



DECEMBER 2013

A Voice of Riverview Park

VOL.5 NO.5



Oak Park neighbourhood fights isolating fence

by Stefan Dubowski

A group of Riverview Park residents aims to have a fence removed. The barrier further isolates their already far-flung neighbourhood from the rest of the community.

Oak Park is the handful of houses built in the early-2000s north of Smyth Road and south of the National Defence Medical Centre (NDMC). This relatively new enclave is the southern-most sec-

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Jane Rutherford says the fence barring access from Oak Park to the NDMC is now in such poor condition, people can easily hop over it.
Photo credit: Stefan Dubowski



Zachary and his mother Helene before the Storytime program
Photo credit: Carole Moul

Happy 50th Anniversary to the Elmvale Acres Branch of the Ottawa Public Library

by Carole Moul

On Saturday, November 23rd, at 10 a.m., the Elmvale Acres Branch of the Ottawa Public Library held its 50th Anniversary Birthday Celebration. There was a Family Storytime program with a birthday party theme, there were refreshments and two large birthday cakes.

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Ottawa Montessori School Universal Children's Day Walk
Photo credit: OMS Montessori

Universal Children's Day Walk

by Kendra Hoskin

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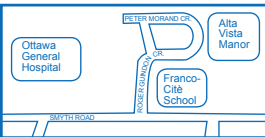


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This is not about your grandmother’s foldout couch

by Carole Moul

A visit to *The Guest Room* holds many surprises. It is a wonderful store; one that shows you how to change a room into a more useful and practical space, almost like making your home larger, but without the additional costs of expensive renovations.

With locations at 740-C Belfast Road and 1440 Wellington Street, *The Guest Room*, a family-owned business, is the home to Ottawa and the area’s largest wall bed showrooms. Gerry Lavoie, who

with his wife Lorraine Brooks-Lavoie, opened the two stores over the past few years, explained recently the reasons for the success of wall beds.

“Many people are now downsizing and that is the end of their spare room. Or frequently homeowners, condo dwellers or apartment renters are seeking to make everything multifunctional. Tight for space, and seeking alternatives, people look at the wall bed as an option for a dual purpose room.”

Visitors to the boutique-like stores enjoy checking out the fin-

gertip operation of the wall beds on display in the beautiful and spacious showrooms, and welcome the opportunity to try the beds around the room. Bed sizes are available in single, double, and queen, and shoppers are amazed at the superb variety of finishes and handles that can customize their choices. Materials or finishes are melamins, thermoplastics, wood veneers or wood solids; and all are made and manufactured right here in Canada.

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You’ll know you’re at the right place when you see this sign



Samples of handles and wall bed finishes surround Gerry Lavoie at the Belfast Road store



Viewing a wall bed as part of a unit



Gerry Lavoie demonstrating the easiness in opening The Beach House



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Russell Pastuch and Lynn Solvason's 800 km journey Walking the Camino

by Diane Solvason and
Russ Pastuch

Have you ever done something crazy acting on pure impulse? That is what Russell and Lynn did. The Emmanuel United Church book club discussed a book on the Camino in April 2013 and when Lynn read that book

she decided it was the perfect therapy for the chaos in her life. Who wouldn't benefit from a little God time to sort things out? The moment she told Russell she would like to do the Camino, there was no backing out of it.

The Way of St James has been one of the most im-

portant Christian Pilgrimages since medieval times, together with those to Jerusalem and Rome. The Camino can take one of any number of pilgrimage routes to the Cathedral of Santiago de Compostela in northern Spain, where the body of

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A Polish Air Force veteran's story from the Second World War

by Colin Hine

Volunteering at the Canada Aviation and Space Museum I have had the opportunity to research the history of some Polish Air Force Second World War veterans who emigrated to Canada after the war and I was fortunate enough to interview one of them, Bhodan Ejbich, whom I



Bohdan Ejbich

identified in the April 20013 edition of RPR. This article tells the story of Ejbich and his then future wife Anne-Marie Ujejski who both escaped from Poland following the outbreak of war. Their paths did not cross until they met in Brit-

ain when Bhodan was a pilot in a RAF Polish Air Force squadron and Anne-Marie was serving in a Polish Air Force WAAF contingent. Following the fall of Poland in 1939 many Polish forces members escaped to France. Pilots from the Polish Air Force fought in the Battle of France. In total, some 133 Polish pilots shot down 57 enemy aircraft for a loss of only 8 men in combat; constituting nearly 8% of allied successes in the battle for France.

Later, Polish pilots fought in the Battle of Britain. From the very beginning of the war, the RAF welcomed foreign pilots to supplement a dwindling pool of British pilots and on 11 June 1940, the Polish Government in Exile signed an agreement with the British Government to form a Polish Army and Polish Air Force in the United Kingdom.

The first Polish fighter squadrons went into action in August 1940. Four Polish squadrons eventually took part in the Battle of Britain (300 and 301 Bomber Squadrons; 302 and 303 Fighter Squadrons), with 89 Polish pilots. Together with more than 50 Poles fighting in British squadrons, a total of 145 Polish pilots helped defend British skies.



Map showing journeys of Bohdan Ejbich's from Poland to England (grey) and his wife Anne- Marie Ejbich, nee Ujejski, (red).

Polish pilots were among the most experienced in the Battle of Britain, many having already fought in the 1939 September Campaign in Poland and the 1940 Battle of France. Polish pilots constituted 5% of the pilots active during the Battle of Britain. They were responsible for 12% of total victories in the Battle.

In the second half of 1941 through early 1942, Polish bomber squadrons formed one sixth of the forces available to RAF Bomber

Command; they suffered heavy losses. Polish aircrew members killed while serving with Bomber Command from 1940-45 totalled 929. Ultimately eight Polish fighter squadrons were formed within the RAF. They claimed 629 Axis aircraft destroyed by May 1945. By the end of the war, around 19,400 Poles were serving in the RAF.

Bohdan Ejbich volunteered

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by Restless Horse
photos Winking Owl

Jiseikan means self development place. It is often said that martial arts develop the body, mind and spirit but what does that mean? I gained some insight into martial arts as a way of self development as a participant in a recent coloured belt grading at the Jiseikan dojo.

Following opening warm up exercises, the grading got started with forward rolls, backward rolls and flat falls. Although the requirements were only slightly more demanding than any normal class, I had a hard time keeping up with the pace and by the time we were done, I knew I was in trouble. I sat on the mat in seiza and tried to catch my breath. Then a tickle in my throat developed and the more I tried to catch my breath, the more I coughed. I could not stop coughing and I did not know what to do. That's when the chatter in



defeating, the mind also attempted to re-establish control by generating words of encouragement. We often think of the mind as being a logical, rational faculty, but clearly these thoughts expressed in words carry strong emotional content. The second instance demonstrates a common tendency in martial arts training to conflate ends and means. The mind fixates on the objective or end state of the technique and ignores the process required to get there. This is a lesson that is equally relevant to life outside the dojo.



my head started up. The loudest voice insisted, "You can't do this grading." I started to think about how I might be able to make a graceful exit. I leaned over and whispered in my neighbour's ear, "I don't think I can do this." One faint but firm voice in my head said, "Just do it".

The next thing I remember, I was back on the mat doing hand escapes and my mysterious cough had vanished as quickly as it had appeared. Nonetheless my mind and memory continued to play tricks on me. I was for example, unable to remember how to correctly complete the 5th and 6th grabs despite having performed these techniques hundreds, if not thousands of times over the past few years. I could remember where I wanted to get to, just not how to get there. At least I was able to improvise and finish the technique with a punch.

We see here how the mind can function as a double edged sword. In the first instance, confidence was undermined through the anticipation of potential future failure. While the process was primarily self-

As we worked our way through our basic foundation techniques my confidence started to return. Despite a continuing battle with fatigue, the chattering in my head gradually subsided and I found myself relying primarily on muscle memory to execute the required techniques. I can in fact pin point the moment when I realized I could let go of my controlling but ineffective mind and mental memory and let my body respond as it had been trained to do. This realization was a break through experience. It was a great relief and as the saying goes; it felt like a weight had been lifted off my shoulders. Only in this case, that weight was in fact my own controlling mind.

This new found sense of lightness, along with the physical exhaustion allowed me to just let go and I slipped into a meditative state. Now there was simply focused awareness informed by muscle memory, background peripheral awareness and unfolding patterns in motion. The mind was present but quiet, more like an observer than an active participant.

This integration of consciousness and muscle memory is I think what is meant by the idea of unifying mind and body. Superimpose a relaxed mind aware of both the immediate foreground and the wider background environment and the result is a far more efficient and effective way of responding to a threatening scenario than the normal "spotlight" mode of consciousness. We might also think of this latter way of responding as a top down command and control structure. Under this common sense way of functioning, mind and body are experienced as separate entities. The mind, located in the head, scans the environment for threats and responds via commands issued to a more primitive and somewhat mysterious body. Control is located in the analytical mind but can also be located in the body when for example, the mind is overwhelmed by the intensity of the situation and the 'fight or flight' response kicks in. While the analogy may be a little simplistic,

this mechanistic model is a far cry from the spontaneous, integrated, organic intelligence that can result from aikido training.

I've talked about mind and body. The discussion would not be complete without a few words on spirit. Why is that? I think we feel like the body mind package

requires an animating presence of some sort in order to fully express the quality of our existence. Perhaps we have been tricked by our language, and spirit is nothing more than a linguistic convention. While it may not be possible to answer this question, I do think it is legitimate. However, I also acknowledge that it often feels like spirit exists and I'll go a step further and say that I feel like training in our dojo has made that spirit stronger. Spirit is made stronger by the countless small victories over the course of our training. Defeats can also be a source of strength so long as we can learn from them. Victories build up self-confidence. When we have confidence, our spirit feels strong.

It is a big victory when we have no confidence, when our body is tired and our mind is telling us it can't be done but yet we get up and do what we think we cannot do. So confidence can come from no confidence. It is in this way that Jiseikan aikido builds a strong spirit as I learned in my recent coloured belt grading.

At the Jiseikan dojo we explore and develop body, mind and spirit, three aspects of one unified process. Through the practice of aikido we can learn to quiet the mind, integrate body and mind, and build a strong spirit.

- ~ -

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Business booms at Canada's food banks and soup kitchens including more than 20 in Ottawa, a city with a reputation for being well off. Here in Riverview Park area people line up twice a week during three weeks each month when Nativity Parish Food Cupboard operates in Notre-Seigneur church basement. The run on hunger in Ottawa is capsuled in a short sprint from the well-served parliamentary restaurant to the nearby Shepherds of Good Hope soup kitchen.

A report by Food Banks Canada shows that the number of Canadians visiting food banks is 23 percent higher than during the 2008 recession. More than 800,000 Canadians visit a food bank monthly. Roughly 300,000 of them are children, in a prosperous country that only by the grace of God, as the saying goes, does not suffer the consequences of super typhoons such as the one that left millions hungry or dead in the Philippines.

In Ontario, food bank users rely mainly on social assistance or disability-related income for life support. Only about 10 percent of users derive their primary income from employment. Many people believe that governments have largely bypassed the burden of poverty as more and more volunteers do diligence for the unem-

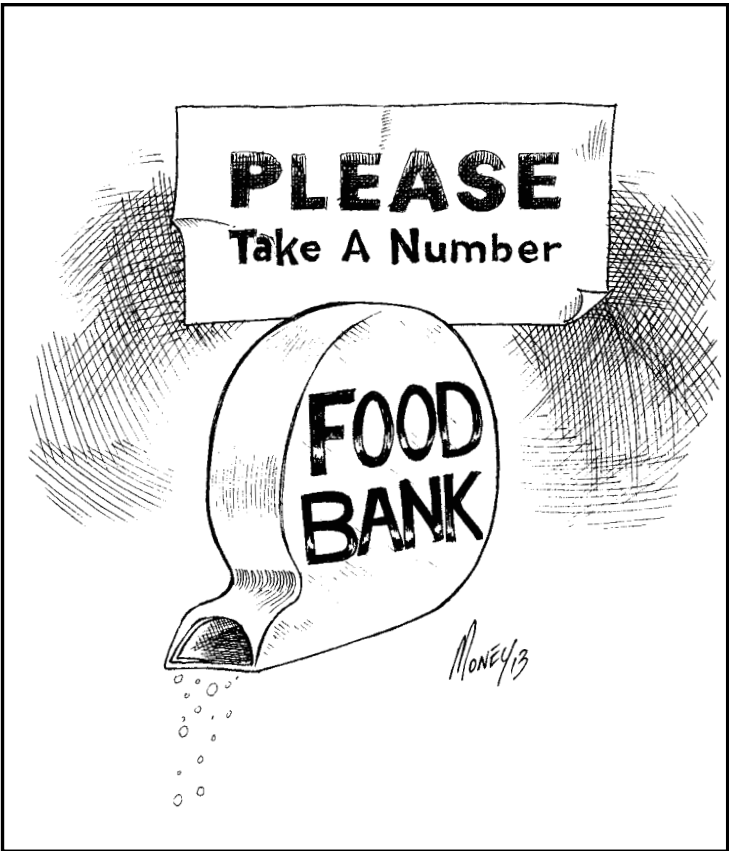
ployed while the federal government, in particular, boasts every day in Parliament of new job records. Some people with jobs fear that if a pay cheque is even one week late they are in trouble.

The report states that Food Banks Canada needs governments to step up and make policy changes alleviating dependence on voluntary money and food donations to keep them running.

Tanya, a mother of five boys aged 3-16 who has used the Nativity Parish food kitchen for three years, thought there should be better resources for low income families. She said that the kitchen provided four groups of nutritious food, but that if she was not one of the first four or five clients there would not be enough for her children.

Lynne, a food bank volunteer giving something for nothing, agreed with the report's finding that responsibilities along government lines are largely absent. She said all levels needed to pay for the needy through representatives, mayor, premier or prime minister. Lynne adds that the food kitchen is grateful with what it has on its shelves but donations are always welcome.

Now is the time to dig deeper and look harder at what we can share "in the spirit of Christmas".



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Great places build social cohesion, RPCA told

by Bill Fairbairn

“Placemaking is both an overarching idea and a hands-on tool for improving a neighbourhood, city or region. It has the potential to be one of the most transformative ideas of this century.”

This message was put before a good crowd at the Riverview Park Community Association's annual meeting October 23 by Vanier Community Association President Mike Bulthuis. He had not long returned from a placemaking meeting in Detroit inspired by individuals and businesses to reshape Detroit's challenged city development. He sought there to learn and contribute to placemaking in Vanier to uncover public space with greatest potential as a vital space.

Certainly the audience knew that Detroit and to a lesser extent Vanier are both much bigger than Riverview Park. They probably all also appreciated that any improvement to strengthen feelings of connection one person to another in a city or a community would be commendable.

What is placemaking?

“The term might be understood to be a holistic process or approach, driven by public participation and recognition of local assets. As practised by the the Project for Public Spaces (PPS), placemaking puts an emphasis on tapping into the creativity of persons who live, work and play within a given space, always looking at, listening to and asking questions to discover needs and aspirations,” Bulthuis believes.

Places that promote sociability and community are the goal. Some have already been found in Vanier, but where in Riverview Park might they be? Or is this community already self sufficient in people places?

Without prescribing a fixed number a U.S. based non-profit planning, design and educational organization refers to the Power of 10, pointing to the importance of creating 10 great places in any neighbourhood, each with things to do. In promoting the creation of these places the organization outlines 11 principles, each oriented towards building spaces that also build social capital. The principles include prioritizing community expertise, emphasizing function over form, partnerships and the recognition that spaces will lead to change as the community changes.

Bulthuis highlighted the value of experimentation or taking a “lighter, quicker, cheaper” approach with double interventions and improvements that bring

quick benefits but might also test ideas and inspire further longer-term activities.

He said over the past year there have been numerous initiatives and experimentation towards creating vibrant places in Vanier. St. Charles Church and property



was sought as a gathering place, a summer weekly farmers market in the Scotiabank parking lot was organized, Nault Park was appropriated for the annual Viva Vanier summer festival and developers organized block parties Kavanaugh and Socia sites. In June 2012, the Beechwood Village Alliance organized Art in the Parking Lot, creating a temporary park just off Beechwood, while later they encouraged residents to chalk their place dreams on boards surrounding the Beechwood fire site. He said residents were working with City staff towards installation of new play structures and inputting to the City's working of Montreal Road.

He summarised: “Placemaking is a process, not an outcome. I'd suggest that recent efforts outlined by citizens, businesses, the City and others tap into new energies, potentially guiding efforts in the creation of Vanier's new vibrant places.”

He wondered if any of the Vanier efforts would fit a possible Riverview Park list of 10 vibrant places. “What efforts would you identify, ones that are or have the potential to be great public spaces accessible, comfortable, activity-filled and social.”

It seemed a pity there was no time for questions from the audience since speakers were under the clock and even city councillors given only three minutes.

Possible vibrant places in Riverview Park

Mike Bulthuis was hesitant to make suggestions of possible vibrant places in Riverview Park based on his limited knowledge of the community.

He took a shot at it by suggesting pop-up arts, culture, music and food festivals in commercial parking areas; the addition of multi-

generational activities to existing winter and summer festivals and gathering spaces in Balena Park or parkland beside Riverview School and the incorporation of open/public spaces in and around new developments including any new transit stations.

He said the major take-away he had from Detroit was that placemaking could occur at all scales. “We see the creation of great public parks and squares with City support, but we also see communities tapping into the creativity of residents of all ages, transforming vacant or under-utilized spaces such as vacant properties, empty blocks, old trainyards, etc. into places for social connection, with arts exhibitions, festivals, guerilla gardening and community gatherings.”

Placemaking - creating Vanier's vibrant places

What would be Vanier's greatest public space, or more importantly its public space with the greatest potential? By way of new developments, local festivals, city planning initiatives and business and resident mobilization, Vanier's community fabric continues to evolve.

So how might we, as people who live, work and play in this place, participate further in the creation of a community with public spaces that we can celebrate, that reflect our needs and aspirations and that strengthen feelings of connection to one another.

More than urban planning, landscape design or architecture, placemaking offers one approach to doing so, helping citizens transform public places into vital places. The term might be understood as a holistic process or approach, driven by public participation and recognition of local assets. As practised by the Project for Public Spaces (PPS), placemaking puts an emphasis on tapping into the creativity of persons who live, work and play within a given space, always looking at, listening to and asking question to discover needs and aspirations... and always working towards the creation of places that promote sociability and community. Here in Vanier, where might these be?

Without prescribing a fixed number, the PPA - a US based non-profit planning, design and

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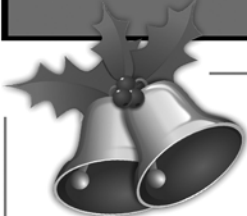
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HUME NEWS



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Winter operations are getting underway

Snow Go & Snow Go Assist programs

The Snow Go Program provides a matching service for seniors and people with disabilities looking to hire an individual or contractor to clear snow from private driveways and walkways. Residents who participate in this program are responsible for paying the individual or contractor removing the snow.

The Snow Go Assist Program provides financial assistance to eligible low-income older adults or persons with disabilities looking to hire an individual or contractor to clear snow from private driveways and walkways. Approved participants may be reimbursed for 50% of the cost of snow clearing per event, up to a seasonal maximum of \$250.

Please call 3-1-1, or visit ottawa.ca/snowgo for additional details on both programs.

Additional reminders: snow removal

Many residents use markers on the border of the driveway and sidewalk in front of their home. As per City of Ottawa By-law, metal stakes and large stones may *not* be used as they can

damage snow removal equipment, and pose safety concerns to the operators. Suitable lawn and sidewalk markers should always be composed of wood and/or plastic.

Visit bit.ly/ottsnow for further information on all procedures related to winter maintenance, and winter parking regulations in the city.

Dale Park outdoor skating rink upgrades

The outdoor rink located in Dale Park has been operating for many years using water supplied through a garden hose out of the Little League Canada building. Residents near to the park will have noticed some minor construction work in the area that has recently been completed. During this time, a water standpipe with an upgraded 1.5" in diameter hose was installed, which will greatly assist the community's volunteer ice maker.

Councillor Hume directed Cash-in-lieu of Parkland funds to make this small but significant upgrade possible. This work will result in a much more efficient process to creating and maintaining the rink.

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Walking the Camino Continued from page 3

St James is said to be buried. We chose to walk the popular Camino Frances route, which stretches a distance of almost 800 km from St Jean Pied de Port in France, across northern Spain to the Cathedral.

Boots were a critical item on this trip so carefully selected. We would be walking 15 to 32km per day, for 35 days (consecutive except for three rest days) and we had read enough books to realize that blisters and other foot problems could bring an unceremonious end to your pilgrimage. We broke our boots in by adding almost daily walks of at least 12km to our regular exercise regime. We soon developed quite a reputation, as people spotted us trucking to coffee or to church on Sunday, by foot. The training really paid off.

The next challenge was choosing the items to bring on our journey. Although we arranged to have one suitcase transported from town to town, we still had to pack 40 days of clothes, toiletries, first aid supplies, maps, granola bars, etc. into it and two backpacks. Items were laid out on the floor, counted, weighed, rejected.

We got to St. Jean Pied de Port late on Saturday August 17 and started the journey on Monday. This gave us time to get oriented and pick up our Credential, or pilgrim passport, which you get stamped along the way. The Credential is required to obtain a certificate of completion *Compostela* issued to pilgrims who walk or travel on horseback for at least the last 100km or cycle for the last 200km up to the Apostle's Tomb.

The first day we had to cover a distance of 27km and climb the Pyrenees, an increase in elevation of 1100 metres. This sounded pretty daunting, so we set out early in the dark. Like in the movie 'The Way' with Emilio Estevez, the hill fog was so thick we had to watch carefully for the markers, and knowing what happened to him, we were pretty cautious. Occasionally we would hear the tinkle of a bell and suddenly a flock of sheep would appear out the fog, and then disappear as quickly. The fog gave the landscape an eerie and supernatural feeling.

When we arrived at Roncesvalles, we realized that we had completed the first day's journey in just over half the customary amount of time. We can only attribute this to the surge of energy we felt setting out on such an epic adventure.

The second day dawned bright and clear, the conditions we experienced for most of our walk. In fact,

we walked in the rain for a mere 6 km of the entire 800 km journey, something we were very grateful for.

Typically, we would walk for 4 to 6 hours, stopping for a cafe con leche and snack after two hours, and some form of electrolyte replacement drink and a banana a few hours later. Lynn learned, after almost fainting at one point, no matter how much water you drank, you also had to replenish the salts your body sweated out in the heat.

We stayed in hotels which were all booked in advance, saving us from the worry most pilgrims face about finding room at the albergues when they arrive. We also hoped this would avoid bed bugs, but that didn't work out as well for us.

We usually arrived at our destination right around siesta time when everything would shut down. Having settled into our room, the first item of business was to wash clothes, and then do our daily blog for our church friends (<http://www.russlynncamino2013.blogspot.ca/>). The local restaurants would start to serve the Pilgrim's Menu around 7:30, which was often enjoyed with others we had met on the Way, chatting in whatever language we could get our points across in. Then off to bed to rest for tomorrow's walk.

The days quickly became somewhat of a blur. For the first and last third of the Camino, the scenery was so spectacularly beautiful that your focus was mainly outward. The vistas were amazing, fields, vineyards, everything a living testimony to the joy of creation. The middle nine days of walking were on the high plains of Spain known as the Meseta, a mostly flat, hot, and treeless region that had a reputation for breaking the spirit of many a pilgrim. We found the monotony of the Mesa was a perfect place to allow the mind to turn inward, and think about why, oh why, were you doing the Camino?

