



APRIL 2014

A Voice of Riverview Park

VOL.6 NO.2

**Riverview Park Soccer Club
Parent Volunteers needed
for Summer 2014.
See page 13**



“Thelma and Louise II” starring Elizabeth and Erin

Photo credit: Tanya Fraser

Photo review page 50



Alta Vista Centre showing signs of life

by Stefan Dubowski

After a long stretch of time with a burned-out sign and three empty stores that no one could rent, Riverview Park’s local strip mall is on the mend. Alta Vista Centre, located at Alta Vista Drive just south of Industrial Avenue, features new signage and its vacant spots are finally for lease.

The property’s owners have replaced the old, intermittently lit neon Alta Vista Centre sign with crisp white lettering. Commercial property brokerage Cushman & Wakefield erected a bright red placard near the road to advertise retail space for rent.

These changes spell renewal. Open since 1956, Alta Vista Centre is one of Ottawa’s oldest malls. Over the years, it has housed numerous businesses serving the Riverview Park

Continued on page 12

Retirement Living Your Way



ALTA VISTA
Retirement Living, Your Way

At Alta Vista Retirement Community, we understand that your care needs may change. Care packages can be tailored to meet your growing needs, allowing you to remain for as long as you choose.

BILINGUAL SERVICES AVAILABLE



751 Peter Morand Cres. 613-739-0909

Even lions get in the picture at Alta Vista Manor

by Carole Moul

It was in February, 2013, that Walter Terentiuk sent out notices to every resident at Alta Vista Manor letting them know that he was proposing to initiate Wednesday night discussion groups. As a long-time resident of Elmvale Acres/Alta Vista, but only a short-time resident of the Manor, Mr. Terentiuk thought that it was just one more way “to get people out of their rooms”.

The first evening was planned as just an information session and 25 people showed up to hear about Mr. Terentiuk’s idea. And, with the encouragement of Jennifer Martel, then General Manager, the idea took off, and has since become a weekly feature, with the exception of the month of December when a hiatus was planned.

This popular speaker-series is now organized by both Walter Terentiuk and author John Jerome of the Alta Vista Retirement Community, and the list of guests over the past year has been long and impressive. There have been evenings with health care providers, a talk by a former RCMP offi-

cer, artists, and history buffs, plus information sharing about special occasions such as Thanksgiving, Valentine’s Day and St. Patrick’s Day.

Gwen Terentiuk, or, as she is

known, was the guest speaker at the Alta Vista Retirement Community that night, Bill shared his journalism journey with the over 30 people in attendance.

For the Wednesday evening

Park resident Bill Fairbairn, was welcomed by Mr. Terentiuk and John Jerome. And, as the guest speaker at the Alta Vista Retirement Community that night, Bill shared his journalism journey with the over 30 people in attendance.

His presentation was informative, historical, geographical, insightful and funny, and went a long way to provide the residents and guests a glimpse into the world of newspapers and, in particular, how journalism can shape a life for almost 70 years.

Bill began his story by telling how as a paper-boy aged 10, he made deliveries for the sum of 10 shilling a week, for not only one, but the town’s two competing weekly papers. He recalled how his routes consisted of some of the scariest tenement housing in Hawick (pronounced Hoyk), Scotland, and noted that at that particular time, there were about 10 national Sunday papers in Britain to deliver. His father, he recalled, read at least five of these each weekend.

Bill’s own first newspaper job



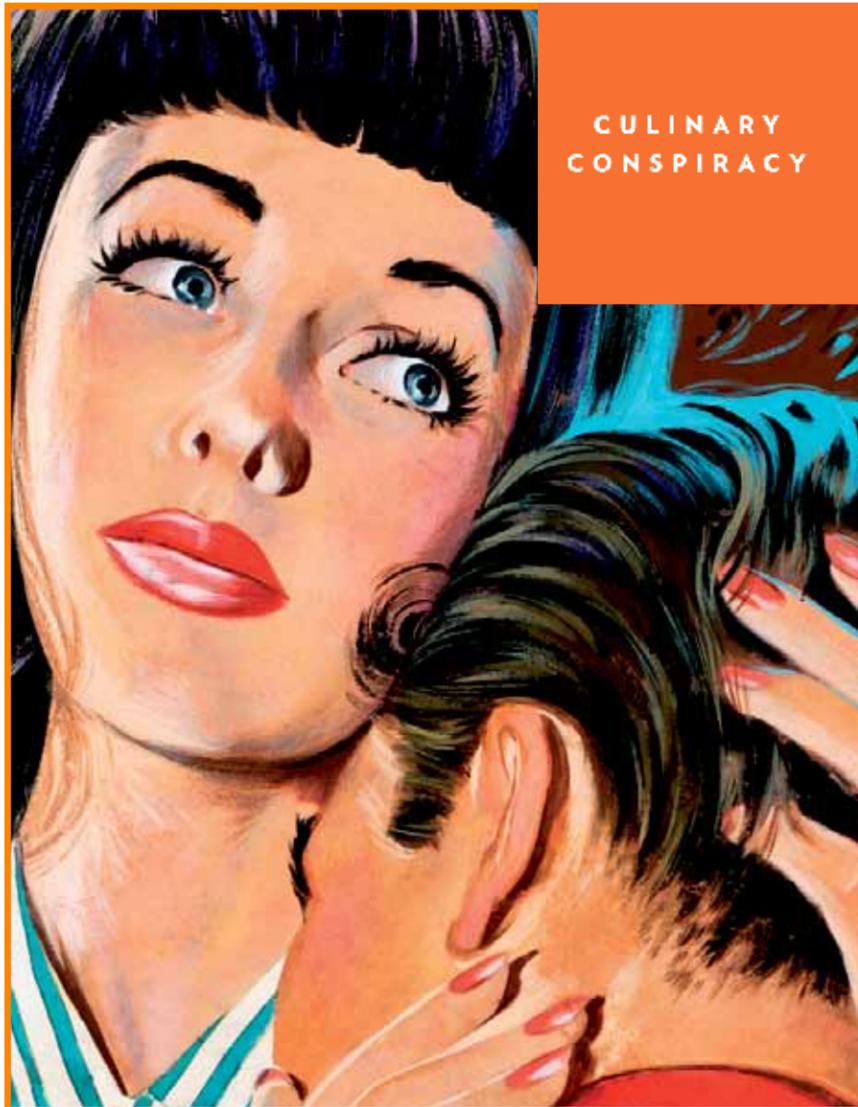
Bill Fairbairn engaging the residents of Alta Vista Manor Retirement Community with his talk on his career in journalism, after being introduced by Walter Terentiuk (R)

Photo credit: Janina Nickus

more frequently referred to as ‘Walter’s wife’, shared her wonderful experience of being in London, England, at the time of the Cor-

session of February 26th, local journalist, author, former CBC international radio desk editor, journalism teacher and Riverview

Continued on page 26



CULINARY CONSPIRACY

If he only knew Culinary Conspiracy catered the party.

We're the missing ingredient

Our team delivers amazing food, guaranteed to impress.

Enjoy a great meal at our lunch counter, or if you're pressed for time, just "Grab & Go" from our fridge.



Our fresh line of gourmet products include:

- signature BBQ sauces,
- rubs,
- saucers,
- chutneys,
- soups,
- and condiments

See a full menu in detail on our website

www.culinaryconspiracy.ca

OPEN

Mon - Fri 11am-6pm

(613) 241-3126 cc@culinaryconspiracy.ca
855 Industrial Avenue, Unit 12

Culinary Conspiracy

@c_culinary

Nathen's Win at the Franco Cite Science Fair

by Catina Noble

This past February Nathen Noble, a grade seven student at Franco-Cite, competed in his first ever Science Fair. Every year grade seven and eight students enter their science project into the science fair as part the requirement for the class. This year 250 students, from grade seven and eight entered the science fair. Each project fell under one of six categories including: information, environment and energy.

Nathen and his partner, Bradley's project fell in the information category. Their project was to find a way to use a concave magnifying glass to concentrate ultra violet rays towards the solar panel to create more electricity. The boys started their project right after the Christmas Break. Nathen went with his Dad to pick up the supplies to build the structure, and week after week he would work a bit on the project. Along with the project, the boys had to make a

presentation board to give the basic information for their project and do a presentation to judges.

Finally the day came for the science fair. Both Nathen and his sister Baileigh, grade eight students at Franco-Cite entered the the science fair. Baileigh's project was on how to make rain. Nathen had heard about the science fair from his three older siblings and was a bit nervous on that day.

In the morning all the students presented their projects to a panel of judges that walked around, listened to each project's presentation, asked questions and filled out a score sheet. After presenting the projects, the students went back to class. After lunch the school made an announcement of all the finalists. There would be five finalists from each of the six categories. To Nathen's surprise, his name was called. He had made it to the finals.

Everyone who made it to the

finals, 35 students out of 250, would have to present their project a second time. Nathen and his partner Bradley presented their project. Nathen says that he was nervous the first time he presented to the judges, but by the second time though, he had more confidence and was better

making it as far as he did and not be disappointed if he did not place first, second or third. Just the fact that he had made the top five was pretty amazing. As they called Nathen's category, Information, we held our breaths. They announced third place, not him. They announced second place, not



Nathen Noble with his 1st Place Medal, won with his Presentation Board and Project

Photo credit: Catina Noble



Nathen's project-Creating More Energy

Photo credit: Catina Noble

Book Fest authors' list growing

by Bill Fairbairn

More than 30 authors have signed up for the first Canadian Authors Association-NCR Book Fest on Saturday April 12, 2014.

The festival will not only display books for signing and sale, but will permit readers to hear CAA-NCR authors and others in Ottawa and surrounding area read from their books, and possibly discuss them in public groups, to be selected according to genre.

The likely 200 and more books cover Canadian fiction, international fiction, gender issues, politics, children's books and erotica.

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.

The venue, 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.

Author and organizer Dr Qais Ghanem (gbanems@rogers.com) says the event will be unique for Ottawa.

prepared.

Later on that day between 4:30 and 5pm the school would announce the first, second and third place winners for each category. Each student who won would receive a medal. Nathen called me from the school to tell me the good news. I raced down to the school to be there for the final announcement of the winners.

As Nathen's category was called, we held each other's hands. I had been telling him throughout the announcements that I was proud of him and congratulated him on

him. They announced first place, it was he and his partner. Nathen jumped up, threw his hand in the air and then went and got his medal. It was a good moment for both of us.

Nathen is already looking forward to next year's science fair. Nathen would like to thank his Dad, Pascal for helping pick up supplies and provide encouragement and a big thank you to Nathen's science teacher Monsieur Lafrance for his high five after the win, support and encouragement.

CAPITAL GRANITE

Custom Designed Counter Tops
Kitchens, Bathrooms, Fireplaces, etc

CALL FOR A QUOTE TODAY

or visit our Showroom & Workshop see samples of work in

- Granite
- Marble
- Quartzstone
- Slate
- Tiles

613 789-4428

213 York St. (at King Edward) free parking
www.capitalgranite.ca

We also stock Bathroom faucets 50% off

The Conference Board of Canada celebrating 30 years

by Geoff Radnor

On the corner of Smythe Road and Alta Vista Drive in Riverview Park is the pleasant red brick building home of The Conference Board of Canada. This year they will be

They are not part of the federal government. So what is The Conference Board? Occasionally you may read about them in the newspapers or hear them offering opinions on topics of the day. They also make appearances



Alta Vista drive do from their names, Medical, Dental and Pharmaceutical, but Conference Board?

My first contact with the organization was in 1971. For most of the period between 1959 and 1976, before I came to live in Ottawa, I worked at a hotel in BC. It was a resort on a lake about 100 km. from Vancouver. It had over 200 bed-rooms with function facilities for meetings and conferences. When I arrived

comprise about 30 presidents and CEOs of companies in Canada plus some other invited guests like government ministers and other VIPs. He wanted everything to be first class and done well to ensure that when these people left they would take back with them to their corporate offices across Canada positive and enthusiastic memories of the hotel. Like any other industry he wanted repeat business in the future.

Everything went well, the

celebrating 30 years at that location. Previously the Board was located in one of the towers at the corner of McArthur Road and River Road in Vanier.

on TV talking of economics or financial matters. But if they are not part of the government what are they doing in Ottawa? We know what their neighbours on



in Vancouver as an immigrant in 1959 I managed to get a job at this hotel clearing tables in the dining room. Over the years at different jobs I eventually became manager of the convention facilities, dealing with a varying miscellany of organizations of sizes from 12 to 400.

One day the General Manager, a most experienced European-trained professional, called a meeting of department heads in his office. He told us that the hotel was going to host a very important meeting being organized by The Conference Board in Canada (it was in Canada in the '70s). It would

business sessions along side a "spouse's" program over the weekend kept all the staff busy and the delegates and the Board's staff left with a positive attitude towards the hotel. We learned that this was the 19th Canadian Conference of the Conference Board in Canada. This meeting was the first of what became almost an annual event, mostly with different participants each year.

In August 1976 my wife and our two young children took a summer vacation down the west coast

The Parks, Recreation and Environment Committee
of the
Riverview Park Community Association
wishes to give a special Thank you
to **Aaron Dubien**
Home Hardware
Elmvale Acres
and
all the rink volunteers
in acknowledgement of
all their great efforts
keeping the ice rink cleared
and maintained
for the skaters
of Balena Park.

Thank You!

Continued on page 11

by Rustling Birch and Winking Owl



to Kangeiko

The Night before Kangeiko, our dojo still quiet
Some of us hesitating to try it.
One at a time we enter the place
And bow and Hello and smile with our face.
Toting our sleeping bags, bed rolls, and packs
Our gis, good moods, and secret snacks
By ten we finish our this and our that
So please discontinue chewing the fat!



Some people's eyelids are almost to dropping
And still there's tossing and flipping and flopping
There's into bed, out of bed, over and under
There's grinding of teeth and snoring like thunder.
The air's leaking out of my air mattress, maybe
And maybe I'd sleep better home with the baby
But dawn's coming soon, so plug up my ears
And think of surviving previous years

Remember the time the gas heater failed?
This year I'm hoping the payment was mailed
It's unpleasant thawing a deep-frozen gi
And shivering spoils my aim when I pee
No worries on that score this time, I see
The furnace is cycling regularly.
Each time when I am about to drop off
It starts with a swoosh or stops with a cough



Night is uncomfortable, short, and sleep-losing
And morning's too soon and too bright and confusing
But quick now to roll out and straighten my spine up
And get to the toilet avoiding the line-up
Hello to my neighbours, and pack my stuff up
And deflate the mattress I huffed hard to puff up
Carry it off and bow to the shomen
With care not to stress my bursting abdomen

Try to be cheerful and friendly, and wave
At people who look like they're pulled from the grave.
The mirror addresses the question insidious:
Is it just *them*. Do I look that hideous.



Onto the mat now and join in the race
Of stretching and yawning and staring in space
Then spend the ensuing one-and-a-half hours
Getting all sweaty and needy of showers
There's much to be done and we're here to do it
Without thinking thoughts of how to get through it

Sunday is going and Wednesday will pass
And Saturday too if I have enough gas
Like gas a car runs on, to make myself clear
Not gas from consuming boiled eggs and beer



Dojo friends who take life easy:
Consider Kangeiko without feeling queasy.
There's more to Aikido than meets the eye....
Best wishes to all!
To *Kangeiko*.
Kanpai!

Mighty fine poetry, that. Kangeiko. Winter Mornings Training. A week in February with an extra aikido practice at five thirty each morning. It is hard to make words carry much of anything. We hint.

on Thinking

Perceive with your intellect,
And you will not find the Way.
The intellect is a trickster.
It probes, examines, and dissects.
In dissecting, it arranges.
In arranging, it selects.



In selecting, it eliminates.
By eliminating, it fails:
All that is selected is at once wanting.
All that is eliminated is a deficit.

Perceive with your intellect,
And you will not find the Way.
The intellect is a trickster.
It studies, hypothesizes, and postulates.
In postulating, it assigns.
In assigning, it isolates.
In isolating, it objectifies.
By objectifying, it fails:
All that is isolated is unrelated.
All that is objectified is at once irrelevant.

