



OCTOBER 2013

A Voice of Riverview Park

VOL.5 NO.4



Iris Pelland working her final stint as breakfast coordinator at Riverview Alternative school.  
*Photo credit: Bill Fairbairn*

**Good breakfast at Riverview school**  
Corner couple wave goodbye story on page 34



**Mounties honour Meghan again**  
*Photo credit: Serge Gouin* More pictures on page 21



Augusta Eve vs Venezuela, Cadet Pan Am Championship 2013  
*Photo credit: Rob Eve*

**Is excitement on the rise in wrestling, as the sport regains its spot in the Tokyo 2020 Olympics?**

*An inside view into the sport of wrestling.*

*by Rob Eve*  
**T**his summer proved to be a successful end to the wrestling season for local Riverview Park resident Augusta Eve. Before the seasonal break of the Riverview Park Review, Augusta was off her Canadian National Championship win, preparing to go to Medellin Columbia on August 10th for the 43 kg Women's spot on the Cadet Canadian Wrestling team for the Cadet Pan Am Championships. The Cadet Pan-Ams is always a nice tournament for competitors as the size of the field is not too large which more often leads to Round Robin draws rather than the typical elimination brackets.

**Continued on page 30**



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# Run or Dye: colours, giggles and memories

by Catina Noble

It was a nice afternoon at the beginning of July when my 15 year old daughter Anne-Marie mentioned it. Her words were something like “do you want to do Run or Dye with me?”. I had no idea what she was talking about. Anne explained it. Run or Dye is a charity where you buy a ticket to participate in the event and all the money goes to the charity. This year the money was going to Kids Come First. Basically you walk, run, skip or whatever you tickles your fancy for 5 km. The catch and the entertaining part of the event is during the run you get very colourful because every so often coloured, powdered dye is thrown at you!

I had never done anything like this before. It sounded fun. I had always wanted to do at least a 5km just to say I had been there, done that kind of deal. I said sure. Anne was surprised but we bought our tickets for the Ottawa Run or Dye. The run would take place on August 31st at the Rideau Carleton Raceway. After we confirmed our registration, we started the count down.

A few days after we bought the tickets Anne left for a six week cadet camp. She kept in touch with text messages and I sent her letters. The whole time she was at camp she talked about how excited she was. About a week after I

would be training at camp and come back in tip top shape. Myself on the other hand needed to do something to prepare myself.

I knew there was no way I would be able to run the whole 5k but I wanted to make sure that I didn't

The morning of the race, Anne's dad Michel drove us. He dropped us off and wished me luck. Even he was surprised I was going to attempt the race with Anne. I was nervous and tried not to show it. I knew I would be okay but I did not want to embarrass my daughter and was hoping that I would at least complete the race. The race would not be timed but I wanted to make sure that we did not finish last either.

By 8:30 am we were lined up for the race. They let a few hundred runners go at once, waited five minutes and then let another batch of runners start. Anne and I were pumped and ready to go. Race time was 9:30 am. Music was played and Dj's kept everyone pumped up. I couldn't believe we were really there and ready to do the race. We were wearing the Run or Dye shirts with our race numbers pinned to our shirts. I was so excited and barely able to stand still.

It just so happened we were in the first batch of runners. The



Anne and I after the Run or Dye  
Photo credit: Anne and Catina

bought the tickets it sunk in. This was really going to happen. I was going do the 5k with my daughter. Suddenly I started to worry. Anne

jog twenty paces and then collapse. So I started walking two miles five times a week. I kept it up until two days before the big day.

Continued on page 8



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# Two easy ways to prevent cavities and tooth decay

by Dr. Jin Soo Song

The foods that we choose to eat and drink, and when and how much, affect not only our general health but the health of our teeth and gums as well. Health care providers have long recognized a link between sound nutrition and the good oral health of people of all ages, and have wisely suggested that we think before we eat and drink.

Foods that contain sugars and starches (carbohydrates) such as sodas, cakes, candy, breads, cereals, milk or fruits can all impact upon good dental health, and put us at risk of developing tooth decay when any traces after eating are left on our teeth. Dental professionals have also advised us over the years to remember that foods eaten as part of a meal cause less harm to teeth than eating snacks throughout the day, and that both children and adults try to limit eating and drinking between their meals, if possible.

Tooth decay happens when foods containing starches and

sugars are left on the teeth, enabling the bacteria in the mouth to digest the foods present and turn them into acids. The combination of food debris, bacteria, acid, and saliva in the mouth then in turn forms plaque that adheres to the teeth. The acids in plaque dissolve the enamel on the surface of the teeth, and holes or cavities are the result.

Acid is produced every time bacteria comes in contact with sugar or starch in the mouth, and will continue to attack the teeth for at least 20 minutes after food is consumed. The recurrence of this action ultimately results in tooth decay if the foods containing carbohydrates are not completely removed with brushing and flossing.

Good oral hygiene habits are equally crucial and a second major factor besides diet in preventing cavities. Even individuals who eat nutritiously will have certain starches and sugars remaining in their mouths after eating, and these carbohydrates must be removed. And, according to the Canadian Dental As-

sociation, in Your Oral Health, 2013, although cavities are more common during childhood, adults can still experience cavities, although they tend to be of two kinds.

‘Recurrent’ cavities are formed around an already existing filling because these are not as smooth as natural teeth and tiny bits of food and germs (bacteria) can get caught at the edge of a filling. This can also happen when a filling breaks and a part of the tooth is no longer covered or protected.

The other common adult cavity is named a ‘root’ cavity because after years of brushing the teeth too hard gums can recede and the roots are left open. There is not the same outer layer of enamel remaining to protect the roots, and thus there is more likelihood for cavities to occur.

When examining cavities and tooth decay in children, the Ontario Dental Association, in its Special Report, ‘Tooth Decay in Ontario’s Children’ noted that tooth decay is the second most common cause of school absen-

teeism, five times more common than asthma in children, and can even be transmitted by sharing a spoon with young children or licking a pacifier. Fortunately tooth decay in children can be prevented in almost all cases.

Brushing at least two times a day with fluoride toothpaste and flossing daily will yield good results in the prevention of cavities, while brushing after every meal is even better for people of any age. Seeing a dentist regularly is a key to helping prevent cavities, and of equal importance for children and adults alike.

With early cavities there are no symptoms present, thus it is our dental health care professionals who can catch them when they are still very small and far easier to treat. And even more beneficial to all age groups is the fact that dentists can help prevent oral problems from ever occurring in the first place.

Remember, good dental health begins with us. Eat and live well, and brush and floss as often as possible for optimum success.

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## HUME NEWS

### The Corn Roast was a great success!

On Sunday, September 8th, Councillor Hume hosted the 12th annual Corn Roast at Balena Park. With nearly 800 residents attending, the afternoon certainly brought the neighbourhood together.

The day featured a delicious barbeque and frozen custard dessert, as well as many attractions including bouncy castles, train rides, a petting zoo, raffle draws, and much more! While the kids were well entertained, Councillor Hume was on hand to discuss municipal issues and gather resident feedback. A special magic show by Circus Delights, which appealed to all ages, ended the afternoon on a high note. Visit [peterhume.ca/blog](http://peterhume.ca/blog) for a summary video of the event.

The Ottawa Train Yards, as the title sponsor, was extremely generous, and an integral part of the event's success. Further support and raffle prizes were provided by Enbridge, the Athletic Club, Billings Bridge, Hydro Ottawa, Kiwi Kraze, the Ottawa Police and Fire Services, Trainyards Dental, and the Walkley Bowling Centre.

Finally, a very special thanks goes out to our many event volunteers; the day couldn't have happened without you!



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### Should Riverview Park be a 40 km/h zone?

As you may be aware, I am proposing to establish a 40km/hr speed zone for the entire Riverview Park community. The objective of this proposal is to maintain current driving behaviour and continue to encourage driving safety by those coming into the neighbourhood. Visit [peterhume.ca/safe-streets-program](http://peterhume.ca/safe-streets-program) for additional details.

**We want your opinion!** Please contact our office to share your support, thoughts, and concerns. Email us at [avsafestreets@ottawa.ca](mailto:avsafestreets@ottawa.ca) or call 613-580-2488.



Thanks,

*Peter Hume*

# Riverview Park Corn Roast - Sunday, September 8, 2013



Photo credit Bill Fairbairn





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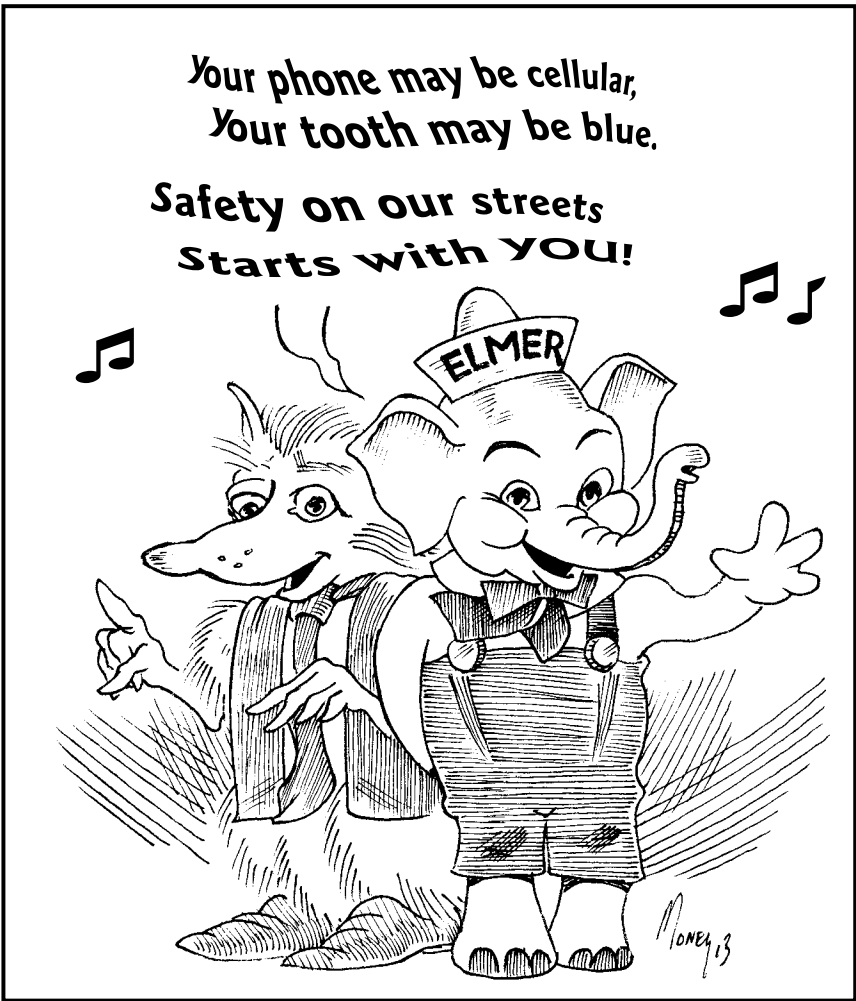
On September 18, six people died and others were injured doing what many people in this neighborhood do every day. They were riding a bus.

While across the city from the scene, Riverview Park had a connection to this accident, in that the train involved in the collision left minutes earlier from the main VIA station on Tremblay Road and the head office and main bus yard for OC Transpo are less than five minute's drive from Riverview Park.

But the real connection was about people, not machines, and on that level, this tragedy affected the entire region. Maybe this was because it hurt people who were like so many of us. They weren't out late, travelling in bad weather or doing anything against the law. They were simply riding the bus – something many of us do and something we generally assume to be safe.

This is, however, something we shouldn't assume. Safe roads do not just happen. They require a lot of thought and effort, from the engineers who design them to police and crossing guards who watch them and to all of us who drive on them – whatever our vehicles.

There will be numerous questions or issues that will emerge from this accident and some of us may be tempted to dismiss them as not being our concerns. But, as a neighborhood that is surrounded by an increasing number of vehicles on nearby roads, let's hope that the legacy of this tragedy is to remind us that way to safe travel in this community will always lead back to our own front doors.



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

*Please remember to recycle this newspaper.*

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Thank you Greg from a grateful community

by Helen McGurrian

Greg Fougère has been a most valued member of our community for the past 26 years as the Chief Executive Officer of the Perley and Rideau Veterans Health Centre. On June 28, 2013, Greg retired after a 34-year career devoted to seniors' health care and services.

Greg's career choice was quite serendipitous. After graduating from high school in New Brunswick at the age of 16, Greg entered Carleton University on a scholarship and completed a B.A. in Psychology at the age of 20.

At that time, Greg's immediate objective was to earn enough money to back-pack across Europe, but where and at what would he work? He remembered that one university course that really fascinated him was called, "The Psychology of Old Age" (probably an inappropriate name today with "Gerontology" becoming such a speciality field), so he applied for a job at St. Vincent's Hospital as an orderly where his abilities and personality made him a favourite with chronically ill and seriously handicapped patients of all ages.

It did not take long for the nursing staff to recognize Greg as a valuable resource and they soon had him sitting on committees, reviewing and updating policy and procedures to improve patient care and staff training. These nurses would become invaluable mentors and Greg's core network in his career choice and advancement.

After his months in Europe (something he says every university student should experience) Greg returned to Ottawa and worked in positions related to different aspects of seniors' care: as a social worker at Island Park Lodge, as a welfare worker for the City of Ottawa, and for three years as Assistant Director for the Ottawa West Community Support Services.

In those days, Ottawa West coordinated home care and home support services, including day programs for seniors with dementia. All these positions gave Greg a greater appreciation for the range of services required to help

seniors in the transition from independent living to assisted home support services and home care for health problems, and led to an all-encompassing vision which ultimately became a reality with the Perley Rideau Seniors Village. It was around this time that Greg recognized the need to prepare himself to achieve that goal by obtaining his Masters in Health Administration.



Ontario Premier Kathleen Wynne said it best, at the opening of the Perley Rideau apartments on June 19th, when she cited the Perley and Rideau Veterans Health Centre as the model for seniors care for all of Ontario. Greg's vision for independent and assisted living Apartments with access to the Centre's services for its residents, and home care services from the Perley Rideau to people in our community is now a reality.

Greg has also submitted a proposal to have the Ottawa Southeast Community Centre establish a satellite medical facility on the Perley grounds, and his long-term vision to have the Perley and Rideau Veterans Health Centre become a specialized Gerontology Research and Education Centre is now part of the Board of Directors' approved long-term plan. That last goal is one that Greg estimates may take a few more years and is one that he is leaving for his successor.

Greg, this community is so very fortunate to have had you for these 26 years. We thank you and wish you a wonderful retirement. But after 34 years in helping seniors, I predict that you will be looking for another challenge to occupy yourself in retirement. Have you heard of Advanced Care Planning and the need for information and education on this topic both for medical professionals and the general population?

The intersection

by J. Alan Landsberg

The RPCA advised the City on two separate occasions about the inadequacy of the width of the intersection of Neighbourhood Way and Industrial Avenue. There is insufficient space for parallel left and right turns from Neighbourhood Way onto Industrial, causing congestion, and worse, buses turning onto Neighbourhood Way must make a dangerously tight turn. Both pleas were ignored, but now the buses are making our point with greater emphasis. Winter is coming, and it can only get worse!



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# David Chernushenko Councillor Capital Ward

## Official plans and why they matter

Autumn is a busy time for many people, and those at City Hall are no exception, especially every five years when we adopt an updated Official Plan (OP), Infrastructure Master Plan, Transportation Master Plan (TMP), Cycling Plan and Pedestrian Plan.

Talk of official plans may make your eyes glaze over, but these documents are very important. They contain policy directions and lists of priorities that will determine where and how your tax dollars are spent, whether a road is widened or a rail line or bike lane is built, and when critical infrastructure gets repaired or replaced.

Members of City Council and the general public have had an opportunity to provide input to the development of these plans over the past six months, and we got our first view of official drafts in the final week of September. Next, Council members formally review each plan and welcome public delegations at a designated committee meeting, where the plan is debated and, likely, adopted either with or without changes.

Here are a few major issues directly affecting Riverview Park residents:

- Will there be changes to the policy direction of the Official Plan, which currently promotes intensification? If so, will it provide specifics on what is considered acceptable height and density, and just how much such intensification is going to be promoted around new transit stations (so-called Transit Oriented Development)?
- Will the TMP go further to promote public transit and active transit as the most efficient and cost-effective ways of moving people and goods? If so, will any major road projects — for example, the Alta Vista Corridor — be removed from the TMP or at least placed on the backburner as a result?
- Will the Cycling Plan and Pedestrian Plan propose new routes or infrastructure for our neighbourhood, to address subpar linkages for walkers and cyclists along our main roads and bridges?

I welcome your questions and feedback as we prepare to adopt the revised plans.

Conversions update  
Prompted by some undesirable

home conversion projects in Capital Ward, I joined my Council colleagues in passing an Interim Control Bylaw in April. This brought a temporary halt to single-family homes being converted into apartments, and directed the planning department to study the most problematic aspects of this type of infill, consult with the public, and propose modified rules.

The City held a public consultation on Sept. 16 at City Hall, well attended by residents of those communities already being affected and some who anticipate such projects coming their way.

I expect the report to be brought to Planning Committee in March 2014 in conjunction with the Second Infill Zoning Study. To follow this issue and provide input, visit [ottawa.ca/conversions](http://ottawa.ca/conversions).

Better Neighbourhoods Program

The Neighbourhood Connection Office (NCO) is accepting applications until Monday, Oct. 21, for its 2014 Better Neighbourhoods Program.

The NCO helps residents and community groups implement projects aimed at improving their neighbourhoods.



Better Neighbourhoods Program is for community groups that are interested in making creative use of public space in their urban/suburban neighbourhoods. These small-scale, community-driven projects will make the community more liveable, vibrant, healthy and beautiful.

Don't miss out on the chance to get involved in improving your neighbourhood. For information on applying, visit [ottawa.ca/en/better-neighbourhoods-program](http://ottawa.ca/en/better-neighbourhoods-program).

Councillor David Chernushenko  
613-580-2487 |  
[David.Chernushenko@Ottawa.ca](mailto:David.Chernushenko@Ottawa.ca)  
[www.capitalward.ca](http://www.capitalward.ca)

### Continued from page 2

rope was dropped and we were off. Throughout the 5km, volunteers threw powdered dye on us. We were yellow, purple, orange. It was awesome. The excitement was amazing, the color was everywhere and we could not stop laughing. Anne and I finished the race in about a half hour. By the end we were coloured, happy and had plenty of photos to capture the memories.

Anne sent Michel a text to let him know we were finished the race and would hang out until he could pick us up. We had color everywhere. I was mostly orange and she had a lot of purple. While waiting to be picked up we tried to blend in by grabbing a bite to eat and sitting on the bench right across from the entrance to the Casino. A lot of people stopped to ask what had happened and laughed when we told them about the race.

I remembered that Michel was driving a beautiful rental car and told Anne that maybe she should tell him to bring some garbage bags so the powdered dye would not make a mess. Michel took one

look at us, laughed and listened to our tales of adventure.

My daughter Anne and I created wonderful memories. It was more than that for me though. I never would have even attempted something like that if it were not for Anne. She is the one that is always looking for an adventure and telling me that I can do things. I know 5 km is not far to go but never did I dream I would share such an amazing adventure with my daughter in such a colourful capacity. We plan on going to Run or Dye next year and are hoping more members of our family will join us!

Special thanks to Michel for taking time away from work to drive us there and back despite our giggles and attire. To my daughter Anne, thank-you for being you.

**A special Thank You  
to all the volunteers  
who help deliver the  
Riverview Park Review  
Well done everyone!!**

## Is Our Building and Housing Stock Getting Greener in Actual Performance?

On September 18, the Canada Green Building Council, the major industry promoters of the Leadership in Energy and Environmental Design (LEED) in Canada, issued a press release announcing,

"In honour of World Green Building Week, which runs from September 16-20, the Canada Green Building Council is celebrating Canada's achievements in green buildings with the launch of an online LEED Project Profiles database. This comprehensive tool showcases the 4000+ LEED projects currently registered and certified in Canada, including project case studies and high resolution photos, as well as a team list and summary of each certified project and its features. Canada currently sits in second place in terms of completed LEED certifications, after the United States."

In recent years, the industry has been telling us how new and retrofitted buildings and housing units are getting "greener" to save energy and help address climate change, reduce toxic materials in the home and environment, and to preserve as much of nature as possible in the extraction of buildings materials and preparation of home sites, among other factors. How-

ever, have you ever tried to gather verifiable data about how we are actually doing with these goals? Good luck.

Over recent months clients and construction experts have asked me what information is available to tell us how we are actually doing with the environmental performance and operating cost savings of the green construction movement? Interestingly, when Conway Fung Homes carried-out a comprehensive search we found numerous builders and their industry associations trumpeting the rapid growth in the number of "certifications", but very little reliable information on actual performance results. Under those conditions it is entirely legitimate for skeptics, many of whom I encounter in my environmental work, to enquire whether we are seeing "greenwashing" creeping into the green building movement as we have with many other products such as automobiles.

Having been involved in the environmental sector for some 25 years in Canada and abroad, I must confess to some of my own skepticism on this topic. I have seen the insidious creep of greenwashing in too many instances to not be highly cautious about the potential for all "green" movements to

Continued on page 37

# Jiseikan Aikido

# Belt Grading



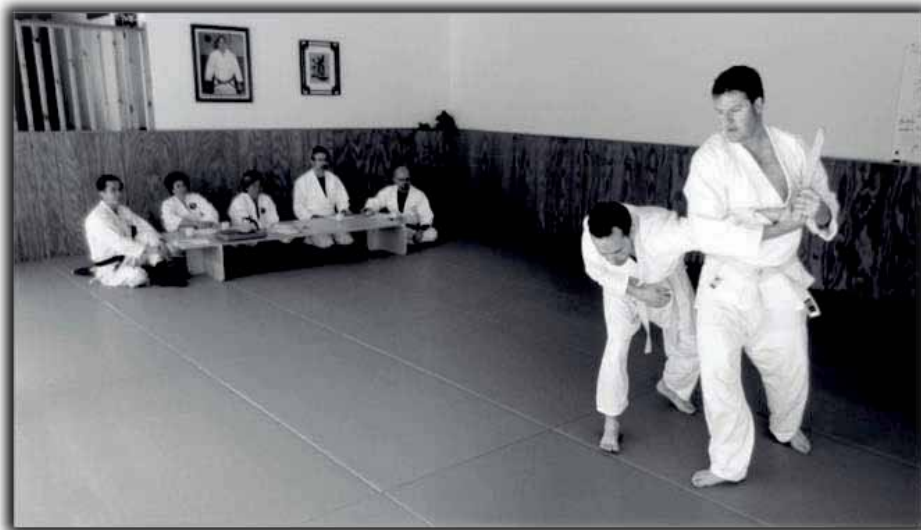
by Wandering Bear

In our dojo sits a picture with a motto from the Tao: *'We do not rise to the level of our expectations, we fall to the level of our training.'* The logical meaning of these words may be quickly grasped with the intellect, yet the 'truth' of the words may only be fully accepted after an exercise like a belt grading.

