



FEBRUARY 2014

A Voice of Riverview Park

VOL.6 NO.1



Snowmen on the loose!

In December, Madame Katie’s grade one EFI class at Vincent Massey School created papier-mâché snowmen based on the book “The Secret Lives of Snowmen”. As in the story, it seems their snowmen had a some fun while the students home. Students found their snowmen all over Vincent Massey doing different things - playing ball in the gym, reading books in the library, typing at computers, even pretending to be the principal! Locking the snowmen in the class didn’t seem to prevent them from getting loose so they were eventually sent home at the end of the week. So, if you happen to see any snowmen wandering around Ottawa South, be sure to let VM know. They might be ours!

Submitted by Katie Rodger-Hebert, Teacher

Vincent Massey Public School
WINS \$90,000!

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Shane 6 and Joey 9 tending the net.
Photo credit: Catina Noble

Joey Richardson
he shoots, he scores - see page 18



It’s time to shovel.
Photo credit: Anna Nitoslawska

Brrr! on page 46

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The weather was perfect for Hockey Day in Ottawa, with many people enjoying the game at Balena Rink

Photo credit: Trevor Denis



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Good oral health begins at birth: looking at baby bottle decay

by Dr. Jin Soo Song

Maintaining the health of your young child's teeth is essential because it is the baby teeth that not only help the youngster to chew food correctly, but assist as well with speech enunciation and production. Primary teeth also fulfill the important role of maintaining space for adult teeth, and help the tongue in posturing correctly within the mouth. Good teeth also show up in a happy smile.

According to the Canadian Dental Association: Your Oral Health, 2014, it doesn't take very long for the young child to become susceptible to tooth decay. Early childhood tooth decay can begin as soon as the first primary tooth arrives.

Usually a baby's first tooth will start to come in at about six months of age. Many factors can cause tooth decay from then on, which could easily result in pain and infection. Also very serious is the fact that premature tooth loss can cause adjacent teeth to shift to fill the gap, impacting on adult teeth, and perhaps even requiring a need for later orthodontic treatment.

One of the most common reasons for tooth decay in the young is the frequent and prolonged exposure of the teeth to drinks that contain sugar. Milk, formula and fruit juice all have sugar.

In particular, a problem arises when a young child falls asleep with a bottle of milk, juice or

“...it doesn't take very long for the young child to become susceptible to tooth decay”

formula during a nap or bedtime rather than having the bottle filled with clear water. With sweetened liquids, which remain in the mouth for a long period of time, oral bacteria has the opportunity to feed on the sugar around the teeth and emit harmful acids that wear away tooth enamel. It is this wearing away of enamel that results in not only painful cavities but pediatric tooth decay.

Early tooth decay usually occurs in the upper front teeth, however, as the American Dental Association has noted in Mouth

Healthy: Baby Bottle Tooth Decay, 2013, a child's other teeth may also be affected.

The term for tooth decay in young children is regularly called 'Baby Bottle Tooth Decay', 'Baby Bottle Decay' or 'Early Childhood Caries'. Fortunately for parents, early childhood tooth decay can be prevented.

It is important that a baby or toddler does not fall asleep with a bottle of milk, formula or juice in his or her mouth, whether at bedtime or even just for a nap. Put plain drinking water in the bottle and try to have the bottle finished before the child goes to bed, or remove the bottle from young one's mouth after he or she has fallen asleep.

Or if plain water doesn't work initially, try to offer an alternative as the Canadian Dental Association suggests, such as a clean soother, a stuffed toy or a blanket. And, if necessary, notes the CDA, begin diluting the child's bottle of milk with water over period of a week or two, until eventually the youngster has been switched from milk to water for a healthier bedtime.

Encouraging a youngster to

drink from a cup by a first birthday is another way to help avoid Baby Bottle Tooth Decay, and if he or she uses a pacifier, it should never be dipped in sugar or honey but given perfectly clean. Likewise, from the very beginning, healthy eating habits are vital in the role of good dental health.

With the very young child, after each feeding, wipe the gums with a clean, damp washcloth or even gauze-size pad to ensure they are kept clean. Later, there will be routines developed for both the parents and child with regard to teeth brushing, such as using a child-sized toothbrush and clean water, then moving on to the child-sized toothbrush and an amount of toothpaste the size of a pea. Fluoride toothpaste can be used at around 2 years of age.

Just as parents make appointments with their child's physician for well-baby checkups, as soon as the child's teeth begin to come in, it is equally important to check with your dentist about scheduling a first dental appointment. A lifetime of good oral health is readily available. All it takes is following a few simple, but important steps.

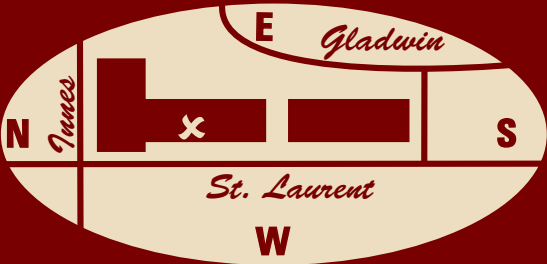
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Some sad events in the history of Avro Canada

by Colin Hine

The cancellation of the Avro Canada CF-105 Arrow supersonic jet fighter has remained in the minds of Canadians for over 50 years. The plane that even by today's standards was a world leader was cancelled for political reasons. This was the final straw in the illustrious life of Avro Canada Limited, quickly leading to the firm's demise and resulting in the loss of thousands of high quality jobs as well as Canada's leadership position in the aviation industry.

This was by no means the first instance of the negative effects of political interference in Avro Canada's short history. Equally as tragic as the Arrow cancellation was the forced termination of the Avro Canada C102 Jetliner program. The Jetliner was the first jet powered transport plane to fly in North America. It's maiden flight in 1949 was only a few days behind the first flight of the de Havilland Comet in Britain. The Jetliner went on to break many civil air transportation speed and altitude records in North America.

Canadian Government (C.D. Howe, Minister of Construction and Supply) support for the aircraft development was withdrawn because Howe believed that Avro Canada's efforts developing this aircraft were interfering with other government priorities at Avro; the development of the CF-100 jet fighter in particular. The government also prevented Avro from proceeding with the sale of the plane to National Airlines and other airlines in the U.S.

Cancellation of this project denied Avro Canada the opportunity to achieve a dominant position in the civil aviation field. The subsequent Arrow cancellation was a double whammy for Avro and the collapse of the firm became inevitable. This was not only a sad day for Avro Canada; it was also a sad milestone in Canada's future in the aviation industry leading to the loss of many jobs and economic growth.

To this day politicians do not appear to have learned many lessons from these events; witness some of the ongoing procurement fiascos—the long overdue Sikorsky Cyclone helicopter replacement for the Royal Canadian Navy Sea King helicopter and the controversy behind the proposed Lockheed Martin F-35 fighter as a re-

placement for the CF-18 fighter are two examples.

The sad story of the C102 is recorded vividly in a 1978 CBC-TV documentary from *Take 30* in which broadcaster Harry Brown profiles the aircraft and interviews the plane's designer James (Jim) Floyd,



Avro Jetliner, first Prototype

and Don Rogers the Avro Jetliner's test pilot (<http://www.cbc.ca/archives/categories/science-technology/aviation/the-avro-arrow-canadas-broken-dream/avro-jetliner.html>). Jim Floyd records his involvement with the Jetliner development and some of his history with Avro in the UK as well as with Avro Canada in his book: *The Avro Canada C102 Jetliner*; Floyd, Jim; Boston Mills Press; 1986; ISBN 0-919783-66-X.CIP. According to the author, Canada cast aside a pre-eminent role in the manufacture and design of post WW II jet transport aircraft. His villains are C.D. Howe, minister of construction and supply and Trans Canada Airlines, birth name of Air Canada. Also, *A Legend in Aviation Still Hard at Work* written by Bruce Forsyth; August 2009; (<http://www.militarybruce.com/unpublished-news/a-legend-in-aviation-still-hard-at-work.html>) records many of Floyd's achievements.

The following dialogue draws from these sources, to illustrate the scope of this tragic train of events and the almost universal condemnation they have received.

In *A Legend in Aviation Still Hard at Work* Bruce Forsyth notes: If there's one man who has had a huge impact on the modern aviation industry, it's James C. "Jim" Floyd. Jim Floyd played a major role in the design and development of three groundbreaking Canadian aircraft while working with A.V.

Roe (Canada) at the Avro Aircraft Limited (Canada) facility at Malton, Ontario. Originally as the Chief Design Engineer, and later as Vice-President (Engineering), he was involved in the creation of the Avro Jetliner and the development of the CF-100 Canuck, but

Floyd is probably best known as the Director of Engineering for the CF-105 Avro Arrow, during a period considered by many as the Golden Age of Canadian aviation.

Among the questions Floyd addresses in his book *The Avro C102 Jetliner* are:

How far ahead was Canada in the jet transport field?

Who do you blame for the cancellation of the Jetliner and why did C.D. Howe, Trans Canada Airlines (TCA) and the Department of Transport (DOT) say so many derogatory things about it later?

Could Avro have survived in the civil field against such competitors as Douglas and Boeing?

How far ahead was Canada in the jet transport field?

"The only other jet transport at this time was the de Havilland Comet the planes made their maiden flights within a few days of each other. The designs of the two planes were complementary rather than competitive. The Comet was designed for up to transatlantic ranges, whereas the Jetliner was a short-to-medium range transport specifically designed for intercity ranges up to 1,000 miles.

North American competitors of the Jetliner at the time it was scheduled to go into service on National Airlines were the Douglas DC6, the Lockheed Constellation, the Martin 404, the Convair 240 and the Canadian North Star,

all piston engined aircraft with propellers. Cruising speed of the Jetliner was between 150 and 250 mph faster....On a 500-mile sector, from Toronto to Chicago, it was between 40 and 50 minutes faster than its piston engined contemporaries....."

The first medium-range jet transport with a performance similar to the Jetliner was the French Sud Aviation Caravelle. It went into service with Air France in May 1959.

Who do you blame for the cancellation of the Jetliner?

Floyd never subscribed to the opinion that TCA should be blamed for the cancellation of the Jetliner. He believed they were right in deciding not to operate the prototype on route analysis trials but would have been prepared to operate the second aircraft that was to be representative of the production Jetliner (Note: C.D. Howe instructed Avro Canada to cease all work on the second prototype aircraft before later cancelling the entire program). Floyd believes that the real problem between TCA and Avro was TCA's failure to understand Avro's approach to the project and Avro theirs. ".....We should have left TCA alone and concentrated all our efforts on the experienced and flexible airlines in the U.S. that had shown a direct interest in the Jetliner. We did the latter, but not the former.

"Howe's insistence that TCA be his 'independent consultants' on the project and the constant prodding of TCA by Avro....resulted in strong reaction from TCA. They felt that in order to defend their (previous) rejection of the project, they had to justify their decision by resorting to the strongest criticism of Avro. This gradually turned to open animosity to the company, to the project and to everyone associated with it....

"There are many other documented accounts of TCA management's obsession with defending their decision to reject the project for use on their inter-city routes. Unfortunately, despite all evidence to the contrary, the Establishment accepted the TCA posture as a general condemnation of the project, and this was reflected in the company's dealings with other Canadian government agencies...."

"C.D. Howe has been called the father of Canadian aviation and

Continued on page 20

by *Dancing Cloud*
photos *Winking Owl*

Why do I practice Aikido at my age?

Long story...



At the outset, after too many years of neglecting my body, I was firmly determined to find myself an activity that would satisfy my need for getting back in shape, with the obvious perks that come along with a steady regimen of exercise (more strength, cardiovascular improvement, stamina ...) you know, the basic expectations most people have when training regularly. But not only did I want to move more, I wanted to practice some form of activity that catered to my inner desire to develop a sense not only of physical wellbeing but also a form of a mind-body discipline, a more creative way of moving and a feeling of actually accomplishing something, even though I was not sure what exactly at the time.



All I felt is that we have to accept the world as perfect the way it is now ; but it definitely is too yang. Much violence and devastation are present and none was to be added by any of my efforts. Still I knew that a general lack of political will or more good will from my part to change this reality was necessary. Even if you dismiss the extremes of war and peace ; you have to admit that somewhere, somehow there is way too much greed, competition, animosity and cruelty. Even the well-to-do demonstrate a need, even envy for much more, at the detriment of others and the planet. I gather no change should be expected from others if not from yourself first.

In my quest to fulfill my desire to actually accomplish something, this led me to explore, then to revisit a martial art form - Karate ; something I had practiced for a few years in my youth. But that fizzled out after a few months, as the person teaching us after work was no longer available. Then came eight or nine lessons of Kung Fu that stopped for lack of interest by too many participants. All the while, I was getting my friend Roger's input on a martial art he had taken up some four years earlier, Aikido. But knowing only what I saw in movies, namely Steven Seagal, I did not pursue an interest on the subject. Then one day at a book store, in the sports section I came upon the back of a book that read "The inspirational teachings that show the real way of the warrior is based on compassion, wisdom, fearlessness, friendship and love of nature...a



mind-body discipline called the Art of Peace, which offers a nonviolent way to victory in the face of conflict". The author was Ueshiba Morihei O'Sensei, the founder of Aikido.

Imagine my surprise, even delight and excitement at reading those lines. Here's a man, whose art's main purpose is to be able to defend yourself without harming your 'partner'. Yes, you read right ; partner, because in Aikido, there are no adversaries, enemies or rivals ; just partners that shall help you, the practitioner, develop your potential as a responsible human being. These words resonated with me. They felt true, and as I read on, the goal was attainable if you devoted yourself to it and persevered. With this moral imperative being addressed in such a way, I was really happy to seek more information, and the possibility of me starting soon existed because my friend was a member of an Aikido dojo.

I had told myself that maybe I wasn't ready before, so that was the reason for not having found a teacher in any martial art. With this in mind I went to the Jiseikan dojo, wondering what it would be like. It so happened that Lau Sensei was by himself in his dojo. I was greeted and welcomed to his office where we chatted for a while. What I most remember is the response I got, to my idea that I did not meet a teacher because I was

not ready. To that he simply replied. "I don't think the teacher appears when the student is ready but rather that the teacher appears when the student's desire appears". With this bit of wisdom I felt I was in the right place, at the right time. So I started the next Monday. It felt great to move again. I was told to do what I could, during the practice. But then, after four practices, I had to stop.

No, it was not for lack of interest but because I had a heart attack that same weekend. As a school teacher sitting around, not moving enough or exercising much for six years, I guess the neglect finally took its toll on my two hundred twenty-eight pound body. My family had a long history of heart disease also. Even so, my resolve was not dampened. Five months after a triple by-pass, at fifty six, I was back in the Jiseikan dojo, the place of personal

development, more determined than ever to follow the path set earlier.

I'm serious when I tell my friends that I intend to die healthy. In the year and a half, I did manage to lose twenty-four pounds but most importantly, I feel I belong there. A place away from your daily routine but not alone, where you learn to apply and dedicate yourself to practicing and improving awareness.

I would muse later, on entertaining the thought that if those devoted to peace like the Buddha, Martin Luther King, Gandhi, Mother Theresa or Jesus

were imagined to take up a martial art ; that it would certainly have to be Aikido, "the Way of Universal Harmony and Love", the art of Peace.

Through my twenty months of practicing his martial art, the spirit of Ueshiba O'Sensei convinced me that the paradox of a martial art fostering harmony, peace and love could be reconciled. That the only important victory is self-victory has proven true and attainable in leading to a better world. Certainly, only through awareness and the understanding of our own faults and shortcomings, correcting them and trying to improve upon ourselves with the help of others, can we find our way to self-victory and reap the fruit of our cumulative efforts and in so doing also benefit the world, our world.

It may seem that there are many a 'we' in the previous statements, but what I really mean is that I have to become the agent of change as proposed by Ueshiba O'Sensei. That of course would be the real challenge to anyone in their quest to an improved self, a better world. That this change can occur within the framework of a martial art as applied to our own life, is a paradox we can chose to explore, revealing its truth as we persevere.



Take care to share discoveries!

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Editor: Carole Moulton – rpr.editor@gmail.com
Advertising Manager: Carole Moulton – rpr.advertise@gmail.com
Staff Writer: Bill Fairbairn 613-737-3212

Layout and Design: François Allard
Distribution Manager: Cheryl Khoury – rpr.distribution@gmail.com
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Ottawa dodged a bullet in the 2013 ice storm that struck central and eastern parts of Canada and the northeastern United States.

The polar vortex sitting over the Arctic broke down sending very cold air south that met humid air and brought the chaos from an ice storm reaching up from the south but halting midway between Ottawa and Kingston and leaving Riverview Park's trees and people out of its icy grip. We were far enough north to be lucky.

Climatologist Ian Black says we most certainly will have cold spells in the next two months of winter, but nothing is forecast to indicate another ice storm.


On the other hand, anyone who thinks spring is here after the recent few days of warmer weather, should dream on. Good advice is to continue to wear scarf and gloves during daytime and flannel pyjamas at night.

Hydro Ottawa sent workers down to ice-bound Toronto to help out the stricken, just as Toronto did for Ottawa in 1998 when our city was in the grip of ice. Spokeswoman Laura Lauzon said she was not sure if Toronto called for help first, or, if it was Ottawa that offered. Typically it is the affected city that reaches out. "And we say, yes of course," said Lauzon, adding that Hydro workers are like a big family.

Crews from as far away as Michigan, Manitoba and other Canadian provinces also came to help restore power to 300,000 Torontonians. Toronto Hydro reported that an estimated \$12.9 million was spent on the ice storm and that the cost might be passed on to customers in the form of a higher cost for electricity. Critics suggested that Toronto's power distribution system should be underground as it mainly is in Britain, but Hydro bosses said such a project would cost an estimated \$15 billion and not necessarily solve all the problems.

Montreal and Quebec's Eastern Townships were also hit by the ice storm showing just how lucky Ottawa was to survive virtually unscathed of ice although the city council's budget for snow removal is already overspent.

Now that Christmas 2013 is safely over in Riverview Park there lies ahead St. Valentine's Day with a full moon on February 14 and hopefully maybe an anonymous card with roses leaving you guessing who your secret admirer is.



Jack Frost's Weather Forecast

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Pickleball at Dempsey

by Catina Noble

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

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

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

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

Some of the Pickleball players at Dempsey even play the sport competitively. Barb Taylor and Chris Rogers who play at the center

won Gold medals in Women’s doubles for their age group in Oshawa. Barb and Mike also won Silver in mixed doubles. As well Barb and Chris recently won Gold in Cornwall in the Ontario Seniors Games, which is like similar to the Olympics and has competitions for different sports. It is an all day event that had an attendance of approximately 400 participants.

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

Pickleball is offered two times a week on Monday afternoons 12:30-2:30 pm and on Thursday mornings 9:30-11:30pm. Dempsey now also offers Zumba classes. If you are looking for challenge and fun come out and try Ballroom Dancing! For more information on these or other programs please call Dempsey Community Center at 613-247-4846.

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



Walmart Shopping Carts

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Gloucester Horticultural Society happenings

by Fleurette Huneault, President
Gloucester Horticultural Society
gloucester@gardenontario.org

The Gloucester Horticultural Society was created in 1925 and today enjoys a membership of 84 active members. The Society aims to provide a congenial atmosphere in which to learn, share and practice horticulture. Every month on the third Monday of the month members gather in a meticulously preserved heritage, one-room school house at 4373 Generation Court, to exchange ideas, resolve growing dilemmas, and enjoy the company of other horticulturists in a congenial atmosphere. Meetings feature excellent speakers and in February there is a Forced Bulbs and Preserves Show. Every year members participate in an exciting one-day road trip, members’ garden tour, flower arranging and food preserving workshops. There is also a spring flower show and plant sale. Membership benefits include discounts on most regular priced plants at a number of local nurseries and garden centres, participation in members-only events, and rewarding self-actual-

ization opportunities. All of these activities are enjoyed in a vibrant atmosphere of camaraderie. If you are interested in the plant world and would like to share gardening knowledge, experience, and skills, check us out at <http://www.gardenontario.org/site.php/glouster>.

At our March 17th meeting, Jennifer Doubt, Chief Collections Manager, Botany Section at the Canadian Museum of Nature, Ottawa, will share with us what moss is and how it fits in the plant world. Her talk is titled “Moss – What is it?”

At our April 21st meeting, Robert Glendinning, groundskeeper at the Central Experimental Farm will hold a hands-on workshop on how to propagate your favourite plant. For his Plant Propagation Workshop, members are invited to tell us in advance which plant they would like to learn to propagate.

Presentations start at 7:30pm sharp and pre-registration is advisable at 613-749-8897.

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Gardening is about sharing

Fran Dennett:

a volunteer with Master Gardeners of Ottawa-Carleton

by Carole Moulton

Fran Dennett is a volunteer with Master Gardeners of Ottawa-Carleton. Her credentials are exceptional, and the great news for our readers is that she has agreed to write an advice column for the *Riverview Park Review*. The column will be called, *Dear Fran*, and in it home gardening information will be provided in response to a wide variety of horticultural questions from you, our readers.

dearfrangardener@gmail.com

Our local communities have many beautiful gardens, trees and shrubs dotting the landscape, plus there are no doubt homeowners who are thinking about changing the layout of their yards. With a gardening column so readily available in this paper, there should be no end of information provided as Fran Dennett lends us her expertise and replies to questions on horticultural topics. And, although we've had quite a winter thus far, it actually won't be that long before we begin planning for our out-of-doors.

