their lunches may not be like yours at all.



in my class... or at least the teacher thinks so.

Lynda Morrissey has just completed her latest story for the young set with the engaging illustrations by Greg Money, and it is appropriately named, *Monsters in my class*. Lots to do with this book to both engage and extend.

The beginning of a new school year brings with it lots of changes, Looking at not only the differences but also the similarities of Monsters Emily, Sarah, Robbie and the eight or nine other personable monsters of *Monsters in my class* could help with a new group of students in September. The book could likewise lead to

Continued on page 43

A photograph of a plate of ribs and fries. The ribs are cooked and glazed, and the fries are golden brown. The plate is on a wooden surface.

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Better bike infrastructure is better for everyone

Being a poet, my predecessor on City Council, Clive Doucet, often introduced his columns with a little poetry. Not being a poet, I don't.

I am, however, a filmmaker, or at least I was until elected into this 60-plus-hours-a-week job. Back in 2010, I had just released my film *Powerful: Energy for Everyone*. When asked if I planned to make more films while serving as councillor, I truthfully said no, as I couldn't imagine finding the time and energy.

Well, the creative itch set in before long. I often carry a camera to record things I see in the course of my day. A helmet-mounted camera lets me (safely) film attributes of our city to highlight the good or draw attention to needed improvements.

By the summer of 2012, I knew there would be a next film, about the joys, challenges and benefits of urban cycling. Cycling vacations in New York and Montreal produced lots of material on what those cities are doing to promote active transportation and complete streets.

Back home, I captured more footage and interviewed people with different perspectives on urban cycling — families, women, business owners, etc. I also consulted Ottawa's Integrity Commissioner to ensure that my film wouldn't pose any ethical problems. His advice was to find an independent person or group to handle fundraising and payments for editing and other expenses, and to have that person/

group publicly release the final report on the film's financing. Both are being done.

In March, I attended the National Bike Summit in Washington, D.C. I learned a lot and interviewed people from across North America, including transportation policy expert Ralph Buehler, co-editor of the book *City Cycling*. And I filmed my ride down Pennsylvania Avenue on the new lanes connecting the White House and Capitol Hill.

I had to agree with New York City Transportation Commissioner Janette Sadik-Khan, who said: "It's getting harder and harder to find an American city that is not prioritizing cycling ... it's everywhere!"

It's become clear to me that efforts to make a city better for cycling have the fortunate consequence of making the city better for everyone. Hence the title of my film: *Bike City, Great City*.

This spring has been especially busy, and it's been a challenge to find the time and energy to complete the film. But, with the help of creative partners and supportive producers, I'm thrilled to be officially premiering *Bike City, Great City* at the Mayfair Theatre in early July (check capitalward.ca in mid-June for details), following a preview on June 1 at Capital Vélo Fest. Now in its third year, Vélo Fest is a great event that's helping to make Ottawa better for cyclists and everyone else.

Should anyone think a councillor has better things to do on the job and in his free time, I would argue

it's essential to be creative in communicating ideas, questioning old approaches and offering new solutions. Many people tweet, blog and are active on other social media. I choose to use video because it is visual and evocative.

More importantly, the film's images, ideas and insights are exactly what Ottawa needs as we grapple with long-term economic and infrastructure challenges.

Here are a few facts residents, planners and politicians in Ottawa and other North American cities should know:

- Many people who would like to cycle don't, mostly because they are afraid of traffic.

- Cycling is much safer than people generally believe, and good cycling infrastructure makes it even safer. Just as importantly, it makes cycling *feel* safer.

- Riding the right kind of bike matters: Mountain and racing bikes have their place, but more upright city bikes are more comfortable, carry cargo, better protect your clothes and offer better sight lines and responsiveness in traffic.

- Most cyclists are also drivers, and 60 percent of drivers cycle at least occasionally. There is no "us and them"; we are mostly the same people.

- The most cost-effective and best use of space on roadways, in descending order: active transportation (i.e. cycling, walking), public transit, private



vehicles. More cycling means more efficient allocation of our tax dollars.

- Driving does not pay for itself through registration fees, gas taxes or tolls. Roads, parking and bridges are heavily subsidized through income and property taxes, which means cyclists are more likely to be subsidizing drivers than the other way around.

Councillor
David Chernushenko
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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 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. Along with other stakeholders and community groups, the RPCA will be tracking the draft 2014 Official Plan amendments and policies after they are tabled with the Planning Committee in late June. In the meantime, the RPCA is following issues related to the increased traffic congestion along Industrial Avenue, much of which is associated with the expanding Ottawa Trainyards shopping complex. The RPCA is trying to work with Trainyards senior management and the City to improve the overall appearance of Industrial Avenue, including suggesting its inclusion as a candidate to become a "Complete Street" under a proposed new policy to ensure safer and more comfortable street access for pedestrians and cyclists and decreased reliance on private vehicles.

Committee members and representatives from other neighbouring Community Associations take part in the Alta Vista Planning Group (AVPG) meetings which Councillor Peter Hume hosts to discuss local development proposals of interest. Issues of interest which the RPCA is monitoring include the following items listed below.

Official Plan Submission

In its submission to the City on the Official Plan earlier this year, the RPCA voiced its support for the overall principles contained in the *Building A Liveable Ottawa 2031* proposal. 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 can be found on the RPCA Website.

While it waits tabling of the draft 2014 Official Plan amendments in June, the RPCA Board is encouraging local residents to participate in the City's Online Consultation Pedestrian Plan and Cycling Plan that runs through June 7, 2013. RPCA Board members have been providing input to the survey and as an example, the RPCA is working with Trainyards President Marty Koshman to try to encourage the City to enhance the visibility of Terminal Avenue as a cycling route by including painted cycling lanes and better signage. The City survey can be found at:

<http://ottawa.ca/en/city-hall/public-consultations/building-liveable-ottawa-official-plan-and-master-plan-review>

Complete Streets Proposal

The City is considering the Complete Streets principles as a preliminary proposal in the Official Plan and Transportation Master Plan update for making Ottawa a more "liveable city". Complete Streets was one of solutions recommended by the Pedestrian Death Review and Cycling Death Review recently conducted by the Office of the Chief Coroner for Ontario. Complete Streets could play a big role in helping to ensure better environmental and public health outcomes for Ottawa residents.

The RPCA has joined with other groups to write the Mayor Watson and City Council and urged them to formally incorporate a Complete Streets policy to improve Ottawa's existing road network. It is believed that this concept will help improve Ottawa's "liveability" and help the City save money as there will be less wear and tear on roads as fewer heavy vehicles are used for travel. Streets with wide sidewalks,

bike paths, slow speed limits and reliable and fast public transportation would encourage people to frequent their local businesses more often. As part of the Ecology Campaign to encourage the City to adopt the Complete Streets principles, the RPCA put forth Industrial Avenue as a candidate for becoming a Complete Street.

The Complete Streets concept is currently being considered as part of the discussions on how Main Street in Old Ottawa East might be rebuilt. As members of a community that would be affected by changes to Main Street, Riverview Park residents have been invited by Councillor David Churnushenko and the Old Ottawa East Community Association to provide feedback on the proposed changes. Two open houses are planned in the current months and once information on these events is confirmed, event information will be posted on the RPCA website.

Industrial Avenue Traffic Issues

Increased traffic along Industrial Avenue, due to a variety of factors, remains a concern for the RPCA and many Riverview Park residents. Traffic levels are expected to become even heavier and left turns onto Russell Road and Neighbourhood Way even more difficult with the additional office and commercial development at the Trainyards the five-story residence at 340 Industrial Avenue, and new residential construction along Russell Road. With much of the present traffic and increase in congestion is related to development (Current and proposed) by the Trainyards, the RPCA Board invited Trainyards president to its April 2013 meeting to consider the situation and discuss potential solutions.

One of the keys issues that the RPCA Board pressed Koshman on related to the implications of the new signalized traffic intersection and traffic island on Industrial at the entrance to Farm Boy, and LCBO that has greatly reduced the ability of eastbound customers to safely enter and exit the Pioneer gas station. The RPCA and others had suggested to Councillor Hume and Trainyards President Marty Koshman 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.

Pioneer officials indicated to the RPCA that they have similar concerns and disputed the contention that they were properly consulted about the new traffic arrangement, 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 garnered over 1000 signatures. A revised Pioneer proposal to create an access point at the northeastern edge of the parcel – behind the Pioneer building – was sent to Trainyards officials in late March but no resolution has been reached on this matter to date.

On April 29, Councillor Hume forwarded the RPCA Board a report he commissioned from urban designer Michael Spaziani on standards and advice for future Trainyards related development on Industrial Avenue to improve its appearance. The report was critical of some elements of the recent redevelopments along Industrial and suggested ways to make the future development more visually appealing. In the meantime, the new traffic signals at the eastern exit of the OC Transpo bus garage are scheduled to begin shortly and be substantially completed by the end of June.

The RPCA board recently wrote to Councillor Hume again asking that the Neighbourhood Way entrance onto Industrial Avenue be widened by an additional right-turn lane to help alleviate some of the congestion caused by cars seeking to make a left-turn onto Industrial

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

Planning and Development Update (continued)

proposal at its website (listed at end of the article) and the RPCA is encouraging community members to submit comments.

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

Ottawa Casino

Following Marty Koshman's acknowledgment in the fall that he was offering up the Trainyards (Terminal Avenue) as possible site for a casino, the RPCA and many other individuals wrote to him and Councillor Hume strongly voicing opposition to the proposal and urging that the Trainyards be withdrawn from considerations as a potential casino site, for a variety of reasons, including the inappropriateness of the location. Councillor Hume confirmed in writing to the RPCA that he would oppose efforts to rezone Trainyards to allow a casino. During his April 2013 meeting with the RPCA Board, Koshman indicated that his offer of the Trainyards as a potential casino site was still on the table, despite opposition from the RPCA and many other local residents.

The RPCA is on record as opposing a new casino anywhere in Ottawa, in general (and particularly near Riverview Park). It has expressed concerns to Mayor Watson and City Council about the transparency of the casino negotiating process and the fast-tracking of the vote on the decision to proceed with negotiations with insufficient public consultation. City Councillor Tim Tierney has recently announced plans to ask Council to revisit its decision to proceed with the casino negotiations and there have been media reports in the *Ottawa Citizen* that the Mayor has unilaterally been negotiating with the Ontario Lot-

tery and Gaming Corporation (OLG) on a second casino.

Alta Vista Transportation Corridor – Hospital Link-NDMC

No new updates are expected before September on the detailed 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, whose *raison d'être* and cost-effectiveness has been questioned by the RPCA and other groups. 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.

Discussions between the Department of National Defence and Canada Lands Corporation (CLC) continue regarding the disposition of the National Defence Medical Centre (NDMC). The CLC official in charge of the NDMC file has indicated that the transfer will not take place until 2014. He added that the RPCA would be involved in design planning discussions for the NDMC site.

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 project remains on hold indefinitely.

Supportive Housing at the Perley Hospital

The Russell Road 45-unit senior housing complex on the grounds of the Perley and Rideau Veterans' Health Centre (PRVHC) has been opened for occupancy and the official opening and open house are scheduled for June. Work on the second building, the 5-storey residence which will be connected to the current health centre, is expected to finish 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. Sidewalks are expected to be added on both sides of Neighbourhood Way once construction is completed or near completion.

Ottawa Baseball Stadium

The City continues discussions with Beacon Sports Capital Partners to attract a major league affiliated AA baseball team to Ottawa. Although Mayor Watson had announced in 2012 an agreement in principle to bring a team to Ottawa in 2014, the *Ottawa Citizen* has reported that the earliest that AA baseball might return to Ottawa (if at all) is likely to be in 2015. Concerns exist that the City will not undertake the necessary steps to finalize an agreement to return baseball to Ottawa and that there will not be timely public consultation regarding the future of the site. In the meantime, the Stadium sits vacant as the City declined to allow the Ottawa Fat Cats baseball club or community groups to use it.

Columns were built late last year for the pedestrian bridge across Highway 417 that will service the Stadium. City officials have informed the RPCA that these structures were built proactively prior to work beginning on the widening of the 417 to minimize disruption when the bridge is eventually completed.

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). Construction continues of Phases 1 and 2 of the complex and Phase 3 was recently released for sale.

The RPCA has yet to hear back from 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. However, this area has been identified by the RPCA as a candidate for a new sidewalk under the city's Pedestrian Plan.

700 Coronation Redevelopment (Gateway)

The new Gateway three-storey 32-unit condominium just west of the existing apartment complex at 700 Coronation Avenue is slated to be ready for 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

Several RPCA Board members provided input into the City's online survey on public engagement strategy, expressing concerns that it was inadequate. Several citizens' groups had contacted the mayor to ask for more opportunities to provide input in person rather than just by on-line, citing concerns about transparency. Recent media reports have also referred to the absence of public consultation when the recent property tax increase was table-dropped on Council for approval earlier this spring without an opportunity for Ottawa residents to provide comments.

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

If you are interested in joining the RPCA P&D group or would like further information, you may contact the Committee Chair, Kris Nanda at al2kris@yahoo.ca. For more information on this and other activities in Riverview Park, please see the RPCA website at www.RiverviewPark.ca. The contact email for RPCA is info@riverviewpark.ca.

The Ottawa Hospital Community Advisory Committee

Cancer care at TOH

by Helen McGurrian

Thanks to Paula Doering, TOH's Clinical Vice President and Regional Vice President of the Champlain Regional Cancer Program, for her presentation on the May 2013 cancer data from Ontario's Regional Cancer Programs and for explaining how our Regional Cancer Program (hereafter referred to as TOH's Cancer Program) ranks overall.

Access to cancer care from diagnosis to treatment has improved in Ontario; TOH has an average comparative score except for radiation therapy which went from the longest wait times to the shortest wait times in Ontario in one year;

TOH uses digital direct radiography for mammography. This technique was reported by Cancer Care Ontario on May 14, 2013 to be significantly more effective in detecting breast cancer than digital computed radiography. TOH's 1 rating in the treatment of breast cancer from diagnosis to treatment, including reconstructive breast surgery options, ranks as the highest in the province. Since Angelina Jolie's story hit the papers, women with a family history of genetic Breast Cancer should feel very good about having access to such expertise;

Malignant Hematology, including stem cell transplant for the treatment of bone marrow

cancers, leukemia, myelomas, and lymphomas is the best in the province, and is done on an out-patient basis. Over 90 stem cell transplants were done this year. This innovative treatment has also been used for some MS patients.

There are concerns regarding the patient experience, particularly with coordination of care and in end-of-life care/palliative care. However there are plans to identify 10 more hospital beds for palliative care patients and a new hospice is planned for West Ottawa.

TOH's Cancer Care Program is doing an excellent job in improving the patient experience through its Patient and Family Advisory

Council. This Council meet quarterly and provides important feedback on how their own experiences could have been improved. Members also sit on various medical committees dealing with cancer care.

I want to take this opportunity to personally thank Paula Doering. I have known Paula for many years. It is no surprise to me that TOH's Cancer Care Program is doing so well, given her dedicated commitment to cancer care, and her personal leadership qualities. Thank You a Million Times Paula. You are an Angel.



Discharge planning for patient and caregivers – things you need to know

by Helen McGurrian

A dear friend of mine was recently hospitalized in ICU for two weeks. Before her transfer to a medical unit, she and her daughter were told that she would remain in hospital for follow-up investigation and treatment for what had caused her collapse. Nevertheless, within hours of her transfer, she was discharged. There was no written discharge plan and no instructions given to her, other than being advised to contact her family doctor. This senior lady has multiple health problems and lives alone. Her daughter was returning to her home in Germany two days later. Neither thought to mention these issues and neither did the "system" think to ask.

A very kind reader sent me this link <http://www.bobbijunior.com/caregiver-appreciation-week-talk/>. It is a copy of a talk given to the Alberta Caregiver's Association by a lady who became the caregiver to her quadriplegic 15 year old daughter and knew nothing about the health care system. I urge you to read bobbijunior's blog; it is a learning tool. This lady learned firsthand the distinction between the "system" and the people that provide services within a "system". She has nothing but praise for the people but has learned through experience that a "system" is not a human being and therefore cannot respond to situations outside its specified roles and responsibilities. Each "system" is a part of the overall "health care system" and each part works well within its defined role. The

problem appears when it is time to bridge the gaps and make the links to whomever must provide a service not within one "system's parameters", sometimes referred to as "how to navigate within the health care system".

Unfortunately there is no road map that covers every situation. As a patient or a family member, you have a role to play in identifying what help is required in the care, monitoring, follow-up and home supports that will ensure that the patient continues on the road to recovery or be able to stay in their own homes. Here are some resources that can help you help ensure that the appropriate and best Discharge Plan is drawn up for your family member or yourself:

1. The Council on Aging (COA) published a booklet this past February, "In and Out of Hospital" subtitled, "A Senior's Guide for Your Stay in Hospital and Return Home". You can call the Council at 613-789-3577 for a copy or download the Guide through the COA website at www.coaottawa.ca. Look under "Resources & Publications". It would be wise to read it before you need it.