Although I am often a slow learner with physical activities such as Aikido, I felt compelled to take advantage of the opportunity for a recent belt grading. A test is not just a judgement, but can rather be a useful diagnostic. Perhaps the true purpose of a belt grading is to further knowledge of the self. Self development goes hand in hand with self awareness. The belt grading is physically more demanding and set in different circumstances to a regular practice. Only by being pushed to our limits can we know where those limits are. Being aware of our limitations is necessary for progress. We must know the true reality of our situation in order to improve it. A philosopher famously said *'Wisest is he, who knows what he does not know'*. I believe this means seeing the limits of our knowledge helps us to see where we must direct our efforts, and helps us guard against complacency. If a man is repairing a wall he must know where the holes are or otherwise his efforts may be ineffective and wasteful. He must also accept that the wall will always be in need of improvement and repair. Nothing is ever truly perfect or completed. How does the specific circumstance of a belt grading help with this self awareness, as opposed to the continual and informal assessment at a regular practice?

Some of the lessons of the belt grading are specific and purely physical ; the difficulty I had breathing after 20 quick rolls ( as opposed to the 10 slow ones I

usually do at practice ! ) showed that I clearly have some work to do on proper exhalation and inhalation. Only the raised level of a belt grading had so brutally quickly and clearly exposed this weakness. On some exercises I had difficulty with the technical finishing of a move under duress.



The more profound lessons of a belt grading however, tend to be general.

In a broader sense a belt grading is an opportunity for many to learn in more general terms. It is an opportunity for the Sensei and the black belts to focus on an individual and more accurately assess them, and to consequently consider how better to teach that individual. In the breaks that participants have, it is an opportunity for the students to sit and really watch and observe one another, removed from the hustle and bustle of a regular practice where they are sometimes immersed in their own individual difficulties. Above all, when it is their own turn to perform, it is an opportunity for a student to test their abilities under duress, and to see how far they have really 'internalised' a movement. What is this 'internalisation'?

During the tanto exercise, I found myself, practically against my will, executing the same two defences again and again. I had learned perhaps five defences against such attacks, but there was

no time to recall the various techniques. Under test conditions, the body it seemed automatically reverted to what it was most comfortable with, or had properly 'internalised'. My automatic reactions betrayed the true extent of my 'knowledge'. Often Sensei has spoken of the sheer volume of focused practice necessary to fully instil learning as muscle memory, but it is only under the test conditions of a belt grading that one may fully appreciate the truth and spirit of these words. Such situations force one to reflect on the true 'depth' of their knowledge. If one can only perform with prompting, then what have they really 'learned'? Performing under prompting suggests the knowledge is still an action that requires conscious thought, and hence delay. In the martial arts this can only be a preliminary stage of learning. Ultimately we aim to react and perform accurately and swiftly in the appropriate fashion. This has precisely been my own

judgement on someone, or over simplifying complicated issues. But in many situations in life we find ourselves in, action must come first and reflection later. Theorizing must be tested with experience. What good is a theory if its practical application has not been thoroughly proven?

Difficult lessons must be hammered home with repeated experience ; progress is usually the result of sheer application as opposed to talent. It is a difficult and sometimes unpleasant truth to contend with, particularly in our 'quick fix' convenience culture, but it can also be liberating. We cannot hide behind excuses. Our progress is our responsibility, but therefore also under our control and within our grasp.

A belt grading then, like any good exam, is useful for pushing us to our mental as well as physical limits. The grading is a useful opportunity to be pushed out of our normal comfort zone and to see how we react in such different and difficult circumstances. In our changing room I have often read a notice extolling how the spirit of a warrior is that of someone who tries their best, even in unusual or difficult circumstances. The true test of a warrior is how they perform under discomfort as opposed to artificial ideal conditions. After all, the martial arts were designed for the situation of physical combat ; a difficult, unpredictable and unfortunate situation to be in. They are also however concerned with self development, and the 'combat' martial arts envisage has perhaps more to do with the struggle against our own egos and failings, and the trials of life. How do we deal with the inevitable failures of life? Do we learn from them? Do we blame circumstance, or improve ourselves because that is what is ultimately within our power?

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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 work with other community associations on issues of common interest through organizations like the Federation of Citizen's Associations (FCA) and Community Association Forum for Environmental Sustainability (CAFES) — two networks of Ottawa area community associations representing rural, urban and suburban neighbourhoods.

The RPCA has provided comments into the City's 2013 Official Plan process and emphasized the need for more sustainable transportation and an improved planning process. It favours adoption of a Complete Streets planning policy to ensure that transportation planners and engineers consistently design and operate the entire street network for all road users, not only motorists. Along with several other groups, the RPCA is seeking the removal of the Alta Vista Transportation Corridor (AVTC) from the Transportation Master Plan, and promoting the need for enhanced infrastructure for active transportation (pedestrians and cyclists). One of the more pressing issues that the RPCA is following relates to the increased traffic congestion along Industrial Avenue and the roads that access it, including Russell Road and Neighbourhood Way.

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 the RPCA is monitoring include the following items.

## **Industrial Avenue Traffic, including Access to Pioneer Gas and Neighbourhood Way**

With increased vehicular traffic and congestion along Industrial Avenue, a recent focus of the RPCA has been to look at ways of improving traffic flow along that road and avoiding cut-through traffic through the Riverview Park neighbourhood. As part of the Ecology Campaign to encourage the City to adopt the Complete Streets program the RPCA has reiterated support for the principle and put forth Industrial Avenue as a candidate for becoming a "Complete Street" which would provide safe and comfortable be ac-

cess for pedestrians, cyclist, transit users and the mobility impaired a.

Local residents have raised several safety concerns involving the recent reconstruction of the intersection of Neighbourhood Way where it meets Industrial Avenue. A sidewalk was built on the western side of Neighbourhood Way in conjunction with the new Maplewood Residence. However contrary to what RPCA had asked for and been led to believe would occur, there is no sidewalk on the eastern side, and there are problems with the shoulders. The request by the RPCA and other to widen the entrance onto Neighbourhood Way from Industrial Avenue to take into account the anticipated increased traffic and wide turns from OC Transpo Buses (and to create a separate right-hand turn bay for cars onto Industrial) was rejected by the City. As a result, there are sometimes back-ups on Neighbourhood Way of cars waiting to turn right onto Industrial and complaints that OC Transpo buses going over the curb and near the sidewalk at the intersection of Industrial and Neighbourhood (see photos). The RCA has written Councillor Hume and the City to express dismay that the Association's request for design modification to this intersection was not accepted.

There have been no new developments in response to the concerns raised earlier this year about the implications of the signalized traffic intersection and traffic island on Industrial at the entrance to Farm Boy that have reduced the ability of eastbound drivers to safely enter and exit the 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, thereby allowing Pioneer customers to safely turn east on Industrial at a signalized intersection. .

Pioneer officials had indicated to the RPCA that they have similar concerns and said they had not been 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. In the meantime, the RPCA has recently shared concerns with Councillor Hume and Trainyards CEO Koshman about the need for an advance green light for eastbound traffic turning left into Farm Boy from Industrial in order to help improve traffic flow.

The new traffic signals at the eastern exit of the bus station previously

scheduled for June are now planned for completion this fall. Most of the preparatory work has now been completed.

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

The 5-storey, 124-unit retirement home near the intersection of Industrial Avenue and Neighbourhood Way, opened for occupancy in early September 2013. The Board had asked the facility's former marketing manager for his assistance in lobbying for additional transit service for Industrial Avenue and for construction of a sidewalk on the South side of Industrial (both of which could reduce vehicular traffic) and for widening of the entrance onto Neighbourhood Way from Industrial Avenue to take into account anticipated increased traffic and wide turns from OC Transpo Buses.

## **Trainyards Developments and New Retail**

There is a proposal to rezone the property at 580 Industrial Avenue from "General Industrial" to "Mixed Use Centre." The proposed change is to permit retail uses on-site and could potentially house a bulk food store. It would only involve a change in use and would not alter the existing building footprint.

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. In providing comments on this proposal, the RPCA called 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. This application is now on hold.

The application for a series of one-story retail establishments planned for 575- 595 Industrial — the area between the Pioneer Gas Station and the CIBC building at the intersection of Trainyards and Industrial — is also now on hold.

## **Alta Vista Transportation Corridor – Hospital Link-NDMC**

The detail design work associated with the 1.2 km Hospital Link section of the controversial Alta Vista Transportation Corridor (AVTC) between Riverside Drive and the Hospital Complex will most likely now be publicly shared late in 2013. The RPCA and other groups have

put forth evidence questioning the cost-effectiveness of the Hospital Link and whether it was, in fact, even needed without sufficient proof that the Link itself will resolve perceived local traffic problems. There are also some issues related to contaminated sites near Riverside/Hurdman.

The City is working with Ontario Hydro and VIA Rail to make the necessary arrangements to resolve issues related to construction of the road and its interface with existing hydro and rail usage right-of-way. Once this is completed, detailed design can commence. In the meantime, in September, a series of boreholes were drilled on both sides of the VIA Rail track between Smyth Road and Riverside Drive to determine subsoil conditions for a temporary rail line modification that VIA will be constructing at some point in the future.

The Department of National Defence and Canada Lands Corporation (CLC) are moving forward with the disposition process for the National Defence Medical Centre (NDMC) but the CLC is not likely to gain title until 2016. No actual construction date has yet been set.

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

## **Complete Streets**

The City recently approved designation of Main Street as a Complete Street. The RPCA provided support in principle with the proviso that if number of lanes on Main Street is reduced as a result of re-design, this is not used as an excuse to build the AVTC Hospital Link. While several councilors have called for the AVTC to be built, the RPCA and others are working to demonstrate how the designation of Main Street as Complete Street does not automatically justify building a road in the Corridor.

## **Official Plan Submission**

In its early submission to the City on the Official Plan, the RPCA voiced its support for the overall principles contained in the *Building a Liveable Ottawa 2031* proposal. 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. The RPCA will continue to participate in the Official Plan develop-

## P & D Update (continued)

ment process to the extent possible and welcomes input from local residents.

### Supportive Housing at the Perley Hospital

Construction of the two seniors' residences on the grounds of the Perley and Rideau Veterans' Health Centre (PRVHC) has finished. The final stage of construction and finishing touches on the building next to Russell Road were completed in Spring 2013 and residents have moved in. The second building, the 5-storey residence connected to the current health centre at the main entrance, is scheduled for occupancy in October 2013.

### Alta Vista Ridge (1757 Russell Road)

The initial phase of thirty units has now opened for occupancy and the second phase of 110 units is scheduled to be completed in summer 2014. Eventually, the development will feature a total of 320 units, both stacked townhouses and low rise apartment dwellings with one and two bedroom units.

The RPCA has been in contact with officials from Theberge Homes (the developer) who indicated they would forward to Alta Vista Ridge residents the request to address safety concerns by having the City: 1) install a pedestrian-activated traffic signal at the Russell Road entrance to the complex and 2) construct a sidewalk on western side of Russell Road between Haig and Coronation. The RPCA intends to present a similar request at the October 2013 meeting of the Perley Hospital Community Liaison group.

### Ottawa Casino

The RPCA and most local residents were relieved to learn that the Trainyards was no longer being considered as a potential site for a new casino. The RPCA has been on re-

cord as opposing a new casino anywhere in Ottawa (and particularly near Riverview Park) and previously expressed concerns about the transparency of the casino negotiations directly to the Mayor and to City Council.

### Cycling

the TMP and Pedestrian and Cycling Plan are being released on October 9 and an open house will be held on Oct 15

### Other Developments

After several years of vacancies in the Alta Vista Shopping Mall, its landlords have hired a management company Cushman and Wakefield to look for tenants in the three empty storefronts in the mall. The RPCA has been in touch with Cushman and Wakefield officials who confirmed that they are hoping to secure new tenants for the vacant spots before the end of 2013.

The new Gateway three-storey 32-unit condominium just west of the existing apartment complex at 700 Coronation Avenue is still scheduled for occupancy in 2014.

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

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

## Maplewood is more than a home, it's a community

Riverstone Retirement Communities opens the doors on their newest community, Maplewood

Ottawa, Ont., Sept 18, 2013 – Riverstone Retirement Communities is proud to announce the opening of their newest luxury residence, Maplewood Retirement Community. Maplewood proudly follows in the footsteps of Riverstone's Oakpark in Alta Vista and Bridlewood Trails in Kanata/Stittsville.

Located at 340 Industrial Avenue, in Ottawa's historic Riverview Park neighbourhood, Maplewood offers the same superior management, exceptional staff, and unparalleled meals and activities for which Riverstone is known. It also features several unique additions, including raised gardens, a greenhouse, a salt water pool, facilities for shuffleboard and horseshoes, all on beautifully manicured grounds.

Maplewood, managed and operated by Ottawa owned Riverstone, offers a selection of care alternatives: Independent Living, Residential Care and Assisted Living. All are staffed with a first rate team of professionals. The five-storey development features 124 units, including one- and two-bedroom suites, as well as studio suites. Residents 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.

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 of their many developments around the city.

Those interested in learning more about Maplewood are invited to visit us at our brand new building located at 340 Industrial Avenue.

For more information, please contact:  
Mike Traub  
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[mike.traub@riverstoneretirement.ca](mailto:mike.traub@riverstoneretirement.ca)  
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Alaina Rossiter Riverstone Retirement Communities  
613-769-0276 [arossiter@riverstoneretirement.ca](mailto:arossiter@riverstoneretirement.ca)

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# Moving Forward, one publication at a time

by Carole Moulton  
Photo credit Baileigh Binda

Time magazine once noted that the Chicken Soup for the Soul series could be considered the “Publishing phenomenon of the decade”. In 2007, USA Today named Chicken Soup for the Soul “one of the five most memorable and impactful books in the last quarter century”. Moreover, according to the company website, [www.chickensoup.com](http://www.chickensoup.com), over 112 million books in the series have been published in Canada and the United States alone since 1993, and translated into over 40 languages.

The most recent Chicken Soup for the Soul book, Reader’s Choice 20<sup>th</sup> Anniversary Edition, Stories that Changed Your Lives came out in print this past June, and promises to be as equally successful as the others in the series. Like all the various Chicken Soup for the Soul publications, there are 101 personal stories to choose from, and it certainly doesn’t take long before the reader wants to continue reading ‘just one more account of one more real person’ before putting down this inspirational book.

Catina Noble is a Riverview Park Review staff writer and earlier this year made a superb contribution to this most recent Chicken Soup



for the Soul book. With over 100 publications to her name in various materials, Catina used the Chicken Soup for the Soul website when considering whether to add to her publication list and tell her story in response to the posted book title suggestions.

And, after deciding to do so, she

sent in her story earlier this year. Needless to say, Catina was extremely pleased when the company contacted her in April and told her that her material was accepted.

In Catina’s excellent submission, ‘Moving Forward’, she shares her story by way of a true-life experience, in response to a prior article included in Chicken Soup for the Soul, Think Positive.

It was in 2010 that Jeannie Lancaster wrote her ‘Dancing in the

Rain’ story about a message on a plaque that she had discovered in a handicraft store, and which had made a huge impact upon how she lived.

‘Life isn’t about waiting for the storm to pass. It’s about learning to dance in the rain,’ the plaque said.

Catina, already drawn to the two-page article that Jeannie Lancaster had submitted several years before, followed the instructions on the website and wrote about how Jeannie’s published story had made an important impact on her life too. In fact, ‘Dancing in the Rain’ had made such an influence on Catina’s life that she felt it was just too important not to share.

In her ‘Moving Forward’ story, Catina told how a couple of years previously she and a cousin had had a falling out, and that neither of them could even remember now what it was all about. ‘Dancing in the Rain’ got her thinking about re-uniting with this cousin, and so Catina sat down, put pen to paper and wrote a letter.

Imagine Catina’s complete sur-

Continued on page 36

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# The walk of the world

by Helen McGurrian  
Photos by Brian McGurrian

**T**he Walk of the World' is an event held every year, during the third week of July, in Nijmegen, the Netherlands, in which tens of thousands of walkers trek through the Dutch countryside for distances of 30, 40 or 50 kilometres



Day 1 Crossing the Waal River

each day, for four consecutive days. In 2013, the number of participants was limited to just 46,000, mostly civilians, but also including military units from 30 countries. All military personnel do the 40 km walk, in full uniform and carrying backpacks. You may have noticed small groups of soldiers marching around Ottawa last Spring, getting themselves prepared for the Walk.

Nijmegen is a smallish city near the

German border, perhaps not much bigger than, say, Kingston, Ontario, and the Walk is an event which is joyfully embraced by the entire nation, so you can imagine the impact created by 250,000 walkers and spectators and entertainers and party animals who go there to celebrate for that week.

I first heard about the Nijmegen Walk from a nephew in the Canadian military who had done it twice, and was so thrilled by the experience that

I was inspired to apply. As a first-time walker, my name was entered into a lottery, and I was lucky to have my name drawn. Because of my age (over 70), I was assigned to the 30 km per day group.

Along with my husband Brian, I arrived in Nijmegen a few days early to allow time to deal with the jetlag, and visit the Groesbeek Canadian Military Cemetery, where over 2,500 Canadian soldiers who were killed in the final few months of WW2 are buried.



Nijmegen Day 2 walkers



Helen Day 4

I had promised to plant a flag on the grave of Donald Muir, the brother of a fellow parishioner at our church in Ottawa. Lt. Muir was 27 years old when he was killed on March 2, 1945,

**Continued on page 36**



Ceremony at Groesbeek Day 3

## Ontario is Offering More Options for Mothers to Deliver Healthy Babies

Women in Ottawa will soon have a new option when choosing where they want to give birth.

I was pleased to be joined by the Minister of Health and Long-Term Care Deb Matthews, to announce the official opening of the new Ottawa Birth and Wellness Centre. The centre is the first of its kind in Ontario and is located right here in Ottawa South.

This is yet another one of the ways our government is working to make health care services even more accessible. This midwife-led birth centre will welcome up to 450 births a year, giving women in the Ottawa area a new childbirth option in a comfortable, home-like setting. The Ottawa Birth and Wellness Centre will also offer services in both official languages.

A proven, safe and cost-effective alternative to hospital births, birth centres play an important role in health systems around the world, including the United Kingdom, Australia and the United States.

Giving expectant moms and their families more childbirth options is an important part of the Ontario government's Action Plan for Health Care by providing Ontarians with the right care, at the right time, in the right place.

### We are here to help

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



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# A quiet summer with a few exciting moments

by Colin Hine

I took most of the summer off from my aviation research to concentrate on some personal matters. But I did manage to transcribe some taped interviews with Second World War aviation veterans; a couple of interesting stories related by one WWII RCAF navigator are recorded here, hope you find them interesting. I also experienced my first ever aerobatics flight courtesy of one of my volunteer friends at the Canada Aviation and Space Museum. That turned out to be a lot of fun.

I have been fortunate to meet a number of WWII aviation veterans in Ottawa, all of them well into their nineties and thriving; they have told me some interesting stories. One thing that often

just as suddenly as the plane had entered the dive the nose of plane came back up violently and Bill and the bomb aimer got tossed around again.

It turned out that the pilot who had not been strapped in, had passed out and fallen over the control column jamming it forward. After descending some six or seven thousand feet, the pilot came-too and with assistance from the flight engineer he managed to haul back on the control column. This wasn't the end of it however, the next thing they knew the plane rolled over on its back "doing a half arsed roll with loose objects flying in all directions." Eventually the pilot got the plane straight and level again and after doing a head count confirming everybody was okay he

pilot in control for about 12 minutes. Later, after a debate among the crew they elected to return

Bill now surmises that the pilot had probably suffered from hyperventilation a condition that



home.

After landing without further incident Bill was just about to go to bed when there was a knock on the door of his private quarters. There was a delegation of crew members standing there "Sir we are not flying with this guy again." Being the only commissioned officer in the crew Bill agreed to take the matter up with the Squadron Commander the following morning and to explain what had happened. Bill told the commander that while he was willing to fly again the rest on crew were clearly unwilling. "I don't blame them one bit" stated the commander. The pilot was subsequently grounded and a new pilot was posted to the crew.

was not well understood at that time.

Bill also recalled that the effect of the jet stream on an airplane's drift was not well understood at this time. His first experience of the anomaly occurred during a bomber raid mission. Heading east over the low countries and about to turn south toward the target area a first measurement of drift indicated 45 degrees port. "No such thing!" said the pilot; but according to the drift meter that was it. Bill then indicated that their position was way out and instructed the pilot to turn on a starboard path for at least

Continued on page 22



comes across is how unaware many WWII aviators often were at the time about conditions that we are more familiar with today. The following experiences from one ex RCAF navigator relate to health and meteorology-hyperventilation and the jet stream in particular.

Bill, a WWII RCAF navigator, was on a Halifax bomber training flight doing a simulated raid over English Channel. The navigator's position in the Halifax is located uncomfortably down in nose of the airplane near the bomb aimer. Well into the training mission while standing up to adjust an instrument Bill suddenly found himself floating in space with the plane in a near vertical dive and with the propellers screaming. He ended up straddled atop the bomb aimer with their parachute harnesses locked together. They managed to get untangled somehow and tried to make for the escape hatch. Bill remembers wondering "Is this going to hurt?" But

asked Bill for a course back home.

Back on ground after a debrief nobody seemed to think it was too serious, but two days later the youngest member in the crew, a gunner, refused to fly. Apparently he had been pulled out of his turret during the previous incident and been badly shaken up. His refusal resulted in an on-the-spot court martial and the young gunner was immediately stripped of all rank and badges and was sent back to basic training. A new gunner was posted to the squadron and training missions resumed.

A second training exercise with the same pilot in command proceeded without incident but on a third flight, some two hours into the mission, the pilot contacted Bill over the intercom "Bill, what happened on to previous flight is going occur again, I feel it coming on." Bill reminded the pilot to make sure he was strapped in and to make sure to engage George (the auto pilot). According to Bill they stooged along without the

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# Journeys by car in the 1960s

by Geoff Radnor

Most of us are quite used to getting into our car and driving off to work, or shop or visit. Cars have become part of our daily life. Just this morning I took a friend downtown to meet up with her ride back to Lindsay ON. Just a quick short trip. But how does that compare with some other trips that I have made?



Eel River, California showing height of 1964 flood waters

In the fall of 1963 I was working in BC but decided to try my luck in the big cities of Toronto and Montreal. I packed my belongings into my 2-seat Alfa Romeo Giulietta

Spider and set off. There was no TransCanada highway then, so my route would be through the US. This was in the days when much of the trip was on old 2 lane roads. Over the Rocky Mountains of Washington state and then downhill through Montana, that had no speed limit on the highway. The roads in 1963 were relatively empty compared to what they are like today. One day I did 555 miles, it was dark when I pulled into a motel just after passing Saint Paul, Minnesota. When I awoke in the morning and looked out the window there was the mighty Mississippi river in the bright early morning sunshine that I had crossed earlier the day before. I had a very leisurely breakfast enjoying the view before I set out again heading for Chicago. Montreal was reached safely. Gas was about 35 cents a gallon and a motel would be about \$10 a night, a far cry from today's travel costs. Last month a very nice motel in upstate NY charged us \$234.00 for a two night stay and gas was \$3.79 a gallon.



Berthoud Pass, Colorado, 11,307 ft.

In the spring of 1964 I, and my new wife, headed out from Montreal on our way back to the west coast. The two of us, and all our worldly possessions, were packed into the Alfa Romeo. We got a three-day temporary license to get the car registered in Quebec and we set off. We had been married for only four months so this was a sort of honeymoon.