Peregrinos along the Way would open up their inner souls to each other. 'Why are you walking the Camino?' would start an exchange of personal information that you would probably never tell your closest friend at home. Everyone was walking for a reason, even those who hadn't figured out what it was yet.

Walking the Camino, relieved of your ordinary routine, was an opportunity to enjoy the beauty of creation, reflect on the journey of our lives, and coupled with the conversations with other pilgrims, it was a healing and personally transforming experience.

If you decide to walk The Way, we both wish you a Buen Camino.

Taj Mahal of military hospitals almost forgotten

by Bill Fairbairn

Eighteen years ago Ottawa-area veterans were opposing the withdrawal of acute care treatment and beds at the National Defence Medical Centre on Alta Vista Drive.

"Only actively serving military and Royal Canadian Mounted

together and it has stayed closed since then brooding over our area of the capital.

Councillor Peter Hume, in the summer, enquired about the disposition of the aging hospital building presumably for possible business development on the site.



Police patients will be seen or admitted at NDMC effective Jan 1, 1995," DND stated in an advertisement and in letters to veterans. The move led to the closing of 60 of the hospital's 253 beds. Sixty-three of 105 nursing jobs were lost Not long afterwards the hospital closed al-

Susan Chambers, DND Director General Real Property, responded that there was no changes to its status. "DND is in the process of completing due diligence activities for the

Continued on page 11

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Planning and Development Update

by Kris Nanda
Chair, RPCA Planning and
Development Committee

The main local issues that the Riverview Park Community Association (RPCA) and its Planning and Development (P&D) Committee are tracking relate to the intensification and increased commercial and residential development in and around Riverview Park and the need to address the resultant increase in traffic congestion. RPCA Board members also follow developments of interest and around the City which may affect Riverview Park residents either directly or indirectly and 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.

The RPCA provided comments into the City's 2013 Official Plan process and emphasizing the need for more sustainable transportation, reduced car traffic, and an improved planning process, and along with several other groups, sought the removal of the Alta Vista Transportation Corridor (AVTC) from the Transportation Master Plan, and promoted the need for more 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, and the need for increased levels of bus service.

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

Official Plan and Budget Submissions

In its Fall 2013 submission to the City on the Official Plan, the RPCA reiterated its support for the overall principles contained in the *Building A Liveable Ottawa 2031*

proposal, in particular the emphasis on enhanced infrastructure for pedestrians and cyclists and inclusion of the Complete Streets approach towards new and existing roads (including Industrial Avenue). The RPCA also pointed out how plans for an AVTC roadway (including the Hospital Link) did not mesh with many of the City's planning principles, including Affordability, Safe and Efficient Transportation Infrastructure, Sustainable Transportation, Active Transportation, Transit-oriented Development, and Urban Design and Compatibility. In its submission on the Official Plan and the Budget, the RPCA urged that the City devote more resources to fixing existing roads instead of building new roads.

A member of the RPCA Board presented the Association's comments to the City's Transportation Committee in November 2013.

Alta Vista Transportation Corridor – Hospital Link-NDMC

The detail design work associated with the 1.2 km Hospital Link section of the controversial AVTC between Riverside Drive and the Hospital Complex will most likely now be publicly shared in 2013 and the RPCA will be given an opportunity to view the designs. 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 would resolve perceived local traffic problems.

In addition, in March 2009, the RPCA had asked hospital officials for a breakdown on where Hospital employees live, which would have provided quantitative data on employee commuting patterns (Origin-Destination – OD), but were told that this data was unavailable due to privacy concerns. (One justification advanced by supporters of the AVTC Hospital Link and the now-cancelled Browning Corridor Transitway was that these new road/bus link projects were required to meet the commuting needs of Hospital staff). However, a chart with 2011 OD data on the Hospital Complex – the information sought by the RPCA – appeared as an Annex in the Draft 2013 Cycling Plan.

There are also some issues related to contaminated sites near Riverside/Hurdman. The City has worked with Ontario Hydro and VIA Rail on resolving issues related to construction of the road and its interface with existing hydro and rail usage right-of-way.

The Department of National Defence and Canada Lands Corporation (CLC) are moving forward with the disposition of the National Defence Medical Centre (NDMC). No actual construction date has yet been set. CLC officials have confirmed that NDMC lands are unlikely to be transferred from DND before 2016.

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.

Neighbourhood Way Intersection with Industrial Avenue

The Board has followed up with Councillor Hume on its previous requests to the City to widen of the entrance onto Neighbourhood Way from Industrial Avenue to take into account anticipated increased traffic and wide turns from OC Transpo buses which are currently going over the curbs (as reported in the October 2013 edition of the Riverview Park Review). The RPCA has also reiterated its earlier calls to widen the intersection by constructing a short dedicated right-turn lane on Neighbourhood Way to allow cars to turn east more easily onto Industrial Avenue instead of having to sit and idle behind other vehicles waiting to make a left turn.

In response, Councillor Hume has provided additional information. He explained that during the road modification process OC Transpo officials concluded that they had no problems or concerns with the proposed intersection or with the ability for buses to use the intersection in a safe manner. Based on that response, City staff finalized and the developer implemented the OC Transpo approved road design.

OC Transpo has now acknowledged that navigating this inter-

section is extremely challenging for their buses and is leading a review to determine what changes need to be made to ensure that buses can achieve a safe turning radius. The RPCA has asked to be included in the OC Transpo review process.

Riverview Park residents and others will benefit from the inclusion of a new sidewalk on the south side of Industrial heading east from the Neighbourhood Way and ultimately extending to the intersection with the Farm Boy/LCBO access road.

Industrial Avenue Traffic Issues – new Intersection and Access to Pioneer Gas

There are no new developments regarding concerns related to safely entering and exiting the Pioneer Gas station since construction of the new signalized traffic intersection and traffic island on Industrial at the entrance to Farm Boy, and LCBO. Pioneer officials previously indicated to the RPCA that they had similar concerns but there has been no word back from them regarding reports that they were seeking an alternate egress point to allow traffic exit from the rear of the gas station.

The RPCA also contacted Councillor Hume and Trainyards President Marty Koshman asking for their assistance and support for installing an advance green for east-bound traffic on Industrial turning into the Farmboy and LCBO. This would alleviate some of the present congestion as sometimes only one car per traffic light cycle can make the left-hand turn.

New Retail Developments along Industrial Avenue

A one-story retail establishment is planned for 575 Industrial – located between the Pioneer Gas Station and the CIBC building at the Trainyards Drive intersection. The City is presently accepting input from the public on this proposal at its website (listed at end of the article) and the RPCA is encouraging community members to submit comments. Proposals to build other buildings on the parcels at 585-595 Industrial are presently on hold.

The Trainyards complex is also
Continued on next page

P & D Update (continued)

From previous page

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 its previous comments, 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. There are also concerns that the proposal to include 315 parking spaces on the property is too high and would only encourage additional vehicular traffic.

An additional proposal involves rezoning the property at 580 Industrial Avenue from “General Industrial” to “MC – Mixed Use Centre.” This proposed change would permit retail uses on site but no changes to the existing building envelope or site lay-out are proposed.

Alta Vista Ridge (1757 Russell Road)

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 representatives from the developer, Theberge, to ask for sup-

port in efforts to construct a pedestrian activated crosswalk and a sidewalk on the west side of Russell Road.

Alta Vista Shopping Mall

No new tenants have been confirmed for the three long-vacant storefronts in the Alta Vista Shopping Mall, but an official from the property management company for the mall has confirmed that his organization is looking for occupants.

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

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

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

NDMC

Continued from page 9

effective transfer of the subject property. These include consultation with Aboriginal groups and various environmental assessments and reporting requirements. Once complete, we will be in a position to move forward with the disposal to the Government of Canada's agent, Canada Land Corporation. At present it is not possible to offer a potential timeline since the time it takes to complete the required due diligence items is dependent on variables that are currently unknown. We note the interest and desire to keep the community informed and will update you as more information becomes available.”

Canada Land Corporation Director of Real Estate James Cox indicated that CLC should get title to the package by late 2014 when it would then be possible to work with the community.

The NDMC hospital's busiest years were in the 1960s when ailing World War II and Korean War veterans were still abundant. NDMC had an elitist reputation as a hospital despite its history of veteran care. An Ottawa Citizen headline in 1981 called it the Taj Mahal of military hospitals. It had served privates to generals as well as members of Parliament, senators and senior bureaucrats. Prime Minister Jean Chretien had a benign nodule removed from his right lung by NDMC surgeons in 1991 when he was Opposition leader.

Its history started on June 5, 1958, when Defence Minister George Pearkes VC and Veterans Affairs Minister A.J. Brooks turned the sod for the largest military hospital in Canada. It was to be built overlooking the Rideau River. NDMC opened three years later under Royal Canadian Air Force administration and encompassed district offices of the Department of Veterans Affairs and the Canadian Pension Commission.

The NDMC's basic role was to support the Canadian Forces. Early in the hospital's life, there were training schools and labs and other assets including a library with 5,000 medical books, a helicopter pad, cafeteria, pharmacy, chapels, hairdressers and a gift shop.

When hospital stopped treating walk-in veterans, an Ontario Government grant of \$2.5 million allowed 50 veterans to remain resident patients until their transfer to the Perley and Rideau Veterans Health Care Centre when it opened in 1996 but there was, and is, no outpatient clinics there.

At the time of Remembrance in Ottawa last month, when some veteran organizations were complaining about declining health care and pensions for serving and sick veterans of Canada's latest war in Afghanistan, only a few veterans remember their once very own hospital now brooding eerily over its large campus on Alta Vista Drive and awaiting the immediate due diligence of the sort they provided in their youth to win wars.

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David Chernushenko Councillor Capital Ward

Three years of serving Capital Ward: Wins, losses and ties

After three years as councillor for Capital Ward, what have I/we got to show for it? This is a good time to take stock of big issues facing this area, with an eye not just to where we've been, but to where we're going next. Let's call it wins, losses and ties.

WINS

AVTC demoted: On the books for more than a decade, the Alta Vista Transportation Corridor has been dropped from the Transportation Master Plan for the next 15 years, because it's deemed to offer poor value for money and isn't needed anytime soon.

Complete Street policy: In a first test of Ottawa's policy to promote "complete" streets — ones that cater equally to all kinds of users — Council voted 18-6 to transform Main Street. The redesign will subtract one motor vehicle lane, add a "cycle track" and wider sidewalks, and create a streetscape suitable for vibrant retail and spaces where you might actually want to linger.

Light Rail movement, at last: After years of false starts, Council approved a design for the first section of light rail and construction has begun. In a bold move recognizing public transit as the key to a more mobile and livable city, Council recently also approved a "Stage 2" proposal to extend LRT further and faster than originally planned.

Cycling and safety improvements: We've made steady progress to build more cycling infrastructure, educate all road users and promote a culture that supports cycling and walking as healthy and cost-effective modes of travel. There's always room for improvement, but the future looks bike-friendlier.

Residential infill study – Phase One: Council approved new guidelines and bylaws to define and enforce residential intensification design that respects neighbourhood character. This first study addressed "visible from the road" issues like location of parking, permitted projections, front yards and grade.

LOSSES

Emerald Ash Borer: This fast-moving infestation has devastated trees in every part of Capital Ward, including Riverview Park. Inoculating all ash trees was impossible, so the City opted to remove affected trees, treat some healthy ones, and replant quickly and extensively with a mix of other species. Treatments have failed to slow this invasive insect, and the recent introduction of wasps to prey on the EAB comes too late for Capital Ward. Some treatment will continue, but large-scale replanting is the only way forward.

Lansdowne redevelopment: The many campaigns to fight — or at least significantly change — the controversial Lansdowne Park redevelopment proposal ended with Council votes of 22-2 and 21-3, and

the failure of various legal challenges. Some are excited about new sports and shopping opportunities, condos and townhouses, but most Capital Ward residents remain disappointed by the process, the results and the minimal say they had in guiding how and for whom Lansdowne would be redeveloped.

TIES (or too early to tell)

Future conversions: After much consultation and public input, City planning staff are preparing a report (ETA March 2014) that I expect will make it once again possible to convert residential homes, but under much clearer and more limited conditions.

Residential infill study – Phase Two: Phase Two recommendations, possibly incorporating the conversion study, are also expected in March. I've worked hard to ensure the City imposes greater controls on the height and mass of infill buildings, and better protection for the tree canopy, public spaces and streetscapes.

Lansdowne Park traffic/parking: I have spent 18 months chairing the Lansdowne Transportation Advisory Committee (LTAC), a group of community representatives working with City staff, OC Transpo, the NCC and consultants to develop a monitoring plan for traffic and parking problems once Lansdowne Park reopens. Most community LTAC members were disappointed by results that leaned towards monitoring and away from tangible steps they felt necessary to reduce con-

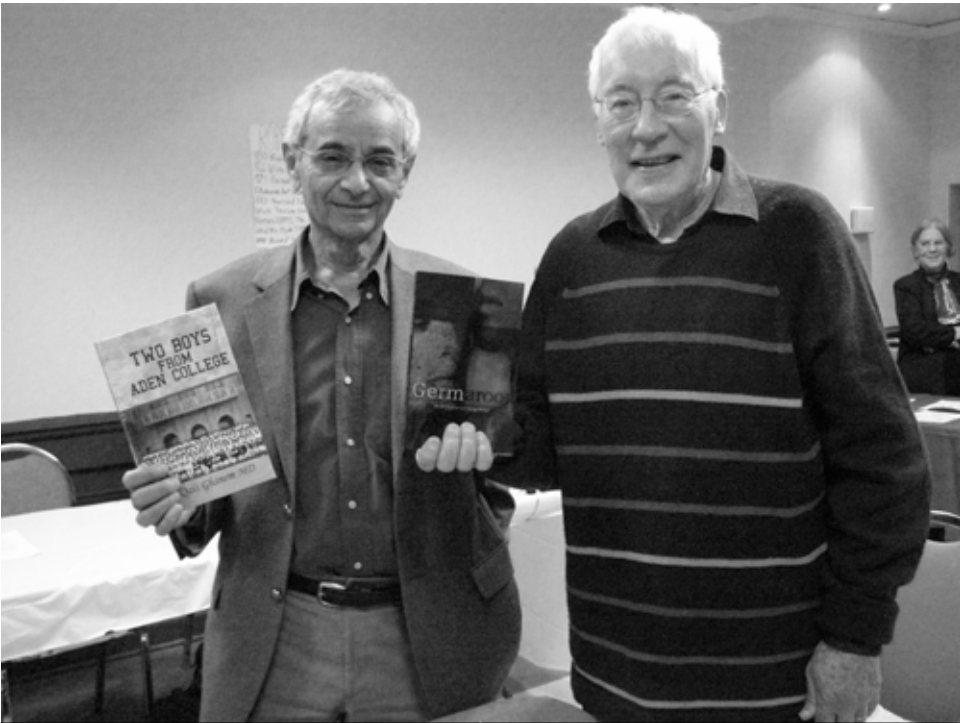


gestion, parking problems and the overall impacts of Lansdowne on its neighbours. But this process is not over, and there's another busy year ahead as we brace for the new Lansdowne Park.

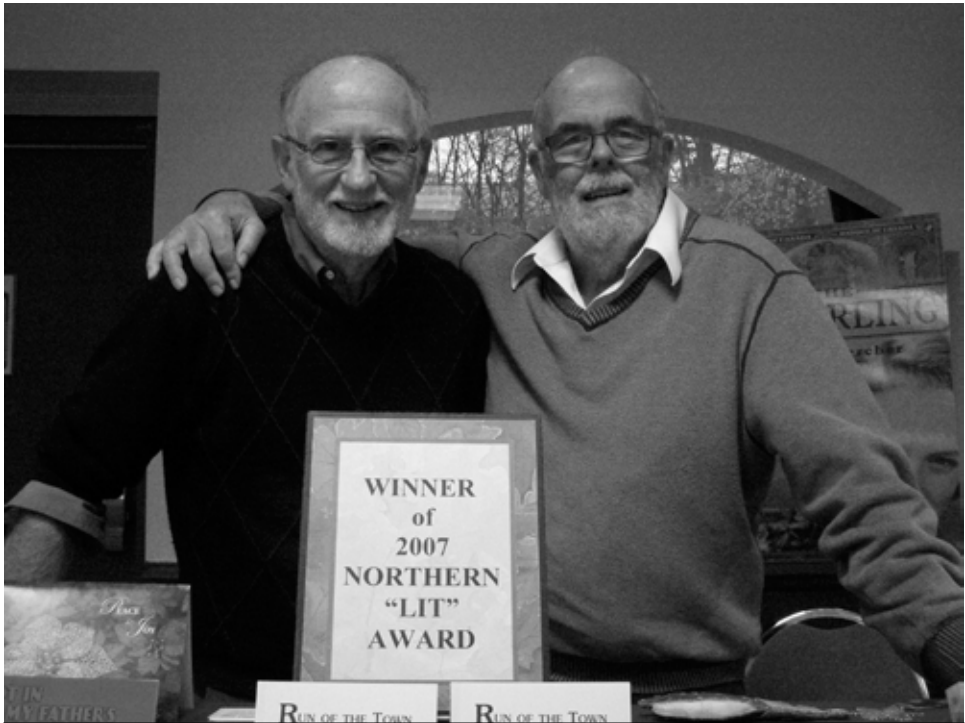
Green bin/garbage: Acceptance of and participation in waste diversion continue to grow. Most residents are using their green bins for organic waste, and opposition to biweekly garbage pickup has receded, but we're still grappling with odour and mucky bins.

Graffiti: The elimination of paint/marker vandalism might seem like a minor issue, but it certainly matters to property owners stuck paying to remove graffiti. If you know someone who is defacing property and imposing millions of dollars in costs on the community, please step up and (in confidence) let the police or City Bylaw know.

Councillor
David Chernushenko
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David.Chernushenko@Ottawa.ca
www.capitalward.ca



Qais Ghanem who has written *My Arab Spring*, *My Canada*, *Final Flight from Sanaa*, *Akber Tairab Min Sanaa*, and *Two Boys from Aden College*, with author Bill Fairbairn, who wrote *On the Run in Africa*, *The Printer's Devil*, and *Germanroon*.
Photo credit: Carole Moul



Terrence Rundle West who wrote *Run of the Town*, *Ripe for the Picking*, and *Not in my Father's Footsteps*, with Ian McKercher who was author of *The Underling*.
Photos from the Ottawa Independent Author's Book Fair.
Photo credit: Carole Moul

Jack and the Fairy Dogmother

a spotted lesson

by Tammie Winsor

illustrated by Greg Money

Review by Carole Moulton

As reported in last February's Riverview Park Review, Tammie Winsor, a Riverview Park resident, was one of nine finalists in CBC Radio One's All in a Day Hopes and Dreams contest held in November 2012. This contest was the brainchild of All in a Day's host, Alan Neal. The top three finalists who raised the most money for the Shepherds of Good Hope in five days were to have a dream fulfilled.

"My dream is to publish a children's book that I wrote many years ago," Tammie had replied to the radio request.

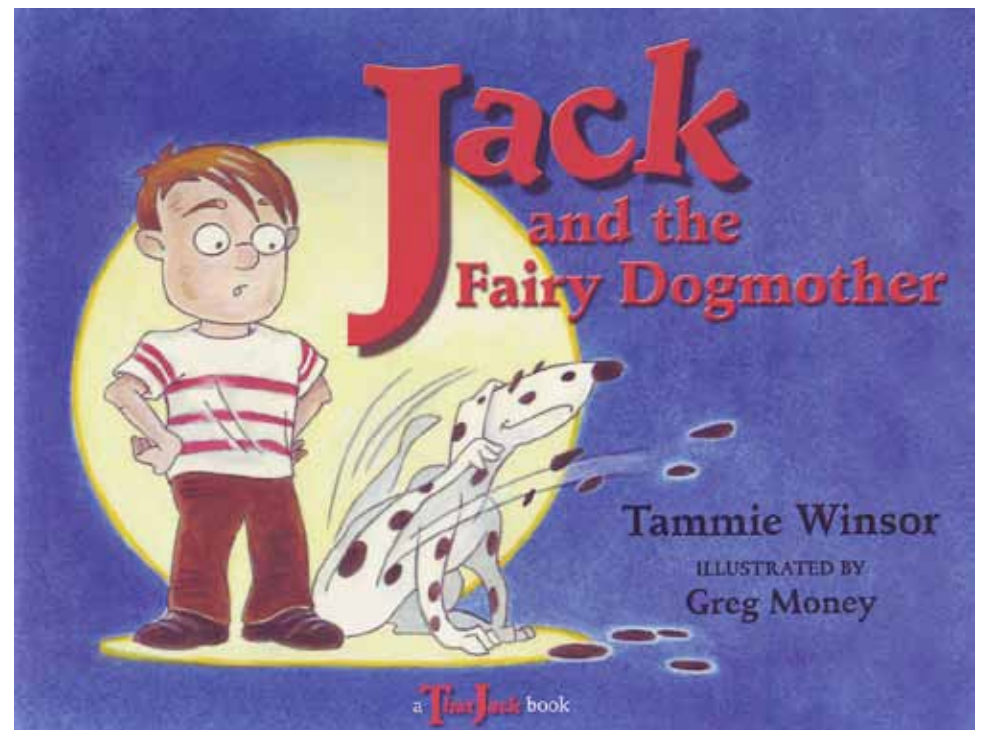
And with sheer dedication to the task at hand, she raised \$2310. The Shepherds of Good Hope were the original winners of Tammie's efforts when she tied for second place. CBC had chosen the

Shepherds of Good Hope as their local charity for their annual holiday fundraising campaign, so they won too.

What did this win mean for Tammie? It meant that now there would be support for her dream, and quite a bit of it. And there was a very good chance that *Jack and the Fairy Dogmother*, as her book is called, would eventually become a reality.

Melanie Watt, children's author of the award winning Scaredy Squirrel series, created a personalized recorded consultation for Tammie. Tammie stated, "the biggest take-away from that consultation for me was to not be afraid, stretch reality, be silly."

Influenced by the style of very well-known Canadian children's author, Robert Munsch, Tammie did embellish the story she had



written almost 16 years before. Rather than just smelly dog breath, it became dog breath that smelled like the bottom of Jack's backpack. Rather than simply spitting toothpaste in the sink it became, ooey, gooey, slimy toothpaste.

Not only did Tammie receive a personalized consultation from an award winning author, General Store Publishing House of Ren-

frew, Ontario, agreed to publish Tammie's book.

From April until October, Tammie worked on the book with well-known illustrator, and Riverview Park resident, Greg Money. She had seen Greg's artwork in this paper and recognized him from the neighbourhood over the years.

Continued on page 22



Tammie Winsor sharing her new book: *Jack and the Fairy Dogmother*



Greg Money creating the cover of *Jack and the Fairy Dogmother*

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Get W.I.T.H. It.

by Carole Moul

Get W.I.T.H. It. More than just a walking program at Hillcrest High School, Get W.I.T.H. It runs every Monday night from November 18th,

where University of Ottawa kinesiology students will help you flex or stretch your muscles. For further information contact Pamela Cullen-Arseneau, coordinator at pcullenarseneau@toh.on.ca



2013 until March 31st, 2014 (except when the school is closed for holidays or exam week). The program is a drop-in format and offers light, moderate, and vigorous walking route options to accommodate all the different walkers. Pedometers are available for use, and there is a "Muscle Moments" station

or at 613-798-5555 ext # 81807 or Shannon Merizzi from the Healthy Lifestyle and Diabetes Program at smerrizzi@toh.on.ca or at 613-798-5555 ext #81806. The Get W.I.T.H. It program is endorsed by the University of Ottawa Heart Institute and meets the criteria of a Heart Wise Exercise program.