Part of maintaining Master Gardener qualifications is to volunteer for 30 hours (20 public service & 10 administration) a year by providing cultural information to the public via garden clinics, telephone, letters, displays, workshops, television, radio and newspapers. Thus, the *Riverview Park Review* is fortunate that Fran Dennett has agreed to become part of our newspaper team this year.

The *Dear Fran* Column will be of a question and answer format; with questions invited in regard to any aspect of horticulture, both inside the home and out. These questions can be about seed planting, transplanting, proper pruning, xeriscaping, and much, much, more: or anything to with horticulture that is of interest to our local or aspiring gardeners.

In the April edition of the RPR, in her *Dear Fran* Column, Fran will respond to questions sent in to her following the February paper, and she will continue to provide us with

advice as she responds to questions, not only in the April edition, but each issue following throughout the year.

So what is a Master Gardener one might ask? The Master Gardener program is a way to provide free horticultural information to the public. It began in the state of Washington in 1972, however it did not take long to gain a high level of interest and continue to expand across the United States over the next few years.



In 1985, when the Ontario Ministry of Agriculture, Food and Rural Affairs (OMAFRA) was searching out options for a similar program, one of the ideas presented was that of the American Master Gardener program. Three pilot sites in Ontario were subsequently chosen in 1985, and the Ottawa area was included among seven new locations in the following year.

In the Ottawa-Carleton area, experienced gardeners were recruited from local horticultural societies and the public to attend an initial information meeting to be held in Bells Corners. Fifty interested people showed up at the OMAFRA regional office and Fran Dennett of the Gloucester Horticultural Society was one of these gardening enthusiasts. The audience heard about the

requirements of a Master Gardener program, and soon Fran Dennett began to work on the qualifications.

And while already highly qualified with an Undergraduate Degree in Botany and a Master's Degree in Cytology (a field of cell biology), Fran took and passed the two-page eligibility test to get into the Master Gardener program. She then began taking the three levels of tests over the next two years, which at the time meant passing through each level using books, tapes, and other ma-

becoming a Master Gardener must write an eligibility test and take part in an orientation interview. Then, a Master Gardener in Training (MGiT) must successfully complete an educational component and also complete the required annual volunteer hours before they become certified as a Master Gardener. Students have three years to complete their training and three paths to take: through the University of Guelph, Dalhousie University, or by Certification Examination.

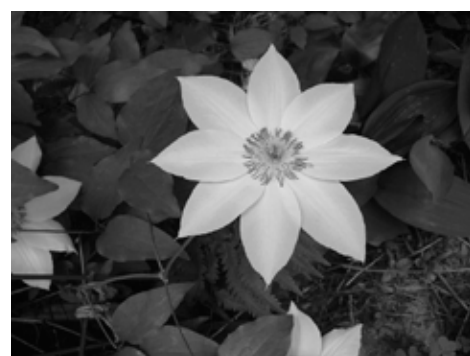
Fran Dennett continues to be actively involved in the Gloucester Horticultural Society, which she joined in 1981. She was president from 1988-91, received the Service Award in 1993, was made a life member in 2001 and was presented with the District 2 Service Award in 2011. She has been a volunteer with Master Gardeners for over 25 years.

Now this Master Gardener can also be found giving talks at public libraries, being quoted in the newspaper, providing expertise at the Ottawa Home & Garden Show, plus participating in the Friends of the Farm Lecture Series. Moreover, should you attend one of the local Farmers' Markets don't be surprised to see Fran Dennett there sharing her excellent horticultural knowledge.

Participating in plant sales is also high on Fran's list for volunteering, as well as helping in the answering of calls on the Master Gardener Telephone Helpline (613-236-0034) on Wednesdays and Thursdays from 1-3 pm. There is also an E-mail Help Line

(mgoc_helpline@yahoo.ca) monitored daily.

Just in speaking with Fran Dennett for a short time, it is obvious that she has a wonderful body of knowledge to share with not only those in Riverview Park, but across the city. Aren't we fortunate that Fran Dennett is willing to garden with us in the newspaper? Thank you Fran Dennett!



Five flower images by Geoff Radnor



CENTRE 507 helps “Scott” from poverty and mental illness to better health

by Russ Pastuch

Emanuel United Church is a small church on the corner of Botsford and Smyth that serves the neighbourhood and beyond. From gathering goods, delivering Christmas hampers to supporting local day programs like Centre 507, members are giving back to the community.

When living on the margins in a shabby rooming house, the first step towards good health can be meeting someone who cares about you. Centre 507, a drop-in centre that serves the disadvantaged, just a few minutes away in Centretown, often provides that someone.

For example, “Scott,” a young 40-something man who had been coming to Centre 507 for at least five years rarely bathed and he was not practising much dental hygiene either. Staff would insist that Scott wash his hands before touching the public computer... He was encouraged to bathe, except the

voices in his head that come with schizophrenia told him: don’t worry about it.

Social workers had been trying to help Scott for years. Nothing motivated him to deal with his problems. When Centre 507 outreach worker Chris Dalton first visited Scott’s room, he could not step into the room without treading on garbage. Scott did not want to hear about the landlord wanting to evict him, and refused to talk about other troubles facing him.

Chris and his colleagues followed a case management approach, which involves regular contact, setting objectives together, assistance and careful monitoring. Over time, Chris managed to build rapport with Scott. He found that a low-key approach worked best. Hygiene issues were set aside and Chris persuaded Scott to visit a dentist and eventually Scott got a new prescription for eye glasses soon after he accepted Chris’s help to get a new health card. Scott had

not been taking his meds because he needed that health card to get his prescription renewed. Chris accompanied Scott for appointments, as outreach workers often do.

Things were definitely looking good for Scott...until he stopped taking his meds. He just wasn’t capable of sticking to the schedule. He thought about moving so the two of them explored assisted living facilities with a clean room, regular meals and medication administered by a nurse. Chris did the paperwork and before long, Scott moved. Now, Scott bathes regularly, eats better and is much healthier. He attends some medical appointments on his own. He receives a monthly injection of meds. It’s been three years since Chris met Scott. This story illustrates just one way that Centre 507 contributes to the health of those it serves. Many other services also have a positive impact.

A nurse from Centretown Community Health visits Centre 507 regularly. An annual health fair connects other health care workers with those they serve. They help people quit smoking, and to reduce the risk of harm from drugs by connecting with addiction counsellors. The Centre is open to all who seek a safe, friendly and supportive environment. It serves members of our community who are typically disadvantaged either economically or socially.

Homelessness, mental illness, addictions, health concerns, poverty, unstable housing, unemployment and loneliness are among the issues they face. In addition to in-centre staff, our outreach teams focus on people on the street and in rooming houses.

If you’d like to get to know us better or make a donation online, please visit: centre507.org.

Managing household debt in preparation for home ownership

Thomas Conway, Ph.D.
Sales Representative
Conway Fund Homes
Keller Williams Ottawa Realty
613-878-4418

The evidence of the value of home ownership for family financial security is overwhelming, yet many people still accumulate too much debt on depreciating, rather than appreciating, family assets, limiting their home ownership aspirations. For example, the Federal Minister of Finance, Mr. Flaherty, recently noted that he has significant concerns about debt accumulation due to automobile loans and leasing contracts. Yet, while people understand the monthly payment burden, the power of constant marketing on television and in print media is difficult to resist. There is just something about that nice, new shiny car in the driveway that keeps us running to work and making payments.

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

much confusion we find in many households regarding:

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

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

Let’s take a case in point to illustrate what I am saying.

Who manages the debt in your household?

It’s a simple question and it may seem like there’s a simple answer. However, if there are two adults in your household, the answer you give may be quite differ-

ent from the answer your partner would give.

According to a recent Manulife Bank poll* of Canadian homeowners between ages 30 and 59, 54% of women in two-adult households indicated that the responsibility for managing household debt was evenly shared with their partner. However, when men were asked the same question, only 39% felt the responsibility was shared equally. Furthermore, 56% of men and 36% of women indicated that debt was managed by “mostly me” or “only me”, whereas only 10% of women and 4% of men felt it was managed by “mostly my partner” or “only my partner”.

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

Of course, discussing debt can be uncomfortable, but it’s a con-

versation that’s critical to your long-term financial health. Many couples find it’s easier to discuss their debt with the help of an independent financial advisor. An advisor can help you understand your individual perspectives and preferences with regards to debt and develop a financial plan that could help you become controllers OF your debt rather than controlled BY your debt.

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

Build for the future by acting now.

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

Planning and Development Update

by Kris Nanda

Chair, RPCA Planning and Development Committee

The Riverview Park Community Association (RPCA) and its Planning and Development (P&D) Committee follow developments of interest in the local community and around the City which may affect Riverview Park residents either directly or indirectly. RPCA Board members continue to work with other community associations on issues of common interest through organizations like the Federation of Citizen's Associations (FCA) and Community Association Forum for Environmental Sustainability (CAFES). One of the more pressing issues that the RPCA is following relates to the increased traffic congestion along Industrial Avenue and the roads that access it, including Russell Road and Neighbourhood Way.

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

Follow up on Official Plan Submission

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. The RPCA urged that the City devote more resources to fixing existing roads instead of building new roads, such as the Alta Vista Transportation Corridor (AVTC). The approved Official Plan did not remove the Hospital Link of the AVTC but the Pedestrian Plan calls for a new sidewalk along South side of Industrial Avenue heading east from Neighbourhood Way. The RPCA is seeking confirmation from Councillor Hume and City officials that the sidewalk will extend at least as far east on Industrial as the access road for Farm Boy and LCBO.

Alta Vista Transportation Corridor – Hospital Link-NDMC

The detail design work associated with the 1.2 km Hospital Link section of the controversial

Alta Vista Transportation Corridor (AVTC) between Riverside Drive and the Hospital Complex will most likely now be publicly shared by Spring 2014. The RPCA and other groups had put forth evidence questioning the cost-effectiveness of the Hospital Link and whether it was, in fact, even needed without sufficient proof that the Link itself will resolve perceived local traffic problems.

There have also been 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 NMDCLands not likely 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)

The RPCA shared its concerns with Councillor Hume about the need to widen of the entrance onto Neighbourhood Way from Industrial Avenue to take into account the increased traffic and wide turns from OC Transpo Buses which are currently going over the curbs. The RPCA has also called for building a short right-run only lane on Neighbourhood Way at the intersection with Industrial Avenue.

In response, the Councillor reported that the initial circulation for that intersection had been reviewed and the approved by OC Transpo—they even suggested some changes which were incorporated into the final design. OC Transpo has subsequently been out to look at the site and will propose some revisions to the turn radius to help alleviate the problem. Councillor Hume indicated that he will share the modification with the RPCA once he receives it. The modification itself will have to wait until the spring.

Industrial Avenue Traffic Issues – Intersection and Access to Pioneer Gas

There have been no new developments regarding potential resolution of concerns related to safely entering and exiting the Pioneer Gas station due to the following construction the new signalized traffic intersection and traffic island on Industrial at the entrance to Farm Boy, and LCBO.

The RPCA has also contacted Councillor Hume and Trainyards President Marty Koshman asking for their assistance and support for installing an advance green for eastbound 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. Councillor Hume has forwarded the RPCA request to City officials—he is still waiting to hear back.

Trainyards Developments and New Retail

A series of one-story retail establishments are planned for 575-595 Industrial—the area between the Pioneer Gas Station and the CIBC building at the intersection of Trainyards and Industrial. The City has approved the application for the first building of this phase—to be located at 575 Industrial. The Trainyards developer applied for permission to construct a median to prevent left-turns into and out of the new development at 575 Industrial.

The RPCA has indicated that any new median should avoid the same mistakes as the intersection near Farmboy (i.e. no zigs and zags in the road) or creating an additional traffic problems. It has also asked for information from the City on how the proposed median will help traffic flow and increase safety, why this median is being requested, how much it is expected to cost, and when it would be built. The RPCA has

suggested that any median that is built on Industrial should include some bushes or greenery to improve the aesthetics.

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

Alta Vista Ridge (1757 Russell Road)

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

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

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

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Over \$241,000 raised by 551 walkers at Alzheimer Society Walk for Memories held on January 26

Walk for Memories, Ottawa's premier indoor fundraising walk, held in support of the Alzheimer Society of Ottawa and Renfrew County on January 26th inside Carleton University Fieldhouse raised over \$241,000 with the participation of 551 walkers. The success of this 19th annual event was made possible with the generosity and hard work of its Leading the Walk sponsor of Collins Barrow Chartered Accountants, dozens of sponsors, thousands of donors, and over 150 event volunteers who worked together with the Alzheimer Society in making such an incredible difference in sup-

amount of with \$15,380. Honourable mentions to our 2nd place individual winner John Wilson with \$8,940, 3rd place individual winner Mike Lupiano with \$5,241 and our 4th place individual winner Matthew Dineen with \$3,827. Our congratulations as well to the top non-corporate fundraising team of Team Arnon for raising \$20,311; and to the top corporate/organization fundraising team of The Mighty Minds for raising \$15,863 with honourable mention to 2nd place corporate fundraising team of Scotiabank with \$7,895 that has been topped up by its corporate office with an additional \$5,000.

The Alzheimer Society of Ot-



As well, our thanks to the following generous sponsors: Collins Barrow, Carleton University, Porter Airlines, CTV, VIA Rail, Riverstone Retirement Communities, Chartwell Retirement Residences, Revera Retirement Living, Giant

Hopper of CTV Morning Live and Majic100.

In Ottawa and Renfrew County, there are approximately 15,000 people with Alzheimer's disease and other dementias. This number does not include family members and caregivers who must also cope with the effects of dementia. The Alzheimer Society is here to help.

To learn more about the Alzheimer Society's programs made possible thanks to events like the Walk for Memories, please visit www.alzheimer.ca/ottawa or call 613-523-4004 in Ottawa or 1-888-411-2067 in Renfrew County. You can also follow the Alzheimer Society @AlzheimerOttawa.

For more information, contact: Debbie Seto, Communications Manager

613-523-4004 ext. 127 or dseto@asorc.org

THANK YOU for helping to raise over \$241,000 at the Walk for Memories held on January 26. There's still time to give and make a difference! Donations accepted until February 28.

www.walkformemories.ca.



porting families living with dementia in Ottawa and Renfrew County. And there's still time for people in our generous community to give and make a difference as donations received until February 28 will add to the Walk total. Visit

www.walkformemories.ca

Arnie Vered, raised the highest amount from an individual with the

tawa and Renfrew County would like to extend its sincere thanks to the Walk for Memories' Leading the Walk partner of Collins Barrow Chartered Accountants and Principal Tracey Pagé. Much thanks as well to Carleton University for providing in-kind sponsorship as well as such a welcoming & collaborative environment.

Tiger, Home Instead Senior Care, Family Physiotherapy Centre, Fifty-Five Plus Magazine, Perley and Rideau Veterans' Health Centre, Thomas Cavanagh Construction, Billings Lodge Retirement Community, and Bytowne Home Care Services. The Alzheimer Society is also grateful to our event's host Jeff

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David Chernushenko Councillor Capital Ward

There’s still much to accomplish in 2014

by David Chernushenko

City Hall is unlikely to launch big new initiatives during an election year. The focus will be on keeping current projects on track and on budget (Light Rail, road/sewer/water infrastructure renewal), and wrapping up others (new rules for infill development, Lansdowne Park). Here are some issues I’m working on that are of interest to Capital Ward residents:

Alta Vista Transportation Corridor

Construction of the “Hospital Link” road within the Alta Vista corridor is slated to begin this construction season. The release of detailed designs is imminent, with a public meeting to follow. Work is expected to span three construction seasons.

Love it or hate it — and community response is certainly mixed — this remains a stand-alone project, not the start of a corridor-long “parkway”. No additional road construction within the corridor is scheduled within the time frame of the recently approved Transportation Master Plan (2016–2031). Our world, and city, will have changed a great deal by the time the next such Plan is developed, so I am not keen to speculate about what might happen then.

I will, however, be looking ahead to whether there will be a need for a road and bridge to connect new transit-centric communities around the Lees and Hurdman LRT stations. As the design of

these communities moves closer to happening, we will want to ponder if a connection between them is needed, and what form it might take.

Main/Lees renewal

The much-anticipated renewal of Main Street as a “complete street” was to have started in 2014. That work will mostly be done in 2015–16 now, including the McIlraith bridge renewal, with better sidewalks and real bike lanes.

But the related redevelopment of Lees Avenue as a “complete-ish” street will now go ahead in 2014. This should be of interest to urban design and transportation buffs, and the construction work will have ripple effects in nearby communities.

Park improvements

It’s difficult to create new parks in a dense, older neighbourhood, so I’m working with City staff and community associations to make minor improvements to existing parks with a specific fund available to the ward councillor, and to identify medium- and long-term needs requiring larger capital investment.

Active transportation

The Bronson Avenue safety initiatives approved last year are central to my vision for safer, more attractive walking and cycling routes throughout Ottawa. We should be able to start work on

redesigned ramps connecting with Colonel By Drive this year, then add a signalized crosswalk south of the Canal in 2015. I also expect detailed design of the Rideau River Western Pathway to go ahead, providing another river’s edge route all the way to the Lees transit station.

Lansdowne rollout

Whether you love it, hate it or are just ambivalent about the “New Lansdowne,” construction is nearing completion. We will soon find out how many people are willing to get there without driving. Will local residents’ fears of congestion and parking bedlam prove pessimistic, or will this become a crisis in need of emergency measures? See next item.

A bridge too far?

Though construction of a Fifth Ave./Clegg St. pedestrian bridge is not slated to start before 2020, I’m launching a campaign to identify non-traditional sources of funds. I think we need this bridge now, both for local residents and to provide another route for visitors to Lansdowne from other neighbourhoods. If enough other people share this dream, we may find ways to raise private, foundation and corporate money. Ideas are welcome.

A bridge too narrow?

I’m pressing for reallocation of space to create bike lanes on the



fear-inducing Bank St. Bridge over the Canal. Pedestrians need the sidewalks, so bike lanes would be carved from the four car lanes. The bridge has been narrowed to accommodate construction for two years now. The world did not end. So why not experiment with a three-car-lane design, plus two proper bike lanes?

Farmers’ Market

The “Lansdowne” Farmers’ Market is staying in Brewer Park in Old Ottawa South for a while longer. The Market Square at Lansdowne will not be ready for the 2014 season, and the changeover will likely occur in time for a Christmas market at the Aberdeen Pavillion next November/December.

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

Update from Maplewood Retirement Community

Maplewood Retirement Community opened its doors to our first residents on September 3rd and the community has been growing since then!

The Assisted Living floor opened shortly afterwards offering both Physical Assisted Living and Memory Care. The well-appointed Memory Care floor has been designed specifically for residents with dementia. The bright, comfortable floor offers an abundance of specialized activities and is well equipped with a lounge and a dining room which opens on to a beautiful outside patio area, all staffed by a healthcare professional at all times.

Our first Open House attracted over one hundred people in October as we tasted the flavours of Maplewood. The open concept common spaces accommodated many visitors who enjoyed entertainment, sampled a delicious assortment of food and viewed all of the wonderful amenities and suites that Maplewood has to offer.

All of the beautifully designed amenity spaces are located on the main floor of the building and have been designed with large windows allowing plenty of natural sunlight.

There are many activities taking place on a daily basis and residents can participate in as many or as little activities as they’d like.

Nathalie, our Recreation Manager keeps the residents busy with a wide variety of outings, exercise and Zumba classes, social and creative activities, entertainment, and more.

We are pleased to be hosting a number of upcoming events in 2014 such as a community Bridge Tournament on February 25th, an Open House on March 20th, and information sessions pertaining to Fraud Prevention and Safe Driving in April. Please contact us to sign up for the Bridge Tournament and to receive more information on any of our upcoming events! Stay tuned for more exciting events throughout the year.

At Maplewood Retirement

Community, we offer a selection of short term stay suites. Whether you’re looking for a place to recuperate after a hospital stay, are in need of a safe, friendly environment while your family is out of town, or simply want to enjoy a change of scenery and a variety of activities with other Ottawa seniors, we can provide what you’re looking for.

We look forward to welcoming you to our community!

For more information, or to book a tour, please contact Pam Hepinstall-Maskell at 613-656-0556 or visit us on-line at maplewoodretirementcommunity.com

The safety of trains in question

by Bruce Ricketts

A lot has been written about recent train accidents in Canada; the most horrific of which was in Lac Mégantic, Quebec, where a number of oil tanker cars derailed and exploded resulting in forty-two confirmed dead, five persons still missing and forcing an entire town to flee their homes.

that there were in excess of 70 rail accidents in Ottawa and environs, alone, during the period of 1970 to 2010.