2. Please note that for most seniors (and members of other age groups requiring ongoing assistance) it is standard practice for the hospital to get the Community Care Access Centre (CCAC) liaison person in the hospital to assess the patient's needs and arrange for the required home care monitoring and follow-up as part of the Discharge Plan. Usually the CCAC liaison will give

you the phone number of the Case Manager assigned to the patient. The phone number for the Ottawa area CCAC, that provides home care and post-hospital discharge care as well as assessments for placements in long-term care, is 613-745-5525.

3. TOH is creating a new position on each unit, a Clinical Care Leader, whose duties will be to ensure that before a patient is discharged, a Discharge Plan is prepared, contact names and numbers to call if information/help required, referral and transfer to CCAC Home Care as required. Follow-up appointments are made by the hospital, including the first appointment with the patient's family physician. Ask to speak to the Clinical Care Leader before being discharged or having your family member discharged.

4. If you read the bobbijunior link (above), you will learn that you must not let the system make you the caregiver without knowing what is involved. If some continuing care or procedure needs to be done, tell them "I don't know how to do that", ask "Who does?" and "Who can, and Who will?" unless you are confident that you have the skills and time to take on that duty.

5. As a last resort, and if all other contacts you have been given do not respond, and the discharged patient was a patient of TOH, you can contact TOH's Patient Advocacy Department at 613-789-5555 extension 13377. They guarantee to call you back within 24 hours during the week, and on the first working day after a holiday or week-end.

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Reverview Alternative School

Kids Helping Kids

by Beth Stubbert
Riverview Alternative School
Green Team Leader

Each year the Riverview Alternative School Green Team and their peers in K-6 learn that ‘children can change the world,’ and that ‘Kids Helping Kids’ can be a joyful experience for all involved. This is our

seventh year supporting Bokoro Primary School in Lesotho, Africa. Our Environment Fair on May 16 was a huge success! Thank you to Students, Staff and Parents for their generous donations of plants, used books and toys, baked treats, and environmentally friendly crafts and games. Please visit the HelpLesotho table at the River-



Riverview Alternative School students enjoying shopping for a good cause. All proceeds will be donated to Bokoro Primary School in Lesotho, Africa. Photo credit: Beth Stubbert



This annual Environment Fair at Riverview Alternative School is a win-win-win. Not only do students participate in the making of the crafts, but they get to purchase them too, with all proceeds supporting Bokoro Primary School in Africa. Photo credit: Beth Stubbert.

viewSchool Barbecue on Saturday June 1. For more information on Lesotho, Africa, the website; <http://www.helplesotho.ca/> describes the need for support as well as the kinds of projects which are possible for schools, community groups and individual families.

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“I got it cheap on eBay”

by Geoff Radnor

We all must have heard at some time, “I picked it up at a garage sale for a dollar and sold it on eBay for \$100.00”, or “It was in my grandmother’s attic and now it’s on auction for \$29 million” or “If you really need something you can buy it on ebay, anything you want”

Recently I sold an old Westclox pocket watch, which was made in the now-closed factory in Peter-

ginning. In my previous article I wrote about my interest in family history. Associated with that was the desire to find pictures related to my ancestors. My great, great, great grandfather was the publican of a pub in the village of Minstead in the New Forest in Hampshire. The census listed it as The Trusty Servant, (it is shown as such on Google maps today). So it was about ten years ago that I searched

So my dealings with ebay had started. A few more postcards were added to my collection. Then came the day when I realised that I had some things that maybe I could sell. We had bought an egg scale at a garage sale, I guess for a dollar. So now on ebay I can see what the market is like for egg scales. I can see the various types, what they sell for, and what they do *not* sell for. “Look! Honey, we can

my suggested price of \$5.00. After 10 days it was sold for \$29.50. The buyer had to also to pay for the postage. The cash was sent to me in US\$ in an envelope, and as soon as it arrived I put the parcel in the mail. It was a done deal.

As a young man I was sports car crazy, my first car was an Austin Healey Sprite followed by an Alfa Romeo Guilietta and others. Then I became a collector of model cars,



borough in the 1970s, to a young man in Australia and a 1949 wine list from a French cruise line, to someone called Chris in China!

But let me go back to the be-

the ebay items for sale and, lo and behold, there was a postcard of The Trusty Servant pub in Minstead that someone was selling for about \$1. So I bought it.

sell this thing for \$49.50 on ebay” “OK, take a picture of it with this new digital camera you have just bought, fill in all the bits on ebay and sell it”. The auction starts at

usually Alfa Romeos. Over the following decades I must have bought or been given maybe 30 or 40 dif-

Continued on page 35



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The best steak and sushi may be nearer than you think

by Carole Moul

When Lee Wagner and his family moved into the Riverview Park area of Alta Vista in 2003, they did so because of the beautiful mature trees, the large property lots, and the great sense of community.



Steak Modern Co-owners Chef John Leung and General Manager Lee Wagner enjoying some of their fine wine.

Fast-forward 10 years later and this short 10 minute trip to the city centre has taken on even more significance—Lee Wagner and his friend Chef John Leung have bought

Steak Modern at 87 Clarence Street in the ByWard Market. As of February of this year, Lee and John have owned this choice location in the heart of Ottawa’s premier entertainment destination.

Chef Leung was anxious to return to hands-on cooking in his

own place, after spending the past few years as the General Manager of K-W Catering at the National Gallery. Before his time with K-W Catering, John spent seven years as

the chef at the British High Commission where he cooked for dignitaries from around the world. John’s illustrious career has also taken him through some of the world’s best kitchens including the Four Seasons Hotel in Toronto and Boston as well as stops at Nobu and Bali Sugar in London, England. Aside from his time outside of the city, this Algonquin College grad has enjoyed great success in the Ottawa area as Executive Chef of Restaurant *Er18hteen* and *Parfyum*.

It was Chef Leung’s time at Nobu in London, England that inspired the pair to add world-class sushi to John’s modern take on steak classics. While at Nobu, a restaurant group well known as one of the world’s top Japanese inspired restaurants, John learned the importance of using fresh ingredients, top grade rice and the complicated techniques involved in make amazing sushi. All of these skills are being showcased at *Steak Modern*. As Chef Leung was quoted as saying “The guests we want are those who want to try something better than all-you-can-eat sushi, we showcase premium



Lee Wagner displaying *Steak Modern*’s refrigerated Wine Cabinet

fish brought in daily and expertly made high-grade rice. You can really taste the difference.”

Chef Leung also serves premium cuts of Certified Alberta Black Angus beef with some unique flavour twists like the Puerto-Rican inspired Adobo rubbed Ribeye, the New York Striploin with

Continued on page 35

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Catina treads with caution her way in the writing craft

by Bill Fairbairn

There’s more than meets the eye to the woman who works part-time behind the desk at Dempsey Community Centre. Catina Noble is a single mother of four children with a noble perspective.

The Riverview Park Review already publishes her articles and The Ontario Poetry Society brought out a collection of her poems. Now the immensely popular *Chicken Soup for the Soul* book series has accepted her work.

“It’s like learning to dance in the rain,” says Catina of her challenging life, during a break in her busy days that put Jacob, 16, Anne, 14, Baileigh, 13, and Nathen, 11, as her greatest accomplishments.

Catina was born in Kingston and was awarded a Bachelor of Arts degree from Carleton University after high school at Glebe Collegiate Institute and a two-year Social Services Worker course at Algonquin College. Her parents had come to Ottawa for new jobs and a fresh start. She has more than 100 publications to her credit. Her hobbies in support of her writing are reading and photogra-

phy. She uses a \$200 digital camera she purchased with her tax refund. Her first published collection of poems is entitled *Pussyfoot*. She explains: “I researched the meaning as being ‘Tread with Caution’

and I illustrated the booklet cover simply with a photograph of a colourful boot lying neglected in the neighbourhood outside my home.”

The Ontario Poetry Society was impressed and labelled her collec-

tion Poetry Friendly Press Series 17.

Catina has been writing for 4 years. “I started off with poetry and short stories. You have to challenge yourself and I realized poetry would not take me far if anywhere. The *How To* books helped me chart course. I tried several newspapers but it didn’t work out until the success I met with the Riverview Park community newspaper.”

The recent *Chicken Soup for the Soul* books success surprised her. “I started reading those books two years ago. Each contains 101 short stories. Her accepted article begins with a quote by James Oppenheim: “*The foolish man seeks happiness in the distance; the wise grows it under his feet.*” Catina



Catina Noble works toward a future in writing and photography

signed an agreement with the publisher not to allow pre-publication of her article.

Continued on page 29



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Ottawa Scouts: making a difference in Peru

by Nathalie Bradbury

In August 2013, a group from the 28th Ottawa Scouts, based in Alta Vista, will travel to Peru to assist with the reconstruction of Chinchita Alta, a farming town near the epicentre of the 2007 earthquake which registered 8.0 on the Richter scale. The group, comprising 12 youth, 5 young adults, 3 leaders and 2 paramedics, will be working shoulder to shoulder with Peruvians, digging trenches, laying water pipe to bring clean water into a number of nursery schools and help restore proper sanitation. A heavily neglected senior citizens home will also have its many washrooms repaired and bedrooms repainted so that it may resume service and provide care and comfort to the aged. Finally, the Scouts will be pouring cement floors inside rebuilt homes so that families living in them will have a solid foundation instead of just dirt beneath their feet.

These 28th Ottawa Scouts, ages 14-17, have chosen to devote a portion of their summer holiday to help restore basic needs to the most vulnerable citizens of Chin-

cha Alta: young children and the elderly. In doing so, the Scouts will build character that enables each one to develop as a good citizen, physically, mentally and socially. It will provide a challenge for the participants to put into practice



their Scouting skills and to develop as leaders. They will return to Canada physically stronger, mentally tougher, with a broader perspective of life's challenges and as committed global citizens.

This service trip is being undertaken in partnership with the Sisters

of St. Joseph, Pembroke, who have been helping the people of Chinchita Alta since the 2007 earthquake (<http://www.csjpembroke.ca/peru.html>) and ACCESO, an organization whose mandate is to promote and enable greater access to all levels of edu-

cation in Latin America and the Caribbean

(www.accesointernational.ca). On-line donations are accepted at the following web-page: <https://scouts.thankyou4caring.org/peru2013>

For more information please contact:

Ruth Wilkins
613-521-6074
drwilkins@rogers.com
or
Nathalie Bradbury
613-733-6907
nvbradbury@rogers.com



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Book Review

If you love old songs then this book is for you

Review by Bill Fairbairn

*"Beneath the weeping willow tree
whose branches fall like rain*

*I ask my love to stay with me and
not to sail again"Lyric: Ruth Latta*

Ever heard or sang this lyric written for a lovelorn woman and her sailor for a song entitled *Beneath White Sails He'll Fly?* Well, Grandma, in Ruth Latta's book, *The Songcatcher and Me*, certainly knew and sang it. And what's more she could sing older historic songs.

So, when songcatcher Alice Common turns up in grandma's tired life dominated by an irritable son running her failing country store, grandma's life changes for the better. Her 14-year-old granddaughter Sheila is the protagonist who tells the tale of their new lives influenced by Alice in this book's easy-to-read 208 pages. Her life gets a boost from Alice too.

This is Latta's second novel for teens/young adults she says on the cover. Her first was *The Secret of White Birch Road*. She is a prolific writer who has also authored a variety of books for grown-ups. To me her songcatcher book seems perfect for oldsters with its readable text type and fine typography.

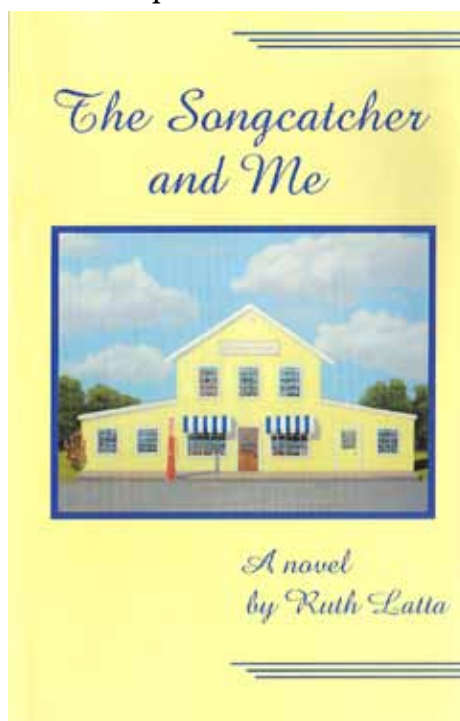
Latta, born in Englehart, Ont., and a graduate from North Bay Teachers' College, taught in Ontario elementary schools for five years and later, as a history researcher, indexed 19th century Kingston newspapers. Since 1985 she has taught creative writing courses with Ottawa continuing education programs, community centres and public libraries.

Her depiction of customers being served at an old country store almost sets readers inside at the counter. There Sheila fidgets as the customers stand in front of display cases trying to decide among licorice babies, gumdrops, fruit flavoured hard candy and peppermints. Finally they make a choice. With a small scoop she puts the candies they have chosen into little brown paper bags.

Sheila says the good thing about living in a crossroads store is that never a day passes without someone stopping by when she is in charge by herself when the doorbell rings, or, just sweeping the floor under her grumpy uncle's order.

Ding a ling! In comes Alice Common, who plans and hosts a radio program of folk music in Toronto called *Let's Sing Together*. "What do you want with grandma," Sheila asks her.

"I hear that she knows some old songs and I'm hoping she will sing them for me and let me record them on tape."




Alice plans to publish the really old songs she collects and when grandmother appears saying how long ago it had been that anyone but Sheila had asked her to sing she is royally flattered. It's not too late for the big time stage singing her old songs with other old song singers that Alice helped by Sheila

digs out from beside the rills of the Ontario countryside like fateful daffodils blooming in May. Sheila's favourite customer in the store is Matt, a farmer's son living down the road. He plays the guitar and after much song-catching by Alice throughout the book he sings lyrics he wrote himself in a short ballad called *Halo Round the Moon* that impresses her.

***"There's a halo round the
moon tonight
And stars are twinkling too
And everything looks rosy
For I'm in love with you.
My footsteps are much lighter
I feel so young and free
And all the world should
celebrate
Cause you're in love with
me..."***

Sheila's blushing reaction to his romantic odyssey means all's well that ends well.

Baico Publishing Inc.,
294 Albert Street, Ottawa.
Ruth Latta: 613 225-0383
Ruthlatta1@hotmail.com

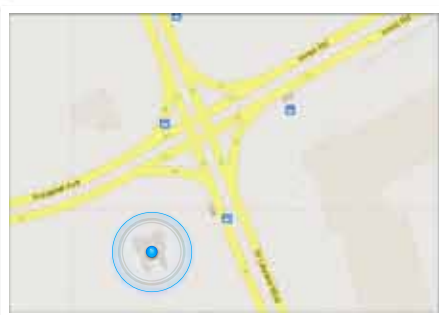


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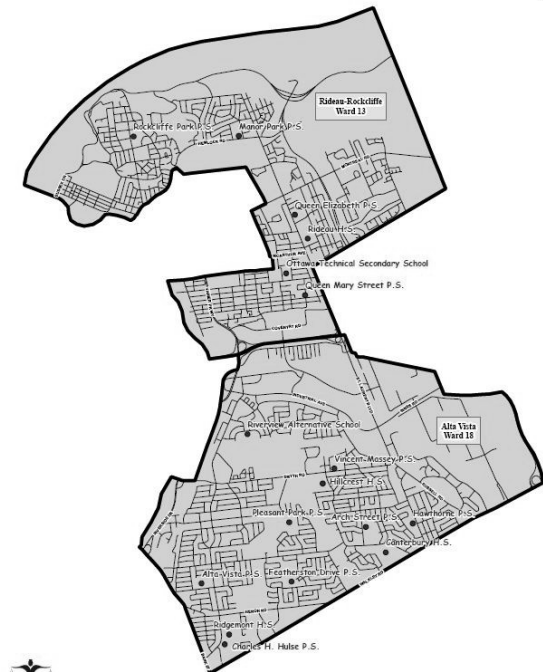
An interview with Bronwyn Funicello

Committed to ensure all children have equitable access to a high quality public education

by Carole Moul

Bronwyn Funicello is the Vice-chair of the OCDSB, a member of the Special Education Advisory Committee (SEAC), and the Alternate Voting Delegate for the Ontario Public School Board's (OPSBA) 2013 Annual General Meeting.

Zone 6 is bounded to the north by Rockcliffe Park and Manor Park Public Schools and to the south by Charles H. Hulse Public School and Ridgemont Secondary School. The zone includes 12 elementary and 5 secondary schools.



Question 1: What was your special interest in wanting to become a school board trustee?