Thank you card to the RPCA from the Park Clean up team at Alda Burt

by Carole Moul

On Friday evening, October 4th, members of the Parks, Recreation and Environment Committee of the Riverview Park Community

the RPCA. Over thirty people helped with the clean up, then enjoyed pizza and juice after all their hard work. A Thank you card from the Russell Heights Team is being admired by a num-



Association joined with a wonderful group of volunteers from Russell Heights to clean up Alda Burt Park. This joint initiative is part of the Adopt-a-Park program of the City of Ottawa and

ber of the RPCA Board of Directors. This card was in appreciation for the delicious pizza and juice. A big Thank You also goes out to the adult helpers of Russell Heights.

May the joy of the season be with you

I want to wish you all the best this holiday season.

We are blessed to live in the greatest province in Canada. When we work together, we help to make this province even stronger.

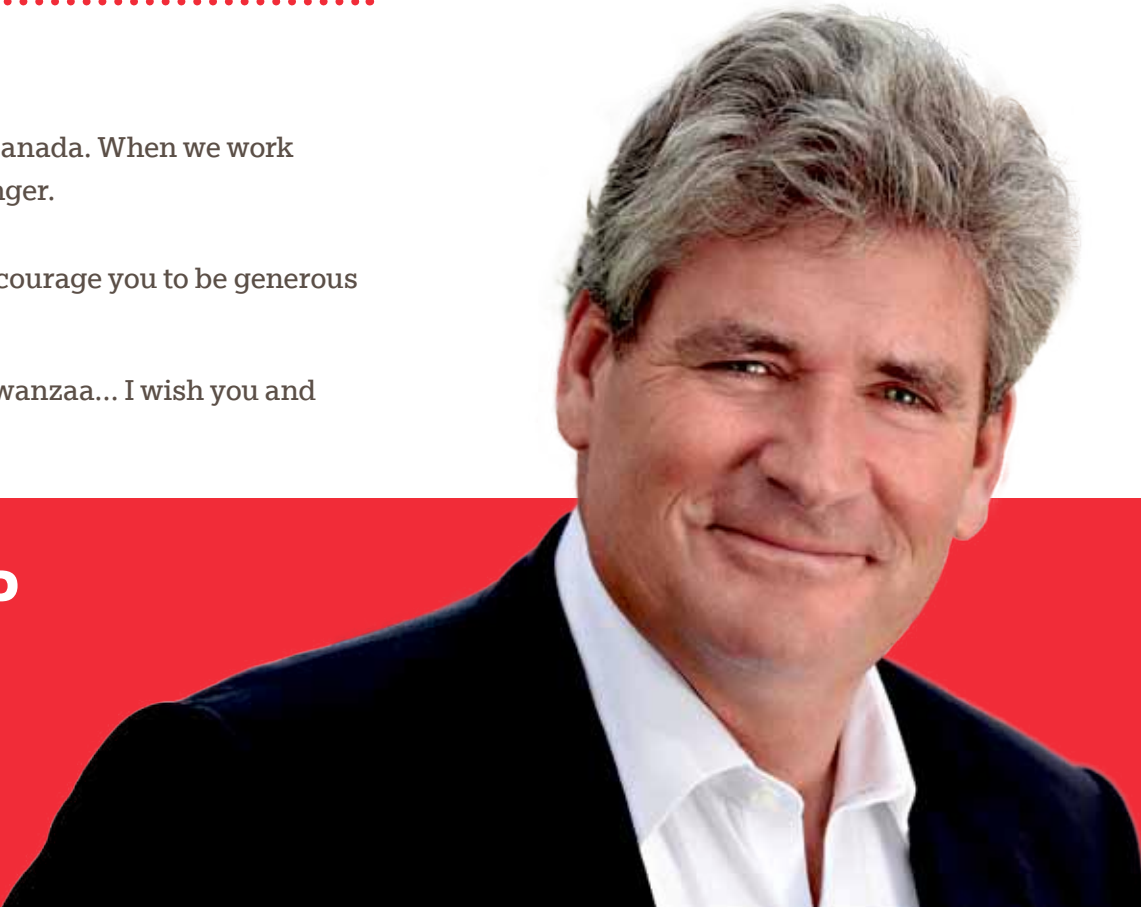
That is why, this holiday season, I would like to encourage you to be generous in helping those less fortunate than yourself.

Merry Christmas, Happy Hanukkah and Happy Kwanzaa... I wish you and your family all the best this holiday season.



John Fraser, MPP
Ottawa South

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The unintended legacy of Santa Claus

by Maria CampbellSmith

In living rooms, classrooms and shopping malls all over the globe, December brings holiday traditions and the most famous “jolly old elf” the world has ever known. His rosey cheeks, bearded face and fur-trimmed red suit are iconic. Contrary to urban legends, he did not come from the Macy’s parade or from 1930’s Coca Cola advertisements. The modern Santa Claus we recognize actually came from an unlikely source; from a solemn academic who expected to leave a very different literary legacy. Clement Clarke Moore was the unlikely author and his whimsical poem was merely a gift to his children on Christmas Eve, 1822.

Not what he thought he’d be famous for...

Clement Clarke Moore was born July 15, 1779 to a prestigious, religious and academic family in Queens, New York. He became a professor of Oriental and Greek literature at Columbia College (now Columbia University). He was also a professor of Biblical Learning at the General Theological Seminary in New York and a board member of the New York Institution for the Blind.

Moore had hoped to be known as the author of a two volume “Compendious Lexicon of the Hebrew Language” he compiled in 1809. In 1811, he wrote a translation from the French of “A Complete Treatise on Merinos and Other Sheep”. In 1850, he produced a historical biography of George Castriot, King of Albania. These varied, scholarly texts are not why Moore is famous though. Instead, he is world renowned for a 56-lined children’s poem that many of us know by heart. Clement Clarke Moore wrote “A Visit from St. Nicholas” (a.k.a. “Twas the Night Before Christmas”).

Building on other bits and pieces...

Clement Moore did not single-handedly invent Santa. He wove together several strands of history, religion and literature. Legends of the historical figure of Saint Nicholas (the patron saint of children) were centuries old and throughout Europe, especially in Dutch and Greek cultures. He was often depicted as a tall, bearded man in dark bishop’s robes who visited and gave gifts. In England, feasting and merriment were long-standing traditions associated with Father Christmas. From a

family that blended English and Dutch backgrounds, and as a scholar, Clement Clarke Moore had undoubtedly studied Saint Nicholas along with mythology, religious texts and the classics.



Contemporary to Moore, at the start of the 19th century, there was a somber description of Saint Nicholas in Washington Irving’s “History of New York” published by Deidrich Knickerbocker in 1809. Then in 1821, an anonymous poem called “The Children’s Friend” also detailed Old Santeclaus (St. Nicholas or Sinter Klass in Dutch)

“driving his reindeer over chimney tops to bring yearly gifts to good children”. So, Saint Nicholas was real and long celebrated, but he was not especially jolly or elven. These elements came from Moore’s imagination.

He transformed St. Nicholas...

Perhaps Moore was inspired by his own wintery night sleigh ride home? Perhaps Knickerbocker’s “History of New York” and its detailed descriptions of fat, jolly Dutch burghers (or mayors) with red coats, leather belts and boots, and full, white beards captured his imagination? His own children might well have read the stark account of Santeclaus from “The Children’s Friend” the year before. Somehow, Clement C. Moore ran with the idea of a visit from St. Nicholas and added rhyme and whimsy. He named 8 specific reindeer. He playfully added details of St. Nick’s face and habits. He recounted Santa’s magic touch and good wishes to all.

The poem was an instant hit!

Children and adults alike took to “A Visit from St. Nicholas” instantly. Moore had no intention

Continued on page 21

Riverview Park Winter Carnival

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A Caverley Street House on Halloween
Photo credit: Geoff Radnor



These tasty cupcakes were just part of a selection of delicious Bake Sale treats. The Bake Sale, held at the Shoppers Drug Mart on Alta Vista Drive, was to help raise money for the Canada Post Community Foundation for Children. The organizations involved are: Hopewell, Ottawa Food Bank, Ottawa Network for Education and Somerset West Community Health Care. Bake Sales have also been held for the Ottawa Regional Cancer Foundation, Maplesoft Centre. Tiffany Arseneault and Lorna Jewel made all the amazingly yummy cupcakes.
Photo credit: Arze Chabine



Photo credit: Arze Chabine



Photo credit: Arze Chabine



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Not intended to solicit homes that are under contract with another brokerage.

Just a day or so away

by Geoff Radnor

The Grand Canyon is a day's flight away from Ottawa. This involves getting up early in the morning, taxi to the airport, through check-in and se-



Horseshoe Curve in Altoona, PA

curity, get squeezed into a 19 inch seat for a few hours, eat an airline lunch (if you can), get to some air-

one in Pennsylvania. Having a son who then lived near Pittsburgh, on our way to visit him we discovered that there are many new things to see and do within a day or so drive from Ottawa. We take the easy drive south to Watertown going over the two suspension bridges to Hill and Wellesley Islands and the USA. Taking the scenic 1000 Island Parkway is much more relaxing than the 401 and you are very close to the shore of the St. Lawrence river. No passport is necessary at the border if you have an Ontario Enhanced Driver's License. We are through in minutes.

Many people only go as far as Watertown where there are ample opportunities to shop, but

is a favourite dining spot for many local residents. Sackets Harbor was the scene of one of the deciding battles of the war of 1812. It was the HQ of the US Navy and the base

see the Oswego nuclear plant in the far distance with its plume of steam rising over the town. When we visited we were the only people around.



Tin Pan Galley in Sackets Harbour
Photo credit: Geoff Radnor



The Kinzua Bridge

port in Colorado, wait for your luggage, find a taxi to your hotel, check in and, finally, collapse on the bed. So where's the Grand Canyon? That's tomorrow. So why not drive there in a few hours. This is to another Grand Canyon, the

we just stop at *Panera Bread* for a coffee and a pastry and get on our way. If you take a turn to the west you can stop off at the Tin Pan Galley restaurant in Sackets Harbour, where you can dine *al fresco* when the weather permits. It

for over 5,000 men, it is a National Historic site. Just a few miles south on highway #3 is Henderson Bay, a good place to stop and see the many boats out on Lake Ontario. If you turn east and head towards 181 again you will find the town of Pulaski, home of a million ardent fishermen. The salmon river there is aptly named and in the season

So back to the freeway and south to Syracuse, to many in Ottawa home of *DESTINY*, one of the largest shopping malls in the USA. If its shopping you want this is the place. But we will give it a pass this time and turn westwards towards the Finger Lakes wine growing region. There are several of these lakes that run north/south.



The Oswego Nuclear Plant in the far distance
Photo credit: Geoff Radnor

there are more men in hip-waders than there are salmon in the water. But we are not into fishing so we can continue down highway #3 to Selkirk Shores State Park. Lots of parking and you can stroll along the shore of Lake Ontario and

Skaneateles is the town at the head of one of the lakes and there one can attend the annual classical music festival in the summer that

Continued on next page

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From previous page

brings world famous musicians to the town. We heard Hilary Hahn



The view of the Johnson Art Museum and surrounding sculpture taken from a point on Libe Slope southeast of the building.
Photo credit: Cornello10 at en.wikipedia

play there this year.
Continuing westward is Cayuga Lake, 64 km. long and quite narrow and its surrounding hills are full of vineyards. At its southern end is the town of Ithaca, home of Cornell University. Just one of the many interesting places to see on campus is the Herbert F. Johnson Museum of Art, a fine

enormous selection of the wines of the world at the best prices ever. Discounts upon discounts. Am I a smuggler? At the southerly end of the next lake is Watkins Glen

and if you are into motor-sport the home of racing in the state, once home of the Formula 1 US Grand Prix. Continuing south again there is the town of Corning, home of the Corning Museum of Glass, a non-profit organisation set up by the company and well worth a visit. The admission ticket is good for two days as there is so much to see.

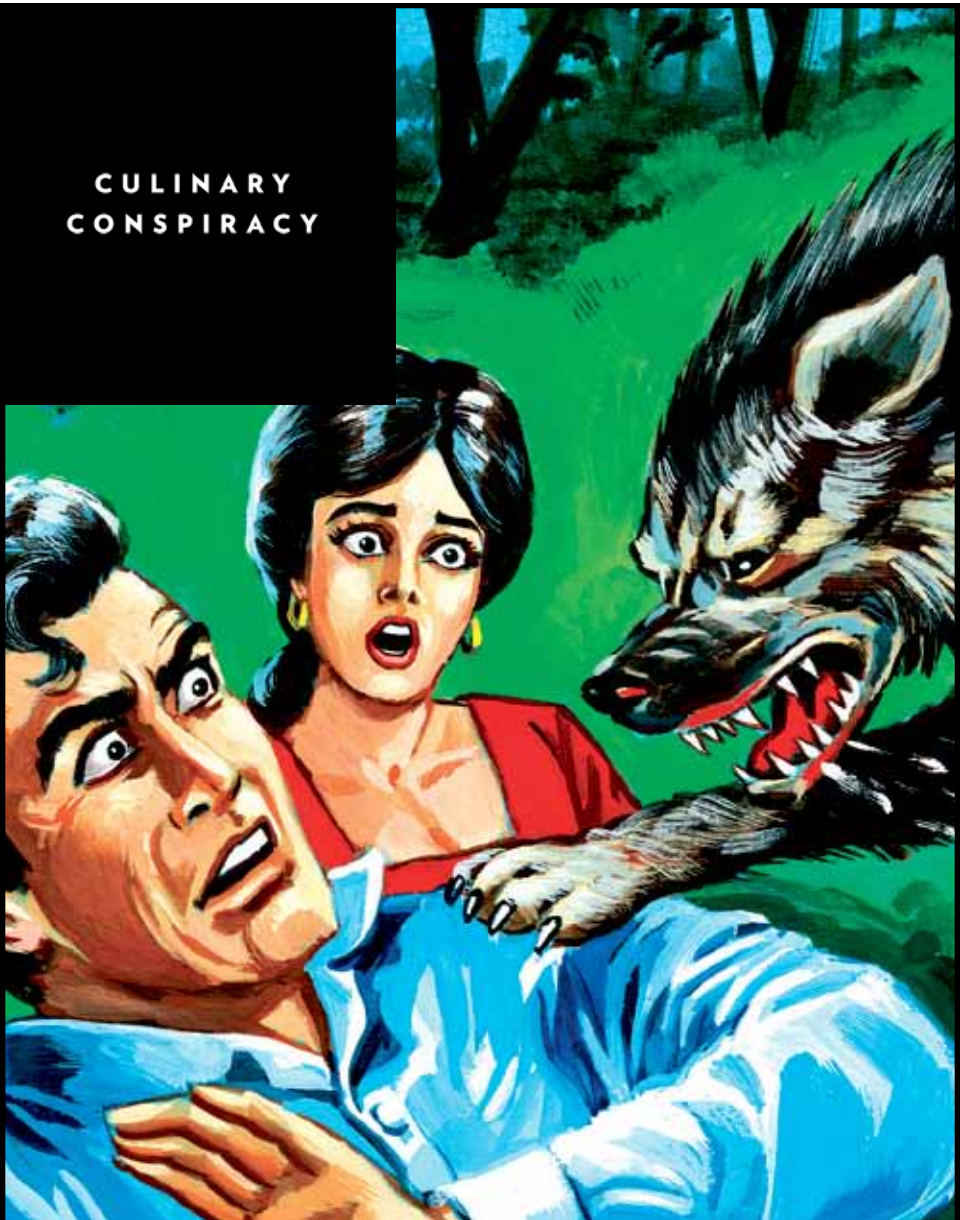


Half the Kinzua Bridge or “The Bridge to Nowhere”

modern building designed by I. M. Pei. Admission is free to all the galleries and special exhibitions. When we visited there was a show of Egon Schiele’s work, that alone was almost worth the drive from Ottawa. We ate dinner in Ithaca many years ago at the Moosewood restaurant, and now it is famous and people come from around the whole USA to eat there. One of my most revered places to go to in Ithaca is the Northside Wine and Spirits store. They have an

But what about the Grand Canyon? Don’t worry! we’ll get there soon.
Driving south we pass through Tioga Junction, which the starting point of the Grand Canyon of Pennsylvania. This Canyon is about 75km long and we took the road through Mansfield and Wellsboro to reach the observation point. We saw the vast amount of forest that has regrown since the lumber

Continued on page 21



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

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Maplewood checks in

by Carole Moul

Maplewood Retirement Community Open House. On Thursday, October 24th, Riverview Park's newest retirement residence invited the community to its official Grand Opening from 1-4 in the afternoon. Guests were provided

with wonderful refreshments, and could also take a tour of the beautiful new building. The luxurious amenities were open for the public to see, as were a number of model suites. What a great idea it was to invite others to enjoy the beautiful new Maplewood.



The Lounge- empty for a very short time only



Just waiting for the game to begin



The beautiful solarium

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A view of downtown Ottawa from the Fourth Floor, Keats' Suite

Santa Claus

Continued from page 15

of publishing the poem though. He considered it beneath his dignity as a scholarly writer. Nevertheless, the poem suddenly made “St. Nick” lovable, laughable, and central to Christmas.

A Miss Harriet Butler was a holiday guest at the Moore family home in Chelsea, New York that animated Christmas Eve of 1822. She went on to send a copy of the poem (anonymously) to the editor of the Troy (N.Y.) Sentinel the following Christmas, 1823. It was so well-received that it was reprinted in newspapers and poetry publications year after year.

Some contested the authorship of the charming narrative, but Clement C. Moore eventually acknowledged his work and included it in an anthology of poetry he published in 1844. One of his own daughters, Mary Moore Ogden, later painted “illuminations”(1855) to go with her father’s famous poem. Nowadays, “A Visit from St. Nicholas” (or “Twas the Night Before Christmas”) and Moore’s conception of Santa Claus are beloved traditions for families all over the world.

An ongoing tribute...
At 10th Avenue and 22nd Street in New York City you’ll find Clement Clarke Moore Park and Playground. On the last Sunday of Advent (Advent is the 4 weeks of preparation for Christians before Christmas.) year after year, local residents gather for a public reading of Moore’s famous poem.
Moore never intended it, but his literary legacy of Santa Claus is more enduring than anything else he ever wrote. It has been a mainstay of family Christmas moments ever since 1822. Pure joy is a bright light. “Happy Christmas to all, and to all a good night.”

A Visit from St. Nicholas

by Clement Clarke Moore

‘Twas the night before Christmas, when all through the house
Not a creature was stirring, not even a mouse;
The stockings were hung by the chimney with care,
In hopes that St. Nicholas soon would be there;
The children were nestled all snug in their beds;
While visions of sugar-plums danced in their heads;
And Mama in her ‘kerchief, and I in my cap,
Had just settled our brains for a long winter’s nap,
When out on the lawn there arose such a clatter,
I sprang from my bed to see what was the matter.
Away to the window I flew like a flash,
Tore open the shutters and threw up the sash.
The moon on the breast of the new-fallen snow,
Gave a lustre of mid-day to objects below,
When what to my wondering eyes did appear,
But a miniature sleigh and eight tiny reindeer,
With a little old driver so lively and quick,
I knew in a moment he must be St. Nick.
More rapid than eagles his coursers they came,
And he whistled, and shouted, and called them by name:
“Now, *Dasher!* now, *Dancer!* now *Prancer* and *Vixen!*
On, *Comet!* on, *Cupid!* on, *Donder* and *Blixen!*
To the top of the porch! to the top of the wall!
Now dash away! dash away! dash away all!”
As leaves that before the wild hurricane fly,
When they meet with an obstacle, mount to the sky;
So up to the house-top the coursers they flew
With the sleigh full of toys, and St. Nicholas too.
And then, in a twinkling, I heard on the roof
The prancing and pawing of each little hoof.
As I drew in my head, and was turning around,
Down the chimney St. Nicholas came with a bound.
He was dressed all in fur, from his head to his foot,
And his clothes were all tarnished with ashes and soot;
A bundle of toys he had flung on his back,
And he looked like a pedlar just opening his pack.
His eyes—how they twinkled! his dimples, how merry!
His cheeks were like roses, his nose like a cherry!
His droll little mouth was drawn up like a bow,
And the beard on his chin was as white as the snow;
The stump of a pipe he held tight in his teeth,
And the smoke, it encircled his head like a wreath;
He had a broad face and a little round belly
That shook when he laughed, like a bowl full of jelly.
He was chubby and plump, a right jolly old elf,
And I laughed when I saw him, in spite of myself;
A wink of his eye and a twist of his head
Soon gave me to know I had nothing to dread;
He spoke not a word, but went straight to his work,
And filled all the stockings; then turned with a jerk,
And laying his finger aside of his nose,
And giving a nod, up the chimney he rose.
He sprang to his sleigh, to his team gave a whistle,
And away they all flew like the down of a thistle.
But I heard him exclaim, ere he drove out of sight,
“*Happy Christmas to all, and to all a good night!*”

Just a day or so away

Continued from page 19

companies took all the original growth in the 19th century. The Pine Creek flows along the base, the sides of the gorge rise to almost 1,500 feet and at its widest point it is 4,00 feet across. Its official title is The Pine Creek Gorge National Natural Landmark. We saw eagles floating high above the tree tops and the gorge is now home to all kind of wild life. We were in the parking lot at the observation point with only one other car, so it is not crowded.

Coal was one of the largest natural resources in the state and it was a booming industry in the 19th century. A bridge was built across the Kinzua valley to take the coal from the mines. When it was built in 1882 it was the highest and longest rail bridge in the world. It was rebuilt in 1900 to take heavier loads. However over the years the bridge became less used and it became a tourist attraction with rail tours coming from the big cities. In 2003 a tornado touched down and half of the bridge was blown away leaving just a piece now called “The Bridge to Nowhere”. It is still part of the Kinzua State Park and is a great tourist attraction bringing in millions of dollars to the state.

Other places worth a trip are Jamestown, tucked away in the bottom southwesterly corner of NY state. It is the birth place of Lucille Ball, so its a very worthwhile drive for all her many fans. It is also the birth place of Roger Tory Peterson who is the author of the famous Birds of America series of books. There is a Lucille Ball Museum and also the Roger Tory Peterson Institute of Natural History. So Jamestown is well worth a visit. Bradford PA is the home of ZIPPO the cigarette lighter and it is home to a great museum for all smokers, ex-smokers and non-smokers too I guess.

Altoona PA is a required visit for all railroad fans. It is the site of the famous Horseshoe Curve. We were there early one morning to see the famous railroad track climb up the valley. Although the visitors centre was not open we just happened to be there when a train came. It takes a circular route and one feel surrounded by coal cars. Very impressive. We did finally get to Pittsburgh and see our son for a few days. Then we had to head northwards back to Ottawa, but we did find time for a few more interesting stops on the way home. We did find time to stop for lunch in the garden at Tin Pan Galley.