Perceive with your soul,
And the Universe IS, undivided.
Perceive with your heart,
And the Other IS, unreduced.
Perceive with your spirit,
And the Truth IS, unconfined.

on Talking

The Tao that can be named
Is not the Tao...

Seek to name things
and you will not find the Way.
Nameless, things are always what they are.
They wax and wane in the Universe.
They come and go, ebb and flow,
interconnected as a whole.
Give them a name and they fossilize.
Once signified, they become irrelevant.
They can only ever be what they were when named,
arrested along the way, imperfect and apart,
forever cut off from the whole.

Name not the Universe.
Narrow and inadequate, names betray the Universe.
Name not the Other.
Reductive and stunting, names diminish the Other.
Name not the Truth.
Pompous and bombastic, names belie the Truth.

Receive and accept without naming,
and you will find the Way.

The one who knows does not speak.

The one who speaks does not know.

~ ~ ~



Tai Chi Aikido Kids Aiki-Judo
www.JISEIKAN.org (613) 738-7338

Children
Youth
Women
Men




自成政道



Self Defence
Supportive Classes
Enrich Your Life

716 Industrial Ave
Close to Hwy 417
& St. Laurent Blvd
Bus 86

Board of Directors: Peter Bishop, Bill Fairbairn, Michelle McLellan, Catina Noble, Rob Southcott – rpr.board@gmail.com
 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
 Cartoonist and Masthead Artist: Greg Money
 Bookkeeper: Anne Jackson
 Printer: Performance Printing

Mary, Mary, quite contrary, how does your garden grow? With horrid horse-radish and seeds that turn to weeds I hardly know.

This guest editorialist has put in a vegetable garden for 30 years, but still cannot tell how well it will grow no matter how much attention it is given.

That's why I have been looking forward to Fran Dennet's guest advice column starting in this paper right at the start of the garden season.

Our local communities have many beautiful floral and productive vegetable gardens but mine is rarely one of them. One problem is that a neighbour, who never seems to work as hard as me in his garden, comes up with the choicest tomatoes, kale, brussel sprouts and even gooseberries. The same neighbour gave me possibly the worst ever plant for my vegetable garden.

He passed on horse radish roots about 24 years ago and this ferocious intruder that I innocently gave life to has taken over my garden every year since. I doubt Fran will have an an-

swer to the underground advance of the horse radish that keeps popping up just when I have my seeds and trans-plants in and growing. It sprouts then it grows 18 inches tall all over the garden with wide leaves or something like leaves blocking sunshine to the carrots and beets that need it.

The tubers make horse radish sauce and, if combined with apple puree, a choice if spirited delicacy for beef. I actually have an apple tree, but its fruit simply goes into the compost heap with the tubers. Spraying the tree is a major task and chemicals by all accounts are not to be encouraged. I'd need a factory and factory hands to cope with any sauce production considering the amount of horse radish tubers and bruised apples I throw away each year.

I'm just hoping that the late 2014 ferocious winter with its sub-degree temperatures might have set back the horse radish roots and bedevilled the apple tree insect. I doubt it since I anticipate such a miracle of nature



after every winter and now know well and sit under the apple tree while the it doesn't come true. horse radish grows and bruised apples

Oh, well, maybe I should just go ping my head!

About the *RPR* Review community newspaper

Riverview Park Review is a non-profit community newspaper paid for solely by advertising. It is published five times a year. It is distributed free to Riverview Park homes and businesses.

Support our advertisers

Please support our advertisers. Get to know the persons and companies who serve you. Let them know that you saw their advertisement in *Riverview Park Review*. This newspaper could not be prepared without their support. If you know of anyone providing a service in the community, please tell them about *Riverview Park Review*. Email rpr.advertise@gmail.com advertising information. All profits will be made available to worthwhile community projects.

Submission formats

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

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

Please remember to recycle this newspaper.

PLEASE NOTE THAT THE OPINIONS PUBLISHED IN *Riverview Park Review* ARE THOSE OF THE AUTHORS AND DO NOT NECESSARILY REFLECT THE VIEWS OF *Riverview Park Review*.

RPRReview is currently seeking distributors

CONTRIBUTIONS BY POLITICIANS ARE PAID ANNOUNCEMENTS.

**RPRReview needs
volunteers to help with
distribution.
Please contact
rpr.distribution@gmail.com**

Next deadline for advertising and copy:
May 10, 2014 for the June RPRReview

WHAT'S THAT NUMBER?

Ottawa Public Library	613-580-2940
Elmvale Public Library	613-738-0619
Peter Hume (City Councillor)	613-580-2488
David Chernushenko (City Councillor)	613-580-2487
Ottawa City Hall	311 (www.city.ottawa.on.ca)
Police – non-emergencies	613-236-1222
Emergencies only	911
Ottawa Hydro	613-738-6400

Riverview Park Review Distribution List:

A sincere thank you to all the distributors for taking the time to deliver the Riverview Park Review.

Area Captains: François Allard, Sheila Bell, Colleen Calvert, Colin Hine, Carole-Anne Mill, Greg Money, Carole Moulton, Janina Nickus

Distributors: Allard family, Dorothy Apedaile, Erik Apedaile, Stewart Bailey, Rachelle Bedard, Sheila Bell, Kirsten Beyers, Peter Bishop, Marilyn Bowie, Peter Cairns, Colleen Calvert, Maria CampbellSmith, Benjamin Clare, Joan Clarke, Peter Clarke, Ruth Clarke, Tracy Contini, Bill Davis, Theresa Diger, Graham Djuric, Sarah Djuric, Tracy DoCanto, Kristy Donnelly (Blair Court), Mark Donovan, Sean Donovan, Shirley Doswell, Ian Duff, Eric Ewing, Bill Fairbairn, Abby Fraser, Jason Fraser, Jennifer Fraser, Kitty Galt, Heather Gilman, Brian Golden, Lillian Graziadei, Colin Hine, David Hamel, Flo Hamel, Kim Holownia, Annalys Jamieson, Jimmie Jamieson, Darren Johnston, Denise Kennedy, Cheryl Khoury, Chris Khoury, Max Lawrence, Sandra Lawson, Ginette Le Phan, Kathleen McCulloch-Cop, Tanner McCulloch-Cop, Vince McDonald, Brian McGurrin, Claire McGurrin, Colleen McGurrin, Helen McGurrin, Tim McGurrin, Jacob McKean, Carlie McLellan, Michelle McLellan, Sherry McPhail, Carole-Anne Mill, Greg Money, Bob Morden, Villana Murray, Janina Nickus, Kate Pilgrim, Blaine Primeau, Geoff Radnor, Cindy Rainville, Laura Rainville, Jen Robichaud, Richard Russell, Jennifer Sayer, Max Shewchenko, Tony Shewchenko, Wendy Simmons, Emily Spencer, Rachel Spencer, Marlene Steppan, Betty Stickl, Joe Stickl, Maia Toito, Marco Toito, Lydia Tonelli, Penny Turnbull, Bev Wagner, Dale Wagner, Larry Wagner, Terry Warner

Letter to the editor: What is the city doing to the tree stock in our community?

by Colin Hine

As others have observed there is lots of ongoing activity on eradication of the emerald ash borer in our community. It is very unfortunate that the city failed to act more quickly to treat and save our stock of ash trees rather than by removing them and planting new trees. The need to remove trees would have been completely avoidable if treatment had been started early and costs would likely have been much lower. The impact of the removal of up to 20% of the city's tree stock is catastrophic and will likely affect the local environment for years to come.

Further to this, the municipality appears to be taking costly steps contracting a number of "professional arborist" firms to maintain and prune the rest of the city's tree stock and work is also contracted out by Ottawa Hydro to make sure that hydro lines are clear. Unfortunately the efforts of the two groups do not seem to be coordinated. Two teams of "arborists" from different firms have been very active in our community. A beautiful maple tree at the front of our property has been attacked twice in less than a month with devastating results.

When approached about this the team pruning our tree, a red maple/silver maple cross, commented that the earlier team was only clearing for the hydro line and that their responsibility was to do general and overall pruning. Ironically a large amount of additional hydro side timber pruning was carried out by the City's contractors; the side that had already been pruned by Hydro's contractors. We estimate that between 10% and 20% of our beautiful tree has been removed and similar damage is

being done to other trees in the neighborhood. Right now they are attacking a neighbor's tree, a red maple with a beautiful upright form.

I would like to know where the huge inventory of "skilled arborists" doing this work comes from? Much of the work appears to be done indiscriminately with little regard to the structure and health of the tree. It is clearly unprofessional work. Extensive damage has also been done by Hydro arborists to a large silver maple shade tree in our back yard over the past several years. It no longer has a balanced architecture, something that possibly could not be helped because of hydro lines, but because of the way the pruning was done, it is diseased and extensively invaded by insects, and as a consequence attracts many wood peckers which do further damage. When we consulted an arborist we were told that the work done on the tree by Hydro's crew will likely affect its health and long term survival. He indicated that because the tree's leaves provide the conduit for much of the tree's nourishment, care and consideration must be taken when deciding how many of the tree's leaf-bearing branches should be removed.

Our taxes and hydro rates are paying for this "professional arborist" activity; work that will result in further decimation of city tree stock over the coming years. We read much in Councillor Hume's updates and newsletter about the efforts to fight the emerald ash borer in our community but it is very unfortunate that overall efforts to save the city's tree stock are not better coordinated and carried out in a more professional manner.

Putting on a happy face with a tidbit treat at Tim Horton's

by Bill Fairbairn

Tim Horton's tidbits usually are a sort of treat for kids but how about their use to console an e-cigarette smoker in the restaurant.

Editor Carole Moulton and I were having a coffee in Tim's recently when we were disturbed to see and smell mist or smoke lingering in the air around us.

Sure enough a man was smoking almost behind a newspaper in an adjoining table. Soon customers including ourselves were complaining at the service counter and one woman approached the smoker to have a word with him.

The electronic cigarette is a battery-powered device that simulates tobacco smoking patented in 1963 by Herbert A. Gilbert. It generally uses a heating element known as an atomizer that vaporizes a liquid solution. Some solutions contain a mixture of nicotine and flavorings with others releasing a flavored vapor without nicotine. The benefits and risks of electronic cigarette use are uncertain.

Health Canada is finally taking steps to get a handle on the booming market for the controversial devices.

The department's Controlled Substances and Tobacco Directorate proposes to award a contract

worth up to \$232,000 to Montreal firm A.C. Nielsen to provide data on retail sales of e-cigarettes in Canada over the past two years along with ongoing monthly totals.

Mist from e-cigarettes are reported to omit up to 1,000 times lower concentrations of cancer-causing chemicals than in tobacco smoke.

While they can be sold legally, Health Canada has not approved nicotine e-cigarettes. In 2009, it advised Canadians not to use them saying they might pose health risks. More recently, the department has been cracking down on businesses offering e-cigarettes with nicotine cartridges, ordering stores to stop selling them.

Supporters tout e-cigarettes as smoking-cessation devices.

The Canadian Public Health Association favours a prudent approach to managing the sale of e-cigarettes arguing that existing controls on their sale should be maintained pending additional research into their risks and efficacy as a cessation device.

A Tim Horton's counter assistant talked to the restaurant e-cigarette smoker after the complaints were received. Then presumably to keep a happy face when he stopped using his device handed him a carton of tidbits.

Walmart Shopping Carts
Please call the Ottawa Train Yard's Walmart to report shopping carts in Riverview Park. The telephone number is **613-562-0500** to tell where the cart is located.



Eagle Automotive

Vilbert Enviye
Owner/Operator

20+ years of experience with
Foreign and Domestic cars

FULL SERVICE

- Safety Checks
- Tune-ups
- Suspension - Tires
- Brakes
- Exhaust

Warranty Work Approved

call **737-9717**
Mon - Fri 7:30 am - 6:00 pm

730 Industrial Ave
(at Russell)

EAGLE 
Automotive









Planning and Development Update

by Kris Nanda

Chair, RPCA Planning and Development Committee

The Riverview Park Community Association (RPCA) and its Planning and Development (P&D) Committee follow developments of interest in the local community and around the City which may affect Riverview Park residents either directly or indirectly. RPCA Board members continue to work with other community associations on issues of common interest through organizations like the Federation of Citizen's Associations (FCA) and Community Association Forum for Environmental Sustainability (CAFES) — two networks of Ottawa area community associations representing rural, urban and suburban neighbourhoods.

The most pressing issue that the RPCA is following relates to the construction of the controversial Hospital Link portion of the Alta Vista Transportation Corridor (AVTC) road between Riverside Drive and the Ottawa Hospital Ring Road, now that revised detailed design plans have finally been shared with the public. A new concern arising from the updated design is the effect that the planned relocation of the VIA rail line (to accommodate AVTC construction) will have on the properties of Abbey Road residents and on greenspace, and a well-used walking path that had at one point been considered as part of a potential community-wide pathway network.

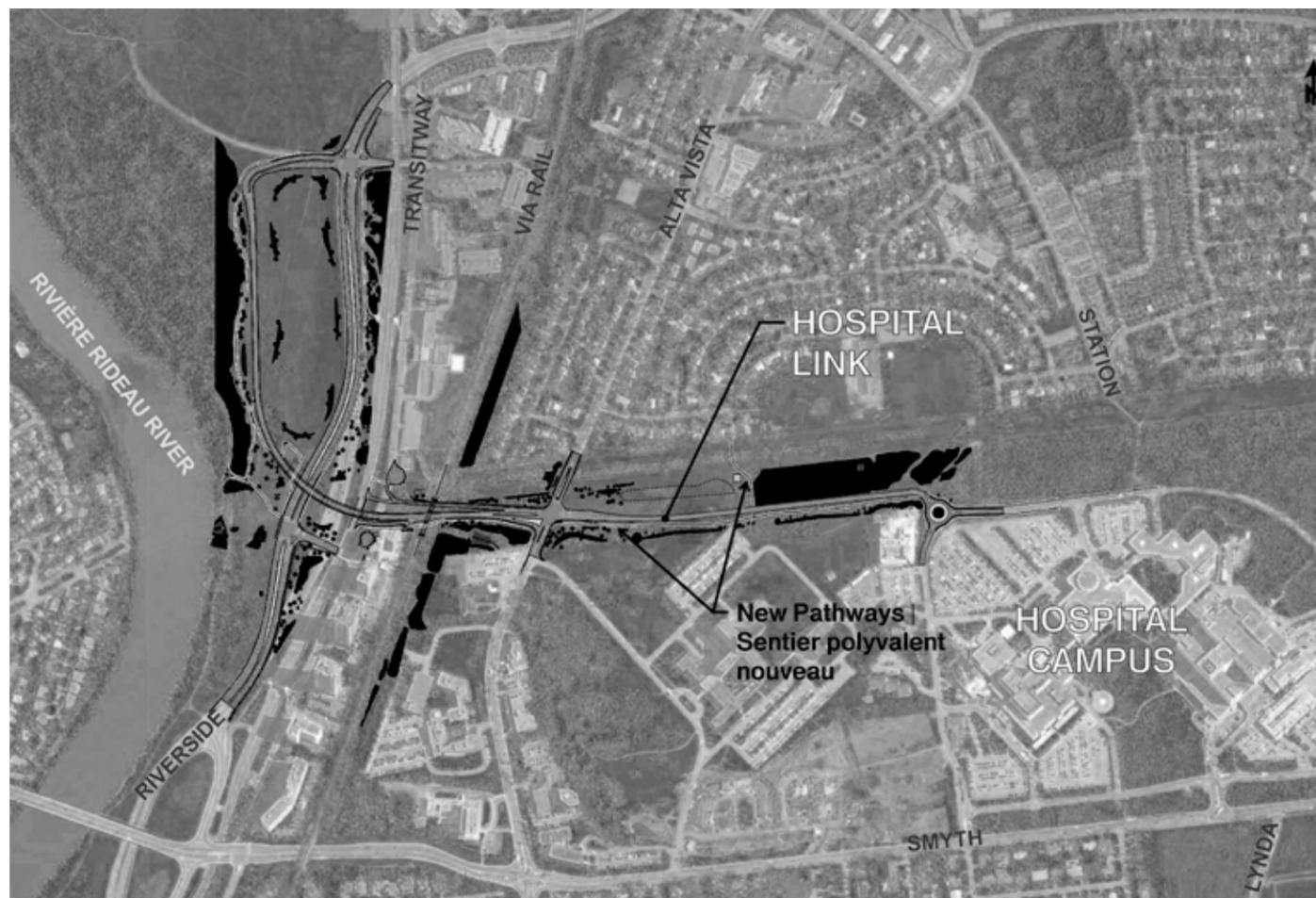
Committee members and representatives from other neighbouring Community Associations take part in the Alta Vista Planning Group (AVPG) meetings which Councillor Peter Hume hosts to discuss local development proposals of interest. Issues of interest which the RPCA is monitoring include the following items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

Alta Vista Transportation Corridor – Hospital Link

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 was publicly shared in late February and early March. The RPCA and other groups around Ottawa 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. Concerns were also raised around certain technical aspects of the design.