Answer: I got involved in public education as a parent of four children and I wanted to make a difference. There were a lot of concerns at the time after the introduction of Bill 160 (1997) since it was having a detrimental effect on public education.

Question 2: Your own children are somewhat older now than when you first became Trustee. Have your reasons for being an OCDSB Trustee changed?

Answer: I am someone who is passionate about public education. The parental lens is only one way to look into the system, but it has

given me some valuable insight. As my own children have grown and journeyed through the public education system, it has strengthened my commitment to ensure all children have equitable access to a high quality public education system.

Question 3: In your role as School Trustee and in particular being Vice-chair of the OCDSB, plus on the Special Education Advisory Committee, how many meetings might you attend each month? What conferences are you expected to attend?

Answer: As Vice-chair of the Board, I attend at least 5-6 meetings a month, plus there are added special meetings, and also sometimes teleconferencing. Depending on a given year, I could attend from 2-4 conferences.

Question 4: As a Trustee, what are your major responsibilities at the School Board level?

Answer: Trustees are responsible for hiring the Director of Education, establishing a strategic plan for the school district and annually approving a balanced budget in the order of \$825 million. In addition we set policy for the District and make important decisions such as opening and closing schools.

Question 5: As a Trustee, what have been some of your responsibilities in Zone 6? (i.e., What are some of the things you do at the school level such as Parent Council Meetings?)

Answer: My key function is to advocate for students and residents of Zone 6. As the Zone 6 Trustee, it is important that I bring the local perspective to the table when considering issues. Often it is parents who contact me, but not always. It can be concerned local residents. When I am invited to Parent Council meetings I make every effort to be there. I also meet with parents. I am invited

to High School graduations in my zone and frequently make presentations. Just recently I was at the media launch for *We Day* hosted by Hillcrest High School on April 3rd.

Question 6: What do you see as the most significant changes in the community with regard to education and how will these changes affect our neighbourhood schools or any local neighbourhood schools? (Our local elementary schools are Riverview Alternative School and Vincent Massey Public. Our nearest Secondary School is Hillcrest plus many students from this area go to Canterbury.)

Answer: With the elementary schools, the greatest changes are full day kindergarten and the extended day, which is before and after childcare. By September 2013, 75 % of the schools will have full day kindergarten and by September 2014, there will be 100 %. At present, the extended day has different models in the various schools.

With the high schools, a few years ago the transfer policy was made much more restrictive, and that has had an effect on high schools, both positive and negative. The OCDSB is also mid way through a secondary school program review to look at the needs and the schools across the district. There will be a lot more innovation, looking at ways to be more in tune for the 21st. Century. The OCDSB is also in the process of implementing recommendations that will improve equity and access to special education programs and services across the District.

Question 7: What is happening with the piece of land to the east of Riverview Alternative School? In considering the sale of school board property are traffic, parking, and safety issues considered for the nearby streets?

Answer: Nothing has been presented to the Board at this time, and if that changes I will let you know.



Question 8: The pay for being a School Board Trustee is extremely low considering the huge responsibilities that trustees have in this role. Many trustees could also have part-time or full time jobs. What do you yourself do to take a break from all of this?

Answer: I have a full time job, however I use holidays for conferences and work longer hours on most days to give me flexibility. For physical activity, I am a member of a dragon boat team called the Blue Dragons, and have been paddling with them for almost 10 years. There are 22 people in a boat and we go to 5-6 competitions a year in Ontario, Quebec, and the eastern United States. I am also entering my first half Marathon this year. I am visually impaired and therefore need to train and run with a sighted guide. Physical activity and good nutrition help me to maintain a healthy work/life balance.

Question 9: Is there anything you wish to add?

Answer: I invite people to contact me at any time. My telephone number is 613-842-9184 and my e-mail address is Bronwyn.Funicello@ocdsb.ca

Thank you to Bronwyn Funicello for taking the time to meet and answer these Questions for the Riverview Park Review.

'With 26 soldiers of lead I conquered the world'

by Bill Fairbairn

Photo by Judith Fairbairn

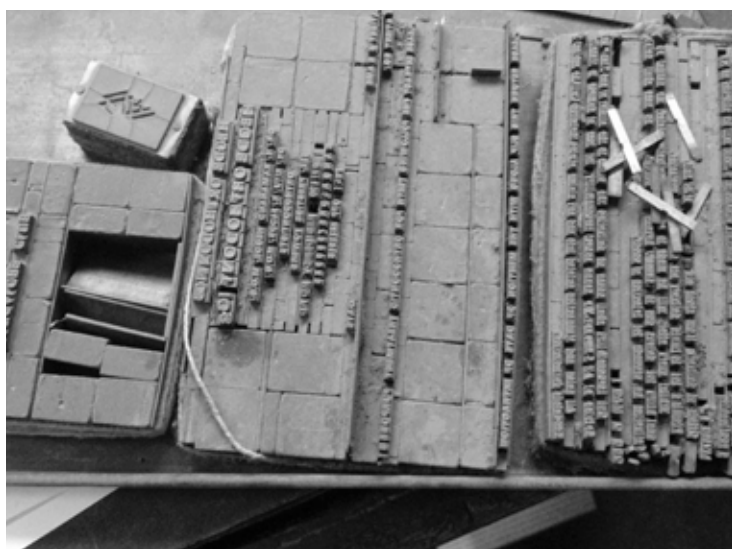
One hundred years ago *The Riverview Park Review* would have been hand set in metal moveable type similar to the illustration above. Even today one can find printing shops that retain for special jobs moveable type faces despite being fully 21st century computerized.

On my recent trip to India I visited Judge Press printing office in Bangalore and met printer Chandra Mouli. I had a trip down memory lane when Mouli showed me his hand-set printing system. He could well have been the medieval travelling printer who carried racks of typefaces with him from town to town and coined the phrase above the photograph that

lasted for centuries making education through reading available to ordinary people and allowing writers to publish to do so.

This visitor to India from Canada, visiting Bangalore, to be with his daughter and contributor to *The Rangoli* magazine of the Overseas Women's Club (OWC), was transfixed and reminded by Mouli's office of the Scottish printing house where he first started work as an apprentice.

During the visit by OWC members to the print shop we saw that moveable type had been replaced by more efficient offset printing and Mouli's tour took us through the process from receiving word articles and layout designs on the computer to finished and bound magazines and books. We even



I outrageously have adopted.

Printers in ancient times hand set every printed word read. In my case 62 years ago, I started a seven-year printing apprenticeship hand setting advertisements, posters and headlines for *The Jedburgh Gazette* in Scotland, as well as sweeping the print shop floors. Luckily for my eyesight a Linotype operator set the newspaper text stories and also luckily two years of national service in the infantry reduced my years of apprenticeship to six.

Older readers may know that those metal letters had to be ramrod straight with nick to the front in the setting stick to create neat typeface lines of words and spaces of the same length so that they held together in the metal chase before transfer to the printing machine or tied together with string as shown in the illustration above.

The moveable type system in a way really did conquer the world in allowing people to read copies of otherwise unobtainable ancient texts like the Bible as well as new books. It ushered in an era that

saw *The Rangoli* magazine being printed and bound.

We learned that the principle that oil and water do not mix allows for the desired printing surface to print and that only three primary colours are used. We watched what in my printing career was called the guillotine shave wads of paper to fine edges and saw Mouli's folding machine in action reminding me of when I hand folded stacks of printed newsprint sheets into newspapers and delivered them to the newspaper shops in Jedburgh.

From setting up headlines in metal type as a printer I soon went over to writing stories as a reporter and composing headlines as an editor in three continents.

I climbed a media mountain working fulltime for 62 years in Europe, Africa and Canada, not to mention a taste of India with an article in *The Rangoli*, and enjoyed every minute. Now I am down to the more peaceful valley below with *The Riverview Park Review* here in Ottawa.

Hope you enjoy this edition!

Why no curling rink for Riverview Park?

by Geoff Radnor

While back the construction of a four sheet curling rink was proposed by several residents of Riverview Park. The proposal is looking at several sites that are part of the City of Ottawa's Recreational Lands that are available at reasonable cost. They are on Alta Vista Drive and Bathurst Street. A financial plan has been adopted to start this initiative with the anticipated cost of construction being \$100,000.

The planned date of opening is the start of the next curling season. The building is to be 197' 6" long and 60' wide. The plans call for a maximum of 225 active male members, 100 females and some students. The initiation fee is proposed to be \$100 for regular members and annual membership fees are to be \$55 for regular members, for wives of members \$20, for single ladies \$30 and student curlers \$5. (If males are regular, what are females?)

However, don't hold your breath. This was a proposal made in 1959. How things have changed

over the years. Today some places of entertainment give 'single ladies' free admission.

This proposal was made by a group that included Dorion Street resident J. D. Stuart and J. J. Olson of Lennox Street. They were soliciting interest from the community in the project. On the Interest Survey Form not only did you have to state your name and address but also your occupation. I wonder which kind of worker couldn't join the club.

This all came to light when local resident Matt Fraser of Caverley Street was clearing out some old junk from his garage. He found this 3 page, legal-sized, typed document. There was no date on it. Matt moved into his house just five years ago and it was the previous owner, Sam Kayes, that must have filed this document in his garage. If Matt continues this snail-paced clean-up I wonder what else he might find.

Are there any residents of Riverview Park that know anything more about this proposed curling facility?

Continued from page 25

and doing placement for job experience with Royal LePage.

Anne, also at Franco-Cité along with Baileigh, does volunteer work and serves in the army cadets. Baileigh takes after her mother, she published her own poem "My

Catina says her poetry will be considered by readers to be dark from her early life experience but she feels it will become lighter be-

Snapshots

**The greatest moments
in our lives
are the ones**

**we fear the most
because they all start
with change.**

**It is inevitable
and brings with it
complicated mosaics,
each piece carrying
risks, rewards
and emotions.**

**Unknown what tomorrow may bring
I embrace each picture-perfect moment
when it suddenly appears**

- Catina Noble

cause of the different place she is now in." She hopes in 20 years to have a couple of books out. Bunny Iskov, founder of The Ontario Poetry Society edited Catina's poems for *Pussyfoot* and Mark Clement did the layout/design.

Of her greatest accomplishments she says Jacob is a Grade 11 student at École Franco-Cité interested in computers and gaming

Pet Cat!" in the Riverview Park community newspaper in 2011.

Nathen attends St. Geneviève and like his siblings is learning to be bilingual in English and French.

Catina, who once worked at Russell Heights Community House helping young children with homework, does a lot of work with kids because she says children have an open aspect on the world.

Neighbourhood Watch

by John Neale

Neighbourhood Watch is a community-based program to help neighbours watch out for each other. The program aims to get citizens involved in preventing crime and promoting safety at the local level. We 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.

There continues to be some thefts from vehicles and thefts from sheds in the south end of the city. Everyone should continue to keep an eye open for any suspicious activity and to call police at any time about them. Be vigilant and take the following steps:

- Ensure your garage, shed, home and vehicle are always locked, even when you are home.
- Ensure car windows and doors are closed tightly and locked.
- Park facing the street in a well lit area so that anyone tampering with your vehicle is more noticeable.

- Ensure that bicycles are stored out of sight and locked.
- Don't leave valuables in your vehicle, such as personal identification, vehicle registration, insurance certificates or credit cards, etc. Even loose change can make your vehicle a target.
- Place an "All Valuables Removed" card on your car to help remind you to remove valuables before leaving your car and also deter would-be thieves.
- Report any incidents of theft to Ottawa Police at 613-236-1222, ext. 7300

With the arrival of warmer weather, the Ottawa Police Service Robbery Unit is once again reminding people to be vigilant with respect to **swarming** (aka *personal theft*). In the first four months of 2013, 84 swarmings were reported in Ottawa. Smartphones, and other electronic devices continue to be desirable to thieves. In many cases, the phones or devices have been openly displayed before the offence occurs. The suspects swarm the victim and take the device or other items, or often simply catch the victim by surprise, grab the device, and flee. The Ottawa

Police Robbery Unit recommends the following safety tips concerning these potentially violent incidents:

- Be alert to your surroundings and avoid isolated areas, in particular after dark and when withdrawing money from ATMs;
- Travel with multiple friends whenever possible;
- Be wary of inadvertently displaying possessions such as cell phones and other electronic devices; and
- Let someone know where you are going and when you can be expected home.

Should you become a victim of a swarming or personal robbery, the following steps are recommended: Do not resist your attackers, they may be armed and this could lead to serious injury or death;

- Try and memorize their faces, clothing and license plates if they leave in vehicles;
- Call 911 as soon as possible, or if you are around an OC Transpo facility look for an emergency call box; and
- If you are a student and are robbed at school or by someone from your school, report the incident to the office and to the Ottawa Police Service.

If you live in Riverview Park and would like to join the Neighbourhood Watch program, then please contact one of the Area Co-ordinators. I can be reached at JL.Neale@yahoo.ca for Riverview Park west of Station Blvd and Tim Mark is at TimMark@rogers.com for Riverview Park east of Station Blvd, Rheume Laplante is at RheumeLaplante@hotmail.com if you live on Abbey, Caledon, Dale, or Balfour and Nicole Dorion can be reached at stationboulevardnw@yahoo.ca if you live on Station Blvd or in Blair Court. If you live in an area that has no active Neighbourhood Watch, then one of us can refer you to our Community Policing Centre where you will receive help to set one up. For more information on Neighbourhood Watch, please go to the following website: www.ottawapolice.ca/neighbourhoodwatch For up-to-date information on Community Policing in Ottawa, please refer to: <http://cpc.ottawapolice.ca/main.cfm>



Owl that was photographed on Caverley Street
Photo credit: Geoff Radnor

See the online edition at www.RiverviewParkReview.ca

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 33

SUDOKU

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



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What is fusion cuisine anyway?

A chat with Manager Xing Yang of 168 Sushi

by Carole Moulton

Xing Yang came to Ottawa from Toronto about a year ago to work at 168 Sushi on St. Laurent Blvd. He enjoys the slower pace of this city, and the opportunity here to be able to go fishing, without travelling a great distance. He also appreciates the fact that the restaurant where he works serves up fusion cuisine.

"It's all about the great variety of foods available with fusion cuisine," he shared recently.

Fusion cuisine began to become popular in the 1970s, although its roots probably date back many



years, even to ancient times. One example of fusion cuisine is Tex-Mex, which combines Mexican cuisines and Pacific Rim cuisines with cuisines of the United States. Frequently, fusion cuisine may also mean original dishes that combine a variety of ingredients from different cuisines and regions. Asian or Pacific Rim fusion combines the various cuisines of different Asian countries. 168 Sushi is all about Asian fusion cuisine and the amazing choices that diners have for either lunch or dinner.

Learning about all these choices is an important facet of becoming a manager, thus Xing Yang first became a waiter to understand not only about the food items on the



menu, but also appreciate the best way to communicate with restaurant customers.

168 Sushi is not only about Japanese sushi however, but Chinese,



Leon (left) and Ken working at the Sushi Bar

Korean and Thai food, plus dim sum as well. Food ordered at the tables can be from among a buffet of kitchen items, the sushi bar, or some dim sum choices. And while sweet and sour chicken remains the favourite of Chinese dishes, bulgogi, a grilled marinated beef,

is the most popular Korean dish, with basil shrimp the preferred dish of the Thai collection.

"Creating sushi is like an art," commented Xing. "It is also ex-

tremely healthy for you. Always in a roll, wrapped in either seaweed or rice sheets, sushi is cut into six, eight, or ten pieces, and although mainly raw, can be cooked."

Dim sum items from the menu will be steamed or deep-fried. Certain restaurants will specialize in dim sum only, particularly on Sundays, others could serve it every day. With 168 Sushi, diners are able to enjoy various popular dim sum items as part of the menu of their one hundred and sixty-eight choices.

Fusion cuisine restaurants have become popular because of the choices for the guests, and are often known to be more common in culturally diverse or metropolitan areas. Xing Yang and 168 Sushi owner John Ke will be more that pleased to assist you in choosing from the great number of choices on their menu, and help turn your fusion cuisine eating experience into a memorable occasion.

Margaret Morris Method celebrated in dance

by Catina Noble

The recital took place on Monday May 13th 7 pm at the Dempsey Community Centre. Many students of diverse ages participated in the show. The performance was colourful and filled with individual personality.

A special to thanks to everyone who helped organized the event and to all the friends and family members that came out to see the annual recital. The current session of MMM classes at Dempsey will end in a couple of weeks. Not to worry, classes will start up again the fall!