We drove on some parts of the new 401 highway, but some was still the two lane road from the 1930s. After a brief stop-over in Toronto and crossing over the border at Buffalo on a Sunday afternoon we were pulled over by a police car for driving an unlicensed vehicle. The temporary plate permitted us to drive the car out of Quebec. It

fine. Now what? We still do not have valid plate. "Get out of NY fast" they said. We stopped in the next state, PA, and tried to get a plate but they can only be given to a resident. So we continued on our cross country trip. We were stopped again by a State Trooper in Colorado.

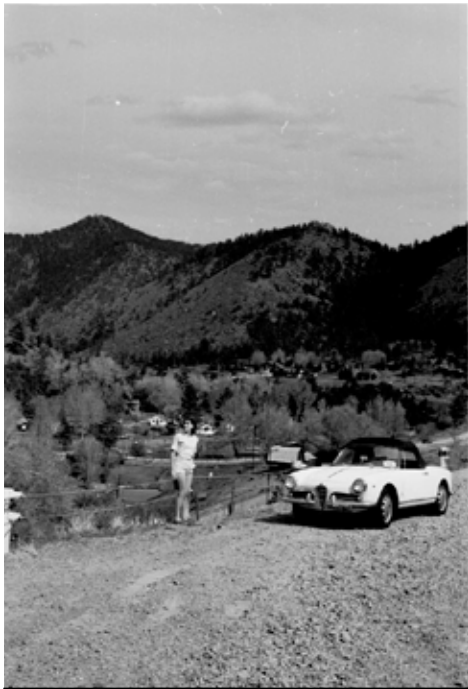


Geoff Radnor and Alfa Romeo Giulietta

We pointed to our temp. Quebec plate, he didn't read the fine print underneath, and so wished us well and hoped that we enjoyed our visit to Colorado. It took us over the Rocky mountains at the famous Berthoud Pass, 11,307 ft. The Alfa did not like the high mountain air as cars in those days had carburetors and had to breath air. But we made it.

We visited friends in Reno Nevada and saw Lake Tahoe. We made it all the way to the border south of Vancouver, where we able to finally register and get a valid sticker for the Alfa to get back into Canada. Total distance was about 3,400 miles or in today's measure 5,500km.

Twelve years later I drove another Alfa from the west coast to Ottawa. To be the third transcontinental trip. It was uneventful and followed a very similar route as the other eastbound trip. More to come on attractions closer to home.



Elga Radnor and the Alfa in the Rocky Mountains Colorado, 1964

did not include driving down the Highway #20 in NY state. So he wrote us a ticket. What do we do now? The cop said come follow me into town and see the Justice of the Peace. We went to JP's house, pleaded guilty and paid our \$20



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# Riverview Park: our changing community

by Brian McGurrin

Close to four decades have passed since Helen and I moved into our dream home on Alta Vista Drive. The years have flashed by, our children have grown up and started families of their own,

and we are now both long retired; but we continue to dwell in the same house. We have seen many changes over the years, but we have always loved this neighbourhood. Our memories of Ottawa do not predate our relocation from

Montreal in 1966, but once when I was out walking with my old friend, Greg, he called my attention to a house on Blair Street where he had lived as a teenager during the early 1950s. Behind his former home now stands the imposing bulk of the Alta

Greg recalled that he and his pals would eat plums from the orchards of the former Novitiate, and would explore the pristine woodlands that still occupied most of the space between Drake Ave. and Russell Road. In this aerial photo from



Vista Towers, but in the 1950s, that land was still occupied by a building which served the Grey Nuns as a Novitiate from 1915 to 1941, and which, by 1948, had been rented out to the NRC.

October 1960, Blair Street is seen curling down to the left side of the former Novitiate, and the recently constructed Alta Vista Center strip

Continued on page 27

  
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Canada Day



Photos by Mick Steers





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Fun and games  
on Penhill Avenue



Canada Day through the lens

Photos by Mick Steers



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# Movies ‘n Stuff is the *reel* deal

by Carole Moulton

From time to time readers and authors of this paper suggest stores or shops that they highly recommend. The name Movies ‘n Stuff, a movie rental store located at 1787 Kilborn Avenue, was recently sent in to us as being a great candidate for sharing about the “excellent service” and “helpful, knowledgeable

staff” of a highly successful family-owned business. And how right that person was to contact this community paper.

After just one of a number of trips to the Kilborn Avenue shop, it quickly became evident that Movies ‘n Stuff was in fact well worth the visit. Moreover, it soon became obvious that many other local residents had

already been long time frequent customers.

It was just a couple of weeks ago, when family member Peter Thompson was being interviewed for this story, that a Chadburn Avenue resident popped by to pick up a request placed earlier that day. Dave, a long-time Movies ‘n Stuff customer and movie buff knew that chances

were good that the Thompson family would have the movie that he wanted among the 7,000 DVDs and Blu-rays in stock at the Kilborn Avenue store. Dave also rightly guessed that one of multiple copies would be available to him.

“This is the greatest addition to the neighbourhood with regard to movies because of the selection on the different platforms,” Dave noted. “I can come in and the movies are here. I drive over to Movies ‘n Stuff and pass other places that rent movies, but here is where the selection is.”

Barry and Samira Thompson introduced their popular movie-rental store to Alta Vista 25 years ago, after the family changed shop locations from Ottawa’s west end to be closer to home. And although the hours can be long with self-employment, Barry likes the idea that he is his own boss,



Continued on page 25

## Which direction do you want the RPCA to go?

Defining the directions our community takes in the future

### October 23<sup>rd</sup>

Determine where your community is heading.

## RIVERVIEW PARK COMMUNITY ASSOCIATION

R

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AGM

### Annual General Meeting

**When**  
Wednesday,  
October 24, 2012  
7 pm to 9 pm

**Where**  
Riverview  
Alternative School,  
260 Knox Crescent

**This is your opportunity to:**

- Learn about developments in your community;
- Hear from local leaders on their vision;
- 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](http://www.riverviewpark.ca)

# Mounties honour Meghan again

by Bill Fairbairn  
Photos by Serge Gouin

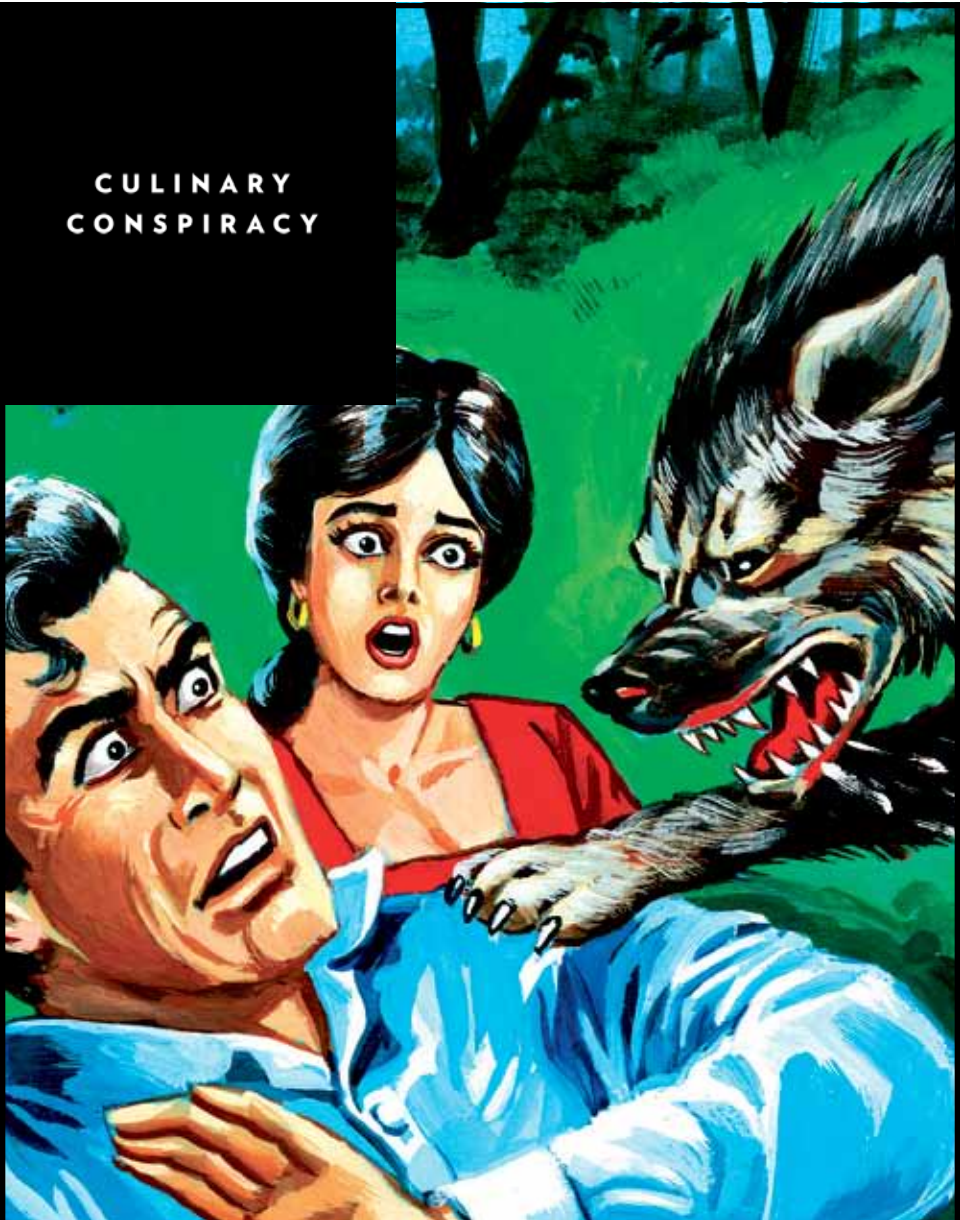
Meghan DoCanto-Primeau of Riverview Park, who entered and won the RCMP 2012 Name the Foal contest, was further honored by the Mounties this past summer. Meghan, aged 7, with the name Jadore, was one of six winners in an entry of thousands of names beginning with the letter J from children aged under 14.



## Taken on Caverley



Coopers Hawk  
Photo credit: Geoff Radnor



*Just then, Maria realized it was HER turn to bring lunch for the staff that afternoon.*

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## A message from the CLSA research team and Review writer

by Bill Fairbairn

To date more than 26,000 seniors have joined the Longitudinal Study on Aging. I am one of the army of volunteers who were accepted. I took the health tests at the Elizabeth Bruyere Research Institute in Ottawa (Unlocking the mysteries of aging, Riverview Park Review, Feb., 2013).

I passed normal in waist to hip ratio, blood pressure, lung capacity, bone mineral density and eyesight and only slightly under normal in hearing. Today, only nine months later, my 78 years have begun to catch up on me. I feel older. That's life I suppose!

Canada is experiencing a remarkable change in the make-up of its population with people like me living longer than before.

By 2036, nearly one in four Ca-

nadians will be age 65 or older. Thus the CLSA study has come at an important time hopefully allowing us to explore how differently we age and providing information on how we can best cope with the changes that come along with aging. In my case sore feet after a short walk, weaker legs that resulted in a soaking while boating in August when sinking in the lake and could hardly rise onto the jetty. Then there a tendency today to shortness of breath and, while just gardening, ease of injuries that do not improve in the short term as they did in my youth.

To cope with this normal aging I pad my feet's high arches, use Nordic walkers and aqua training for exercise, try to strengthen my leg muscles, do breathing exercises and curb my gardening.

CSLA leader Dr. Parminder Raina of McMaster University in

Hamilton said: "Some people age in a

healthy fashion despite many physical health challenges, while others who are in good physical shape

age less optimally. What explains the phenomenon? Our study should answer questions that are relevant to decision makers to improve the health of Canadians."

A year ago then Federal Minister of Health Leona Aglukkaq said the study would create new science-related jobs as well as health benefits..

Some \$30 million in support comes from the Canadian govern-

ment through the Canadian Institutes of Health Research and the Canada Foundation for Innovation. Other support is from the governments of Ontario, British Columbia, Alberta, Manitoba, Quebec, Nova Scotia and Newfoundland and Labrador.

For 20 years the study is set to follow 50,000 Canadians, collecting information on their physical, emotional and social health functioning. It is anticipated that the information gained will lead to better programs, policies and services for Canada's aging population.

An overview of the CLSA after its first year includes a summary of what study participation entails, a snapshot of recruitment to date, information about CLSA events and details on how the study team can keep you informed about the latest developments as it does here and now with its latest press release.

Statistics Canada recently released results from a 2008-09 Canadian Community Health Survey (CCHS) on healthy aging. It is sadly estimated that as many as 4.1 million older Canadians risk malnutrition.



### Continued from page 15

12 minutes in an attempt to get back on track. After 10 minutes or so they began encountering slipstreams from other aircraft in the area and were able to get back on track.

Bill then noted that the aircraft's ground speed was only 35 or 40 knots. They could see the target but could not get there. This turned out to be their first experience of a jet stream, they had no previous experience with such a phenomena. Still very con-

fused (monitoring of German radio channels showed that their fighters were equally confused) they eventually got to the target area and released their bombs.

On the return journey a new problem presented itself. With insufficient fuel to get back home they had few choices, bail out, ditch; or find the emergency airfield on England's south coast; a rout that would take them right over the Ruhr valley. They elected to fly to England and managed to land with 5 minutes worth of fuel remaining. On the ground at the emergency airfield there were

aircraft all over the place. The airfield's runways were so wide one could almost land crosswise. If you crash landed they simply bulldozed you to the side. Confused navigators everywhere were exchanging "war stories."

By this time Bill was an experienced navigator and with other navigators tried to analyse what had happened, some of the planes had been as much as 200 miles apart depending on whether or not they had encountered the drift problem. There had to be a simple reason to people being so off track (the jet stream was still an unknown phenomena at this time).

When approaching the target it was vital to be on the proper heading. A mix of aircraft of different types would operate at different altitudes so it was very important to maintain aircraft spacing on approach so as not to be over the target at same time! Timing was very critical, typically 3 minutes spacing was maintained between each wave. Crews in Sterling, the slowest flyers, often experienced bombs dropping around them—friendly fire!

In July, museum volunteer Glen Cook, a retired Royal Can-

adian Navy pilot, invited me for a short flight aboard his home constructed aerobatics plane; no ordinary plane I should emphasize. This is high performance low wing monoplane with a maximum speed approaching 300 knots is designed specifically for aerobatics. Before the flight Glen briefed me on his plans; because this was to be my first aerobatics flight he promised to be gentle—nothing too severe on my maiden flight!

We took off from Rockcliffe airfield at 9 a.m. on a hot humid, hazy day. Gaining altitude over the Gatineau hills the air became more stable and Glen was able to put the plane through its paces. It was a fantastic experience performing rolls and other aerobatics manoeuvres; it felt so effortless.

Two old guys up there flying free as birds what a great experience! both well into our seventies, Glen with a couple of years on me, we both had a good laugh! Glen is well aware that time will eventually catch up with him, as it will for all of us, but until that day comes, he's "going to fly, and if you can't do aerobatics what's the point?"

## CLOSING SALE

After 5 wonderful years we are sad to announce we will be closing our toy store G. Whillikers. We would like to thank the community that has so generously supported us. You have become a family to us and we will miss you all greatly.

Closing Oct. 31st - Shop early for Christmas and save!

**EVERYTHING MUST GO!**  
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The Ottawa Hospital Community Advisory Committee

by Helen McGurrian  
**Ottawa Hospital response to bus/train collision**

The Ottawa Hospital Community Advisory Committee had their monthly meeting on September 19<sup>th</sup>, and paused for prayer in remembrance of the victims of Wednesday's horrific accident. Our Committee thanks the staff and volunteers at The Ottawa Hospital, many of whom made themselves available on their day off to care for victims and families. On behalf of The Ottawa Hospital Community Advisory Committee, we also thank all the organizations and citizen volunteers involved in responding to this terrible tragedy. You are proof that Ottawa is a caring community.

**Advanced care planning – end of life decisions**

Dr. Thomas Foreman, Director, Department of Clinical and Organizational Ethics, Assistant Professor, Faculty of Medicine, spoke on a study he and his team conducted to find out how well TOH documented advance care planning

and end of life preferences with patients. Medical files of 100 patients who died within a 7 month period were reviewed. All patients had been hospitalized at least 48 hours and died as inpatients. The average age was 73.7 years, some were older and some in their 30's and 40's. The highlights of their findings were that only 60 patients had identified a Substitute Decision Maker (SDM) for health care, and 46 had not had an initial determination of their Code Status discussed with them. TOH has 3 Code Status levels: Level 1: full active treatment to restore patient to full functionality; Level 2: full medical support excluding Intensive Care and chest compression (formerly CPR) to restore patient to as much functionality as possible; Level 3: support patient with palliative treatment only. It was a surprise to learn that there is no Code Status standard across hospitals or long-term care facilities. The research results showed evidence of a lack of timely discussions regarding end of life preferences with the patient, lack of appropriate assessment of the patient's

capacity for decision-making, and lack of appropriate involvement of patients in decision-making. "Capacity for decision-making" is a complex subject and as Dr. Foreman explained, someone's ability to count backwards proves mathematical skills but not necessarily a person's awareness of the seriousness of their illness, nor their capacity to be involved in health care decisions. The next steps involve refining the study to determine the total medical costs incurred in the last 48 hours of a patient's life in hospital. The research will identify opportunities for Ethics Team support in complex/challenging cases, and help increase patient involvement in their care at end of life. Dr. Foreman noted that advance care planning and end of life preferences are not subjects easily discussed when the patient is hospitalized. Family physicians should be more proactive in discussing these issues with patients. The LHIN has recognized the need for physician and patient education in these areas and has funded a Regional Center for Ethics. More on this subject later.

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



**Vincent Massey Kindergarten Playground Renewal**

by Cheryl Khoury  
Vincent Massey School needs your help! We are rallying the community to create a great space for kindergarten kids to climb, play and explore. All you need to do is vote, and tell everyone you know to vote. Your support will help give back to VM year after year. Our idea can be found at this link: [HYPERLINK "http://www.avivacommunityfund.org/ideas/acf17131"](http://www.avivacommunityfund.org/ideas/acf17131) You can vote using the website, Facebook or your mobile device. Voting continues until October 14th.

It has been said that the skills that children learn on the playground become lifelong skill sets that are carried forward into adulthood. Not only do children learn to push

Continued on page 36

Have you ever wondered ...

who is looking after your needs and concerns in Riverview Park?

Riverview Park is a beautiful Ottawa community. People choose to come here because of our parks, the trees, community centers, proximity to public libraries and accessibility (10 minutes) to downtown, as well as the variety shopping right in the community. Nevertheless there are many developments and issues that imperil the beauty, tranquility and safety of the community we love. The Board of Directors of the Riverview Park Community Association, along with its several working committees, is your elected body that strives to protect and enhance our precious enclave. What exactly then does the RPCA board of directors do? The RPCA board of directors works on several fronts at once:

1. Ensuring more liveable space in our community and working to save our green space
2. Engaging with and lobbying municipal politicians and city officials
3. Promoting community

activities and keeping the community informed

4. Organizing community events

More specifically:

1. We lobby for safer, cleaner streets, traffic calming, appropriate traffic lights, monitor building and road development, more sidewalks and bicycle paths, regular park clean-ups, and monitoring tree health such as the current emerald ash borer epidemic and tree cutting.
2. We meet regularly with our city councillor and attend city planning committee public meetings. We engage with other community associations to coordinate with them, for example, against the building of the Alta Vista Transport Corridor.
3. We maintain winter ice-skating rinks at Balena and Dale parks
4. We organize a winter carnival, a community toboggan slide, a fall social (with a meal and entertainment), a garage sale,

and write articles for the Riverview Park Review.

We believe we've done well. And we can do more and better if YOU join the RPCA board of directors. This is your opportunity to get to better know your neighbours by engaging with them in activities which will improve our neighbourhood,

and shape our community for the future.

Come to the Annual General Meeting (AGM) the evening of October 23, at the Riverview Alternative School on Knox Crescent, starting at 7 p.m., learn more, and consider becoming a board member or participating in one of our working groups.

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Alta Vista Library

OCTOBER

Tuesday Book Group

Share the enjoyment of good books in a relaxed atmosphere. Join us for a discussion of The Great Books.  
7:00 – 8:30 p.m.  
Every second Tuesday from  
September 3 – December 10

Alta Vista Sleuth Hounds

Share the enjoyment of good mysteries in a relaxed atmosphere.  
Thursdays, 6:30 p.m. (1.5 hrs.)  
October 17 – Read any title by Ross Pennie

Infusions littéraires

Partager une tasse de thé ou de tisane en discutant de livres.  
Les mardis, 14 h (1 hr.)  
15 octobre - L'herbe des nuits de Patrick Modiano

French Conversation Group

Improve your spoken French in a relaxed setting. For those with an intermediate level of French.  
No registration required.  
Tuesdays, 6:30 p.m. (1.5 hrs.)  
September 17 – December 17

Breathe to Relieve Stress & Anxiety

Explore your habitual breathing patterns, learn techniques for slowing and controlling the breath to ease tension and anxiety, and learn a short yoga practice. Please bring a yoga mat or towel and wear comfortable clothes. Presentation by Lori Chamberland. Registration required.  
Monday, October 21, 6:30 - 8:30 p.m.

RA Photo Club presents

Audio-visual Travelogues  
Join us for a presentation of stunning, short audio-visual travelogues created by RA Photo Club members.  
Registration required.  
Friday, October 25, 2:00 - 3:00 p.m.

Iris Folding Technique

Iris folding is a craft that involves folding strips of coloured paper to form a design. The centre of the design forms an iris - similar to the iris of an eye or a camera lens. Learn this technique and create 3 greeting cards! Presented by Julie Olivier.  
15 people maximum.  
Registration required.  
Saturday, October 26, 2:00 - 4:00 p.m.

Author Series: Charles de Lint

Author Charles de Lint will read from his recently published YA novel, Over My Head. Charles de Lint is the recipient of the Crawford Award and World Fantasy Award for Best Collection. Registration required.  
Monday, October 28, 7:00 - 8:00 p.m.

Author Series: Inger Ash Wolfe (Michael Redhill)

Author Michael Redhill, who also writes as Inger Ash Wolfe, will read from The Calling, the first book in his Hazel Micallef mystery series. Michael Redhill is also a poet and playwright, and the recipient of the Dora Award, the Chalmers Award, the Books in Canada First Novel Award,

and the Commonwealth Writers Prize. Registration required.  
Saturday, November 2, 2:00 - 3:00 p.m.

NEWCOMERS

English Conversation Group  
Improve your English and meet new friends. No registration required.  
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.  
Contact the branch for details.

How to Get Your Ontario Driving License

Learn more about how to get your driver's license in Ontario.  
Contact the branch for details.

NOVEMBER

Book Banter

Drop in to share the enjoyment of good books in a relaxed atmosphere.  
Thursdays, 2:00 p.m. (1 hr.)  
November 7–Mountains of the Moon by I. J. Kay

Tuesday Book Group

Share the enjoyment of good books in a relaxed atmosphere. Join us for a discussion of The Great Books.  
7:00 – 8:30 p.m.  
Every second Tuesday from  
September 3 – December 10

Alta Vista Sleuth Hounds

Share the enjoyment of good mysteries in a relaxed atmosphere.  
Thursdays, 6:30 p.m. (1.5 hrs.)  
November 21 – Read any title in the Spenser series by Robert B. Parker

Infusions littéraires

Partager une tasse de thé ou de tisane en discutant de livres.  
Les mardis, 14 h (1 hr.)  
19 novembre–Le bonheur a la queue glissante d'Abla Farhoud

French Conversation Group

Improve your spoken French in a relaxed setting. For those with an intermediate level of French.  
No registration required.  
Tuesdays, 6:30 p.m. (1.5 hrs.)  
September 17 – December 17

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Saturday, November 2, 2:00–3:00 p.m.