At the February 2014 AVPG meeting, RPCA Board Members and representatives of other Community Associations in Ward 18 received a much-anticipated briefing from Councillor Hume and City staff on the proposed design for the Hospital Link Portion of the AVTC.



The plans showed a new two-lane vehicle and transit link from Riverside Drive and the Transitway which connects to the Hospital Ring Road and facilities that comprise the Ottawa Health Science Centre (OHSC). The plans included an at-grade signalized intersection at Alta Vista Drive and a bridge passing over the Transitway and a realigned Riverside Drive. The Hospital Link is to join the Hospital Ring Road just east of the TransAlta cogeneration plant with a roundabout intersection, which means it will cut through the woods and a popular tobogganing hill and walking path, both of which will be lost during construction. Discussions will take place regarding an alternate location for a winter sledding hill.

According to the presentation, the Hospital Link is to be “residential in nature and similar to a local city street and is designed to function on its own.” The project is to be paid for by development

charge fees to support the future growth of the OHSC and the pending redevelopment of the National Defence Medical Centre (NDMC) to provide for 700 new homes. The project is to include space for public transit and pathways for cyclists and pedestrians, improving access to these facilities. It is scheduled to begin construction in spring 2014 with Hydro tower and CN Rail track relocations, and is expected to take three years to construct.

At the AVPG meeting, the City project manager for the AVTC

is awarded, adjustments can be made.” He also noted that plans to construct two storm water ponds north of the AVTC, between Alta Vista Drive and the hydro lines and school property have been revised as other measures, such as installing underground grit and oil separation manholes, are being pursued to address potential water quality issues. Councillor Hume has also agreed to a request from the RPCA to conduct a public “walk-through” along the proposed route between Alta Vista and the Hospital Ring Road this spring.”

Hospital Link addressed questions related to the decision to have an at-grade intersection with Alta Vista Drive rather than an underpass and provided assurances about such matters as the integrity of the soil structure beneath the planned route. He explained that an estimated cost of \$16,000,000 for the intersection was due to water and sewage lines and to have built a bridge or underpass for the intersection would have required additional costs, the use of additional lands, and raising the level of Alta Vista Drive by several metres to allow for the underpass.

In a communication to RPCA Board Members after the meeting, Councillor Hume indicated that “given the unique nature of this project, the City, in the tender documents, has retained the right to make adjustments to the design right up until physical construction. This means that although the City is seeking comments at this time, should issues arise after the tender

In the meantime, RPCA members and other Ottawa residents participated in a March 26, 2014 Open House on the Hospital Link design. At that meeting and elsewhere, concerns were raised about several design-related issues including: the size of the “environmental footprint” on green space and area residents during and after the construction of the project, the need for proper sound attenuation features including berms and new trees, water filtrations issues, lighting, pathway locations and design. There were also question about cost overruns, and the need for assurance about the technology to be used (particularly given recent problems with City projects such as the much-detailed and over-budget pedestrian overpass across the Aviation Parkway and the recent Sandy Hill sinkhole during construction of the Light Rail Train (LRT) tunnel.) Concerns were also raised about traffic

P & D Update (continued)

flow issues from the at-grade intersection with Alta Vista Drive.

A major new concern relates to moving the Via rail line approximately 32 feet east of its present location during construction of an underpass to allow the AVTC to travel underneath the railway. Although the relocation is slated to be temporary, local residents on Abbey Drive would be most directly affected and have expressed concerns about potential flooding and loss of greenspace, including some trees that are over 100 feet tall, and the destruction of wildlife habitat and a popular nature trail. There are suggestions that the area affected by the relocation of the original rail line was well outside the study area used in the Environmental Impact Assessment (EIA) previously performed for the AVTC. If that is the case, as some residents indicate, then a separate EIA for the area affected by the railway relocation might have to be performed before work can start to relocate the rail line.

Note that in the Fall 2013, City Council approved a new Transportation Master Plan (TMP) that, significantly, excluded the full AVTC (the components from Conroy Road to Ottawa Hospital and from Riverside Drive to Nicholas Street) from the “affordable road network 2014-2031”, though the full AVTC remains in the TMP’s “ultimate road network.”

NDMC Link

The Department of National Defence and Canada Lands Corporation (CLC) are moving forward with the disposition of the NDMC, located just off of Alta Vista Drive, adjacent to the AVTC. No actual construction date has

yet been set. CLC officials have confirmed that NDMC lands are 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.

Implications from Light Rail Construction and Highway 417 (Queensway) Expansion Projects

The RPCA recently learned from Trainyard’s President, Marty Koshman, that some portions of Belfast Road between Trainyards and Coventry Road (including the well-used bridge across the Queensway) could be closed as early as Spring 2014 for up to two years as part of the Light Rail Garage construction. This closure could have major traffic implications for local road traffic volumes and congestion, particularly for Industrial Avenue, Riverside Drive, and the roads servicing the Ottawa Trainyards shopping complex. Several years ago, the RPCA had sought assurances from City officials that it would be added to the list of stakeholder groups to be consulted on aspects of the Light Rail project that might directly affect Riverview Park residents, including road closures and construction, but to date the RPCA has not been invited to any such meetings.

Concerns remain about the length and impacts of continued closure of North-South NCC pathways along the Rideau River as part of Queensway widening. The RPCA is monitoring the situation and has also raised the issue of pedestrian/cyclist access using the Transitway Bridge between Lees and Hurdman when the Transitway is converted from buses to rail.

Neighbourhood Way intersection with Industrial

The RPCA shared its concerns with Councillor Hume and City staff, and OC Transpo Committee Chair Diane Deans, about the need to widen 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-turn only lane onto Industrial Avenue at the intersection from Neighbourhood Way.

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 been out to look at the site and will be proposing some revisions to the turn radius to help alleviate the problem. Councillor Hume indicated that he would share the modification with the RPCA once he receives it. The modification itself will have to wait until the spring. Staff from OC Transpo and the City had yet to respond to follow up communications from the RPCA Board on this matter.

Trainyards Developments and New Retail

There are no new developments to report regarding a series of one-story retail establishments planned by the Ottawa Trainyards for 575-595 Industrial — the area between the Pioneer Gas Station and the CIBC building at the intersection of Trainyards and Industrial or a Planned Trainyards complex expansion to construct seven retail establishments in four new buildings at 628 Industrial, (the site of a former Pool Warehouse – backing onto Coronation near Weyburn).

Other Industrial Avenue Issues

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.

The RPCA is seeking confirmation from Councillor Hume that the new sidewalk planned for the South side of Industrial will extend at least as far East as the access road for Farm Boy/LCBO, to encourage patrons and employees to travel on foot or by bus. The RPCA has also proposed Industrial Avenue as a candidate for inclusion in the City’s “Complete Street’s list of projects so that it could be beautified and redesigned to be more conducive to pedestrian and cyclist traffic. An example would be to include greenery (shrubs) in the new boulevard median that will be built in front of 575 Industrial Ave.

Alta Vista Shopping Centre

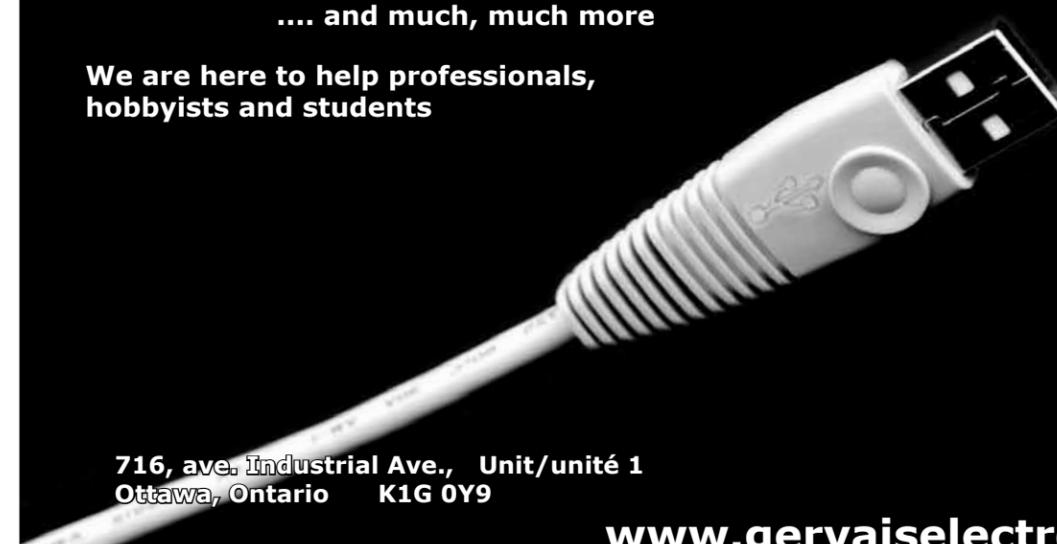
The RPCA Board recently provided suggestions to Brookfield Properties, the property management company regarding potential tenants for the vacant storefronts in the Alta Vista Shopping Centre at Alta Vista. No response has yet been received.

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

We specialize in parts and service to repair anything electronic.
Including tools, semi-conductors, switches, cables, wires,
... and much, much more

We are here to help professionals,
hobbyists and students



GERVAIS

ÉLECTRONIQUE ELECTRONICS

Your one stop electronics parts place
Une seul arrêt pour vos pièces électronique

716, ave. Industrial Ave., Unit/unité 1
Ottawa, Ontario K1G 0Y9

Tel.: (613) 738-3101
Fax.: (613) 738-1188

www.gervaiselectronics.ca



HUME NEWS

2014 Safe Streets Program gets ready to roll



New this year: Host a Safe Streets sign on your lawn

Residents have provided their feedback on the Safe Streets Program, and have expressed their appreciation for the new measures and key messages throughout this campaign. In response, we have created a lending program to allow you to host a sign on your property. These signs: "Drive with Care" or "Kids at Play," will be loaned beginning mid-April.

If you'd like additional information about the lawn signs, or would like to secure a sign for your property, please email avsafeststreets@ottawa.ca or dial 613-580-2424, ext 28490.

Digital radar signs working for you

Rotation of our three radar signs gets underway this month. The flashing signs will show motorists their speed and the data collected will tell us where the problem areas are.

Flexible road-mounted signs debut this month

The city will install sets of flex signs in four locations in Alta Vista later this month. These signs are placed along the centre line and work to slow motorists down. Locations to be announced soon.

New street painted speed limits hit the streets

Based on 2013 data, three new locations will be selected to receive spray-painted speed limits in May when the weather permits.

For future updates on the Safe Streets Program, please visit <http://www.peterhume.ca/safe-streets-program>.

Cycling Safety Blitz coming this May!

Keep an eye out for a Cycling Safety Blitz taking place at the intersection of Alta Vista Drive and Industrial Avenue on May 8th from 3 to 6 pm. Working with Safer Roads Ottawa, we will spend the afternoon stopping cyclists to remind them of the precautions that need to be taken to ensure their own safety, as well as the safety of those around them.

Spring road maintenance – How you can help

The freeze-thaw weather cycle that Ottawa experiences is tough on our road surfaces, creating cracks and potholes, especially on heavier travelled roads. Despite best efforts, the City requires the help of residents to discover when and where road maintenance is required.

If you see a pothole that needs to be filled, please call 311, or visit www.ottawa.ca and use the online reporting system. We appreciate your patience during this time of road renewals.

DRIVE WITH CARE



avsafeststreets@ottawa.ca
(613) 580-2488

PETER HUME
ALTA VISTA
Your Councillor,
Your Neighbour!

KIDS AT PLAY



DRIVE WITH CARE

avsafeststreets@ottawa.ca
(613) 580-2488

PETER HUME
ALTA VISTA
Your Councillor,
Your Neighbour!

Hospital Link construction begins this spring near Riverside Drive

On March 26, a community information session was held at Vincent Massey Public School to inform residents of the Hospital Link design, construction details and project schedule. If you were unable to attend the open house, but would like to learn about the upcoming work, please call our office or view the information boards posted at peterhume.ca.

If you have questions or feedback, please call 613-580-2488 or email peter.hume@ottawa.ca, and be sure to check the website for updates as the project progresses.

RPCA President's report

by Karin Keyes Endemann,
President, RPCA

From the President's garage....where I am trying to sort things out in anticipation of our June garage sale....oh will this snow ever go away!

On a more serious note you really need to read our Planning and Development article this month as the the AVTC issue is back.... and with a vengeance....Along with that, our concerns about a) environmental impact (loss of greenspace and a walking path) b) the impact on our residents both during and after construction and c) increased noise and pollution are back on the table again too. In spite of on-going assurances from our Councillor that this will only be a 2 lane road and that any thoughts of extending this link to bring in the cars from further south have been put off until sometime in 2030....we are still

having a tough time believing that this is not just the beginning of a massive transportation corridor, right through our community. Perhaps you are concerned about this exorbitantly expensive (as one current city Councillor labelled it "the most expensive road in Canada" on a metre-by-metre basis) – or perhaps you are shocked that the money being spent on this <2 km link would fund all the city-wide cycling and pedestrian plans set out in 2013. You might also be concerned about the recent announcement that the Abbey Road resident's pathway is being threatened by the relocation of the rail line to build the AVTC (PS something not apparently considered in the Environmental Assessment). Or perhaps you are interested in making sure that adequate sound barriers and berms are installed. Whatever your concern, now is the time to speak out

about the impact this will have on our neighbourhood. You need to make noise now, right now, because in a few months it will be way too late. You can keep up to date with this issue on our website.

I have also been in touch with Peter Hume about the replacement/additional planting of trees along Coronation Avenue. We expect to see the first tranche being installed this spring. In addition, if you are aware of any locations in our community where Ash trees have been removed by the City and not yet replaced, please contact Peter directly to let him know so that the City can be sure to put in a new tree.

We are once again having discussions with Councillor Hume about the potential to expand and renovate the Balena Park field-house into something more useful for the community....for example

a community center. We have invited Peter Hume to our 14 May 2014 RPCA community meeting (at the Maplewood Retirement Center) to discuss some ideas and you are, as always, more than welcome to attend and express your thoughts and interests. In fact, I invite you to email me your ideas and suggestions about what should be built at this location to benefit the community at keystone613@gmail.com. Let me know what you would like to see happen in this space— should we build something to house after school care? Bridge games? Yoga classes? In other words, let me know how would you like to see this space used. Your input will be invaluable as we discuss the design of this structure.

Wishing you all an early and healthy spring....and may the daffodils of life, bring out your smile!

Conference Board

Continued from page 4

to California. Upon my return to work at the hotel there was a message from The Conference Board. Uh Uh! What's all this about? Are they going to cancel the next meeting? No! It was a job offer, please come to Ottawa and work in our conference department. In November 1976 I bought our house in Riverview Park and went down to Vanier to start a new career at The Conference Board. That is when I found out what the organization was really all about.