Here is a list (taken from the recital's programme) of all the students, their colours and achievements:

Stephanie Fong-Children's grades
Julia Jack-Children's grades
Cassidy Martin-Children's grades

Paula Farmer-West Carleton
Mary Jack-West Carleton
Margaret Miller-West Carleton
Elise Perron-West Carleton
Gloria Young-West Carleton

Kathy Harker-Fiander-Basic
Kate Killey-Basic
Andreanne Fournier-Basic
Jenny Dobson-Basic
Catherine Bissinger-Basic
Dan Semeniuk-Basic

Paulina Yau-Yellow
Suzanne Faure-Yellow

Alison Fong-Orange

Josee Levesque-Light Pink

Di Mulholland-Crimson
Marilyn Cavill-Crimson

Jeff Cavill-Mauve
Nicole Lebrun-Mauve
Nicole Michaud-Mauve

Jose Rivard-Blue
Erin Cavill-Blue

Margaret Clarke-Achieved Green
Joyce Schrieber-Achieved Green
Cathy Reid-Achieved Green
Corinne Hazell-Achieved Green
Beryl Bane-Achieved Green

Susan Jack-Magenta
Marie Paquette-Rivard-Magenta

For more information on MMM classes please contact Susan Jack: susanljack@gmail.com. You can also visit their website at

www.mmmcanada.ca.



Manager Xing (right) standing behind the Sushi Bar with Yong

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STORYTIMES / CONTES

Summer Family Storytime - Contes en famille en été

Stories, rhymes and songs for children of all ages and a parent or caregiver. No registration required.
Monday, July 8, 10:30-11:00 am
Monday, July 15, 10:30-11:00 am
Monday, July 22, 10:30-11:00 am
Monday, July 29, 10:30-11:00 am
Monday, August 12, 10:30-11:00 am
Monday, August 19, 10:30-11:00 am
Monday, August 26, 10:30-11:00 am

Contes, rimes et chansons pour les enfants de tous âges et un parent ou gardien. Aucune inscription requise.
Lundi le 8 juillet, 10h30 à 11h00
Lundi le 15 juillet, 10h30 à 11h00
Lundi le 22 juillet, 10h30 à 11h00
Lundi le 29 juillet, 10h30 à 11h00
Lundi le 12 août, 10h30 à 11h00
Lundi le 19 août, 10h30 à 11h00
Lundi le 26 août, 10h30 à 11h00

Summer Babytime - L'été des bébés à la biblio

Stories, rhymes and songs for babies and a parent or caregiver. 0-18 months. No registration required.
Tuesday, July 9, 10:30-11:00 am
Tuesday, August 6, 10:30-11:30 am

Contes, rimes et chansons pour les bébés et un parent ou gardien. 0 à 18 mois. Aucune inscription requise.
Mardi le 9 juillet, 10h30 à 11h00
Mardi le 6 août, 10h30 à 11h00

CHILDREN'S SPECIAL PROGRAMS / PROGRAMMES SPECIAUX POUR ENFANTS

Go! Opening Ceremony - Bon Voyage! Cérémonie d'ouverture

Join us for the TD Summer Reading Club 2013 kick-off! Family program. Registration
Wednesday, July 3, 2:00-2:45 pm

Joinez-vous à nous pour le lancement du Club de lecture d'été TD

2013! Programme familial. Inscription
Mercredi le 3 juillet, 14h à 14h45

By land, by sea, by air - Bienvenue à bord!

It's not where you're going - it's how you get there. Ages 6-8. Registration.
Wednesday, July 10, 10:30-11:15 am

L'important n'est pas tant la destination que le moyen pour t'y rendre. Pour les 6 à 8 ans. Inscription
Mercredi le 10 juillet, 10h30 à 11h15

Parenting Book Club

Join neighbourhood families at Alta Vista's Parenting Book Club. Parents are welcome to come with young children in tow. The program room door will be closed and the kids can look at story books while the adults talk about them. A list of suggested titles can be picked up at the Alta Vista children's desk. Read the book before, during or after the book club.
Tuesday, July 16, 10:30-11:15 am
Tuesday, July 23, 10:30-11:15 am
Tuesday, July 30, 10:30-11:15 am
Tuesday, August 13, 10:30-11:15 am
Tuesday, August 20, 10:30-11:15 am

Artful Exploration - Le monde, une œuvre d'art

Travel into the world of art. Ages 9-12. Registration.
Tuesday, July 16, 2:00-3:00 pm

Voyage dans le merveilleux monde de l'art. Pour les 9 à 12 ans. Inscription.
Mardi le 16 juillet, 14h à 15h

What's on the Menu? - Qu'est-ce qu'on mange?

Scrumptious stories and tasty tales from near and far. Ages 6-8. Registration.
Wednesday, July 17, 2:00-2:45 pm

Alléchantes histoires et savoureuses légendes d'ici et d'ailleurs. Pour les 6 à 8 ans. Inscription.
Mercredi le 17 juillet, 14h à 14h45

Survivor Island: Library Edition - Question de survie : Version Biblio

Do you think you have what it takes to survive? Find out now. Ages 9-12.

Registration.
Wednesday, July 24, 2:00-3:00 pm

As-tu ce qu'il faut pour surmonter les dangers? À toi de le prouver! Pour les 9 à 12 ans. Inscription.
Mercredi le 24 juillet, 14h à 15h

My Island Vacation - Mon île déserte

Embark on a fun-filled island getaway. Ages 6-8. Registration.
Thursday, July 25, 10:30-11:00 pm

Fais une escapade sur l'île des mille plaisirs. Pour les 6 à 8 ans. Inscription.
Jeudi le 25 juillet, 10h30 à 11h

Cameraless Animation on Film

Watch your drawings come to life and travel around the screen by drawing onto clear 16mm film leader using markers, ink, paint, stickers and glitter. The films will be projected at the end of class for all to see! Ages 6-12. Registration.
Wednesday, July 31, 2:00-3:00 pm

Imagine a World - J'imagine un monde

Get a glimpse of worlds just beyond this one. Ages 6-8. Registration.
Friday, August 2, 1:30-2:15 pm

Plonge dans les lieux à la grandeur de ton imagination. Pour les 6 à 8 ans. Inscription.
Vendredi le 2 août, 13h30 à 14h15

Artist's Travel Sketchbook - Carnet de voyage d'artiste

The Group of Seven traveled around Canada, stopping in many places along the way to make sketches of beautiful landscapes. Some of these sketches were later turned into finished paintings in their studio! Come see the Ottawa Art Gallery's collection of pencil sketches from the Group of Seven, and make your own sketch book to take with you on art adventures. Registration. Ages 9-12.
Wednesday, August 7, 2:00-3:00 pm

Le Groupe des Sept a beaucoup voyagé partout au Canada. Quand les artistes du Groupe voyaient un paysage magnifique, ils s'arrêtaient pour en faire un croquis à la mine, transformant ce dessin en tableau dans leur studio plus tard. Viens voir des croquis du Groupe des Sept de la collection de la Galerie d'art d'Ottawa, et fabriques ton propre carnet de dessin de voyage, que tu pourrais apporter avec toi. Inscription. Pour les 9 à 12 ans.
Mercredi le 7 août, 14h à 15h

GO! Here, There and Everywhere - Bon voyage! Ici, là-bas et ailleurs

Travel the world with stories, activities and crafts. Ages 6-8. Registration.
Thursday, August 8, 10:30-11:15 am

Parcours le monde à travers des histoires, des activités et des bricolages. Pour les 6 à 8 ans.
Jeudi le 8 août, 10h30 à 11h15

Passport to Adventure - Passeport pour l'aventure

Let a good book jumpstart a trip around the world. Where will you end up? Ages 9-12. Registration.
Tuesday, August 13, 2:00-3:00 pm

Pars à l'aventure avec un bon livre et voit où l'histoire te conduira. Pour les 9 à 12 ans. Inscription.
Mardi le 13 août, 14h à 15h

World in Art - L'art du monde

Explore art in the world around you and create some of your own. Ages 6-8. Registration.
Friday, August 16, 2:00-2:45 pm

Explore l'art qui t'entoure et laisse libre cours à ta créativité. Pour les 6 à 8 ans. Inscription.
Vendredi le 16 août, 14h à 14h45

Go! Closing Ceremony - Bon Voyage! Cérémonie de clôture

Join us for the TD Summer Reading Club 2013 wrap-up! Family program. Registration.
Wednesday, August 21, 2:00-3:00 pm

Joinez-vous à nous pour la fermeture du Club de lecture d'été TD 2013! Programme familial. Inscription.
Mercredi le 21 août, 14h à 15h

TEEN PROGRAMS / PROGRAMMES D'ADOS

Paper Airplanes and Origami

Are you the master of paper airplane folding? Come to the library to show off your skills - and maybe even learn some new tricks. More interested in origami? We've got some of that, too! Ages 13 to 18.
Thursday, July 4, 2:00-2:45 pm

Joy of Writing

Are you a creative writer looking to meet other teen writers? Do you write poems, stories, novels, plays? Come share your work with other teens who love to write and try your hand at new forms of writing.
Tuesday, July 23, 2:00-3:00 pm

Trivia Night @ Your Library

If your brain is bursting with knowledge of geography, pop culture, current events, literature, and other trivia, show off your skills at Alta Vista's inaugural Trivia Night. Participate in teams of up to four - either form a group with friends or sign up individually and join other trivia fiends. Ages



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Associated World-wide with 

Alta Vista Library

Elmvale Acres Library

15+. Registration required.
Thursday, July 25, 6:30-8:00 pm

Saturday Screening

Come share popcorn and a movie on one of the last weekends of summer!
Ages 14 to 18
Saturday, August 10, 3:00-4:30 pm

N.B. Registration for programs starts on June 19. / L'inscription des programmes commence le 19 juin. / 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.

ADULT PROGRAMS

Book Banter
Drop in to share the enjoyment of good books in a relaxed atmosphere.
Thursdays, 2:00 p.m. (1 hr.)
June 6: *The Best Laid Plans* by Terry Fallis.

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.)
June 20: Read any title in Richard Stark's Parker series.
August 15: Tess Gerritsen

Infusions littéraires
Partager une tasse de thé ou de tisane en discutant de livres.
Les mardis, 14 h (1 hr)
18 juin : *Il pleuvait des oiseaux* de Jocelyne Saucier

Parenting Book Club
Join neighbourhood families at Alta Vista's Parenting Book Club. Parents are welcome to come with young children in tow. The kids can look at story books while the adults talk about them. A list of suggested titles can be

picked up at the Alta Vista's Children desk. Read the book before, during or after the book club.
Tuesdays, 10:30-11:15 a.m.
July 16, 23, 30,
August 13, 20.

Trivia Night @ Your Library
If your brain is bursting with knowledge of geography, pop culture, current events, literature, and other trivia, show off your skills at Alta Vista's inaugural Trivia Night. Participate in teams up to four - either form a group with friends or sign up individually and join other trivia fiends.
Thursday, July 25, 6:30-8:00 p.m.
Ages 15 - 95. Registration required.

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

Free Programs Summer 2013
Programmes gratuits cet été
1910 St-Laurent blvd – call
613-738-0619 ext 222

FOR PRESCHOOL CHILDREN

Contes en famille (in French)
Mondays, June 24, July 8-15-29 and Aug 12-19 at 10:15am (30 min.)
Stories, rhymes and songs in French for children of all ages and a parent or guardian. Drop-in.

Family Storytime (in English)
Wednesdays, June 26, July 3-10-17-31, Aug 7-14, at 10:15am (30 min.)
Stories, rhymes and songs for children of all ages and a parent or caregiver. Drop-in.

Babytime (bilingual)
Thursdays, June 20, July 18, Aug 15 at 10:15am (30 min.)
Stories, rhymes and songs for babies and their parent (s) or caregiver. 0-18 months. Drop-in.

SUMMER READING CLUB!
To register, call 613-738-0619 ext 222 or visit our website

Amazing Explorers
Tuesday Jul 02, 2pm (60 min.)
Grab your gear and seek out wild adventures in uncharted territory.
Ages 6-8. Registration is required

World in Art
Thursday Jul 11, 2pm (60 min.)
Explore art in the world around you and create some of your own.
Ages 6-8. Registration is required.

African Drumming
Tuesday July 16, 10:15am (60 min.)
Learn basic hand drum and counting techniques using the African djembe with Ottawa Folklore Centre drum teacher Don Gibbons.
Ages 6-12. Registration is required.

Hidden Worlds
Tuesday Jul 16, 2pm (60 min.)
Soar to adventure in fantastical realms.
Ages 9-12. Registration is required.

Choo-Choo Choose Your Destination
Wed Jul 17, 2pm (60 min.)
Embark on your won journey and see for yourself what rail travel was all about. Participants will create a post-card souvenir of their "destination".
Ages 5-10. Registration is required.

Outside my Front Door
Wednesday Jul 31, 2pm (60 min.)
Take a second look at the world around you.
Ages 6-8. Registration is required.

GO! Here, There and Everywhere
Thursday Aug 01, 2pm (60 min.)

Travel the world with stories, activities and crafts.
Ages 6-8. Registration is required.

Block Party
Thursday Aug 8, 2pm (60 min.)
Building Boom: show off your architectural creativity with Lego®.
Ages 6-12. Registration is required.

Imagine a World
Tuesday Aug 13, 2pm (60 min.)
Get a glimpse of worlds just beyond this one.
Ages 6-8. Registration is required.

Zoom at Sea
Monday Aug 19, 2pm (60 min.)
Rag and Bone Puppet Theatre present a play based on the "Zoom" books by Tim Wyne-Jones, illustrated by Eric Beddows, depicting the thrilling and sometimes mysterious adventures of Zoom the cat and his friend Maria.
Ages 6 to 12. Registration is required.

What's on the Menu?
Thursday Aug 22, 2pm (60 min.)
Scrumptious stories and tasty tales from near and far.
Ages 6-8. Registration is required.

FORADULTS

Mystery Lovers Book Club
Come join us for discussion the first Monday of every month, at 6:30pm. Share the enjoyment of good mysteries in a relaxed atmosphere.
June 3: Any 'Inspector Gamache' book by Louise Penny
July 8 : "Shut Your Eyes Tight" by John Verdon
August 12 : "Dog on It" by Spencer Quinn
September 9 : "Little Stranger" by Sarah Waters

Protecting Your PC
Wednesday, June 19 at 6:15pm (120 min.)
Chris Taylor, President of the Ottawa PC Users' Group will show you the simple steps you need to take to keep your computer from being hacked. Registration is required – call 613-738-0619 ext. 222.

SUDOKU

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

Sudoku on page 30



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Garter Snakes 101

by Maria CampbellSmith

What is black, yellow, green, grey, brown, red and even blue? What lives in marshlands, on fields, plains, farms and in forests? It might frighten you or fascinate you, assuming you're quick enough to see it. It is the ultimate villain from the Garden of Eden and the most common reptile in North America. It is the snake. The garter snake, or *Thamnophis sirtalis*, in particular.

Are you afraid of snakes? Perhaps if you learn more about them you won't be. Are you fascinated by snakes? Then knowing more about how they function will only add to your esteem.

Do you walk along the Ottawa or Rideau riverbanks? Do you play with your kids or grand kids in our local parks? Do you garden in your own backyard? Chances that you'll be sharing these spaces with a garter snake this summer are very high. Living here in Eastern Ontario, you've likely seen a common garter snake (black with yellow stripes down its sides from neck to tail), but the garter snake is actually a remarkably diverse creature.

These are wide-ranging snakes.

You can find garter snakes ranging from Central America and southern Mexico all the way up to Alaska and southern portions of

the North West Territories. There are golden-headed, black-bellied, two-striped, checkered, ribbon, red-spotted, and blue-striped garter snakes among the 35 different garter snake species. They are very adaptable to landscapes, habitats, and food sources, making them the most common reptile in North America.

Why are they called garter snakes?

That nickname came from the



Photo credit: Steve Jurvetson

eighteenth century fashion style of thin, striped garters that were used to hold up men's socks. Some folks also call them garden snakes

because they are commonly found there.

Anatomy of the snake:

Like all snakes, garter snakes have no limbs or feet. They slither their bodies because they are muscular. Like most snakes they are not slimy. They are covered with dry scaly skin, which they shed repeatedly as they grow. Male and female snake skins produce different pheromones for identification, communication and mating.

heat between them) and spend the winter buried beneath vegetation, rocks or in caves or abandoned animal burrows. Urban areas can see dozens of snakes accumulate in huddled hibernacula on idle construction sights, in abandoned buildings or in basements.

When will you most likely see them?

Adult garter snakes mate and breed in Spring (March through May) once temperatures have warmed up enough for the snakes to leave the hibernacula. Young garter snakes are most often born (live) by August or September, and aggressively search for food before Fall brings cold temperatures and the need to hibernate. Garter snakes are active during both day and evening, but they are very sensitive to ground vibration and usually slither out of sight, away from noises or threats. They have been known to flail and to coil and strike when cornered or when attacking prey.

What do garter snakes eat?

Garter snakes are carnivorous reptiles. Here in our area, they eat slugs, leeches, worms, tadpoles, bugs, frogs and small rodents. Red and black forked tongues allow garter snakes to collect chemicals in the air around them. The Jacobson's Organ on the roof of their mouths then detect the pheromones and chemical scents of other snakes and of prey.