It is impossible to determine the monetary cost of the accidents but they have been costly in terms of lost lives and injuries. In the forty-year period it is reported that upwards of ten persons died

cars at Dunrobin, injuring 15. In 1972, near Morrisburg, 36 cars derailed releasing propane gas and resulting in an explosive heard as far away as Ottawa. Closer to home, in February 1972, and oil truck tank truck hit a train near Carp, derailling three cars and killing the driver of the truck.

In March 1981 five volunteer firemen lost their lives at a cross-

Closer to home, in 1991, 23 cars derailed near Carlsbad Springs and 24 grain cars were lost in Dunrobin. In May 2009, the excursion steam train between Hull and Wakefield lost one of its cars and in August of the same year, VIA Rail locomotive #902 caught fire in Richmond forcing 334 passengers to be evacuated near a mosquito-infested swamp.

One final note: in the period from 1975 to 2013, there were 35 level crossing accidents in Canada, including the most recent here in Ottawa, resulting in 67 deaths.

None of this is to say that rail travel or shipping is inherently dangerous, in fact the incidence of rail accidents has been reduced in the past decade, but history does suggest that safety is a task left incomplete.

Bruce Ricketts is a history researcher and writer. He hosts the very popular www.mysteriesofcanada.com web site and is the author of three books, including one novel. He is a former resident of the Riverview area and a graduate from Hillcrest High School.



Mississauga 1979 (courtesy: New York Times)



Glen Tay 1942 (Courtesy: The Museum of Canadian Scouting)

Many commentators have claimed that rail is a safe way to travel and ship products in Canada and that Canadian rail companies have very good records. But it might surprise you to learn

and 300-400 injured, directly attributable to the accidents.

Here is a sampling of the accidents:

In December of 1970, an east-bound Super Continental lost 10

ing near Iroquois and a VIA train lost two cars near Prescott in 1982.

In August 1984 a Canadian Pacific train lost 30 cars at Chesterville and in 1985 27 cars derailed near Petawawa

Book Fest with readings coming to Ottawa April 12

The Canadian Authors Association-NCR will hold its first annual Book Fest on Saturday April 12, 2014.

The festival will not only display books for signing and sale, but will permit readers to hear our CAA-NCR authors and other authors in Ottawa and surrounding area read from their books, and possibly discuss them in public groups, to be selected according to genre. This will depend on the number of participating authors in each genre: Canadian fiction, international fiction, gender issues, politics, children's books, and erotica. List and sequence of panels will be determined and published, once all authors and genres are known.

Half-hour long moderated discussions will alternate with half hour periods of browsing by readers who will be able to interact with their favourite authors and ask questions privately at the authors' tables. Q & A will be permitted at the end of panel discussions, thus stimulating

interest and sales. Authors will rent half-tables at \$40. No sharing is allowed though co-authors may also attend. They may have

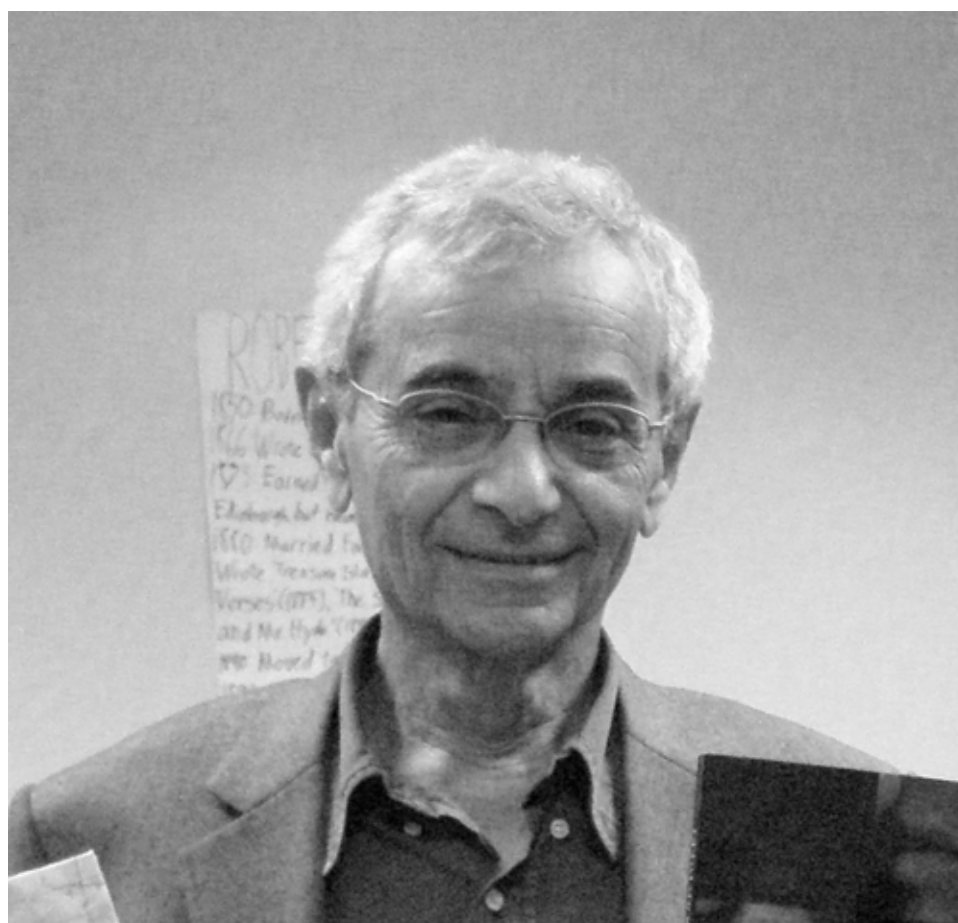
a chance to participate in the discussions, and in two-minute videos of their readings, usable on YouTube. Those who pay ear-

ly will be assigned the best positioned tables. Local bookstores may be included after individual authors have been accommodated, depending on table space, which is limited.

The date is Saturday, April 12, 2014, 10 am-5 pm. (lunch break 12:30-1 pm) and the place, the Clark Hall, RA Centre, 2451 Riverside Drive, Ottawa, has free parking,

A \$5 entry fee coupon can be used towards the purchase of any book and there will be a raffle of donated books during inter-panel breaks. There is a full restaurant/bar within the centre.

Participating authors will also have the opportunity to read from their books for two minutes. Video tapes of such readings may be possible at no extra cost. Authors should e-mail ghanems@rogers.com (Qais Ghanem, VP) a list of their books including genre to reserve a half-table or more. Each will then be asked to mail his or her \$40 cheque payable to: Canadian Authors Association-NCR.

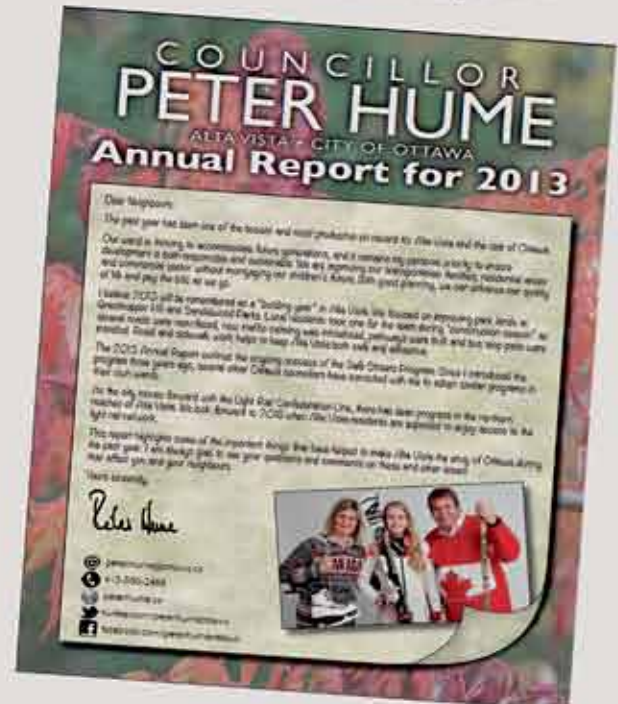


Qais Ghanem has written *My Arab Spring*, *My Canada*, *Final Flight from Sanaa*, *Akber Tairah Min Sanaa*, and *Two Boys from Aden College*
Photo credit: Carole Moul



FUTURE OTTAWA SENATOR? Gabriel Vincent, six years old, gets some pointers from grandfather Jules Bernard of Alta Vista Drive at the Dale Park rink.

2013 Annual Report



To look back at the various community projects that took place this past year, read the 2013 Annual Report now available at www.peterhume.ca.

Sharpen your skates - Check out a rink in your community!

Skating is a fun activity that can help us keep active during the cold winter months. If you enjoy skating, come out to one of our neighbourhood rinks.

These rinks are funded by the City of Ottawa and are operated and supported by community volunteers.

- Balena - 1640 Devon Street
- Cecil Morrison - 1332 Avenue N
- Dale - 1590 Alta Vista Drive
- Russell Heights - 1761 Russell Road

For a full list of rinks in Ottawa, please visit www.ottawa.ca.

Caution – challenging weather requires extra care

As we move through another winter in Ottawa, we caution Alta Vista residents to be safe as they travel outdoors. Environment Canada data indicates that the city has already received over 110cm of snow in November and December; this accounts for nearly half of what the city averages over the year (235cm). This snowfall, combined with rapidly changing temperatures, has made for a challenging winter thus far.

City crews are continuing their work to ensure streets and sidewalks remain plowed and salted while also turning their attention to opening catch basins when rapid melting of snow and ice occurs. If you notice a particularly troubling area, please call 311 to report it.



STUDENTS SIGN FLAG: Councillor Peter Hume, Mayor Jim Watson and students at Alta Vista Public School sign an Olympic flag to support Canadian Athletes in Sochi

Go Canada Go!

What are you going to do when you retire?

by Geoff Radnor

The most common answer is “I am going to travel”. When a million-dollar lottery winner is asked what are you going to do now, it is invariably “I

am going to do a bit of traveling”. Travel, especially after you retire is the dream of many. All those foreign places one hears of and sees on TV, all those ads. in the glossy travel magazines seem so attract-

ive, and surely you must experience the thrill of the new. When I was in London, UK, in the 1950s one of my jobs was working in a very chic coffee house making espresso coffee. One of my

Then a couple of hours break before lunch followed by another break until dinner, it all ended at about 10 pm. This went on seven days a week. If we were in port then we could go ashore and start



Venice



Taormina

friends had just returned from the Mediterranean, he was working on a cruise ship. I thought that would be fun and I would get to see some foreign places. It sounded more exciting than my boring job in London. Well within days I had become member #302186 in the National Union of Seamen. I joined the 29,000 ton S.S. Arcadia of the P&O Lines and I was off to see the world. My job at first was a Utility Steward, a rather grand title for a dish washer. I was soon promoted to Assistant Steward serving three meals a day in the tourist dining room and after that there was promotion to the first class dining room.

There were about 2,000 passengers on a cruise to the Mediterranean. A steward's work day was long. Starting at 7am with some floor (sorry, deck) polishing, then to the kitchen for breakfast, there were two sittings.

to see the world.

The places that I visited on these short cruises were many and varied. They included Oslo, Bergen, Alesund, Copenhagen, Hamburg, Amsterdam, Stockholm, Helsinki, Vigo, Lisbon, Gibraltar, Barce-

Continued on pages 28, 29



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Join the adventures at Pop-Expo 2013

by Catina Noble

It was December of 2013 and I was excited and nervous at the same time. For the first time ever I was going to Pop Expo, hopefully to meet my favourite actor, Darryl (Norman Reedus) from the hit TV series “The Walking Dead”. I was going with my boyfriend David and my oldest

son Jacob who is 17. This would be Jacob’s first time going as well. David had been to an event similar to this once before. Pop Expo was taking place on December 7th and 8th in Ottawa at the Ernest and Young Center.

We went through the admission line and then we were with hundreds of other people all

waiting for it to officially open. We stood in line for about a half an hour before we were let in. During that time we saw people dressed

up as different characters from The Walking Dead, Pokémon,

Continued on page 21



The Ghost Busters car. David, Jacob and Catina
Photo credit: David Villeneuve



(left to right) Jacob, Master Chief and David
Photo credit: Catina Noble

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Joey Richardson-he shoots, he scores!

by Catina Noble

Joey Richardson is just shy of his ninth birthday but he is already making a name for himself in the hockey world. Joey is currently in his third year of playing hockey. The first year he played for the Tim-bits. This is Joey's second season playing for Canterbury.

As I sit here and talk to Joey, his 6 year old brother Shane is sitting close by and jumping into the conversation. Shane also wants to play hockey, and is excited because in the morning they are travelling to Scarborough because Joey is playing in a tournament.

Joey already has a nickname, "Bulldog". The coach and other team mates call him that because is the hardest worker and gives each game everything he has. Joey's coach has told him and his dad that he is the "heart and soul of the team".



Joey suited up at the Russell Heights Ice Rink

Joey likes playing hockey because it is fun. He feels happy when his friends score and happy when he wins. I asked him how he felt when his team loses and he says he feels disappointed. He does not mind the hockey practices which are at least a

couple of times a week. Two weeks ago Joey and his team played at the Canadian Tire Centre. The Canterbury team played during the first intermission of the Ottawa 67's hockey game.

Joey's medals and trophies are proudly displayed on the coffee table so he can show them to me. He has won a trophy for the 10th Annual Tournament for the Ottawa Senators Novice Holiday Classic. When he played for the Tim-bits he won a trophy for Most Improved Player. So far this year he has scored two goals and six assists.

Shane attends most of Joey's

on the ice on most days. Joey is constantly practicing and his dad is always with him. He gives him pointers and constantly praises him. Just by talking to Joey's parents it is evident the whole family supports Joey, cheers him on and are excited to share in his hockey adventures.

Joey's dad, Big Joey would like to say a special thank-you to the Russell Heights Community House and the community in general for all their support. As well he is grateful for the support from Canadian Tire Jump Start and all the wonderful coaches at Canterbury.

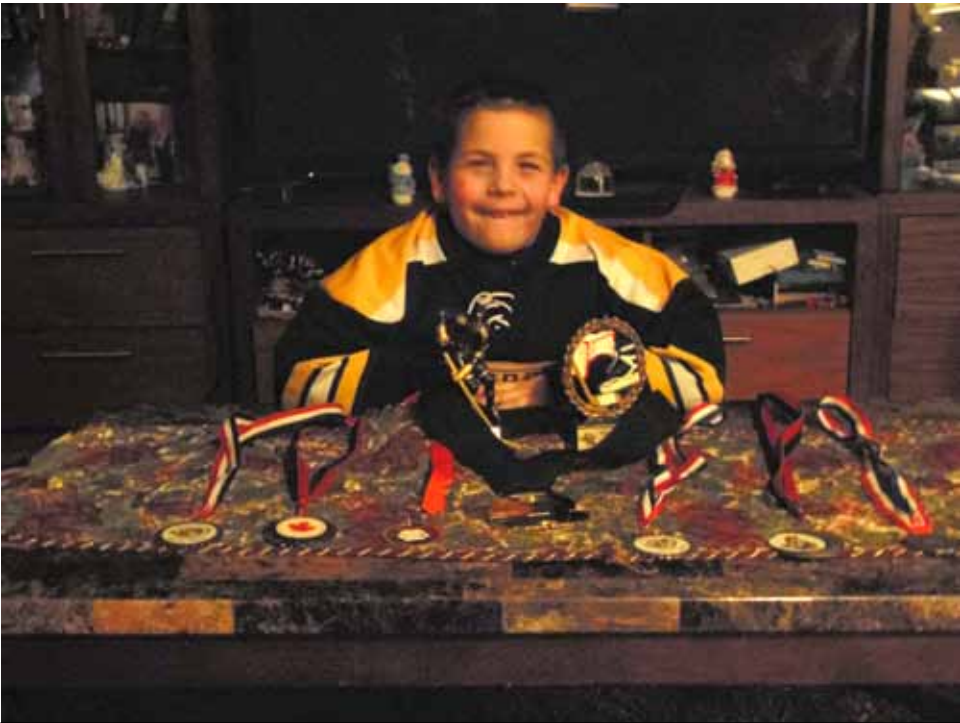


Joey Richardson (he will be nine years old in March)

game because he likes to watch hockey and cheer his brother on. I ask Shane why he wants to play hockey and proudly tells me "because it is fun and I want to score!" Jason Spezza is the favourite hockey player for both Joey and Shane.

On the Russell Heights hockey rink, you see Joey and his dad

This will definitely not be the last time we hear from Joey Richardson. With 7 medals and Two trophies at such a young age, there is a lot more to come! We wish you the best of luck Joey and we are amazed at how far you have come already!!!



Joey Richardson displaying his collection of medals



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Joey posing with his dad and brother Shane

Patrick Lavigne knows owners as well as dogs

by Carole Moul

When Patrick Lavigne opened *Happy D.O.G.S.* on November 1st, 2013, he brought with him, not only his expertise with regard to understanding dogs, but also his vast experience in understanding their owners as well.

With 10 years of dog training as part of his personal background, Patrick took up the challenge to

open this new business at 1793 B Kilborn Avenue, with only six short weeks notice when offered the space. And as a dog owner himself, Patrick knew the importance of the match of a happy family with a happy dog, and based what he wanted to offer his clients on his background and acquired skills.

One of the main reasons that dog owners find themselves choosing *Happy D.O.G.S* is because they find

themselves just ‘too busy’ to do as much for their pets as they would like. Tuesdays and Thursdays are busiest for the daycare part of the business, since these are the two days that break up the week for the left alone dog. Pet owners also appreciate the other services available to them at the Kilborn Avenue location.

The word D.O.G.S. in the name is an acronym for Daycare,

daycare or what is available at *Happy D.O.G.S.*, Patrick always asks the pet owners as to why they want such a service. If it is for daycare, he also has the owner bring in the dog and does an assessment to see if the dog will be a good fit with the others in his care.

“Safety is the number one consideration when accepting dogs into the Daycare program,” Patrick added, “and it is possible



Patrick giving his own dog Dozer a ride



Obedience, Grooming, Specialists, thus *Happy D.O.G.S.* is all about meeting the physical, mental, and health needs of a family’s four-legged friend.

But *Happy D.O.G.S.* is not just about daycare. The knowledgeable team offers training programs, both in class and private, home behavioural consultation, or even sleep away training where you and your pet will benefit from all the services.

“People approach us with a particular idea in mind,” Patrick noted recently, “and we match service with the needs of the pet and its owner.”

When someone calls, e-mails or responds to the web site seeking

to tell the social skills of a good dog in about 5 minutes.”

With the daycare service, an experienced dog trainer provides supervision, plus two structured residential walks each day. Training is also given as to how to walk on a treadmill, with plenty of exercise for each of the pets during every visit. Frequently the pet owner opts to have grooming as an additional service, without even having to make an extra trip for a bath, nail trim, or hair cut.

A great variety of breeds as well as a wide assortment of dog sizes can be seen socializing at *Happy D.O.G.S.* Many of these pets will

Continued on page 25



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Avro

Continued from page 4

his influence was felt in all fields of aviation between the mid thirties and the mid fifties....Without Mr. Howe's vision, support and financial backing there would have been no Jetliner and indeed no Avro. The fact that he later disowned his 'child' and could find nothing good to say about it was no doubt due to his dual role as both a politician and a senior civil servant....Given the nature of his 'independent advisors' he was acquainted almost solely with the problems real or invented, yet from the almost wild enthusiasm of the press and the public in Canada and the United States, and the genuine interest of many of the major airlines, he was also exposed to the real impact on the aviation scene that the Jetliner route-flying and demonstrations were generating."

One of Howe's, outbursts on Parliament Hill led even the press to take him to task. An editorial in Toronto's Globe and Mail on July 3, 1955 states: how long must this country endure the irresponsibility and arrogance of Trade Minister Howe? his most wanton slander of a private company, was doubly repugnant because it was made from behind the safe bulwark of Parliamentary immunity....The tragedy is not merely that Canada missed a chance to become the leading producer of commercial jets in the world, when that chance was in it's grasp; it is also that the opportunity was denied this country by a man so irresponsible that he now glibly belittles an outstanding company to save his own face...."

Could Avro have survived in the civil field against such competitors as Douglas and Boeing?

"With Crawford Gordon at the helm (of Avro Canada) from October 1951 and Fred Smye in charge of Avro Aircraft, there was little doubt about the overall capability of management to tackle anything. During Gordon's reign A. V. Roe Canada grew from a one-company business to a multi-company empire with over 40,000 employees and sales approaching \$370 million a year by mid 1958. The company at that time was among the top 80 corporations in North America and the top 100 in the world...."

"I believe that few Canadians are aware of the major contributions made in almost every field of aviation and space technology by the extraordinarily talented team of Avro and Orenda engineers who found themselves rejected in their own native or adopted coun-

try. Even the Canadian Press who were not always kindly disposed to Avro, later recognized the tragedy of the Jetliner fiasco."

The following account is taken from the Globe and Mail on September 26, 1958: "There is no telling what Avro could have achieved in the commercial field if the company had been permitted to go ahead. The engineering genius which produced the Jetliner went on to create the CF-100 and the spectacular Arrow. If that genius had been applied to the Jetliner's successors, the world's airlines might long before now have been beating a path to Canada's doors,



Retired Avro Canada Chief Engineer
James Floyd (circa 2012)

instead of placing their orders with manufacturers in the United States and Britain (where even Canadian airlines must buy their equipment)."