Boosting Your Immune System

Naturally in Time for Winter  
Learn how to boost your immune system using naturopathic medicine. You will learn how to prevent the flu and recover

faster by strengthening your immune system using clinical nutrition, botanical medicine, homeopathic medicine, traditional Chinese medicine and acupuncture and lifestyle changes.  
Dr. Ellen Simone is a graduate of the Canadian college of Naturopathic Medicine and the Ontario College of Homeopathic Medicine. Registration required.  
Thursday, November 6, 6:00–8:00 p.m.

Accounting Essentials for Small Business

If you have ever wondered what your accountant or bookkeeper is talking about, this workshop is for you. In it, we will review key accounting terms and concepts, explain the role and function of accounting, and make some sense of the world of debits and credits. Presented by Anne Neal, CMA. Registration required.  
Monday, November 18, 7:00–8:00 p.m.

NFB Film Club–The Fruit Hunters

This documentary travels across culture, history and geography to show how intertwined we are with the fruits we eat. The narrators are devoted fruit fanatics such as movie star Bill Pullman, whose obsession leads him on a crusade to create a community orchard in the Hollywood Hills. This cinematic odyssey challenges not only the way we look at what we eat but how we view our relationship to the natural world.  
Registration required.  
Wednesday, November 20, 2:00–3:30 p.m.

A Trip to Peru, Ecuador and the Galapagos Islands  
Journey to Cuzco, Machu Picchu, the Amazon, and the Galapagos Islands through images, video and spectacular stories.  
Presented by Al Sangster, world traveller. Registration required.  
Tuesday, November 26, 2:00–3:00 p.m.

NEWCOMERS

English Conversation Group  
Improve your English and meet new friends. No registration required.  
Mondays, 6:00-7:30 p.m.  
Tuesdays, 12:00-1:45 p.m.

Children / Enfants - October

Babytime / Bébés à la biblio - Session 1

Mondays, September 16 – 30, October 21, 10:30 - 11:00 AM.  
Les lundis 16 – 30 septembre, 21 octobre, 10h30 - 11h.  
Stories, rhymes and songs for babies and a parent or caregiver. 0-18 months. (Closed October 14.) / Contes, rimes et chansons pour les bébés et un parent ou gardien. 0-18 mois. (Fermée le 14 octobre.)

Babytime / Bébés à la biblio - Session 2

Mondays, November 4 – December 9, 10:30 - 11:00 AM.  
Les lundis 4 novembre – 9 décembre, 10h30 - 11h.  
Stories, rhymes and songs for babies and a

parent or caregiver. 0-18 months. (Closed November 11.) / Contes, rimes et chansons pour les bébés et un parent ou gardien. 0-18 mois. (Fermée le 11 novembre.)

Storytime / Contes - Session 1

Tuesdays, September 17 – October 1, October 22, 10:30 - 11:00 AM.  
Les mardis 17 septembre – 1er octobre, 22 octobre, 10h30 - 11h.  
Stories, rhymes, and songs for preschoolers and a parent or caregiver. Ages 3-6. / Contes, rimes et chansons pour les enfants préscolaires et un parent ou gardien. Pour les 3-6 ans.

Storytime / Contes - Session 2

Tuesdays, November 5 – December 10, 10:30 - 11:00 AM.  
Les mardis 5 novembre – 10 décembre, 10h30 - 11h.  
Stories, rhymes, and songs for preschoolers and a parent or caregiver. Ages 3-6. / Contes, rimes et chansons pour les enfants préscolaires et un parent ou gardien. Pour les 3-6 ans.

Toddler time / Tout-petits à la biblio - Session 1

Wednesdays, September 18 – October 2, October 23, 10:30 - 11:00 AM.  
Les mercredis 18 septembre – 2 octobre, 23 octobre, 10h30 - 11h.  
Stories, rhymes and songs for babies and a parent or caregiver. 18-35 months. Contes, rimes et chansons pour les tout-petits et un parent ou gardien. 18-35 mois.

Toddler time / Tout-petits à la biblio - Session 2

Wednesdays, November 6 – December 11, 10:30 - 11:00 AM.  
Les mercredis 6 novembre – 11 décembre, 10h30 - 11h.  
Stories, rhymes and songs for babies and a parent or caregiver. 18-36 months. / Contes, rimes et chansons pour les tout-petits et un parent ou gardien. Pour les 18-36 mois.

Teen / Ados - October

Spooky Cupcakes

Saturday, October 19, 2:00 - 3:00 PM  
Decorate your own scary cupcake if you dare! All ingredients provided. Ages 13-18. Registration.

Author Series: Charles de Lint

Monday, October 28, 7:00 - 8:00 PM  
Author Charles de Lint will read from his recently published YA novel, Over My Head. Charles de Lint is the recipient of the Crawford Award and World Fantasy Award for Best Collection. Reading offered with the support of the Canada Council for the Arts. Registration required.

Children / Enfants - November

Babytime / Bébés à la biblio - Session 2

Mondays, November 4 – December 9, 10:30 - 11:00 AM  
Les lundis 4 novembre – 9 décembre, 10h30 - 11h  
Stories, rhymes and songs for babies and a parent or caregiver. 0-18 months. (Closed November 11.) / Contes, rimes et chansons pour les bébés et un parent ou gardien.

0-18 mois. (Fermée le 11 novembre.)

**Storytime / Contes - Session 2**  
Tuesdays, **November 5 – December 10**, 10:30 - 11:00 AM  
Les mardis **5 novembre – 10 décembre**, 10h30 - 11h  
Stories, rhymes, and songs for preschoolers and a parent or caregiver. Ages 3-6. / Contes, rimes et chansons pour les enfants préscolaires et un parent ou gardien. Pour les 3-6 ans.

**Toddler time / Tout-petits à la biblio - Session 2**  
Wednesdays, **November 6 – December 11**, 10:30 - 11:00 AM  
Les mercredis **6 novembre – 11 décembre**, 10h30 - 11h  
Stories, rhymes and songs for babies and a parent or caregiver. 18-36 months. / Contes, rimes et chansons pour les tout-petits et un parent ou gardien. Pour les 18-36 mois.

**Special Storytime / Programme spécial**

**Twinkletoes Storytime / Les petits en pointe**  
Saturday, **November 16**, 2:00 - 2:45 PM  
Le samedi **16 novembre**, 14h00 - 14h45  
Sometimes you've just gotta dance! Join us for stories, songs, and more. Ages 3-6. Registration. / Parfois, il faut danser! Joignez-nous pour des histoires, des chansons et plus. Pour les 3-6 ans. Inscription.

N.B. Registration for programs starts on September 11. / L'inscription des programmes commence le 11 septembre. / 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.

# Elmvale Library

**Contes en famille (in French)**  
Mondays, **Sept. 16 to Oct. 21**, 2013 at 10:15 AM (30 min.)  
Stories, rhymes and songs for children of all ages and a parent or caregiver. Drop-in.

**Family Storytime**  
Wednesdays, **Sept. 18 to Oct. 23**, 2013 at 10:15 AM OR 3:15 pm (30 min.)  
Stories, rhymes and songs for children of all ages and a parent or caregiver. Drop-in.

**Babytime (bilingual)**  
Thursdays, **Sept. 19 to Oct. 24**, 2013 at 10:15 AM (30 min.)  
Stories, rhymes and songs for babies and their parent (s) or caregiver. 0-18 months. Drop-in.

**Homework Help with the E.A.G.L.E. Center**  
Every Saturday, at 10:00 AM (120 min.) until **December 14**, 2013  
Develop your skills in math, science, and English. Presented by the E.A.G.L.E. Center.

Ages 6-15 ans (Grade 1-10).  
**Frontier College Reading Circle**  
Every Saturday, at 2:00 PM (60 min.) until **December 14**, 2013  
Volunteers will help your child to love books and become a better reader through stories and games. Ages 5-11.

**Mystery Lovers Book Club**  
**Come join us for discussion the first Monday of every month at 6:30 PM**  
**Share the enjoyment of good mysteries in a relaxed atmosphere.**  
**Nov. 4:** "The PMS Outlaws" or any other Elizabeth MacPherson Mystery  
**Dec. 2:** Any of the Puzzle Lady Mysteries by Parnell Hall

**Adult English Conversation Group**  
Every Tuesday at 6:30 PM (90 min.) until **December 10**, 2013  
Improve your spoken English and meet new friends in a relaxed setting. Please call for more information: 613-738-0619 ext. 222



## Ottawa Valley Weavers' and Spinners' Guild Exhibition and Sale

Nov. 1, 2, 3, 2013  
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Glebe Community Centre  
175 Third Avenue, Ottawa  
[www.ovwsg.com](http://www.ovwsg.com)

## Continued from page 20

along with the flexibility that comes with ownership.

Located in the same mall since 1988, and with the family living in the neighbourhood for 36 years, the Thompsons have become an important part of the Alta Vista landscape.

Customer service is extremely important to all of the Thompsons. They want the people coming into their store to not only feel valued, but at home, and free to ask any questions that they might have. And, as another movie rental customer noted the morning of the interview, "Movies 'n Stuff is something like a local gathering place. People share opinions of the latest movie they have seen or make recommendations to others as to what to buy or rent."

Peter himself tries to watch about 5-6 movies a week to keep current, in order that he is able to provide input to their customers who soon become friends.

Many others who know Movies 'n Stuff service appreciate the fact that the store will also order or hunt down hard-to-find movies to buy at the best possible price. There is always a good variety of movies for sale at the rental store, along with a good selection of DVDs from a consignment distributor. Prices are competitive and the selection range wide.

Colin Hine of Riverview Park and Peter Thompson share an interest in British T.V. series, and Colin appreciates how Movies 'n Stuff has quite a few of these in the store and are always getting new ones for their customers.

"We have always enjoyed excellent service and good advice/recommendations on rentals," Colin suggested recently.

And according to Peter, "While good independent foreign films are now big hits, TV shows as well have become extremely popular. Homeland Season 2 is right up there at the top for rentals now, along with Breaking Bad, while Downton Abbey re-energized the British T.V. series rentals that were already good."

When asked what had been the most popular movie rented from Movies 'n Stuff in the past while, Peter responded, "That would be Quartet." He also noted that when there is a Hollywood re-make the store had better have the old one because people want to see the original before the re-make or vice-versa. The recent House of Cards is an excellent example of needing to have both the early British and more recent American versions, while an Oscar win will bring a second wind to a particular movie.

Peter has been working doing various jobs at Movies 'n Stuff since he was 14, however probably one of his biggest tasks was when the change came from VHS to DVD. It was important to track down the best prices possible for the switch, while now with Blu-rays, the family has begun adding these to their exceptional collection. The increased use of technology has also changed the world of movie rentals, just as it did with everything else.

Acquiring additional staff has never been a problem for this store, since at any given time there are hundreds of resumes on file from people who would truly enjoy working in a movie rental store. Knowing and liking movies is definitely of importance in the hiring process, however the family sees personality as the top priority when interviewing candidates. Again, as the family sees it, customer service is extremely important in having people want to return to their store.

"We hire good strong employees," responded Peter when asked about the five or six others who also work at the Kilborn Avenue location. "A number have worked here from their latter years of high school, during their university days, and even continued on with us after graduation." And it is obvious to customers that the Thompson family has made some excellent choices.

Good decisions at the 1,800 square foot family-owned store have no doubt enabled Movies 'n Stuff to stay in business, while the number of 10,000 square foot movie rental stores has steadily declined. The number of options for movie watching continues to increase, but the movie-rental store at 1786 Kilborn Avenue has a steady flow of customers coming through their door.

Greg Money of Riverview Park attributes the shop's success to the fact that, "While the big box movie rental stores stocked lots of commercial movies, Movies 'n Stuff carries not only these but less well-known features, plus those that appeal to the movie aficionados who are fans of film making."

The Thompson family should feel extremely proud to be offering a service that is so much appreciated by such a wide range of people. It is wonderful for all of us to know that after a busy day or week or even when we want to have over a group of friends for a favourite film or show that Movies 'n Stuff is there to supply and accommodate us with just what we need.

Another great treasure of Alta Vista, so a heartfelt thank you to Barry, Samira and Peter for providing us all with your wonderful store.

### See the online edition at

## [www.RiverviewParkReview.ca](http://www.RiverviewParkReview.ca)

# Neighbourhood Watch

by Tim Mark

Ottawa Police Service:  
Emergency Calls: 911  
Other emergencies: (613) 230-6211  
Neighbourhood Watch is a partnership between a local community and the Ottawa Police Service to work for a secure and peaceful neighbourhood. There are three active Watches in the Riverview Park area.

Const. Rebecca Vanderwater is the local Community Police Officer. She works out of the Ottawa South Community Police Centre at 2870 Cedarwood Drive. Her responsibilities include Ward 10, represented by Councillor Diane Deans, and Ward 18, represented by Councillor Peter Hume (which includes Riverview Park).

If you are interested in joining a local Neighbourhood Watch or would like to see a Watch on your own Street please call Const. Vanderwater at the (613) 236-1222 x 5812; or a local Coordinator.

**November 19. Home Security Inspection Audit.** This is a public meeting and demonstration for anyone interested in learning how to make their house and property more secure. It will be held at the church of St. Thomas the Apostle, 2345 Alta Vista Drive, at 7:00 p.m. Const. Rebecca Vanderwater will be the principal speaker. Everyone is welcome and there is no charge. The meeting is presented by the Ottawa South Neighbourhood Watch Coordinators' Association

Be alert: an increase in break and enters. The Ottawa Police advise that there has been a small increase in the number of Break and Enters and Thefts from Vehicles, including in the Riverview Park area. To assist the police please report any break-ins or suspicious activity.

The information helps build up a profile and a database of possible suspects and their method of operation. The more calls the police receive, the better the data become. Crime analysts help determine trends and patterns and help determine the police response, such as increased patrols or surveillance.

## Some tips for crime prevention around the home

- Leave doors and windows locked whenever possible
  - Consider purchasing a home security system
  - Keep tools, ladders and garbage pails locked away
  - Have adequate exterior lighting
  - Inform trusted neighbours or relatives of your vacation plans and where you can be reached
  - Take advantage of the Ottawa Police's Home Security Inspection Program (available through Neighbourhood Watch
- Join Neighbourhood Watch. And of course plan to attend the free Home Security Audit on November 19!

## Some tips on crime prevention to keep your vehicle protected

- Remove valuables and shopping bags from view.
- Remove loose change and electronic devices from view
- Never leave your vehicle running and unattended.
- If you see anyone loitering, or checking out buildings for no apparent service – call the police. A description of the person is helpful; so is a description of a possible vehicle involved.

Licence plate numbers are of course especially valuable.

Watch out also for “scripts”—offering to do odd jobs, checking the hot water tank, knocking on doors looking for a friend, etc. Women are being used more and more as a way to allay homeowners' suspicions. Speaking of which, watch out for -

## The Grandparents Scam.

The Ottawa Police Service Fraud Section call this telephone scam the Distressed Loved One tactic. According to the news release, a grandparent receives a frantic telephone call from someone claiming to be their grandchild. The child sounds distressed and there is often background noise or static making it difficult to make out the voice.

The supposed grandchild says they have been involved in some type of trouble while travelling (e.g. being arrested, having been involved in a car accident or experiencing major car trouble) and asks the grandparent to send money immediately to post bail, pay for medical treatment or car repairs. The scammer may even say he or she is embarrassed about the trouble that they are causing and ask the grandparent keep the conversation secret. A variation may involve two

scammers: the first scammer calls and poses as the grandchild under arrest; the second scammer poses as a law Enforcement Officer—he or she gets on the phone with the grandparent and explains what fines need to be paid. Be on your guard—especially if the supposed grandchild does not identify him or herself by name. Alarm bells should ring in your head if you are asked for money. If you experience this type of scam please report it to the Ottawa Police Call Centre 613-236-1222 ext. 7300 or phone Crime Stoppers at 613-233-8477 (TIPS) or toll free at 1-800-222-8477.

If you interested in crime statistics for the area and for the city go to the Ottawa Police Service website and you will find the Crime Mapping tool. Here you can check types and incidence of various crimes over a specific period. Or go directly to [http://www.ottawa-police.ca/en/crimefiles/crimemaps\\_reports/cr\\_redirect.aspx](http://www.ottawa-police.ca/en/crimefiles/crimemaps_reports/cr_redirect.aspx).

For more information on Neighbourhood Watch in Riverview Park, contact one of the Watch Coordinators: Rhéaume Laplante (613) 521-1664, John Neale (613) 526-4817, Tim Mark (613) 733-1744; or Const. Rebecca Vanderwater, Ottawa South Community Police Centre ( 613) 236-1222 x5812.

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 36

## SUDOKU

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



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mall is also seen in the upper left corner.

Conservative by nature, I don't embrace change for the sake of change. But, as Sam Cooke once assured us, in a rather different context, change is gonna come. Of course, one recognizes that a city struggling to accommodate ten thousand new residents annually cannot preserve every patch of suburban green space where we once may have swiped plums and joyfully rambled with beloved pooches. And if the pristine woodlands had been preserved for the pleasure of the residents of the early 1950s, then today, there would be no Bathurst Avenue, no Balena or Botsford; no Bloor, no Browning.

And so, given that change is inevitable, and that its orientation must be from rural to urban, what changes have we seen in Riverview Park, and are they, on the whole, changes for the worse, or for the better? To my mind, clearly for the better.

I believe that some of the most significant improvements to our community have been the installations of the Cancer Survivor Park in 2008, and the Maplesoft Cancer Survivor Centre in 2011, and of course, the ongoing development of the Trainyards (more about that later). Together, the first two provide an urban oasis and a signature gateway to the neighbourhood, announcing to all and sundry that we are not just another residential cluster serving the city of Ottawa, but rather a viable, fully-developed community that has something to say for itself. Whenever my wife and I entertain visitors from elsewhere, we bring them to this beautiful park and never fail to tell them the background of the Mary Eagan Healing Garden and the Stones of Hope. Often, they will borrow one of the stones for a friend who is undergoing cancer treatments.

Some folks can't believe that I actually enjoy living on a busy street like Alta Vista Drive, and they seem to fear that I am risking life and limb every time I back out of my driveway into the steady flow of traffic. I readily admit that backing out sometimes requires patience (or perhaps audacity), but I look on the bright side. We always get high priority snow clearing in wintertime; and we have always had shops and bus stops conveniently located only a few steps from our front door. In fact, our stretch of Alta Vista was vastly improved in the 1990s when the former four-lane collector road was converted to a two-lane avenue with bike paths.

As urban planner Jane Jacobs argued many years ago, problems

of traffic congestion should not be addressed by making streets wider, but rather by making more services locally accessible, so that residents are less often required to drive beyond their communities to obtain such services, and, ideally, may begin to discover the pleasures of walking or cycling to local destinations. From this perspective, a narrower Alta Vista Drive is a change for the better, especially if it encourages drive-through traffic to shift over instead to Riverside Drive, a four-lane collector road.

Long-time residents may also remember when the friendly Danny Dear full-service gas station, located at the corner of Alta Vista and Dorion, was due to be replaced by a massive 24-hour BP gas bar with a dozen or so pumps. We lost the battle to keep Danny Dear, but we actually won that war, because Danny remained in the neighbourhood, just a short distance down Industrial Avenue, and we gained Tim Horton's, which has become a local fixture and a neighbourhood gathering place.

The Alta Vista Center has seen a dizzying succession of changes over the years. At various times we have been served by an IGA grocery (managed by three brothers known locally as Larry, Curley and Moe), the San Remo Italian restaurant, Cantor's Bakery, a CIBC bank, a chiropractor, Home Hardware, ANPAC contracting, and others too numerous to mention.

It's a pity that several units of the Center are currently vacant (mainly due to disinterested absentee ownership, as Stefan Dubowski explained in the Review last year), but we are being well served by Shoppers Drug Mart, Handy Market, Alta Vista Cleaners, Subway and Pizza Boyz; and Rock Lalonde has been there dispensing haircuts, shaves and free advice for as long as I can remember; and what could be more neighbourly than Rock and his park bench that he drags out every morning so that he can chat with local characters who keep him well supplied with large single-doubles from Tim's.

I make no claim to expertise in urban planning, but when planners rhapsodize about mixed-use neighbourhoods, I'm pretty sure that they don't mean hundreds of dwellings served by one Mac's Milk; or, at the other extreme, an urban district chock-a-block with government office buildings that empty every weekday afternoon at five o'clock. But if a community has a diverse collection of residences (e.g., condos, townhouses, apartments, bungalows, retirement homes), combined with many workplaces (such as the beautiful new office building on Terminal Ave., already occupied by Canada

Revenue Agency), plus lots of local entrepreneurs and services (banks, restaurants, grocery stores, coffee shops, florists, gas stations, LCBO, etc.), and a rich infrastructure of schools, churches, hospitals, parks, and maybe even a train station.... well, you get the idea – a viable community with a diverse population and lots of local jobs. That picture should sound familiar because it's pretty much what we have right now.

Every morning, rain or shine, winter and summer, I walk over to the Trainyards (surely the greenest and most pedestrian-friendly shopping centre in the entire city) to buy fresh produce and groceries at Walmart Supercentre and at Farm Boy. If, for some reason, I happen to have missed a day of shopping, one of the chattier clerks will say, "Where were you yesterday?" And as I amble along, sharing the sidewalks with schoolchildren, joggers and dog walkers, I will often be greeted with a smile and a wave from Jackie Comerton cycling to work, or get a shy nod from the older Oriental couple out for their morning constitutional. I may even pause to pester Carole Moults as she puts out her garbage, dressed in her attractive housecoat.

Before I begin to sound too gushy, let me assure you that, like all pedestrians, I have seen my share of blissfully ignorant motorists who cut me off as they make their right turns, and, yes, a few sidewalk cyclists who sweep past me at high speed after a stealthy approach from behind. Happily, I can say that these idiots are in the minority.

Do I anticipate further improvements in the building of our community? Yes, of course. For example, despite ongoing improvements, such as the incremental addition of sidewalks, Industrial Avenue is still being used as a high speed alternative to the 417 (why not just call it the 417Alt?), and the city planners really must find a way to address this issue. In fact I reluctantly admit to some degree of sympathy for terrorized cyclists who may seek the safety of the sidewalk on Industrial Ave., but only insofar as said cyclists are prepared to respect the rights of pedestrians.

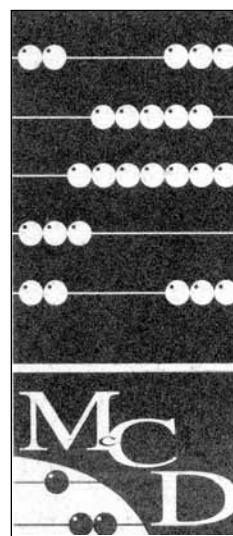
I doubt that many of the older establishments on Industrial Ave. can be integrated into the developing community; and as valuable as they may be to their specialized clientele, I look forward to a time when the warehouses and lumber yards and suppliers of front-end loaders may decide to relocate elsewhere. And, by the way, can anyone explain to me why access to the Pioneer gas bar and car wash has been made so unnecessarily difficult? At the same time, I must give due credit to Metro, with its pedestrian-friendly paved pathway between Coronation and Trainyards Drive.