So who eats them?

Predators of garter snakes include crows, hawks, kites, minks, skunks, raccoons and even other snakes, like King snakes. In urban areas, like our national capital region, the biggest threats to garter snakes are domestic cats. Recently, wildlife protection groups have also noted that in both Canada and the United States humans sometimes poach hibernacula for baby snakes as commercial pets.

While many of us hesitate or recoil if we spot a snake crossing our path, the garter snake is not a creature to be feared. The 35 species of garter snake offer North Americans a wondrous variety of colours and behaviours worthy of study and respect. Go ahead. Be fascinated. In closing, I offer some serpentine humour.

What clothing can sister snakes share? (Co-bras)

What will snakes do after fighting? (Hiss and make up)

How do you revive a snake that seems dead? (With mouse-to-mouth resuscitation)



Pet Memorial Balena Park

Thanks to the generosity and caring of our Riverview Park residents there are now 23 inscribed memorial bricks in the Balena Park Pet Memorial Patio. For every brick the Canadian Guide Dogs for the Blind receives sixty-five dollars. This is

not only a way to remember your pet (dog, cat, bird, goldfish) but to support a very worthwhile organization.

If you wish to purchase a brick please pick up a pamphlet at the Elmvale Public Library or contact 613-523-4339

A gland in garter snake skin can also discharge a foul, musky scent if they are disturbed or threatened. Like some more notorious snakes, they are venomous; however, common garter snakes produce only very mild, neurotoxic venom. It is not at all lethal to humans, and with only two teeth at the very back of their mouths, garter snakes rarely bite effectively enough to even puncture our skin.

An average adult garter snake is 50-80 centimetres long and weighs 150 grams. Their life span in the wild is about 2 years, although in captivity they can live 5-10 years. They give birth to live young and litters range from 4 or 5 baby snakes to a maximum ever recorded 98 snakes! Imagine a wriggling swarm of scores of snakes at your feet. It is not just the stuff of Indiana Jones' movies or a Fear Factor episode. Ask a neighbour who's seen a hibernaculum in Spring and you'll soon discover that such a sight is common as far as garter snakes are concerned.

What is a hibernaculum?

In regions with inhospitable winters, as Fall temperatures drop, the garter snake population seeks to "hibernate". They collect in mass numbers (dozens even hundreds) for kleptothermy (the transfer of

Maplewood is more than home, it's a community

Riverstone Retirement Communities announces the opening of Maplewood on August 15

Riverstone Retirement Communities is about to unveil their newest luxury residence, Maplewood Retirement Community. Scheduled to open on August 15th 2013, Maplewood follows proudly in the footsteps of Riverstone's first two developments, Oakpark in Alta Vista and Bridlewood Trails in Kanata/Stittsville.

Located at 340 Industrial Avenue, in Ottawa's historic Riverview Park neighbourhood, Maplewood will offer the same superior management, exceptional staff, and unparalleled meals and activities for which Riverstone is known. It will also feature several unique additions, including raised gardens, a greenhouse, a salt water pool, facilities for shuffle-

board and horseshoes, all on beautifully manicured grounds.

Maplewood will be managed and operated by Riverstone, and will include a first-rate team of professional staff offering a selection of care alternatives: Independent Living, Residential Care and Assisted Living. The five-storey development will feature 124 units, including one- and two-bedroom suites, as well as studio suites. Residents will have access to flexible and nutritious meal plans, housekeeping and laundry services, 24-hour emergency response and around-the-clock professional nursing staff.

"We're very proud of the amenities Maplewood has to offer," says Riverstone Vice-President Mike Traub. "Residents can choose from

a range of lifestyle options, and enjoy a large selection of planned activities, both at the residence and throughout the community. Our facilities are state-of-the-art, and are designed with the safety and comfort of Ottawa's seniors in mind. We very much look forward to welcoming the first Maplewood guests this August."

Riverstone is owned by leading residential builder Claridge Homes. Claridge began in 1986 as a small family-run business, and has expanded to become one of the top home building and high-rise developers in the National Capital Region. With a firm commitment to customer satisfaction, the company brings the same standard of excellence to all its projects—from

Carlingwood Retirement Community, set to open in early 2014, to Ottawa's tallest building, Icon, the new condominium tower opening August 2017.

Those interested in learning more about Maplewood are invited to visit the onsite presentation centre at 340 Industrial Avenue.

For more information:

Mike Traub
Riverstone Retirement Communities
613-853-6642
mike.traub@riverstoneretirement.ca
or
Neil Malhotra
Claridge Homes
613-769-0276
neil.malhotra@claridgehomes.com

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ferent model Alfas. One gift that I received was a model about 7 inches long, that when you pressed the license plate, a cigarette lighter popped up where a sun roof would be and there was a light for your Belmont cigarette. It was made in Japan. I sold it to a collector in Switzerland for a huge amount of money, apparantly it was a most unique model. Over a period of about a year I sold my collection of model cars to people all over the world.

In the 1960s London was part of the "Swinging Sixties" with outrageous fashions and the start of the hip culture. A friend of mine had a shop on Carnaby Street in London, the centre of all the action in those days. I flew from Vancouver on holiday and paid my old friend a visit in his *Gear* store. I parted with gifts to take back to Vancouver. One was a small "A Lover's Address Book" with his store name on with very psychedelic style letters of the alphabet. Over the years it never got used, not even scribbled on by my granddaughter. Fifty years later I sold it on ebay for \$62.23 to a lady in California.

On one of my business trips to San Fransisco I visited the small shop in the Stanford Shopping Centre in Palo Alto called Victoria Secrets, looking for a gift to take home to my wife. I picked up a free copy of their catalogue whilst there, a very attractive piece indeed. Little did I know that Victoria Secrets would become a very large operation with many millions of its catalogues printed each year.

There are collectors of these, not sure why but they are all males. I sold my copy on ebay for \$125.00. Mine was the second edition, the first, in its envelope, is selling for over \$1,000.00. They were given away free in 1977.

I remember the sign attached to a secondhand store, "WE BUY JUNK, WE SELL ANTIQUES".

If ever you want to know "Is this thing worth a lot or should I take it to the Thrift Store or Value Village?" look on ebay and you can see what people are prepared to pay for your "Stuff". Remember there are millions of potential customers around the world looking at you item for sale.

Well ebay© gives us all a chance to make money from almost nothing. It started off in the San Francisco area in the late 1990s. It has blossomed into a world-wide, giant, billion dollar operation, headquartered in San José California. PayPal is a secure on-line method of payment, it is owned by ebay as is the on-line classified ads. site Kijiji. The costs of selling your unwanted stuff varies but for most things it is 9% of the total including postage. Ebay has become a multi-national giant with many full time businesses doing millions of dollars worth of sales every year.

So what is there today that is being given away free, and if you store them properly, you can sell in 35 years time for a very handsome profit? Any Ideas? There is an opportunity to explore some of these fantasies when Riverview Park has its **Giant Garage Sale**, so mark your calendars for Saturday June 1st.

Continued from page 23

Cilantro Mojo and the decadent bacon-wrapped Gorgonzola Filet. Some of these steaks cannot be found anywhere else in the city.

It was the opportunity to be able to return to the Ottawa ByWard Market and prepare this type of menu that was extremely appealing to John Leung, and helped him decide to become co-owner of *Steak Modern* with Lee Wagner. Chef Leung had known Lee as their individual careers overlapped at Restaurant E18hteen; with one being Executive Chef and the other General Manager.

Lee Wagner brings a varied mix of talents and experiences to *Steak Modern*.

With a career in the hospitality industry that began at the legendary Banff Springs Hotel, Lee worked his way up the ladder there to eventually become a restaurant manager. His next stop was back home to the Fairmont Chateau Laurier where he utilized his invaluable experiences to win awards while successfully managing Wilfrid's, Zoe's and La Terrasse.

Lee also came to Ottawa as a well-respected wine sommelier. During his time in Alberta he learned the required skills that would later garner him accolades for his award winning wine lists at the Chateau Laurier and Restaurant E18hteen. While immersing himself in the wine world, Lee has had the great fortune to taste wine with some of the best winemakers in France, Italy, Spain, California, B.C and Ontario.

The past seven years had seen

Lee leave the restaurant business to work in radio as the Operations Manager for local stations LIVE 88.5 and HOT 89.9. He is a huge music fan and decided to try his hand at learning the ins and outs of the radio and music industry. Having helped create and manage the hugely successful band contest called the LiVE 88.5 Big Money Shot, Lee felt it was time to jump back into the restaurant world and buy a place of his own.

Great food, great wine and great music happen to be his three passions and each is an important facet of the restaurant. Says Lee, "People go to restaurants to enjoy something that they can't do at home. Whether it be an amazing meal or an interesting bottle of wine. They also like to socialize with their friends, and appreciate the camaraderie while eating and drinking wine, against the background of just the right kind of music."

It is obvious that both John Leung and Lee Wagner plan to get the most out of their beautiful restaurant in the vibrant ByWard Market. "I can guarantee that the steaks we are choosing to do are some of the best in the city. The same goes for our sushi and our wines. Our menus are focused and quality driven. That's how you become the best at what you do," Lee Wagner has noted.

It is much closer than you think for you to enjoy the wonderful tastes of *Steak Modern* at 87 Clarence Street. Do savour and enjoy your lunch or dinner there. It will no doubt be your first of many visits.



Pastor Frank's Granddaughter Entissar sitting on his motorcycle
Photo credit: Pastor Frank Chouinard

A different summer at Trinity Church

by Pastor Frank Chouinard

After nearly 20 years of leading Trinity Church, Pastor Frank has been granted a sabbatical for rest, renewal, and spiritual refreshment. The sabbatical runs from the beginning of June until the beginning of September. This will be an interesting time both for the church and for him.

Some people withdraw to a monastery or to a quiet place during their sabbatical time away. Others attend a university for further study. Still others pilgrimage. Pastor Frank plans on a cross-country motorcycle ride and time alone for reflection and contemplation . . . a chance to refocus on ministerial life as he revisits his spiritual roots.

In Mid-June Pastor Frank will ride to Indianapolis Indiana for the Church of the Nazarene's General Assembly – the main legislative sessions of the denomination [held every four years]. Following the Assembly he will head to Winnipeg [following the scenic Mississippi River] where he will

volunteer at Siloam Mission, one of eleven of the denomination's inner city compassionate ministry centres in Canada. From there he will visit different churches he has been part of, with stops in Calgary and Vancouver to once again volunteer at an inner city centre. In mid-August he will head back to Ottawa and will return in time for the annual children's Friendship Club Welcome Back Celebration. Follow his travels as he blogs the journey: afrankguy.wordpress.com.

Donations to any of the compassionate ministry centres are always welcome at the Nazarene Compassionate Ministries web site — <http://www.ncmc.ca/donations.html>.

Meanwhile, church life in Ottawa will continue. Former Ottawa Rough Rider Kari Yli-Renko, now an ordained minister in the Church of the Nazarene working with the LeaderImpact group, and Rev. Rick Burk, a prison chaplain now working with the Chaplaincy Department of Corrections Cana-

Continued on page 44

Blair Court Community House

(more pictures on opposite page)
by Nicole McKenzie
Photos by Geaorge Kozoriz

On Saturday, May 11th, 2013, Blair Court Community House held its second annual Community Safety Day. Under the organization of Kristy Donnelly Executive Director as well as the Youth Worker staff and volunteers this successful event attracted over 200 local residents from the Riverview Park community.

Representation from the City of Ottawa, Public Health, Ottawa Police Services, Ottawa Fire Services, Ottawa Community Housing, Neighbourhood Watch, Youth Services Bureau and the South East Ottawa Community Health Centre also helped to draw the public in by

offering information, demonstrations and freebies.

The purpose of Community Safety Day was to engage the community, share information regarding personal and home safety, promote the Neighbourhood Watch program, and help kick off National Police Week. Despite the cool and damp weather, there were still active and happy people of all ages who attended, helping to make the event a success.

There was a delicious free Halal BBQ with drinks, veggies or salads, and chips. Children and adults were able to get into one of the new Ottawa Police Cruisers and check out the Ottawa Police motorcycle. There was a fire truck to climb into and Sparky the fire safety dog made his rounds. Children got their faces painted, and finger printed with Child Print, as well as jumped in the Bouncy castle and received balloons. Blair Court's Cheer Squad made up of 15 girls, ages 4-14 welcomed Police Chief Charles Bordeleau's with a spunky performance about safety.

A huge thank you to all the volunteers who helped with the event and made it as great as it was. Well done everyone!!



Ali checks out the inside of the fire truck



Lea and Boston with Sparky



Chief of Police Charles Bordeleau





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...holds Community Safety Day



Eilan and Ayat wearing their NO MORE BULLIES bracelets from Majic 100



Ottawa Police Services offers information for the community

Looking for fresh local organic vegetables?

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Vincent Massey Public School

MULTICULTURAL DINNER,
ART AND FASHION
SHOW-A HUGE SUCCESS!

On May the 7th, at Vincent Massey,
we had a grand multicultural din-

Let's not forget about the fashion
show! It was a big hit! Good job to
those of you who participated!
It was a great time!
*Submitted by Helena Skerjanc
Grade 4*



ner, with food from all over the
world! We had a feast!
We also had cookies for a cure;
let's help the ill! Along with an
art show! People got to see all the
good projects that their children
worked hard on. This was a "spe-
cial" art project, just for this occa-
sion! Give them a high-five when
you can! You should be very proud!

FAREWELL TO FAY
On June 27, Fay Woolley is head-
ing south. After three years as
V.M.'s vice-principal, Ms Woolley
is packing her bags and books and
retiring to Florida. V.M. was Ms
Woolley's first elementary school
after 19 years as a high school edu-
cator and administrator. Ms Wool-
ley decided to finish her career in

the elementary sector because she
wanted to become more involved
with the students, and to have a
greater influence on children at an
earlier age. And that she has done.
Fay's twenty-two-year career in ed-
ucation followed twenty years as a
public health nurse in Toronto.
Although looking forward to her
next adventure, Ms Woolley says
she will miss many important

Ms Woolley's favourite students
is a group of grade 8 boys whom
she has been teaching math this
year. She has enjoyed the chal-
lenge of finding different ways to
teach, hands-on, kinesthetic learn-
ers, leading them through math-
based projects such as "Around the
World in 80 days" and "Building
your Dream Bedroom". She will
also miss the whole school com-



things from the world of work.
"First and foremost, I will miss
the kids here at V.M.," she re-
counts, "they are very welcoming,
warm and caring, always looking
out for each other. There is a lot
of empathy here." Among some of

munity and the great staff she has
worked with here at V.M.: "...easily
the best school community I have
ever worked in."

One of Ms Woolley's last goodbyes

Continued on page 46

BUILT TO LAST

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• 42" 2-Blade Mower

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Perley Rideau Seniors Village Story

by Sylvie Moxion

The year 2013 is shaping up to be an exciting one for Perley Rideau as we complete many aspects of our Seniors Village.

oriented wellness services in a central location with easy access to seniors in the community. “The village concept allows for a wider range of options for seniors,” says Greg Fougère, Chief Executive Officer of Perley and



Much hard work has been done since 2010 when Perley Rideau developed a new long-term plan that aimed to

- i) increase the availability of services to a rapidly growing seniors population;
- ii) provide housing options to seniors in the community;
- iii) support the Province’s Aging at Home strategy; and
- iv) add a range of health-

Rideau Veterans’ Health Centre. “It’s about providing a spectrum of care and services to help people, both on-site and in homes in the surrounding community.” The village fills an important gap in the community. Perley Rideau is one of the largest not-for-profit care centres in Ontario. It offers long-term care, short-stay respite care to help caregivers, and conva-



lescent care. The two new low-rise apartment buildings on the Perley Rideau campus will help healthy seniors and those who are transitioning from wellness to decreased function, while helping them maintain their independence.

So what is happening in 2013?

The doors to the first 45 apartments, especially-designed for accessibility, safety and the comfort of seniors, were opened in February. Tenants were quick to begin moving in. Our occupancy rate for the first building is now 85%. “It is a big hit with seniors” says Greg. “Tenants appear to appreciate the fact that services are being offered in one location along with their new home”. One tenant claimed that: “It was a brilliant idea!” The tenants are enthusiastically getting involved in meeting one another. Coffee times, setting up a

quilting frame, attending concerts in Lupton Hall, as well as being invited on outings, has made everyone feel most welcome. Apartments, including studio, one- and two-bedroom units, some with dens, are located in either a three- or five-storey low rise building, surrounded by green spaces, gardens and walkways. The two buildings together have 139 apartments for up to 200 to 225 seniors, depending on how many couples reside together. Of these units, 20 to 30% have been earmarked for Canadian Forces veterans, and 33% will be rented at below-market rates for those who qualify. The next 94 units are scheduled to be ready for occupancy in October of this year, along with a larger

Continued on page 45



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One pilot enjoyed the Windmill Theatre in London

Alta Vista Manor veterans receive medallions from RCAF commander

by Bill Fairbairn
Photos by Carole Moulton

A total tour by crews of bomber flights over Nazi Germany before relief during World War II was counted as 30 raids. Pilot Earl Mayo survived 34 raids in Halifax bombers although twice his plane mid-flight lost one of its four engines. Earl survived sufficiently to enjoy the sights of London including a night at the famous Windmill Theatre, the show that defied German bombs to never close.