Floyd suggests that the penultimate word on Avro's capability to a note in the St. John, New Brunswick, Evening Times Globe on January 28, 1951: "Canadian aviation has concentrated on research to produce some aeroplanes which are years ahead of those in general commercial use in the world. The Jetliner—the only aircraft of its kind in North America—is an outstanding example of this. It makes new records every time it soars aloft. Perhaps we do not yet fully appreciate in Canada what a spectacular innovation the Jetliner has become on the international aviation scene, nor the widespread attention it is attracting."

Floyd also suggests that in order to put the Jetliner advancement into perspective one might refer to a quotation from the Rochester Democrat and Chronicle of January 12, 1950. It deals with a demonstration flight of the Jetliner from Chicago to New York: "This should give our nation a good healthy kick in its placidity. The fact that our massive but unpopu-

lated neighbor to the North has a mechanical product that licks everything of ours is just what the doctor ordered for our overdeveloped ego. The Canadian plane's feat accelerates a process already begun in this nation—a realization that Uncle Sam has no monopoly on genius.... That amazing flight of a Canadian plane serves another healthful purpose, a fair and friendly warning that our neighbor is equipped to step into a competitive field.... All in all that record breaking plane flight was pleasant to dwell upon, especially if the blast of the jet engines blew the cobwebs from some of our thinking." Floyd goes on to note: "Our American friends need not have worried. We did not have the guts to take advantage of our lead anyhow!"

Negotiations with Howard Hughes

Floyd along with Avro's senior managers spent several frustrating months in discussion with the reclusive Howard Hughes about a possible Convair-TWA-Hughes-Avro agreement to build and operate the Jetliner. The Convair participation fell through because the U.S. government decided that Convair's military supply commitments must have priority. So Hughes tried to persuade Smye to agree to Avro building the first 30 aircraft for TWA with Hughes financing the program. Avro had kept C.D. Howe briefed on negotiations with Hughes up to this point, but knowing what a sore

ian airplane, or for other work for private customers. Having in mind the colossal investment of Government funds in Avro at the present time, any such use of your floor space cannot be tolerated. I have instructed you before, and I repeat that instruction, the C102 is to be moved out of any useful manufacturing space in your plant and put aside until such time as the Government investment in your facilities for Avro have been brought down to a reasonable figure."

Epilogue

It was obvious after the Hughes episode that the Jetliner project was finished and that there was now no hope of rescuing what had promised to be an aircraft to put Canada ahead of any nation in the world in the development of intercity jet transports. After Avro Canada's demise Jim Floyd continued his successful career in aviation in a number of consulting roles. He is now 99 years old and still resides in the Toronto area not far from the site where Avro Canada's aircraft were flown.

My personal interest in this story results from past employment with Avro Canada's sister firm, A.V. Roe Limited in the UK, and their parent the Hawker Siddeley Aviation Group. In retrospect the years I spent with Avros are among the most interesting, exciting and enjoyable of my career, working on several aircraft programs including the Avro Vulcan bomber, the 748 turboprop airliner and the 801



Avro CF-105 Arrow Mk.1
Photo credit: Government of Canada website

spot it was with Howe, Gordon decided to secure advice on the subject prior to further discussions. In the meantime Howe had heard rumours about the Hughes suggestion and was apparently furious about it. He sent a caustic letter to Gordon in which he said: "I have heard rumours recently that you are planning to use part of the space in the Avro plant for further work on the C102 civil-

Nimrod Maritime Reconnaissance Aircraft. I will always remember the encouragement, trust and support I received from Avro's senior managers, even when I eventually decided to leave the firm and to work for Boeing in the U.S. It is very sad that the Avro name has now disappeared from the lexicon, as have the names of other aviation giants around the world.

For most of us, the home we buy will be key to retirement savings

by Dr. Thomas Conway,
Conway Fung Homes

As we enter 2014, all of us are closer to that point in time that we wish to retire or can no longer work in our desired employment. That is an inevitable fact, and in an ideal world everyone deserves a just (comfy and financially worry free) retirement. But, not everyone will. That is also an inevitable fact.

For many people retirement planning is not getting any easier. Pension plans today and in the future are very likely to be less generous than those enjoyed by previous generations. Greater economic change and volatility is also creating more frequent employment interruptions, which, for many people, cause periods of “stalling” in preparing for retirement. Finally, advances in medical science mean that people are living longer and, while that is clearly good news, it does not come cheaply. A longer life means a longer retirement with all the associated challenges of how to finance the additional years. Moreover, periods of illness are expensive and research shows that good health in old age is not keeping pace with improvements in longevity.

In this rapidly changing context, the value built up in people's homes over their working lives is becoming more important rather

than less important, despite all the glossy advertisements on financial instruments for retirement planning. Most Canadians intuitively know this even if they are not spending much time becoming investment sophisticates. What else is one to make of the fact that half of Canadians generally don't make yearly contributions to a registered retirement savings plan but close to 70% of households own their homes mortgage free.

Let's face it; many Canadians that otherwise have employment that pays safely beyond subsistence levels do not save adequately for retirement because of, a) excessive, unnecessary consumption of perishable or depreciating consumer goods and, b) the accumulative effect of taxation at all levels of government in this country. Recent research indicates that income earners in the average Canadian family pay accumulative taxes equivalent to approximately 5.5 months of work per year. Under these pressures, home ownership becomes simultaneously more difficult and yet even more important.

The beauty of home ownership, of course, is that your money grows tax-free. There are no capital gains for your principal residence whereas in other retirement savings instruments there is taxation. Even in your RRSP there

are forced withdrawals and it's fully taxable when taken out on the assumption that in retirement you will be taxed at a lower tax bracket. But, nevertheless, there is a significant tax cost. Given the accumulative burden of taxation, that is certainly no small consideration for retirement planning. Furthermore, how many other areas of life can you invest heavily in sweat equity by fixing your principal residence to raise its value and not have the tax man show-up to take a piece of that “income”?

A second important advantage of home ownership is the forced savings it generates in the modern age of hyper marketing and “the latest and greatest technology” in consumer goods. For many people, loose money in the pocket does not stay there for very long “for fear of burning a hole”. However, a home mortgage forces us to put money away into a life-long, tax-free savings plan in our principal residence. Indeed, while many investment advisors would say that the main problem with locking money into home ownership is loss of liquidity, the fact is that for the vast majority of us the loss of liquidity in a home purchase is a major benefit and not a negative. How many of us do not, from time-to-time, or far more often than that, need assistance with our financial discipline. There is

a huge marketing industry out there constantly thinking of ways to get us to be high spending consumers? Bottom line: it is a lot easier to take something out of an investment savings account than it is your home.

Thirdly, one should never underestimate the advantages of having no housing payments (mortgage or rent) during retirement. Most retirees will typically want the security of not having to pay rent or a mortgage. In retirement, we still have to reside somewhere and a lot of people are going to have to increase their monthly expense projections if they have not fully purchased their home. The longer you wait to act, the more difficult that will be. The home, especially when it's paid for, represents security in later years. It's also one of the biggest investments we make with the best defense against inflation that most of us will ever have at our disposal. As such, it represents an asset from which we may obtain needed capital if and when that becomes necessary.

Plan carefully for home ownership and fully understand the benefits of it.

Conway Fung Homes of Keller Williams Ottawa Realty

www.conwayfunghomes.com

Pop-Expo

Continued from page 17

Spiderman, Wolverine, Captain America, Anime characters, Star Wars, Ghost Busters and Hunger Games, just to name a few.

There were so many things to take in all at once! I could not believe how much stuff there was. Things to do with gaming, movies and other collectible items. The plan was to walk around in the morning taking everything in. Maybe make a few purchases, grab a bite to eat and the moment I had been counting for would be in the afternoon. I would get to have my photo taken with David, Jacob and four characters from The Walking Dead. I would actually meet Darryl (Norman Reedus), Lori (Sarah Wayne Callies), Hershel (Scott Wilson) and Axel (Lew Temple).

In the morning we picked up a few souvenirs. David bought Jacob a shirt that was related to the video game Portal. He got me a shirt from The Walking Dead

that said “Keep Calm and Stay Behind Darryl”. David picked up a few shirts as well. We went and saw Ecto-1 from the Ghost Busters Movie. It was awesome. David and Jacob sat in the front seat of Ecto and I stood outside to have a few photos taken. After that we grabbed a bite to eat and lined up to get ready to meet Darryl.

There were a lot of people in line. You could feel the excitement in the air. Everyone waiting was talking about “The Walking Dead”. We talked about some of our favourite moments in the show, the characters we like and didn't like. Finally the moment we were waiting for came. The doors opened and the cast walked out. The first was Darryl who started spraying silly string over the crowd that was waiting. Finally the moment was here. First I got to hug Lori, then Darryl, Hershel and Axel. Jacob and David met everyone as well. Then we lined up to have the photos taken. We each got an 8 by 10 photo of us with the

cast to take home and brag about to our friends.

I had fun the rest of the afternoon but was so thrilled with my photo and the fact that I had met the cast, especially Darryl. Nothing else could compare to that defining moment! David and Jacob also lined up to meet and have a photo take with Winston (Ernie Hudson) from the Ghost Busters movies.

We all had fun, souvenirs and by the end of the day we were tired. The picture I had taken with “The Walking Dead” is proudly displayed by my bed. Jacob loves the picture I took of him, David and Master Chief. I had fun boys, thanks for letting me tag a long. A special thanks to David for the tickets to go, the souvenirs and a wonderful day.



Olympics

Continued from page 16

only officials and regulations. It was also the first year that Canada sent an official team with government funding (2 dozen track and field athletes, sharpshooters, scullers, cyclists and lacrosse players—all male). They brought home 3 gold, 3 silver and 10 bronze medals and demonstrated athletic talents from all walks of life.

By the 5th Olympiad the spirit of the modern Olympics had taken hold! At the 1912 Games in Stockholm, Sweden 28 nations participated, sending over 2,400 athletes. For those 1912 Games, IOC president, Baron de Coubertin created the modern pentathlon. Later, he also designed the Olympic flag with 5 interlocking rings to represent the 5 participating continents and colours to accommodate every nation's flag all on a background of white to symbolize world peace. Tragically, it would not fly until after World War I.

Growth and symbols...

The Olympic Games before World War I were all "summer sports" with ice skating added in 1908. In 1920, the Olympics included ice hockey and, as expected, Canada won the gold medal. Our "Winnipeg Falcons" beat Czechoslovakia 15-0, the USA 2-0, and Sweden 12-1. Participation continued to increase and the 1920 Games in Antwerp, Belgium saw over 2,500 athletes from 29 countries. This was also the first time an athlete (Belgian fencer Victor Boin) took the Olympic oath on behalf of all the competitors. White doves were set loose as a symbol of peace (post WWI) although Germany and Austria were still not invited to the games. Sixteen years later, an additional and now beloved symbolic gesture of the Olympic Games came from the unlikely initiative of Adolf Hitler's Nazi Germany. They staged the 1936 Games in Berlin to begin with the bringing of a torch relayed from Greece to ceremonially light the Olympic Fire and link antiquity to the modern games. Because of World War II, however, there were no more Olympic Games from 1936 until the London Games of 1948. And in 1937 Baron de Coubertin died.

Summer and winter separate...

The first official Winter Olympics were deemed to be the Games at Chamonix, France in 1924. Once again, Baron de Coubertin presented Canada with the gold medal for ice hockey after some fiercely contested games. For another 70 years, both the Summer and Winter Olympics grew in popularity and were staged every four years, in the same year but in different host cities. The separating of the summer and winter game schedules began in the mid-1990's. Lillehammer hosted the Winter Games in 1994



Baron Pierre de Coubertin
Photo credit: Library of Congress

and Atlanta hosted the Summer Games in 1996. We continue to mark alternating Olympic Games every two years.

Generation after generation, the world unites to cheer on new sports heroes and witness displays of incredible athletic prowess. Still, the Olympic Games of ancient Greece endured for 1,170 years. Our modern International Olympic Games have been thrilling us for merely 118 years. Baron de Coubertin's vision of worldwide celebration and contests of sport is alive and well though. May it continue for another millennium!

A Quiz On Canada At The Olympics

Did you know that since the Paris Olympic Games in 1900, Canada has sent athletes to every Summer and Winter Olympics? (except for the 1980 Games in Moscow, which we boycotted)

Did you know that Canada won at least one medal in every one of those Olympics?

How many times has Canada hosted the Olympic Games?

(3 times—1976 Summer Games in Montreal, 1988 Winter Games in Calgary, and the 2010 Winter Games in Vancouver.)

How many Olympic medals has Canada won in men's ice hockey? 18, 25 or 11

(It is actually 18—and 11 of them were gold medals!)

At which Winter Games did both the Canadian men's and women's teams win the gold medals in ice hockey? (the 2002 Salt Lake City Games and the 2010 Vancouver Games)

Did you know that Canada has never won an Olympic medal in field hockey?

Did you know that there was one athlete named to every Canadian Summer Olympic team from 1971 to 2012? He has competed in a staggering total of 10 different Olympic Games!

(He is equestrian Ian Millar.)

At which Olympics was the triathlon introduced (and the gold medal won by Canada's Simon Whitfield)? (the 2000 Sydney Games)

Can you name the Ottawa athlete nicknamed "Canada's sweetheart" who won the gold medal for figure skating in 1948? (Barbara Ann Scott)

Do you know what Jennifer Botterill, Nancy Greene, Patrick Chan, Gord Fraser and Chris Wightman have in common? (They are all Ottawa-born Canadian Olympic athletes. It is a group of 121 local heroes so far.)

Emilie Heymans was the first Canadian Summer Olympian to win a medal in 4 straight Olympics! Do you know her sport? (diving)

Cindy Klassen became the first Canadian athlete to win 5 medals at a single Olympic Games in 2006! What is her sport? (speed skating)

Did you know that the **first and only Olympic athlete** (of either gender from any nation) to win multiple Olympic medals in both Summer and Winter Games is a Canadian? Do you know who it is? (It is Clara Hughes who won 2 medals for cycling and 4 medals for speed skating!)

At which Summer Olympic Games did Canada win its most medals?

(1984 Games in Los Angeles—We won 44 medals, although Russia boycotted those Olympics.)

At which Winter Olympic Games did Canada win its most medals?

(2010 Games in Vancouver—We won 26 medals.) These games also marked the **most gold medal wins** (14) for any country at the Winter Games, and the first time Canada finished atop the national medal standings overall!

The Olympic Games are not merely about winning the medals, of course. But they are the crowning glory.

SO NOW ON TO SOCHI...

The 2014 Winter Olympics and Paralympics will take place in Sochi, Russia, a city on the Black Sea where Russia borders Georgia. They have planned 98 events in 15 different sports and expect over 2,500 athletes to compete. They have built "Fisht Olympic Stadium" for the major opening and closing ceremonies with a capacity of 40,000 spectators. They have also arranged for nearly that 40,000 number in security and law-enforcement personnel. The Sochi Games were originally budgeted to cost US \$12 billion but are now estimated to run closer to US \$51 billion! This would make them the most costly Olympics in history. Sochi, Russia is 9 hours ahead of North American Eastern Standard Time, but these games are bound to be worth watching! Good luck to all the athletes. Do your very best.

	MCCAY DUFF LLP Chartered Accountants	
	JASON T. HOWARTH, CA PROFESSIONAL CORPORATION PARTNER	
	141 LAURIER AVE. W., 6TH FLOOR, OTTAWA, ON K1P 5J3 613-236-2367 1-800-267-6551 FAX: 613-236-5041 jhowarth@mccayduff.com www.mccayduff.com	
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The Ottawa Hospital Community Advisory Committee

Seniors and safe discharge – new policy at TOH

by Helen McGurrian

Recently Manitoba’s health care system came under fire when two seniors died after being sent home from hospital in a taxi late at night. In Ottawa a 92 year old, discharged from hospital was going to be sent home by taxi but refused as she felt she was too

weak to manage to get from taxi to her apartment. She was refused ambulance service as it is strictly for emergency cases. The lady had to pay over \$160 for a private ambulance service. Ottawa seniors owe this lady many thanks for going to the media with her story as it has prompted TOH to imple-

ment **a new policy whereby no senior is to be discharged after 10 p.m. to an empty home.** As often happens, a policy takes some time to come into effect in all parts of a hospital, so this is a heads-up for seniors and their families to be aware that this is now in effect.



2013-2014 Influenza Update

by Helen McGurrian

Dr. Kathryn Suh, TOH’s Head of Infection Prevention and Control, provided an update on influenza activity in Canada and in Ottawa. In Canada there are between 3000-4000 deaths annually from influenza, a conservative number as some death certificates list a complication of influenza, (pneumonia, sepsis) as cause of death. Estimates are that at least 10 to 20 times that number of influenza cases occur each year. “At-risk” groups are children under 2 and adults over 65 years.

Influenza vaccines cover Influenza A, Influenza B, and Parainfluenza, in their latest mutations based on testing of Influenza cases from the previous year. This year’s vaccine matched viruses found in 98 percent of the patients tested to-date, and identified 80 percent as H1N1 Influenza A virus. Of the 800 hospitalized Influenza cases across Canada, Alberta and Eastern Quebec appear to be those with widespread activity: 52% of confirmed cases were under the age of 65 (19% were 20-44, and 33% were 45-64). This is a significant change in age distribution from

the usual “at risk” groups. In Ottawa, from October 23, 2013, to January 14, 2014, the Regional Virology Laboratory tested a total of 1016 adults, with 170 testing positive for Influenza A. The age distribution in the tested groups was highest in the 18-29 (25%) and the 40-59 (23%) age groups, consistent with the national trend. The Virology Lab also tested 1102 children and found that 25% tested for RSV which is a virus common to children. For Ottawa the number of influenza cases is comparable to other years.

TOH Focus on Prevention

by Helen McGurrian

As of January 13, 2014, TOH staff had an overall compliance rate of 65% taking the vaccine. The Provincial Infection Diseases Advisory Council has recommended that annual flu vaccination be a condition of employment as British Columbia has already done. All patients entering hospital are screened for Influenza symptoms. In Emergency, patients with possible Influenza are separated from other patients. Hand washing, protective equipment such as gowns, gloves and mask with visor are to be used as required by staff in treating these patients.

You can contact me at hbmcgurrian@gmail.com.

Horoscope by Arze

Aries Mar 20-Apr 20

There is a chance romance could be on the brain as 2014 gets going. Venus is in one of the most important areas of your solar chart, and it looks like a more serious attitude towards relationships will develop. During this period emotions could run high and even boil over if a certain someone continues to drag their feet. Its best to wait till the 17th to express your opinion.

Taurus 20 Apr-20 May

Venus, your ruling planet is in retrograde. For most part of the month you will feel somewhat stressed and busy. On a positive note you will experience good changes to career opportunities. There might be some lost translation in areas that involve the heart. Not to worry, its going to even itself out.

Gemini 21 May-21 June

Saturn and the North Node are present in Scorpio; hard work is paying off on the work front. Mars and Venus are working together this month. These planets can’t mean you should be aware of mixing pleasure with business. Trust the old saying that what is meant to happen will happen.

Cancer 22 Jun-22 Jul

You are desiring to just be on your own doing your thing. This could feel like its all falling apart because of perhaps a certain someone’s distractions. This will stir up fierce emotions. But luckily the positive energy from the planet Jupiter,

along side mars only means one thing! You will achieve your goals through determination.

Leo 23 Jul-22

You have been thinking about how to forget the past and focus on a new you for 2014, thoughts about things like health to wealth and just over all a more beautiful you. Well please know that the sun is noticeable in the sign of Aquarius for the month. Also present is the planet mercury showing up in Capricorn. This could mean that there is support and energy from the solar system to help you reach these goals..

Virgo 23 Aug-22 Sept

The solar chart sees the sun in your sign this month along Pluto and Venus, they are in retrograde. Romancing the pleasure zone is heightened. Things could get interesting and a little confusing. My advice is to be cautious not too get involved in something you could regret later. Unfortunately there are things that can’t be erased. Virgo that is something you know well.

Libra 23 Sep-23 Oct

Mars in Libra (your sun sign) partnered with Pluto and mercury present in Capricorn. This looks like a big bomb has gone off for 2014. These planets will hopefully guide you in realizing you will not be taken advantage of anymore! Also suggests that it could be time to split from the past or family issues. Finance and love is still blocking your progress.

Scorpio 24 Oct-21 Nov

You could be eager to open your mouth and tell someone about something, or just tell them off! It’s fine because 2014 means you trying to establish a new way of opening your heart and being more honest in your relationships with others. Looks like Venus the ruling planet for Taurus is present in your solar chart along side Capricorn both are moving in retrograde. Someone in your immediate circle may be confused. Remember to be kind. Use kind words.

Sagittarius 22 Nov-21 Dec

There is some strong planetary activity present in Capricorn combined with cancer. Developments are just ahead. These are developments in areas like love work, and money. Yes the planets are working hard for you! They are helping you get organized from the inside out. Perhaps you should take a look into controlling all aspects of the financial area. This is the area that may need the most attention.