Let me conclude by mentioning that one of the delights of exploring the neighbourhood on foot is that one finds hidden gems that might never be discovered while travelling by car. For instance, do you know where to find Kiwi Kraze (self-serve frozen yoghurt)? Or, AIM Health Group (walk-in medical clinic)? Yes, they're both in the Trainyards.

One frigid day last winter, when I was looking for a short-cut from Industrial Ave. to Walmart, I decided to nip through the little parking lot beside Beaudry Flowers & Silk Greenhouse and I came across the unobtrusive storefront of Milo's Pastry.

Intrigued, I went inside and was greeted by master baker Milad "Milo" Assaad and the heavenly aromas of freshly brewed coffee, freshly baked pastries and freshly cut flowers! As I later discovered, Milo had only recently installed his bakery there after his sister-in-law, Wadia Oneid, found that she had unused floor space in the rear of her flower shop.

Milo immigrated to Canada with his wife and children over twenty years ago, and has had a long struggle to get established and learn the English language. In the meanwhile, he began to operate a bakery from his home, where his wife Bernadette continues to operate a home nursery. But as much as I admire the Assaads for their energy and entrepreneurship, I do not dare to visit Milo's more often than once a week, because his freshly-baked croissants are just too mouth-wateringly irresistible.



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# Shaken from complacency on a bike sabbatical

by Pastor Franklin Chouinard

If Jon Montgomery [of the Amazing Race Canada] had been at the door when Pastor Frank Chouinard arrived home that evening in August he might have said something like this: *after 63 days on the road, 14,725 kilometres, 1 lost key, too many Tim Hortons and Starbucks coffees to mention — along with innumerable bad meals on the road — welcome back from your sabbatical!*

Sabbatical is not something that many people understand. On more than one occasion Pastor Frank was asked “so what’s it like to have three months off for vacation?” No matter how he tried to describe the intent of sabbatical [an extended rest from regular pastoral work for the purpose of renewal], many people would simply nod their heads, smile, and mouth the word “vacation”. And while it was time away from the church, as he

wrote in his blog this was to be *a time of rest, of renewal, of refocus, of spiritual refreshment; a time of quietness and contemplation; a time to get away from the busyness of life to look at the world and perhaps see something new and to listen for and to the voice of God.*

There is no standard plan for what someone will do while on sabbatical. Some people study, some research, some write, some

go on pilgrimages and retrace the footsteps of past spiritual greats. After nineteen years of pastoral ministry at Trinity Church, Pastor Frank took this, his first sabbatical, and rode his motorcycle across Western Canada and back.

It was an interesting journey. Pastor Frank left Ottawa mid-

Continued on page 37



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# MS Bike Tour continues with the Celtic Tigers

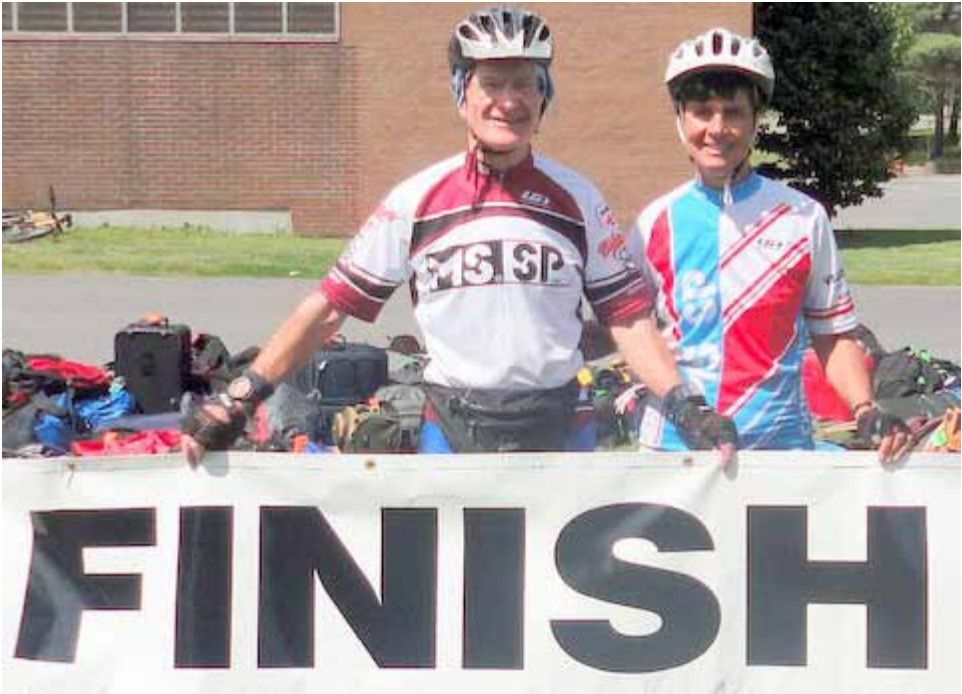
Photos by Louis Comerton



On Aug. 10th, **nine year old Finnegan Swandel of Chomley Crescent, cycled 75km** from Metcalfe to Cornwall as one of the youngest participants in the 2013 Ottawa MS Bike Tour. Finnegan, together with his parents, Nicholas Swandel and Tammie Winsor, and over 650 other cyclists, including many from Riverview Park, helped raise over \$450,000 for the MS Society of Canada. The Celtic Tiger 20 member team raised over \$12,500 this year.

Well done Finnegan!

Well done team!





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Continued from page 1

This means the wrestlers can get the opportunity (when there are under six wrestlers in a weight class) to wrestle everyone in the field over the day, and the medals are based on number



Augusta Eve with Bronze Medal, Cadet Pan Ams

of wins. Although the competition level could be viewed as less than Europe or Asia, each of these wrestlers is normally the best in their respective country for that weight. Canada and United States, often send their “alternate” as they send the number one to the World Championships unless it is

the same person. These typical big tournaments have a normal routine to them. The wrestlers arrive a day or two before weigh-ins, usually do two, one hour training sessions per day in the venue, and then go to weigh-ins and medical check the evening before their weight

class will compete. Weigh-ins are a tense time. As much as it is supposed to be discouraged, there is a lot of last minute weight drop, sometimes it is more than what would be reasonable, but in most cases it is what makes sense. That means for someone like

Augusta who normally weighs about 44.5kg at any given time, she would have to lose that 1.5kg in the previous

have unnecessary food on board until you get off the scales at 6-7PM. That makes for a long day that you are a



Sport Complex, Medellin, Columbia

days to make weight. Failure to do so means you are out of the tournament and face penalty since someone needed to be in that weight class for your country in order to send a participant to the World Championship shortly after. Now to put it in perspective, losing 1.5kg means really just sweat and liquids and making sure you don't

bit thirsty and hungry and the young wrestlers can be a little cranky, but in general, are all in it together and all wait for that time to step on the scale with those that they will meet the next day. Sometimes this is when you first see who is in the field when it comes to international tournaments, and they are definitely checking each other out. The medical check is routine to assess for medical conditions but also periodic conditions like “ringworm” which is a really common skin fungus in wrestling. If the medical examiners see something they don't like, this is another way to be disqualified. Really, ringworm is just athlete's foot on



Augusta vs Turkey, in Zrenjanin, Serbia 2013

Continued on page 39



David McGuinty

Member of Parliament / Député

Ottawa South / d'Ottawa-Sud

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# Simply Unique: Ottawa Valley Weavers' and Spinners' Guild Exhibition and Sale

by Nancy Ingram  
Photo by Mick Steers

The annual exhibition and sale of the Ottawa Valley Weavers' and Spinners' Guild will again take place the first weekend in November at the Glebe Community Centre.

This event is well known for its unique one-of-a-kind fibre artwork. Each year a select group of new artisans join to offer their designs and specialized techniques which keeps the show current. New this year is a broom maker who incorporates intricate woven fibre into his product and three artists who offer a variety of felted fibre art: tapestries, three dimensional birds, Christmas ornaments, mixed media of wire and wool, and felted whimsical characters.

In addition to the new exhibitors, a local riverview resident, Judy Kavanagh, will again be a vendor. Judy dyes local fleece to

produce rich colourful fibre for spinners and yarn for knitting. In addition to her fleece and yarn she will be selling cozy hats, mitts and scarves to keep you warm on a cold winter day. Other vendors are offering a fine selection of custom hand woven garments such as capes, vests and shawls and items to accessorize your home, including decorative pillows, throws and baskets.

Also available, for those who have their own creative needs, is a variety of handspun yarns, novelty yarns, assorted fleece (wool, alpaca and mohair) and specialized tools. On the Guild website you can read about the vendors and see a sample of their work ([www.ovwsg.com](http://www.ovwsg.com))

The "Simply Unique" Exhibition and Sale provides an excellent opportunity to shop for gifts for yourself and others. If you are unable to find that "special item" many of the vendors are prepared



to produce a custom order for clients. Also, enjoy the demonstrations of weaving and spinning by members, and at the Guild exhibit area obtain information about membership applications, the monthly programs, and sign up for

workshops held at the Guild's new resource centre.

Take in "Simply Unique" at the Glebe Community Centre, 175 First Avenue, **Nov. 1, 2, 3, 2013**, Fri. 4-8; Sat. 10-5; Sun 10-4 (Free Admission; food and ATM available on-site)

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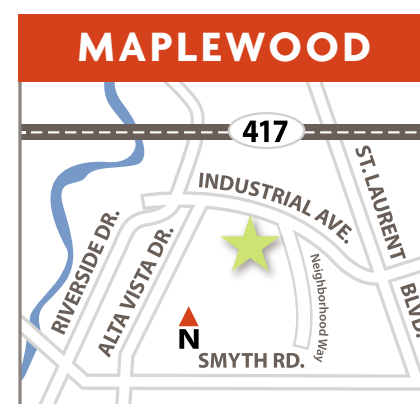


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# RPCA Fall Social at a glance

by Bill Fairbairn

A short report and a list of generous contributors to the Riverview Park Community Association's silent auction at its biennial Fall Social will appear in the December issue of The Riverview Park Review. The social, at the Mandaloun Restaurant on September 29, was enjoyed by 90 people.



After dinner this artistically decorated cake by Milo's Pastry was enjoyed by 90 guests



Roses by Beaudry's Flowers all the way for Cheryl Khoury and three-month-old Thomas



Sisters Teresa and Janina Nickus, with MPP John Fraser, enjoy a moment together



Belly dancer at the Mandouloun Resto Lounge gives the evening an exotic lift



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# Corner couple wave goodbye

by Bill Fairbairn

After 36 years the couple in the bungalow at the corner of Bathurst and Balena have left to live near their daughter and her family in Oshawa.

Bob and Iris Pelland, stalwarts

for service to associations and schools, are also now looking forward to more relaxation at their holiday cottage on the River Styx at Kingston.

Bob worked fulltime for Canada's auditor general and after

retirement voluntarily kept the books for four groups including three hockey associations. For 27 years Iris looked after breakfasts and monitoring at Vincent Massey and Riverview Park Alternative schools.

The couple first met on a blind date when Bob visited Ottawa for job interviews at two federal government departments. A colleague set up a foursome dinner and Iris and he hit it off from the start. She advised him to take the job that paid the most and he did.

She was practical in more than the nursing she then did at the Civic Hospital as anyone who has enjoyed her conversation at Tim Horton's will agree. On her first day at Riverview Park she had 60 students sit down in the gym for breakfast. Her work continued as a recess monitor and she also ordered the necessary food. She served her last breakfast at the Riverview Park School just before summer holidays.

While Iris was working at school Bob audited governmental department spending as a watchdog befitting his career at the auditor general's office. "I saved Canada five to seven million dollars a year on one audit alone," he said in an interview. "Sheila Frazer was very



Bob and Iris Pelland wave goodbye from their corner house



Iris Pelland working her final stint as breakfast coordinator at Riverview Alternative school

Continued on page 37

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## It's all about what the people wanted. Or... why the Peak Boutique came to be

by Carole Moulton  
Photos by Greg Money

It was just last year in the final days of winter 2012 when this author first opened the Peak Sportswear door of Unit 20, 2615 Lancaster Road, only to discover a magical world completely unknown to her: a world filled with not only wonderful custom-made costumes and beautiful team jackets, but suits used for sports of every kind. Bolts of various fabrics and colours were piled high on sturdy shelves, and half a dozen seamstresses were working diligently on materials that would soon become outfits of every size and shape. Santa's workshop at the North Pole would be the only comparison that could be made.

Fast forward now to early September of 2013 when the same door was pushed ajar, only to discover that at this time owner Pat Nuell was bundling up an order for 4,000 coats, destined to be sold all over the world. Boxes were lining the front of the shop, ready for transport to tradeshow in Toronto and Chicago.

The idea alone of creating such a large quantity of anything would be ominous to most of us. Pat, however, was handling this unusual feat just as she has done others; with her same upbeat attitude of having completed another exciting project for one of many happy customers.

On this particular September day however, it soon became evident that the scene behind the Peak Sportswear door, not including the boxes, was totally unlike what one usually saw upon entering the fascinating shop of Lancaster Road. Not only was the store almost empty now of those shelves that held the vast array of fabric, but most of the intriguing sewing notions and adornments had been packed into blue tubs and large clear plastic containers.

In fact, Peak Sportswear was bustling at the seams and needed to move to a new location across the road,

which would be double the size. The reveal will come in November, when the team is settled into Unit A of 2630 Lancaster Road, and there will be an exciting new Peak Boutique retail store opening up in the front of the 2,000 square foot site. Customers had been asking for a retail shop for quite some time now, and what they had been wishing for they would soon be getting.

The new Peak Boutique is going to be a shop for all seasons. Skaters and dancers will be able to choose from ready-made outfits or have designed custom-made costumes, people who like micro jackets or pants

gymnasts, male or female, or those involved in any other sport, will be able to buy off the rack or decide to have something created specifically for them.

These same customers will also be able to see the many choices with regard to Bling zippers, or Swarovski crystals, along with all sorts of notions; and know that what they are having created for them is truly unique.

And, as in the former store, fabrics

will be piled high on the shelves at the back of the room, but now they will be made available for sale. Furthermore, visitors to the new store will be able to see the magic behind creating new outfits, plus become aware that these are being manufactured, not only in Canada but here locally in Ottawa.

"I think that it is a good experience for people to see the whole Canadian process of Canadians supporting Canadians," Pat has noted on numerous occasions.

Moreover, because Ottawa is challenged for

sportswear fabrics, there will be spandex for sale by the metre, in addition to breathable wick away fabrics, and yoga Suplex. A wide range of polar fleece colours will likewise



be available to buy, manufactured not far from here in Hawkesbury, Ontario."

Pat Nuell's past experiences are extensive, and already many customers have appreciated the background that she has brought to Peak Sportswear. She has cut and built costumes, for among others, the Stratford Festival, Stars on Ice, Disney Productions, the Shaw Festival and the National Ballet of Canada. She has also created custom made jackets (all made to measure) for many local skating clubs, and an archery team in the Pan Am Games. And, just last year, Peak Sportswear created custom-made team jackets that were shipped half way across the world to New Zealand's National Swim Team that competed in the FINA World Championships in Barcelona Spain this past summer.

Visitors to the new Peak Boutique are soon going to be quite excited when they see just what Pat Nuell and her team can do. And just as this author did early last year, they will quickly discover the whole new world of Peak Sportswear designs, beginning on Saturday, November 3<sup>rd</sup> from 10-2. They will also appreciate the opportunity of being able to drop into the wonderful new Peak Boutique, not only on Saturdays, but Thursday evenings until 8. Well-done Pat Nuell for another one of your creative concepts.



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Continued from page 13

prise when cousin Jenny made a telephone call to her the following week. The two cousins took up from where they left off, and all because of a two-page article in a Chicken Soup for the Soul paperback book

For several years now Catina has wanted to take her writing much more seriously, and because of opportunities that she has pursued, a passion for writing has been turned into a reality. By December of 2012, Catina had 100 short stories, poems, or photos to her credit, and a family celebration was held at a local restaurant to mark this milestone.

To date, Catina's work has also appeared in, among other publications, Lemon Tradewinds that is a yearly anthology, plus several issues of The Ontario Poetry Society Newsletter, Verse Afire. One contribution even made the September 9<sup>th</sup> issue of Woman's World, on the 'Circle of Kindness' page, while the on-line websites of Short Story Me and Jam Jar for Poetry have also accepted Catina's intuitive material.

More locally, Catina began contributing to the Riverview Park Review in 2010, and the paper has been proud to have had her on its team since then. She began with a short story about discovering the Dempsey Community Centre, and has continued to share about their programs, events, and some of the extremely interesting people that participate in the various activities at the 1895 Russell Road location.

Catina has written about some of the very positive happenings at Russell Heights, and has included a great variety of human-interest stories and poems for our readers to enjoy. She is to be highly commended for following a dream, and we hope that we will be able to continue to enjoy the results of her impressive work for a long time to come. Well done Catina.

SUDOKU

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

Sudoku on page 26

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only two months before the German surrender.

Day One: Tuesday July 16:

On this day we walk northward towards Arnhem. Well before the 7:30 a.m. official start time, I am eagerly waiting with about ten thousand 30 km walkers. (Longer distance walkers start earlier, so that all three groups finish around the same time). At 7:30 the crowd inches toward the gate where each walker's bracelet is scanned. Due to the vast numbers, I don't get through until 8:15.

The walkers are relaxed and friendly, switching easily to English when they realize I don't speak Dutch. I am hoping to average at least 5 km per hour (running is not allowed; this is not a race) including time for snacks and toilet breaks. By noon, the sun is high, and the weather is unusually hot and humid. Electronic signboards warn: DRINK WATER ON TIME! I am carrying two full bottles and make sure to refill them often. As we walk through villages, the locals have set up their sofas and chairs outdoors, under awnings, and put food and drink out on tables for the walkers. Children stand in the middle of the road with bowls of sweets, pretzels, strawberries and sliced cucumbers. You can tell that the Canadian Military has been in the village earlier handing out Canadian Flags to the villagers and these are proudly displayed; the Dutch remember WW2, and hold Canadians in high esteem for the liberation of their country.

I soon realize that my goal of 5km per hour will not happen, so I relax, and go with flow, enjoying myself and marvelling at this unique celebration of humanity and Dutch culture.

At 3:45 p.m., I cross the Finish Line and get my bracelet scanned. I survived the first day! By 8:30 p.m., I am ready for bed, feeling aches in muscles I didn't know I had. But I sleep like a log!

Day Two: Wednesday, July 17:

Through the Starting Gate by 8:00 a.m. The route today is westward, through more wooded areas, and the shade is welcome. At some point, the routes for the 30, 40 and 50 km categories always merge into one and you always know when a military group is approaching, as they walk in formation (in pairs) and sing loudly to maintain a brisk pace. Civilian walkers either make room for the soldiers to pass or else pick up their pace to join in with them, singing songs like It's a long way to Tipperary. Villages have their local bands playing, even farmers in their fields set up loudspeakers blasting everything from classical to rock. Songs like I don't get no satisfaction and Proud Mary, are special favourites and heard at least once a day. Hey, even I know those songs and, it seems many Dutch people do too: Rollin', rollin', rollin' down the river..

As I walk along, I fall in beside a lady with a Canadian flag on her back-

pack, and we begin to chat. What are the Chances!! Mattie is from Ottawa, and like me, doing the Walk for the first time, and she worked with my son Tim before she retired. We become walking buddies for the rest of the walk. The second day flies by! After supper, I have so much energy that Brian and I go for a walk and he tells me about the history of Nijmegen. He is quite amazed to discover that Nijmegen is the oldest city in the Netherlands, and was a frontier outpost of the Roman Empire for 400 years.

Day Three: Thursday, July 18:

Today, the walk goes through the village of Groesbeek and many of the walkers will pause at the Groesbeek Canadian Military Cemetery for a Remembrance ceremony and laying of memorial wreaths. There is a crowd already there when Mattie and I arrive, including Dutch dignitaries and walkers of all nationalities. The Canadian contingent, over two hundred strong, march forward to the plaintive skirl of the bagpipes, and stand at attention, in silent prayer and reflection as a lone bugler plays the Last Post, honouring these who never returned to Canada.

Today would have been the 99<sup>th</sup> Birthday of my father, Frank Kelly. I never dreamed that I would get to see places like Nijmegen where he participated in the liberation of the Netherlands. The 2<sup>nd</sup> Canadian Infantry Division in which Dad served (Black Watch) along with Donald Muir (Essex Scottish), lost close to 300 officers and men, and suffered more than 1100 wounded during the twelve days from Feb. 26 to March 10, as they advanced from Nijmegen into the German Rhineland. (Most of these events were previously unknown to me, and I will be forever grateful to my neighbour Terry Warner, who, just a few weeks earlier, had helpfully loaned me a very informative book by Terry Copp, The Brigade: the Fifth Canadian Infantry Brigade in WWII.)

Following the ceremony, as I walked over for a last look at Donald Muir's grave, I met and spoke to two Canadian soldiers who were weeping as they read the ages and inscriptions on the tombstones of the young men who died there so long ago. Needless to say, it was a very emotional day.

Day Four: Friday, July 19:

Today's route is the busiest, through many towns and villages, each trying to outdo the other in handouts of food, and drink and live entertainment for the walkers. Each town has a bandstand for dignitaries, mayors and other high officials, both sides of the route are lined with spectators, some sitting in cafes, others standing three to four deep, even patients in hospital beds under awnings, happily wave and shout encouragement to us. At one point, a tenor in a bandstand sings a moving rendition of You'll Never Walk Alone, and everybody sings along! It's crazy, corny and absolutely heart-rendingly beautiful. Mattie and I are laughing and crying amidst this unique and wonderful experience of

determination, peace, good will and harmony.

This final day is even more of a spectator sport, with tens of thousands lining the final 10 kilometres of the walk, showering the walkers with fresh-cut gladiolas. Grandstands have been set up along the main street leading to the Finish line (renamed Via Gladiola for the day), and we are met by 250,000 cheering spectators. It is unbelievable. And though I will never know what my father experienced, I have covered the terrain and seen the Dutch people's gratefulness. Yes, God willing, I will return to Nijmegen next year and walk down Via Gladiola and celebrate my father's 100<sup>th</sup> birthday. What a blessing to be able to do this Walk of the World.

Continued from page 23

their physical limits, they also learn to push the boundaries of their imagination and character. It is often on the playground that children learn who they are, and how to understand the world they live in. It is for these reasons that acquiring a new playground in the kindergarten yard of Vincent Massey is so important. It will not only contribute to the well-being of the children who will use the equipment, but it will also contribute to a better community as a whole.

The current kindergarten play structure is small, dilapidated and meant for a small number of children. Currently this is the only play structure for approximately 130 children in junior and senior kindergarten. Although all parents and staff recognize that the structure is inadequate, there is simply not enough money in the budget to purchase new equipment. Therefore, the School Council has submitted a proposal to the Aviva Community Fund to renew the playground with naturalization; access to games that improve literacy, numeracy and physical activity; and, an age appropriate play structure. Each aspect of this project confers unique benefits for the children. Increased green space/ naturalization has been shown to reduce stress, improve concentration, and improve overall mental health. Painted asphalt games can improve literacy, numeracy and increase physical activity. Finally, a new play structure can help children develop physical strength, coordination and balance, as well as a wide variety of social/cognitive skills.