Earl, now aged 95, was one of 5 veterans presented with medallions by Air Force Commander Lieutenant General Yvan Blondin at the Alta Vista Manor.

At age 20, in 1939, Earl joined the RCAF at Uplands Station in Ottawa in his own words because it was the right thing to do. After basic training he went direct to England with a number of others of similar experience.

A wing commander at demobilization he came home to Canada by ship. He had met his wife Elizabeth at a dance and walked her home. The couple both now live at the Alta Vista Manor and have a family of three boys and a girl.

Earl's rewards include the Distinguished Flying Cross, other campaign medals and now for his closing years he has the medallion as well.

Jean Thompson, 94, joined the RCAF in November 1943 and still remembers her air force number W317029. She, too, received the medallion

Born in Delisle Sask., and educated in a one-room school, this farmer's daughter joined up in Regina after

reading wartime recruiting pamphlets. A train took her and other recruits to Ottawa and a bus to Uplands.
She says: "We were confined to base for the first 10 days and treated like cattle learning to march. But it was

a wonderful adventure that I would never have experienced on my father's farm. Of my youth, I recall that early in

Continued on page 43



Gordon Kenney



Gwen Terentiuk (third from left)



Lieutenant General Yvan Blondin handing out medallions at a special Alta Vista Manor luncheon



Lieutenant General Yvan Blondin speaking with Earl Mayo



WW II veteran Jean Thompson holds up her medallion and medal collection
Photo credit: Bill Fairbairn



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JUNE 13TH 9:00a.m. - 11:00a.m.
Older Ontarians contribute significantly to society as leaders, volunteers, mentors, caregivers, parents and grandparents. The resilience and sustainability of our society depends on their continued contributions. Join Dr. Samir Sinha as he highlights the findings of his recently-published study: *The Ontario Seniors’ Care Strategy - Recommendations to inform a Seniors Strategy for Ontario*, at The Saroj Lal Alzheimer Society Lecture at the Alzheimer Society of Ottawa and Renfrew County’s Annual General Meeting open to the general public on Thursday, at the Hampton Inn Ottawa & Conference Centre located at 200 Coventry Road, Ottawa. Cost of \$25 per person includes refreshments and free parking. Pre-registration is required. [Register online today](#) or call 613-523-4004.
Dr. Sinha is Provincial Lead, Ontario’s Seniors Care Strategy; Director of Geriatrics, Mount Sinai and the University Health Network Hospitals; Assistant Professor of Medicine with the University of Toronto and the John Hopkins School of Medicine. Participants will also hear comments by Mr. Mike Morrisette from his perspective as a person living with dementia.
This special presentation will be of interest to family members, health care professionals, those supporting individuals and families living with dementia. To learn more about dementia and the programs offered by the Alzheimer Society, visit www.alzheimer.ca/ottawa or call 613-523-4004 in Ottawa or 1-888-411-2067 in Renfrew County.

SEE THE SANCTUARY AT RIDEAU PARK UNITED
– Sat. June 8th, 9 am - 1 pm:
While searching for bargains at the Alta Vista Garage Sale, we invite you to take a break and come into the Sanctuary at Rideau Park United Church. You are welcome to view the stain glass windows, see the huge pipe organ, rest in the chapel, and, if you wish, watch some video and slides of activities at Rideau Park, both within the congregation and the community. Please join us.

GARAGE SALE, BOOK SALE AND BARBEQUE –
Sat. June 8th, 9 am - 1 pm:
While scouting the neighbourhood during the Awesome Alta Vista Garage Sale, please stop by and enjoy the following:
-**Book Sale:** Choose your summer reading from the wide selection of pre-owned titles.
-**Garage Sale:** Peruse many items all in one spot. Or, rent a table to sell your household “treasures.” For rentals, call: 613-733-3156 ext 229 (Mon. - Fri. 9-4).
-**Barbeque:** Stop for some refreshments - hamburgers, hot dogs and drinks.

LOST AND FOUND PETS
We all miss our pets when they become lost. A missing pet is a stressful situation for both guardian and animal. Orrin and Pa Clayton with to set up a confidential e-mail list of pet owners (and others who care) in Riverview Park. If you wish to participate, please e-mail letterit@rogers.com with your e-mail address and postal address and tel. number. When letterit@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. (Alternative: contact cmoult@sympatico.ca) When a pet is found Orrin and Pam will notify the owner. They hope your involvement will return lost and found pets to their owner.

RIDEAU PARK UNITED CHURCH, 2203 Alta vista Drive (at Cunningham)
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Please join us for a night of fun and fashion! Doors open at 6:30 for decadent desserts and a “sneak peek” at the fashions and accessories. The Show begins at 7:30 p.m., featuring the 2013 collection by Judy Joannou Designs. Fashions range from casual outfits to sophisticated suits and elegant evening ensembles. Tickets \$15.00 available at the Church office Mon. to Fri. 9 a.m. to 4 p.m.

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TEA AND FASHION by TAN JAY event on June 15th from 2p.m. to 4p.m.
Tickets \$10.00 at the door.
Info at 613-733-0102

UNISONG CONCERT
- Sat. June 29th, 7 pm.
Start your Canada Day festivities early by attending the Unisong Concert, involving choirs from across Canada, at Rideau Park United Church. All are welcome. Freewill offering.

Info at: 613-733-3156 ext 229, or visit www.rideaupark.ca

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The Friends of the Farm are looking for volunteers to work in the Ornamental gardens, Arboretum, Merivale Shelterbelt, Lilacs, and many other gardens at the Central Experimental Farm. Gardening began in early May! Green (*experienced*) and brown (*willing to learn*) thumb gardeners are welcome. To obtain a volunteer form please visit our website at www.friendsofthefarm.ca / volunteers, or call: 613-230-3276.
BOOKS FOR BLOOMS - June 15 and 16th, giant used book sale in Building 72 in the Arboretum. Open from 10 a.m. to 4 p.m., Sat. and Sun. – Stock up for the summer!
VICTORIAN TEA – Classic tea will be served on the lawns of the Arboretum from 2p.m. to 4p.m. on July 14th. Bring a patio chair, listen to live music, enter “BEST HAT” contest! Don period costume if you wish! Cost: \$8.00
ART ON THE FARM – Aug. 17th 10 a.m. to 4 p.m. Come to the Arboretum and see artists working in various media. They will display and sell their original works under the trees!
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the development of an 'All About Me' unit of study or a family discussion. Four, five- or six-year olds could talk about what makes us different- the colour of their eyes and hair, their different skins and how people can be tall or short. But what is the most important thing is how we are all the same. Even the monsters in the class of

page. "Wyatt has a long purple tail and uses it to hold his ice-cream cone. He must call it ice-scream because it says on the bucket, and it will be hard for Wyatt to sit at his desk with a tail like that." Then uncover the page, read it to the young child or children, and find out what the author says about Wyatt. How were we right?

Another amusing activity for this age group is to have them draw themselves as a monster us-

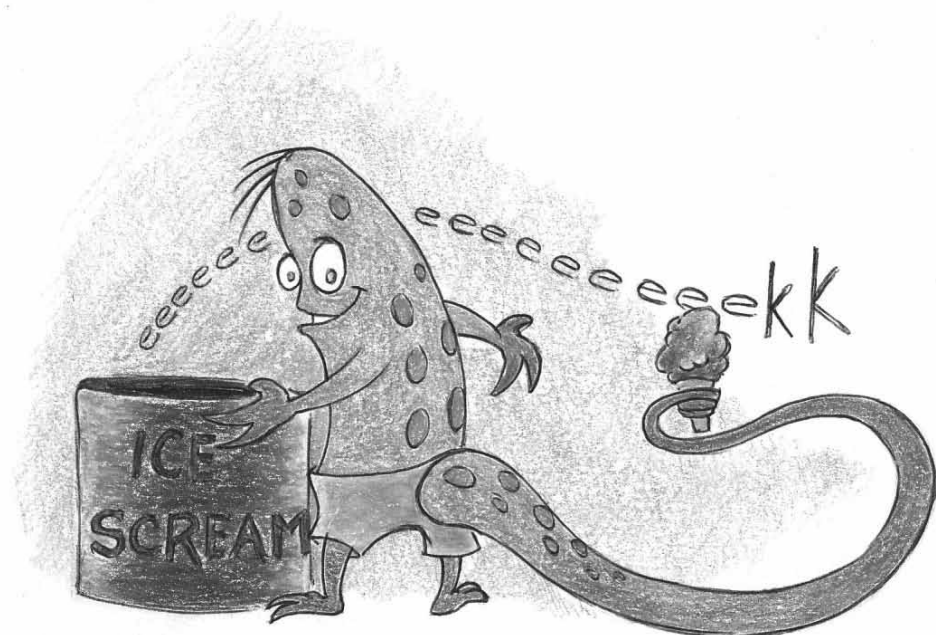
or drawing a monster, the child will come to realize that monsters are, in fact, make-believe.

Author Lynda Morrissey and Illustrator Greg Money are both parents. By creating *Monsters in my class*, they have provided readers with a 22- page paperback to help beginning readers meet monsters head-on and turn them into friends. Lynda and Greg will also help children understand that just because others are different,

they are not the monsters that we might think.

Monsters in my class is a very versatile read, and can be easily obtained from the FriesenPress bookstore or on line at Amazon. Ca. It can even be purchased from Ottawa's

Greg Money at mirv@rogers.com.



WYATT does not use a chair at his desk.

His tail is so long that he has to sit on it to keep it out of the way.

He likes to use it when his hands are full.

the story will be the same inside. Monsters have feelings and can laugh or cry. They will sometimes be happy or sad too.

Making predictions about the *Monsters in the class* would be a positive way to introduce young children to the monsters. One strategy would be to cover the words with either a hand or sheet of paper the size of the book page, and after reading about one or two of the funny class monsters, have the children suggest what they think the story will tell them about the unique monster character on each

ing crayons, coloured pencils, or paint and paper. Have the child or children give the page their name and perhaps share something about themselves with their monster. Creating a monster from found objects in the recycling box, or perhaps make a paper bag puppet of their new friend could also be successful. Sharing about the new monster should be enjoyable for all.

Invaluable adult input should help the reader or those being read to with the concept of monsters. By sharing this book and making

Continued from page 40

the war all of us at school would rush over to the window when a plane flew overhead. Maybe this had something to do with my joining up."

Jean did her basic training at Rockcliffe for about five weeks then she took a clerical course on RCAF office procedure in Toronto. She returned to Uplands as an orderly room clerk handling personnel documents including green sheets indicating airmen killed in action.

Fixed in her memory is the day a spin-off at the airport killed a pilot. The boyish looks of the young airplane crews impressed her. "When they wore their smart blue caps on parade instead of their wedges they looked so much more mature. Of course we were not allowed to fraternize."

Jean was paid one dollar and five cents a day though service of course included free accommodation and meals. She was a sergeant on demob and her clerical experience helped her land a job with Public Works Canada. She retired at age 60 and has lived in the Alta Vista Manor for five years.

A third recipient living in the manor, Gordon Kenney, 88, joined the Royal Hamilton Light Infantry at age 18. He applied and was successful in being transferred to the RCAF to serve alongside some of his friends. Gordon did his basic training as an aircraftman second class on what he called the Cowpatch in Toronto which he recalls as a huge place with 1,000 bunks.

He served all over Canada at different air force bases and post war years

saw him consecutively on duty at Key West, Paris, Metz and in London for the present Queen's coronation. "We lined the streets as the Queen passed in her carriage. I believe I was chosen because of my height."

He paraded for the Fleet Revue watching ships from navies all over the world being inspected by the Queen.

Gordon was present at Buckingham Palace to receive the Coronation Medal. He also has the NATO Medal and now the latest medallion as a memento. He retired from the RCAF as a squadron leader after serving 27 years to work as a personnel manager with Sears. Also receiving medallions from Lieutenant General Yvon Blondin on April 26th, were Gwen Terentiuk and Jim Maffrey.

Mrs. Terentiuk was with the RCAF (WD) from October 1943 until January 1946, and was stationed in Ottawa, first at Rockcliffe and then at Headquarters at the Jackson Building on Bank Street. She worked in I. and R. as it was known, or Incoming and Receiving, with her job at the time to type the lists of anything brought into the station. Gwen Terentiuk took her basic training in Trenton, Ontario.

Jim Maffrey took his training in Winnipeg and Dauphin, Manitoba, plus a little in the U.K. He was in the RCAF from 1940-1943. He became a wireless operator air gunner, and operated from the Shetland Islands, North Russia and Gibraltar. Mr. Maffrey was in 210 Squadron of the RAF, and remembers being the only Canadian in the Squadron, with all the other men from the United Kingdom.

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S.O.L.E.'s work continues at Vincent Massey

Hi my name is Shady. I'm writing to you today on behalf of our grade eight S.O.L.E group {Students On The Leading Edge} at Vincent Massey. We have been going to the community of Russell Heights and giving a math tutoring program for kids from grades 1-6. S.O.L.E. is also making a public service announcement to bring attention to the funding cuts for the programs in the community of Russell Heights.

One of the reasons that S.O.L.E has been going to the community is to gain a better idea of what philanthropy is. Philanthropy is giving without expecting anything in return. Over the past 8 Thursday's we have tutored kids in the Russell Heights community using math board games. We didn't just play the games, we taught them to use strategies how to add, subtract, multiply and divide. The programs in Russell Heights community are very important to the children. We hope these efforts

will translate into helping the kids understand math concepts and with their schoolwork.

For our public service announcements some we have been going to the community of Russell Heights and have conducted some interviews with community members such as Sara, the coordinator of the Russell Height community along with parents and Board members. The message was that with appropriate funding, the community can run successful programs for the children. We will use these interviews to create our PSA and then send this media to the City of Ottawa.

In the end, we hope to celebrate our success by holding a Video Premiere party to select the PSA to be delivered to the City. We are very excited to see the results and hopefully gain some feedback from the City of Ottawa.

Sincerely Shady,
Grade 8 Student,
Vincent Massey Public School.

Two people – united in one cause

The Alzheimer Society of Ottawa and Renfrew County will honour Doctors Tony and Carole Guzman at its Annual General Meeting on June 13, 2013 for their outstanding contribution as a couple to the cause of Alzheimer's disease and other dementias.

now sees on average 2,000 patients a year. From its creation to date, an astounding 17,000 patients have crossed its threshold.

For her part, after serving as President of the Ontario and Canadian Medical Associations and retiring as the latter's Associate Secretary General 15 years ago, Dr.



Twenty-eight years ago, at a time when all dementias were labelled as senility and the only treatment available was admission to a psychiatric hospital, renowned neurologist Dr. Tony Guzman co-founded the Memory Disorder Clinic at the Ottawa General Hospital, now the Elisabeth Bruyere Hospital. Dr. Guzman spent two terms as its Director, and worked tirelessly pursuing its goals until his retirement in February.

Dr. Guzman contributed hundreds of volunteer hours, many of them spent begging for money. He leaves a Memory Disorder Clinic where specialists are now able to identify different types of dementias, numerous clinical trials have helped discover the best medical treatment for each, and special attention is paid to the difficult role of caregivers.

At first, the lack of secure funding meant that the Clinic was able to see only 100 patients a year. It

Carole Guzman joined her husband in championing the cause. Since then, she has devoted countless hours to the Alzheimer Society in a variety of leadership roles. Among these, she presided over both the Alzheimer Society of Ottawa and Renfrew County and the Alzheimer Society of Ontario. She is currently a member of the Board of the Perley and Rideau Veterans' Health Centre.

These accomplishments show only the tip of the iceberg. Through their hard work and dedication, the Doctors Guzman have not only created awareness of the disease and brought comfort to people with dementia and their caregivers who reside in Ottawa and Renfrew County, but they have touched the heart of society as a whole.

For more information on the Alzheimer Society's June 13, 2013 Annual General Meeting open to the general public, visit www.alzheimer.ca/ottawa or call 613-523-4004.

Continued from page 36

da, will share pulpit duties through the summer.

Fellowship opportunities this summer will include *Trinity Goes to the Dogs*, a "pet friendly night" at the church Friday June 14 at 6:30 pm; a *NYI/Teens Alive* worship service led by the youth of the church Sunday June 16 at 11:00 am; a *Day Out for Tea* at the Billings Bridge Estate following the June 23 worship service; and a *Bike the Canal and then to Church Day* July 7 [rain date July 14]. As well, *Team Trinity* will once again participate in the Ottawa ALS walk June 15.