Three disasters at the beginning of the last century in the United States were probably responsible for the start of the Conference Board. 20 people died due to a bombing at the Los Angeles Times newspaper printing plant, 146 died in a fire at a clothing factory in New York and 39 miners and their families were shot as a result of a strike at a mine owned by John D. Rockefeller Jr. These three events were some of the reasons that brought together a dozen industry leaders like Mr. Firestone, Mr. Frederick Fish of AT&T and Mr. Magnus Alexander of The General Electric Co. and eight trade associations to find ways to avoid the confrontations between unions and the employers. They met at Yama Farms Lodge in upstate New York. This led to the

formation of what was to become The Conference Board. Initially it was thought to be a capitalist group united to fight the unions. But that was not so. It has today become the most trusted business research organization in the US.

The Conference Board in Canada was established in 1954 and was incorporated as The Conference Board OF Canada in 1981. The head office on Smythe is home to over 200 employees. The affairs are overseen by a Board of Directors of 25 members that include seven women. Is this a record of some kind? They are all business and industry leaders in Canada or heads of Government agencies.

This is taken from the Board's web site:

...we are dedicated to building a better future for Canadians by making our economy and society more dynamic and competitive.

· The foremost independent, evidence-based, not-for-profit applied research organization in Canada.

· We are objective, independent and evidence-based. We do not lobby for specific interests.

· Funded exclusively through the fees we charge for services to the private and public sectors.

· Specialists in economic trends, as well as organizational performance and public policy issues.

· Not a government department or agency, although we are often hired to provide services for all levels of government.

· Independent from, but

affiliated with, The Conference Board, Inc. of New York, which serves nearly 2,000 companies in 60 nations and has offices in Brussels and Hong Kong.

Just this week it published its report on the *Canadian Food Strategy*. Other similar research is very relevant to this part of eastern Ontario as it focuses on supply management policies of the federal government. This is partially responsible for the price of milk, cheese, chicken and other

products of Canadian farmers in our supermarkets and the price of Swiss-made Gruyere cheese and other imported foods.

Another recent study published this month was on house prices in cities like Ottawa, is there a price bubble that is likely to POP any day now? That should interest lots of our readers.

Now, does this answer the question, 'what is The Conference Board Of Canada?'

Riverview Park Community Association

PARK CLEAN-UP DAY

Join your neighbours at your local park and pitch in
at

Coronation with Blair Court

Friday May 2, at 5:30 p.m.

Other Parks

Saturday May 3, at 10 a.m.

(rain or shine)



Garbage bags and plastic gloves provided

David Chernushenko Councillor Capital Ward

If it sounds too good to be true, it is

by David Chernushenko

We all have a little voice inside our heads that tries to tell us when a phone or email offer, a poster or a flyer seems a little too good to be true: You've won a free cruise! Claim your inheritance from that relative you've never heard of! Take advantage of this deep discount on a roofing job! Earn thousands per week working from home!

Also in this category: Declarations of love and devotion from somebody recently met online.

Most of us, most of the time, listen to that voice and simply hang up, delete the email or ignore the offer. But a surprising number of people do get seduced, literally or figuratively, by scams. They bite, get hooked and get reeled in. Some time later, after a great deal of pain and financial loss, they realize or are finally prepared to admit — sometimes forced to do so by people who care about them — that they have been duped.

And do they ever feel dumb. How could someone so smart or successful fall for that scam? Shouldn't you have seen it coming? The truth is that the people who orchestrate such frauds are experts at finding and exploiting their victims' vulnerabilities.

As a board member of Crime Prevention Ottawa, I recently chaired a public forum on romance fraud. This is a scam where people are artfully persuaded that the love

of their life is at the other end of the email/chat exchange, and that they will finally meet that perfect woman/man. They just need to first send money to pay for airfare, help out with medical bills, assist with this month's rent, etc.

Of all the scams out there, this is perhaps the most painful and personal, with victims not only robbed of money but also emotionally violated. They have opened themselves up, shared intimate details and sent money, often repeatedly. The substantial emotional and financial investment makes it all the more difficult to heed the warning signals, take the advice of well-meaning friends, contact the police and, especially, walk away from the "relationship."

Romance fraud is happening all around us. No particular demographic is either immune or particularly vulnerable. Highly educated professionals, members of law enforcement and the military, and low-income single parents — anyone can be duped.

It's also an under-reported crime, because victims often don't realize they're being scammed until it's too late, and by then they're too embarrassed to want to admit it or tell anyone about it.

Finally, when it comes to romance fraud, it's very difficult to catch the perpetrators, convict them or seek any kind of restitution. Far easier is PREVENTING romance fraud and other kinds of

scams. The key is awareness: When you know what a scam looks like at the very outset, you will be much less likely to bite.

Thanks to a grassroots group of victims, you can learn everything you could ever want to know about romance scams — how to identify them, how to approach loved ones who are victimized, the most effective ways to intervene, and how to report this crime — at romancescams.org.

I also recommend *The Little Black Book of Scams*, a comprehensive resource that covers all kinds of cons, published in English and French by the Competition Bureau of Canada. You'll find an electronic version and information on obtaining print copies in the Publications section of CompetitionBureau.gc.ca.

Remember, when suspicious sounding charities show up at your door, when deep-discount home improvement flyers appear in your mailbox, when you're offered a CPR course if you pay in advance by credit card, or if you get an email asking for help from the widow of a Nigerian minister of finance — it really is too good to be true.

Hospital Link construction

The City of Ottawa is starting work this spring on the Hospital Link to connect Riverside Drive and the Transitway to the Hospital Ring Road. Its goal is to improve



transit service to the Ottawa Health Sciences Complex (OHSC) and divert traffic from Smyth Road and Alta Vista Drive.

In addition to the new road, transit lanes and multi-use pathways, the three-year project involves relocating hydro towers, a temporary rail diversion, construction of overpasses at Riverside and the Transitway, realignment of Riverside and new stormwater infrastructure.

For further information, contact Bruce Kenny, Senior Project Manager, Infrastructure Services, at 613-580-2424 ext 20128 or BruceG.Kenny@ottawa.ca. You can download the City's detailed plans and schedule at

capitalward.ca/hospital-link.

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

Continued from page 1

community. But in the last few years, the property seemed neglected. The sign's letters burned out and weren't replaced. Vacant stores remained empty. Organizations and individuals looking to rent those spaces were told the stores were not available for lease.

The Riverview Park Review reached out to Cushman & Wakefield representative Scott Brooker for an interview, but he didn't respond. Mark Seaby, representing mall property management company Capital Properties, said the shopping centre's owners had no comment.

Nonetheless, Kris Nanda, chair of the Riverview Park Community Association Planning and Development Committee, said he spoke with Brooker and learned that potential tenants have expressed interest. Meanwhile, Rock Lalonde, proprietor of Rock's Barber Shop

located in the mall, said people have toured the vacant stores.

Lalonde said the more stores, the better for his business. Increased foot traffic means a potential boost to his bottom line. "When the place is full, that helps."

Food services top residents' wish lists

What sorts of products and services would Riverview Park residents like to see in the mall? Nanda canvassed neighbours for their opinions. Here are the types of businesses they recommended:

- A bakery-café serving soups and sandwiches, such as Rideau Bakery, 3 Sisters Bake-shop and Panera Bread
- A bicycle repair and sales shop
- A reputable chain pub such as Royal Oak
- An ice cream store
- An M&M Meat Shop
- A doggie daycare
- A family doctor

Food services were the priority for most neighbours interviewed by a Riverview Park Review reporter.

"A natural food store would be great," said Natasha LaRoussa. "Or a little bakery or café."

"I think we could use some more restaurants in the community," said Alanna Wall. "If you want to go out for dinner, you have a distance to go." Yes, the nearby Train Yards shopping complex has a few restaurants. But "it's a different experience walking to Train Yards than it is walking through the neighbourhood," Wall said. "It isn't as enjoyable an experience."

"A bakery would be really nice," said Betty Stickle. "Years ago, there used to be one there."

"Something like a bakery or a restaurant or a bar," said Justin Stefanik.

Brian Forgie had a different take. For one, he said a pub wouldn't be a good addition. "That brings trouble to the area. People only spend money

at the bar." Instead, "one thing that would bring a lot of foot traffic is a dollar store. Everyone's looking for a deal." A ServiceOntario office would be welcome, too, he added.

Forgie also pointed out that Alta Vista Centre faces stiff competition to attract tenants. Train Yards is practically next door. "For a lot of customers, driving to Train Yards is no big deal." Businesses might prefer a spot in the newer, larger complex, he said.

But Ottawa doesn't have all that much retail space compared to other cities, which bodes well for Alta Vista Centre. Speaking at the Ottawa Real Estate Forum last October, Colonnade Development vice-president Richard Getz said the city has just 24 square feet of retail space per resident, while the national average is 34 square feet per resident. Those numbers suggest Riverview Park's refurbished strip mall will have no trouble finding tenants.

The Riverview Park Soccer Club

Looking back at 2013, looking forward to 2014

As winter 2014 finally winds up - and a long winter it's been - our thoughts return to preparing for organization of a sixth summer offering of the Riverview Park Soccer Club (a parent volunteer organized and coached weekly developmental soccer program). Summer 2013 saw new record-breaking registration levels for Riverview Park's resident youth soccer players. A huge thank you to all the volunteer coaches and organizers who worked so hard again last year to enable our community to continue to enjoy this weekly evening of soccer!

The Riverview Park Soccer Club was founded in 2009 by a group of Riverview Park residents. For five years running, over 100 children gathered to play in four age groups that range from 2 to 12. The club has traditionally run weekly from the first Wednesday in June until the last Wednesday before labour day on the grounds of Riverview Park School.

The Riverview Park Community Association (RPCA) ran the club again in the summer of 2013, with families paying a nominal fee of \$20 per child or \$30 per family

to cover yearly RPCA membership fees and equipment.

A call for soccer volunteers for 2014

All families in the neighborhood are invited to play, but we are always in need of more volunteers coaches and organizers in order to regroup for a summer 2014 offering. The success of this program and the ability to run it again this summer relies very heavily on the commitment of our residents and the number of volunteers, especially with our numbers now growing to new highs. Roles are available for either administrative

or coaching or assistant coaching and commitment can range from a only few evenings throughout the summer to more consistent with requisite skill level including anything from previous coaching or playing experience to just an occasional helping hand. We can find a role for all to become involved! Please contact RPCAsoccer@roggers.com if you'd like to volunteer for any role and receive emails or more information about soccer in 2014. If you are already on the email distribution by your participation last year then stay tuned for upcoming notices.



Fraser's Transparency in Members' Expenses Act to Become Part of Government Legislation

I am very pleased to report that my first Private Members Bill, entitled Transparency in Members' Expenses Act 2013, will be introduced as part of government legislation. On March 6th, I joined Premier Kathleen Wynne and Minister of Government Services, John Milloy to announce that the Ontario government will introduce a comprehensive piece of legislation that will strengthen political accountability, enhance oversight and increase transparency across government and the Broader Public Service Sector.

The Transparency in Members' Expenses Act 2013 (Bill 108), which I introduced in the legislature in September and which passed 2nd reading on October 10th, requires the online posting of members' expenses. As part of my commitment to openness and transparency, I have been posting my expenses on my website on a monthly basis since being elected.

If passed, this bill will also extend the role of the Ontario Ombudsman to include municipalities, school boards and publicly funded universities. It will establish a Patient Ombudsman for public hospitals, Long-Term Care Homes and Community Care Access Centres. Additionally, it will give the Provincial Advocate for Children and Youth greater authority to investigate matters relating to children and youth involved in the child protection system.

These changes will make Ontario the most open and transparent government in the country and I am very proud that my legislation governing MPP expenses will be part of that. I believe that, as legislators, we have to lead by example, and this legislation will make Ontario a leader in transparency and accountability.

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
T: 613-736-9573 | F: 613-736-7374
jfraser.mpp.co@liberal.ola.org



Driving Mr. Daisy too

by Carole Moul

A valuable new service has come to this city and seniors plus those with special needs, short or long term, are going to wonder why this assistance wasn't available until now. It's called *Driving Miss Daisy*. The company slogan is: "Accompanying you to a fuller life."

Perhaps you've even seen the brand new white vehicle with daisies on it travel through your neighbourhood. The good news for male seniors is that it serves Mr. Daisy too!

And, although *Driving Miss Daisy* has operated for more than 10 years in other Canadian cities, Ottawa's first franchise offering personalized living assistance started just after the New Year of 2014. It is known as a service that gives wonderful respite to families and caregivers of people of any age and one of great help to those who may have compromised vision, mobility or health.

Local franchise owner Robin Bourke, launched *Driving Miss Daisy* in Ottawa after listening to family and friends talk about the constant struggle to balance work and family life while caring or

helping parents. She was also able to draw on background experience from her first job as a teenager living in Beausejour, Manitoba; with fond memories of the work that she did caring for seniors.

Robin's responsibilities at the time, as she recently described them, were to help in the kitchen, then serve dinners at East Gate Lodge, a long term, personal care home and Stony Plains Terrace, an assisted living facility. The two buildings were attached and the kitchen served both places.

It was after each evening meal, and just before bedtime, that Robin and another student would go to the individual resident's rooms to serve nightly snacks. They were to spend at least three to four minutes visiting with each person, and it was a nightly ritual that not only meant a lot to the people at those residences, but was also felt to be of significant importance by the management of both locations.

And, as the young Robin discovered, this evening practice was one of the reasons why she thoroughly enjoyed her first entry into the work world and no doubt played an important part in her



Bill Fairbairn at the Driving Miss Daisy van window along with service owner Robin Bourke
Photo credit: Janina Nickus

choice of the new career that she now has.

"I started to work at East Gate Lodge and Stony Plains Terrace when I was 15½ and worked as a student right through to graduation. Then I stayed on for a year afterwards, but just in a casual position."

It was Robin's second job that eventually brought her to Ottawa. She worked in the constituency office for a local Manitoba MP, and when offered a position in Ottawa, moved east. At first she was the caucus coordinator, organizing weekly caucus meetings and conferences, then later an event coordinator in the private sector.

By the summer of 2013 Robin decided that she wanted to spend more time with her husband and two children, son Seth, who is nine and four-year-old daughter Reese. Thus, she chose to take on this new career and has been truly enjoying her role as one of over 50 owners of a *Driving Miss Daisy Seniors' Services* franchise that can be found in Alberta, British Columbia, Saskatchewan and Ontario.

Up until recently requests for services have been mainly from those who are still living at home and undergoing medical procedures, perhaps a follow-up visit to the doctor, or even running errands. Now, out-of-town families have begun contacting *Driving Miss Daisy* to act on their behalf. In the case of the man whose wife is hospitalized with a broken hip, having this service has given relatives peace of mind and saved the local family from having to leave work during the day or even hire a taxi.

"There are a lot of services for people living in a residence," Robin noted recently, "but not a lot for people living at home."

Driving Miss Daisy is not just about seniors, however. It's about getting people to where they need to go. The service can assist not only those who have mobility issues, but clients going for dialysis or other treatments to anywhere in the city. It can be the needed liaison between medical staff and family, the additional assistance

Continued on page 23



It's about helping Mr. Daisy too
Photo credit: Carole Moul

DRIVING MISS DAISY

NOW SERVING THE OTTAWA AREA

Daily living assistance & companionship to seniors & those with disabilities, while getting our clients to where they need to be.

- ✿ Peace of mind for families caring for their loved ones
- ✿ Fully insured & first aid / CPR trained

Happy Mother's Day!
Give the gift of independence

✿ Enjoy a 10% discount on gift certificates purchased before Mother's Day ✿

Transportation to medical appointments & social events, accompanied outings, delivery of grocery & prescription items, daily check in & more.

Customized service to meet the client's needs.

Tel: (613) 796-2285
Toll Free: 1-877-613-2479
robin@drivingmissdaisy.net



www.drivingmissdaisy.net

Advocating for food justice: Emmanuel United Church creates a vegetable garden

by Janet Wallace

Emmanuel United Church has a long history of advocating for food justice, at home and abroad. But in June 2012, Emmanuel took its involvement one step further, and started growing food for its events right in its own back yard.