Every penny counts

Blair court community house launches “pennies for programs”

by Kristy Donnelly
Blair Court Community House is collecting pennies to help support volunteer run programming for children and adults living in the subsidised housing neighbourhood on Station Boulevard.
You must have a few lying around somewhere! Are they in the kitchen junk drawer, in an old purse on the top self of

your closet, laying around the laundry room, in the console of your car or maybe collecting in a jar?
We are happy to pick up any amount of pennies, even as little as a handful. Just give us a call, drop us and email and we will arrange to come and get them. Every penny counts.
All pennies collected will be used to purchase supplies to help support

our volunteer run programs. These are programs that are not staffed and do not receive direct-ed funding. They are run by dedicated volunteers with virtually no budget. Please help us to serve this community better by giving us your pennies to support the following programs.
Monthly Free Family Haircuts



Weekly Sewing and Cooking programs
Weekly Piano and Guitar lessons
Welcome Bags for new babies
Please contact Kristy Donnelly, Executive Director to arrange a pick up or for more information.
613-736-5058
blaircourt@rogers.com
www.blaircourt.ca

RPCA President's report

From the cozy, leather armchair of the President

by Karin Keyes Endemann,
President, RPCA

Well the cold and wintry weather has finally arrived and I am happy to be snuggling up with my (not yet overheated) computer. Let me start by saying thanks to all of the residents who came to our Annual General Meeting at the end of October - thanks for your interest in what is happening in our community and thanks for being willing to share some of your time to hear the issues and challenges our little neighbourhood is facing. Over the last year our community had lots of fun - we raised our candles and sang to the stars at our 4th annual holiday carol sing at the Cancer Park; we played in the park at our second pop up tobogganing frolic; we crept out the neighbours with our ghostly scarecrow content entries; we had a blast at another incredible winter skating party; we sold off some of our treasures at the 3rd neighbourhood garage sale and we had a total blast at the fall social!

On the more serious side, your association advocated on your behalf and lobbied City Hall to reduce the impact of intensification and development on our little community, including making rep-

resentations to ensure that we did not end up with the casino; that the expansion for the light rail at Hurdman won't significantly affect our lives and that any development at Trainyards continues to be friendly to our pedestrians. We are continuing to monitor what is going to happen to the NDMC lands, with the AVTC and at the Perley complex and we have been making all sorts of efforts to ensure that we are not inundated with even more traffic. We also successfully lobbied to get a sidewalk along the south side of Industrial and to have the bus turning lane at Neighbourhood re-designed (coming soon!). You also can be assured that all the finances of the Board were managed well. As far as communications are concerned, we strengthened our website to ensure that it remains a main source of information for our residents and we are always expanding our email network - if you have not registered to get updates, please do so!

So what comes next? Well, in the next year, the RPCA will continue to be vigilant in its efforts to reduce traffic congestion in our neighbourhood (especially along Industrial). We recognize that this increase is directly associated with the development growth at

Trainyards and residential intensification. While we can't (and don't want to) stop this growth, we will be working to mitigate the impact of the anticipated traffic increases. We also hope this year to get started on a community design plan for Industrial to ensure, in spite of increasing development, that it is pedestrian and cyclist friendly. Finally we would also like to start to make our dreams of a community centre a reality. We would welcome your thoughts on how we could make this happen - how we would raise money and how we should use the facility. So please do let us know.

Let me also assure you that your representatives on the Board are dedicated folks who have worked tirelessly for you over the last year. They have given up evenings with their families, they have traipsed through cold, wet and soggy grass to clean up our parks, they spent many afternoons lobbying the City to be sure that we are heard - they generously give their time, effort and creativity to ensure that we have a great place to live - whatever it takes. You could not ask for a better, more dedicated group to represent you. However as often happens family and work

pressures lead to turnover in the Board and this year is no exception as we say goodbye to three of our Directors: Sherry McPhail, Stefan Dubowski and Patrick Meagher - thanks for all you have contributed to the community - and we welcome three new Board members; Jane Rutherford, Anne Stairs and Heather Dunlop. RPCA Board members remaining are: Karin Keyes Endemann, Paul Purritt, Alan Landsberg, Kris Nanda, Nadine Chamorel, Dianne Hoddinnott, Marilyn Minnes, and Carole Moulton

Let me close by saying that it has been a great privilege to serve as your President over the last year - a privilege, yes and also a job filled with mixed blessings - for this is certainly a challenging role in challenging timesbut let me assure you that it has been made so much easier by the selfless support of all the members of the Board - and that of our neighbours in the community. I also want to thank you for your on-going and confidence in me as President and I look forward to another successful and fun year in the 'hood. Karin Keyes Endemann, President, RPCA

Jack & the Fairy Dogmother Continued from page 13

The next step was to meet with him and share the engaging text.

Via e-mail, Greg and Tammie corresponded to develop Jack. Sketches of what Jack might look like, his age, physical features, and mannerisms were sent back and forth.

From the original sketches, did Jack look too old, too tough or too pugnacious? Could he be made to

look younger or softer in a little boy way?

"Uncovering his character was probably the most difficult part," Greg noted of the six-month process.

Pencil drawings came after the many discussions about Jack. A pencil crayon version was then created to figure out shading and design flaws or issues. "Pencil crayon mistakes can be solved quite quickly, before committing to painting," Greg commented.

Finally each panel or page was individually painted in acrylic, even though the illustrations were being completed in black and white. Scanning came next when the paintings were finished and dry. In Photoshop Greg was able to add the colour red. A one spot colour is more cost effective, but still work well in appealing to young children.

The story of *Jack and the Fairy Dogmother* was written to engage an audience of young readers from pre-school to grade two. There is great potential for enthusiastic ex-

pression on the part of parent or teacher when reading about Jack. Early primary children will be able to read this story on their own. Early Childhood Educators and teachers should appreciate the lessons that can be developed with both language and social skills as there are some valuable lessons in this book as Jack's Dalmatian first loses his spots due to Jack's behaviour but then gets them back once Jack learns a lesson or two. Parents, educators, and children alike will be engaged as they journey with Jack through his adventure.

Tammie and Greg hope to create 'a *That Jack book*' series. The poster on Jack's bedroom wall, for example, contains the title of their next story, *Caveman Jack*, and a third story *Wake up Jack* has been drafted. For now though, the challenge is to get the books in the hands of children.

Several Chapters' locations carry *Jack and the Fairy Dogmother*, as does Books on Beechwood. It is available on-line at Chapters.ca and Amazon.com, plus can be

ordered from General Store Publishing House at 1.800.465.6072 or through their website.

This book makes a great idea for birthday party loot bags and birthday and Christmas presents. In fact, Tammie recently received an order for a corporate children's Christmas party. What makes the purchasing of this book even better is that a percentage of all author sold books will go back to the Shepherds of Good Hope.

Tammie and Greg also plan to visit local schools for author/illustrator visits. If you know of a school that may be interested in such a visit, contact

tammie.winsor@gmail.com

The launch of Jack and the Fairy Dogmother will take place Sunday, December 8th at 3 p.m. at the Yuk Yuk's Comedy Club, located in the Prescott at 379 Preston Street. The book retails for \$12.00 and \$2.00 from every book sold at the launch will be donated to the Shepherds of Good Hope.

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The Ottawa Hospital Community Advisory Committee

The Regional Geriatric Program of Eastern Ontario

by Helen McGurrian

The Regional Geriatric Program of Eastern Ontario (RGP) is a partnership of hospitals and community agencies working together to improve the health and independence of seniors from hospital to home. Less than 20 years ago, seniors referred to the RGP were in their late 60's, early 70's. Today, the average age is 82, with the fastest growing group over age 85. Advances in medicine allow people with chronic diseases to manage their health issues until a crisis occurs. The 4 main causes of crisis are hip fractures, heart failure, Chronic Obstructive Lung Disease, and Dementia. The Dementia Domino Effect exacerbates existing chronic conditions as ability to self-manage health care deteriorates. Early diagnosis, treatment, education and support of family members means a senior with early to moderate dementia can "live well" at home. Seniors

and their families should know of the following RGP resources and ask for them when the need arises. For more information, visit the RGP website at: www.rgpeo.com

Geriatric Emergency Management (GEM) Program: The Emergency Department (ED) refers patients over 65 years to the GEM Nurse where there has been frequent visits by the patient to the ED, concern about physical and emotional safety, major changes in health, memory and ability to manage day-to-day living. The GEM Nurse will assess and make recommendations and referrals as required. This is a TRIAL program operating Monday to Friday, but in off-hours, the ED can make a referral to the GEM Nurse for follow-up on the next working week day. **You can ask that a referral to the GEM nurse be made on the ED Discharge Notes if there is no GEM nurse on**

Duty and you have concerns you feel should be addressed.

Referrals to Geriatric Assessment Outreach Teams: Referrals from family members will be accepted if you do not have a family physician, but the Team prefers receiving referral through the family physician, Monday to Friday 8 a.m.- 4 p.m.

East Team Region (East of Bronson and the Rideau River in South end)
Tel: 613-562-6362
Fax: 613-562-6373

West Team Region (West of Bronson and the Rideau River in South end)
Tel: 613-721-0041
Fax: 613-820-6659

Senior-Friendly Hospitals:
The RGP is working at making hospitals senior-friendly. Its "KEEP MOVING" brochure advises senior patients to keep mov-

ing, walking, and sitting in a chair while in hospital. This is difficult if you are plugged to monitors, IVs, and the staff is too busy. When the patient's crisis condition is stabilized, the rush is on to clear the bed. The Treating Specialist may not know about the RGP. You, as family and assumed caregiver, must be the patient's advocate to ensure a safe return home both for the patient and yourself. You should ask that a thorough Geriatric assessment be done. Some other RGP resources are:

Geriatric Assessment Unit
Geriatric Day Hospital
Both are located at the Civic Campus on the same floor as the RGP offices.

Thanks to Kelly Milne, the RGP Program Director, for informing me of RGP activities.



Horoscope by Arze

Aries 20 Mar-20 Apr
With a solar eclipse in Scorpio around the 3rd and a Taurus full Moon two weeks later, as with Libra, falling in the money zones of your solar chart, it is time to get your financial house in order. If you have already, then now you can move on from there, if you haven't you better get your skates on before fate, or circumstances, compels you to.

Taurus 20 Apr-20 May
With a solar eclipse on Saturn in Scorpio around the 3rd and a full Moon in Taurus, your Sun sign two weeks later, emphasizing the "me" versus "you" axis of your solar chart, it may well be decision time where an important relationship, personal, emotional or business is concerned.

Gemini 21 May-21 Jun
With Mercury, your planetary ruler, retrograde in Scorpio until around the 11th, your day-to-day routine, chores, health and lack thereof, could be a preoccupation this month. Since Mercury is retrograde, the likelihood of misunderstandings, misinformation or even misdiagnosis is a possibility.

Cancer 22 Jun-22 Jul
This month's solar eclipse in Scorpio will affect different Sun signs in dif-

ferent ways. The solar eclipse falls on Saturn in Scorpio around the 3rd and is followed by a full Moon in Taurus, two weeks later, suggesting that for Cancers, a friendship versus love dilemma could come to ahead. If in doubt, choose love.

Leo 23 Jul-22 Aug
this month's solar eclipse in Scorpio will affect different Sun signs in different ways. The corresponding affects may not necessarily be immediately dramatic, obvious or even punctual, nevertheless they are likely to have long-term implications. Leos are most likely to feel the effects in the area of home, family and domestic affairs, but also, indirectly, in the sphere of career and vocation.

Virgo 23 Aug-22 Sept
As with Gemini, the other Mercury ruled Sun sign, with Mercury, your planetary ruler, retrograde in Scorpio until around the 11th, the likelihood of misunderstandings, misinformation or even misdiagnosis is a possibility. Since Mars, traditional ruler of Scorpio and therefore Lord of the eclipse is in Virgo, your Sun sign, this eclipse may be more significant than one might first assume.

Libra 23 Sep-23 Oct
With a solar eclipse in Scorpio around the 3rd and a Taurus full Moon two weeks later, as with Aries, falling in the money zones of your solar chart, it is time to get your financial house in order. This month's solar eclipse in Scorpio will affect different Sun signs in different ways.

Scorpio 24 Oct-21 Nov
This month's solar eclipse in Scorpio will affect different Sun signs in different ways. Since the eclipse falls in Scorpio, your Sun sign, you're likely to feel it more than most. The eclipse falls around the 3rd followed by a full Moon in your opposite sign.

Sagittarius 22 Nov-21 Dec
With so many planets in Scorpio, one of the most complex areas of your solar chart, you are likely to be in contemplative, reflective mood, in need of privacy and some R&R. Use this time wisely to take a bit of time out by yourself and recharge your batteries before the Sun charges into your zodiac sign from around the 22nd, and your new yearly cycle begins again, filling you with renewed ambition, energy and desire.

Capricorn 22 Dec-19 Jan
This month's solar eclipse in Scorpio will affect different Sun signs in

different ways. The corresponding affects may not necessarily be immediately dramatic, obvious or even punctual, nevertheless they are likely to have long-term implications. Since Scorpio is the area of your solar chart associated with friends, group activities and political affiliations it is likely that the changes indicated will impinge on this area of your life in some way.

Aquarius 20 Jan-18 Feb
This month's solar eclipse in Scorpio will affect different Sun signs in different ways. For Aquarius as for your opposite sign of Leo, the emphasis is mainly across career, vocation versus home, family and private life axis. Since the eclipse falls in Scorpio and therefore your solar house of career and vocation this is the area where changes are likely to take place over the weeks and months ahead.

Pisces 19 Feb-20 Mar
This month's solar eclipse around the 3rd falls in Scorpio and the full Moon two weeks later falls in Taurus. Since these are the areas of your solar chart associated with travel, study and metaphysical matters it is likely that this is the area of your life where the effects of the eclipse are most likely to be felt over the weeks and months ahead.

Alta Vista Library

Children / Enfants

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 pre-schoolers 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

Sensational Snowflakes/ Les flocons de neige formidables
Saturday, December 14, 2:00 - 2:45 PM
Le samedi 14 décembre, 14h00 - 14h45
Enjoy family storytime, and make your

own glittery snowflake! / Joignez-vous à nous pour des contes en famille, puis bricolez votre propre flocon de neige scintillant !

Teen / Ados

Gingerbread Houses
Friday, December 20, 4:00 - 5:30 PM
Celebrate the season of sugar and spice and everything nice. Decorate a gingerbread house for the holidays. Ages 13-18. Registration.

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.

Book Clubs - Adults

Book Banter -
Join us for a discussion of King John of Canada by Scott Gardiner.
Thursday Dec 05, 2013 (2:00 pm - 3:00 pm)

Tuesday Book Group-
Share the enjoyment of good books in a relaxed atmosphere. Join us for a discussion of selections from the Great Books Reading and Discussion Program - second series. Authors include Plato, Dewey, Euripides, Aristotle, Dostoevsky, and more.

Tuesday Dec 10, 2013 (7:00 pm - 8:30 pm)

Sleuth Hounds Mystery Book Club – Share the enjoyment of good mysteries in a relaxed atmosphere. Join us for a discussion!
Thursday Dec 19, 2013 (6:30 pm - 8:00 pm)

Infusions littéraires –
Joignez-vous à nous pour une discussion de L'Île des oubliés de Victoria Hislop.
Mardi le 17 déc. 2013 (2:00 pm - 3:00 pm)

Conversation Groups

English Conversation Group – Monday
Practice your English language conversation skills and meet new friends.
Monday Dec 02, 2013 (6:00 pm - 7:30 pm)
Monday Dec 09, 2013 (6:00 pm - 7:30 pm)
Monday Dec 16, 2013 (6:00 pm - 7:30 pm)
Monday Dec 23, 2013 (6:00 pm - 7:30 pm)

English Conversation Group – Tuesday
Practice your English language conversation skills and meet new friends.
Tuesday Dec 03, 2013 (12:00 pm - 1:45 pm)
Tuesday Dec 10, 2013 (12:00 pm - 1:45 pm)
Tuesday Dec 17, 2013 (12:00 pm - 1:45 pm)

French Conversation Group - Tuesday
Improve your spoken French in a relaxed setting..
Tuesday Dec 03, 2013 (6:30 pm - 8:00

pm)
Tuesday Dec 10, 2013 (6:30 pm - 8:00 pm)
Tuesday Dec 17, 2013 (6:30 pm - 8:00 pm)

Programs

Successful Job Search Strategies
Get useful hints and tips on recognizing your skill set, managing your job search, resume writing, marketing yourself, and growing your network. Program offered in partnership with World Skills. Online registration recommended at least 48 hours in advance.
Wednesday Dec 04, 2013 (6:30 pm - 8:15 pm)

The Shortest Day - NFB Film Club
Celebrate the shortest day of the year, December 21, with an amazing program of films for adults and the whole family. Enjoy an array of international prize-winning shorts, presented by Telefilm Canada, SODEC and the NFB. Registration required.
Saturday Dec 21, 2013 (2:00 pm - 3:30 pm).

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.

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Online home search and marketing tools

Thomas Conway, Ph.D.
Sales Representative
Conway Fung Homes
Keller Williams Ottawa Realty
613-878-4418
If you are thinking about moving in 2014, be aware that the market has become far more competitive. The Ottawa market is certainly stable, and high values are being achieved, but getting to your goal of selling your current home so you can move to the next one that you want has become more demanding. As such, sellers should be aware of the need for competitive pricing and aggressive marketing. In the new world of the real estate industry, that means sophisticated Internet online presence.
The public is becoming much

more attuned to the use of the Internet to address their real estate needs. The MLS (Multiple Listing Service: REALTOR.CA) is and will continue to have a substantial presence in the marketing of homes for sale on the Internet, but marketing and sales activities in the real estate industry are rapidly transforming, and have been for some time now, in response to public demand for improved online information and tools.
In fact, a 2012 study conducted by Google and the National Association of REALTORS in the U.S. revealed that a full 90 per cent of American homebuyers use online resources while searching for a new home and it is likely that similar numbers exist for small-busi-

ness sales. The study also showed that 52 per cent of first-time buyers start their house hunting online. Very similar numbers are likely present in Canada.
This online behavior has resulted in nothing short of an explosion in technology innovation in the real estate industry. Brokerages and Sales Representatives that keep up with online technology and techniques serve their clients well. Those that are not will likely disadvantage their clients and themselves.
But what does keeping-up mean in this context?
First and foremost, it is about improving the content (quality and in some cases quantity) of real

estate information available to the public online. Social media experts will tell you that the most important factor in all social media strategies undertaken on behalf of clients is new, unique and quality content (information). Good content (i.e. blogs, real estate market analyses, neighborhood information in addition to home specifications, etc.) drives prospective Buyers to sites that profile Seller listings.
Secondly, it is about using the various outlets (tools) for online social media (i.e. blog sites, Facebook, LinkedIn, Twitter, etc.) more intelligently. This means avoiding inappropriate postings in the wrong online venues or groups,

Elmvale Acres Library

Elmvale Acres Library
Fall Programs 2013
Programmes d'hiver
1910 St-Laurent blvd

Contes en famille (in French)
Mondays, Nov. 18 – Dec. 9, 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, Nov. 13 – Dec. 11, 2013 at 10:15 AM and/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, Nov. 7 – Dec. 12, 2013 at 1:30 PM (30 min.)
Stories, rhymes and songs for babies and their parent (s) or caregiver. 0-18 months. Drop-in.

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.
Dec. 2: Any of the Puzzle Lady Mysteries by Parnell Hall
Jan. 6: Any Vish Puri Mystery by Tarquin Hall
Feb. 3: Any of the Kinsey Millhone Mystery Series by Sue Grafton

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. Drop in.
Please call for more information: 613-738-0619 ext. 222

How to Buy a PC
Thursday, Dec. 12, 2013 at 6:15 PM (120 min.)
Chris Taylor, President of the Ottawa PC Users' Group will help sort out the choices so you can buy the computer that is right for your needs. Registration required.

Are You Ready to become a Canadian Citizen?
Tuesdays, Jan. 7, Feb. 4, Mar. 4, Apr. 8 at 3:30 PM (90 min.)
Information session on the steps which have to be taken before the application for the Canadian Cit-

izenship will be submitted. The session will include information on eligibility criteria, documents which have to be attached with the application and how to obtain them, processing fees and time. Presented by: OCISO. Registration required. Please call for more information: 613-580-2424 ext. 16947

Awareness and Prevention of Violence Against Women Issues
Thursdays, Jan. 16, Mar. 20 at 6:00 PM (90 min.)
Bringing awareness to issues of Violence Against Women and discussion of preventative measures. Topics will include 'Different types of abuse', 'Cycle of abuse', 'Red flags', 'Community resources and much more'. Presented by: Immigrant Women Services Ottawa. Registration required. Please call for more information: 613-580-2424 ext. 16947

The Guest Room

Continued from page 2

The Guest Room is not only about wall beds, however. Custom Murphy beds can also be combined with either cupboard or desk units, or both. Nor is it at all unusual to have customers choose their new wall bed finish to match their existing cupboards.

For individuals who want to branch out even more, the bigger Belfast Road store has sofa beds, futons, Fat Boys and Bean Bag chairs. Both stores have interesting objets d'art around the room, and provide the customer with the choices of a home décor centre.

And no matter what it is that the showroom visitor is looking at, helping the customer make the best buying decision is important to the Lavoies.

"We care. We take it personally, because our neighbours are our customers," Gerry is quick to point out. And although he didn't always work for himself, Gerry has been in retail furniture sales for twenty-five years, and strongly believes in the importance of customer service.

Beginning as a shy salesperson, and remembering the feeling of being 'very scared, but excited' on his first day, Gerry soon began moving up the ranks in a well-known furniture store company. He eventually became store manager, which was about as high as he could go, and thus he decided to branch out on his own.

From his vantage point, and as a result of customer input, it looked like opening a wall bed store would be a good decision for everyone and it was.

Originally the first Lavoie fam-

ily-owned store was established in an industrial part of Nepean. Six years later it seemed like a logical decision to have a storefront location for *The Guest Room*. They chose 1440 Wellington Street, just a few shops east of Island Park Drive in the popular Westboro Village, and were glad they did. In October of 2012 they launched the convenient 740-C Belfast Road location: an excellent choice for those living or working in the east end, or visiting the shops of the nearby Ottawa Train Yards.

It was several years ago that Lorraine Brooks-Lavoie joined her husband in the day-to-day running of *The Guest Room* stores. Then, with the opening of the popular Belfast Road location, their niece Ashley and employee Katie also became part of the personable team, and were also able to enjoy peoples' reactions to wall beds.

Comments are fun to listen to when you visit *The Guest Room*. Visitors are always in awe of the fact that within seconds they can magically turn empty floor space into a creative solution for sleeping arrangements. Then, they are equally amazed when that same wall bed or credenzzz chest bed is quickly changed back into the beautiful cabinet or credenza that they saw moments before.

People from all over have already become the proud owners of this attractive but functional lifestyle furniture. It has been custom built to their specifications and maximizes their space, as well as has been created to suit their needs.

Why don't you take a few minutes to drop in and visit with the friendly specialists at *The Guest Room*? You will be extremely pleased that you did.

UN Children's Day Walk

Continued from page 1

All children should have at least one thing in common: their rights.

OMS Montessori and Riverview Alternative School celebrated that on Friday, November 22. Joining together for the first time, the two schools participated in a 2 km walk to mark Universal Children's Day.

"Children are the most important part of our world," said

Sherry McPhail of the Riverview Park Community Association who joined the schools on the walk. "Bringing the two neighbourhood schools together for the walk was a great community-building activity that I hope continues for years to come."

The walk was an initiative by Montessori Society of Canada (MSC) and Association Montessori Internationale (AMI) to do something symbolic for children everywhere. It is a national event and this year approximately 1000 students, staff and parents

participated throughout Ottawa, GTA, Calgary, Vancouver and BC lower mainland.