Further information can be found at the church web site: www.ottawatrinity.ca

Continued from page 12

provides, while here in Riverview Park this business is one of the treasures that remains hidden until a busy customer requires its invaluable services, and needless to say this happens a lot.

Companies such as *Enviro North Blind Cleaning and Repair* at the corner of Industrial Avenue and Sanford Fleming go a long way in helping make our busy lives so much easier. Aren't we indeed fortunate to be home to this extremely useful, family-owned business? Thank you Craig for locating in our neighbourhood.

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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

Managing household debt in preparation for home ownership or home upgrading

by Dr. Thomas Conway, Ph.D.

At Conway Fung Homes we talk to many people who want to buy a home or upgrade from their existing home but are constrained by their household debt level. While that might not be particularly surprising, what is surprising is how much confusion we find in many households regarding:

- How much debt the household is actually carrying
- The proportion of that debt that is in depreciating as opposed to appreciating assets ("unproductive debt" versus "productive debt")
- The interest rates being paid on the different household debt liabilities (i.e. car loans, credit cards, lines of credit, etc.)
- Developing a plan for managing and eventually eliminating the household debt, starting with expensive debt that is unproductive and working from there.

Every person thinking of buying

a home or upgrading to a bigger or more expensive home should be concerned that they have a good understanding of each of these items.

Let's take a case in point with the help of recent analysis shared by Manulife Bank.

Who manages the debt in your household?

It's a simple question and it may seem like there's a simple answer. However, if there are two adults in your household, the answer *you* give may be quite different from the answer *your partner* would give.

According to a recent Manulife Bank poll* of Canadian homeowners between ages 30 and 59, 54% of women in two-adult households indicated that the responsibility for managing household debt was evenly shared with their

* This Manulife Bank of Canada poll surveyed 2,127 Canadian homeowners between ages 30 to 59 with household income of more than \$50,000. It was conducted online by Research House, Environics company between August 13 and 23, 2012.

partner. However, when men were asked the same question, only 39% felt the responsibility was shared equally. Furthermore, 56% of men and 36% of women indicated that debt was managed by "mostly me" or "only me", whereas only 10% of women and 4% of men felt it was managed by "mostly my partner" or "only my partner".

What's going on here? It seems clear that many couples have different perceptions about how debt is managed in their household. And this could be a big problem in the long term because, if you and your partner aren't on the same page when it comes to debt, you're likely to remain in debt longer or pay more interest than you need to.

Of course, discussing debt can be uncomfortable, but it's a conversation that's critical to your long-term financial health. Many couples find it easier to discuss

their debt with the help of an independent financial advisor. An advisor can help you understand your individual perspectives and preferences with regards to debt and develop a financial plan that could help you become controllers OF your debt rather than controlled BY your debt.

If you'd like to get an independent perspective on your debt and learn about tools and strategies for reducing your interest costs and becoming home-buyer ready sooner, Conway Fung Homes can provide you with some options for professional advice to develop a household debt reduction plan as a critical step to buying the home that you seek.

Thomas Conway
Sales Representative
Conway Fung Homes
Keller Williams Ottawa Realty
Thomas.Conway@kwottawa.ca
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Continued from page 39

area for health-oriented services immediately adjacent.

A key aspect of the plan is to extend Assisted Living Services, introduced in the community in 2011, to tenants in need in the new apartments. Our new tenants are enjoying their new home but also the additional amenities and services offered as part of the Perley Rideau Seniors Village: Hair Studio, Dental and Hearing Clinics, Physiotherapy, Gift Shop, Pharmacy, Cafeteria and Church Services. The Perley Rideau catering staff has developed a special menu available for delivery to our tenants, which is currently being enjoyed by many.

In order to meet the needs of our new tenants, we have added a bus service once a week to and from the nearby Elmvalle Shopping Centre. Healthy aging screenings for fall prevention, a walking group and presentations regarding "Taking Care of My Health" facilitated by Public Health have also been organized. We are also currently scheduling presentations by OC Transpo to provide information on their services. The South East Ottawa Community Health Centre will also be providing an information session concerning Community Support Services for seniors.

This \$42.3-million Seniors Housing project will also see the development of a multi-purpose celebration room, theatre, fitness centre, terrace, and village commons, which will include retail services as well as space for leisure,

learning, and community social events.

In addition, other programs are being expanded, as part of our strategy to create a broadened spectrum of care to support those who choose to remain in their homes within the community.

Our popular adult day program, which gives respite to caregivers of seniors affected by early to mid-stage dementia, has received new funding from the Champlain LHIN and will now accommodate up to 80 seniors per week. Other respite care options are available either in the Guest House or in the Ottawa residence depending on the level of need.

We have also increased the number of convalescent beds in April of this year to relieve pressure on acute care hospitals for those who need some additional time to recuperate before going home.

We teamed up with the South East Ottawa Community Health Centre (SEOCHC) and submitted proposals in 2012 for a Seniors Primary Care Clinic and Wellness Centre to be established at Perley Rideau. We will continue discussions with the Local Health Integration Network in 2013 to make this happen.

For more information about a wide range of other services and amenities available on site, please call 613-526-7170 ext. 2006 or by email at rentaloffice@prvhc.com, or visit www.perleyrideau.ca

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Vincent Massey Public School (continued)

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will be to the V.M. front gardens that she has planned and cultivated since arriving here. She took on the gardening project because she wanted to have fun and to create a more welcoming look for the school that faces on Smyth Road. She also wanted to expose students who do not have access to gardens to the idea and feeling of growing and planting seeds and watching life grow. Many grade three students shared the experience of Ms Woolley’s “winter sowing” project where they would plant seeds in baggies filled with wet soil, place the baggies in crates and then bury them in snow in January to be slowly warmed and grown by the sun and increasing warmth. “I will never forget being out there and watching the little ones so excited to be shoveling snow onto the crates.”

Fay just smiles when asked what she is looking forward to. Spending time with her sons and family in Canada and Jamaica, sleeping past 5 o’clock (!), exercising in the morning – walking, swimming, cycling. She is looking forward to life in Florida with Miami Beach and Cuban food, reading many mystery novels, trying her hand at some “haute cuisine”, wood-working and maybe even joining a choir. She will be taking on more responsibility in the fall when she adopts a new puppy, a shipoo. Every day will end with a view over the water, a large manmade lake in her condo complex. “You know I am just looking forward to living in the moment”, she says, leaning over her desk crowded with to-do lists and papers.

In September, in Florida, Fay will be walking a beach, cycling a road, or sitting under a tree reading the newest mystery. Here at Vincent Massey, we will be starting a brand new school year. Fay’s eight-foot Russian sunflowers, the seeds having just been planted in early May, will be leaning over the front gardens, teaching children about life and how something great can come from care and love.

The last word goes to Principal Katia Sioufi: “Thank you Ms. Woolley for your dedication to Vincent Massey students and community. We will always think of you as we admire the beautiful front lawn you have planted for us. We wish you all the best in your retirement.”

V.M. PATHWAYS GROUP VISITS ALGONQUIN COLLEGE

Pathways is a group of people that discusses things about high school. Such things include: credits, 40 hours of community service, our future etc.. On May 3rd, our group went with Ms Swail to Algonquin College for a career/information day. We had fun participating in some of the activities such as learning about Robotics where we learned about Robots; Animation where we learned how to draw animated characters; Travel & Tourism where we learned where some of the countries are in the world; Broadcasting where we listened to some good music from their radio station; Police where we got to see some evidence and then had to try to remember all of it; Baking where we got to decorate brownies with icing; Fitness where we got to bounce on big balls and jump rope; Nursing where we got to see hospital equipment and the mannequins on the beds and learn what they do (it was the most interesting to me); Electrical where we got to make circuits and see how they work as well as watch a pickle carrying electricity around (it was awesome and smelt weird); and finally Construction where we were given a sheet to list all of the materials that were there. After that we all headed back to school.

Submitted by Matthew Bachinskie, Grade 8

INTERNATIONAL SPACE STATION, BARE NAKED LADIES AND MUSIC MONDAY – V.M. MAKES MUSIC WITH HILLCREST AND THE REST OF CANADA

Well, the experience was amazing playing with them. When we started practising, I was in the back so I couldn’t see the conductor so I just hoped I was following along. All the people that came from Hillcrest were really friendly and inviting. At the end we had some Freezies and it was a good time. Playing with them was fun and I wouldn’t hesitate to do it again.

Submitted by Marc Donovan, Grade 8

LEADERSHIP GROUP NEWS: WE DAY – OUR EXPERIENCE

The roaring crowds, the bright, flashy lights, the fact that it would be shown on nationwide television... These aren’t even remotely close to being an eighth of the reasons why National We Day

was the most extraordinary experience of about four thousand passionate people, young, and old. Being part of the thirteen lucky representatives of Vincent Massey Public School to go to We Day was a dream come true. We learned so many things, bonded with our schoolmates and other new amazing people, learned more about worldwide issues that are much worth addressing, and created memories that will definitely last a lifetime. This year, We Day took place in Gatineau, Quebec at the Robert Guertin Center. The purpose of the event was to bring together youth who are passionate about social justice and to celebrate the power of WE and motivate them to take action in our community. For together, we can do anything, no matter what our conditions or disabilities may be.

There were many motivational speakers at National WE DAY. They either talked about their extremely motivational and inspirational story or their experiences with Free The Children and the opportunities they had in third world countries. There were many amazing guest speakers at national WE DAY. Some of the guest speakers include Craig and Marc Kielburger, Martin Sheen, Sydney Bouillard-Coyle, Spencer West and Molly Burke. Personally, my favourite guest speaker was Molly Burke. Molly was fourteen and at school with an injured ankle. One day a couple of girls asked her if she wanted to go on a walk with them, even though she knew they were bullies, she just was so desperate for friends that she got caught up in the moment and decided to accept their invitation. When they started walking, she fell down into the woods. When she tried to get up, she just fell on her face. Then, silence. That day those girls took her crutches, her backpack, and her dignity. There is something you don’t know yet. She is blind. Molly lost her vision when she was fourteen. Also at WE DAY was Spencer West. Spencer West has no legs. He was told he would never be a functioning member of society. But, boy did he prove everyone wrong. He lost his legs at the age of 5. There were so many times where it would have been easier to just give up, but he didn’t. In June of 2012, he, and two friends climbed Mount Kilimanjaro, the tallest mountain in Africa. That proved that anything is possible no matter the obstacles.

Free the Children is an interna-

tional charity and youth movement founded by human rights advocate Craig Kielburger, in 1995 when Craig was just twelve year old. Free The Children was also the organisation who organised We Day in the first place. Craigs journey began when he was reading through the *Toronto Star* newspaper before school one day when he came across an article about the murder of a 12 year old Pakistani boy, Iqbal Masih, a former child factory worker, who had spoken out against child labour. He and some classmates started Free the Children, which was, at the time, a very small group to raise awareness in North America about child labour which later transformed into a global charity. At We Day, Free the Children discussed current fundraisers, putting special emphasis on their penny drive. It’s the largest penny drive in Canadian history! Even pennies, when added together, can have a huge impact on someone’s life. They suggested that we collect pennies to help them reach their goal of providing a sustainable source of clean water to one-hundred-thousand people. Donating pennies may seem like a small action, but when everyone in our classes, our school, and even our community pitches in, together, we can change the world. Remember, twenty-five dollars in pennies ensures a lifetime supply of water for one person.

WE DAY definitely changed our perspective on the topics we discussed in leadership group and fertilized our knowledge and competence on social change. Spencer West taught us that no matter the obstacles, we can achieve anything we desire. He taught us to redefine possible, accept any challenge, and that if he, a guy without legs, could climb the tallest mountain in Africa, WE can do anything. Molly Burke taught us to stand up for what you believe in, and silence is sometimes our loudest voice. Sydney Bouillard-Coyle taught us to always believe in our dreams and to strive for long term goals, no matter how crazy they seem. She is just a little girl, about our age, inspiring a world of change. There were also several music performances by Kardinal Offishall, Karl Wolf, Tyler Shaw, My Name is Kay, Shawn Desman and Neverest. It felt like even people who were successful in the media wanted to be the change, it felt like they were

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like us. Now that we have experienced WE DAY, we are changed people. We are a lot more conscious about our water usage and find ourselves thinking about how lucky we are to live in such a worry-free environment. We have chosen to be an active member of our society and have told many of our friends and family members about WE DAY. We have purchased merchandise and have created an integrated regulation motivation to keep up my good work. We suggest that even if you are at a non-regulation motivation state, you can change all that, for the good. WE DAY has opened our eyes to a better world; a world of change. It is now engraved into us that we can really do anything, is possible. Even after being told all these years, admit it, you never believed that you could. WE DAY changes lives. It was probably the most cathartic experience of our lives. This experience was a once and a lifetime opportunity. You can't buy a ticket to WE DAY, you earn it with local and global causes. If you have the opportunity to change something, go for it. You might one day find yourself at WE DAY.

Submitted by Chloe Dale and Nicole Kayrala, Grade 8

VOW OF SILENCE DAY-“I AM SILENT”

On April 18th the intermediate students of Vincent Massey Public School participated in a Free the Children activity called “I Am Silent/ Vow Of Silence. This activity was an awareness raising campaign to support many children all around the world who do not have basic right to clean water, proper health care, food, education and shelter. We went silent so children in developing countries who don't have a voice could be heard through our actions and thoughts. All was quiet for the entire day and, students wore masks and held up signs to signify their solidarity with children in need. As it turned out this activity was very successful and raised a great deal of awareness. It was a fun way to bring attention to a very serious cause.

Submitted by Amira Wadhwani Patry

LEAVING ELEMENTARY SCHOOL

As the year comes to an end, all of the memories come rushing back of the good times.(ok and maybe a few bad ones too!) of my junior high years at Vincent Massey. So

many fun activities and events that the VM grade eight students will never forget! All off our amazing sports teams that did so well like our basketball, volleyball, football and many other fun sports. These sports were accompanied with fun events such as the famous football pumpkin bowl or the basketball hot shots. One of the year's most memorable activities was the grade seven and eight orchestras. We played many songs at many different events throughout the years. It was a great opportunity to learn a new instrument as well as work with other people! Another wonderful memory was the amazing leadership group. We did countless activities to support Free the Children charity such as the “Five Days of Freedom” or the “Vow Of Silence”. We raised a lot of awareness about issues in developing countries and also raised money to help those causes. Thanks to the efforts of the VM students and teachers, we raised hundreds of dollars to help Free the Children do great things like building schools in Kenya and providing health care to kids in India. Ultimately the fun, great times and success we have had in these past two years have all been thanks to the leadership and guidance of our terrific teachers, vice principal and principal have shown. We were very fortunate enough to have a new principal, Mme. Sioufi, to replace another great principal, Mr. Delorme who retired last year. Right from day one Mme. Sioufi has set the tone for another wonderful year. Our memories of VM would not be complete without our vice principal Ms. Woolley who is taking her well deserved retirement this year. All of these great times will be cherished and not forgotten by any of us. I hope we have left as positive mark on VM and our teachers as they have on us.

Submitted by Amira Wadhwani Patry



Weigh Ins. Baku Azerbaijan Cadet World Championship. Augusta 2012. 40kg

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category and has now moved up to 43kg.

Last year (2012) Augusta place 2nd at the Canadian National Cadet Championships in Fredericton allowing her the opportunity to gain the Canadian team spot for 40kg at FILA (Fédération Internationale des Luttes Associées). She participated in the Cadet PanAm's in Maricao, Venezuela, and the Cadet World Championships in Baku, Azerbaijan where she had a great experience in world level competition losing to the 40kg world champion from Ukraine.

This year, Augusta placed second in the Ontario provincial championships in February, and just got back from Saskatoon, Sask., where she won the Juvenile National title for 43kg. She is now training hard to once again fill a spot on the Canadian Panam team taking place in Columbia this August.

Locally, Augusta attends Hillcrest High School where she maintains a high grade average. She is also on the band where she plays percussion. Around the neighborhood she is known as a friendly and responsible babysitter and tutor, which helps fund the enormous costs of the sport, travelling to matches, training camps, locally, provincially, national and internationally.

Wrestling is typically a low cost sport when competing in high school or local clubs and continues to be reasonable at most levels. But once higher level competition is reached, the costs for travel, hotels, and entries becomes a large factor. Even making the National Teams at Cadet and Juvenile level, all costs are borne by the wrestling family right down to the uniform with Canada's emblem. This is another reason why the decision to remove a true amateur sport from the Olympics is a shame as the medals are definitely the Holy Grail for wrestlers as there is no paycheck or hope to make any

kind of career out of a success. This differs so much from our national sport passion, hockey, where kids dream of holding the Stanley Cup but also would get gigantic paychecks along the way. Taking the Olympic Dream away from young wrestlers, no matter how distant, is really a hard blow to a sport that is amateur in the truest Olympic Ideals.