If you were once a kindergarten student at Vincent Massey, or a parent of a kindergarten student, or a grandparent, or a neighbour, or a friend across the street, please check out this link,

HYPERLINK "<http://www.avivacommunityfund.org/ideas/acf17131>", and vote for a new playground. The kids will thank you for it!

## Continued from page 28

June on his vintage 1980 Honda CB750K. The idea was to revisit his spiritual past and to reconnect with people who had influenced him over the years. An added bonus was an opportunity to see his family along the way after he attended the denominational quadrennial legislative meeting in Indianapolis, Indiana.

Pastor Frank left Ottawa on his journey-cum-adventure June 19, arriving in Indianapolis in time to join over 100 other Nazarene motorcycle enthusiasts [members of the Nazarene Motorcycle Fellowship] for *Indy Thunder*. This was a planned afternoon ride through the Indiana countryside escorted by 8 of Indiana's finest State Troopers. The next day he attended the proceedings as the 28<sup>th</sup> General Assembly of the Church of the Nazarene began, and he stayed for the week of legislative meetings before heading north via the Mississippi River, then west.

What word could be used to define the sabbatical trip? *Interesting* is too tame, as is *different* or *out-of-the-ordinary*. Of course, these only attempt to describe what happened on the trip itself. *Shaken from complacency* would describe the result of the sabbatical time. Like many of us, Pastor Frank has a somewhat ordered life. There are expectations of what a pastor will do and how a pastor will live. And he had accepted the role and attempted to fulfill it, fairly straightforwardly. However, this sabbatical journey came with surprises and challenges and resulted in some changes. The eagle flying overhead at his first stop after he left Indianapolis seemed an encouragement to him "to fly and to soar".

He talks about flying and soaring. He says "I'm 'safe guy'. A planner. I don't do anything, I don't say anything without it being well thought out. I don't make waves. I don't tread on toes. I avoid confrontation unless it is absolutely necessary.

Safe: that's the word. That's how some people might describe me. But today I forgot about safe. What I did was not usual. It was not normal. Today I threw away the map. and it was exhilarating! Amazing! Freeing, even!"

He had planned out – mapped out – his journey. While he wasn't afraid of becoming lost, he was somewhat time-conscious and wanted to be sure he arrived at his pre-arranged bed and breakfasts in the early afternoon. The day after he left Indianapolis was a turning

point for him. He had just crossed the Mississippi River that morning and was at a "T" junction. The plan was to turn right and take a fairly main road to his next stop. For some reason – totally out of character for him! – he turned left and followed a minor road instead. When he stopped for a stretch someone came and talked with him about his motorcycle [that happened often], and as Pastor Frank prepared to continue on his journey the man he was talking with suggested that he change course on another minor road. Four or five times that day when Pastor Frank would stop someone would talk with him and suggest an alternate route. His planned 4 hour ride took 10 hours [with many stops to look at fantastic scenery – and one at an actual A&W Drive In!] . . . and this has reminded him that people [and the church] can become so focused on what is expected that we forget to relax, breathe, and enjoy what God has called us to be!

The trip was more of an adventure than was anticipated. Pastor Frank was much more delayed with construction than with bad weather. Amazingly, he went through only about 10 minutes of rain the whole time [pulling over to the side of the road to don rain gear he met Camille from Quebec's Eastern Townships who was attempting to ride to the Yukon and back in 3 weeks!]. He did see the results of rain, though: roads were closed in Alberta so he was unable to visit one of the places he had planned to visit; and he rode through High River Alberta and saw the devastation there. Road construction delayed him in some places and was a challenge to pass through in at least one other. One morning he was awoken at 5:00 by the local fire department – he was staying downstream from the Lemon Creek jet fuel spill and the area was being evacuated.

The adventure included amazing scenery, fantastic roads for a motorcyclist to travel, interesting sights along the highway . . . and a gas station in the middle of nowhere, Northern Ontario that saved Pastor Frank from having to walk because he was almost out of gas!

From Ottawa to Indianapolis; up the Mississippi River to Winnipeg; through to Saskatchewan and the first church that he was part of; into Alberta and Camp Har-mattan where he had first heard of God's amazing grace at a youth camp when he was 17; through the mountains then across to Vancouver Island and the Pacific coast;

Pastor Frank continued to connect with family and friends . . . and with his past. It wound up to be his own pilgrimage. The goal of rest and renewal and refocus and refreshment through quietness and contemplation was achieved. And now that he's back, the work from the sabbatical begins!

[Franklin Chouinard has pastored Trinity Church, 480 Avalon Place at Braydon, since December 1994. The church strives to be an integral part of the Riverview Park community and is involved in a number of different ways: hosting the Alta Vista Cooperative Nursery School, a community garden, a FreeShare depot, children and youth activities, as well as regular Sunday church services. For more information visit the web site: [www.ottawatrinity.ca](http://www.ottawatrinity.ca), or phone the church office at 613-731-8926. As well, you can catch up on his trip by reading his blog, which can be found at [afrankguy.wordpress.com](http://afrankguy.wordpress.com)].

## Continued from page 34

pleasant to work for and she was always well prepared for her job. As auditor general she handled the Liberal government sponsorship scandal." The scandal is easily recalled for the astute yet cheeky way Prime Minister Jean Chretien juggled celebrity autographed golf balls during the Gomery Commission inquiry.

Bob drew a contrast in explaining that the Auditor General of Canada, unlike former Parliamentary Budget Officer Kevin Page, reported direct to Parliament. Page reported to the chief librarian and was notably in conflict with the Harper government over the soaring cost of F-35 fighter jets.

After retirement five years ago Bob filled in as treasurer for the Ottawa Junior 67s AAA hockey club and the Ottawa Sting and Canterbury hockey associations. He kept the books for his Kingston cottage association. In the past he served the Ottawa Highland Dancing Association in the same way and found time to serve as a Beaver leader.

"I worked 2,400 hours a year after retiring," he said with a shrug and smile. Now it's time for some relaxation."

The Pellands leave behind their son Chris, an Ottawa real estate agent, but plan to return regularly to visit him and likely Riverview Park too.

## Continued from page 8

start green and then to become more preoccupied with marketing benefits than measured benefits.

Now, please don't get me wrong, I am not saying that anyone knows for sure that portions of green building certifications like LEED are being compromised, but the point is that the public has very little readily available information to be able to assess that for themselves. When Kermit the Frog of Muppet fame said, "It is tough to be green", he could have carried on to say it is tough to "stay green" when you are trying to "sell being green at a profit". So, exactly how well are we staying green in the real world of builders, financiers, sellers and buyers? How are these buildings and homes performing over time?

Certainly, there has been remarkable growth in the green building movement supported by many people and organizations, including Conway Fung Homes, but clearly there is not enough measurement and public reporting of the actual performance of green buildings in any sector, residential or commercial. Even the public sector, which has been moving towards new greener office infrastructure, has failed to report on actual results. We are paying premiums, albeit often modest, for "green buildings", but what are we getting in return over time?

Some countries are beginning to move on initiatives intended to enhance public disclosure on the performance of "certified green buildings". At this point, the emphasis is on voluntary disclosure of a building's energy performance in actual operation. However, there is increasing pressure to provide even more information on all the claimed environmental benefits of certified green buildings. This positive development has yet to make major headway in Canada. That is cause for legitimate concern.

So, before you buy into a green building or housing unit, ask some tough questions on actual environmental and operating costs performance of similar structures developed by the builder. This is very much similar to how listed companies are required to disclose their financial information and shareholders and analysts, and people thinking of buying shares, can judge whether their numbers hold up.

Public transparency has always been a big driver of openness and accountability within industries. When this is not in place we strengthen the potential for greenwashing and for the steam to go out of a very important movement. Ask questions and expect to receive verifiable data to show the benefits of why you should buy.

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**ST. AIDAN'S ANNUAL YULETIDE BAZAAR**  
Saturday, November 2nd, from 10 am to 2 pm  
Start your Christmas shopping early! We have Crafts, Baking, Jams and Jellies. Take part in our Silent Auction, our Chinese Raffle, visit our Ladies Boutique and enjoy a lovely lunch in our pretty Cafe.  
For more information call the church office at 613-733-0102. Parking at 934 Hamlet Road (near Elmvale Acres Shopping Centre)

**ST. AIDAN'S HARVEST DINNER!**  
Complete with turkey and all the fixings including home made pies!!!  
On Wednesday October 9th, there will be three sittings: 5pm, 6pm, 7pm.  
\$15.00 for adults, \$7.50 for children under 12 years. Tickets available in the church office (613-733-0102) Parking at 934 Hamlet Road (near Elmvale Acres Shopping Centre)

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October 26th, 9 to 1 pm - **PLEASANT PARK/HAWTHORNE GIANT USED BOOK SALE**  
Love to read? Then you won't want to miss the Pleasant Park/Hawthorne Giant Used Book Sale on Saturday, October 26. Featuring thousands of nearly new books for all ages at great prices. the sale runs from 9 a.m. to 1 p.m. at Pleasant Park Public School, 564 Pleasant Park Road at Lynda Lane. A bake sale, free coffee and children's activities make this a community event with something for everyone! For information, or to donate books, visit [www.pleasantparkps.ocdsb.ca](http://www.pleasantparkps.ocdsb.ca) or call Laurel at 613-731-9678 or Crystal at 613-523-7650.

**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](mailto:letterit@rogers.com) with your e-mail address and postal address and tel. number. When [letterit@rogers.com](mailto: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](mailto: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.

**"ALTA VISTA CAROL SING"**  
SUNDAY, DECEMBER 8th, 2013 at 3:00 p.m.

On Sunday, December 8th, 2013, 3:00 P.M. at Immaculate Heart of Mary Church, 1758 Alta Vista Drive, come enjoy the music of the Season! Four choirs, the Junior Choir from De La Salle, école secondaire publique, the University of Ottawa Medical School Choir, the Kanata Choral Society, and the Immaculate Heart of Mary Church Choir, are accompanied by the popular Ottawa Wind Ensemble, a 35 member orchestral group. They will be joined by Dr. Fraser Rubens, a well-known tenor soloist and his son Zachary, for special tributes to the musical season. And, of course, interspersed with this, will be carol-singing for all to join in.

This 22nd Alta Vista Carol Concert is held in support of the Heron Emergency Food Centre (HEFC). Admission to the Concert is FREE and there is ample parking. There will be collection baskets for voluntary monetary donations (cheques or cash) to the HEFC so that the HEFC can purchase fresh food and make this a special Christmas for all in our community. Tax receipts will be issued for donations over \$10.

Come and enjoy this wonderful prelude to the Christmas season; it's a joyous way to help those in need in our community.

**FALL BAZAAR**  
on October 26, at St. Thomas the Apostle Anglican Church, 2345 Alta Vista Drive, 10 am to 2 pm. Pre-bazaar BAC breakfast at 9 am.  
Dessert Cafe from 11 am to 1 pm.  
Bake room, Delicatessen, Christmas puddings, Jewellery, Clothing Boutique, Handicrafts, Book room, etc

**CBB Coordinator Denise Kennedy**  
[denisekennedy@rogers.com](mailto:denisekennedy@rogers.com)

**TRIVIA NIGHT:** Come and take part in the 3rd Annual Night of Trivia Fun at Rideau Park United Church, 2203 Alta Vista Drive (at Cunningham), Saturday evening, October 19th at 7:30 p.m. You will play in teams of four which can be self-organized or assigned at ticket purchase. Early birds can submit ideas for trivia topics. Andrew Rader will once again be the trivia master. Andrew recently won the title, "Canada's Greatest Know-It-All" in the Discovery Channel competition. Tickets are \$10.00 per person and may be purchased at the church office (9 a.m. - 4 p.m. M-F) or by calling 613-733-3156 ext 229. Light refreshments are included. Proceeds to the work of the church in the community. For further information, see [www.rideaupark.ca](http://www.rideaupark.ca)

**HARMONY CLUB FOR SENIORS** will hold its monthly gathering on Wednesday, October 23rd, starting at 11 a.m at Rideau Park United Church, 2203 Alta Vista Drive (at Cunningham). All seniors in the community are welcome to visit or to join. Members begin gathering for conversation at 11:00 a.m. A delicious lunch will be served at noon (cost is \$6.00). After lunch, from 1:00 p.m. to 2:00 p.m., a notable guest from the Ottawa community will speak on a topic of interest to seniors. Visitors are welcome to attend the presentation at no charge. This Club is run by volunteers. The church is wheelchair accessible and parking is free.  
Please come, make new friends and renew old acquaintances. For more information, please call 613-733-3156 ext 229.

**CHRISTMAS TREASURES BAZAAR:**  
Join us on Saturday November 2 from 1:00 - 4:00 p.m. at Rideau Park United Church, 2203 Alta Vista Drive (at Cunningham). The Bazaar offers something for everyone, from meat pies to homemade baking, jams and relishes. You can peruse the gift baskets, the Christmas decor collection, Ladies' Boutique and the garden centre. Be sure to search out the Book Alley for a great read and the General Store for household and sporting goods. Drop by the children's toys, games and electronics, and make a bid at the Silent Auction. After shopping, stop by the Tea Room for refreshments and conversation. For more information, see [www.rideaupark.ca](http://www.rideaupark.ca) or call 613-733-3156 ext 229.

**THE FRIENDS OF THE FARM DATEBOOK:**  
October 26th - 10am to 3pm - **USED BOOK DROP OFF** at Building 72 in the Arboretum on the Central Experimental Farm, take east exit at the traffic circle. Books received on that day will be sorted and categorized for the annual fundraiser book sale to be held next June. No magazines, encyclopaedias or text books please. Follow the signs, volunteers will be at the ready to help unload your books.

November 2nd - 10am to 4pm - **CRAFT AND BAKE SALE** hosted by the Friends in Building 72 in the Arboretum. Wonderful selection of crafts and don't forget to pick up some delicious baked goods!  
[www.friendsofthefarm.ca](http://www.friendsofthefarm.ca) 613-230-3276 [info@friendsofthefarm.ca](mailto:info@friendsofthefarm.ca)

## Continued from page 30

your arm, leg, or abdomen, and it is prevalent since the wrestler's skin gets abrasions against the mats and the opponent.

Well, that said, Augusta weighed in well under 43kg at 42.1kg and passed skin check. It turned out that her Pan Am field consisted of Venezuela, Columbia, United States, and herself, Canada. This is not a bad draw as it means it will be round robin, and she will be guaranteed 3 bouts in the day. Doesn't sound too busy, but it does make for a fairly tiring day.

This Pan Am tournament is the first time that Augusta would wrestle to the new FILA rules. This rule change was part of the action plan taken to get wrestling reinstated into the Olympics. When mentioned in the media about the changes, one of the fundamental differences was moving to two (3) minute rounds rather than three (2) minute rounds. Most non wrestling people said understandably, big deal, how exciting, sarcastically! It really does need an explanation. The main difference is now the score is continuous into the next round. In the old rules you would win a round like a set in tennis and then start the next one, and the winner is best 2 of 3 rounds, not points total. That meant very strategic matches where a wrestler would defend just a 1 point lead to try to win the round. Now with continuous points, the wrestler behind is still in the game until the end, and this means the wrestler in the lead is not safe to win even if 3 or 4 point up. There will be a lot of attacking going on and action is what spectators want to see. No one wants to see two men or women in a singlet just pushing each other around afraid to take chances. There were other rule changes with this same intent in mind, but are beyond this article. Wrestling is all about take-downs and ground fighting and that needs to be showcased and promoted by the nature of the rules.

Augusta met Columbia in the first bout. In sizing up the opponent, in comparison, Augusta seemed like she would have the upper hand. Many times this is not obvious as skills and determination can be hidden virtues. In this match, Augusta did control, getting ahead by attacking and gaining a 3-0 advantage. The new FILA wrestling rules, this time, led Augusta to be very offensive but then, as described earlier, the rules came to the help of the Columbian. Augusta let down her guard and fell to a three point takedown in the last 12 seconds of a match she previously controlled, and lost 3-3 (Augusta lost since the opponent got the last point, even though the score is tied).

She spent a lot of the summer working on making her "sweep single" attack to be more effective. This move, the wrestler will step to the side going low in a semi-circular motion to get a hold of the opponent's leg down low

and then work to bring them down with leg pressure or getting behind them to score. Augusta was happy with her executions. It is one thing getting to these tournaments, but if you are not at the level to score against these top in age class opponents, a victory will be elusive.

The next match was against the eventual gold Medal winner Venezuela, this girl didn't lose a match and Augusta was no exception.

Augusta had a final match against USA. She really needed this win to secure 3<sup>rd</sup> place.

United States is a strong wrestling country with a program with far more depth than Canada and a greater population. They won the overall men's and women's event for the Cadet Pan Ams so this match could be tough and she had never met her opponent. Last year, Augusta lost to United States. This year Augusta won and was able to control the match from beginning to end. Augusta seemed to have more strength than the bigger US opponent. This win was important as it salvaged the bronze medal with a lesson that cost the silver by the last second loss to Columbia. Nevertheless, the three girls on the medal Podium were happy, and Augusta took home fond life memories, which is what these youth tournaments are about.

The following day, the final Sunday was now about watching and supporting the men's team as they go through the same routine you just had. Of course these events are highlighted by lots of social interaction and the teams trading everything from buttons, pins, singlets, jackets, and of course facebook connections and lots of photos to post. Monday morning came with the kids not going to bed prior to leaving to the airport at 3AM on an hour long bus ride and then a long day of flights back home to Canada. The Canadian team travels pretty much together until they get back to Toronto and they all then connect back to their own home province. So, as well as meeting athletes from South America, even the Canada team creates new pockets of friendships within the team, and meet new coaches and team managers. The Canadian Amateur Wrestling Association CAWA does a great job supporting these events.

Augusta was home for a week, when she headed back to the airport where she would leave on another trip, this time to Zrenjanin, Serbia, for the Cadet World Championships, on August 22nd. This tournament is a much

bigger scale with many more countries covering Asia, Europe, Middle East, Africa and of course those from the Americas. There is more hype, a "few" more spectators, live streaming, replays, first loss elimination, and more formalities that all add to nerves for the young athletes. This is why just the experience of these events can assist in future success.

This tournament had a full grid of 16 countries in the 43kg women's event. After that same routine of weigh-ins, when there is a bracket draw, the wrestlers are asked to pull out a number from 1 to 16 to put them on the grid in the elimination rounds.

Since Augusta drew 15 and Turkey drew 16, that meant they faced each other in round one.

There is no seeding in wrestling like in tennis which tries to create a draw that puts the number one and two seeds on a path to meet in the finals. Your fate lies with, as they say, luck of the draw. If you are the best, you will be the champion. You can watch Augusta's round 1 match on You Tube at <http://www.youtube.com/watch?v=Vkl6J8AWog8>

or search "Augusta Eve 43 kg" on You-tube or Google.

This match did demonstrate that excitement is back on the rise. High points and lots of aggressive attacks from both side sides and where the match is not over until the end. Augusta showed she is right in there competing at that level.

On September 8<sup>th</sup>, the International Olympic Committee voted to keep Wrestling in the 2020 Summer Games. Hopefully more people will gain interest and watch to keep this from happening again. It is up to the wrestling community including the organizations at all levels as well as the wrestlers to ensure this is a sport, at least when the Games come around, is what people want to watch because it is exciting.

The other important part in keeping it in the Games was to create gender equality where now there are the same number of weight classes in women's Freestyle wrestling as there is in Men's and Roman Greco Style.

Hopefully with more understanding, the Canadian population will tune in and look to see when Canada's wrestlers compete in 2016, and 2020. Also more kids may become interested and sign up at wrestling clubs and high-school programs where Augusta began just 3 years ago. Only this will keep the sport alive in the long run.

## New at Dempsey Community Centre- Pickleball!!!

by Catina Noble

Dempsey Community has recently added Pickleball to their list of activities. When I first heard the word I wondered what it was. It is a sport. A very popular sport that is geared to people over 50 years of age. I decided to drop by Dempsey to talk to a few people that played the sport and see it for myself.

I had a chance to talk to Marcy Taylor who took up the sport a little over four years ago. Believe it or not Marcy says that "Pickleball is the fastest growing sport in North America".

Marcy saw Pickleball advertised at another center and went to try it out. She immediately fell in love with it. Pickleball is played mostly in teams of four, two on each side, with lowered nets. The first team to reach 11 points wins the game but the winning team must win by two points, if not the game goes into overtime.

The group runs on a drop in basis. Romeo has only been playing the sport since February of this year. He loves it and has already played in his first tournament. He sets up the nets and will be volunteering his time to help teach beginners to play the game.

Some of the Pickleball players at Dempsey even play the sport competitively. Barb Taylor and Chris Rogers who play at the center won Gold medals in Women's doubles for their age group in Oshawa. Barb and Mike also won Silver in mixed doubles. As well Barb and Chris recently won Gold in Cornwall in the Ontario Seniors Games, which is like similar to the Olympics and has competitions for different sports. It is an all day event that had an attendance of approximately 400 participants.

Pickleball got started at Dempsey a couple of months ago when Madeleine, of Dempsey Community Center, went to check out the sport at another centre. At that time she was introduced to Louise who had been playing the sport for the past three years. Louise describes Pickleball as "similar to Ping Pong played on a badminton court with bigger paddles and a bigger ball". Madeleine and Louise kept in contact through emails and made some phone calls.

Pickleball is offered three times a week. Advanced players play on Monday afternoons 12:30-2:30 pm and on Thursday mornings 9:30-11:30pm. Starting the first week of October there will be a Beginners with instruction by volunteers on Wednesday afternoons from 1:30-3:30 pm. Also new at Dempsey this fall are Badminton and Zumba. For more information please call Dempsey Community Center at 613-247-4846.

Madeleine would like to thank Louise who helped get the ball rolling to bring Pickleball to Dempsey. A special thanks goes out Romeo, Louise and Marcy for taking the time to talk to me.



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DISTRICT SCHOOL BOARD

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Vice-chair of the Board  
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133 Greenbank Road, Ottawa, ON K2H 6L3

Web Site: [www.ocdsb.ca](http://www.ocdsb.ca)

# Best of the summer season



Balena Park pool was part of the venue for the corn roast  
*Photo credit: Orrin Clayton*



73 year old Helen McGurrian [e.g. "Nan-diana Jones"] rock climbing at Angels Landing, Zion Park, Utah, on July 1st!



*Photo credit: Carole Moul*



*Photo credit: Arze Chabine*



*Photo credit: Arze Chabine*



Neil Fairbairn, formerly of Riverview Park, and sons Dylan and Kieran, celebrate the moon festival in Vietnam wearing Ao Dai costumes. Neil, teaches at a United Nations school in Hanoi. There are only two such schools in the world.  
*Photo credit: Lori Fairbairn*



*Photo credit: Geoff Radnor*



*Photo credit: Carole Moul*



*Photo credit: Arze Chabine*

# At home and abroad



When Janina was growing up, she would go ice fishing with her dad. When her sunglasses fell into the lake, at her cottage near Montebello, Quebec, she used this experience to retrieve them from the bottom of the lake with hook, line and sinker!  
*Photo credit: Bill Fairbairn*



Hummingbird on Caverley  
*Photo credit: Geoff Radnor*



John Fraser enjoying victory, August 1, 2013



*Photo credit: Franklin Choinard*



Setting up for Eastway Gardens' Summer Fun Day  
*Photo credit: Kim Lamont*



Cecil Morrison Park on July 30, 2013  
*Photo credit: Kim Lamont*

# Vincent Massey Public School

*From Heather Swail*  
**THE START OF A BRAND NEW SCHOOL YEAR!**  
Hello everyone! September 3<sup>rd</sup> came and went and we are now in the full swing of an exciting school year. We have had lots of changes at V.M. and we are looking forward to a great, brand new year.