About 175 students from OMS Montessori started their event with a short presentation where the students sung O Canada and the school song and watched a short video on children's rights. A similar amount of students from Riverview Alternative joined OMS to participate in the walk.

The day was wet, but the rain held off for the duration of the event. After the walk, students

from OMS Montessori presented the UN Charter of Children's Rights to Pat Gere, the School Director.

France Dulude, the Director of the Francophone Program at OMS Montessori, said presenting the Charter of Children's Rights symbolized to OMS students that their actions can positively impact the greater world.

As the OMS Montessori school song suggests, all you need to do is furnish the world with love!

Neighbourhood Watch

by John Neale

Neighbourhood Watch (NW) is a community-based program that aims to get citizens involved in preventing crime and promoting safety at the local level. We are the eyes and ears of our community.

I was recently elected to be Chairperson the Ottawa Neighbourhood Watch Executive Committee (ONWEC). Through this Ottawa-wide organization, I will work with reps from across the city to raise the profile of NW and find effective ways to help it grow. ONWEC met on Thursday, November 21 to set priorities for the coming year.



Const. Rebecca Vanderwater and Laurie Lannin, the Neighbourhood Watch Volunteer Coordinator for Ottawa South
Photo credit: Tim Mark

The Ottawa South NW Association organized a presentation on Home Security on Tuesday, November 19. There were 29 people in attendance. The session focused on how to make your home less attractive to burglars and provided a lot of valuable tips. The presentation was given by Constable Rebecca Vanderwater, our local Community Policing Officer, with assistance from Laurie Lannin, an OPS Volunteer. If you missed this session, you could go to ottawapolice.ca/en/CrimePrevention/HSI.aspx for information on how you

can arrange to have a Home Security Audit conducted in your own home by an OPS volunteer. Thanks go out to Tim Mark for organizing this session.

On November 14, I attended the presentation sponsored by Crime Prevention Ottawa entitled: Women's Eyes on the Neighbourhood: Feeling Safe in Public Spaces. One of the main messages that came out of the research is that women feel safer when they are engaged in their community. According to the presenters, neighbourhoods must strengthen their social networks, encourage collaboration, build partnerships, and create positive spaces. A safety audit of our neighbourhood would reveal where there are dark pathways, obstructions to line of sight, suspicious activity, loitering, groups of intimidating males, etc. One woman emphasized that it is important to turn off your IPOD and be aware of your surroundings. Please send me an email if you have specific concerns.

There have been a number of disturbing robberies in Ottawa South. Please see the Ottawa Police Service Press Release reprinted below for more details. Councillor Diane Deans is holding a Community Safety Meeting on Wednesday November 27th at 730pm.

Thankfully, our own Riverview Park neighbourhood has been relatively quiet. In the last month or so there was a Theft from Vehicle on Station Blvd, a Theft of Vehicle on Browning, an assault near the corner of Russell and Industrial (Mandaloun Restaurant) and some activity in Russell Heights.

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

Co-ordinators. I can be reached at JL.Neale@yahoo.ca for Riverview Park west of Station Blvd and Tim Mark is at TimMark@rogers.com for Riverview Park east of Station Blvd. If you live on Abbey, Caledon, Dale, or Balfour and please contact Rheaume Laplante at RheaumeLaplante@hotmail.com. If you live on Station Blvd or in Blair Court please con-



Audience before the meeting
Photo credit: Tim Mark

tact stationboulevardnw@yahoo.ca. If you live in an area that has no active Neighbourhood Watch, then call our Community Policing Centre at 613 1222 ext. 5842 and leave a message for Cst. Rebecca Vanderwater. She will provide you with instructions on how to set up a Watch in your area. For more information on Neighbourhood Watch, please go to: www.ottawapolice.ca/neighbourhoodwatch.

NEWS RELEASE/ COMMUNIQUÉ Executive Services
Services de direction
474, rue Elgin Street
Ottawa, Ontario

The Ottawa Police Service Robbery Unit is seeking the public's assistance in solving a series of south Ottawa robberies and is encouraging area residents to be vigilant.

From October 31, 2013 to date, at least eight (8) robberies have occurred in varying locations and at various times. In five of the eight robberies, a handgun was produced. In three (3) of the robberies, female victims were targeted. The suspects have been demanding and obtaining cellular phones and personal effects, such as cash and purses.

The possibility of any number of these files being linked forms part of the ongoing investigation. The following is a list of incidents under investigation from the area:

*October 31 at 9:30pm Cahill Drive/Albion Road: a lone female was robbed of her bag by a lone

Continued on next page

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

To complete the puzzle:

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

Sudoku Solution on page 36

SUDOKU

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

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Oak Park fights fence

Continued from page 1

tion of Riverview Park, somewhat removed from the other parts – isolated because it's bordered by the NDMC to the north and the hospital to the northeast. Most other areas of Riverview Park ring the opposite sides of those facilities.

In the past, Oak Park residents would use the handy pathway located at Remembrance Crescent and Tall Oaks Private to access the green space surrounding the NDMC lands.

That green space is something of a recreational hotspot for Riverview Park residents – a place for kids to play, dogs to romp and snowshoe aficionados to trek. Oak Park residents used to wander the green space, meeting people from the rest of the area, creating connections with the community.

But this past July, the Department of National Defence (DND), which owns the NDMC property, erected a fence across the pathway. Now Oak Park residents can't access the green space all that easily – a change that isolates the neighbourhood even more.

"It's like an entirely different city over there," says Jane Rutherford, an Oak Park homeowner, about the rest of Riverview Park.

You might say this has all gone to the dogs. In fact, it all started with dogs.

The real scoop

One summer day, Rutherford was walking her dachshund Abby

on the NDMC property. A DND employee stopped her and said that because NDMC staff were tired of picking up after dog owners who refused to stoop and scoop, the DND would install a fence across the pathway to prevent dog walkers from accessing the area. What's more, the DND would erect signs prohibiting dogs from the property and military police would issue a fine to anyone contravening the new rules.

Speaking with the *Ottawa Citizen* on this matter, a DND spokesperson said a team in biohazard suits had to clean up after the dogs; the team filled a large container with dog feces.

But Rutherford doesn't buy it. Although some dog owners are irresponsible, most do pick up after their pets. If the NDMC property were so filthy, she and others wouldn't use it themselves.

"We're not getting the whole story," she says.

So Rutherford and other Oak Park residents are fighting back. They've asked city officials to weigh in and convince the DND to remove the fence. They've contacted members of Parliament. They've alerted the media.

At this point, though, the responses haven't been encouraging.

City councillor Peter Hume said there isn't much he can do. The property is owned by the federal government. "[The DND] does not have to notify or seek permission with respect to this property from the city," he said by email.

Rutherford obtained a letter on the issue from MP Rob Nich-

olson, Minister of National Defence. Nicholson explained the history of the path, saying it was constructed in 1953 so NDMC staff and residents of the Rideau Veterans complex could move easily between the two facilities. When the veterans complex was demolished and the houses constructed thereafter, "DND personnel noticed some residents of the surrounding neighbourhood were accessing the green space to walk their dogs, and children were observed climbing on military vehicles parked at the back of the facility." These activities posed a potential safety hazard, Nicholson said.

The letter suggests the fence is a safety measure. But Rutherford says Nicholson is off the mark. Through an access-to-information request she filed with Public Works and Government Services Canada – which she contacted to learn about the extent of the dog-poop problem – she learned that the incident with kids climbing on military vehicles happened in 2001. And to deal with the problem, the DND put up a fence around parking area. So that's no longer the sticking point.

Since the fence was erected in July, people have bent it so it's easy enough to hop over – although Rutherford points out that people doing so could trip and hurt themselves, so in effect, the fence itself is a safety hazard now.

Pooch patrol

Rutherford thinks someone who works at the NDMC – some-

one with clout – is simply angry about the dog poop, "but saying that outright makes them uncomfortable, so they hide behind this idea that everything was done for safety."

"That's where their story falls apart," she says. After all, if the DND meant to keep kids and others away from the NDMC, the department would have fenced off the entire property. So far, the DND doesn't prohibit anyone but dog walkers from accessing the NDMC lands. But in the process of banning dogs, the department has fenced off access from Riverview Park's southern-most neighbourhood.

What does the DND have to say about the fact that it has further isolated Oak Park? Not much. We contacted the department with questions but didn't hear back by press time.

In a letter to the *Citizen*, Rutherford summed up the situation: "While this specific move by the NDMC affects a segment of the City of Ottawa, it is a reflection of how lack of communication between two parties can lead to unnecessary walls being built with tremendous negative effects to human health, the built environment and community relations. In a time when we have great concern for our physical, mental and emotional health, we shouldn't be building fences between each other, but rather creating dialogue, compromising and finding solutions that work for everyone."

She's doggone right.

From previous page

male who was with 5-10 other males who lingered in the periphery. *October 31 at 8:40pm Margrave Avenue/Zaidan Drive: a male victim and two friends walked by a group of males and as they passed, two of the males approached. One of the suspects produced a handgun as the second searched the victim. A cellular phone and candy were taken. *October 31 at 10:30pm 100 block of Celtic Court: a lone male was circled by a group of males and a demand was made for the victim's phone. The victim was able to run but was caught, assaulted, and had his cell-phone taken. *October 31 at 11:40pm Uplands Drive/Hunt Club Road: two female victims were waiting for a bus when three males approached. A handgun was produced by one male and a demand was made for purses and cell-phones. *November 2 at 5:45am Bridle Path Road/Crosscut Terrace:

three males were approached by three-four male suspects. One suspect produced a handgun and a demand as made for cell-phones. Cell-phones were taken. *November 3 at 7:45pm: a 23 years old male was approached on a footpath near the Lorry Greenberg Community Centre by three suspects. One suspect restrained the victim as the second searched his person. A third suspect brandished a knife. Cell-phone demanded but nothing taken. *November 3 at 1:55am Flannery Drive/Springland Drive: lone male victim approached by a lone male who produced handgun and demanded the victim's cell-phone. A second male accompanied the suspect in the periphery. Cell-phone taken. *November 13 at 7:45pm Uplands Drive/Hunt Club Road: female victim waiting at a bus stop when approached by a lone male who produced a handgun. Cellular phone and purse taken.

To date there have been no injuries stemming from

any of these incidents.

Descriptions have been limited and have varied but suspects are generally described as being black males ranging in ages from 16-22 year old.

In the October 31 incident at Uplands Drive/Hunt Club Road, one suspect was described as being a Caucasian male. In the first October 31 incident, the male was seen to be wearing two large diamond stud earrings.

The Ottawa Police Service has safety tips posted at the following site: <http://ottawapolice.ca/en/CrimePrevention/SafetyAndPreventionTips/PersonalSafety/PersonalRobberiesSwarmings.aspx>

The Ottawa Police Robbery Unit is seeking the public's assistance in furthering these investigations. Anyone with any information with respect to any of these robberies, or any other robbery, is asked to contact the Ottawa Police Robbery Unit at 613 236-1222 Ext. 5116.



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Associated World-wide with 

Polish veteran air force story**Continued from page 4**

for the Polish forces immediately following the outbreak of war. Ejbich commented that Poland lost the war quickly because they were "double-crossed" by the Russians who initially sided with Germany; "They came in from behind, stabbing Poland in the back."

Ejbich escaped south from Poland across Rumanian border. Others crossed the Hungarian border, or the Lithuanian border to the north crossing to Sweden or Norway then by plane to England.

By the 17 September Ejbich was on the Polish Romanian border along with many of his colleagues. Crossing into Romania they were interned but many, including Ejbich, managed to escape. Escaping from Rumania took a long time. The journey took him first to Beirut, Lebanon, then after 3 months, with British and French help, he arrived in Marseilles on 22 January 1940 and eventually reached the Polish base at Lyons' Bron Airport.

Having been a regular officer in the Polish forces Ejbich served as an engineering officer in France until Germany invaded France. The Germans crossed the border, closed in on Paris and were soon at Dijon close to Lyons. France fell quickly, so along with other Polish airmen Ejbich started on his escape to England. The airmen first travelled from Lyons to Port Vendres, close to the Pyrenees mountains near the Spanish border; then on a small British ship to the port of Oran, Algeria where they stayed a few days before travelling by train to Casablanca, then on by boat to Gibraltar. From Gibraltar an English ship transported Ejbich and many other Polish Air Force escapees to Liverpool (July 1940).

Most of the Polish Air Force personnel were first posted to Blackpool, Lancashire for training. Front line pilots were immediately organized into squadrons: bomber pilots (302 squadron) and fighter pilots (303 squadron) and after a brief training period they took part in the Battle of Britain.

Ejbich had served as an engineer in Poland and in France but volunteered for pilot duty in Britain. After receiving his wings Ejbich was posted as a staff pilot to gunnery school at Castle Kennedy then later to Anglesey in North Wales. He served as a staff pilot for a year before joining an operational squadron.

While training Ejbich met many Canadian pilots. He recalls "They were not a very disciplined crowd but there was always great camaraderie...all friends because

one might not be around the following day..."

Ejbich underlined the differences between fighter pilots and bomber pilots in the minds of many Poles. They have the impression that the primary air force heroes in the war came from the fighter squadrons, but Ejbich notes that 65% of bomber pilots never returned; in comparison some 50% of fighter pilots were lost. The Battle of Britain, where many of the fighter pilots were lost, lasted some 3 months while Battle of Atlantic lasted for over 2½ years.

In September 1943 Ejbich joined Polish Air Force Squadron 304 in RAF Coastal Command. This was the largest Polish Squadron, possibly the largest in the RAF, with some 76 operational crews. The squadron first operated from Davidstow Moor in Cornwall but they moved bases frequently. RAF bases Ejbich operated from include:

- Cornwall, Davidstow Moor,
- Chivenor, N. Devon,
- Hebrides, Benbecula, and
- St. Eval, Cornwall.

304 squadron was originally formed as a bomber squadron but after suffering many losses it was withdrawn from Bomber Command and transferred to Coastal Command. Without Coastal Command support Britain would have suffered major food shortages. Germany was building 45 or more new U-boats per month at this time. Most of the squadron's operations were flown over Bay of Biscay, the Atlantic and the North Sea. Several squadrons were operating in these areas, primarily flying Wellingtons.

Ejbich flew Mk. 13 Wellingtons then later, Mk. 14s with improved radar and other enhancements—"...a terrific plane..." says Ejbich. With effective radar the air crew could spot U-boats as they surfaced to recharge their accumulators. Coastal Command operations were conducted primarily at night when U-boat recharging operations were done. Missions were up to 12 hours long, so 1st and 2nd pilots exchanged every 3 hours to help them stay alert. Wellingtons were equipped with very powerful searchlights to illuminate surface threats. Later in the war U-boats were equipped with snorkels enabling them to recharge under water, making U-boat searches more challenging.

Coastal Command flying was usually more difficult than dangerous but Ejbich recalls one 20 April 1944 encounter with two German U-88 fighter planes. He was able to evade successful attack because operating at low altitude below 500ft above sea surface made it difficult and dangerous for fighters to mount an effective attack.

Due to difficulty and danger factors, on a typical tour Bomber Command pilots flew about 30

missions versus 40 or more for Coastal Command pilots. It would take a Bomber Command pilot about 6 months to complete a tour of duty but because Coastal Command missions were more dependant on weather conditions their tours often last for over a year. At the end of his tour Ejbich left the squadron, completing 44 operational trips over an 18 months period (about 420 hours of flying). Typical trips were of 8 to 10 hours duration some as long as 12 hours, often flying by radar at very low levels with long range fuel tanks added, often returned with near empty tanks.

Anne-Marie Ujejski, Ejbich's future wife, also has an interesting story to tell of her escape from Poland. She was born in Warsaw; her father, Stanislaw Ujejski (1891-1981), was Air Vice Marshal and Chief of Air Force Staff. Before the war she worked in a Polish military hospital in Warsaw. A Women's Auxiliary Service unit was being organized there and she was invited to join.

When the war broke out she was evacuated from Warsaw by train on 9 September 1939. Travelling for about a week to the Romanian border with Russian troops only about 5 km away Anne-Marie and her family had a lucky escape; they finally had to walk across the border, just before Russian army arrived.

The family was interned for some 8 months while her father was in hiding in Bucharest. When notified that he was in France the family left for France themselves, travelling through Czechoslovakia and Italy. After France fell Ujejski and her family had some difficulty leaving and her father was unable to help them; but eventually, with some difficulty, they reached St. Jean-de-Luz on the Bay of Biscay from where they made a 3 day boat crossing to Plymouth. The British were well organized and helpful first taking them to a YMCA residence in London. Because of heavy bombing there they were soon sent on to Scotland. Ujejski's father was eventually able to escape, leaving on the last boat from France.

In 1943 she joined the Polish WAAF and they joined up with a British WAAF unit in Wilmslow, Cheshire a few miles from Manchester. Some ten percent of the Polish Air Force members in Britain were women. Ujejski was among the first groups to receive training and in turn her group was assigned to help train newer recruits.

As a member of the 1st. Transportation Team she was promoted to corporal. Her duties included administration, mechanics and food preparation. She was soon promoted to sergeant and sent on an officer's training course

in the English Lake District at Windermere. After commissioning she was posted to Benbecula in the Hebrides where she served as assistant to the squadron adjutant. Ujejski met her future husband Bohdan Ejbich a few days after arriving in the Hebrides. "I was very popular with the Polish officers. Camaraderie was good; I was only Polish woman in the Hebrides! Terrible weather but people were very friendly."

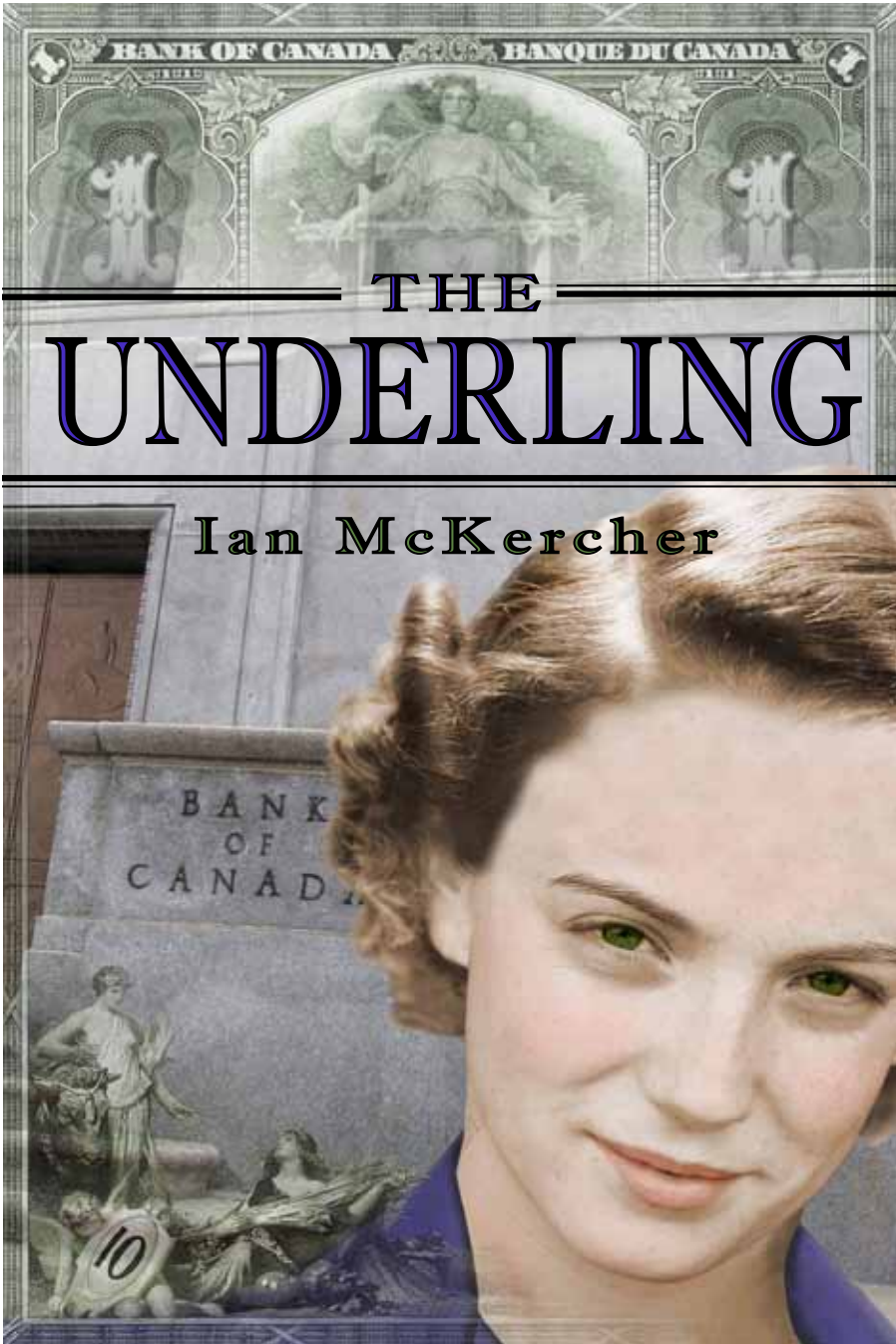
At end of war Ujejski met up with Ejbich again and they soon became engaged; "There was a big ball, lots of dancing. My parents did not know Bohdan; I telegraphed them I was engaged and my father replied asking 'What is his name?'" When they married they were both still serving in the Air Force; Bohdan was studying in preparation for university. Anna Marie became pregnant and left the Air Force. The couple had difficulty getting accommodation but eventually found accommodation in a boarding house.

Leaving the RAF Ejbich attended London Polytechnic; he had some difficulty understanding English as they had mostly spoken Polish in the Polish Air Force squadron. But he persevered and graduated from Battersea College in 1949 with a BSc in Engineering.

By now Ejbich and his wife Anne Marie had two children so Ejbich decided "to sound out the territory in Canada" before making a firm commitment to emigrate. "I went by boat to Halifax then by train (The Colonial Train) to Toronto. Canada was very much treated as a colony in those days; but I came to Canada as a British subject and had already applied for Canadian citizenship. A year later I voted in an election as a Canadian.

"I liked Canada and notified my wife that our family should immigrate. Medical examinations and concerns about diseases like T.B. were a big issue for new immigrants to Canada, but we had no health problems. I worked for some terrific firms in Canada, including General Electric."

After retiring in the 1960s Ejbich wrote as a reporter for a Polish weekly paper. Some articles were political, others addressed issues of the Polish in Canada. He also wrote historical stories of Polish WWII pilots (all in Polish). In 1977 he wrote a memoir of his history in RAF. Eventually he wrote many books including some 10 air force biographies, his objective being to ensure that experiences of members of Polish Air Force contingents in WWII were preserved. Ejbich's son has expressed interest in translating his work but no translations have been done to date.



No laid back secretary here

Book review by Carole Moul

The *Underling*, which is an exceptional read, took Ian McKercher 30 years to complete. It was written for the most part after he retired from teaching English in 2005. He began writing the book in long hand while on a leave of absence in China from 1983-1984. The novel had many starts, stops, and title changes before it was published last year.

McKercher had never read or known of a novel where a secretary was the protagonist. He thought it was about time. “This book is a tribute to the secretaries, usually women, who worked out of the spotlight, but had tremendous power,” McKercher explained recently at the 2013 Ottawa Independent Authors Book Fair.

In *The Underling*, the author wraps his 361- page story around a novice secretary, the young Frances McFadden. She is the main character at the Canadian Financial Resources Agency, a fictional forerunner to the Bank of Canada.