Emmanuel's building is one of only two church buildings in Canada to be LEED-certified, meaning the building exhibits Leadership in Energy and Environmental Design. This certification was awarded following a major renovation that the church undertook in 2010. Importantly, the renovation

provided the opportunity to build a staircase between the kitchen and an underused yard on the east side of the building.

Emmanuel already had a storage shed, so with the addition of two raised garden beds, some rain barrels, and composters, the garden was established. Crops in 2012 and 2013 have included garlic, radishes, tomatoes, thyme, oregano, peas, beets and carrots. In 2013, the garlic crop was used to make pizzas for sixty campers at Emmanuel's summer camp, known as "Camp Awesome." The cherry tomato crop was served at a "Harvest Lunch" in September.



The garden is tended by the Sunday School class each week from mid-June to Labour Day. Participants sift compost, irrigate from the rain barrels, and pull out weeds. Each participant is invited to harvest a vegetable every week to take home. The program provides recipe suggestions for each vegetable, and on each recipe is printed a verse from the Bible, recalling the importance of caring for the earth.

The program has allowed Emmanuel to redirect some of its kitchen waste into the garden. Coffee grounds, tea bags, fruit and vegetable waste are all composted on site to provide free fertilizer.

Emmanuel would like to add more raised beds in future years, in order to provide interested neighbourhood residents with space to grow vegetables. To sign up for a raised bed for 2014, contact the church office at 613 733 0437.

Figure 8 & Hockey One

Rollerblading season is almost here!

skates are what we know.

shop online www.figure8.ca 380 Industrial Ave. 613-731-4007
(east of Riverside Drive, south of 417)

GIR Card Available

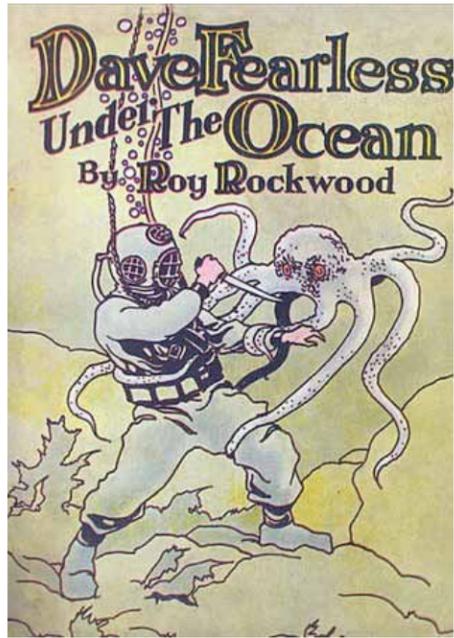
HOURS: Monday Tuesday 9 – 6
Wednesday Thursday Friday 9 – 9
Saturday 9 – 5
Sunday 11 – 5

HOCKEY • FIGURE • INLINE • TUNE-UPS • RENTALS
PROFESSIONAL SKATE SHARPENING

The mystery of Leslie McFarlane

by Bruce Ricketts

Do you remember the day that Fenton Hardy and his two sons, Joe and Frank, were walking with Aunt Gertrude and Chet Morton down



the side walk in downtown Haileybury, Ontario? Twig your memory? They were on their way to the post office to send in another manuscript for publishing. It was a sunny day in June of 1940. They had been making that walk to the post office regularly for almost 13

years. And they would continue to make it for 6 more years.

Perhaps you would remember the event if I told you that those people were actually one person and the name of that person was Leslie McFarlane.

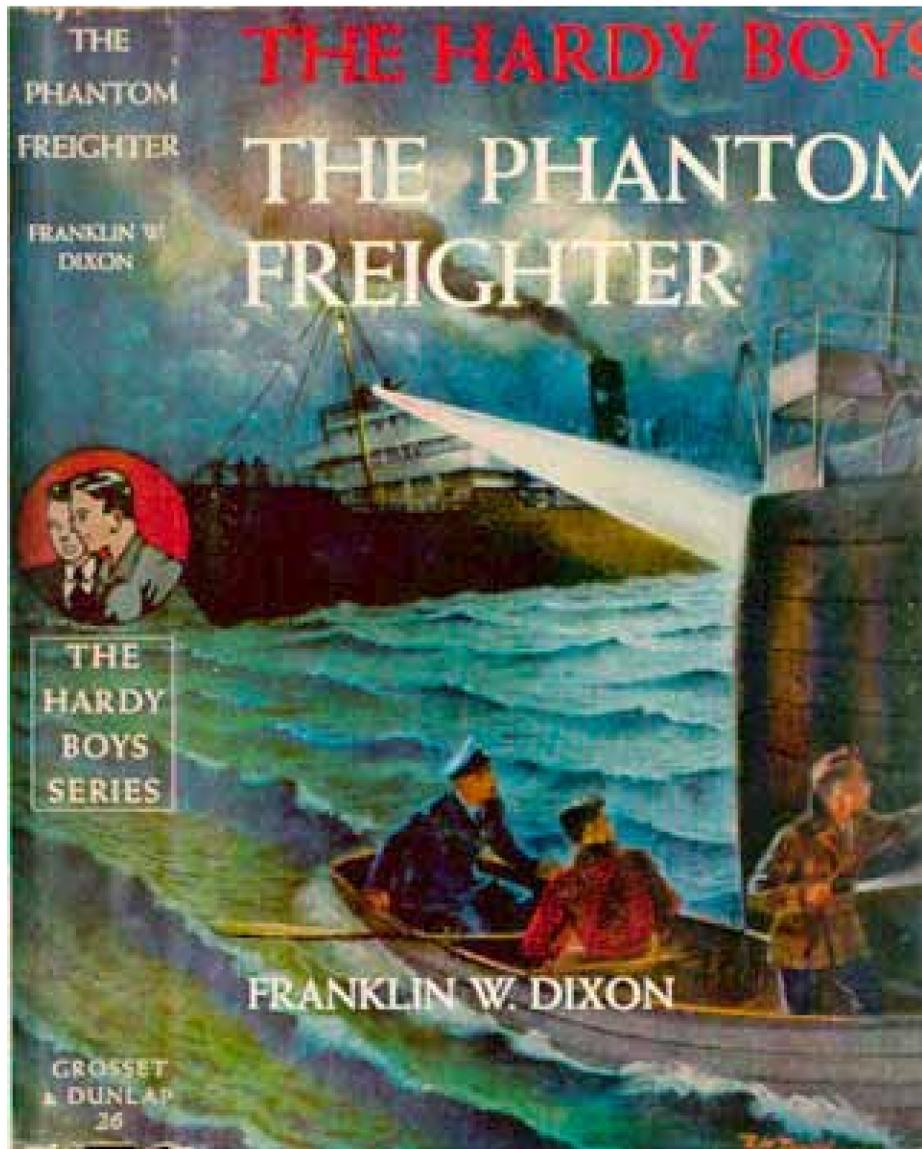
But wait a second, those names - Frank, Joe and Fenton Hardy - they ring a bell!

OK, I will give you another hint. Leslie McFarlane may have carried the manuscript to the post office but the name of the writer on the manuscript was, in fact, Franklin W. Dixon.

Did you solve the mystery? Perhaps it should have been called, "The Mystery of the Phantom Author". Give up?

Leslie McFarlane, under the codename Franklin W. Dixon, was the ghost writer of most of the famous Hardy Boys series. The adventurers of Joe, Frank, Fenton, Aunt Gertrude and Chet Morton were from McFarlane's fertile mind.

Leslie McFarlane was born on October 25, 1902, at Carleton Place, Ontario—one of 4 sons of the local school principal. His father, John McFarlane, decided to



accept the position of principal at Haileybury Public School in 1910 and off they went.

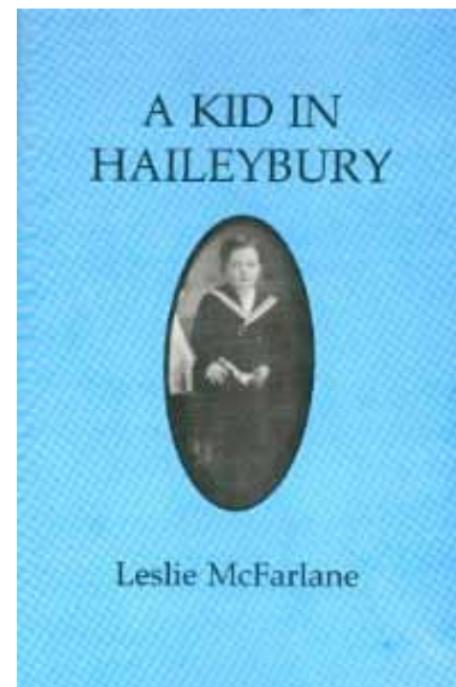
Leslie's growing-up-years were not unusual; he loved hockey and sledding down the big hill of Browning Street. He was a voracious reader who, when he finished his copy of *Chums* or *The Boy's Own Annual*, would dive into his father's extensive book collection.

At the age of 14, Leslie McFarlane entered high school. He held a series of part-time jobs over the next few years that would put him onto the path toward fame and fortune (well at least fame!). At various times he delivered the *Saturday Evening Post*, ran errands as a junior bank clerk, operated the projector at the Grand Theatre and set type at *The Haileyburian* newspaper. In 1915 he won an I.O.D.E award for historical writing. At the age of 19, he was awarded second place in a provincial writing contest for his work entitled "Afraid".

After graduation McFarlane took a job as a reporter for the Cobalt Daily Nugget for \$8/per week. He lasted about one year and moved on to the Sudbury Star where he worked for a whopping \$25/week. It took him another year to realize that the demanding life of a newspaper reporter was not his bag of cookies. He quit.

McFarlane moved outside of

Sudbury to a cottage on Ramsay Lake to begin his life as a freelance writer. His big break came out of tragedy in his home town of Haileybury. On October 4, 1922, a great fire engulfed much of the Temiskaming District and virtually obliterated Haileybury. His mother fled to North Bay, as did many of the residents of the town.



McFarlane joined her there. McFarlane listened with great interest to the stories of the fire and the destruction it wrought. The story he wrote, based on these descriptions, was submitted to the Sud-

Continued on page 25

IT'S CRUNCH TIME!

NEW CRISPY CHICKEN

STARTING AT \$9.75

CRRK!

TRY OUR FAMOUS CHICKEN, NOW IN AN OUTRAGEOUSLY CRUNCHY AND DELICIOUS PANKO BREADING.

150 Trainyards Drive, Ottawa, 613-562-1619
155 Roland-Michener Drive, Kanata, 613-599-8100

FREE APPETIZER WITH THE PURCHASE OF ANY MEAL

Presentation of this coupon is required. Valid for one coupon per visit. In dining room only. In Scores Barista and Train Yards. Scores and the Scores logo are registered trademarks of PFM Royalties Limited Partnership used under license. ©2013 Invencon Restaurant Group Inc. All rights reserved. Choice of regular cheese sticks, garlic cheese bread, small onion rings, or 4 chicken wings. Coupon is valid until April 30, 2014.

Always more at **SCORES** Chicken & Ribs

WWW.SCORES.CA

Valid for a limited time. Scores and the Scores logo are registered trademarks of PFM Royalties Limited Partnership used under license. © Invencon Restaurant Group Inc. 2013. All rights reserved.

Canadian Aviation Historical Society - Ottawa Chapter

by Colin Hine

One of my earlier articles on aviation history covered the volunteer work that is ongoing at the Canada Aviation and Space Museum at Rockcliffe to preserve the history of airplanes in the museum's collection as well as the recollections of aviation veterans and the history of Canadian firms and corporations that have made significant contributions in the fields of aviation and space.

Members of other organizations across Canada have similar goals; notably the Canadian Aviation Historical Society (CAHS). Formed in 1963, the Society is a federally-chartered charitable corporation dedicated to the preservation and publication of Canada's aviation history. Members include people who have been actively involved in aviation, as well as others who share a lasting enthusiasm for this richly varied subject.

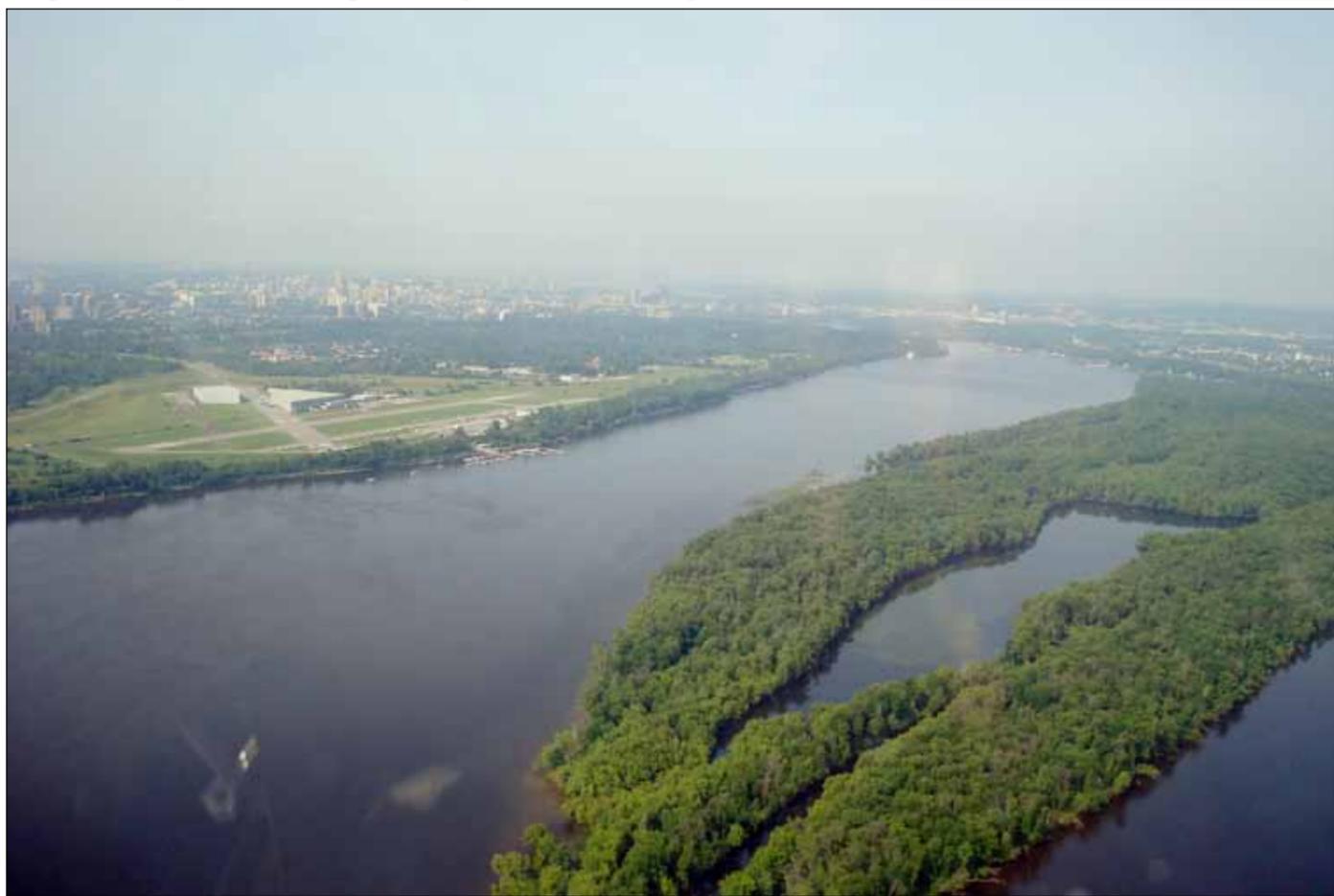
The CAHS is supported in its work by nine chapters across Canada. Ottawa is fortunate to have a very active chapter that holds regular meetings at the Canada Aviation and Space Museum. Meetings

take place on the last Thursday of each month September through May (except December) in the Museum's Bush Theatre beginning at 7:30 p.m. Meetings fea-

ture guest speakers, films, slide shows, book signings, and regular visits to the restoration workshops of the Museum. Speakers present both first-person accounts

and researched papers covering all historical periods and aspects of aviation. Recent talks have dealt

Continued on page 23



An aerial view of the museum and Rockcliffe air field
Photo credit: Colin Hine

kw | KELLERWILLIAMS.
OTTAWA REALTY
BROKERAGE, INDEPENDENTLY OWNED AND OPERATED.