Capricorn 22 Dec-19 Jan

There is more than enough activity in your sun sign (Capricorn). Some major personal changes are in order. They are going to happen no matter what. There is a slight distraction from the planet Venus that is present in your solar chart. More than likely your romantic and or professional relationships will be most affected to the change that is in you.

Aquarius 20 Jan-18 Feb

Dear Aquarius, you are the most affected with the activity present in Capricorn. With so much planetary activity in one the most complicated areas of your solar chart. This area warns to just lay low for a while. It suggests that you need to rest and recoup. Take advantage of and down time. You will need your strength for the very amazing 2014 ahead for you

Pisces 19 Feb-20 Mar

With so much activity in the solar system like Mars in Libra , Uranus in Aries, and the mass amount of energy in Capricorn this could mean a couple of things. It may be telling you to associate yourself with people who think like you. Pay attention to people who try and push schemes and dreams on you. Advice for the month my dear Pisces, do not mix money with friends. Perhaps it would be wise to organize your financial papers first.

“Astrology is a language, and if we try to learn this language then we could communicate with the universe”.

Arze Chahine
Astro advisor
zeebraas4@botmail.com

Astrology Fact: Jupiter is the ruling planet for Sagittarius. Jupiter can represent luck!

Alta Vista Library

FEBRUARY

Storytimes / Contes
(Closed Monday, February 17. / Fermée le lundi 17 février)

Babytime / Bébés à la biblio
Stories, rhymes and songs for babies and a parent or caregiver. 0-18 months. / Contes, rimes et chansons pour les bébés et un parent ou gardien. 0-18 mois.

Session 1
Mondays, January 13 – February 10, 10:30–11:00 AM (No registration required)
Les lundis 13 janvier – 10 février, 10h30 – 11 h (Aucune inscription requise)

Family Storytime / Contes en famille
Stories, rhymes, and songs for all ages and a parent or caregiver. / Contes, rimes et chansons pour les enfants de tous âges et un parent ou gardien.

Session 1
Tuesdays, January 14 – February 18, 10:30–11:00 AM (No registration required)
Les mardis 14 janvier – 18 février, 10h30 – 11 h (Aucune inscription requise)

Toddler time / Tout-petits à la biblio
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.

Session 1
Wednesdays, January 15 – February 19, 10:30–11:00 AM (No registration required)
Les mercredis 15 janvier – 19 février, 10h30 – 11 h (Aucune inscription requise)

Special Program / Programme spécial
The Snowy Day!/Jour de neige!
Join us for a flurry of stories and crafts. Ages 3-7. Registration. / Joignez-vous à nous pour une rafale de contes et bricolage. Pour les 3 à 7 ans. Inscription.

Saturday, February 15, 2:00–2:45 PM
Le samedi 15 février, 14 h–14h45

Teen Programs
Youth Zone Job Workshop
Get tips on what makes a dynamic resume and how to polish your interview skills. Bring in your resume for some one-on-one feedback from a City of Ottawa Youth Zone employment specialist. No registration. Drop-in program for 16-30 year olds. Wednesday, February 5, 4:30–6:00 PM

Vampire Academy Release Party
Excited for the new Vampire Academy movie? Get pumped and test your guardian skills with games and trivia! Registration.

Friday, February 14, 4:30–5:45 PM
N.B. Registration for programs starts on January 10. / L'inscription des programmes commence le 10 janvier. / Registration for all programs requires a valid OPL library card for each registrant./Toutes les personnes

qui souhaitent s'inscrire à des programmes doivent être titulaires d'une carte valide de la BPO.

MARCH

Storytimes / Contes
Babytime / Bébés à la biblio
Stories, rhymes and songs for babies and a parent or caregiver. 0-18 months. / Contes, rimes et chansons pour les bébés et un parent ou gardien. 0-18 mois.

Session 2
Mondays, March 24 – April 14, 10:30–11:00 AM (No registration required)
Les lundis 24 mars – 14 avril, 10h30 – 11 h (Aucune inscription requise)

Family Storytime / Contes en famille
Stories, rhymes, and songs for all ages and a parent or caregiver. / Contes, rimes et chansons pour les enfants de tous âges et un parent ou gardien.

Session 2
Tuesdays, March 25 – April 22, 10:30–11:00 AM (No registration required)
Les mardis 25 mars – 22 avril, 10h30 – 11 h (Aucune inscription requise)

Toddler time / Tout-petits à la biblio
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.

Session 2
Wednesdays, March 26 – April 23, 10:30–11:00 AM (No registration required)
Les mercredis 26 mars – 23 avril, 10h30 – 11 h (Aucune inscription requise)

March Break / Congé d'hiver
“You can’t catch me!” / Attrape-moi si tu peux !
Stories, activities and crafts featuring tricksters big and small. Ages 4-6. Registration. / Farces et attrapes pour piéger et amuser tes amis à tout moment. Contes, activités et bricolage. Pour les 4-6 ans. Inscription.

Monday, March 10, 10:30 – 11:15 AM
Lundi le 10 mars, 10h30–11h15

Storytime Magic / Contes enchantés
Stories, rhymes and songs for children of all ages and a parent or caregiver. Family Program. Registration. / Contes, rimes et chansons pour les enfants préscolaires et un parent ou gardien. Programme familial. Inscription.

Monday, March 10, 2:30 – 3:00 PM
Lundi le 10 mars, 14h30 – 15 h

Witches, Wizards and Ogres / Sorcières, enchanteurs et ogres
Your all-time favourite magical characters and creatures. Ages 7-9 Registration.. / Rencontre tes créatures et personnages fantastiques préférés de tous les temps. Pour les 7-9 ans. Inscription.

Tuesday, March 11, 10:30 – 11:00 AM
Mardi le 11 mars, 10h30 – 11 h

Abracadabra!

Magical stories, activities and crafts from near and far. Ages 4-6. Registration.. / Merveilleux contes, activités et bricolage d'ici et d'ailleurs. Pour les 4-6 ans. Inscription.

Tuesday, March 11, 2:30 – 3:00 PM
Mardi le 11 mars, 14h30 – 15 h

Get hooked!
Recycle plastic bags, learn how to crochet, and make a handy tote! Ages 13+. Registration.

Tuesday, March 11, 6:00 – 7:30 PM
Wii Game On! / Détente Wii
Play Wii Games at the Library. Ages 9+. Registration. / Viens jouer à la Wii à la Bibliothèque Pour 9 ans et plus. Inscription.

Wednesday, March 12, 10:30 – 11:30 AM
Mercredi le 12 mars, 10h30 – 11h30

Believe it or not / Incroyable mais ... vrai
Fact or fiction? You decide! Ages 7-12. Registration. / Démêle le vrai du faux. Pour les 7-12 ans. Inscription.

Thursday, March 13, 10:30 – 11:15 AM
Jeudi le 13 mars, 10h30 – 11h15

Paper Magic / La magie du papier
The surprising power of paper. Ages 7-12. Registration. / L'étonnant pouvoir du papier. Pour les 7-12 ans. Inscription.

Thursday, March 13, 2:30 – 3:15 PM
Jeudi le 13 mars, 14h30–15h15

Magical Manga and more / La magie des mangas et plus...
Crafts and activities that bring graphic novels to life. Ages 10-12. Registration. / La B.D. prend vie à travers bricolage et activités. Pour les 10-12 ans. Inscription.

Friday, March 14, 2:30 – 3:15 PM
Vendredi le 14 mars, 14h30–15h15

Teen programs / Programmes pour ados
Get hooked!
Recycle plastic bags, learn how to crochet, and make a handy tote! Ages 13+. Registration.

Tuesday, March 11, 6:00 – 7:30 PM
Wii Game On! / Détente Wii
Play Wii Games at the Library. Ages 9+. Registration. / Viens jouer à la Wii à la Bibliothèque. Pour 9 ans et plus. Inscription.

Wednesday, March 12, 10:30 – 11:30 AM
Mercredi le 12 mars, 10h30 – 11h30

N.B. Registration for programs starts on January 10 and February 5th for the March break programs. / L'inscription des programmes commence le 10 janvier et le 5 février pour les programmes du congé d'hiver /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.

ADULT PROGRAMS
Book Clubs–Adults

Book Banter
Share the enjoyment of good books in a relaxed atmosphere. Join us for a discussion. 2:00–3:00 PM
Thursday, January 9 – In the Garden of the Beasts by Erik Larson
Thursday, February 7 – Cat’s Table by Michael oondatje
Thursday, March 6 – A World Elsewhere by Wayne Johnston
Thursday, April 3 – The Sense of an Ending by Julie Barnes

Infusions littéraires
Partagez avec nous le plaisir des livres dans une ambiance détendue. Joignez-vous à nous pour une discussion. De 14h00 à 15h00.
le mardi, 21 janvier – Je vais mieux de David Foenkinos
le mardi, 18 février – Deux de Irène Némirovsky
le mardi, 18 mars–Prodigieuses créations de Tracy Chevalier
le mardi, 15 avril–Une année de neige de Christian Signol

Sleuth Hounds Mystery Book Club
Share the enjoyment of good mysteries in a relaxed atmosphere. Join us for a discussion. 6:30–8:00 PM
Thursday, January 16–Say You’re Sorry by Michael Robotham
Thursday, February 20 – Any title by Jussi Adler-Olson
Thursday, March 20–Any title by Alexander McCall Smith – No 1 Ladies’ Detective Agency series
Thursday, April 17–Any title by Michael Connelly – Harry Bosch

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.
Tuesdays, January 7, 21; February 4, 18; March 4, 18; April 1, 15, 29; 7:00–8:30 PM

Conversation Groups
English Conversation Group
Mondays, January 13 – March 24, 6:00–7:30 PM
Practice your English language conversation skills and meet new friends in a relaxed and friendly setting. No registration required. (Closed Monday February 17 and April 21)
English Conversation Group
Tuesdays, January 14 – March 25, 12:00–1:45 PM
Practice your English language conversation skills and meet new friends in a relaxed and friendly setting. No registration required.

French Conversation Group
Tuesdays, January 14 – March 25, 6:30–8:00 PM
Improve your spoken French in a relaxed setting. This group is for those at an intermediate level. No registration required.

Computers and Technology
Clicking, Flicking and Tweeting: Social Networking Controversy
The explosion of social networking websites such as Flickr, Facebook,

Alta Vista Library cont'd

Elmvale Acres Library

blogging sites and Twitter has raised more than privacy concerns. Join the discussion with Chris Taylor and Jeff Dubois from the Ottawa PC Users' Group. Jeff will describe the value of social media sites, while Chris will give the cautions about using these tools so that you don't compromise your computer, your job, your identity, or worse.

Saturday, February 1, 2014

Basic Digital Photo Editing

It is easy to take dozens or hundreds of photos with your digital camera. But then what? Chris Taylor, President of the Ottawa PC Users' Group will help you discover some easy ways of fixing up your photos to correct many basic flaws so you will be proud to display them.

Tuesday, March 25, 2014

Film and Travel series

A Safari in Tanzania during the Rainy Season

You have always wondered about doing a safari and wondering where is the best place to do this. In Tanzania, the Serengeti is the most important sanctuary of wildlife in the world. Come and explore a colorful safari in Tanzania during the rainy season and learn why professional photographers choose this off season time to visit. Carole Gobeil will share her personal experience of doing exactly that.

Tuesday, February 4, 2:00 – 4:00 PM

Visit Antartica and Discover South Georgia

Come and meet Carole Gobeil, who has just returned from South Georgia, sub Antarctica; Penguins, seals, tabular icebergs, whales make this unique southern continent a magical place to visit.

Thursday, March 19, 2:00 – 4:00 PM

Health

Traditional Chinese Medicine

In Traditional Chinese Medicine meridians connect all our body parts. Many body pains or diseases are the result of meridians being congested or deficient. This seminar will introduce you to meridians in Traditional Chinese Medicine and show you how you can keep your meridians healthy. Presented by Winnie Fok a registered acupuncturist and TCM Practitioner in Ontario. Registration required.

Saturday, March 22, 2:00–3:30 PM

Detoxifying Your Body

Join Dr. Ellen Simone, Naturopathic Doctor, for this information session on detoxifying your body using naturopathic medicine. You will learn how chemicals in the environment impact your health and how to reduce your exposure to these toxins. Dr. Simone will also discuss how to support your body's natural ability to detoxify using nutrition, herbal medicine, lifestyle medicine, homeopathy and acupuncture. Registration required.

Saturday, March 29, 1:00–3:00PM

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.

There will be tips on grooming, walking, sitting, downing, staying, stopping, and coming; excellent habits to develop in puppies, and fun to observe as the young ones learn these important new skills.

Dogs are considered to be puppies until they are about one year old, and it is at about nine to ten months old that a dog starts challenging. Time spent at *Happy D.O.G.S.* ensures positive training, plus there is evening training and there are courses available on the weekends.

It is obvious that Patrick Lavigne knows dogs. He also knew what was needed by many pet owners in the Alta Vista area. A visit to the *Happy D.O.G.S.* web site at www.happydogsottawa.com, an e-mail to patrick@happydogsottawa.com, a telephone call to 613-520-2112 or even dropping in to 1793B Kilborn will show you just what you and your own happy dog can do. Enjoy!

MARCH BREAK:

Storytime Magic

Wednesday, March 12 at 10:15 AM (45 mins.)

Stories, rhymes, songs and crafts for preschoolers and a parent or caregiver. Ages 3-5. No registration required.

Lego Block Party

Monday, March 10 at 2:00 PM (1 hr.)

Create and build with Lego. Ages 6-12. Registration required.

Teen DIY

Thursday, March 13, 3-4 PM (1 hr.)

Get in touch with your creativity! Materials provided, but you may also bring other craft projects. Make what you love, share what you know, and learn something new! Ages 12-16. No registration required.

Wii Game On!

Wednesday, March 12, 7-8 PM (1 hr.)

Play Wii Games at the Library. Ages 9+. / Viens jouer à la Wii à la Bibliothèque. Pour 9 ans et plus.

The Magic of Movies and Sound Effects

Tuesday, March 11, at 10:30 am (1 hr.)

The movie phenomenon gained popularity in the 1920s and 1930s as silent-movies gave way to "talkies". Find out how the Foley artist reproduced sounds for movies using props and sets. Offered in English by bilingual staff – Cumberland Museum. Ages 9-12. Registration.

Light Fantastic

Friday, March 14, 2014 at 1:30 pm (1hr.)

Workshop offered by Radical Science. Explore prisms, refractions, white light, bending light and the light spectrum. Working with safe, mini laser pointers, flashlights, mirrors and fog, children will be able to see a whole new world of light right before their eyes! Ages 6-12. Registration.

Babytime

Thursdays, January 16 – February 20 at 1:30 pm (30 mins.)

March 27 – April 24 at 1:30 pm

Stories, rhymes and songs for babies and a parent or caregiver. 0-18 months. Drop-in, no registration required.

Family Storytime

Wednesdays, January 15 – February 19 at 10:15 am (45 mins.)

Stories, rhymes and songs for children of all ages and a parent or caregiver. Drop-in, no registration required.

Family Storytime

Wednesdays, January 15 – February 19 at 3:15 pm (45 mins.)

Stories, rhymes and songs for children of all ages and a parent or caregiver. Drop-in, no registration required.

Contes

Lundi, 6 janvier – 10 février, 10h 15 (45 mins.)

Contes, rimes et chansons pour les enfants de 19 mois à 6 ans et un parent ou gardien. Inscription non requise.

E.A.G.L.E. Homework Club

Every Saturday at 10 am – 12pm (2 hrs.)

Homework help for children ages 5 to 11. Drop-in, no registration required.

Reading Circle

Every Saturday at 2 – 3 pm (1 hr.)

Volunteers from Frontier College will be available to assist with reading and literacy skills. Drop-in, no registration required.

Monday Nights are Murder!

Monday, February 3, March 3 at 6:30 – 8:00 pm (1.5 hrs.)

Share the enjoyment of good mysteries in a relaxed atmosphere. Join us for discussions.

English Conversation Group

Every Tuesday at 6:30 – 8:00 pm (1.5 hrs.)

Practice your English language conversation skills and meet new friends in a relaxed and friendly setting. Drop-in, no registration required.

Water-Wise Ornamental Gardening

Tuesday, March 25, 6:30 – 8:00 pm (1.5 hrs.)

Fleurette Huneault, a member of the Gloucester Horticultural Society, will discuss choosing and working with plants that require minimal care and watering. Registration.

Awareness and Prevention of Violence Against Women

Thursday, March 20, 6:00 – 7:30 pm (1.5 hrs.)

This program will bring awareness to issues of violence against women and discuss preventative measures. Topics will include types and cycles of abuse, red flags, safety planning, healthy relationships, issues relating to sponsorship and children, community resources and much more. Offered in partnership with IWSO (Immigrant Women Services Ottawa). Registration recommended.

Are You Ready to Become a Canadian Citizen?

Tuesday, February 4 & March 4 at 3:30 – 5:00 pm (1.5 hrs.)

Learn more about applying for Canadian Citizenship! This 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. Offered in partnership with OCISO (Ottawa Community Immigrant Services Organization). Registration recommended.

Happy Dogs

Continued from page 19

be dropped off by their owners for five days a week, while others are signed up to accommodate both the dog and its family on a day to day basis. And just as in any other daycare situation, the numbers are monitored to provide optimum supervision.

"It is important that community needs are met, and so it is essential to have a well-behaved dog. Ninety percent of dog problems can be attributed to a mismatch between the owner and the dog, and in particular due to dog energy, or if the dog is treated as a person."

Puppy Kindergarten can begin when the dog is about ten weeks of age. The program helps with showing your new pet the right way of doing things, while avoiding having to fix unwanted problems later on down the road.

See the online edition at
www.RiverviewParkReview.ca

Neighbourhood Watch

Vehicle collisions and a new scam

by Tim Mark
Ottawa Police Services: Emergency
Calls: 911
Non-emergency dispatch
(613) 230-6211

This month we would like to tell you what to do—and what not to do—if you are in a vehicle that is involved in a collision. There is also information about a new scam. Ottawa Police Services asks everyone to be on their guard.

Remember—Neighbourhood Watch is a partnership between a local community and the Ottawa Police Service to work for a secure and peaceful neighbourhood. For more information on Neighbourhood Watch go to <http://www.ottawapolice.ca> and follow the links to -Crime prevention - Neighbourhood Watch

There are three active Watches in the Riverview Park area. They are—Abbey Road, Riverview Park East and Riverview Park West. If you are interested in joining a local Watch or would like to see a Watch on your own Street call a Coordinator (see the end of this article). Alternatively contact Const. Rebecca Vanderwater, our local Community Police Officer at (613) 236-1222 x 5812. Const. Vanderwater works out of the Ottawa South Community Police Centre at 2870 Cedarwood Drive. Her responsibilities cover Ward 10, represented by Councillor Diane Deans, and Ward 18, represented by Councillor Peter Hume (which includes Riverview Park).

“DOs and DON’Ts” when involved in a collision.
(This information is courtesy of Ottawa Police Services and has been edited slightly).

The first and most important thing to do when involved in a collision is to check for injuries (yourself, your passengers and other vehicles’ occupants).

- Always call 911 if there are injuries, whether minor or serious.

Helpful reminders:
Collisions with damages that appear to be over \$1,000.00 must be reported to police immediately. If the vehicles are drivable, the parties involved must drive to the closest police station to report the collision.

- Exchange the following information before leaving the scene of the collision—Driver’s License, Valid insurance, and Vehicle Registration for all involved vehicles.
- There is no need to contact police if the collision is minor, there are no injuries and damages are estimated to be less than \$1,000.00. However, drivers should still exchange key information i.e. Driver’s License, Valid insurance, and Vehicle Registration, before driving away.
- Ensure all pertinent information is exchanged at the scene with all involved vehicles. This will assist the investigation in cases where one of the drivers fails to attend the police station as well as help you

respond to questions from your insurance company.

- If one of the vehicles is not drivable, all involved drivers must stay on the scene until the arrival of the police.
- When calling police, inform dispatchers of how the collision is affecting traffic and how vehicles may be impeding traffic. If vehicles can be safely moved to the side, do so.
- Finally, you do not need to call 911 if there are no injuries to report, all drivers are being cooperative and willingly exchanging information, impaired driving is not suspected and there are no visible signs of damages to vehicles.
- In Ottawa, to call any City agency including all emergency services, you can contact 311 for non-urgent matters (and be transferred appropriately). The Ottawa Police Service non-emergency number for dispatch is 613-230-6211, and the main number for all enquiries is 613-236-1222.

The “Scareware Scam”

Ottawa Police have issued a warning about this scam

The name of the Canadian Asso-

ciation of Chiefs of Police (CACP) is being used in this serious computer scam; also the names of the Royal Canadian Mounted Police (RCMP) and the Canadian Security Intelligence Service (CSIS).

The recipient receives an email warning message that claims to be from the CACP or the RCMP or CSIS. The message says the recipient must pay a “fine” of \$100 so their computer can be “unlocked.” The message also claims that if the “fine” is not paid within 72 hours, criminal proceedings will commence against the user.

“These types of messages, commonly known as “scareware”, are designed to create such shock and anxiety that victims respond by sending money quickly,” states the RCMP.