With a convincing dialogue in the prelude, McKercher quickly positions the reader in a setting rich in history, language, and wonderful humour. The introduction shows his adeptness at

blending fact with fiction; as he successfully prepares us for this mid-1930s story.

It is in these initial two pages that the stage is set as to why a secretary would play a role in the establishment of such an important institution.

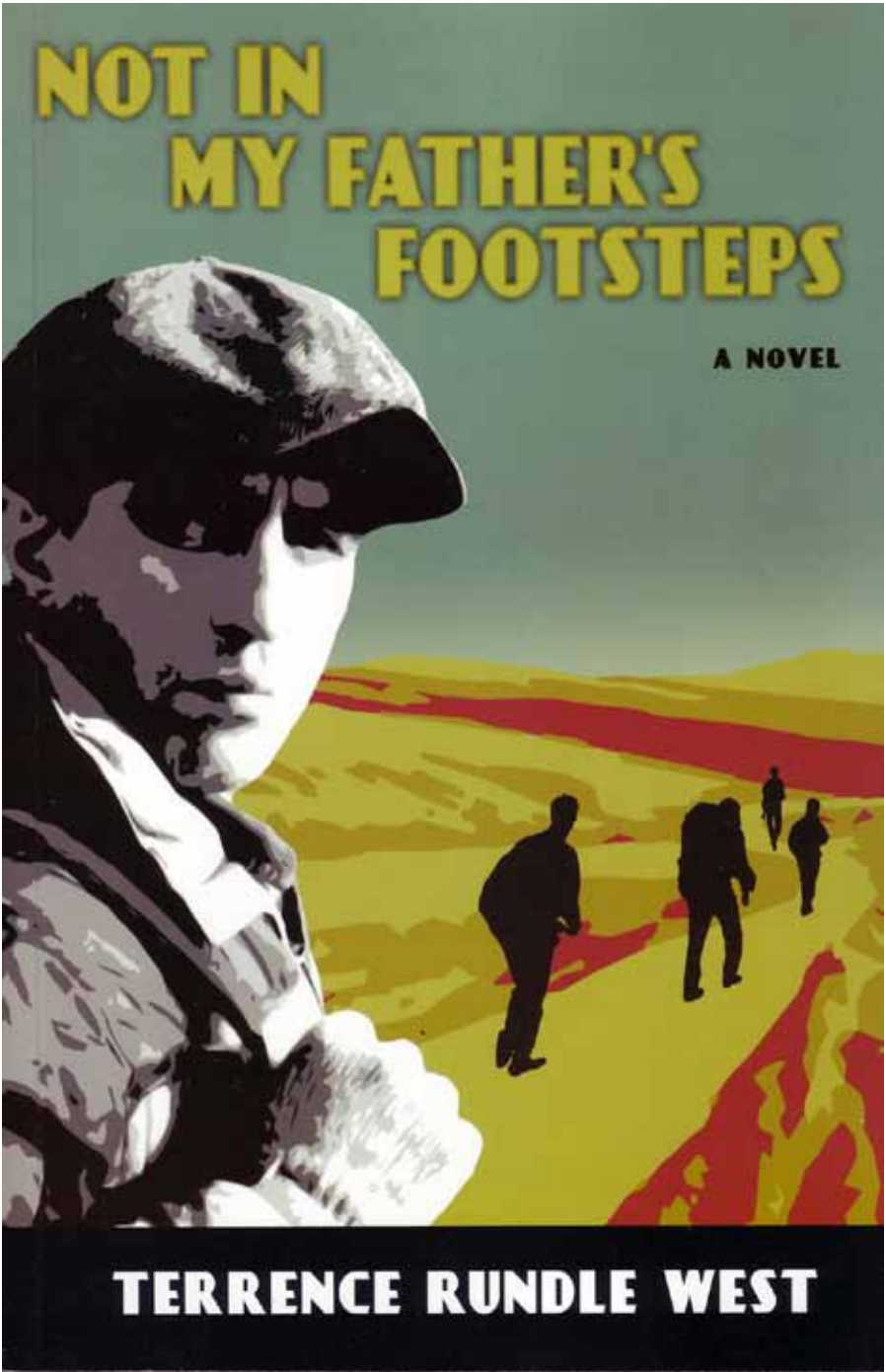
“Well, I’d need three or four good staff people. And offices close to the Department of Finance. And furniture and phones and filing cabinets...” Wilbur Grace responded quickly when replying to a nameless man. (Spoiler alert: It’s Prime Minister R.B. Bennett.).

As a result of this conversation, the seventeen-year-old Frances McFadden was summoned to appear at the office of the principal at the High School of Commerce later that day

“A man phoned this afternoon desperate to find an assistant immediately. He wants someone young, because the position is unique and he doesn’t want to waste time ‘unlearning’, as he put it, an experienced clerk from a traditional office.”

Although still shy of graduation, Frances was encouraged to accept an

Continued on page 39



Facing off in an age of acrimony

Book review by Carole Moul

The title of Terrence Rundle West’s third book, *Not In My Father’s Footsteps*, appears simple enough and pretty straightforward. This historical novel, however, is somewhat more complicated. By not following parental footsteps there are risks. And so it was in the case of the two protagonists of this depression era story.

West, a retired high school history and geography teacher, takes us into a time and place where hostility abounds. Tensions weave through this gripping 320-page story of 1930s Montreal. Virtually no theme escaped the problems of the day: be it French vs English, Jew vs Christian, haves vs have-nots, or the church, state and business vs the developing unions.

Part 1 begins with a visit to a hospital room in 1939. A mystery patient had been given the name John Doe at L’Hotel-Dieu de Montreal. Although the reader won’t initially know the cause for the man’s erratic behaviour, the reasons for it are eventually revealed, as is the man’s importance to the story.

The novel, written from the van-

tage point of two different worlds, follows the disparate life paths of a youthful Dollard Desjardins and similarly aged Marty Kellenberger. As their paths intersect, in Montreal, across the country, and finally on opposite sides of the Spanish Civil War, the two main characters constantly face each other with a great deal of acrimony: but not forever.

Born into the French upper class of Outremont, Montreal, Dollard was expected to be the third generation to run *Limprimerie Desjardins*. For the young Kellenberger, it was anticipated that he would become part of his father’s meat business in the Jewish Quarter.

Not too many chapters into the book it becomes evident that neither man is too keen on following the expected route. Marty enrolls in medical school instead, until he ‘blew it’ over his work for the union. While the Desjardin son, against the wishes of his family, took to reporting exciting events of the day; a situation that soon had the two main characters dangerously opposed to one another.

Continued on page 36

Izzy Dolls

Remembering MCpl. Mark Isfeld

by Barry Dewis

On November 10, Remembrance Sunday, Shirley O’Connell shared her story of the *Izzy Dolls* with Rideau Park United Church. Named after MCpl. Mark Isfeld, “Izzy” to his

about children affected by the conflict in Croatia where he was a peacekeeper. Hoping the soft dolls would provide comfort, she sent many parcels of them to her son to give to the children there. After MCpl. Isfeld’s death while on active

Dolls have been given to children all over the world. Shirley O’Connell, who became *Izzy Doll Mama* after Carol’s death, has seen over 70,000 *Izzy Dolls* pass through her home in Perth. Approximately 25,000 of



MCpl Mark Isfeld



Shirley O’Connell at Rideau Park United Church



Izzy Dolls

friends, these little knitted dolls are given to children by Canadian troops and medical and aid personnel in conflict and disaster zones. Carol Isfeld, MCpl Isfeld’s mother, started making the dolls after hearing her son’s stories

duty in 1994, his unit, 1 Combat Engineer Regiment (1CER), made a pact with his mother: if she continued to make the dolls, they would hand them out to children as Mark had done. Since then, over one million Canadian *Izzy*

them went to Afghanistan with 2 Combat Engineer Regiment from Petawawa. Another 2,000-3,000 went to the Toronto International Police officers, also in Afghanistan, who gave them out at village schools where they taught children about

safety. Most recently arrangements are also underway for the dolls to be sent to the Philippines. As a thank you to Shirley O’Connell for her presentation, and in honour of MCpl Mark Isfeld, Rideau Park United Church gave her two baskets of *Izzy Dolls* knitted by members. If you would like to participate in making *Izzy Dolls*, please contact Elizabeth Bryce at Rideau Park United Church at 613-733-3156 X224 or ebryce@rideaupark.ca. More information is also available at www.izzydoll.ca and from Shirley O’Connell at izzydollmamma@gmail.com



David McGuinty
Member of Parliament / Député
Ottawa South / d’Ottawa-Sud

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

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

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



David McGuinty, M.P. / Député

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by Carole Moul

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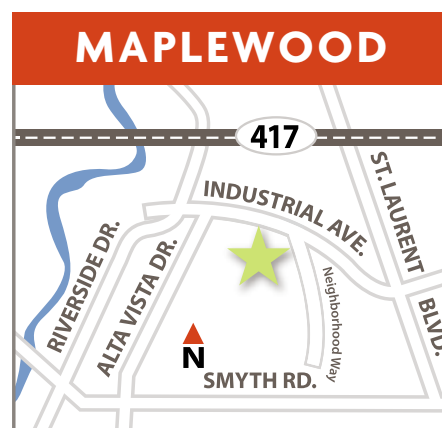
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Not your run-of-the mill models; not your run-of-the mill fashion outlet



Photo credit: Alan Landsberg

by Lynne Bezanson

Take a close look. Have you ever seen any of these women in Vogue? Chatelaine? How about Canadian Living

Make-Over? Not likely!

Are you ever likely to see them in “all these familiar places?”.. again, not likely..

Could they be? Well, if how they *feel* about how good they look

were the criteria, odds are high. If the “run of the mill” criteria are applied, well, not bloody likely!

But where you will see them is at the semi-annual fashion show at The Wholesale Outlet (The

W.O.). None of them will actually be driving the pink truck, but all of them will be celebrating the pink truck.

Continued on page 37

A large advertisement for Salon Elegance. The top half features a close-up of a woman's face with long, wavy brown hair. The text 'salon ELEGANCE' is prominently displayed in large, white, serif font. Below it, 'Ottawa Train Yards' is written in a smaller, white, sans-serif font. The bottom section contains logos for Aveda, Moroccanoil, Goldwell, and KMS California. There are two small images of women with different hairstyles: one with dark, wavy hair and another with short, red hair. To the right of these images is a table of hours. At the bottom, the phone number 613-749-9557 and the website www.salon-elegance.ca are listed.

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You head for security, again



From previous page

right behind 2 adults, 7 children, 9 tickets, 9 passports. You hope that security training is better. With some relief, you observe security guards smiling and welcoming each one individually as they pass



through, beepless. Whoops, one exception: One very small child discovers it is fun to go through the security box; turn around; go back through the other side and repeat going even faster than the first time—much beeping ensues. This child is fast! You notice the parents busily trying to get their shoes back on and a chuckling female security guard crouching down to catch the child on her third run-through and return her to her parents. It appears that this is the most fun security has had in many a day. This small child is a heroine of security!

In the waiting area, you observe, with no small degree of admiration, five children, remarkably patient and quietly playing cards. However on the announcement of “People travelling with small children...” you note a sudden and frantic interest among other passengers in boarding passes—Rows what? Seats what? You overhear mutterings: How far away am I? Is

the plane full? Do I still have time to upgrade?
Settled comfortably (and within sight of the troop also settled comfortably), you listen as the Captain welcomes all aboard with a most unusual announcement. “No smoking; no electronic devices; *no running in aisles; no sleeping in*

you bristle a little. Not exactly a warm and fuzzy welcome aboard.
Two hours into the flight, you overhear passengers saying “My, these children are well behaved”; Can you believe how good they are?” “Our kids wouldn’t be anything like this!” You glance at the parents who are smiling an

ice cream; puzzles appear in abundance. Lights out—next stop is Spain and you note that there are no children sleeping in aisles to be found!

Fast forward 4 weeks and another airport:

As luck would have it, a full four weeks later you enter the Madrid airport and you again see 5 girls dressed identically, 2 of whom have leashes around their waists (no more propelling you assume!) ; 2 boys dressed identically; 2 parents not dressed identically; 14 suitcases (not counting booster seats; strollers, car seat, playpen, highchair). There is a difference however. They all look like well-seasoned and very well pleased travellers and not at all exhausted.

In the waiting area, you meet them, tell them the coincidence and ask it they would be kind



aisles”. No sleeping in aisles?? Do you think someone might have mentioned 2 parents, 7 children? You question what this says about Captain training. You note the parents bristling a little...in fact,

all knowing “Take that! You too Captain! We knew it all the time.” You remember the card players and you observe the attendants becoming increasingly warm and attentive: books; cookies;

enough to tell you some of the highlights of their trip. You hear about Canicosa de la Sierra, a village of 400 in the mountains

Continued on page 37





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'Hill 70' at St. Sauveur still has its cherished skiers church

by Bill Fairbairn

There can be few better places to spend Remembrance than St. Sauveur des Monts in Quebec. One can imagine hearing the solemn bugle notes of the Last Post sounding from the hills as skiers descend Hill 70, named after the hill that will live long in Canada's war history as that where General Sir Arthur Currie conducted his first major operations as Corps Commander in France. Hill 70 was dedicated to the memory of Canada's wartime corps commander.

My wife, Janina, and I watched the skiers then attended a service by the Rev. Bryce Sangster at the nearby skiers church, rightly named St. Francis of the Birds, followed by coffee and conversation.

How does a skiers church happen? "First of all you have to be on skis in headlong flight down Hill 70," a church brochure told us. "It is 1940 and you are a theological student from McGill University. It's a Sunday morning at 11 o'clock when any right and proper theological student should be taking in a service."

Also your name has to be Horace Grenville Baugh. And suddenly you have this great idea of a church for skiers. With an idea like that the next thing you do is see the Bishop of Montreal. That would be The Right Reverend Arthur Carlisle. He gives Baugh a sympathetic hearing. Yes, indeed there is no Protestant church in St. Sauveur. Yes, a morning service for Protestants could be held to accommodate the skiers. The Bishop leans back in his chair thoughtfully and in his wisdom decides:

"Better talk to the Roman Catholic curé there about it first."

The curé puts it bluntly. "Mais non! C'est incroyable." And Bishop Carlisle says:

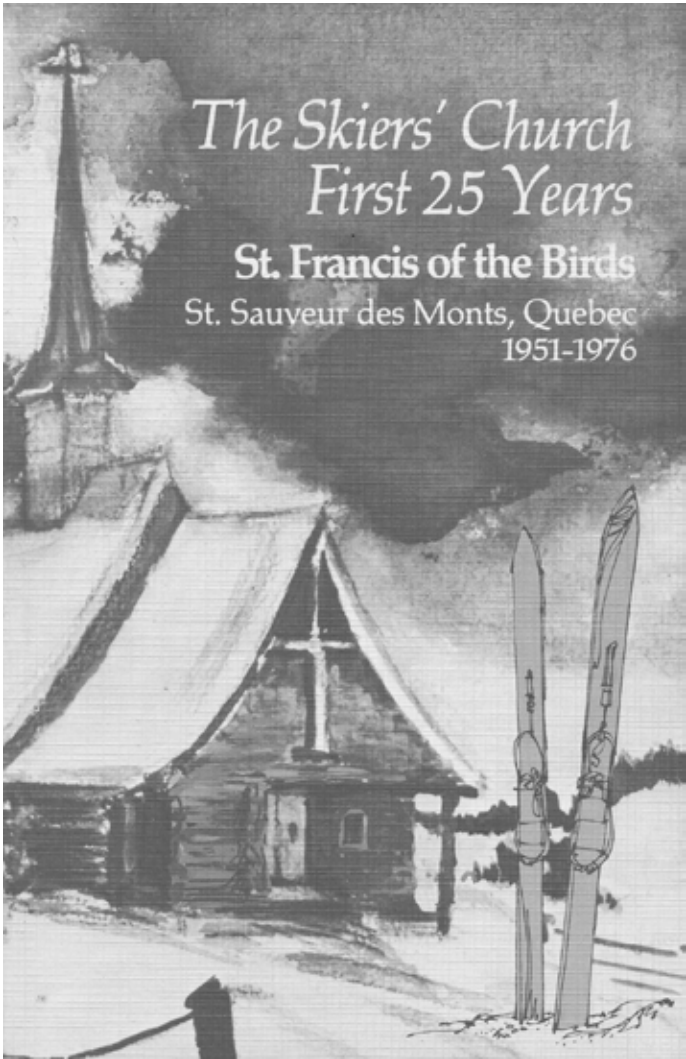
"Well Horace, there's your answer,"

So, Baugh's dream of a skiers church would lie dormant for 10 years. During that time he would graduate, marry and accept a church call for duty in New Brunswick. It would be 1950 when the proposal came that he return to Quebec and a post in the Laurentians. Less than three weeks after his return Baugh resurrected the idea and started to canvas prominent Anglicans in the St. Sauveur neighbourhood for support.

He got immediate response

A most desirable piece of property for the church was owned by a Roman Catholic, a widow named Damien Trottier. She was not averse to selling, so long as certain restrictions were rigidly adhered to. For instance, no cemetery. A deal was struck a scant week before Madame Trottier died. The church had its cherished land.

The concept of a log structure came about because Victor Nymark was probably the best log construction man this side of Fin-



from men like Captain E. J. Rodgers, who had been master of the Cunard Shipping Line and would be the first warden of the new church when built. Also businessman H.E. Dinsdale, would put up half the cost of the the required land, and innkeeper Victor Nymark would build the church.

John W. Molson was impressed, too. So much so that he paid the other half of the cost of the land and offered all the wood needed to build the edifice and furnish it. Some 600 pines had been felled by a freak hurricane on the Molson estate. There was a rider. Mr. Molson, an ardent bird lover, made it clear he would like the church to be named for the patron saint of the birds, St. Francis of Assisi, a Roman Catholic.

The protestant Archbishop was persuaded. Meanwhile the curé had left the parish. Ecumenicalism was rife. Considering the name, how could the Roman Catholic community stand in the way?

land. Architect Erwin Bamberger beamed when the project was proposed to him.

Since the church came into being many ski hill romances helped by skiers' church attendance have blossomed into marriages there.

Skiers and pets have been many times blessed usually at the foot of Ski Hill 70. The T-BAR 70 social club has on one of its walls a plaque to General Sir Arthur Curry commemorating his Hill 70 conquest in Lens, France, crucial to the allied victory in WW I.

So Janina and I enjoyed the 25th Sunday after Pentecost Remembrance service sitting surrounded by 21 stained glass windows with different species of birds native to the Laurentians in one of the loveliest small churches in the land knowing one earlier visitor, the Honourable Vincent Massey, had remarked: "I have never been in such a delightful place."

Not in my father's footsteps
Continued from page 29

And while neither was totally content with his lot in life, there were very few choices for the youth of the day.

Dollard, who was following his heart to become a reporter, was soon feeling that his articles were being 'emasculated' by his editor, Adrien Arcand.

"You reconstructed it to say things I never intended."

"That's how it works."

Dollard was furious. "Journalistic honesty be damned?"

"So who was this speaker?" Dollard was asked of the reported event.

"Some myopic klutz in wire-rimmed glasses. I think his name was Kellenberger," he replied. And although the annoyance became evident in the discourse between the editor and young reporter, even worse was the animosity between Dollard Desjardin and Marty Kellenberger.

The hostility did not cease as the two left the city to experience the strikes of Vancouver; Dollard riding in the train to give his slanted version of events, no fact checking, and Marty making the journey in boxcars with hobos.

Next, it was on to the Spanish Civil War, on opposing sides of course. Eventually the two would once again face each other under a set of very grim circumstances. This was war after although, rough, dirty on all fronts.

The divisions in Spain were so deep and complex that there seemed little hope for either side. It is here, however, where the ultimate in humanity is finally reached between the two men, and the word 'friend' is used in reference to the other.

Not In My Father's Footsteps by Terrence Rundle West is the perfect blend of fact and fiction, and has been extremely successful in making the 1930s come alive. It is a well-researched story in which historical events are real, and engaging characters have been created to make it come alive: a book not just for history buffs, but also for anyone who enjoys a great read.

Published by *General Store Publishing House*, Renfrew Ontario, 1.800.465.6072, *Not In My Father's Footsteps* by Terrence Rundle West is also available from Books on Beechwood, Perfect Books on Elgin Street, Chapters, and Amazon, plus it is in e-book format.

SUDOKU

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

Sudoku on page 26

Amazing Journey Continued from page 35

to the north, the ancestral home of Alba's grandparents, Aurelio and Florentina, patriarch and matriarch of the village in which most residents carry the surname "Pascual". They describe the excitement as an entire village comes out to welcome "home" great grandchildren from Canada and their surprise and delight in discovering a new and large extended family. Patrick describes seeing their eldest boy, Santiago (age 10) heading out on his own in the early mornings to the village "bar". "Bar" scene is elderly men in the village gathering for coffee, companionship, a review of the soccer scores and eager to welcome a great grandchild and help him to come of age. It helps that he is also an avid soccer player!

They recount the village of Chiva and the running of the bulls, small bulls during the daytime, massive bulls with giant horns during the evening, the entire town behind bars (the steel kind). Much chatter among locals about crazy tourists bringing "all" these children to watch the bulls, many counting aloud the numbers of children. Great fun when a member of the family corrects their count in perfect Spanish! Whoops...

City of Segovia another highlight and another challenge. The rented 9 seater van will not fit in the streets, actually gets stuck and Patrick must pleadingly ask the line-up of cars behind him to kindly back up so that he can back up and out onto the boulevard. Spanish drivers are not noted for their patience. Alba reports being grateful that the windows of the van were wide open for all to see seven children. Spanish drivers were uncharacteristically patient and accommodating. There are advantages to travelling with many children! The drivers proved more cooperative than the GPS which Patrick counted on to guide them out of the city. GPS cooperates, if you understand Mandarin! Discovery: children love to play with a GPS and have reset the language; from then on GPS is "off limits".

They wonder how they will shift body clocks back. In Spain, dinner hour starts at about 9:30. Bedtime well after midnight has been the norm for a full month that has passed so quickly...

This is one of the best times you have ever spent is an airport waiting area. Their trip sounds significantly more noteworthy than yours. The flight back is as on the flight out. These children really are special.

Back to where the journey started:

You watch as neighbours and Canadian grandparents that dropped them off at the airport welcome them home—14 suitcases; 7 children; 2 parents; 3 booster seats; 2 strollers, 1 playpen etc. etc. You are not sure who is more excited – the travellers or the stay-at-home supporters. You say adios—it has been a great pleasure meeting the entire family.

What happened next?

You wonder of course but since you do not know them personally, you now become a fly on the wall. You find out that the children were indeed happy to get back to their own bedrooms and their own home surroundings and you observe that the beautiful Gabriella simply refuses to wear anything but her flamenco dress—and she will twirl with aplomb on request. You hear the parents chatting about how the children talk little about the trip to others but at night, between brothers and sisters, they reminisce about the trip all the time. The parents conclude that this has been more than a trip for the children. It has been a discovery of their Spanish roots. It has been a bonding experience between them as they recognize that they share something different and very special. Except for the youngest, they will have memories.

The fly on the wall asks the parents if they would do it again. "In a heartbeat" they reply, "we are already saving".

You think about what you have observed, heard, and learned from this family's adventure. It strikes you how so many of us make assumptions—about children, children's behaviour, family size. You are so glad that you did not ask for a seat change. You would have missed some wonderful stories and not met seven marvellous children and their parents. You say under your breath, another very hearty "Bravo"!