**CONWAY
FUNG HOMES**

www.ConwayFungHomes.com

PLANNING TO SELL? YOUR GOALS ARE OUR GOALS!



Top Dollar



Favourable Terms



Smooth Transaction



Reasonable Timeframe

*Call us anytime for a FREE Comparative Market Analysis.
Office: 613.788.2560*

Feature Listings in the Ottawa Area

Rita FUNG

Broker

Direct: 613-788-2560

E: rita.fung@kwottawa.ca

Thomas CONWAY

Sales Representative

Direct: 613-878-4418

E: thomas.conway@kwottawa.ca



New construction, 2700 sf +
R2000 quality w/Smart Technology

38 Withrow Ave.
\$799,000



2004 Tamarck Home.
3000 sf + in family oriented community.

710 Bluevale Lane.
\$559,000

kw | KELLERWILLIAMS.
OTTAWA REALTY
BROKERAGE, INDEPENDENTLY OWNED AND OPERATED.
PLAN FORWARD. PLAN SMART.

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

Trainyards group of seven just Kiwi Krazy

by Carole Moulton

The seven University of Ottawa students sitting around a corner table on a recent Friday afternoon seemed to be truly enjoying themselves, and no wonder; they were taking a break at the local *Kiwi Kraze* in the Ottawa Train Yards.

And, from the look of the numerous containers in front of them, it seemed that among the group, they had chosen just about every one of the ten fat-free yogurt flavours offered for that week. And from the smiles on their faces, it would be of no surprise that they had been trying out or testing many of the delicious toppings available.

The options are great, and the choice is yours; and according to Tim at the Ottawa Train Yard's location, "You have the opportunity to be as good or as not-so-good as you wish".

No matter what, for every 4 oz of yogurt that you add to your container, not only will there be



The Group of Seven test-tasting Kiwi Kraze treats
Photo credit: Carole Moulton



Some of the tasty treats are found right here.
Photo credit: Carole Moulton

only 75 calories, but you will have the benefit of 4 grams of protein and zero % fat: far fewer calories than the bag of potato chips or chocolate bar that you might have once considered.

For some who visit the bright Ottawa Train Yard's store, it's all about their preference for healthy fruit toppings such as strawberries, blackberries, cherries, and the namesake kiwi. For others,

there is the extra fun of adding special treats to their yogurt; such as the chocolate brownie chunks, sprinkles, Reese's Pieces bits, and even sour gummy worms.

But, for everyone, come next month, the store will be offering a number of new and exciting alternatives; with many of the ideas coming from *Kiwi Kraze* customers themselves. The company recognized the demographics of

the people who visit the various locations, then responded to the suggestions that were being provided.

Vegans will be able to enjoy vegan sorbet, while for diabetics there will be sugar-free ice cream. The Greek yogurt enthusiasts who are looking for higher protein content than in regular yogurt will soon be pleasantly surprised to find that this healthy food has also been added to the *Kiwi Kraze* menu.

It will, however, be the gelato devotees, among others, who are really going to become excited about one of the upcoming new items and, in particular, the salted caramel gelato that caused line-ups, and many repeat samplers at the 2014 Toronto Franchise Show.

CEO Mark Wiebe opened the first *Kiwi Kraze* in London, Ontario, in 2011, and by the end of May 2014, there should be six franchises serving the Ottawa area alone.

Health and nutrition have been a huge part of the focus since the company was established, and it hasn't taken long for customers to appreciate the benefits of this 100% dairy and 100% Canadian, snack. They also believe that they are being listened to as franchise products evolve.

Social media is now an important aspect of *Kiwi Kraze's* communication strategy. Sales promotions and discounts are offered to those who check in, while at the same time a cardless loyalty program has been introduced. All that staff require is that you provide your phone number, and the tracking is immediately taken care of for you.

Not on Facebook or Twitter, don't worry about that. It doesn't require that a person be techno-savvy to savor the delectable tastes that await you at *Kiwi Kraze*.



Alpha and her service with a smile
Photo credit: Carole Moulton



Tim testing one of the 10 flavours
Photo credit: Carole Moulton

2-525 Industrial Avenue
Ottawa Train Yards

613-562-2317

www.kiwikraze.com

You deserve it!

kiwi kraze
self-serve frozen yogurt

You deserve a *healthy* snacking choice
(and when 4 oz of our yogurt has 75g of fat, you can have it!)

Did you know a 4oz yogurt has only 75 calories, 4g of protein and zero fat?
Proudly serving Canadian-made yogurt.

buy one, get one FREE

Did You Know?
4 oz. of Kiwi Kraze yogurt contains
75 calories
4g. protein
zero fat!

Train Yards Location:
2-525 Industrial Ave.
Ottawa, ON K2J 4Y8
613-562-2317

bring in this coupon and receive
2oz. FREE
of frozen yogurt

Come in TODAY for a
FREE SAMPLE

*1oz sample cups available upon request

Coupon can not be combined with any other offer, can not be used with group, or living social coupons. Coupon valid until April 30, 2014 at the Train Yards location only.

Coupon can not be combined with any other offer, can not be used with group, or living social coupons. Coupon valid until April 30, 2014 at the Train Yards location only.

Trinity Community Garden preparing to welcome new and returning gardeners

by Bernadette Bailey

As spring approaches, Trinity Community Garden eagerly anticipates the new gardening season. We look forward to seeing once again the gardeners that we met last summer and to meeting the new gardeners that will join us this year. The residents of Riverview Park are very fortunate that the Trinity Church of the Nazarene has made available such a large part of its land for use as a community garden. In 2013 seventeen gardeners grew an abundance of vegetables, and there is plenty of

suming. In a time where many of the details of the food we eat are mystery to us, we unknowingly consume things that have travelled thousands of miles, or may contain genetically modified organisms, or amounts of herbicides and pesticides that we are uncomfortable with. For these reasons, many people are choosing to buy local and/or organic food. We are fortunate in Ottawa to have some great farmer's markets, however the cost of the produce might seem prohibitive to some, compared to the prices in the grocery store. Growing your



Working hard on Fall garden clean up
Photo credit: Stewart Bailey

room for newcomers this season. Each gardener plants on their own plot, tends it, and harvests it. The plots are 20 feet by 4 feet, and the fee is \$20.00 plus a \$5.00 membership fee for the season. If you are interested in having a plot this season, please come to our registration and information meeting on Thursday, April 24th, details below. Current gardeners have found many benefits of membership at the garden. One is the control it gives us over what we are con-

own is a good way to have control over what you consume and can provide you with substantial savings. A couple of gardeners kept records of their harvests last summer. Based on amounts charged for local organic produce, they estimated that the value of their harvests was between \$250.00 to \$500.00. Another advantage of having a garden plot is the ability to have greater choice. I recently attended Ottawa's seedy Saturday, where attendees have the opportunity to



Harvesting potatoes
Photo credit: Stewart Bailey



Garden plots
Photo credit: Stewart Bailey

purchase seeds from a number of sellers who have a great variety of seeds on offer, including organic and heritage seeds. One vendor advertises an astounding 250 varieties of tomato. This is significantly more variety than one is able to find when buying seedlings

from a store nursery, and far more than is found when buying fresh tomatoes at the grocery store. I currently have some of these tiny seedlings growing indoors to be ready for planting in May. A visi-

Continued on page 22

ALTA VISTA'S PREMIER RETIREMENT ADDRESS

The PEACE OF MIND
You're Looking For
INNOVATIVE ACTIVITY PROGRAM

OFFERING INDEPENDENT LIVING, RESIDENTIAL CARE AND ASSISTED LIVING
Two Valour Drive
613.260.7144
oakparkretirement.com

OAKPARK
RETIREMENT COMMUNITY
by
RIVERSTONE

I remember these... Take your pick

Photos by Geoff Radner



Dear Fran

dearfrangardener@gmail.com

Dear Bill,

(see editorial on page 6 for question)

A baptism of fire question for the new garden column — **how to rid your garden of horseradish** (*Armoracia lapathifolia*). This is akin to getting rid of goutweed (*Aegopodium podagraria*) which is almost impossible to eliminate without persistence, dedication, lots of digging and saying your prayers daily. Even then it may take years.

First, stop putting the horseradish tubers into your compost. You are basically inoculating your compost with horseradish which you dutifully spread around your garden! If you can guarantee that your compost heats up to over 100°C which will kill weed seeds and other 'stuff', composting horseradish will be safe. Otherwise do not compost your horseradish.

Horseradish is very hardy (forget about this COLD winter having any effect on your problem because snow is a very good insulator) and propagates by underground rhizomes. In addition any little piece left in the soil will grow into a new plant the following year. It should be dug up every fall whether you need a supply of horseradish or not, making sure every tiny piece of root is gathered up.

You have been experiencing the tenacity of horseradish and having stated your aversion to the use of a chemical there are few options open to you. None come with a guarantee.

Soil sterilization using clear/black plastic will only work if your location receives at least six hours of sun per day for eight weeks. This process involves creating a ditch around the area you wish to sterilize, thoroughly wetting the area, then covering it with clear or black plastic, extending the plastic into the ditch and then sealing the area by back filling with soil. Rock can also be placed over the soil to keep the plastic in place. The theory is that the plastic causes the soil to heat up, quickly germinating all seeds/pathogens which then succumb to the heat, in this case the horseradish. If the area is very sunny then black plastic will also work. This will take most of the summer and you will only know the following spring if it worked.

Next option is carefully digging up every plant, preferably after a rain when the soil literally falls off the roots and you have a better

chance of getting the entire root. Spread a tarp in the sun on the driveway and allow all parts of the collected plant to dry out and then dispose of it in the garbage, **not** your compost. In the good old days they burnt it.

If you are using the digging option and truly wish to be rid of horseradish I would go one step further and screen the soil to get rid of every piece of horseradish. Smallholed hardware wire attached securely to a 2x4 frame works well. This is a tedious option but may give the best results. You will have to repeat either option yearly until the horseradish is gone.

Having said all that I have a friend who would dearly love one plant! Good luck.

Fran

Dear Fran:

I have three inside plants that have truly outgrown their pots. I have heard about a couple of ways that you can re-plant into larger pots, but I do want to do this the proper way. The plants have been with me a long time and I don't want to risk losing them.

Carole

Dear Carole,

Though some houseplants like to be pot bound (roots coming out the bottom) and will only bloom when they are pot bound, generally most houseplants do best when repotted every 2-3 years.

Spring is the best time to repot houseplants. Gather soil-less potting mix, scissors, sharp knife, clean pot either same size or one or two sizes bigger than the old pot, newspaper or a drop cloth (if doing inside), something to put over drainage holes so the soil does not wash out (dryer sheets work well).

A day or so before you plan to repot, moisten the potting soil with warm water, cover with plastic to prevent drying out and set aside. Several hours before repotting your plant, water well with a transplanting solution of fertilizer (1/4 the recommended amount of fertilizer added to the same volume of water). This step feeds your plant and strengthens it for the coming shock of repotting. A plant may take two or more weeks to recover from repotting before it starts growing again.

Remove plant from its pot and untangle the roots if possible. Otherwise cut with a sharp knife effectively root pruning the plant. Remove no more than half of the

roots. Cover the holes of the pot with a small piece of a dryer sheet; add pre-moistened potting soil, place plant in the pot, spread out the roots and back fill with more soil. Press the soil around the roots, adding more soil as needed. Set in a pan of water so more water can be absorbed effectively settling soil around the roots. Depending on the size of the plant, place in a clear plastic bag, blow air into the bag and tie shut. This creates a humid atmosphere that helps the plant until it starts growing on its own. This may take as long as two months. When you see new growth you know there are new roots. If it is a floor size plant, keep it watered and lay clear plastic over it, cocooning it to create a humid environment.

I hope this is the information you are looking for.

Fran

Dear Fran,

I have both hosta and day-lilies outside in my garden. Both need splitting and I have the space to put part of each plant somewhere else. Again, what is the correct method of splitting and re-planting hosta and lilies? Also, when would be the best time to do this? Eventually the snow is going to leave, I hope, and I look forward to getting out to my garden and yard.

C.M.

Dear C.M.,

Hosta can be divided in April or September. If April is your choice wait until the bud (whorl of leaves) is just coming out of the ground so you know they are growing. When the yellow Alyssum is blooming you know it is the right time. In September, the first half of the month is better as it allows the transplant to become established before the ground freezes.

With a spade dig around the entire plant which then hopefully allows you to lift the entire plant out of the ground. You may need

help as it can weigh between 50-100 pounds depending on your type of hosta.

The roots could be fibrous and easy to pull apart or thick dense roots which need to be cut apart. It is best to have a minimum of three buds per transplant. This gives the new transplant a fighting chance of success and grow into a decent size plant in a few years instead of say five years. Hosta do not reach their maturity for five years and some much longer, especially the very large types which are very slow growing and may take ten or more years to reach their mature size.

Decide how many pieces of hosta you want and using a sharp serrated knife divide your clump accordingly and then trim away the damaged buds. Any cut edges should be dusted with sulfur to prevent fungal infections. Replant into the prepared new location as soon as possible. If this cannot be done immediately, water the transplants, wrap them in plastic and place in the shade. Plant them as soon as possible.

Plant the division in a new hole or the same hole. In either case you should amend the soil with compost, placing the transplant in the hole at the same depth as the original plant. Back fill with more soil and water well to settle in the soil. The soil will compact and you may need to repeat the last step. Replace any mulch. If you do not use all your divisions, share them with friends or donate them to your local horticultural society for their plant sale.

Hemerocallis

Do not confuse Hemerocallis or day-lilies with *Lilium* or true lilies, such as Easter or Asiatic lilies.



Continued on page 22

	<p>MCCAY DUFF LLP Chartered Accountants</p>
	<p>JASON T. HOWARTH, CA PROFESSIONAL CORPORATION PARTNER</p>
<p>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</p>	
<p>Associated World-wide with jhi</p>	

Horoscope by Arze

Aries Mar 20 - 20 Apr

Mars is your ruling planet. At this time Mars is positioned directly opposite of Libra. This means that your most important relationships like personal and professional ones are progressing. Don't be afraid to ask for help, you can't go at it alone! Looks like Mars will be present in Libra until July. This only means one thing, you will need to get used to the fact that others need to be included in your plans. You will share the rewards.

Taurus 20 Apr - 20 May

Looks like Venus your ruling planet is present in Aquarius. This means it's time to get out there and get more social. Try to make the most of any opportunities that come your way. Get out and mingle! The last several months have felt like you were moving back and forth through some leaning experience. Hopefully you have emerged feeling stronger with a sense of self worth. Dear Taurus you can't be stopped now!

Gemini 21 May - 21 June 21

Dear Gemini, feels like you have been doing everything for everyone else. All these demands of you seem way to extravagant, you have been trying to please everyone. Have been feeling a little undermined and or under-evaluated? That's just fine because Jupiter the planet of luck is finally moving forward in your sign. This means things are about to improve considerably.

Cancer 22 Jun - 22 July

Dear Cancer, finally things are starting to change for the better! This all thanks to Jupiter (planet of luck) moving forward through your sign. Perhaps there has been an opportunity you put on hold for a few months? There was fear that this chance would pass you by. By your chance to emerge with a new sense of seriousness is awake. There is even a chance for new love. Good luck! I have faith in you dear Cancer.

Leo 23 July - 22 Aug

Dear Leo, looks like Venus the planet of beauty and pleasure is at present direct opposite of Aquarius. There is a hidden message around the planets is that its about time to go out and have some fun!. Be a flirt! Find some romance! There may have been a project or misunderstandings that has fallen back on track, perfect timing to let you focus on you.