**WELCOME FROM THE PRINCIPAL, MS SIOUFI**  
Welcome to another school year at Vincent Massey PS. This year brings us five new Full Day Kindergarten classes and the Extended Day Program. During the summer, Vincent Massey school had many renovations: two brand new FKD classes were built; our kindergarten yard has been expanded and our parking lot extended; our school yard has been painted with many games for our students to enjoy such as four squares, mini hockey, snakes and ladders and more. We are very excited about all these great renovations/additions. We also have many new students, staff

members and a new vice-principal whom you will read about below.  
Our first few weeks of school have been a time for students, parents and staff to learn and get used to our new entry and dismissal procedures. I can say with confidence that due to the  
  
amazing team of educators we have at VM and their team work, we are now all comfortable with these new procedures. Our non-bused students are now dismissed

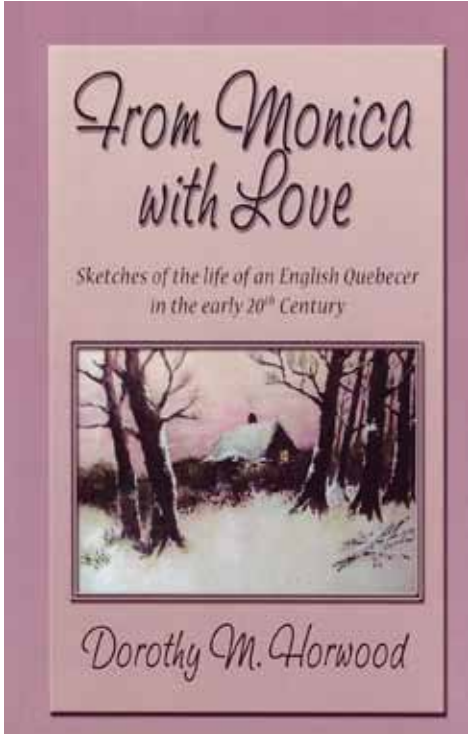
at the back of the school. Having our students dismissed at the front lawn has been a topic of discussion for years amongst staff and school Council. Together, with our wonderful school Council, we have made these changes that we feel keep our students safer and away from the busy Smyth Road.  
I would also like to take this opportunity to welcome all new families to VM. We are so happy to have you and look forward to getting to know you. Our Meet-The-Staff evening was held on Tuesday, September 24 from 4-6 PM and we enjoyed seeing and meeting our families!  
**MEET OUR NEW V.P., MR. SIMPSON**  
**An Interview conducted and written by Miasya and Ana, grade 8**  
Richard Simpson, 45, is Vincent Massey Public School's new Vice Principal this year. Having started teaching at Leslie Park Public School for grade 5-6, he enjoys the time he spends in education

and teaching children for a better future.  
The purpose of the interview was to find out the goals of our new V.P. as well as a bit about the schools he's taught at in the past.  
**What is your full name?**  
Richard Mark Simpson  
**What were you like as a child?**  
**How did you act in school?**  
I was a pretty quiet student during class. I was definitely active.  
  
While I was growing up, teachers did not see much student leadership in children, so everyone was in the same situation for the most part. I enjoyed recesses most.  
**Continued on page 47**

# Once upon a time in Quebec

*by Bill Fairbairn*  
**S**ocial change in the Eastern Townships of Quebec over the past century is quietly and clearly again proclaimed in this book relating the childhood days of a young English girl growing up in the early 20<sup>th</sup> century.  
Written by Dorothy Horwood in 1979, not long after the Parti Québécois came to power and, as the author says, making English speaking Quebecers feel most uncomfortable, the book describes what life was like at the turn of the 20th century so that children growing up 100 years later can compare the difference between then and now.  
The author's protagonist is Monica Philbrick, born in 1898 on a kitchen table in Danville, near Lac-Mégantic, scene of the tragic freight train crash earlier this 2013, and daughter of Ernest and Effie. Monica was born before the invention of television, cars and modern-day conveniences. She was the middle child of a family of five. The sketches of her life while growing up 100 years ago are based on her notes and letters and things she told the author.  
She writes: "Radio and television were not missed because they had not been invented. We read a great deal more than children do nowa-

days. There were books for girls such as the 'Elsie Dinsmore series, Lucy Maude Montgomery's 'Anne of Green Gables' and books by G.A. Henty for boys. On Sundays we read the 'Sherbrooke Record' published every week. On Sundays we read the children's pages in the 'Onward,' which my Father brought home from church."  
When Monica was growing up there were only three ways to get around. One could walk, one could take the horse and buggy or one could go by train. The head office of her father's fire insurance business was located in Frelighsburg. To get there her father had to first take a train to Richmond, board another train to Actonvale, transfer again to get to Farnham and finally board the train that took him to Frelighsburg.  
Her father purchased a Gray-Dort car, built in Chatham by the Canadian Carriage Works founded by William Gray in 1855 and one of the first cars to be manufactured in Canada. It helped him travel to different spots to assess fire damage.  
A humorous passage in this splendidly illustrated book tells of Monica being in the general store one day when a farmer bought one article. The price was two for 25 cents and he was charged 13

cents by owner Mr. MacLeay. The farmer argued the point strongly that the store benefited by one half cent on the purchase. "Mr. MacLeay did not say much but he  
  
went to the back of the store and returned with a shiny penny neatly cut in two pieces, one of which he handed to the irate farmer and the other he placed in his till."  
Lots changed as time passed including the move from English to French dominance in the Townships but one thing is everlasting: the ice-cream shop or parlour as it was then named.  
"Old Mrs. Houston hummed to

herself continually. Childlike, we were amused by her humming and few giggles escaped us. She did not like to be laughed at and she scolded us. It was apparent that Mrs. Houston was not particularly fond of children. Her ice cream cones were only half the size of those that we could buy elsewhere."  
However, there was one reason that Monica liked her store. Mrs. Houston, a little old Scottish woman, sold beautiful china. With 25 cents Monica bought a green bon-bon dish which stood on three little legs. That dish today would be worth many times the price paid.  
From Monica with Love tells many more tales of fashions of the time, a transcontinental train trip to Oregon and Colorado, her family, the Danville fair, the train wreck near Richmond, her career as a teacher after graduating from Macdonald College at Ste. Anne de Bellevue, her marriage to Bill Flannery and the heirloom cake knife.  
Author Dorothy Horwood writes: "It has since been used by 27 family couples to cut their wedding cakes. The next generation to use it will be the sixth."  
Published by Baico Publishing Inc., 294 Albert St., Ottawa



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# Growing with Trinity Community Garden

*by Bernadette Bailey*

The community garden had a great growing season this year. We had some new gardeners as well as some that returned for a second season for a total of seventeen. The plentiful rain and sunshine ensured that all the gardens flourished. Soon we will have our fall cleanup day, where we will prepare for next season for returning, and hopefully more new gardeners.



Produce from the community garden.



Thriving plants in Trinity's backyard.

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Pole beans reaching skyward.



Summer squash out in the fields.



Thriving plots in the community garden.



Alberta scenery  
Photo credit: Franklin Chouinard

# Some may laugh, but this clown cries

A review by Carole Moul

The world of clowns is fun for children. Some famous clowns include Bozo, Blinky, Coco, Clarabell, Emmett Kelly and even the well-known Ronald McDonald. Various adventures about clowns have been called; C is for Clown, Meet Bozo and Pals, and Clown. Now just re-

cently, another wonderful clown story will be coming into the lives of youngsters of ages about 3-6 or 7, not only to engage and entertain them, but educate as well. Cleverly designed and written by Maya Regel, the book is beautifully illustrated by Riverview Park resident Melissa M. Morris. About a clown named Flute, the story

of Flute the Clown is Sad should definitely hold the attention of young readers right from the colourful beginning pages to the end of the book where there is a message from Maya, the Book Fairy. Helping children to develop a sense of empathy for others could well be one of this book's most notable assets. The attractive approach of expanding vocabulary from the context of each page would also be a definite positive in relating Flute's tale.

Flute the Clown is sad because he has lost his best friend, a

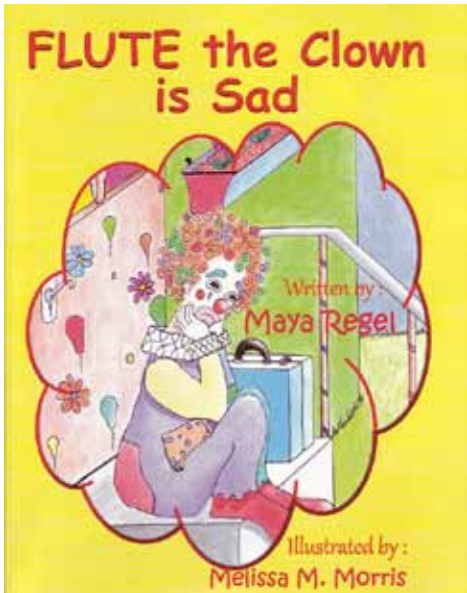
"Ha-Ha-Ha-Ha" laughs FLUTE the clown out loud holding the bunny tightly against his heart.



bunny named Papineau. Children can relate to his feelings of loss, and learn new vocabulary such as moping around, nostalgic, painful, and startled, that has been incorporated into the quest to have Flute reunited with Papineau. The children will also meet up with words such as humour, laughing, joy and heart.

Youngsters will empathize with Flute when he is rejected at doors because he is an odd looking fellow, and be happy for him when a butterfly becomes his friend and makes him laugh. They

Continued on page 46



# To Blanc Sablon at the Quebec/Labrador border and back...

by Denise Kennedy

The M/V Bella Desgagnés cruises north of the 50<sup>th</sup> parallel on the St. Lawrence, a historic seaway providing access to the North American continent. Since the great explorers of the 16<sup>th</sup> century, the French colonization, the English conquest and the establishment of fishing settlements, few globetrotters have actually set foot on Québec's Lower North Shore, which is part of the Côte-Nord-Duplessis tourist region. (Québec Maritime blog).

After waiting 14 months to hear of a confirmation of my reservation aboard the ship, I set sail from Rimouski along with 50 other passengers aboard the M/V Bella Desgagnés at 2 am August 21<sup>st</sup>. The ship

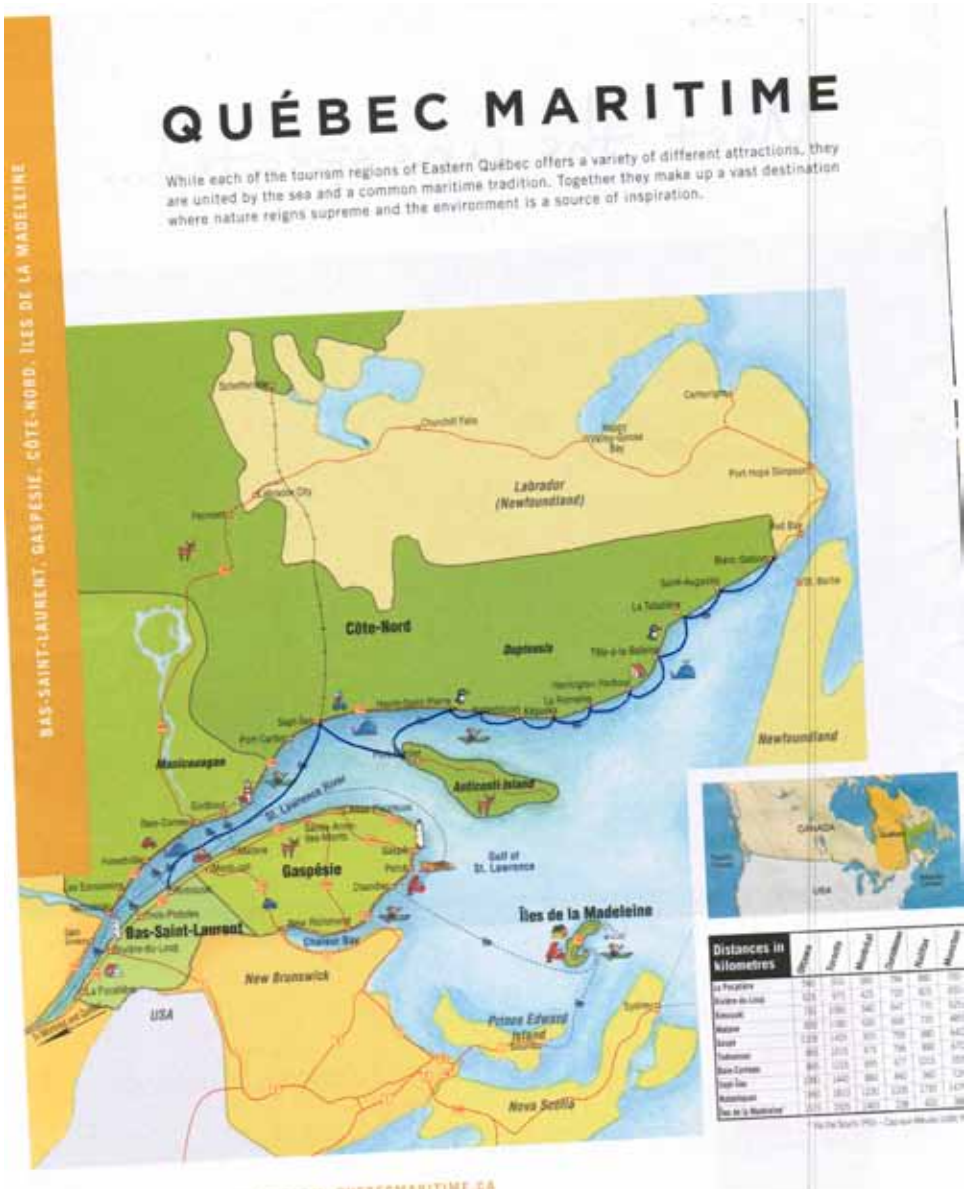
of 2 hours. This new ship first went in service in the Spring of 2013 and because it is much bigger than the previous cargo ship explains why it is not as flexible in rough seas as the previous cargo ship had been.

The Bella was built to enhance the passenger experience, with 459 plane-style seats and 160 berths in 63 cabins, all with private facilities. There are also suites, lounges, meeting and reception rooms, a cafeteria, a dining room seating 88 guests, a fitness centre and an elevator on the ship. It is an impressive vessel offering optimal comfort especially given that it's a cargo ship! The Innu, the French and English remote communities of the lower North Shore count on this vessel as their "bus" and their supply ship.

We left the homeport of Rimouski at 2 am and arrived in Sept Iles 11 hours later. The ship offloaded some of its cargo and took on fresh cargo to go further down the river. At Ile Anticosti again cargo was offloaded and more taken on board. This was done in the middle of the night so passengers could not see anything.



was already more than 36 hours late due to inclement weather at Havre Saint-Pierre, where they were moored for 41 hours instead



Continued on page 48

Continued from page 45

will particularly become excited for Flute when Papineau the jolly bunny pops out of his suitcase, because everyone likes a happy ending, and in particular young children.

When Maya Regal was creating this work of fiction, her goals were two-fold: to teach language skills to the early primary children, but of equal importance was the promotion and incorporation of essential values.

A colour-coded butterfly is included as part of the introduction, similar to the one that appears on several pages of the book. A mix of colours in the butterfly identifies what the coloured words mean in the story. For example, feelings words appear in green print throughout the book, while orange print is for things/ objects and their adjectives.

Maya's enticing bilingual website, [www.livresenchantes.com](http://www.livresenchantes.com) helps her reach out to early readers with a number of various activities which she adds to regularly. The role she puts herself into is that of Book Fairy, and as such addresses her Internet audience as Princes and Princesses to encourage their participation.

Maya is now in the preparation stages of her fourth book in time for Christmas. Her first book was in French only, while her second: The Little Pine's Wish and Flute the Clown is Sad are in both English and French. Maya also included a mini English/ French dictionary at the back of each

book, incorporating words the children have seen throughout the story.

Fortunately for their young readers, Maya and Melissa have been talking about a Flute the Clown series, when Melissa's delightful illustrations will once again appeal to the children. Melissa creates her charming drawings using a mixture of different kinds of coloured pencils, and follows Maya's storyline to have the right facial expressions for the various characters.

It was intriguing to find out just how these two talented individuals met, and not surprisingly it was at a story-telling afternoon. As an author, Maya would visit Blair Court and each time read one or two stories from her collection of about 50 that she had written. As a parent, Melissa would take her two daughters to the Blair Community House so that they could enjoy the stories of Maya, and a connection was made.

It was after one of these sessions that the discussion came up about writing and illustrating, and as the cliché goes, 'The rest is history.'

Maya and Melissa, it is to be hoped that the two of you do carry out the dream of having more adventures in the life of Flute the Clown. Books are an enticing way to expand the understanding of young children in so many areas, and having them do so through the use of vibrant children's literature is certainly of benefit to all. Well done to Maya Regal and Melissa Morris for what we hope is the first of many stories through your combined effort.

# Why do we have Jack-o-lanterns?

by Maria CampbellSmith

Children today connect pumpkin jack-o-lanterns with the festivities of Fall and the holiday of Halloween. You can carve your own, plug in a plastic model, or stick paper cut-outs to decorate doors, windows, or walls. Trick-or-treaters are fascinated with pumpkin faces that amuse or frighten. Some folks go the extra mile and sketch intricate designs or famous faces into the pumpkin flesh. The more flickering, lit pumpkins in a neighbourhood come October 31<sup>st</sup>, the more lively and spirited that neighbour-



hood seems. But why do we carve pumpkins and light them to begin with? And why call them "Jack-o-lanterns"?

Our contemporary holiday of Halloween and the carving of pumpkins are rooted in the old Celtic festival of Samhain. Samhain is celebrated from sunset on October 31<sup>st</sup> to sunset on November 1<sup>st</sup> in Ireland and the Scottish Highlands. It is a time to focus on deceased friends and relatives and the tenuous line dividing this life and the next. It is considered a rather magical time with the possibility of fairies, frights and spirits.

Turnips were commonly carved into lanterns with burning coals or candles set inside them. People would light and carry these turnip lanterns to better see their way at night and protect themselves from evil or mischievous spirits. Sometimes families carved faces into the turnip lanterns and set them out on window sills and porch fronts to represent the fairies and spirits of Samhain. Other times, families did it to ward them off. When these Gaelic families immigrated to North America, they brought with them the traditions and lanterns of Samhain.

In North America, especially in the thirteen colonies of early America, the pumpkin was a native kind of squash even better suited than the turnip for carving

into lanterns. Pumpkins are larger, rounder and easier to carve. The tradition of carving and lighting pumpkins began to spread and became associated first with celebrating the harvest season and, by the turn of the twentieth century, became part of the decorations for Halloween night. Folks chose to carve funny faces or frightening ones depending on their own personalities and preferences. Once businesses began mass producing and mass marketing pumpkin images and products it made the Jack-o-lantern the icon of Halloween.

## But why do we call these carved, lit pumpkins "Jack-o-lanterns"?

Because the Celts love a good story. Celtic festivals and history are full of legends and immortal characters. One such tale involved an infamous drunkard and prankster nicknamed "Stingy Jack" who tricked the Devil himself into climbing up a tree to collect its special apples. Stingy Jack jumped into action and (depending on the teller of the tale) either carved a large cross into the tree trunk, or stuck a dozen tiny wooden crosses into the ground surrounding the apple tree. Either way, he trapped the Devil in the tree. He only agreed to free him once the Devil agreed never to claim Jack's soul.

Unfortunately, at the end of his



life, because of his naughty ways and trickery, Stingy Jack was turned away from Heaven's gates. He was not allowed in at the gates of Hell either. The Devil stayed true to his word and instead only threw an ember at Jack to light his way as he endlessly roamed the earth. Jack kept the ember lit in a turnip lantern and still roams without any rest. Playful pranksters carved their own lanterns and roamed about to trick folks into thinking they were also lost, wandering souls, maybe even old Stingy Jack himself (a.k.a. Jack of the lantern), out to cause trouble. The legend seemed tailor-made for a bewitched holiday night like Halloween. So good or bad, for fun or for fright; expect to see Jack-o-lanterns on Halloween night.

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Malcolm and John Harding



**Continued from page 42****Do you think you would consider adding more recess time then?**

Haha, unfortunately not.

**When you were young, what did you want to be when you grew up and why?**

I wanted to be a letter carrier. When I was young, I was very active, so I thought this would be a good way to train as well as deliver letters.

**What were your goals when you were younger?**

I wanted to get into university early, and I set that as my goal since a young age. I also wanted to get into the Olympics for running, but that didn't happen.

**Do you have any siblings?**

I have 2 older brothers, one that's 4 years older than me and one that's 2 years older than me.

**Do you have kids? If so, what grades?**

My oldest son is in grade 8, my youngest son is in grade 4.

Nowadays, if you weren't a teacher/VP, what would you be?

I would be somewhere in education, more than likely in a field of research.

**When did you know you wanted to be a teacher?**

Not until very late. My early goals were to get into university (which I did, I was quite determined) and to become an athlete.

**When did you first become a VP?**

At Hopewell Avenue Public School, around 4 years ago.

**What are your goals for Vincent Massey PS?**

To continue to support a safe, caring and communicative school.

**Where and when did you start teaching?**

I started teaching in 1996 at Leslie Park Public School. I was there for 8 years as a grade 5-6 teacher. I loved every experience I had there.

**What was the highlight of your career?**

I guess I couldn't say there's only one highlight. I remember I liked the first day I started teaching, because I was excited and nervous. I also liked moving to a new school, D. Aubrey Moodie Intermediate School, because it was full of new experiences.

**What are your thoughts on discipline?**

In discipline, I believe it should be progressive and restorative. What I mean by these are;

Progressive: If you make a mistake, I don't blame it on your personality or who you are. I expect

behavior to change for the future, because I believe everyone here is a good person. When I make mistakes, I don't change myself, I change what I've done.

Restorative: I usually hear excuses like "I was just joking". Usually the victim in this situation doesn't feel like the "just joke" is funny. What I mean by restorative is by restoring their friendship, they can rebuild understanding and feelings without causing too much emotional impact.

**Which "community of character" aspect do you value most?**

I would definitely go with respect and perseverance. If everyone is respectful, we get an excellent community. Perseverance creates strong individuals.

What do you plan to do after VM?

After being a VP, I would probably apply to be a principal, because a principal is the overall supervisor of the school, making the decisions on most situations.