If by chance you happen to meet the neighbours who accompanied them to and from the airport, you just might ask if you can come along next time!

Happy Travels! Adios! A la prochaine!

Models Continued from page 33

All the "W.O Models" (we love the title) are cancer patients and/or cancer survivors, not only breast cancer but cancer in its many onslaughts. Twice a year, Sherry Woodburn, owner of The W.O. and her fashionista partner, Lise Butters (also an artist) team up to organize a fashion extravaganza. Lise dresses, accessorizes, in short, does her magic with each of the models, outfitting us in French Dressing (a huge cancer research supporter) and/or in a wide range of European designer clothes and accessories (jewellery, scarves, pashminas, purses) that are "de rigueur" for the coming season. The selection is fabulous, in quality, fashion, price. In fact, being a W.O. model (I am) is most often an investment as we cannot resist buying what Lise decides was made with us in mind (and she is unerringly right on!). Sherry donates 20% of all sales the day of the fashion show to cancer research and has been doing so since 2000.

Lise calls the Warehouse Outlet and the fashion show "the little store and the little show with the big heart" and she is right again! It could not be more true. The Outlet grew out of Sherry's insatiable curiosity and commitment to pursue what she loves. What she loves included shopping, flowers,

beauty, accessories, fashion. When she could not find what she was looking for, she would network, identify and track down sources until she found them. Suddenly she found her inventory and her store expanding and herself privileged to be doing what she loves. She moved from a small corner in what is now the Apple Saddlery and took over what was then the Gloucester Farmers Market (you can guess that our "catwalk" is just a little different from traditional catwalks). Another key difference is that all the W.O. models smile!!

For Sherry, the Warehouse Outlet has never been and will never be about making big money. At its big heart is making women feel good about themselves and giving back to community. Sherry herself has never had cancer but like almost all of us, people dear to her have.. Her mother-in-law is a breast cancer survivor and at one of the earliest fashion shows, her mother-in-law, then in her early 90's, modelled. Her comment while on the "W.O. catwalk" was, "I am not a model; I'm an exhibit!" That is the spunk and the spirit of the shows and the Warehouse Outlet itself. Mark your calendars – Saturday, April 12, 10 a.m., 1877 Innes Road. Come early—it is usually packed. While none of the current W.O models has reached their 90's, the bar has been set. We will still be modelling and some of us might even learn to drive the pink truck! Do come and join us.

Online home search Continued from page 24

avoiding redundancy and overflow of information, and avoiding the constant sales pitch which turns-off relationships with prospective Buyers and Sellers rather than building familiarity and trust. We all understand the need to have online venues for sales, but it is best to have and reveal interest in others through freely sharing useful information as well.

Thirdly, it is about ensuring ease of public use for real estate related information and tools provided to the public online. Such tools include do-it-yourself market assessments, area searches for schools and other amenities, neighborhood walkability, crime rates, employers in the area, etc.

So, before you list your property with any particular Brokerage or Sales Representative, ask how your listing will be well served by their online and social media capacities. How many prospective Buyers might be directed to view your

listing through online technology and techniques? How many might never see your listing because the Brokerage or Sales Representative is not adjusting well to the new on-line world that is here to stay? The new real estate industry context requires more than simply:

Downloading the basic listing information to MLS

Banging a sign on the lawn

Maybe running one-off adds in printed newspapers or magazines (often advertising the agent more than the listing)

Running an open house.

What is required is that the Brokerage or Listing Sales Representative demonstrates a long-standing commitment to building the capacities for online branding and social media on the behalf of clients. It is about a way of doing business that brings the largest number of prospective Buyers to view a Seller's listing. Remember, a successful listing is not JUST about finding any Buyer; it is about finding the Buyer who will pay the best price for your home in a smooth and timely manner.

COMMUNITY BULLETIN BOARD

COMMUNITY BULLETIN BOARD

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

COMING SOON... in the next issue of RIVERVIEW PARK REVIEW... A PERSONAL GARDENING ADVICE COLUMN! "DEAR FRAN" will help you with what ails in your garden, show you how to breathe new life into those problem plants and offer any tidbits to make your gardening experiences interesting and "very fun". You will have the chance to have your questions addressed with each issue of the Riverview Park Review. Simply email your questions to dearfrangardener@gmail.com, be patient and Fran Dennett, our very own Master Gardener will help you!

ST. AIDAN'S ANGLICAN CHURCH'S 3rd ANNUAL CAROL SING, 934 Hamlet Road, (near Elmvale Shopping Centre)

Thursday, December 19th. 7:00 - 8:30 pm. You are invited to sing carols and to a concert by THE EMMANUBELLS! After the festivities, there will be refreshments served in our Lindis-farne Hall. Everyone is welcome, bring a neighbour, bring a friend! Donation to Heron Emergency Food Centre will be gratefully accepted. Info at the office: 613-733-0102.

AND on Saturday, January 25th. 12 - 2pm Come In From the Cold, and enjoy a "WINTER LUNCH"! at St. Aidan's. Tickets are \$12, at the door, or at the office!

CORO VIVO OTTAWA – Friday - December 6th and Saturday, December 7th at 7:30 pm. Under the baton of Antonio Llaca, *Coro Vivo Ottawa* presents **Christmas à la Baroque**, featuring dazzling pieces from the Baroque musical period. The concert will be held at the Orleans United Church, 1111 Orleans Blvd. Tickets: adults \$20, children 14 and under free, available at CD Warehouse, Leading Note, Compact Music, at the door or call 613-841-3902. www.corovivoottawa.ca

A COMPANY OF FOOLS TWELFTH NIGHT FUNDRAISING CAMPAIGN!

Our 2014 season gets under way on January 5th with our annual TWELFTH NIGHT CELEBRATION at the NAC's Fourth Stage. We're overjoyed about revealing the exciting season we have planned this coming year - a few twists and surprises in store!

Only a Fool tries to raise money during the holiday season - so why not make a charitable gift to us as we begin our winter funding drive! Now until our launch on January 5th, the Fools will be working hard to raise \$6000.

You can donate to us online at <http://fools.ca/donate-new/> or you can mail us a cheque the old fashioned way to our new address:

A Company of Fools, 1960 Scott Street, Suite 302, Ottawa, On L1Z 8L8

In addition to our eternal gratitude, there is a list of various donation categories and the goodies that go along with them. We hope you'll support the Fools this holiday season. We look forward to bringing you revelry, merriment and great entertainment in 2014! Please go to our web site as above and indicate your preferred gift/support category.

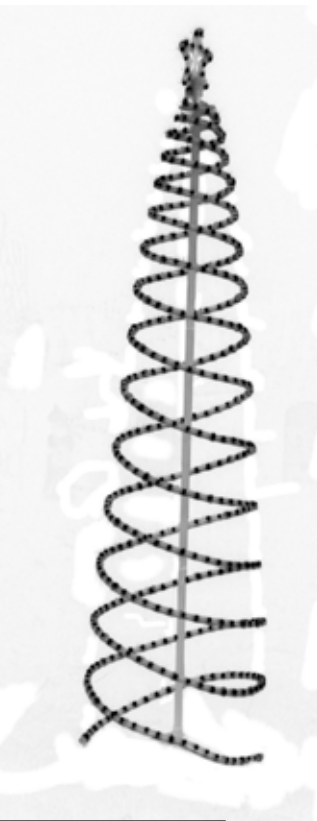
THE FRIENDS OF THE CENTRAL EXPERIMENTAL FARM CORNER

The Gift Boutique is open to all that wish to support the Friends' activities on the Farm:

- **For the Love of Trees*, a best-selling guide to the trees of our Dominion Arboretum!
- **Central Experimental Farm Heritage Building* watercolour prints, singles or sets!
- **Photo cards* of Arboretum and Ornamental Gardens, sold individually or sets of 6!
- **Give a gift of a family membership* to those you love!

The store is open Monday to Thursday, from 9:00 a.m. to 3:00 p.m.

www.friendsofthefarm.ca info@friendsofthefarm.ca Tel:613-230-3276



RIDEAU PARK UNITED CHURCH, 2203 Alta Vista Dr. (at Cunningham) PRESENTS:

JESUS, MY BOY on Sunday December 8th, 3 pm. Canadian Director and Actor Ian Farthing will give a dramatic reading of John Dowie's play, *Jesus, My Boy*, a humorous and heart-warming re-telling of the Christmas story through the eyes of Joseph, an ordinary man in extraordinary circumstances. Music will be provided by Doreen Taylor-Claxton. Tickets are: Adults: \$15.00, Youth 14 and under: \$10.00, and may be purchased at the church office during the week (M-F 9-4) and by calling the office 613-733-3156 ext 229.

HARMONY CLUB FOR SENIORS will hold its monthly gathering on Wednesday, December 11th, 11 am. All seniors in the community are welcome to visit or to join. Members begin gathering for conversation at 11:00 am, with lunch being served at noon (cost is \$6.00). After lunch, from 1:00 pm to 2:00 pm, everyone can join in a Christmas sing-along presented by Harold Black, choir member, accompanied by Rideau Park's new Music Director, Ian Bevell. The church is wheelchair accessible and parking is free. Annual membership is \$5.00. Please come, make new friends, renew old acquaintances, and celebrate the Christmas season with us.

THE ANNUAL CHOIR CHRISTMAS CONCERT will take place on Sunday December 22nd, 4 pm. The Concert will feature music of Rideau Park's Chancel Choir, the Northwinds Brass, and Touch of Brass Handbells. All are welcome. Freewill offering. Join us in celebrating the Christmas season.

For more information: 613-733-3156; or www.rideaupark.ca

CHRISTMAS READINGS at EMMANUEL UNITED CHURCH, 691 Smyth Road

Friday December 6th, 7:00 p.m. to 9:15 p.m.

Our guest MC will be Hallie Cotnam from CBC-Radio Ottawa. In keeping with the spirit of giving, readers will include representatives from two organizations supported by Emmanuel during the year – Centre 507 and the Rideau-Rockcliffe Community Resource Centre, along with readers from our community. Refreshments will be served during the intermission. Please join us and bring a friend for this Christmas evening! Tickets are \$15 per person, \$30 per family, \$5 for children under 12.

Proceeds to the Revitalization Fund.

A special 'Thank You' to the generous donors of the Riverview Park Community Association's Fall Social, Silent Auction, 2013

Alex MacDonald & Martin Cleary,
 Alexanian Carpet & Flooring, 740 Industrial Ave.,
 Beaudry's Flowers & Silk Greenhouse,
 505 Industrial Avenue,
 Bill Fairbairn & Janina Nickus
 Bridgehead, 344 Slater St.,
 Capital Granite, 213 York St.,
 C.A. Paradis, 1314 Bank St.,
 Catina Noble
 Culinary Conspiracy, 855 Industrial Avenue,
 Curtis Creek Maple Syrup,
 Greely ON (The Brenning Family)
 Danny Dear Service Centre, 850 Industrial Ave.,
 Eagle Automotive, 730 Industrial Ave.,
 Elmvalle Florists & Gifts 1910 St. Laurent Blvd.,
 Farm Boy, Ottawa Train Yards,
 Farmers' Forum Newspaper, Suite 17- 2450 Lancaster Rd.,
 Figure 8 & Hockey One, 380 Industrial Ave.,
 First Choice Hair Cutters, 910 St. Laurent Blvd.,
 Gervais Electronics, 716 Industrial Ave., Unit 1,
 Hilary's Cleaners, Minto Place, 407 Laurier Ave. W.,
 Jordash Company Ltd., 1220 Old Innes Road
 Kelsey's, 1910 St. Laurent Blvd., (Elmvalle Shopping Centre)

Kevin Leduc Property Services, Riverview Park,
 Kim Tailors & Cleaners, 1-1910 St. Laurent Blvd.,
 Mandaloun Resto Lounge, 730 Industrial Ave.,
 Milo's Pastry, 505 Industrial Ave.,
 Orrin and Pam Clayton
 Peak Sportswear, Unit A, 2630 Lancaster Rd.,
 Pina Alessi, REMAX Citywide Realty, 915 Fieldown St.,
 Pizza Boyz, 1577 Alta Vista Dr.,
 Quality Life Services, 770 Industrial Ave.,
 Rock's Barber Shop, 1577 Alta Vista Dr.,
 Roger's Italian Bistro,
 500 Terminal Ave., (Ottawa Train Yards),
 Rubin's Paints, 2649 Alta Vista Dr., (at Bank St.),
 SAIL, 175 Trainyards Dr.,
 Salon Elegance, 140 Trainyards Dr.,
 Shepherd's Fashions, Unit 4-145 Trainyards Dr.,
 Spud's Potato Bar/ Pouterie, 1910 St. Laurent Blvd.,
 Starbucks, 100 Trainyards Dr.,
 Stewart Impey Enterprises, 1949 Olympia Cres.,
 The Athletic Club, 195 Trainyards Dr.,
 the coolredroom Hair Space, 250 Kent St.,
 The Wholesale Outlet, 1877 Innes Rd.,
 Vinasia Jewellers, 1910 St. Laurent Blvd.,

Placemaking

Continued from page 7

educational organization refers to the Power of Ten, pointing to the importance of creating ten great places in any neighbourhood, each with at least ten things to do. In promoting the creation of these places, PPA outlines 11 principles each oriented towards building places that also build social capital. Principles include prioritizing community expertise, emphasizing function over form (the idea that physical attributes of space become a means to an end), the importance of partnerships and the recognition that spaces will need to change as community changes. They also highlight the value of experimentation, or taking a "Lighter, Quicker, Cheaper" approach, starting with small-scale, doable interventions and improvements that may bring quick benefits, but at might also test ideas and inspire further, longer-term activities.

Next week in Detroit, PPS will convene a new body, the Placemaking Leadership Council to enable peer learning and the development of a new approach to further enable placemaking in cities everywhere. I am excited to have the opportunity to participate in earlier experiences with place-based initiatives here in Ottawa, such as the Community Development network and in neighbourhoods across Canada, through Action for Neighbourhood Change and Vibrant Communities. However, while you can take me out of Vanier for a few days you can't take Vanier out of me. I look forward to reflecting on ways we might broaden participation in the creation of great places right here.

The gathering will be centred

on case studies and demonstration projects, publications, films and social media, thinking holistically about place - and crucially about ways to involve all in the creation and governance of place. How might we move further towards co-imaging, co-planning and co-creating the cities wherein we live. How might we broaden civic decision-making processes ensuring processes with real impact and deepen a citizen-centred model regarding the further creation and development of cities? As the meeting will be in Detroit, we'll be inspired by businesses and to reshape that city.

picking up on the Power of Ten and the placemaking approach, how might we draw on our energy, our local assets, and the untapped creativity found within Vanier towards creating even greater public spaces right here?

Over the past year we have seen numerous initiatives and experimentation towards creating vibrant places. We sought to repurpose St. Charles Church and its property as a gathering place. The Vanier BIA has organized a summer weekly Farmer's Market in the Scotiabank parking lot for several years. We're

growing accustomed to working lighter, quicker cheaper with residents having appropriated Nault Park for the annual Viva Vanier festival each September, occurring on a weekend that also saw developers organize pop-up block parties at the Kavanaugh and Sonia sites. In June 2012 the Beechwood Village Alliance organized Art in the Parking Lot, creating a temporary park just off Beechwood, while later on in the year they encouraged residents to chalk their place dreams on boards surrounding the Beechwood fire site. Residents are working with City staff towards installation of new play structures and we've been inputting to the City's working of Montreal Road.

Placemaking is a process, not an outcome. I'd suggest that recent efforts outlined above - by citizens, businesses, the city and others are tapping into new energies, potentially guiding efforts in the creation of Vanier's new vibrant places. Would any of these be in your list of Vanier's 10? What spaces would you identify, ones that are, or that had the potential to be great public spaces that are accessible, comfortable, activity-filled and social? Mike Bulhuis

Belly dance to rock 'n roll enliven RPCA Fall Social

by Janina Nickus

The Riverview Park Community Association held its 5th biennial Fall Social at the Mandaloun Restaurant on September 29. About 90 local residents, including local MPP John Fraser, enjoyed the food, entertainment and a silent auction.

An exotic belly dancer performed to compliment the middle-eastern decor of the place. I wonder why the men, in particular, seemed to really enjoy the belly dancing! Waterbomber, a local three-man band, played some good old rock 'n roll songs that had people up dancing.

RPCA President Karin Keyes Endemann added a dance routine of her very own and MC Louis Comerton maintained the pace with his commentary.

The generous support of local businesses and the community made the silent auction fundraising a success with the event raising about \$1,700. The funds will support RPCA activities.

The Parks Recreation and Environment Committee would like to thank all who attended, the RPCA Board and Councillor Peter Hume.

The Underling

Continued from page 29

interview with Wilber Grace. She nervously met the eccentric Dr. Grace for lunch at the luxurious Chateau Laurier, where she wowed him, landing the job that is the novel.

The evolution of Frances' rise up the ladder is engagingly and chronologically developed throughout *The Underling*, beginning as Dr. Grace's chief administrative officer, right up until becoming special assistant to the Executive Committee at the Bank of Canada.

That this historical fiction novel has been well researched is evident. The author develops Frances McFadden into someone credible and likeable. Daily comings and goings nostalgically transport us back into the 1930s downtown Ottawa.

A sequel is planned that will take Frances McFadden into World War II. McKercher's fans hope it won't take 30 years to write Frances' next adventures.

Published by General Store Publishing Company of Renfrew, Ontario, *The Underling* is available from local bookstores such as Perfect Books on Elgin Street, Britton's Glebe, Books on Beechwood plus Chapters. It can also be purchased from Amazon.com, and in e-book format, or from the author at ian.mckercher@opera.ncf.ca.



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Happy 50th

Continued from page 1

Councillor Hume told a humorous story about how he used to visit this branch of the library when he was a young boy who lived in the neighbourhood, plus how nice it is now. Councillor Jan Harder, who is Chair of the Ottawa Public Library Board, spoke about the beautiful bright library and new furniture, and thanked the library staff for all its hard work. Councillor Marianne Wilkinson of the Library Board was also present and mingling with the guests, as was Jim Bennett, a citizen appointee to the OPL.

Danielle McDonald, CEO of the Ottawa Public Library welcomed guests, and Program Manager, Ann Archer who was also at the celebration, shared how the Friends of the Ottawa Public Library provided new furniture such as the beautiful new magazine display racks.

It was wonderful to see people of all ages at the Anniversary Celebration. Happy Birthday Elmvale Acres Library!



Jim Bennett, Councillor Marianne Wilkinson, Councillor Peter Hume, Councillor Jan Harder, and Danielle McDonald, CEO of the OPL



Ann Archer, Program Manager, in front of new magazine racks, courtesy of the Friends of the Ottawa Public Library



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Serving the need: a food bank in Riverview Park

by Carole Moul

It is the second Tuesday morning of the month. Already by 9:30 a.m. a team of extremely well organized volunteers is hard at work unpacking the food that is being delivered to the Nativity Parish Food Bank of 355 Acton Street. This food bank at L'Église de la Nativité-de-Notre-Seigneur-Jésus-Christ is the official agency of the Ottawa Food Bank for Riverview Park.

Outside in the parking lot on this particular November day, Adam, Michael, and Chris are removing designated boxes from the OFB truck. Inside the church hall, the practised group of helpers is already busy getting everything ready for the people who will be coming either that Tuesday evening from 7-8 p.m. or Wednesday morning from 10:00 – 11:30.

Measuring breakfast cereal and rice for individual plastic bags, separating eggs into half dozens, sorting and shelving canned foods and other non-perishables into individual categories; the volunteers will work until all the food is ready.

Initially begun in the early nineties by the L'Église de la Nativité-de-Notre-Seigneur-Jésus-Christ, and its 140 families of parishioners,

Statistics are carefully maintained and submitted at the end of each month which tell both the OFB and the Nativity Parish exactly how many people have



The OFB truck delivering to the Nativity Parish Food Bank

visited that month and what food quantities will be required for the next month's order.

As an example, during one week in October, twenty-seven cards recorded visits for 27 families. This number represented 160 people, including babies, children, adults and seniors who relied on this food bank.

Sister Louise Letarte, Coordinator of our local food bank, is quick to praise the volunteers who work

a collection from the generous church parishioners. And later in the spring on the first Saturday in May, there will be a huge garage sale in the church hall. Twenty-

Others who wish to help with donations may drop off non-perishable food from **9:30- 11:00 on Tuesday mornings, 7:00 – 8:00 on Tuesday nights, or Wednes-**



Lynne Belleau, volunteer, helping put away the recently-delivered food

four church volunteers look after the sale, and it is always a great success.

The Nativity Parish Food Bank has been an important part of this community for 20 years. And during all this time the parishioners of L'Église de la Nativité-de-Notre-Seigneur-Jésus-Christ have done an amazing job of helping to fill the shelves, plus provide the extra food that is necessary.

day mornings from 10:00 to 11:30, during the 2nd, 3rd, and 4th, weeks of each month. For December 16th and 17th, the Nativity Parish Food Bank will be open from 10 a.m. – 3 p.m. The Food Bank will then be closed until the second week of January, when the regular times will resume. Or they may contact Sr. Louise Letarte at: 613-521-2416.



Sister Louise Letarte, Nativity Parish Food Bank Coordinator, checking supplies

the Nativity Parish Food Bank became an official agency of the OFB after only one year. Now the Nativity Parish Food Bank or Banque alimentaire de la Nativité serves from 375-400 people a month or about 27 families, including a few that find they may need it for a second time.

To qualify to be an agency of the Ottawa Food Bank, part of the responsibilities of the group are that they can also supply some of the food as well. Our local food bank supplies chicken wieners, eggs and margarine, if needed, plus mostly essentials.

with her in setting up and distributing the food, both on delivery days and during food bank hours. She also noted that the money to buy the food comes for the most part from three major fundraisers that are held each year.

On December 1st the L'Église de la Nativité-de-Notre-Seigneur-Jésus-Christ

will hold a Church Dinner. And, if the aroma coming from the tourtières after they were baked, is any indication, the Sunday night dinner should do very well.

The next event will be what is called la guignolee, which is now

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Hope

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6:00 pm
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L'Église de la Nativité-de Notre-
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355 Acton Street

Sponsored by:
The Riverview Park Community Association
The Ottawa Regional Cancer Foundation
Councillor Peter Hume

Vincent Massey Public School

VINCENT MASSEY IS IN THE COMMUNITY!

AVIVA Community Fund: Vincent Massey P.S. has made it to the semi-finals!!!



This is the poor little table that the children play on each day!

If you have ever driven by our school you may have noticed the tiny old playstructure in the Kindergarten yard. It has always seemed too small, too crowded and lacking features but this is more noticeable now that 130 full day kindergarten students are sharing it!!Thanks to some very caring parents, our school has entered the Aviva Community Fund Competition and has made it to the Semi-Finals!! If we gather enough on-line votes in the semi-final round we could win funding to put in a new playstructure and improve some other areas of the yard as well!! This will make a difference in the quality of play and learning that takes place for years to come!

HOW CAN YOU HELP??

Please vote online each and every day from Dec 2 to Dec 11. It takes a very short time to register

and even less to vote each day! We will need to be in the top 10 of the top 30 ideas in order to qualify for the finals! The value of this prize is between \$50,000 - \$100,000 dollars. It would mean so much if you would support us by voting (and spreading the word)!!! Simply go to www.avivacommunityfund.org/ideas/acfi7131 to register and vote. Mark your calendar so you don't forget!