Virgo 23 Aug - 22 Sept

Virgo, your ruling planet Mercury is moving forward through Aquarius, and passing along side of Neptune. This means the clouds will start to clear. After the full moon there will be more emphasis on emotional and working relationships. Smells like possibilities are just around the corner. Fresh start!

Libra 23 Sept - 23 Oct

Dear Libra, Jupiter the planet brings good luck, and seems to be hovering around the sign of Cancer. This may

bring up an opportunity that was started back in October could finally be turning up bright and complete. There also seems to be lots of planets active around Aquarius. Perhaps a fresh new approach to work is in the cards. Lots of new faces, new relationships. Take your time letting them into your heart and home.

Scorpio 24 Oct - 21 Nov

Dear Scorpio, looks like the planet Mars, traditionally your ruling planet is present in Libra, and moving in retrograde. This could be a tough time for you my dear Scorpio. Try not to get stuck in your way. Your sun sign Scorpio indicates that 2014 will continue to be a time to work hard and build your empire.

Sagittarius 22 Nov - 21 Dec

Looks like your ruling planet Jupiter is moving fast and forward through Cancer. For you dear Sagittarius this may mean that any broken promises you may have had in the past few months, will be fulfilled. Friends and loved ones will be very happy, they have been hoping for time with you.

Capricorn 22 Dec - 19 Jan

Dear Capricorn, there may have been some tension on the relationship front, perhaps even work relationships. The good news is this will start to ease up because of fast moving Jupiter. The planet Jupiter will always bring good vibes, and soon these relationships that

have been difficult will be a breeze and some may turn into a steamy romance.

Aquarius 20 Jan - 18 Feb

Dear Aquarius, Oh My! Looks like the sensual planet Venus is entering your sign. It may seem like you become cupid's favourite target this month. My advice is .. if you got it, and we all know you got it! Then by all means flaunt it! My Aquarius friend, be careful only of people who demand too much of your time. You will need to share that. Have fun! Looks like a great social month for you.

Pisces 19 Feb - 20 Mar

Dear Pisces, The sun is shining and very present in your sign. It should be shining all month. My advice to you is to take advantage of the sun being present in your sign. Its perhaps time to promote your self personally and professionally. It's not wrong to put yourself first for a change. This month will be the final boost you have been needing to keep moving forward. Good job my Pisces friend!

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

Arze Chahine
your astro adviser
zeebraa54@hotmail.com

Dear Fran

Continued from page 21

These are two different plants requiring different methods of dividing. So your question is how to divide *Hemerocallis*.

If your day-lily clump is thin in the middle with few leaves, flower stalks and blooms it has lost its vigor and is ready for division. They can be divided any time from spring to fall, but after they have finished blooming in fall is best. The first part of September is best as this gives the roots time to establish themselves before the ground freezes.

Using a spade dig around the entire clump of day-lilies, or using a garden fork pry up the roots going around the entire clump. You should then be able to lift the clump out of the soil. Then using two forks back to back pry the roots apart. Discard any damaged roots. If the clump is really old take new divisions from the outside of the clump and discard the old tired less vigorous roots. If you are dividing because you want more plants, divide into smaller clumps.

Dig a shallow hole the depth of the new clump and 26cm wider

than the new division, amend the soil with lots of organic matter, plant the new crowns not more than an inch below the soil surface. Water well. Cut the foliage back to 24cm to help the plant retain moisture. Water as needed. If you are the type that a picture is worth a thousand words there are lots of YouTube videos where you can see this process in action.

If you have what is referred to as "ditch" day lilies (orange) which multiply at a furious rate think about replacing them with the newer cultivars which are better behaved, have many more blooms per stem, and come in a very large range of colours.

Fran

If you have other question and need a quick answer, call Master Gardeners of Ottawa-Carleton at 613-236-0034 on Wednesday or Thursday between 1:00 and 3:00pm (year round). There will be a live person to answer your question. Or contact **MGOC E-mail Help Line:** mgoc_helpline@yahoo.ca (monitored daily).

I look forward to receiving more questions from you in the next issue of the Riverview Park Review.

Community Garden

Continued from page 19

tor to the community garden last summer would have seen a great number of interesting tomatoes, including golden cherry, pink, striped, black, and even green when ripe.

Some of our members prize the garden for the sense of community it fosters. Even though each person plants and maintains their own plot, there are also shared times and shared tasks. Early in May gardeners come together to prepare their plots on a common preparation day. In the fall, we have a garden clean up day where gardeners remove vegetation from their plots, as well as the common areas of the garden. This year we plan to have a midsummer work day as well. On each of the days we share a potluck lunch. In the past these have been well attended and enjoyed by all. It is a nice opportunity to chat, exchange gardening tips and ideas, and to try some great recipes, often made with produce from the garden. Gardeners are also share the responsibility of monitoring and filling our water barrels. We have also found there

to be spontaneous cooperation to solve problems that arise, such as insect and weed control. It is also very pleasant to arrive at the garden to water or weed and to find others doing the same. It is often an opportunity to learn from a more experienced gardener, or to see a vegetable you're unfamiliar with, and sometimes a chance to share or trade excess produce.

Finally, the garden is just a very pleasant place to be, situated as it is adjacent to an open field and in front of the hydro right of way. It is exceedingly pleasant to spend a portion of the afternoon, or a warm summer evening in this inviting open space. It can be rejuvenating to spend an hour there, either in solitude, or in the company of others.

If you are interested in a plot or would like to know more about the community garden, please join us for our registration and information meeting:

Thursday, April 24th, at 7:00 P.M.

Trinity Church of the Nazarene
480 Avalon Place

If you would like to contact us, please email us at trinity.garden@rogers.com or go to our Facebook page at Trinity Community Garden.

The Ottawa Hospital Community Advisory Committee

by Helen McGurrin

Seniors and Safe Discharge – New Policy in Effect at TOH

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 implement 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

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 Para-influenza, 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

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 bbmccurrin@gmail.com.



Driving Mr. Daisy too Continued from page 14

required to get someone through to security at the airport, the vehicle to get someone to an adult day program, or even provide home support and light maintenance when needed. Moreover, clients have already come to appreciate both the flexible hours and customized service.

Because *Driving Miss Daisy* is a franchise, there are rules. The service is fully licensed, insured both in and out of the vehicle, and all caregivers have police security clearance, clean driving records, and are trained in first aid and CPR.

Most recently, Robin and *Driving Miss Daisy* were approved by Veterans Affairs Canada as a registered provider for the Veterans Independence Program

(VIP) and can now accept Health Identification Cards. This means that veterans who qualify for government VIP, and have a



health-related need for services, can use *Driving Miss Daisy* for

access to nutrition and health and support services.

Each night when he gets home from school, grade four

student Seth appears to look at the business side of *Driving Miss Daisy* by asking his mother how

many phone calls she has had that day. Daughter Reese, however, is more interested in the aesthetic angle and how things look, such as the number of daisies on the vehicle that drives people to their destinations. Their father Shane is on hand to look after them when needed so that Robin can ensure that she is available to provide the best daily living assistance and companionship that can be provided.

It is extremely important to Robin that her *Driving Miss Daisy* franchise provides a service that succeeds in making a difference for families, or, in fact, sort of like having one family looking out for the other.

Well-done Robin for helping to fill this need here in Ottawa. We look forward to seeing even more of you and *Driving Miss Daisy* in our communities.

Canadian Aviation Continued from page 17

with the Canadian use of specific military and civil aircraft, squadron and company histories, and the noteworthy aviation experiences of people from the Ottawa-area. Visitors and guests are always made welcome.

The CAHS Ottawa Chapter issues a regular newsletter "The Observair" that includes articles contributed by members, including memoirs, historical research, and

information on ongoing chapter activities. Chapter membership is very modest, just \$18 annually.

The CAHS Ottawa Chapter draws its members from serving and former military and civil aircrew, the aviation industry, artists, photographers, modellers, and professional and amateur historians. New members will be sure to meet others who share their interests.

My previous efforts to attract museum volunteers from industry members have been quite successful and a number of residents in

the community have contributed their time and effort. As a result of these contributions I have been able to record and preserve the history of some notable Canadian aviation industry achievements and to contribute to ongoing research topics. I now encourage readers with aviation industry experience or just plain interest to consider joining the CAHS Ottawa Chapter with a view to sharing their experiences, furthering the preservation of Canadian aviation history.

Readers interested in learning

more about the CAHS Ottawa Chapter can visit its page on the CAHS national web site at: <http://www.cahs.ca/welcome-to-the-ottawa-chapter>; or reach me at the coordinates listed below. You might also be aware of friends or associates who might be interested in aviation history. If so, perhaps you could pass this article on to them?

Colin Hine
chine@rogers.com
613-291-7025

Alta Vista Library

APRIL

Storytimes / Contes

(Closed Monday April 21. Fermée le lundi 21 avril)

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)

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.

MAY

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 3

Mondays, May 5 - May 26, 10:30 - 11:00 AM (No registration required) Les lundis 5 mai - 26 mai, 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 3

Tuesdays, May 6 - May 27, 10:30 - 11:00 AM (No registration required) Les mardis 6 mai - 27 mai, 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 3

Wednesdays, May 7 - May 28, 10:30 - 11:00 AM (No registration required) Les mercredis 7 mai - 28 mai, 10h30 - 11 h. (Aucune inscription requise)

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

ADULTS

Book Clubs

Book Banter

Share the enjoyment of good books in a relaxed atmosphere. Join us for a discussion. Thursday, April 3, 2:00 - 3:00 PM - The Sense of an Ending by Julie Barnes

Thursday, May 1, 2:00 - 3:00 PM - Wait for Me! by Deborah Mitford, Duchess of Devonshire

Infusions littéraires

Partagez avec nous le plaisir des livres dans une ambiance détendue. Joignez-vous à nous pour une discussion.

le mardi, 15 avril, 14h00 à 15h00 - Une année de neige de Christian Signol
le mardi, 20 mai, 14h00 à 15h00 - Mãn de Kim Thúy

Sleuth Hounds Mystery Book Club

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

Thursday, April 17, 6:30 - 8:00 PM - Any title by Michael Connelly - Harry Bosch series

Thursday, May 15, 6:30 - 8:00 PM - Any title by Andrea Camilleri - Inspector Montalbano series

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, April 1, 15, 29; May 13, 27; 7:00 - 8:30 PM

Reflections on Aging in Canada: A Reading Circle

Explore the older adult experience of both newcomer and long-time Canadians through a wide range of writings. Reflect on your own aging experience in the context of the novels and poetry of Canadian and international authors. Discussions will be facilitated by Trudy Medcalf, a gerontologist and researcher, and Wendy Robbins, a library consultant and former CBC producer. Readings will be provided. This is a repeat of the 2013 program: new registrants only.

Thursdays, April 24, May 1, 8, 15, 22, 29, 10:30 AM - 12:00 PM

Conversation Groups

English Conversation

Group - Monday / Groupe de conversation anglais - lundi

Practice your English language conversation skills and meet new friends in a relaxed and friendly environment. No registration required. / Améliorez votre anglais parlé et rencontrez des gens dans un milieu décontracté. Aucune inscription requise.

Mondays, 6:30 - 8:00 PM (Closed Monday, April 21.)

English Conversation

Group - Tuesday / Groupe de conversation anglais - mardi

Practice your English language conversation skills and meet new friends in a relaxed and friendly environment. No registration required. / Améliorez votre anglais parlé et rencontrez des gens dans un milieu décontracté. Aucune inscription requise.

Tuesdays, 12:00 - 1:45 PM

Groupe de conversation

française / French Conversation Group

Improve your spoken French in a relaxed setting. This group is for those at an intermediate level. No registration required. / Améliorez votre français parlé dans une ambiance décontractée. Ce groupe est de niveau intermédiaire. Aucune inscription requise.

Tuesdays, 6:30 - 8:00 PM

Information Series

Introduction to Painting

An overview of painting of techniques and equipment required for

studio and "en plein air". A short demonstration will be offered time permitting. Presented by Paul Saindon, an impressionist painter who is fascinated by light, by vivid colors and by the human figure. Registration required.

Wednesday, April 9, 7:00 - 8:00 PM

Yoga Nidra: Power Sleep for Busy People

Yoga Nidra is a multi-stepped guided meditation that restores body, mind and emotional balance. It is effective and simple. All you need to do is get comfortable, listen and feel your stress levels drop. When you finish your Yoga Nidra practice you'll find you have more energy to get things done. And it only takes 17 minutes! Registration required.

Tuesday, May 6, 6:30-8:30

Careers at the City of Ottawa: Information Session

Find out about careers with the City of Ottawa! Information session on City job postings, the application process, and how to navigate the online recruitment tool. Offered in partnership with the City of Ottawa Human Resource Department. Registration required.

Tuesday, May 27, 2:30 - 3:30 PM

Keeping a Diary

Do you keep a diary? Have you ever wanted to? This interactive talk, given by a retired English teacher and compulsive diarist, will examine why diaries continue to be popular in an electronic age, what they record, and why, what we can learn from them, and pass on to posterity ourselves. Excerpts from famous diarists as diverse as Samuel Pepys and Anne Frank will be read, and practical advice shared regarding style, format, frequency of writing, storage, and confidentiality.

Wednesday, May 28, 6:30-8:30

Prenatal Classes - Ottawa Public Health

A public health nurse will lead this mini-series of three small group sessions. These sessions are meant to go along with OPH's free online prenatal program - A New Life. Start the online prenatal course early in pregnancy. It can be found at www.ottawa.ca/prenatal. If you need more information or you have any questions about your pregnancy, please call OPH at 613-580-6744 or email healthsante@ottawa.ca. Registration required.

Thursdays, April 3, 10, 24; 6:00 - 8:00 PM

Saturdays, April 5, 12, 26; 10:15 AM - 12:15 PM

Thursdays, May 8, 22, 29; 6:00 - 8:00 PM

Saturdays, May 3, 10, 24; 10:15 AM - 12:15 PM

Elmvale Acres Library

Library Programs at
Elmvale Acres Branch
1910 St. Laurent Blvd.
613-738-0619 ext. 222

Babytime

Thursdays, April 3 - 24, May 8 - 29
at 1:30 pm (30 mins.)
Stories, rhymes and songs for
babies and a parent or caregiver.
0-18 months. Drop-in, no registra-
tion required.

Family Storytime

Wednesdays, April 2 - 23, May 7 -
28 at 10:15 am (45 mins.)
Stories, rhymes and songs for chil-
dren of all ages and a parent or
caregiver. Drop-in, no registration
required.

Family Storytime

Wednesdays, April 2 - 23, May 7 -
28 at 3:15 pm (45 mins.)
Stories, rhymes and songs for chil-
dren of all ages and a parent or
caregiver. Drop-in, no registration
required.

Contes

Lundi, 7, 14 avril, 5, 12, 26 mai - 10h
15 (45 mins.)
Contes, rimes et chansons pour les
enfants de 19 mois à 6 ans et un
parent ou gardien. Inscription non
requis.

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

Every Saturday at 10 am - 12 pm
(2 hrs.)
Homework help for children ages
5 to 11. Drop-in, no registration re-
quired.

Reading Circle

Every Saturday at 2 - 3 pm (1 hr.)
Volunteers from Frontier College
will be available to assist with read-
ing and literacy skills. Drop-in, no
registration required.

Monday Nights are Murder!

Monday, April 7, May 5, June 2 at
6:30 - 8:00 pm (1.5 hrs.)

Share the enjoyment of good mys-
teries 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.

Book Art Exchange

Monday, April 28, 2014 - 6:15 - 8:15
pm (2 hrs.)
There are books about art in your
library, but did you know that a
book can also be a work of art?
The Ottawa Art Gallery presents
a hands-on creative workshop on
how to create an artwork in the
form of a book, using an everyday
sticky-note pad. Registration re-
quired.