If you receive one of these messages please be aware that it is a scam and has not been issued by the CACP or the RCMP or CSIS. Do not pay the \$100.00 “fine”. Being “locked out” of your computer is an indication that your system

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

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



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Computer Tips and Tricks

This ‘n That

by Malcolm and John Harding,
of Compu-Home
**The Consumer Electronics
Show**

This show, held in Las Vegas every January is the primary showcase for gadgets, software and innovation worldwide. Some people think that it’s actually a good thing that a few of the big names like Microsoft and Apple have withdrawn from CES in recent years, because now there seems to be more room for attention to the exciting attractions of some of the smaller fish that might have been under the radar in the past. If you’re the sort of person who just can’t wait for a smartphone watch, or a curved-screen tablet, then you should have a look at some of the web reports. (. . . and that’s the closest that you’ll come, because CES is strictly limited to the trade press.) CNET is one of the best sources for CES information. Go to www.ces.cnet.com for descriptions and reviews of the newest products, from cameras to thermostats. See if you can find the device that we have nicknamed the “iPee’d.”

Warranty Woes re-Visited

Warranties are on the minds of a few of our clients recently. In some

cases there were issues of exactly what was and was not covered by a warranty. In others, the problem stemmed from the fact that the purchasers had not followed the instructions to “register” the warranty, which led to a question of exactly when the warranty started and, more importantly, when it ended. Always be sure to read the fine print in your extended warranty. (Mind-numbing though that exercise may be.) Sometimes it is requested or demanded that you register the warranty with the issuing company – the store or the manufacturer. Even if registration is not absolutely necessary, it is always a good idea. For one thing, this might mean that you will not have to produce the original invoice if you ever have to exercise the warranty. The terms will make it clear whether you have to take the item back to the store or a service depot, or if a service person will come to your premises. Furthermore, there are always certain kinds of issues that the warranty will not cover, and it is good to have that information in advance. We have a more complete discussion of extended warranties on our Compu-Home blog.

[download/1443/CACPWarnsofScam.pdf](#)
Contact information for Riverview Park Neighbourhood Watch: Abbey Rd.-Rhéaume Laplante (613) 521-1664. Riverview Park West-John Neale (613) 526-4817. Riverview Park East-Tim Mark (613) 733-1744. Const. Rebecca Vanderwater, Ottawa South Community Police Centre (613) 236-1222 x5812.

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**Wireless Spectrum Auction
Hoopla**

Lots of people are asking what is such a big deal about the auction of wireless spectrum that began in Canada on January 14. Even if we leave aside the controversy surrounding which of the providers will be allowed to bid, there is still a lot to interest average Canadians about this auction. What is now available is the 700 MHz spectrum, which formerly was used to broadcast television signals. In 2011, when Canada switched from analogue to digital television, the 700MHz spectrum became available for cellphone use. This particular spectrum is very valuable for cellphone coverage, because it allows for a much longer and more powerful signal. That means your cell phone will work over longer distances where it was inaccessible in the past (for safety on a camping trip, for example) and in basements

and buildings with thick walls. Finally, we may eventually see the benefit of cell phone prices coming down, since the 700MHz spectrum has been used in the USA for about 5 years already, and there may be more competition in prices when American models can be used in Canada. Note also that these advantages pertain to basic cell phone (voice) use and are therefore important to all of us and not just the geeks who are more interested in esoteric smartphone applications.
Our Blog has a new address, and it's much easier to find! Just go to compu-home.com/blog for an archive of our columns and lots more 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 compu-home.com/blog soon or call us at 613-731-5954 to share your opinions and suggest subjects for future columns.

From previous page

may have been infected with malware and you will need to take steps to address that problem

The RCMP offers the following tips to help keep your computer protected:

- Never click on a pop-up that claims your computer has a virus;
- Update your anti-virus software often and scan your computer for viruses regularly;
- Do not click on links or attachments in e-mails sent to you by someone you don't know;
- Turn on your browser's pop-up blocking feature;
- Never download anti-virus software from a pop-up link sent to you in an e-mail.

If you have received a “scareware” message please report it to your local police office and the Canadian Anti-Fraud Centre 1888495-8501.

For the full media release sees <https://www.cacp.ca/media/news/>

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Retire?

Continued from page 15

lona, Palma de Mallorca, Las Palmas, Marseilles, Cannes, Genoa, Naples, Messina, Palermo, Venice, Trieste, Split, Dubrovnik, Beirut and Casablanca. There must be more but some are forgotten.



First Class Dining room, S.S. Arcadia

These took up the summer months, in October the Arcadia sailed to Australia. The tourist class section was full of new immigrants, the first class was for



Hotel porter in Dubrovnik, there are no cars in the old town

the retired people who wanted to travel and business people who didn't want the strain of flying to



A Gondola

India and Australia, jet travel was in its infancy then. Eventually the jets made the Arcadia, and all the ships like her, redundant. We traveled through the Suez Canal down to Aden. Then to Bombay, Colombo, Fremantle (for Perth), Adelaide, Melbourne and Sydney. The round trip was about 10 weeks, with five days in Sydney. For one

trip I transferred to another ship, the Chusan and made one trip to Japan via Penang, Singapore, Hong Kong, Kobe and Yokohama.

Then, in 1957, there was a war between Israel and Egypt and the Suez Canal was closed so we had to make a detour via Dakar in Senegal, the island of Madeira out in the Atlantic Ocean, Capetown and Durban. I remember the segment from Durban to Fremantle was the longest ever and it was pretty rough in the southern Indian Ocean, 10 days with nothing to see.

One of my early ports of call was Messina in Sicily and it was raining. But if there were spare seats on the shore excursion bus for the passengers then crew members were permitted to join in. Well two of us had a very nice day out in Taormina, with a great lunch at the San Domenico Palace Hotel and a visit to the remains of a Roman amphitheater. The rain stopped and the sun came out. All in all a pleasant way to spend a day, but we were back to work by 7pm.

The cabins for the Assistant Stewards slept 10 in 5 double bunks, so we were in very close contact with our fellow workers. There was no air conditioning except in the kitchen and the two dining rooms, so it was not a luxurious environment. There were two port holes in the cabin about a foot wide, plus fresh air vents to keep us from suffocating. We welcomed the opportunity to go ashore after work.

In Oslo two of us went to Frogner Park to see The Vigeland Sculpture Arrangement that covers 80 acres and features 212 bronze and granite sculptures all designed by Gustav Vigeland. He also designed the Nobel Peace Prize Medal. The sculptures culminate in the famous Monolith, with its 121 figures struggling to reach the top of the sculpture. A remarkable place that I had never heard of and gets little visibility even today.

Also in Norway was Alesund, a small town on the west coast.

to stop over there. The dock was not big enough in those days for the Arcadia, so we anchored off and went ashore in the ship's motor launches. I still have a souvenir that I bought in Alesund over 50 years ago.

The Northern Capitals cruise was very popular amongst the crew as we were treated to the trip up the 200km. long Sognefjord. The 29,000 ton Arcadia had no problem as the fjord is over 1,000m deep, however it is only 400m wide at one point. As we slowly made our way the local residents would rush out to their gardens to run up the Norwegian flag, it seemed that every house along the shore had a flagpole. The most difficult part was turning the ship around at the head of the fjord. 50 years later there are numerous, much larger vessels that make the Sognefjord trip, they say there are sometimes traffic jams as one ship meets another going in the opposite direction.



Casablanca with the Arcadia in the distance

It was entirely destroyed by fire early in the 20th century but was rebuilt with finance mostly provided by the German Kaiser Wilhelm II. The new town replaced all the old, largely wooden, houses with modern buildings in the Art Nouveau style. So the disastrous fire had beneficial results, as the town is now a popular stop on the tourist trail. I think that we were the first cruise ship of such size

Venice must be on many people's list as The place to visit. It is a unique city with so much history and many canals. The captain of the Arcadia gave some of the crew an opportunity to see more of the city by giving us trip up the Grand Canal on one of the ships motor launches. We felt like real first class tourists. We were given a box of fresh peaches to keep us from starvation on the trip.

Just a short cruise down the Adriatic is the city of Dubrovnik. The old town is surrounded by high walls built in the 14th century. Within its walls there are no cars, if you are staying at a hotel in the old city your baggage is transported from the bus depot or the main gates on a wheeled cart pulled by a porter. In the evening the main street, Stradun, becomes filled with local residents as well as tourists, the stones on the street are worn smooth by all the shoes



Sognefjord, Norway Photo credit: Per Olav Bøyum

that have walked upon its surface. We enjoyed ice cream cones as we joined in the throng. Like the Rideau Canal the city of Dubrovnik is a UNESCO World Heritage site. Since I was there it suffered shelling damage during the fighting following the break up of Yugoslavia. However that has all been repaired.



Stromboli in the middle of the Mediterranean Sea

Cruising on the west coast of Italy allowed us to see the gorgeous scenery of the coast at Amalfi and Sorrento and the Isle of Capri, the captain steered so that we could all see everything close up. Not as close as the Italian captain who went aground further up the coast. We also went close to the volcanic island of Stromboli, where the controversial eponymous movie starring Ingrid Bergman was made by Roberto Rossellini in 1950 (history as well as travel). Napoli (Naples) was a frequent cruise stop, the crew all liked it as there were lots of bars and clubs to relax in after hours, they were not the places that the passengers went to. Lisbon too, was one of those places that we enjoyed going ashore as the girls were great and the wine was cheap, how we managed to get back on board and serve breakfast in the morning was a miracle.

So we got to Copenhagen on the Northern Capitals cruise, and what is the biggest attraction there? The Carlsberg Brewery. We took the free tour of the whole operation, wonderful how they make so much beer. At the end we

are all shuffled into the visitors reception room where there was as much free beer as one wanted of all the different kinds that were made. A parting gift was an envelope containing about 50 labels of all the Carlsberg beers, just in case we had forgotten. That was in the afternoon too, so we thought that we had better do real some tour-

isty things after dinner, so we hit Nyhavn! One bar after another...

There was a shuttle bus from the ship to the city centre and back. When we got to the bus station the last shuttle had left. A fate almost worse than death awaited us. But an empty bus came back from the ship and we talked the driver into taking us back. When we arrived at the dock the gangway was up on the crane. We signalled to the crane driver that he had to lower the gangway as there were three more 'passengers' to come aboard. We made it.

Working on the summer months cruises was lots of fun, much more so than the long voyages to Australia and Japan. There were only three stops in three weeks on the way to Australia, Dakar to refuel, Capetown and Durban. But Capetown was famous for having the cheapest beer of all the seaman's clubs. After a few of those we were not interested in Table Mountain. Australia in the 50's was strange to us as all the pubs closed at 6pm, and very common were milk bars.

We were in Melbourne at the time of the 1956 Olympic Games,

that is the only time that I have ever been to the games. I saw the woman's high jump that day. In Sydney a friend and I visited the Harbour Bridge and took the walk up the steel arch to the top. From there in the distance we saw two P&O ships in port, the Arcadia and I think it was the Strathmore or one of her sister ships.

Amongst all the members of the crew, there were many nationalities. Working with us as stewards were many Goanese from Portuguese Goa, what is now a part of India. They regarded the job as a good source for sending money back to Goa and many spent almost their whole life on board. Working on deck and in the engine dept. were Laskars from other parts of India. They were historically an essential part of the British maritime tradition, many settled in England and married English wives. The Captain and all the officers were English including some female office staff.

In my three years as a ship's steward I saw more of the world than I ever would have if I reached my retirement age. Now, almost 80, I am content with brief visits to the US and exploring the country around Ottawa. So, if you are a young reader of the RP Review, do it now don't wait for your 55th, 60th or 65th birthday to arrive. Jobs on ships today are mostly taken up by workers from third world countries that enable them to send money back to their families in their homeland. So the

choices for Canadians are few, the one good option is working for an airline, but I am told that the pay is not good and free time is very limited. When I was on the ships the pay was not great but there were few other expenses. We all were given a daily ration of over-proof rum for about a dime and a pack of cigarettes were about the

same, and all we could eat every day was included. Even health care was included, as I contacted Asian 'flu and spent several days in the ship's hospital and was taken off to hospital in Southampton on stretcher.

But the time must come to cease this wandering around the globe and try other things. During the trip back from Australia in early 1959 my photographer friend and I had a long discussion about "what next?" The Arcadia was going to laid up for about six months, so we had to decide what to do. After some arguments, well lubricated by some very inexpensive whisky, we had decided to immigrate to Vancouver, BC. He picked the destination, I just said OK. So in April 1959 we left the life at sea and took Trans Canada Airlines to Vancouver via Gander, Montreal, Toronto, Winnipeg and Calgary, flying by Super Constellation and Viscount. Not nearly as much fun as being on board ship. After over 50 years I still have many memories of travel the slower and easier way.



In the Indian Ocean



In Valetta, Malta



The coast of Sicily near Taormina



Venice



Piazza San Marco with the tall Campanile and the Church of San Marco

Children play role in all aspects of Trinity Church

by Pastor Franklin Chouinard

Over the years Coca-Cola has advertised with many slogans. From the first one in 1886 [“Drink Coca-Cola”] to the memorable 1929 phrase “the pause that refreshes” to 1941 [“Coca-Cola is Coke”] into the 60s with “Things go better with Coke” and “It’s the real thing”, then updated through “Coke is it”, then “Always Coca-Cola”, now “Live Positively”, Coke has attempted to portray a particular image. While Trinity Church isn’t

trying to impress anyone with an image, one sentence describes the church’s work with children. The members and friends of the church believe that children are important people. This is evident in the way that children are involved in the life of the church. Spiritual training and teaching is central to the life of any congregation. Trinity Church provides these to children through the Friday night Friendship Club and through Sunday School and children’s church. As with many



churches, children are excused from the regular Sunday morning service to their own time of learning. However, they are also involved in what might be

who wish also participate in the Sunday worship experience, either as part of a contemporary worship team or serving in some manner. Over Christmas, for example, the youth group committed itself to provide baked goods for a homeless shelter. Teens are not entertained by leadership; they are being taught and challenged, and are learning about service, about commitment, and about looking outside of their own selves. The church community in general is quite active. Dr. Fletcher Tink of the Bresee Institute for Metro Ministries [a training centre for compassionate ministries headquartered in Kansas City with main work in SouthEast Asia] spoke at Trinity Church in September, sharing stories of the

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considered the “adult service” as well. Children have been invited to help receive the offering, to provide music in the service, and to read Scripture. Rather than be excluded, they are an integral part of the worship service. This was seen just before Christmas, as the children presented Great Big Story – a musical drama challenging those who were in attendance to remember the simplicity of Christmas. And many participated in the week-to-week Advent services and in the Christmas Eve

service that is held every year at Trinity Church. Teens affiliated with Trinity church are also involved in church life. Friday nights many teens from the local community will be found at a challenging Bible Study specifically geared to them, which is followed by a fun activity. Those

Continued on next page

From previous page

work done and challenging the people of Trinity Church to “continue in good works”. The church continues to accept the challenge, both in local and international ministries. The church has sponsored the La Maquina congregation in Cuba for the past number of years, and will celebrate their association with the church at the annual International Food Fair/ Dinner following the worship service March 23.

Winterlude is also an active time for the church. A number of families will have lunch together before joining in on some of the festivities following the February 9 service. As well, the church will again host a Young Adult Retreat on the family day weekend. Fifty plus college-age students are expected to come to Ottawa for this retreat weekend – a time of fun and a time of challenge.

Information about the church [including a calendar of events, a church newsletter under the “Blogs Plus” heading, and links to the church-sponsored community garden] can be found on the web site: www.ottawatrinity.ca, or by calling Pastor Frank at the church office at 613-513-7456.

Winter weather records broken

by Maria CampbellSmith

If you are a lover of things white and wintry then the heavy snowfalls this past December had you jumping (or skiing or snow shoeing) for joy. If you strained muscles shovelling your driveway, then you are yearning for green grass and budding trees instead. Recent wind chill temperatures hit -40°C and then we had unexpected thaws and rain a week later. So, it does seem as though Jack Frost cannot make up his mind.

Weather has always been a tricky thing to gauge and records continue to shock and test us. As thick as the snow is this winter, it was actually December 16-17 of 2007 that set Ottawa’s single day snowfall record of 35.7 cm. Do you remember January 2, 1999, when Toronto got a whopping 39 cm of snow? It continued snowing for several days and at the 1 metre mark, the mayor called in the military. Military units also helped back in April of 1967 (yes, I said April) when 175 cm of snow fell in southern Alberta! A state of emergency was also de-

clared after a blizzard on February 18-19 in 2004 when Nova Scotia was clobbered with 50-70 cm of snow and very high winds.

The record for Canada’s largest 1-day snowfall is held by Tahtsa

Environment Canada says that is more snow than Calgary or Winnipeg see all year. The record for the coldest temperature in North America was in Canada. It was set on February 3, 1947 in Snag, Yukon at a frightening -63°C. The record wind chill was also in Canada’s North. On January 28, 1989 Pelly Bay in the North West Territories recorded a temperature of -51°C that went to -91°C with the wind chill!

Try to recall last January, 2013. Here in Ottawa we had cycles of freeze-thaw temperatures and a mixed bag of precipitation. Toronto hit a record high of 14.6°C on January 12. Our new year of 2014 seems to be offering the same. One day the kids cannot go outside because the -40°C wind chill causes exposed skin to freeze. The next week their snowmen are melting and puddles are everywhere. Keep the snow shovel and skis at the ready, but your rubber boots too.

Jack Frost seems more confused than ever.



Connor

Lake, British Columbia on February 11, 1999. They received 145 cm of snow in 24 hours! (That is nearly 5 feet of snow in 1 day!)



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

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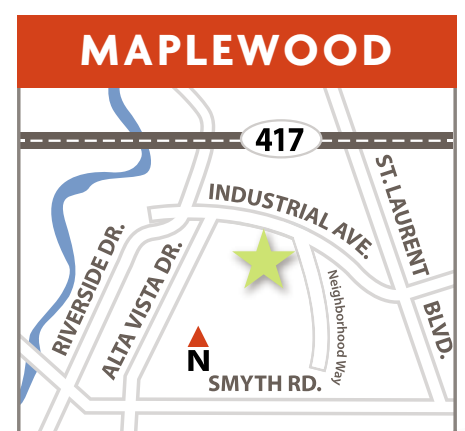
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The lung experience

by Kailey Walker
Photos by Scott Walker

As a grade 5 student studying how the body works, I invited my mom Kathryn to speak to my class on the respiratory system. My mom is a respiratory therapist who works at the Rehabilitation Center, in the pulmonary rehab section. The grade 5 class of Elmwood school got the chance to have my mom come and talk and do a few amazing experiments. The first experiment was to measure our oxygen coming in through the mouth and nose and also what our heart rate was. My heart rate was 109 probably because I was excited that my mom was there. My oxygen level was 99%. This was measured by a pulse oximeter. She had us breathe in and out through a drinking straw to mimic how it

feels to breathe with lung disease or asthma. But the coolest thing was the pig lungs; some girls were grossed out because they were real but did you know that pig lungs are the same size as a human's lung? On the weekend some of my neighbourhood friends came over to look at the lungs. They came and enjoyed the whole thing. One of the girls named Erin, age 5, knew a lot about the lungs. She observed that on the diseased lung that was all black and gross, she saw that it did not inflate as much as the pink healthy one. At the end everyone loved the experience to look at how big your lungs actually are and what smoker's lungs looked like. Soon everyone had to leave and the kids thanked my mom for the presentation.



Ronan, Nellie, Erin, Brooklyn, Zara, and Kailey holding the stethoscope for Kathy





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Do you have a marathon on your bucket list?

by Judith Fairbairn

Do you have a marathon on your bucket list? I didn't but my husband did. One day in August, my brother emailed and said, "Do you want to do a marathon together in Bangkok?" I thought about and said, why not! I like a challenge. We looked into the Bangkok marathon a bit more and realized that it started at 2 am because of the heat and traffic. I'm not a late night person so I really thought this wasn't for me. My brother agreed. A few days later, he suggested the Singapore marathon. A much



Hardly owning the real marathon podium but (from left) Neil Fairbairn, Ian Felton and Judith Fairbairn felt good up there as finishers.



A welcome break at a water station for former Riverview Park resident Judith Fairbairn running her first marathon.



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more civilized event with a 5 am start. So the three of us agreed to do the Singapore marathon and I downloaded the 3-month training plan suggested on the marathon website. It was relentless training and took over our lives. It was difficult to continue with other sports, let alone work and studies, as we were constantly running. When I started the programme, a 20-minute run was a good run, but then I started running for two or even three hours and 20 minutes became only the warm-up. Gear also overwhelmed our lives. We bought running shoes, always trying to find the best ones after hours of meticulous research into the different options. I couldn't walk past a sports shop and not buy running socks in the hope that they just might be that much better. For ladies, finding the perfect sports bra is a challenge and I spent a small fortune trying to find the right one. For men, it's the dreaded 'nipple burn' to overcome. Nutrition was also important. As someone who does not enjoy carbohydrates, I found the suggested importance of *carbo-loading* difficult to manage. I am still not sure if carbohydrates work best for me, despite the evidence. I seemed to run best with a few eggs in my belly and a good steak the night before and carbohydrates just seemed to bloat and didn't give enough energy. But I listened to the advice and carbo-loaded. By the end of the marathon, I never wanted to see another crunch bar. As the marathon was at 5am, we chose a hotel in Singapore that was close to the start line. It was my first time in Singapore and what a

Continued on page 36

Vincent Massey Public School wins \$90,000 toward building their kindergarten playground

On January 28th, the students and staff of Vincent Massey Public School gathered for a live broadcast of Canada AM from the school. Just before 8 am they found out that they were grand prize winners from this year's AVIVA Community Fund. Their \$90,000 prize will go towards building a new kindergarten playground!! Well done students, staff, family, friends and everyone else who voted and contributed to the project submission. There is sure to be more news as plans for the playground come together.