If you would like a daily reminder to vote, please send an email message to vincentmasseyplayground@gmail.com

STUDENT ACTION PROJECT UPDATES: TWO PERSPECTIVES FROM MR. MCKEAN'S GRADE 8 CLASS

Having a happy and safe place to live in, is an important part of sustaining a strong community. This is why Vincent Massey's R7/8A class has taken on the the opportunity to help out Russell Heights, our school's local community. This year we are learning to become great leaders and give back to others. We want to use our time and talent to make Russell Heights a safer environment to live in. While brainstorming about the big ideas, we decided to focus on running a self- esteem program, ages 6 to 10 all throughout the year. We also established that we will be fundraising for community trips, making a skate organizer, planting trees and much more.

At the moment we are waiting for

the response of the grant we sent to "Speak Up", a amount of money offered by the provincial government. This grant offers \$1000 in return for our program idea that demonstrates students taking a leadership role . Hopefully the response will be known by January 1st, 2014. With some students taking great initiative, we have also recently contacted "Ecology Ottawa" an organization that plants trees. We discovered this program in a local newspaper and just had to get them involved. After contacting us, they have agreed to support us in our tree planting project in the Russell Community. To gain a better under-

standing , we have invited a speaker from Ecology Ottawa to give us insight on their organization. In the next couple of weeks we are returning back to Russell Heights to survey the families within the community. This survey will consist of basic questions that will benefit our understanding of the families in Russell Heights. We would like to gain perspective on how safe the families feel, how they feel about the up and running programs and what comments or ideas they have to contribute with. This infor-

Continued on page 47



Vintage model car sold on eBay, an Alfa Romeo
Photo credit: Geoff Radnor

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Ganesha on the dashboard!

Riverview Alternative School

by Judith Fairbairn, a former resident of Riverview Park

We arrived in Bangalore in late August 2011 and were invited to a Ganesha festival as our first event in India. I had never really heard of

out my personal life in India to properly research the subject.

Ganesha Chaturthi is a festival that falls annually in the Hindu calendar month of *Bhaadrapada* (August or September) and lasts for 10 days. It is a celebration of



Ganesha Festival lasts 10 days

Ganesha before coming to India. Some of our first sights of Bangalore were of people in pick-up trucks with huge elephant god statues parading around town. I had no idea what to expect at the festival and was too busy sorting

the creation of Lord Ganesha. The story goes that Parvati, consort to Lord Shiva, created a young boy out of sandalwood paste and told him to stand guard at her door. When Lord Shiva returned,

Continued on page 49

Students and staff at Riverview Alternative School are on the move

by Amber Skillings-Nicholson, proud principal of Riverview Alternative School

front field. Students from all classes are blended together for the daily “Riverview Run” and sometimes parents join in too! For some students, the walk is a casual stroll while holding the hand of a friend or teacher and for others



Students and staff at Riverview Alternative School participating in their daily “Riverview Run”.

Photo credit: Geoff Clyne

This year, Riverview Alternative School is starting the school day by getting active. Grade 1-6 students and school staff spend the first 15 minutes of each day walking or running laps on our beautiful

it’s a race, trying to increase their distance over time. Riverview Alternative School is unique in that it is not a

Continued on page 46



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Volunteers recognized at the RPCA Annual General Meeting

Certificates for outstanding service and contribution as a volunteer with the Riverview Park Community Association presented by David McGuinty MP

Photos by Bill Fairbairn



The volunteer certificate of Bill Fairbairn



Kris Nanda



Chris Mark



Pam Clayton



David McGuinty presenting Tim Mark with a Volunteer Certificate for his community work over the years in various capacities, most recently as a Neighbourhood Watch Co-ordinator



Karin Keyes Endemann



Orrin Clayton



Carole Moults

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David McGuinty presenting Bruce Walker with a certificate for alerting Chris and Tim Mark that their car and carport were on fire, potentially saving their lives last February 3rd, 2013



Alan Lansdsberg receiving his Volunteer Extraordinaire Certificate from RPCA President Karin Keyes Endemann



Chris Khoury, winner of a Volunteer Extraordinaire Certificate, for the tremendous amount of work that he does maintaining the Balena Park Skating Rink. Shown holding son Thomas, with RPCA President Karin Keyes Endemann, who presented Chris with his certificate



Bill Fairbairn receiving a Volunteer Certificate from David McGuinty for his community work in various capacities over the years. Bill also accepted a certificate on behalf of his wife Janina Nickus, for her outstanding service and contribution as a volunteer with the RPCA
Photo credit: Sherry McPhail

Riverview Park Community Association Annual General Meeting

Another scant turnout for another good meeting

by Alan Landsberg

Once again a faithful point five percent of Riverview Park's population of 10,000 turned out for what is a rare opportunity to hear from and ask questions of our Commu-

ity Association, municipal planners and political representatives.

Karin Endemann, RPCA President, reported on the initiatives supported by the Association this past year, which included many social and fundraising activities, and monitoring and making representations on issues impacting our physical environment, such as intensification and

Continued on page 46



A few of the people in attendance at the AGM



The Board of Directors for the Riverview Park Community Association 2013-2014



Cheryl Brouillard, Urban Planner, City of Ottawa, speaking about transit-oriented development as it pertains to Lees, Hurdman, and Tremblay public transit stations



David McGuinty, M.P., speaking, plus answering questions, at the AGM



Councillor David Chernushenko gives his account of cycling development



Councillor Peter Hume uses his three-minute speaking time to good advantage



Tim Mark speaking about the Riverview Park Neighbourhood Watch



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Find us just off Industrial Ave.

RPCA AGM

Continued from page 45

development. See **page 22** for the full President’s report

Board elections (conducted by Anna Nitoslawska as a last minute volunteer): Kris Nanda, Carole Moul, Dianne Hoddinot, Marilyn Minnes and Nadine Chamourel were approved to continue as directors of the Board. Acclamations; Karin Endemann as President. Paul Puritt as Vice-President, and Alan Landsberg as Treasurer. New nominees were Heather Dunlop, Jane Rutherford and Anne Stairs. All three were approved and warmly welcomed to the Board as directors.

Presentations

Cheryl Brouillard, urban planner, City of Ottawa provided a high-level overview of transit-oriented development. She encouraged residents to review the reports online (www.ottawa.ca City Hall tab, Public Consultation, TOD studies).. The city expects an additional 20,000 residents in Riverview Park in next 20 years, and her department is helping build needed pathways and sidewalks.

Mike Bulhuis, Vanier Community Association, gave a fascinating presentation on the revitalization in Vanier resulting from their focus on “Place

Making”, see *Bill Fairbairn’s report on “Placemaking” on page 7.*

zone, and invited residents to write to him with their views.

Marty Koshman, president of Controllex, Trainyards

The office building at 395 Terminal Avenue is open and another building next door is planned. Moore’s (men’s clothier) and Mucho Burrito have opened. 628 Industrial Avenue has been rezoned for retail. At this point, Controllex only has concepts for 628, and no tenants, so development is not moving ahead.

Tim Mark, Neighbourhood Watch; the Watch really does help police catch criminals and keep neighbourhoods safe. On Nov. 19, the Watch is participating in a free presentation on home security at St. Thomas the Apostle Church for Ward 10 and Ward 18 residents.

Public representatives and Q&A

Representatives were asked to address the three things needed in Riverview Park over the next three years, and how they will help the community meet those goals.

City of Ottawa, Alta Vista Ward Councillor Peter Hume

The city is investing \$50,000 for a water source at Dale Park for rink making; installing a sidewalk on the south side of Industrial Avenue between Neighbourhood Way and Trainyards, and a pedestrian link between Coronation Avenue and Industrial. Responding to concerns about speeding on local roads; he recommends signs at the entrances to the neighbourhood designating the entire community a 40 km/h

With respect to replacing dead ash trees, every tree on public property will be replaced. The new city budget adds \$1 million for more mature trees to be planted; the city is prioritizing city-land trees first and then will look at replacing residential trees

Ottawa South MP David McGuinty

David discussed the need for Ottawa to compete by offering excellent municipal infrastructure. He supports and fights to ensure Ottawa receives a share of the federal government’s 10-year infrastructure fund, for projects such as LRT, river cleanup and others.

City of Ottawa Capital Ward Councillor David Chernushenko said the city has studied infill housing in older neighbourhoods. Riverview Park is now experiencing infill development and the city should apply lessons learned from other areas to this community. The bridge from Sandy Hill to Vanier is in the draft Transportation Master Plan; the bridge between Fifth and Clegg has been pushed back but he is trying to move it forward. Design work is underway now; the project should be shovel-ready when infrastructure funding comes online. He said the new “complete street” design on Main, with more room for pedestrian and bicycle traffic, should lead to reduced traffic speeds.

Ottawa-Carleton District School Board Trustee Bronwyn Funciello said Riverview Park and other Zone 6 neighbourhoods are fortunate in having had good provincial test results, and this area doesn’t face the overcrowding and under-enrolment challenges of other communities. Full-day Kindergarten continues to roll out across the Board. The Board now provides transportation for Grades 7 and 8 children, and is looking to extend bus services to high-school grades as well.

The meeting, which was not without controversy and some heated exchanges, adjourned at 9:10pm. Come out next year to get involved and join the fun.

RAS

Continued from page 43

neighbourhood school. It serves a much broader catchment area that stretches north to the Ottawa River, east to Hwy 417 and Beacon Heights, south to Blossom Park and Elizabeth Park and west to the Rideau River. As a result, over 95% of our students are bused to school and some of them are on the bus each way for periods of an hour or more. After a long morning bus ride, staff at the school felt a vigorous walk might be helpful to better prepare the students for their learning day. So far, feedback from students, staff and parents has been very positive. On rainy days when the weather does not allow us to enjoy the yard, students wiggle and dance to some fun tunes. Never under estimate the power of a little movement to enhance circulation and improve focus, learning and fun!

More recently, Riverview Alternative students got active with our neighbourhood Ottawa Montessori School. OMS invited us to partner with them on a walk through the neighbourhood in celebration of the United Nations Universal Children’s Day. We happily accepted the invite and joined OMS on Friday, November 22nd for the walk, two days after its official date. While the day was foggy, wet and dreary, the spirit of the event and the opportunity to meet students, staff and parents from OMS made the event delightful and successful. The walking route allowed students from both schools to tour the playgrounds of each school and to learn their emergency evacuation route. OMS started their walk earlier in the afternoon and came to Riverview Alternative School to meet us, where classes were paired up to continue the walk. Riverview students walked the route twice and waved goodbye to OMS students at their school on Lindsay St. just before finishing their final lap.

Ottawa Public Health nurse Catherine Lupien joined us for the walk and congratulated us on supporting the Ottawa Public Health priority of “Active Transport”. She provided students from both schools with a reflective zipper pull to enhance night time visibility, sporting the words “Be Active Every Day”, a message that Riverview Alternative staff and students understand is essential for health and learning.

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Malcolm and John Harding



Vincent Massey PS

Continued from page 42

mation will be studied and compared over a period of time. As for fundraising and making the skate organizers, we will proceed with these projects sometime during the year.

While taking on this project, we are hoping to benefit the community as greatly as possible . In brief, these projects will be taking place all throughout the school year and are trusted to be a great success. With that being said, we are positively hoping that we become great leaders and extraordinary community philanthropists along the way.

Submitted by Rania . C, Grade 8

It was a cold and sunny morning when Mr. McKean’s class first set foot in the Russell Heights community. Whilst I was standing there, becoming a frozen ice block of iciness, I suddenly had a deep revelation. I knew why I was here, and what I was doing. I was here to take the cold, leather reins of leadership! As we stepped into the equally cold community house, the group leader Sarah bestowed upon us, knowledge of our surroundings. Soon, small groups of us were being taken into a youth house where our leader pointed out to us , small flaws that could be fixed if everyone lent a helping hand. After, we joined Sarah, our leader, in the community house, we brainstormed about things that needed to be done to help the community, and present projects. This list includes murals, lighting and heating.

Soon after, we re-grouped in the Dempsey Bear pit where we did an overall summary of the projects. We concluded that our main idea, were to make a younger Go Girls S.O.L.E to SOUL self esteem group, and also, to send the families skating. Our idea for the girls group is to give younger girls a chance to talk to people other than their parents about any difficulties they may be facing. This should give them an opportunity to learn and grow. shock

A few days later, we received an exciting opportunity. Ash trees in this area were being destroyed by the vicious Emerald Ash Beetle!

We have decided to work in cahoots with Ecology Ottawa to replant saplings, to provide beauty and fresh air. These trees will also provide property value.

Because of all these projects, we decided to make posters for our projects . We are having a contest to decide which poster will be hung up around the community.

Soon, we will be conducting a survey with the community to gather information and opinions. These opinions will tell us what they think needs to be improved to make the community better and what will be needed to be taken care of by our group. In

these programs we hope to support the Russell community in its growth.

Submitted by Avy W., Grade 7

NEWS FROM THE

INTERMEDIATE

LEADERSHIP GROUP

Leadership group is a group of grade sevens and eights who are dedicated to educating and changing their community. They also help people from other communities. It’s not easy to do this alone so we work with Free the Children. Some things that we are going to do during the course of the year are Make some Change, help Nelson house, have a cake walk, learn about the aboriginal community, and raise awareness about animals that have been treated badly.

All this stuff is not free though we will need some donations. Students will get something too such as a cake from the cake walk (if they win the raffle), a bake sale and much more. Our first event will be a food drive for the Ottawa Food Bank and to raise awareness about hunger.

I’m very excited and proud to be in leadership group because I love helping and changing our community for the better.

submitted by Vandad Gholamazad, Grade 7

CURRICULUM NIGHT AT

VINCENT MASSEY PS

On Tuesday, November 26, 2013, our Vincent Massey Staff will host a Curriculum Information Night from 6:45 to 8:00 pm. At this event, you will have an opportunity to participate and experience how your child learns at Vincent Massey Public School.

If you wish to bring your child (children) to this event, activities will be set up for them in the gym with Mr. Hamoudi.

Agenda for the evening
6:45 p.m.-7:00 p.m. Welcome in the Library
7:00 p.m. Workshop 1
7:30 p.m. Workshop 2

Note: Each workshop will be held twice; once at 7:00 p.m. and again at 7:30 p.m. This will give you the opportunity to attend two different workshops. All workshops will be held in English.

WORKSHOPS INCLUDE:
Critical Thinking, grades 7 and 8- by Mrs. Lalonde and Ms. Swail

An introduction to the types of activities that can encourage students to think critically as well as to become more accountable for their own thinking and communicating.

Balanced Literacy, grades 1,2,3 by Ms. McEachen and Ms. Wilson

A brief overview of a well-planned, comprehensive literacy program that

reflects a gradual release of control, whereby the responsibilities of reading and writing are gradually shifted from the teacher to the students. Learn how children build confidence during this supportive process to ultimately learn to work independently.

Playing with Math, Junior/

Intermediate, by Mrs. Trivedi

and Mrs. Kadura

An opportunity to experience how our students learn to make sense of important math ideas. Be prepared to play with math ideas in a hands-on way!

Enrich your Read Alouds,

Primary and Junior, by Mme.

Rassi and Mlle Giguere

This workshop will be a lesson demonstration on how you can enrich your read alouds with your child, through a variety of critical thinking activities using the book “Fox”.

Deconstruct Language

Barriers: the use of AIM in

the Core French program, by

Mrs. D. Lacroix

See how using the Accelerated Integrated Method to “reach and teach” your children builds confidence and increases fluency.

Restorative practices, by Mr.

Simpson

Restorative Practices fosters a greater development of community, inclusion and empathy in our schools and classrooms. This is a proactive approach to building a positive classroom and school community, helping to reduce discipline issues and behaviour challenges. This evening’s workshop will model aspects of restorative practices in an active way to foster understanding and critical questioning and thinking.

Please join me in this introduction to restorative practices: an approach that seeks to develop and build good relationships and restore a sense of community.

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Computer Tips and Tricks

by Malcolm and John Harding,
of Compu-Home
December Tech News Collection

E-MAGAZINES have been with us for a few years now, but there are a couple of relatively recent developments that will go even farther toward saving a few trees and a few bucks too. Rogers launched in November a subscription service (free for the first two months) that will provide digital access to more than 100 popular magazine titles accessible from computers, phones and tablets. In addition, public libraries across North America will soon be offering similar services with even more titles, but theirs will be free of charge. There is nothing yet on the Ottawa Public Library website, but considering that OPL is usually in the forefront of digital services, we bet we won't have to wait long. Michael Oliveira of the Canadian Press has more information on this subject in an article at: <http://tinyurl.com/mtbtl77>

“CRYPTO LOCKER” is setting the record as the most serious virus threat that we have seen for many years. At this time, there is actually NO reliable means of removing this infection, and the results are devastating. What happens is that the virus attacks a computer and encrypts many or all of your data files – documents, photos, music, etc. – making inaccessible all of the stuff that is most important to you. You are then presented with a message that you will have to pay a substantial amount (as much as several hundred dollars or more) for the encryption key to unlock those files. If you refuse, or don't pay quickly enough, the encryption key is deleted and the results become permanent. An even more unnerving dimension to the threat is that it is possible for the virus to use your computer to gain access to files that you have saved online “on the cloud” using a service like Dropbox or Apple iCloud. This all means that for now the only fool-

proof protection is to back up your files frequently to an external hard disk and then to disconnect that device from your computer when the backup is complete. If more effective strategies become available to protect your computer or to safely remove this menace, we will report them here.

MODEM / ROUTER COMBINATION DEVICES are a subject about which we are often asked for advice. Simply put, the modem is the little box that your Internet provider gives you to connect your home or office to the Internet, and a router is the traffic cop that directs the signals if you have more than one computer. Traditionally these were two separate pieces of equipment and people usually bought their own router but in recent years the Internet providers have been offering combination devices, usually for a few dollars per month. The fact is that there is really very little difference in power, range or reliability, whichever

choice you make and so we usually boil it down to price. Sometimes you might be able to make a deal with your provider to get a combination device free but if not, the monthly rental will probably work out to more than the purchase cost of a router in less than a year.

By the way, still on the subject of routers, it is not yet the time to pay a lot extra to buy the new “AC” protocol router, because you would simply be paying quite a bit extra for it to be capable of extra speed that your Internet will not be providing for many years to come.

Have a look at our blog, at www.compuhomeottawa.wordpress.com for an archive of our columns and other tech-related articles. There is a space right after each item for you to make comments and suggestions, and ask questions. 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.

Ganesha

Continued from page 43

the young boy did not know him and so would not let him enter. Lord Shiva became enraged and ended up decapitating the young boy!

Parvati was obviously not impressed and the horrified Shiva promised to find a new head for the boy. He found a mother elephant crying over her dead baby and, after consoling the mother, fixed the head of the baby elephant in place of the boy's head. Lord Shiva then declared that the boy would be called Lord Ganesha.

It is not known when and how Ganesha Chaturthi was first celebrated but the first recorded event is in 1630 in Pune.

The festival was further encouraged by freedom fighter and social reformer Lokmanya Tilak in 1893. Tilak recognised Ganesha as “the god for everybody” and used the festival to bridge the gap between castes and generate nationalistic fervour among people against British colonial rule. It was Tilak who established the practice of submerging Ganesha in water.

So we went over to our friend's apartment complex and joined in the celebrations, called a *Mandala*. There was lots of eating and dancing, and a few performances of traditional songs and modern Bollywood. It was my

first experience in India of loud Bollywood music, and I loved it.

The Ganesha statue was in a beautifully erected temporary structure called a *mandapa* or *pandal*, with lots of flower garlands and lights. Before our arrival, the Ganesha statue had been paraded around, as is the custom.

The priest, chanting mantras, invited each of us to pray to the statue and then the Ganesha was immersed in a tank of water.

Traditionally, the idol was sculpted out of mud and returned to the earth by immersing it in water. The immersion symbolises Ganesha taking away with him the misfortunes of his devotees and represents the cycle of creation and dissolution in nature.

Over time, as the production of Ganesha idols became commercialised, the natural mud was replaced by materials that were easier to mould, lighter and less expensive; they were certainly not biodegradable or insoluble in water. Moreover, the chemical paints used to adorn these Ganeshas contained mercury and cadmium causing water pollution, and the accessories accumulated as rubbish on beaches and river edges. Not great for the environment.

So now Indians are buying clay statues and immersing the Ganesha in a bucket or tub so as not to pollute public lakes, beaches or rivers. Indeed, environmentally

friendly Ganeshas are a thriving business. In August, you see artistic clay models of Lord Ganesha all around Bangalore made by specially skilled artisans. Some are experimenting with paper mâché and other biodegradable materials.

At our festival, the Ganesha was



Ganesha

made of biodegradable clay with vegetable paint. The tradition in this apartment complex was to use the water for the gardens after the Ganesha had biodegraded.

Ganesha is widely worshipped as the god of wisdom, prosperity and good fortune and is traditionally invoked at the start of travel, which is why you see so many Ganeshas on car dashboards.

My second encounter with

Ganesha happened when we bought our car.

On completion of the sale, the salesperson asked us which idol we would like for our car. It was one of those ‘stumped in India’ moments and we didn't know what to say so they gave us a Christian cross and a Ganesha. We let our driver decide and we now have a ‘Ganesha on the Dashboard’, which incidentally is an interesting book by V. Raghunathan and M.A. Eswaran.

When I asked my driver why Indians put an idol on the dashboard, he said, laughing, that if they were about to have an accident they can pray to the idol and perhaps have a better outcome. What, and take your hands off the steering wheel, I queried? He just continued to laugh.

The event I went to with my new Indian friends has stayed with me as a special moment. The one item I will not leave India without is a Ganesha statue. The festival was an insight into traditional and modern India and an environmental issue and it represents a really special time when we were so excited about moving to India.

When I return home to the UK, I will certainly search out this festival. I have read that they submerge Ganeshas in the Thames at Putney Pier and in the River Mersey!

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Knit one, make many at Oakpark Retirement Community!

by Miriam Dwyer, Activity Director
and Tom Kloppenburg,
Marketing Manager

With the winter months approaching and everyone looking to keep warm it seemed that suddenly everyone wanted to knit. People that hadn't knitted for years, or didn't think they could anymore suddenly wanted to help. Although not a new idea, one of our residents suggested knitting squares which was helpful for people who cannot hold the needles for too long any more but still enjoy the knitting process. We quickly found that there were many people who enjoyed the feel and texture of wool as well as the satisfaction of achieving something worthwhile.

So the yarn boxes were opened and needles gathered and 150 squares later (with more coming) we are now beginning to see the fruits of the labour of probably 30 or more ladies at Oakpark Retirement Community. The goal is to knit the squares into several blankets which will be donated to the Ottawa Mission. It has been lots of fun see the piles of squares grow and then the discussion about colours and finishing touches. The knitting group has been a great example of teamwork, and for us here at Oakpark we are thrilled about the fact that so many people

have taken time to participate in something that is not only worthwhile for themselves but also worthwhile for those that will receive the finished product. What more could you want!

early February. It is a well known fact that art is a way to express our thoughts and emotions and it is even more so for those with dementia. They often have more memory and feelings than we

we are creating a wonderful collection of work which will be shown to demonstrate to all those who want to delve a little deeper into understanding dementia, and celebrate the creativity that



Elisabeth Dempsey and Mary Taylor working hard on Ottawa Mission blankets.
Photo credit: Miriam Dwyer

While all this knitting is going on, the residents on our Memory Care floor are working towards an art show which will be held in

realize, but need the right medium or tool by which to express them. With the help of Patrice Stanley,

remains deep within everyone. Watch for more details about our art show in the New Year.




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