**INTERMEDIA: BOOK REVIEWS**

The Sacrifice by Charlie Higson: A Book with a Strange Take on Zombies

*Reviewed by Spencer Theoret*

What do you think of when you think of zombies? Probably a dead rotten corpse that will eat you. Well, in Charlie Higson's new book, The Sacrifice, there is one thing that is different. The Sacrifice is the fourth book in his "Enemy" series. This installment in the series follows the story of Small Sam and his best friend and cunning sidekick, The Kid. Now I quite enjoy this series of books because of the way that the stories connect and interlock with each other. For example, in the first book, Small Sam is taken from a Holloway (please note this book takes place in London) and is brought to Arsenal Stadium from which he escapes and after a rather frightful and gruesome turn of events, meets up with The Kid. With The Kid he travels across what is known by the kids at the Tower of London as the no-go zone. Living at the Tower is Ed, a character who is briefly revealed in the first book. His real story is told in the second book, The Dead, which takes a year before The Enemy.

In this book, Sam and The Kid have been living in the Tower of London for at least a week before they encounter a girl named Tish who eventually persuades them to leave the tower. And this is how this book starts off. Also, I forgot to mention one key thing: a year before this, every human older than

fourteen turned into what some call "sickos", others call grown-ups, still others, call zombies. These creatures are not zombies for they are not dead. Yet, they have all the traits that make zombies eat people; they are slow and stupid and only use the animal parts of their brains. But they still aren't zombies because they are not dead. Or that's the argument Higson makes in his book several times.

In this most recent book, these "sickos" are possibly gaining some intelligence. In this book, I liked how Higson didn't so much emphasize the fact that zombies are loose because it makes sense that kids that have survived this for over a year would have some decent weapons and would be fairly good at using them. This book focuses more on the confrontations with other groups of kids and the possibilities of the "sickos" evolving. Also, the fact that the stories intertwine makes for some very well-written character development and some good old plot thickening.

All in all, this book was another great story in this series and I can't wait for the others. The way that these stories are fiction yet have such a great sense of realism

just makes for some magnificent writing and a really good read. However, as I mentioned, this book does have a label on the back which reads "WARNING: MAY CONTAIN FOUL LANGUAGE AND SCENES OF VIOLENCE". Some of the fight scenes are quite descriptive, not so much that you are saying, "Ah, that was disgusting" but enough for this not to be for younger kids.

All together, this was a great book and I highly recommend it.

Black and White by Eric Walters  
*Reviewed by Emma Rutherford*

Eric Walters walks you through the world of racism through thirteen-year old's Tom's eyes. He teaches the reader human rights, equality and more.

Tom is obsessed with basketball. He's on the school team and the rep team. One day, his friend, Steven, convinces him to stay after school to watch the girls' team. Their team isn't very good but one girl catches his eye; she's amazing, she is the team! That night the girls' team won, only because of that girl.

I strongly suggest this book. There is a bit of strong language and such.

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# 75 birthdays since

by Maria CampbellSmith  
**What do Kofi Annan, Evel Knieval, Rudolf Nureyev and my aunt have in common?**

Strong leg muscles? Yes. A sense of daring? Undoubtedly. Silvery soft hair? It is true. All 4 of these people are also one-of-a-kind characters born in 1938. Who else was born in that year? Author Judy Blume, King Juan Carlos of Spain, Pat Buchanan, Peter Jennings, Brian Dennehy, Connie Francis, Elliot Gould, Etta James, Christopher Lloyd, Charlie Pride, Kenny Rogers, Bernie Madoff (hey, every barrel needs a rotten apple), Janet Reno, Ted Turner, Jon Voight, Natalie Wood, Derek Jacobi, Rich Little and Gordon Lightfoot. This is a list of very talented people, but my aunt is my favourite of the whole bunch. She has the patience and wisdom of someone who has lived and learned for 75 years and she continues to hike happily, breathe deeply, eat sensibly and laugh often. Celebrating her is easy to do. 75 years is a real milestone. It got me wondering what else was happening 75 years ago?

**Politics back in 1938?**  
William Lyon Mackenzie King is Prime Minister of Canada. Franklin D. Roosevelt is President of the USA. King George VI is the British monarch. Pope Pius XI rules Vatican City, and Joseph Stalin runs the USSR's Communist Party.

Canada and America continue to struggle with the ramifications of the Great Depression. By February of 1938, Adolf Hitler gets control of Germany's army and troops enter Austria. On June 17, Japan declares war on China. September sees British Prime Minister Chamberlain visit Hitler at Berchtesgarden to discuss "appeasement". Soon after that, Germany annexes Czechoslovakia's Sudetenland. On November 9, 1938 "Kristallnacht" epitomizes Nazi Germany's campaign of anti-Jewish violence and the horrors to come.

The work week is 44 hours long in America and a new law there guarantees a "minimum wage" of 25¢ per hour. The Bank of Canada becomes a Crown Corporation, and by October of 1938 the War Memorial is erected at the intersection of Elgin and Sparks Streets. (The granite cenotaph is meant to commemorate the First World War. No one wished to imagine a World War II. King George VI officially unveils the memorial on his visit in 1939.)

**What of Science and Tech?**  
1938 sees the March of Dimes established to help fight polio and the Canadian Cancer Society officially formed. It also sees the Church of England accept the theory of evolution. Dupont manufactures the new phenomenon "nylon" and markets the world's first nylon bristle

toothbrushes. Teflon is invented. Instant coffee is invented. Television is patented and by year's end 20,000 t.v.s are in service in New York City. In July of 1938, the "Yankee Clipper" completes the first passenger flight over the Atlantic. Howard Hughes flies around the world in 91 hours. Toronto's Island Airport opens for business, and Ladislo Biro invents the ballpoint pen.

**In the world of athletics:**  
The Montreal Maroons are dropped from the NHL. The Maple Leafs score a remarkable 8 goals in 5 minutes (which will never happen again!) but the Chicago Blackhawks beat them to win the Stanley Cup. The Toronto Argonauts' victory over the Winnipeg Blue Bombers earns them the 26th CFL Grey Cup. Italy beats Hungary in soccer's 3rd World Cup. Joe Louis is boxing's heavyweight champ. The Baseball Hall of Fame opens in Cooperstown, N.Y. Lou Gehrig hits his record 23rd and last grand slam! DiMaggio hits 3 triples in one game. Babe Ruth signs on as the Dodgers coach and the New York Yankees win the 35th World Series over the Cubs. Nature lovers and hikers here in the Ottawa-Gatineau region begin enjoying and exploring Gatineau Park, the first federal park created in Quebec, as of July 1, 1938.

**And culturally?**  
Simon & Schuster start their publishing company in 1938. Benny Goodman gives the first jazz concert at Carnegie Hall. Ella Fitzgerald has the number one album "A Tisket A Tasket", but all swing music is denounced by the Archbishop of Dubuque as "degenerated music... that leads young people down a primrose path to hell". Coca Cola costs 5¢ a bottle and claims to be "the pause that refreshes". Gasoline is 10¢ a gallon. Bread costs 9 or 10 cents a loaf.

D.C. Comics offers their first Superman issue, and Dennis the Menace comic strips also premiere in 1938. Pearl Buck wins the Nobel Prize for Literature with "The Good Earth". Thornton Wilder's "Our Town" wins the Pulitzer Prize and opens on Broadway. Hollywood begins filming "The Wizard of Oz" and it is announced that Vivien Leigh will play Scarlett O'Hara in "Gone with the Wind".

On October 30, 1938, Orson Welles panics our American neighbours broadcasting the "War of the Worlds". Here at home, John Murray Gibbon characterizes our burgeoning society with his book "Canadian Mosaic".

The top songs of 1938 are "Flat Foot Floogie with a Floy Floy", "September Song", "A Tisket A Tasket", "Jeepers Creepers" and "You Must Have Been a Beautiful Baby".

The year's big films are Leslie Howard's "Pygmalion", Hitchcock's "The Lady Vanishes" and Frank Capra's "You Can't Take It With You". Of course, my grand parents had no time for movies – they were captivated by their beautiful baby girl.

Continued from page 45

We were consoled that on the return journey we would see Anticosti by day, and so it was throughout our journey to the lower North Shore. We then went on to Havre Saint-Pierre and to Natashquan. Highway 138 ends in Natashquan, so any villagers for the more northern communities who were going home normally leave their cars in Natashquan and take the ferry boat home. There is talk of the highway from Natasquan to Kegaska being open within the next few years, however, some of the northern residents although hopeful were skeptical.

Of the passengers on board the Bella there was a teacher who has been working in the Innu community of La Romaine for the past 14 years. He lives in Quebec city and resides in the community during the school year. I had the pleasure of chatting with him and his passion for the community just shone. He has been instrumental in developing 7 books about the community and has 4 films to his credit – he was adamant that he is only showing the Innu what they can do and helps them do it. He took great joy in telling us how he is now teaching the children of his first students. I had the pleasure of meeting an Innu couple who came to greet the ship when we pulled into harbor. I and 3 other friends negotiated with them to get a ride in their pick-up truck and take us for a tour of the area as we only had one hour to explore the community. Fortunately I got to sit in the cab of the truck while 3 of my friends (all over 65+) rode in the back of the truck!

The Bella also stopped in Harrington Harbour. This is the village where "Seducing Doctor Lewis" or "La Grande Séduction" was filmed. There are no roads in this village, none leading to the village and none leaving the village. Everyone has an ATV which they ride in on the wooden paths throughout the village. I saw a sign in front of a house "No vehicles allowed to park here. All offending vehicles will be towed". The village is built on rock. It is a thriving

So, to my dear aunt, and to all the others turning 75 in 2013, many happy returns. May we all marvel at how much the world has changed – or perhaps, at how much it has not.

fishing village, the Bella stopped in their harbour to drop off cargo and take on cargo for the next villages. I was told that 50% of the residents speak English and the other 50% speak French. The English understand the French and the French understand the English – everybody has fun with this.

It was great to see all the ATV's going to the pier to pick up their "order", some even buzzed us as they passed by us on their way home, as if to say, "we're fine here and we like it".

Legend has it that if you live on one side of the river in La Tabatière you speak only French and if you live on the opposite side of the river you speak only English! Then on to St. Augustin, a totally English community originally settled by Newfoundland fishermen. At Blanc Sablon the Bella offloaded more cargo and we had 2 hours to explore the area, this is at the very extreme tip of Quebec at the Labrador border. I asked Monsieur le Commissaire what could they possibly pick up here as cargo and his reply, "Madame, there is always cargo coming from Newfoundland to go to the communities we have just passed through." And so, on our return journey to Rimouski we stopped in the very same communities we had just stopped in on our way down the St. Lawrence! There was a lot of activity in every port we stopped in, day or night.

The trip lasted seven wonderful peaceful days. The original 50 passengers were on board throughout the journey, except for the teacher in La Romaine. The dining room was beautifully set with tables of 2, 4 and 6 persons. Every meal was different, we always had a selection of fish or meat and never the same menu. The chef and the waitresses took care of all our needs in a timely fashion and very courteous service.

If I had to go to the area again, I would drive to Natashquan, book the ferry for myself and my car and get off in Blanc Sablon. At Blanc Sablon there is a ferry to St. Barbe in Newfoundland that sails four times per day, duration 1 hours. Doing the grand tour of the Maritime provinces again, would be a good thing!

Computer Tips and Tricks

# The case of the dwindling desktops

by Malcolm and John Harding,  
of Compu-Home

If you set out to replace your desktop computer, it is not going to be easy or fun. Drop into any computer store this season, and you will be greeted with aisle after aisle with shelves full of dozens and dozens of laptops, netbooks, tablets and smart phones. On the floor near the back will be three or four lonely desktop models. The selection seems dismal, and the prices are far from bargains. This situation is a complete reversal from just a few years ago, when there was no such thing as a smartphone, tablet or netbook and the purchasing decision was whether to buy an expensive, clunky, heavy, and unreliable so-called “portable” laptop with a small and fuzzy screen, or spend about half that amount and go with a desktop model with much better specs. Radical design innovations and ubiquitous wireless coverage have made portable devices far friendlier and more useful in recent years, and now it’s the desktop that seems clunky

and outdated – unless, of course, you are among the millions with a specific need for one. Manufacturers are not helpful, with rumours of plans to discontinue desktops, that are sometimes denied and sometimes not. Frankly we find it hard to imagine all the offices and homes around the world switching to laptops and we think the rumours are exaggerated. With a bit of research and digging, we bet that people will be finding the desktop they need for many years to come. First we must recognize that the current selection of desktops is actually greater than it appears on the surface, because many of them are actually hiding up there on the shelf with the monitors. The all-in-one configuration with the entire computer in the housing with the display, has become quite popular. Macintosh was the first serious all-in-one offering but Microsoft Windows machines, often with touchscreen capability are now very eagerly on the bandwagon. We’re not big fans; it seems to us anecdotally that all-in-ones sacrifice too much for their streamlined

design. Granted, there is a critical saving of desk area and maybe less wiring strewn about but we have seen too many units heading off to the recycler because one component failed and couldn’t be repaired in that cramped space. Another factor that must be understood is that the desktops currently offered may seem more expensive than similar-seeming laptops, but that is because the specifications are often quite a bit higher. Larger hard disk capacity, faster processors, and superior video and audio all add to the cost – but also the value – of the computer. The lower-end machines are still available, but you have to look for them. Save some miles on your car and your feet by doing your research online. All of the computer stores have websites in which you can search and compare what is available. Even if a particular unit is not in stock in the closest store, it can be ordered in for you to pick up there. Costco and Dell are two more sources that specialize in online shopping. We can’t leave this topic with-

out mentioning the excellent possibility that you could find a top-notch refurbished desktop with a Windows 7 or newer Operating System. Ottawa is lucky to have at least two reputable and reliable sources for both new and refurbished units: Bloom Microtech on Canotek Road in the east, and The Trailing Edge on Bexley in Bells Corners. We are not affiliated with these businesses, but both of them have very enviable reputations. Mark Rogowsky has more thoughts in his blog, at: <http://www.forbes.com/sites/markrogowsky/2013/04/11/the-death-of-the-pc-has-not-been-exaggerated/> Have a look at our blog, at [www.compuhomeottawa.wordpress.com](http://www.compuhomeottawa.wordpress.com) for an archive of our columns and other tech-related articles. There is a space right after each item for you to make comments and suggestions, and ask questions. You can even sign up for automatic updates. We hope you will have a look at our blog soon or call us at 613-731-5954 to share your opinions and suggest subjects for future columns.

Astrology by Arze

**Aries Mar 20 - Apr 20**  
With September’s new Moon in Virgo, it looks like you’ll be taking steps to start a healthier diet and lifestyle. However, you’ll soon discover that if you’re serious about making changes then the adjustments required are as much mental as physical.

**Taurus 20 Apr - 20 May**  
This could be a tricky month if you don’t try to balance the demands of work with your desire to indulge yourself. Trying to hurry things isn’t the answer and could prove costly, especially with Mercury opposing Uranus mid-month. With the new Moon in Virgo you’ll have the chance to take a creative project or romantic entanglement to a deeper, maybe even darker level.

**Gemini 21 May - 21 Jun**  
With September’s new Moon falling in critical Virgo, change and high emotions in your private life could take their toll and tempers could fray, especially if others are frustrating your attempts to be yourself. Things could come to a head mid-month when you’re likely to force the issue.

**Cancer 22 Jun - 22 Jul**  
A property or financial needs further research. Otherwise attempts to cut corners could backfire with Mercury square Pluto and opposing Uranus mid-month indicating potential delays, misunderstandings, changing of plans and confusion. You may even find your neighbours behaving a little

strange but not to worry. It won’t last all month!

**Leo 23 Jul - 22 Aug**  
With Mars in Leo, your Sun sign and a new Moon in Virgo, September is excellent for making money, and even better for spending it. You’re also likely to be in a generous mood, and you will shine.

**Virgo 23 Aug - 22 Sept**  
With the Sun making its way through Virgo, your Sun sign, you’ll have extra drive and determination to achieve your goals, so go for it. This should also represent an opportunity to get your financial house in order. With Mercury, your planetary ruler, square Pluto and opposite Uranus mid-month, you may be forced to take a stand or break free in a relationship matter that requires a dramatic change.

**Libra 23 Sep - 23 Oct**  
With Venus, Mercury and then from the 23rd, the Sun, making their way through Libra, your Sun sign, this promises to be busy month for you. An important personal insight or revelation could require a serious re-evaluation of your plans. In the meantime, with a new Moon in Virgo, bid your time and enjoy the social whirl but be careful not to be too accommodating in your reluctance to rock the boat.

**Scorpio 24 Oct - 21 Nov**  
While you can be as tough as old boots, your sensitivity is one of your greatest gifts,

However, it doesn’t help being wired to the Moon, yet refusing to flinch as others take pot shots at you. With Saturn in Scorpio, your Sun sign, your fast realizing that sometimes there is a price for refusing to walk in anyone’s shadow.

**Sagittarius 22 Nov - 21 Dec**  
Planetary activity suggests you could be torn between your personal needs and the demands of work. You may even feel your responsibilities are undermining your attempts to be yourself and do your thing. With a new Moon in Virgo, you may get the big “thumbs up” you’ve been waiting for, and for some of you, your immediate destiny will be made a lot more clear.

**Capricorn 22 Dec - 19 Jan**  
With a new Moon in Virgo, growing desire for pastures new could find you off exploring the strange world beyond the rabbit-proof fence. Whether it’s a Mystical subject or an exotic location, September is excellent for broadening your mind through study or travel.

**Aquarius 20 Jan - 18 Feb**  
September promises to be a steamy, sensual month and one relationship in particular is set to go from strength to strength. Not everyone will approve of your behaviour, especially where love and money are concerned, some may even try to frustrate you attempts to make changes. Be patient, misunderstandings are likely, especially con-

cerning money or shared resources mid-month.

**Pisces 19 Feb - 20 Mar**  
Since the Virgo new Moon falls in the area of your solar chart concerned with your important relationships, personal and professional, a fresh approach or dramatic new start is indicated. Since the ruler of the new Moon, Mercury opposes Uranus in Aries and makes a tense aspect to Pluto in Capricorn, there is also the possibility that a confrontation over your worth and your ambitions could bring a breakthrough.

Arze your Astrology Advisor

I would like to take the time to say thank you to all my awesome astrology readers. I have been very lucky to share the language of astrology with you. I hope I have guided you in the right direction? Astrology when studied properly can be used as a language to understand people’s character and mannerisms better! Believe me it’s been proven! When we know about how the planets affect us daily, we can breeze through life. We control our lives better; understand people we deal with on a daily basis. Let’s learn the language of astrology! Stay tuned for a personal “Now You about Astrology” book I am writing for awesome people like you! Hope you enjoy it!

# Maplewood Retirement Community is now open!

by Adam Brunke

Riverview Park is the kind of community that makes you feel right at home. It's a quiet neighbourhood with well-kept houses and plenty of green space which is why it's the perfect location for Riverstone's newest addition, Maplewood Retirement Community.

Following in the footsteps of Oakpark and Bridlewood Trails, Maplewood offers the range of lifestyle options and exceptional services that all Ottawa-owned Riverstone properties have become known for.

When you first step into Maplewood, you'll feel the open concept amenity spaces where residents can enjoy planned activities or read the morning paper and visit with their neighbours. All of the beautifully appointed amenity spaces are located on the main floor of the building and have been designed with large windows allowing plenty of sunlight. Residents will enjoy their days swimming in the salt water pool, gardening in the greenhouse, reading a book by the fireplace in the library or watching the chef prepare a delicious meal in the demonstration kitchen.

Maplewood's inviting Dining Room offers an elegant dining environment for breakfast, lunch and dinner. With tablecloths, linen napkins and fine china, it's like dining at a four-star restaurant. And the food matches the ambience – with gourmet fare made from scratch by our Chef using the finest and freshest ingredients, with a menu prepared to be both nutritious and delicious. A variety



Pam Hepinstall, Marketing Manager of Maplewood Retirement Community

of tempting choices are presented at each meal, including for those who have special dietary needs.

Maplewood offers a full continuum of care from Independent to Residential Living, Assisted Living

emotional health. It's a holistic approach to health and happiness that we take, and it makes a world of difference. Our Wellness Centre is staffed by a professional nurse on duty at all times. She's there to



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

Striving for a healthier lifestyle in the cold winter months can be a challenge, but walking is an easy, cheap and great way to be part of your health and fitness plan. Come join us at Hillcrest High School every **Monday night from 6:00-8:00pm** for the Get W.I.T.H It! (Walking In The Halls) program. It is a FREE,

grassroots community walking initiative that invites everyone to "Get With" the benefits of walking. This program is endorsed by the University of Ottawa Heart Institute and meets the criteria of a Heart Wise Exercise program. The program runs **every Monday night from 6:00-8:00pm starting on November 18, 2013 until March 31, 2014** with the **exception of some Mondays** where there will be no walk-

ing group due to the school being closed for holidays or exam week.

Handout of closure dates will be available on site.

The program is a drop-in format and offers light, moderate and vigorous walking route options to accommodate all the different walkers! We also can lend you a pedometer to help you track your steps. If you need to take a break from walking, stop off at our "Muscle Moments" station where our friendly University of Ottawa kinesiology

students will help you flex or stretch your muscles. All you need is comfortable footwear, a water bottle, walking poles (if you choose) and of course, your love of walking! For more information about **Get W.I.T.H It!** contact **Pamela Cullen-Arseneau**, coordinator at [pcullenarseneau@toh.on.ca](mailto:pcullenarseneau@toh.on.ca) or at 613-798-5555 ext# 81807 or **Shannon Merizzi**, from the Healthy Lifestyle and Diabetes Program at [smerrizzi@toh.on.ca](mailto:smerrizzi@toh.on.ca) or at 613-798-5555 ext# 81806.

# Oakpark celebrates its Fifth Anniversary in style

by Tom Kloppenburg,  
Marketing Manager

Oakpark Retirement Community recently celebrated its fifth anniversary with a week full of fun for residents and staff alike.

On August 20<sup>th</sup> we saw “Club 5” open it’s doors at Oakpark. The theme of the night was 1940’s night-

The “cigarette” girl circulated the club and obligingly sat on knees and took pictures with residents and their families. The “press photographer” recorded the night’s events as guests posed in the old ford car cutout placed in the lobby. Oakpark’s residents worked extremely hard in the weeks leading up to the event to create all of the

the building opened its doors on August 20, 2008. These dedicated seven were presented with a bottle of champagne to thank them for a great five years at Oakpark.

Later in the week the staff who have been at Oakpark since it’s opening were recognized by Vice President of Riverstone Retirement Communities, Mike Traub and General Manager Corinne Rossiter at an afternoon tea for staff and residents. Staff were presented with five year pins and were given a certificate to commemorate their hard work and dedication to Oakpark and its residents.

Events like these are great op-

portunities to reminisce and celebrate all of the great moments that have happened at Oakpark Retirement Community. The dedication that our staff and residents have to our building speaks to the high level of quality and professionalism that Oakpark is known for in our community.

Here’s to another amazing five years at Oakpark!

If you would like to come and see all of the great things that Oakpark Retirement Community has to offer, please contact Tom Kloppenburg, Marketing Manager at (613) 260-7144 to arrange a tour of the facility.



club and residents and staff dressed accordingly for this amazing event. Residents and guests were seated at tables and served delicious canapés and desserts along with a signature Oakpark Anniversary Cocktail, while a line of great entertainment got everyone singing and dancing the night away.

decorations that gave “Club 5” it’s amazing atmosphere. In true Oakpark fashion, staff and residents gave themselves fully to this event which is what makes Oakpark such a special place.

Time was taken to recognize the seven residents living at Oakpark that have been there since



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