Locally in Riverview Park, we are lucky to be pretty much home to the National Capital Wrestling Club (NCWC) which practices year round mostly at St. Pat's high school on Monday, Wednesday, and Saturdays. These “clubs” allow wrestlers who got into wrestling at high school, to continue to practice year round, to get to a higher level with support from a diverse group of coaching staff. These clubs are also a great place to start as they cater to younger kids, particularly on the Saturday class to start learning skills far before they even get to high school. Kids can start competing at age 7-8 in tykes, 9-10 in Novice, 11-12 in Kids, 13-14 in bantam, and 15-16 in Cadet. After cadet, kids move in Juvenile and then junior and senior at the adult level. Weight classes in all the categories keep competition grouped in fairly tight weight categories as well. This ensures that both level of maturity and size are factored in. The NCWC is not for profit and very reasonable to join.

Wrestling really is a sport for all sizes. It may not be for everyone as it is very demanding but really does offer great conditioning and character. Augusta was followed by her younger brother Melbourne and now even her younger sister Adelaide, 4 years her junior, has been inspired to join. Mel has competed up to the provincial level and has collected medals locally and in Toronto where the level of competition begins to get high. It's hard to get the 3 of them to miss a practice.

Check out wrestling by visiting the website of NCWC, and even OAWA (Ontario Amateur Wrestling Assoc). Fill out on line petitions to help save Wrestling in the Olympics at the OAWA sight.

Wrestling Matches can also be viewed on the website 49northwrestling.com or even you tube. Augusta's National Championship match from Saskatoon can be seen at <https://www.youtube.com/watch?v=v7NWzyXJVI>

Hopefully, a local Riverside girl can bring home a medal from the Cadet Panam Championships in Medellin Columbia, this August 9-11. Watch for the bouts on 49 North Wrestling.

Ottawa real estate in 2013 can be a very good time for home upsizers

by Dr. Thomas Conway

As many of Conway Fung Homes' readers will know by now, the Ottawa Real Estate market has moved into a balanced market, and in some neighborhoods, a buyers' market since the about the middle of 2012. But, in every market shift there is a silver lining. That silver lining in this market goes to *home upsizers*.

Why is that? Well, it is because homes for sale at less than 400K have been selling more briskly than homes above 400K. Homes that are 400K or less are in relatively high demand by, a) empty nesters looking to downsize, b) young buyers looking for starter homes, and c) immigrant families looking for a foothold in the market. At the same time, the inventory of more expensive homes for sale has increased considerably over the past few months, and in some neighborhoods this is leading to what can only be termed *good deals*, certainly as compared to the frantic pace of the Sellers' market.

Of course, the key to capitaliz-

ing on this opportunity is to have a good chance to sell your existing home for fair value and in a timely manner. In this market, the key to selling with minimal aggravation is to maintain reasonable expectations. It does the seller no good to groan over how much the house *would* have sold for had the Sellers' market continued on pace. Rather, it is best to focus instead on capturing all of *today's market value*, which, in Ottawa, will still be well above the five-year average of sale prices for similar homes, and will often be higher than you would have attained near the end of the Sellers' market (say early 2012), depending on the neighborhood.

Also, home upsizers must remind themselves that they will be purchasing a more expensive home, and any discounting they will do to make a sale of their existing home will be more than offset by probable higher discounting for more expensive homes, since the inventory of these homes for sale in the market has increased. For example, if you have listed a home for

sale at \$350,000, and discount 3% (10,500) in negotiations to make a sale (a fairly common result in this market), but seek to buy a home at say \$550,000, and the seller of that home discounts 7% (\$38,500) in negotiations to make the sale (also a fairly common result in this market), you can see the good value proposition for the upsizer. The numbers can also be much better than that with the right real estate team working for you.

Reasons for upsizing might include:

- More space or a change in layout is needed to suit a changing lifestyle or interests (maybe you want a rentable apartment in the home, you are moving into a home business situation, a hobby needs more space, etc.)
- A growing family or the potential of a growing family makes current accommodations untenable or at least less comfortable than is fair to expect (life with kids and work is hectic enough; the family home should be comfortable and relaxing)

- Lots of entertaining or visits from out of town family and friends leads you to want a home that is more welcoming and functional (hey, what is life for, just work?)
- A change in income and you would like a few new features in your home (if it is affordable, why not?)

There are many good opportunities now available in the Ottawa market for upsizers, especially for those who seek to sell a house in the \$400,000 or less price bracket and buy a house in the \$600,000 and up price bracket. Even if you are just wondering about upsizing opportunities and how it could work for you, give us a call with no obligation or send us an email. We can help you think it through.

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the lead. Paul is snapped back as Dory squats. Bright yellow diarrhea splashes on the black industrial floor. Another mark of bad dog owners. Paul drops the leash and runs to get plastic bags. Not good. We run the other way and get the mop. Dory looks around casually at her puppy colleagues,



Photo credit: Mairi McGuire

relieved and satisfied. The lesson continues. Our first class ends with us stumbling to the back door hardly able to get our winter boots on, as Dory happily pulls and spins barking farewells to all of the other dogs. Eight more lessons and some progress. Dory calms down considerably

and actually accomplishes some of the tasks. There is a test in the last class. Heeling is our Achilles Heel. Paul's tight grip on the leash and Dory's strained neck muscles give us away. Dory gets a cookie and we get a certificate, welcoming us back to repeat the course. We have been schooled, clacked and strained and young Dory has had a taste of education.

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ber this is the RPCA's only source of income. We are also soliciting items for our silent auction which so if you would like to donate one of your fabulous watercolours, a home-cooked dinner for 2, a day at Le Nordic, babysitting, a signed hockey jersey or any other interesting item, Alan Landsberg will be pleased to receive it- you can contact him at zedajal@magma.ca to donate. Finally, the RPCA will be holding its Annual General Meeting on 23 October at the Riverview Park School. So please mark the date and plan to come and hear what we are doing and hope to do to make our community the best in can be. Ciao bella!

CANADA DAY STREET PARTY

- Our annual street party will take place on Penhill Ave, between Mimosa and Crestwood
- Join us for children's games at 4 pm followed by potluck supper at 6 pm.
- Thanks to all our volunteers!
- If you want to help contact Anne@steers.com

Computer Tips and Tricks

These are the basics – you’ve gotta know this stuff!

by Malcolm and John Harding, of Compu-Home

We are old enough to remember the days when you had to be a dedicated hobbyist to use a computer. It took some of us whole afternoons at workshops to learn to enter the commands to compute a simple addition problem. John once devoted several weeks to copying thousands of lines of gobbledygook code to make a word processor for his shiny new Commodore 64. Soldering irons were as common as floppy disks on our work desks. Nobody is sorry that those days are gone forever. The everyday user now doesn’t have to know the inner workings of their computer and software, any more than their stove or car engine – and that’s a good thing. We can use and enjoy these tools, without having to become experts in how they work. On the other hand, there are limits to just how hands-off we users can afford to be. You need to learn a recipe to be able to use your stove, and you have to earn a license to drive your car and, frankly there are some basics that you really must know about your computer too. If you have to phone for help, or arrange a service call, it is impor-

tant for you to be able to provide a few details. Think of the following as your techie driver’s manual:

Operating System:
The first question that a support person will need to know in order to be able to help you is the OS of your machine. The majority reading this will have (Microsoft) *Windows XP, Vista, Windows 7* or *Windows 8*. The Macintosh users will fall generally into the chronological categories of *Classic* and *OS X*, and if the latter it would probably be helpful for you to know which of the “big cats” you have (*Leopard, Snow Leopard, Lion, Mountain Lion*, etc.)

Passwords:
It is extremely easy to fall into the trap of allowing the computer to save passwords. Apart from this being a potentially vulnerable practice, (see our column about passwords) it also means they are very likely to be forgotten. If you absolutely trust the technician, and you have decided you are prepared to divulge a password, then obviously you have to know what it is. We urge you to complicate your tech life by using different passwords for every secure function, but that makes it even more challenging and vital to know them all.

Browser:

This is the program that you use to access web pages. *Internet Explorer, Firefox, Safari, Chrome*, and *Opera* are the most popular. They all perform the same function, allowing you to browse the Internet, but their buttons are in different places, and their terminology may vary and so it is essential for you to know which one(s) you use.

Email Handler – Web-based, or Client:
If you use web-based access to your email, that simply means you use your browser to go to the web page of your email provider and read, send and store your messages. A “client” on the other hand, is a program that you have right on your computer for your email; the messages are copied onto your hard disk and managed from there. *Outlook, Outlook Express, Thunderbird*, and *Windows Live Mail* are the most popular clients for Windows computers. Macs have a terrific client called simply *Mail* but there are lots of alternatives that you might prefer. There are advantages to both web-based and client email handling, but at the very least you have to know which one you use.

Applications:
Do you do your taxes in *TurboTax* or *UFile*? Do you type your docu-

ments in *Microsoft Word, WordPerfect*, or *Pages*? Does your data backup device run on *SmartWare, Cobian*, or *Time Machine*? When you click on a photo, slideshow or song, what is the program that plays it?

Warranty:
Be like the middle-aged-guy on *Saturday Night Live* and file all of your warranties chronologically. Even we in the service business hate to see a big bill for a repair that could have been free.

The best service and telephone support folks try their best to avoid assuming that users need to have an unreasonable level of expertise, but if problems arise we can help you much quicker if you are able to provide us with these basics. There is a link in our blog (see below) to a worksheet that you can print and fill out, so that this information will always be handy when you need it. Have a look at our blog, at www.compubomeottawa.wordpress.com for an archive of our columns and other tech-related articles. There is a space right after each blog item for you to make comments and suggestions, and ask questions. We hope you will have a look at our blog soon or call us at 613-731-5954 to share your opinions or suggest subjects for future columns.

Astrology by Arze

Aries 20 Mar–20 Apr
Your attempts to get your point across could be consistently frustrated this month so best to bide your time and try to exercise restraint. Whether it’s a business or more intimate partnership, some kind of breakthrough is indicated which promises to improve your self-worth and your finances.

Taurus 20 Apr–20 May
With the Sun in Taurus, your Sun sign, until around the 20th, early May is excellent for promoting yourself and your ideas. With Venus, your planetary ruler, joining Jupiter in Gemini from the 10th, this would be a good time to focus on moneymaking schemes. Nevertheless, a promising financial opportunity is set to confuse matters mid-month and if so, best to hang back before committing yourself.

Gemini 21 May–21 Jun
With so much activity focused upon Gemini, your Sun sign, you can be forgiven for feeling a little dazed and confused. With Mercury, your planetary ruler, in easy-going Taurus and Venus joining Jupiter in Gemini, your Sun sign, from the 10th, you could find yourself even more popular than usual.

Cancer 22 Jun–22 Jul
While May promises to be a hectic month for you socially, your appetite could get the better of you. So if you really can’t resist temptation and a nibble of something sweet and sticky, then try and be discreet. With eclipses occurring across the Taurus

Scorpio axis this month, an important new contact could prove helpful in your attempts to fulfill your hopes and wishes, but again this is likely to be a decidedly private affair.

Leo 23 Jul–22 Aug
With the Sun in Taurus until around the 20th the emphasis is on your worldly goals, career and destiny and eclipse activity suggests it looks like you’ll have opportunities to shine and take a bigger slice of the pie in the not too distant future. While networking holds the key to improving your professional status, with Mercury in Taurus and Venus joining Jupiter in insatiably curious Gemini, your reluctance to turn down an invitation could burn a hole in your pocket.

Virgo 23 Aug–22 Sept
Planetary activity in Gemini is emphasizing your goals and ambitions but suggests finances could prove a distraction or even a stumbling block if you don’t slow down and pace yourself. Nevertheless, you’re set to make considerable progress in the coming weeks and months with Venus joining Jupiter in Gemini from the 10th and Mercury, the Sun and Mars not far behind.

Libra 23 Sep–23 Oct
Anyone who mistakes your kindness for weakness could get a rude awakening this month. With the eclipse season

underway, a testing month awaits as others pressure you to satisfy their needs. With Venus, your planetary ruler, joining Jupiter in Gemini from the 10th, extra care and patience is required with important communications, contracts and travel plans, especially if something or someone looks too good to be true.

Scorpio 24 Oct–21 Nov
With eclipses in Scorpio, your Sun sign, and your opposite sign of Taurus, while the Sun and a host of other planets travel through your opposite sign of Taurus, the emphasis is on the financial and sexual aspects of your relationships. Activity and events this month could bring a twist or two and a second chance to grasp a promising opportunity, but be mindful and discrete.

Sagittarius 22 Nov–21 Dec
However profound the unfathomable and irrevocable transformation being forged in the depths of your psyche, you’ve still got to eat. With Venus joining Jupiter, you’re planetary ruler, in your opposite sign of Gemini from the 10th, admirers and well-wishers may throw themselves at your feet, piling up like sandbags on a floodplain.

Capricorn 22 Dec–19 Jan
With the Sun in Taurus until around the 20th you’ll be in the mood for making whoopee and it looks like a new interest, romantic or creative, is set to prove a little too tempting. Colleagues or associates are

set to come on strong and with the eclipse season underway, you could have serious trouble dodging Cupid’s arrows.

Aquarius 20 Jan–18 Feb
The Sun’s presence in Taurus until around the 20th emphasises your domestic and private life. However, your workload may frustrate your attempts to get some peace. Romance and creativity could prove interesting, distracting and maybe a little tricky with Venus joining Jupiter in insatiable curious Gemini from the 10th. You may even have trouble distinguishing friendship from love, or at least the depth and complexity which one particular association seems to bring.

Pisces 19 Feb–20 Mar
Even if your home and private life is becoming a soap opera, it may be difficult to stop your domestic responsibilities leaving a dent in your confidence and bank balance. With Mercury in Taurus and Venus joining Jupiter in Gemini from the 10th, this does indicate an improvement on the domestic front is on the cards. However, best not to believe everything you hear unless you want to get taken for a ride.

Xoxo
Arze Chahine
Your astro advisor.....
Ps: be looking out for my astrology book next year!

Dreams are not too different between the generations

by Tom Kloppenburg

Oakpark Retirement Community is home to many talented creative people. Recently, a group of Oakpark residents hosted the grade 5 and 6 EFI students from Vincent Massey School to work on a collaborative art project.

they once had or continue to have for their futures, and the students discussed their aspirations for when they get older. Discussions took place to see if the Residents dreams came true or if they have new dreams for their futures. This was the starting point for some lovely relationships, and

After the students left each week there were many positive comments about how nice it was to see the young faces and feel the buzz of so much energy in the home! The results of the art work will be on display at our upcoming art exhibition “Free Spirits” which will be held on May 31st through to June 2nd here at Oakpark. The title of this exhibition came from the idea that art is inspired by the dreams we all have, and that art can often be described as “a journey of a free soul” (Alev Oguz) and that no matter what generation you come from, finding a way to express yourself through art is a freeing experience.

At this year’s exhibition we will have representatives from all generations, including our wonderful resident artists and their family members, as well as guest artists from the community, and those of the younger generations, the free spirited Vincent Massey school students!

Art at Oakpark: Bridging the generation gap through art

by Alice De Roth, Teacher

Students from Vincent Massey’s grade 5/6 EFI class and the residents of Oakpark Retirement Community are working on a common art project. After getting to know each other, they were asked to share their dreams. In small groups, they discussed what dreams they have for the future, what past dreams they had for their future, and what dreams actually came true. Then, the groups were asked to represent their dreams in a form of a collage or mosaic. After working on their art for 3 sessions, the Oakpark Retirement Community will showcase their completed artwork on May 31st from 7 to 9 pm, June 1st and 2nd from 10am to 5 pm at their 5th Annual Art Exhibition. The students and residents both benefited from this experience by sharing, creating and bridging the generation gap. We are all dreamers, no matter what generation we belong to!



The Old Mill Pub - Ashton by Roy Cottee

At the first meet and greet session, friends were instantly made as the students went around the room to fill up their bingo cards by finding people who had “been to every continent”, “spoke 3 languages” (which many of the students did also), “had great grandchildren” and various other categories. Students and residents then broke into groups to discuss their dreams.

Residents discussed dreams

each week for the next 3 weeks, the students arrived and worked in groups with residents to create a collage depicting the results of their discussions and the ongoing time spent together. The results of these discussions led to the discovery that the dreams we all have can come true, but sometimes don’t come true! The common factor is knowing what is important and what you want for your future, and not giving up.





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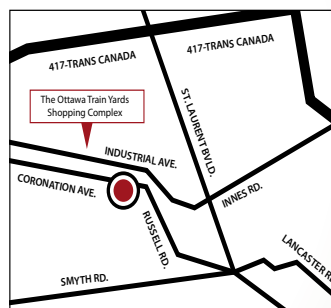
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