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Marathon

Continued from page 34

drag that I could not enjoy all it had to offer. The last few days before a marathon, you should stay mostly off your feet, so no sightseeing. Eating is strictly controlled so no beer or exotic foods either. Luckily, Singapore has wonderful healthy soups and noodles so we really didn't suffer. And I now have another holiday destination on my bucket list.

All the advice recommends eating at least two hours before the race, with some advice suggesting even three hours. Hmmm, how will that work I thought? Do we need to get up at two or three am? Yup! So a lot of our 'holiday' in Singapore involved trying to get to bed by 6 or 7pm in order to train our bodies to naturally get up so early. We had limited success.

The day of the race and all three of us were in great shape. A niggling injury or stuffy nose would make it impossible to run so we were very lucky. We carbo-loaded, as you do, and made our way to the start line.

There were 76,000 participants in the races with 16,000 doing the marathon so it was exciting. We started on Orchard Road, which was all lit up for Christmas. It was a bit surreal being in such hot and humid weather at 5am with so many people and Christmas all around.

Experts say that pacing is important. You don't want to 'hit the wall' by going too fast at the beginning. We stuck to our 5 hour 30 minute pace goal religiously and made it through the first 10 kilometres without problem.

My husband and I had originally thought we would run together, mostly for logistics reasons. We had to fly home right after the race and didn't want to have to spend time looking for each other. However, during training we realised that we had different paces. When I felt strong and wanted to run fast, my husband would feel a need to slow down, and vice versa. We decided the week of the marathon that we would have to run the race on our own.

We ran together for the first 10 km and kept each other to the race pace. At a water station at the 10 km mark we lost each other. I then put on my music system and thought the rest of the race would be on my own. I had created a play list with some thumping music to keep me going but I ended up finding the relaxing music much more suitable for the meditative state required for a really long

run. Running along the Singapore coastline to Enya's Sail Away was a highlight!

About 5 km later, I spotted my husband and we ran together. Again at the next water station we were parted, only to hook up again at the 25 km mark. Although we had different paces during the race, we were exactly matched overall.

At 25 km, I was extremely happy. It was the furthest I had ever run. The training programme we chose was based on time rather than

were aching and my leg muscles were finished. My arches seemed to pop and worryingly collapse. My husband and I walked the last 12 km in a painful state and discussed how we would never ever do this again. We also discussed how we could have improved our training. More strength in the legs and longer runs with at least one over 30 km are needed.

By this point, I was really questioning the sense in doing such an activity. It started to even seem dangerous. I could see

podium. I was utterly exhausted but really happy.

The flight back home was a bit of a challenge but we made it and, surprisingly, were not very sore the next few days. It probably means we didn't push ourselves enough.

We both ended up with some black toenails, which I read is common. I've been wearing bright red toe nail polish for weeks to hide the ugly nails. Apparently, they may fall off!

The best part of finishing is that all the advice recommends that you don't run for a period of time and then slowly build up over at least a month. What a relief not to have to run!

All in all, I loved the training because it was a focused three-month period where I learned something new, achieved a goal and got fitter and stronger. We should have started with a few half marathons before jumping into a full one but, as a bonus, a half marathon now feels like a sprint so we're looking forward to signing up. Would I do it again? Oh probably.



Neil Fairbairn and his sister Judith at the end of the marathon

distance and even with the longest times, we never got above 22 km.

My brother followed the training system by the infamous Running Room and this was based on distance rather than time. We all agreed that training to time rather than distance is less stressful as you just need to keep on your feet for the required time and not worry about speed or distance. We also agreed that training for distance is more challenging and more successful; it showed with my brother beating us by about an hour and a half.

Throughout the race, my brother's wife and children followed us on the Internet. Every 5 km we crossed a beeping pad and this was uploaded immediately to the family. How cool is that!

From 25 km until 30 km, things got a bit tough and at 30 km, my legs just said "no more". My feet

people all around suffering from cramps, blisters or just dropping out. I have no idea how people do a marathon in under 3 hours. Hats off to them – really!

During the training, we had a few setbacks. I twisted my ankle and had to take two weeks off. I also found that in cold weather I had painful knees. Many people were incredulous that we chose Singapore, a tropical 30 degrees country, to do our first marathon, but I found the heat was better for my knees and it was the cold that was challenging. I don't think I could do a marathon in Canada or Europe.

Crossing the finish line was a huge relief and a sense of immense accomplishment. Until it happened, I wasn't convinced I could do it. We collected our medals, t-shirts and more carbs and had our photo on the finishers'





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

Sudoku on page 26

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April 26th 10 to 4 pm–Spring Crafts and Bake Sale in Building 72 in the Arboretum on the Central Experimental Farm. Home baked goods available for the discriminating palate, and lovely crafts on offer! Free admission, and free parking.
Our popular Garden Lecture Series start April 8th!
“Vegetable Growing Possibilities in the Urban Landscape” with Judy Cox
“Practical Pruning Techniques” with Lee Boltwood
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“Water Gardening: The Final Touch to your Landscape” with Diane McClymont Peace
“Spring Bulbs: An Essential for Every Garden!” with Mary Ann Van Berlo
These five lectures are available individually or as a series. Presented at Building 72 on different dates, call 613-230-3276 or go to our web site: www.friendsofthefarm.ca, see Events and dates are posted. Space is limited, registration for lectures is mandatory.
Price for series or individual lectures are posted.
May 24th – BUS TRIP TO GREAT-GARDENING-WEEKEND at Montreal Botanical Gardens! A one day trip for a spectacular event in Montreal! Over 100 exhibitors will be on hand to sell their plant material, specialty foods and artistic garden decorations.
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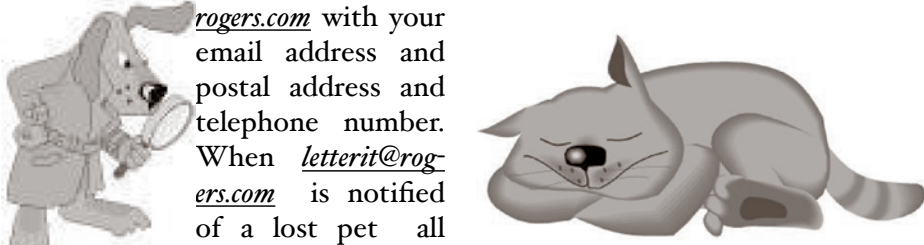
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HEALTH AND AGING FAIR, Your Downtown Stop for Active Living. Friday, February 7, 2014, 10:00 am – 2 pm. 670 Albert Street, Ottawa The Good Companions. 613-236-0428 www.thegoodcompanions.ca. Feel free to drop by and check out displays from various businesses and Community Organizations providing services for seniors. For further information please contact Rob at The Good Companions- 613-236-0428 ext. 358

RIDEAU PARK UNITED CHURCH, 2203 Alta Vista Drive, Ottawa 613-733-3156
50+ Exercise Class: Please join us each Tuesday and Thursday, 9–10 am during February. An hour of gentle, yet thorough movement is offered twice weekly to women and men. Please see the instructor regarding the fee. Plan to be fit for gardening and biking by continuing with the spring session of this class during March and April. The fee is \$30.00 for the two-month session, payable at registration during the first week of March. Info at the church office (M-F, 9-4) at 613-733-3156 ext 229. You can start in February, call us today!
Harmony Club for Seniors meets Wed. Feb. 26th, 11 am. All seniors in the community are welcome to visit or to join. Lunch (\$6.00) is served at noon. From 1:00 pm to 2:00 pm, Dr. Robert Nelson will talk about his “Contrasting Experiences in Kuwait and Iqualuit.” Wheelchair accessible; free parking. Annual membership is \$5.00. Non-members planning to attend this lunch and gathering are asked to call the church office (613-733-3156 ext 229) by Feb. 19th. Please come. Meet new and old friends from the community. The next meeting will be held Wed. March 26th, starting at 11 am.
A Shrove Tuesday Pancake Supper will be held on Tuesday March 4th, starting at 5:30 pm. All are invited. The Supper is organized by the 28th Ottawa Scouts. Tickets are \$8.00 for adults and \$5.00 for children. Info at the church office at 613-733-3156 ext 229 (M-F, 9-4), or visit www.rideaupark.ca

CANADIAN FEDERATION OF UNIVERSITY WOMEN- OTTAWA MEETINGS:
Monday February 3rd, 7:30 p.m. Topic: Women's Heart Health. Speaker: Heather Sherrard, Vice President Clinical Services, University of Ottawa Heart Institute. Meeting is open to the general public, free admission. Come to Riverside United/Church of the Resurrection Anglican, 3191 Riverside Dr. Ottawa K1V 8N8, 613-421-1370
Monday March 3rd, 7:30 p.m. Speaker Dean Mellway, BSW, MSW, Acting Director of the READ Initiative (Research, Education, Accessibility and Design), Carleton University. The READ Initiative supports research and projects on accessibility with an emphasis on solutions to issues affecting persons with disabilities. Carleton University is a leader in Canada in it's support for disabled students. Meeting is open to the public, free admission. Riverside United/Church of the Resurrection Anglican, 3191 Riverside Dr. Ottawa K1V 8N8, 613-421-1370 www.cfuw-ottawa.org
EMMANUEL UNITED CHURCH, 691 Smyth Road at Botsford, Ottawa
February 15th PARTNER-SHIP TURKEY DINNER, every one welcome! Join us for a feast with all the trimmings, sittings at 5:00 p.m., 6:00 p.m. and 7:00 p.m. Cost will be \$15.00 for adults and \$8.00 for children 12 and under. Proceeds go to support our global partners and pilgrimage trips. Reservations and tickets may be purchased at the office: 613-773-0437.

LOST AND FOUND
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We all miss our pets when they become lost. A missing pet is a stressful situation for both guardian and animal. Orrin and Pam Clayton wish to set up a confidential email list of pet owners (and others who care) in Riverview Park. If you wish to participate please email letterit@rogers.com with your email address and postal address and telephone number. When letterit@rogers.com is notified of a lost pet all participants will be sent a confidential email with a description of the lost or found pet. When a pet is found Orrin and Pam will notify the owner and arrangements can be made for the pet to be returned between the parties involved. Your participation may result in a lost pet being returned to their grateful owner.





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Alta Vista Manor residents hear how jailed Mandela held granddaughter

by Bill Fairbairn

An overflowing crowd at the Alta Vista Manor retirement home heard former broadcaster Max Keeping tell the extraordinary story of how an Af-

rikaans prison warder smuggled Nelson Mandela's baby granddaughter, Zoleka, into the anti-apartheid hero's prison on Robben Island 33 years ago.



David Bowley is visiting his Great-Grandparents at the Alta Vista Manor

The occasion of Keeping's address was the annual Christmas

party for residents and friends of the manor. Keeping was speaking only a few days after Mandela's funeral ceremonies last February attended by dignitaries and commoners of the

world including Prince Charles, Prime Minister Harper and three former prime ministers of Canada. Taking the story a stage further it was in 1980 that Mandela received a visit from his wife, Winnie. She was a "banned" person

under the apartheid government. On a rainy day she made her way to the ferry near Cape Town for the 30-minute visit to the island prison that she was allowed once every three months.



Kimberly Simon with Santa Claus
Photo credit: Bill Fairbairn

White people went inside the weatherproofed cabin on the ferry. Winnie and other black visitors were directed to the top deck ex-

Continued on page 45

Jack and the Fairy Dogmother officially launched!

The Launch took place on Sunday, December 8th . Tammie Winsor and illustrator, Greg Money are currently booking author/ illustrator visits to local schools. Contact can be made by e-mail to tammie.winsor@gmail.com



Tammie Winsor signing books at the launch of Jack and the Fairy Dogmother.
Photo credit: Xavier Allard

Securing Your Retirement

I understand the importance of having the right programs in place so that Canadians can prepare for their retirement. My colleagues and I know that Canadians have worked hard to earn their pensions and they deserve to know that when it comes time for retirement, those funds will be there for them. That is why we are working to ensure that this happens.

In October of this year, Premier Kathleen Wynne called on the federal government to enhance the Canada Pension Plan to ensure that Canadians can continue to count on this fund. We know that most Canadians do not have the luxury of depending on private pension plans or personal savings. We want to ensure that Canadians who have worked hard can expect to live out their retirement in dignity. We also want to ensure that when it comes time for retirement, our province and our retirees are prepared.

Premier Wynne took the lead on this initiative during a recent meeting with her provincial colleagues and is now working with her counterparts to ensure that the federal government understands that the enhancement of CPP continues to be a national priority.

Retirement income security for Ontarians is one of our fundamental priorities. We must ensure that Ontario has a reliable and responsible retirement income system, one that can evolve and respond to practical realities. Your Premier and Finance Minister, Charles Sousa will continue to apply pressure to the federal government to strengthen the Canada Pension Plan, and will also look at alternative measures to ensure that Canadians have peace of mind as they approach retirement.

We are here to help

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



John Fraser, MPP
Ottawa South

1795 Kilborn Avenue, Ottawa, ON K1H 6N1
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Riverview Alternative School

Sister act

by Amber Skillings-Nicholson
Riverview Alternative School
Principal

Every once and awhile you come across special individuals with "hearts of gold". Well Riverview Alternative School has lucked into two such individuals and yes, they're sisters! Gisele Cote started working as a lunch monitor with the school in September 2012. Her sister Diane McGee retired from Statistics Canada on September 30th, 2012 and started working at Riverview the next day. Both ladies support kindergarten students during nutrition breaks, which happen twice a day. There are lots of little containers to open and close, spills to wipe up and crumbs to sweep up, to keep them both busy. The students adore them and they often volunteer their time or stay longer than their assigned hours to help out in classrooms.

During the 2012-2013 school year Gisele also covered the Breakfast Club when our regular provid-

er was on holidays. She offered to take over the Breakfast Club for this year when last year's provider retired and her sister Diane regularly comes to help. Attendance at Breakfast Club has nearly doubled due to the delicious menus being offered, including: grilled cheese sandwiches, French toast and syrup, scrambled eggs, toasted fried eggs, homemade banana bread and homemade muffins. Leftover food is shared with students who could use a little extra food at lunch so no food is wasted.

In addition to helping out, these ladies have donated equipment and dishes to the Breakfast Club program, they've baked for School Council fundraisers and more recently, they've offered to make homemade Chicken Noodle Soup for the students. Our first soup day is January 22nd and if it goes well, they've got plans to do it four more times.

Riverview Alternative School is grateful that these two sisters are investing in student's health, hap-



Sisters Diane McGee and Gisele Cote are Breakfast Club providers, lunch monitors and regular volunteers at Riverview Alternative School
Photo credit: Amber Skillings-Nicholson

piness and success. They originally came to do a little lunch monitoring work and stayed to do so much more. We can't wait to hear about their next idea or project!

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Vincent Massey Public School

Snowmen
Continued from page 1

The power of giving

Vincent Massey Families
Wow the Staff with their Generosity!

It is absolutely overwhelming to see how the school comes together to give a hand up to others in need!! The families of Vincent Massey were asked to consider purchasing much-needed kitchen and bathroom items for Harmony House instead of staff gifts each year at Christmas time. Once again, we were so grateful to be able to share these donations with Harmony House! As well, the Vincent Massey Leadership Club delivered stockings filled to the brim with personal care items!

Harmony House is the only second-stage women's shelter in Ottawa.

For 25 years, they have provided safe, affordable transitional housing for women and children who are survivors of domestic violence.

Our donation helps these families get settled into their new homes. Our delivery is welcomed with smiles and HUGE thanks!

Submitted by Kelly Hamilton, Teacher

Leadership Group raises over 1000 items for Food Bank

This year, the members of the Vincent Massey leadership group had a fantastic end to

2013. After weeks of promoting

A very big thank you to all of the classes who brought in cans and other nonperishable

items, and special thanks to Ms. Wright's class, who brought in over 120 items in total!! Great job, leadership group!

Submitted by Etta G, Grade 7



and collecting cans and boxes, we managed to fill nearly more than 40 boxes and donating 1017 items to the Ottawa Food Bank! What a perfect way to end the year. To finish it off, a few of the organizers from the food drive will be taking a trip soon to volunteer at warehouse to organize food donations.

Sole To Soul Grows Stronger With Ideas

Throughout these past couple of weeks, our 7/8 class ideas have been rapidly increasing. Discussions have taken place just this month about the grant, fundraising for community trips, the girls' self-esteem group, a pep talk, col-

lecting our data, our logo contest, and finally a recent art project involving S.O.L.E.

What would be a better way to start off the year than receiving fantastic news? Once the full class had returned after the holidays, there was news to come. We've been officially granted \$1000 for our SAP (Social Action Project)! When seeing the smiles grow upon the faces, that's when you know how awesome it feels to support others.

Later in the first week, we discussed more about the fundraising for community trips. As the class brainstormed, everyone got excited and threw out all their ideas. It seemed hard to keep it bottled up until it was your turn. However, patience is part of leadership as well. The lava boiled higher, until eventually, the volcano had erupted with ideas on how to fundraise.

Our class is thinking that around March-May would be the best time to start our Sole to Soul girls self-esteem group, for girls between the ages of 6 and 10. The goal is to run this program from 3-4 pm, once a week, for probably 8 weeks in the Dempsey Community centre. We are still deciding

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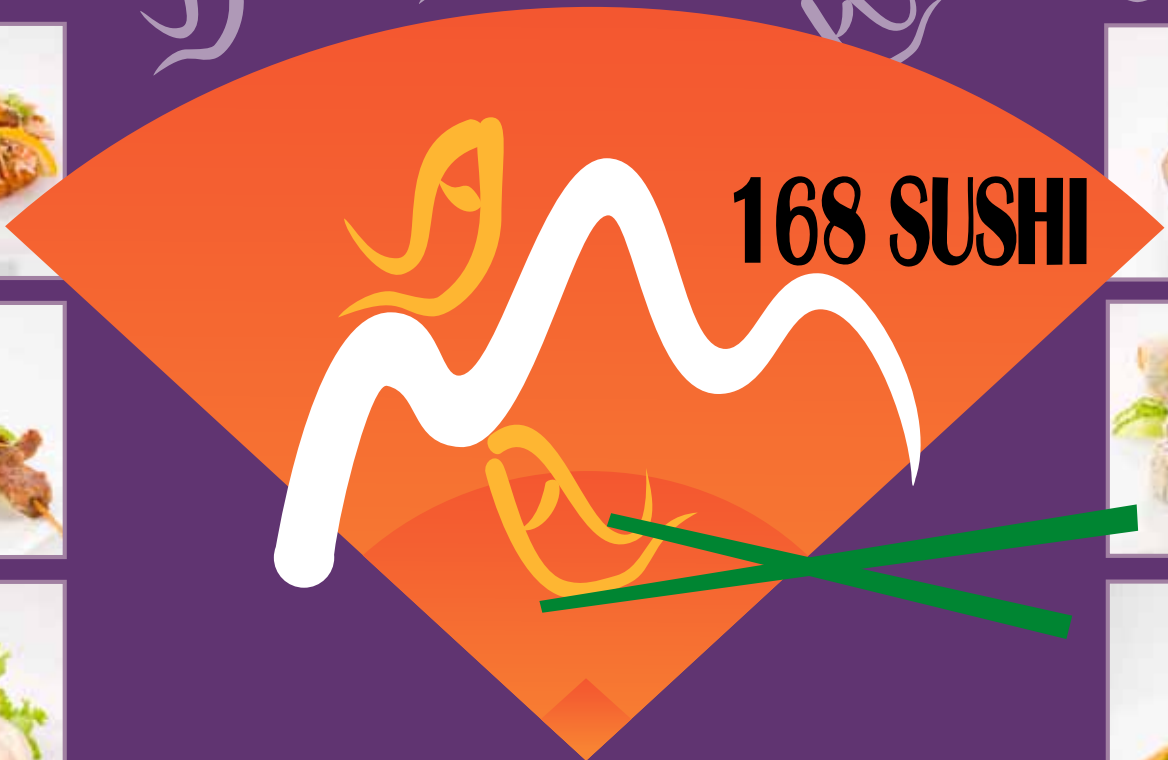
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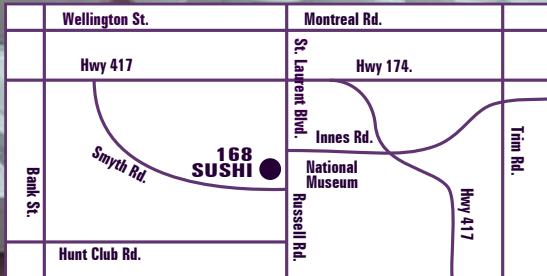
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Finding balance

by Julie Paillat

For our family, among all the lessons being learned, last year proved to be an education in finding balance. Sometimes finding balance was simply walking between the ever-hearty thistles and rows of petite carrots, sprawling squash, or towering tomatoes. However, more often “finding balance” was the juggling of two full-time jobs, three young kids, and the biggest garden we’ve ever managed to grow. Big enough even to proudly call it a mini-farm!

Welcome to the story of Emabel Farm... our family’s new part-time enterprise. It’s a start-up, a corner of an acre, and home to our favor-

ite vegetables. We live in the city, and farm in the greenbelt: lucky to have both farmers and farmers’ markets as neighbors! Emabel Farm is growing, harvesting and selling the “fruits” (actually, mostly veggies, for now), of our labour to a small base of Community Supported Agriculture (CSA) customers. Our friends, family and neighbors graciously taste-tested and of course we enjoyed eating, cooking, and canning ourselves. It’s easy to share when you have plenty; with the local Ottawa Food Bank site so close by, we were sure that some of our many zucchinis and tomatoes found good homes while we await-



ed the potatoes and winter squash to become ready.

Each growing season brings its own lessons. We learned that while the washing and preparing of the

CSA baskets is a job best done when the kids sleep, they definitely have enjoyed planting, weeding, playing, harvesting, and giving away “their” vegetables as much as their parents have! We also had to learn from unexpected surprises like last year’s cool, wet spring weather. The weeds, insects, and small animals that were taking up space, nutrients, and actual bites out of the plants were not a shock per se, but definitely showed we still had a lot left to learn about organic farming. Balancing out any disappointment was the way

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Book review

Oil sands onslaught at Fort Mac reflects pipeline war in Ecuador

by Bill Fairbairn

A disrespect for objective diplomacy, as Canada’s government has demonstrated by its non-diplomatic postings in the past year, should be judged alongside books by John G. Kneale.

During the three years Kneale was ambassador to Ecuador his memoirs indicate he dealt diplomatically and often simultaneously with volcanic eruptions, economic

collapse, indigenous uprisings and a coup d’etat by the military. Adding to the crises was the kidnapping of Canadian and American oil workers in the Amazon region and the huge payment for their release.

Kneale’s book, *Volcano Rising*, a sequel to *Foreign Service* and written as a diary with flashbacks in history to Spanish colonialism, shows that in spite of the chaos Canada emerged as a major player in Ecuador’s political and economic life. This story will intrigue readers with its account of a developing nation’s struggles, as well as descriptions of the Andes, the Amazon and the Galapagos Islands.

A review can hardly cover the impact of the adventures and political intrigue Kneale, his wife and two teenage daughter, were plunged into from 1998 to 2001 when a volcano literally exploded above their heads. The rising hot lava of discontent among marginalized Indian and mestizo (Indian-

Continued on page 45

A touch of India

Yoga laughing really works

by Judith Fairbairn
Photos by Ian Felton

I started a yoga class about nine months ago and we begin every class with 12 rounds of the sun salutation.

The sun salutation must be the best way to warm up, keep toned and use probably every muscle in the body. When I do a few rounds of the sun salutation at home, I immediately have no backache (from too much desk work) and my body gets toned so quickly if I keep it up.

One of my favourite statues in the world is the sun salutation statue in Delhi airport. I just love the sun salutation.

At the launch for the hilarious book by local author Kalli Purie, Confessions of a Serial Dieter, the author noted that her most successful diet was when she did 100 rounds of sun salutation daily. I tried this for a while but never got past 15. ‘Willpower of a barnyard



rat’ was the problem, as they say in my country. So I must go to a class. At the start of each round of the sun salutation, we recite a mantra, or chant. I love this part of the class because I find it so soothing to chant. It’s like a massage of the internal organs. Over the weeks I started to recognise the mantras and join in. I heard blah, blah, blah...yamaha. One day, a kind Banglorean

gentleman who has his spot in front of me (it’s one of those classes where everyone has their spot) gave me a print-out of what we are actually saying. It has nothing to do with the Japanese company. We are actually saying Namaha, which is a salute or bow. I now have the mantras on my fridge and am memorizing the different words and slowly remembering them.

Below are the 12 mantras with an English translation. There are several versions of the Sun Salutation and, checking around, quite a few English interpretations so these are my personal favourites. Pranamasana (Prayer pose) Om Mitraaya Namaha – Who is friendly to all. Hastauttanasana (raised arms pose): Om Ravaye Namaha – Who is the shining one, the radiant one and the cause of change. Hasta Padasana (hands to feet pose): Om Suryaya Namaha – Who is responsible for inducing activity.

Ashwa Sanchalanasana (one leg back or equestrian pose): Om Bhaanave Namaha – Who moves through the sky and diffuses light. Ashtanga Namaskara (knees, chin and chest on the floor pose): Om Pooshne Namaha – Who is the giver of nourishment. Bhujangasana (cobra pose): Om Hiranyagarbhaaya Namaha – Who has golden brilliant colour. Parvatasana (mountain or downward dog pose): Om Marechaye Namaha – Who is the giver of light with infinite number of rays. Ashwa Sanchalanasana (equestrian pose): Om Aadityaaya Namah – Who is the divine Mother. Hast Padasana (hands to feet pose): Om Savitre Namaha – Who is responsible for life. Hastauttanasana (raised arms pose): Om Aarkaaya Namaha – Who is worthy of praise and glory.

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Grand Opening of the Peak Boutique



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Yoga

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Tadasana (relaxation pose)
Om Bhaaskaraya Namaha – Who is the giver of wisdom and cosmic illumination.

I had never really thought about the sun in this level of detail before taking up yoga in India but isn't that a great way to salute this amazing part of our lives?

My favorite place
Cubbon park in the morning is my favourite place in Bangalore. It is closed to traffic from 6-8 am and brimming with life yet so peaceful (for Bangalore) and I smile from the moment I enter.

Saris with running shoes. Men in balaclavas in the winter. It's not a fashion parade but a sensible and healthy Bangalore, which I love. And of course, this being India, people have their personal music systems blaring out. Not too loud to be annoying but interesting in the choice of 6am music.

It is a great place to see some old colonial buildings such as the state High Court, Library, Art Gallery and Museum and also the Vidhana Soudha, the state parliament. There is also the Industrial and Technological Museum, although not open so early in the day so plan to come later for that 4-story science wonder.

At 6 am, people are walking their dogs, jogging, cycling, playing badminton and cricket, and practicing yoga.

In the park across from the library there is a daily yoga drop in class that is run more like a boot camp with an instructor bellowing out the moves. Amongst the flowers and yoga practioners are stray dogs lying in the grass

seemingly oblivious to all that is around them.

And the dogs! There are so many of them and they are so friendly. I recognise a lot of them now and notice when they have had a rough night. Low temperatures in the winter or storms in the rainy season and they can be a shivering wreck in the morning.

The dogs never give me the time of day. However, take out a caramel sweet and dogs immediately swarm you. I was stunned, although not scared, by the immediate reaction when I took out my sweet. It was more begging than anything to be frightened by.

I was at first horrified by the carb biscuit diet fed to these dogs by kindly folks so I thought of bringing some good quality dog biscuits to feed the dogs, and I even bought some (embarrassed to say that I couldn't easily find any in Bangalore 18 months ago so brought some back from the UK!). Now, I'm not sure I want to be known as the lady with good food. I ended up feeding the biscuits to the dogs on my street.

I've noticed that some Bangaloreans walk with a stick and I've heard that people walking dogs can have problems with the street dogs. So carry no food and don't walk your dog and the street dogs will not even notice you.

All the animals seem well cared for in the park. Most Indians I've met are incredibly compassionate to animals, summed up by Gandhi's great saying that is plastered on the wall of one of my favourite dog places in Toronto: "The greatness of a nation and its moral progress can be judged by the way its animals are treated."

There are people who pour what looks like flour along the

pavements. For the longest time I had no idea why. At first I thought it was to kill some insect but now I think they are actually feeding the ants! I haven't yet got to the bottom of it but one day I will get up the nerve to strike up a conversation.

The group that feeds the pigeons hasn't been too popular and seems to have been moved along as the local community is finding it tiring dealing with these birds, but there are groups that feed the green parrots and squirrels.

A staple of Cubbon Park is a lady with at least six golden retrievers who comes to the park every day. I read in the newspaper that she has been on a vow of silence for over 10 years (she did the whole interview by writing the answers to the questions on paper). She comes to Cubbon Park to give her dogs some fresh air and does several hours of yoga. It's fascinating to watch as she does the sun salutation in

front of the High Court while her dogs mill around.

Occasionally I hear the laughing yoga group. They walk around Cubbon Park and just laugh. Apparently the act of laughing makes you happy and you get some of the yoga benefits from just using your stomach muscles to laugh. I met the founder of the laughing yoga movement, Dr Madan Kataria, recently and tried it out. You know, it works. It's the art of tricking your brain into thinking you are happy and so you are happy. I actually had happy tears streaming down my face for no reason!

Near the tennis academy, there is a group of men who congregate daily to do yoga meditation and basically have a good chat. What a great way to start the day!

And everywhere there are individuals practicing their own, in some cases bizarre, types of yoga and meditation. People sit cross-legged on the numerous benches meditating and flipping themselves around in yoga and jumping jack type movements.

Last time I was in Cubbon Park, I was so happy to see that they have refurbished the bandstand, thanks for the new Friends of Cubbon Park Group. For some time it was roped off because it was unsafe to enter. Now we see people practicing their yoga on the bandstand, and what a beautiful bandstand it is. David Bowie recently ran a campaign to document and save bandstands around the world so I'm inclined to send ours to him. Maybe he'll come and put on a concert!



Cubbon Park
Photo credit: Augustus Binu

Emabel farm finding balance

Continued from page 42

the whole family was excited to grab our boots, gloves, and tools, and get into the field to see what had grown and then work and play until we enjoyed the sunset. We relished the taste of the first watermelon we ever grew! And what could be better than having even your pickiest eater walking down the rows, munching as she goes, in search of another juicy tomato or bright pepper?

There's a lot more work to be

done before we get back into the field and restart the weekly exchanges with our customers. 2013 was a successful year of finding balance in a busy schedule, but with all the new ideas and big plans we've thought up over the winter, I guess we'll need another season to get the balance just right!

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Malcolm and John Harding

Vincent Massey PS

Continued from page 40

on what kinds of activities would help with self-esteem issues. However, there is an incredible amount of ideas we've stirred up. For instance, we thought that maybe we should have an art activity about them, maybe focusing on things that people see on the outside, that have never been told to anyone. And of course, there's gotta' be snacks! The Sole to Soul part of the project would mainly be for the girls in the class because younger girls wouldn't feel as comfortable with guys. No girl is, right? So for the guys, their main role will be in the fundraising.

"Every year you have to have a pep talk," our teacher indicated, as a video popped onto the board. This pep talk was done by just a little kid, the kid president in fact, probably in grade 2 or 3. The kid was cuter than ever with his mistakes in the video, and how he was unsure of what "journey" said. "Don't stop believing... Unless your dream is stupid." Yet, what really lured you in, was not only his tone in voice, but his message. At the end of the video, the kid had said, "We were made to be awesome." So in these past few weeks, our teacher has been referring to the kid president's message. This is an extremely important message, that reminds us all that we need to get out there, give a helping hand, and expect nothing in return.

The results from the survey are in! As a class, we've attempted to organize all the data from the survey in graphs, on maps, and for more valuable information, verbally. One thing we had noticed was the large amount of languages spoken in the community. This tells us that there should possibly be an ESL (English Second Language) program, for people to get better at speaking English. There was a mode of 2 languages that were spoken in the household. It was amazingly stunning to see how many languages are spoken in this community everyday.

Our poster contest lowered the amount of winners to five so far. There will be two more out of the five that will be eliminated. Once the three winners are chosen they will be posted in the school community, the school, and in the Russell Heights community. The three winning posters will be for different viewers, one for adults, teens, and last but not least kids.

In everything that is happening, how can we still have our Sole poster contest? Not to mention,

our latest art project that experiments with our winning logo. Recently, we have been exposed to an art experiment based on the famous "POP Art" by Andy Warhol. Our logo had been drawn 6 times on a single sheet of blank paper. The assignment was to create POP Art for our logo. Still ongoing, they're starting to bring out powerful messages and feelings. In conclusion, the class has been throwing ideas about what we could possibly do with their logo pop art. One suggestion by a student was that we could design a collage, with the whole class' art pieces. Great ideas come when you keep an open mind.

Our SAP is layering more as this year moves forward. We hope to get out there soon, so we can lend a helping hand. Can you make a difference? May 2014 be the most generous year yet. Because, "We were made to be awesome."

submitted by Amber T., Grade 8

A True Story

1ST DEER

Since I was four years old, I was inspired by my grandpapa because we have a special bond. How? We talk about personal things and he's one of the best people in my life. I told him that I wanted to hunt. At five years old he took me out to hunt. That wasn't very fun—I fell asleep. Next, he took me at the age of eleven. He shot a 3-point buck.

When I went to go get my hunter's license, I passed my P.A.L but didn't pass my O.H.E.C. I failed. The second time I went, I passed. I was so proud of myself. The first, time I went hunting, I saw a spikey right behind the tree stand so I couldn't get a clear shot a my first deer. The second time, I went hunting on a cold fall morning with my crossbow. I waited two hours, and then at 10:00, I went to see if there were deer anywhere. I climbed back up in the tree stand. I said, "There's no deer here." Then five minutes later, a big 8-pointer came out! My adrenaline rushed. I took off the safety getting ready to shoot. I had a perfect shot then he went "WAN", because that's what they do and it was during the rut. As soon as I shot, I thought I missed the big buck. We rushed down, then we saw blood, I thought I skinned it. We waited ten to fifteen minutes; we found a blood trail but too little. I said, "What if we can't find it?" and then my grandpapa said, "He's right there". It was the best moment in my life.

submitted by Shaun L., grade 7

Book review

Continued from page 42

European) populations also came right to their doorstep in Quito.

Canada's strife over its own oil/tar sands development in Fort McMurray has a somewhat similar set to in Ecuador where it seems the poor are last to potentially benefit and clean land to lose. Entertainer Neil Young, a late arrival within the world anti-oil fraternity with his current concerts against a potential Albertan "Hiroshima," would be welcomed by the Indians of Ecuador. Kneale writes that the oil is all locked way behind the Andes and must be brought to the Pacific coast by pipeline over the mountains. "There is only one pipeline built by Texaco 40 years ago and it is inadequate to carry all the oil that finance-challenged Petroecuador, the state oil company, wants to produce."

So would you believe that "five foreign oil companies, lead by City Investing (now owned by Alberta Energy Co.) had raised the necessary financing of about \$700 million on a BOT (build, operate, transfer) basis. They would build the line operate it for 15 years, and then turn it over the Ecuadorian government."

Makes sense? Not apparently in Ecuador. Everyone opposed it. The Indians said it was a sell-out to the greedy gringos. The military said oil was a strategic resource that must be under the control of the state. "I've told City Investing/Alberta Energy people to prepare

for a long battle...maybe for years in legal challenges," writes Kneale. "And even if construction eventually begins, the more extreme opponents will blow it up."

Today, about 60 per cent of Ecuador's 520,000 barrels of oil a day shipments are purchased and taken by China, as a consequence of Ecuador defaulting on a U.S.\$3.2 billion debt in 2008. President Rafael Correa criticizes the power that major Western oil companies and private energy once held in Ecuador and touts the Chinese deals as a triumph of trade between close allies.

John Kneale's Ecuador memoir crackles with murderous bickering, extravagant local corruption, double dealing and bloated egos in collision. At the centre were often fumbled reactions in Washington and in Ottawa, where the government of the day could hardly make up its mind whether or not to have an embassy in Quito.

Volcano Rising and especially *Foreign Service*, which includes chapters on Algerian independence, Mexico during its oil boom and Iran in the throes of a fundamentalist Islamic revolution, also may show critics of the foreign service that diplomats don't just rise in the service through party-going and socializing.

Kean's book shows that diplomats must stay on top when cultures, politics, business and diplomacy mingle but don't mix.

320 pages. Baico Publishing Inc. Price \$24.95

Mandela/Max Keeping

Continued from page 38

posed to wind and rain. She took her place uncomplaining wrapped in a blanket. When she arrived on the island it was discovered she had smuggled a baby with her under the blanket. This was the four-month-old granddaughter Mandela had never seen.

Prison warder Christo Brand, who had been locking up Mandela and his African National Congress political comrades nightly for four of the 27 years he spent in prison, listened to Winnie plead with the warder to allow Mandela to hold the baby for a moment. He told her that was against the rules.

At the end of 30 minutes of contact with her husband through the glass partition, Winnie was told to wait and Brand asked her if he could hold for the first time a black baby. He was quoted saying: "She let me have the baby and I walked back to Mandela behind the secur-

ity screen. I called to him and put the baby in his arms. I told him to keep quiet about it or I could lose my job."

Mandela never forgot the kindness. Many years later after his release and election as his country's first non-racial black president he offered Christo a job in the Constitutional Assembly, entertained Christo and his wife to tea at his presidential residence and invited the former warder to his annual birthday celebrations for the rest of his life.

It was a continuation of the friendship built in the grim surroundings of a maximum island security prison between the black freedom fighter, prepared as he said in court when charged with treason, to die to liberate the people of South Africa, and the Afrikaans farm boy turned prison warder born on different sides into that same apartheid era.

Brr!



A photograph of a snowy road in a winter forest. The road is covered in snow and leads towards a small building in the distance. The trees are heavily laden with snow, and the sky is overcast.

A photograph showing a snow-covered fence and trees in a winter landscape. The fence is made of dark posts and wire, with a thick layer of snow on top. The trees in the background are also heavily covered in snow, creating a white, wintry scene.

A large, conical Christmas tree stands as the centerpiece in a snowy outdoor setting at night. The tree is densely decorated with numerous blue and white lights, creating a vibrant glow. It is positioned in front of a multi-story brick building with several windows, some of which are illuminated from within. The ground is covered in a layer of snow, and a small, brightly lit lamp post stands to the right of the tree. The overall scene is festive and well-lit.

A small, fluffy brown dog is sitting in the snow, looking up at a person's legs and feet. The person is wearing tan pants and brown winter boots with laces. The dog has a dark face and is looking directly at the camera. The snow is white and covers the ground.



Photo credit: Greg Money

Winter adventure

(Follow the steam of the co-generation plant)

**Meet your neighbours
and play in the green
space with your dogs,
skis, snowshoes,
toboggans, etc.**



Nathen, Catina, Anne-Marie and Baileigh.
Photo credit: Jacob Noble

Fundraising at Oakpark for two worthy causes

by Tom Kloppenburg,
Marketing Manager
Photos by Mariam Dwyer

Each year at Oakpark we hold a Christmas Bazaar. This year a percentage of that money was going towards the Ottawa Food Bank, a charity



One of the paintings for sale in our “Nothing over \$25 art sale” to raise money for the Food Bank. This one is “after van Gogh”

that Oakpark has supported every Christmas for several years. The bazaar is always very well attended and our residents are never hard pressed to purchase a few items especially when they know some of the proceeds are going to a worthy cause. This year however, the

focus of our fundraising shifted to a cause that hit very close to home for many of our staff and residents alike.

In early November 2013, Typhoon Haiyan devastated the Philippines affecting thousands of families and lives. Here at Oakpark we have a large contingent of Filipino



Fall Collage

employees that work every day with our residents. When news of the disaster made its way through our building, the concern was immediately for our staff members and their families that had been affected by this typhoon.

Our residents began thinking of ways that they could help and support those affected by the disaster. The suggestion was put forth that the proceeds from our Christmas Bazaar go towards the relief effort in the Philippines.

However in a desire to support both causes, a general donation

Bank, a Christmas Gift Wrapping service was set up for the residents where, for a small fee, gifts were beautifully wrapped and ready for giving. Also residents and families also purchased some of the arts and crafts they had created during our art sessions, with all the



Fall Collage

proceeds going to the Food Bank. Over \$900 was raised also for this very worthy cause.

All of the generosity shown by our residents is a great example of people coming together to show support for those in need.


If you would like to make a donation to those in need in Ottawa please contact the Ottawa Food Bank. If you would like to make a donation to the relief effort in the Philippines please contact the Red Cross.

If you are interested in taking a tour of Oakpark Retirement Community please contact Tom Kloppenburg, Marketing Manager at 613-260-7144.

box was set up as well for those who wanted to donate to the Philippines Disaster fund, raffles were held and \$1595 was raised through the generosity of our residents.

Riverstone Retirement Communities, the parent company of Oakpark Retirement Community also pledged to match any donations for the relief effort. In total, Riverstone matched this donation and the Government of Canada also pledged to match any donations to the Red Cross. In total, Oakpark was able to raise \$6,380.

Not forgetting the Ottawa Food




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JOHN FRASER MPP
Ottawa South

Constituency Office
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