Clicking, Flicking and Tweeting: Social Networking Controversy

Thursday, May 8, 2014 - 6:15 - 8:15
pm (2 hrs.)
The explosion of social network-
ing websites such as Flickr, Fa-
cebook, blogging sites and Twit-
ter has raised more than privacy
concerns. Join the discussion with
Chris Taylor and Jeff Dubois from
the Ottawa PC Users' Group.
Registration required

How to Buy a Digital Camera

Thursday, June 5, 2014 - 6:15 - 8:15
pm (2 hrs.)
When buying a digital camera, you
are faced with a bewildering array
of choices. Chris Taylor, Ottawa
PC Users' Group President will
help "focus" your search for the
ideal digital camera. Registration
required.

Hardy Boys

Continued from page 16

bury Star and ran as the headline
story.

In 1926, after having published
a few articles and features for the
Toronto Star Weekly, he headed
south of the border to work for the
Springfield Republican newspaper in
Springfield, Massachusetts. While
reporting the city beat for the *Re-
publican*, he responded to an ad-
vertisement from Edward Strate-
meyer, an author and publisher



Leslie McFarlane

of children's books. Stratemeyer
sent McFarlane a copy of one of
his *Dave Fearless Series*, a series of
mystery novel he had penned un-
der the name *Roy Rockwood*.

McFarlane was, at first, shocked
that Stratemeyer would write un-
der a pen name but slowly he came
to understand the logic. It allowed
more than one writer to write nov-
els in a series without disturbing
the series. Roy Rockwood was the
nom de plum used by a syndicate of
writers.

McFarlane was soon ghostwrit-
ing under the name of Roy Rock-
wood. His first book was entitled
"Dave Fearless under the Ocean", for
which he was paid the princely
sum of \$100.

McFarlane wrote a total of sev-
en *Dave Fearless* novels before he
informed Stratemeyer that he was
tired of the character. Strate-
meyer wrote him back with an idea
for a new mystery series specifically
written to appeal to young teenag-
ers. "How about writing the Har-
dy Boys Mysteries?"

That was the beginning of the
most famous young boys mystery
series ever written. Millions of
copies have been read by tens of
millions of kids in over 20 differ-
ent languages around the world.
He continued to write about
Frank and Joe until 1946, when he
penned his last in the series en-
titled *"The Phantom Freighter"*.

Since this a story of mysteries,
let's chew on another mystery. Did
Leslie McFarlane actually write

The Phantom Freighter? In fact, *The
Phantom Freighter* was written by
McFarlane's wife, Amy McFarlane.
According to letters from sources,
when the assignment to write *The
Phantom Freighter* came in from the
Syndicate, Leslie was away fish-
ing. Amy wrote and submitted the
book. The Syndicate was aware of
this and not concerned.

In 1943, while writing the Har-
dy Boys, McFarlane was also em-
ployed by the National Film Board
of Canada. Ten years later, in 1953,
his documentary, *Herring Hunt*.
was nominated for an Academy
Award (Best Live Action Short
Film, One-Reel). Shortly thereaf-
ter, following the death of his wife,
he moved with his three children,
Patricia, Brian and Noah, to To-
ronto to work on documentaries
and comedies at the CBC. He
had a short stint in Hollywood as
a writer on the famous western TV
show, *Bonanza*, which starred fel-
low Canadian, Lorne Green.

But his heart lay in Canada,
where he returned to write even
more novels, but now under his
own name. Novels such as, *A kid
of Haileybury* and, in 1976, his au-
tobiography, *The Ghost of the Hardy
Boys*.

On September 6, 1977, after a
lengthy illness at the Oshawa Gen-
eral Hospital, 74-year-old Charles
Leslie McFarlane passed away.
The nation and all young boys
mourned the loss of a great writer
and a friend.

His son Brian, the same Brian
McFarlane of CBC's *Hockey Night
in Canada*, remembers the day, at
the age of 10, that he learned that
his father was Franklin W. Dixon,
the writer of the *Hardy Boys*. "It
was like finding out your dad was
Santa Claus".

I think we all would have liked
to have been in young Brian's slip-
pers.



Bruce Ricketts

Note: This story has a connection
to this newspaper. Leslie McFar-
lane was the uncle of Fran (McFar-
lane) Harding. Fran is the wife of
John Harding and the mother of
Malcolm Harding who write Com-
puter Tips and Tricks.

VOLUNTEERS

needed to help with
delivery

on the following streets: **Renova Private and
Tremblay Road
(Eastway Gardens)**. The
Riverview Park Review is delivered
only FIVE times a year.

We sign for volunteer hours

Neighbourhood Watch

by John Neale

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

March was Fraud Prevention Month in Canada. Fraud is big business in Canada costing Canadians between \$10B and \$30B per year. In particular, the Internet is like the “wild west” when it comes to fraud... anything goes! You must be extra vigilant when online. Spam filters are great at removing a large percentage of fraudulent emails but a few will still make it to your inbox. Internet fraudsters will brazenly use the logos of trusted companies and organizations to dupe you.

Phones are worse because you are dealing with a live person and we Canadians just hate to be rude. I have literally stopped answering the phone unless I recognize the number. Thank goodness for calling line identification and the answering machine. Fraudsters seldom if ever leave a message. If

you do answer the phone, just say “No thanks!” and hang-up.

Some tips to avoid being a victim of fraud:

- “Phishing” scams use fraudulent e-mails to fool people into revealing private information. NEVER follow the directions in unsolicited e-mails asking for detailed personal or login information, no matter how legitimate they may look.
- Online romance scams: If your love interest keeps making excuses about why they can't meet you in person, or if they ask for money, move on!
- If a door to door salesperson asks to see your Hydro Bill to check something, just say, “No”. Don't let them bully you. If you let them see your bill, they will probably use the information they see to change your hydro supplier.
- Never rush into anything involving your money or your property. If you're being pressured to sign, it's likely a bad deal. Ask around. Get a second opinion.
- Give only to charities you know and trust.
- Do not give out personal information over the

phone, through email or over the Internet unless you initiated the contact and know who you're dealing with.

- Do not reveal your PIN or passwords to anyone, including employees of your bank, family members and friends. When conducting a transaction at an ATM or retail point-of-sale location, keep your Debit Card/Credit Card within sight and shield the keypad when entering your PIN.
- Be wary of unexpected offers or requests that are “too good to be true” such as “you've inherited a large sum of money but in order to claim it, send us a small fee first”.
- Never agree to conduct financial transactions on behalf of strangers.
- Be wary of unsolicited emails requesting the transfer of funds. Scams are often recognizable since the correspondence often contains grammatical and spelling errors.
- If you have lost your wallet, make sure that you cancel and replace all of your important cards.

If you think you or someone you know has been a victim of fraud,

contact the Ottawa Police Service at 613 236-1222 ext 7300 as well as the Canadian Anti-Fraud Centre at 1-888-495-8501 or go to www.antifraudcentre.ca.

If you live in Riverview Park and would like to join the Neighbourhood Watch program, then please contact one of the Area Co-ordinators. I can be reached at JL.Neale@yahoo.ca for Riverview Park west of Station Blvd and Tim Mark is at TimMark@rogers.com for Riverview Park east of Station Blvd. If you live on Abbey, Caledon, Dale, or Balfour please contact Rheume Laplante at RbeaumeLaplante@hotmail.com. If you live on Station Blvd or in Blair Court please contact stationboulevardnw@yahoo.ca. If you live in an area that has no active Neighbourhood Watch, then call our Community Policing Centre at 613 1222 ext. 5842 and leave a message for Cst. Rebecca Vanderwater. She will provide you with instructions on how to set up a Watch in your area. For more information on Neighbourhood Watch, please go to: www.ottawapolice.ca/neighbourhood-watch

Lions in the picture

Continued from page 2

came to him in the nearby border town of Jedburgh, Scotland, at the age of 15, and was in no small part due to his father's somewhat behind-the-scenes intervention. The year was 1950, and Bill was determined to quit school and get a job. And, as luck would have it, his father ended up one Saturday evening at a local pub having a drink with the owner-editor of the Jedburgh Gazette, a Mr. Walter Easton. It wasn't long after this get-together, or ‘Presto!’, as Bill reflected, that he became the newest employee at the Gazette, and was given the job sometimes referred to in publishing circles as the printer's devil. In his work he handset type and progressed to the linotype while reporting and photographing rugby.

From his experience in this job, Bill eventually wrote his own story, *The Printer's Devil*, in 2010. Based on fact, but with plenty of interwoven humour, Bill described the beginning of his career, and exactly what the printer's devil term meant in the publishing world.

“The printer's devil term came from the first English printer, a gentleman named Caxton whose

apprentice went by the name of Deville. Deville always had black hands so this was associated with the black arts. I, too, had blackish hands though I tried to scrub them clean and it did not help me in the dance halls,” he said.

It was after his apprenticeship ended in 1957, at the age of 23, that Bill left Scotland for England hoping to gain more experience in the newspaper business. He told the Wednesday evening audience about his two-year conscription as a National Serviceman in the King's Own Scottish Borders, including time spent in infantry training and noted that after writing a few articles about army life he was by then ready to try something new.

Bill held a variety of journalism positions at several English newspapers in Blyth and Derby; however, it was the polluted air in Sheffield that had him seek a much needed change for both his job and his health. An ad seeking a desk editor at the Rhodesia Herald in Southern Rhodesia seemed worthy of his attention, and thus after a successful interview, Bill Fairbairn's next newspaper job was on a continent over 5,000 miles away.

“Simply said, I was seeking ad-

venture,” he explained when asked why.

Bill lived and worked for five years on a number of newspapers in Central and East Africa, and his first book, *On the run in Africa* published by Baico in 2008, was a result of his experiences in the world's second largest continent.

Many highlights of a wonderful journalistic career stand out for Bill, and one of these was in Kenya when he wrote a newspaper story about Elsa the lioness swimming in the sea. Columbia Pictures was filming a bite of Born Free with stars husband and wife Virginia McKenna and Bill Travers at a public beach near Malindi and, as Bill Fairbairn told the audience at the Alta Vista Retirement Community, he planned to take and use a certain photo for the story that he was writing.

It didn't take long, however, for Bill to realize that he was going to be thwarted in his plan, and that he was in effect being banned from taking his picture of Elsa swimming in the sea by the film company. It was only after returning to England and seeing the picture of this particular scene on cinema billboards that Bill realized why. So upset at the time, however, was he to think that they could close a public beach for the benefit of a

movie and its stars that his eventual title for the newspaper article became, *Elsa never more a prisoner*.

His article set the film company thinking and they invited photographers up to their camp and into a cage to photograph the lions outside the cage.

In 1965, when a two-year contract with The Daily Nation in Nairobi came to an end, Bill left five years of racial tension and politics of the day and took the famous Blue Train down to Cape Town through apartheid South Africa to catch his return-to-England voyage. In London he became a sub-editor with The Sun and later The Scotsman newspaper in Edinburgh never forgetting “Africa the beautiful.”

Bill had been working in the newspaper business for 18 years but more was to come in Canada.

A sequel talk is planned during another Alta Vista Retirement Community visit on March 26th, when Bill Fairbairn will take residents and guests with him on his Canadian journalistic travels after he arrived in Vancouver by ship in 1969. He will tell about his interviews with Pierre Elliott Trudeau and Rene Levesque and, finally after 68 years, writing for and delivering the *Riverview Park Review*.

Computer Tips and Tricks

Why do I have to buy a new computer all of a sudden?

by Malcolm and John Harding, of Compu-Home

Despite the attention-seeking headline, the fact is that you probably DON'T have to rush out and buy a new computer this month. Read on:

Computers are not like refrigerators. (Perhaps this was not earthshaking news to you – but bear with us.) Since the icebox evolved into an electric appliance, a refrigerator has always stuck with the basic purpose of keeping contents cold. Granted, now there are some enhancements like dispensers of water and ice but the core assignment of cooling remains the same.

In contrast, what we demand of our computers escalates very rapidly. Twelve years ago, most home users exchanged some email, browsed the web a bit, and created documents and maybe spreadsheets, and that was just about it. Nowadays a computer is the home work, entertainment and information centre, and in many homes it replaces the television, telephone, library and writing desk. Speed and the ability to do several jobs at once are absolutely essential. Viruses have proliferated immensely and we assume that our

computers will keep themselves protected. Hard drives are now massive because they have to be, in order to store our entire libraries of software, messages, photographs, videos, music and documents, while jumping from email to elaborate websites. If a web page takes longer than 1.5 seconds to appear we will probably assume there is something wrong and look for something else. Long gone are the days of turning on your computer in the morning and going to make a cup of coffee, hoping the computer would be ready by the time you came back from the kitchen.

Operating Systems have to keep pace. Back in 2002 when Microsoft introduced Windows XP it was newfangled and unfamiliar, but in time it became the most familiar and popular OS on the planet. Vista, Windows 7 and now Windows 8 have replaced XP and the time has finally arrived (April 8 2014) when Microsoft is no longer supporting it. Because there are so many Windows XP computers still in use, it is important for owners to understand just what that means:

- Your XP computer will continue to turn on and operate just as it always has. For

Microsoft to withdraw “support” means simply that there will be no more updates or improvements after April 8th. You WILL have to take action, but there is no cause for panic.

- Third-party software such as anti-virus utilities and XP drivers for new printers will gradually disappear. Websites will eventually require browsers that are not compatible.

- If a computer has XP installed, that means it is probably too old to be updated to a newer OS and it would be too expensive to do that anyway.

- Likewise, an expensive hardware repair is not likely advisable for a computer of this age. A rough rule of thumb would be that anything over \$100.00 is probably too much.

At the very least, you should now do some research and have a proactive plan. It is definitely a luxury to be able to update while the old computer is still working,

because that makes transferring your data a much easier job. It is also nice to have the time to look for a sale on a new machine, or to be able to choose something that is just right, rather than to have to rush the process because the old one is suddenly dead and you need that replacement right away.

People affected might wish to read two more two articles online that add useful information on the subject: Chris Hoffman, writing in PC World: <http://tinyurl.com/okteuda> and Tony Wolpe in ZDNet: <http://tinyurl.com/q5tc4r5>

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.

A heartwarming carnival break in a long cold winter

by Carole Moulton

A great February 2 winter carnival! An enthusiastic crowd. A grand rink for this Riverview Park Community Association annual event.

A special thanks goes to Chris Khoury and Warren Fisher. They not only maintained and flooded the Balena Park rink for this community skating party, but also made sure in hindsight that the ice was perfect for no doubt what could be one of the longest winter skating seasons on record.

A huge thanks also to the many volunteers who contributed to the rink's excellence. The Balena Park rink had, what could have been a record attendance, with 2,716 skaters during the 2013-14 skating season.

Another great big thank you to all who attended this more than a decade-old RPCA tradition and, as happens every year, counting was difficult, although there appeared to be about 200 people in attendance over the two-hour

event. The crowd included Mayor Jim Watson, who enjoyed a hot chocolate as he mingled with the happy folk in Balena Park, David McGuinty, MP, for Ottawa South, and John Fraser, MPP.

The 101st Ottawa (St. Aidan's) Scout Troop did an excellent job organizing the carnival campfire so that many appreciative people could sit on bales of hay, warm their fingers and toes and roast marshmallows. The scouts were the first to arrive to arrange the bales of hay and get the campfire burning, while their troop leaders supervised as the 11-to-13 year olds worked enthusiastically on the requirements of a scouting badge.

After months of planning, the RPCA Parks, Recreation and Environment Committee supported the event with hot chocolate and marshmallows, hot apple cider, and bags of chips. There were also games and prizes for young ones.

This year, it was decided by the

Continued on page 43

MOVIES 'N STUFF

1787 KILBORN AT VIRGINIA
738-1607

- OVER 10,000 MOVIES & GAMES
- KNOWLEDGEABLE HELPFUL STAFF
- HUNDREDS OF USED MOVIES AND GAMES FOR SALE

FREE!
MOVIE OR GAME RENTAL
Some restrictions apply. See store for details.
Expires May 31, 2014 P14052

- WE HUNT DOWN HARD TO FIND MOVIES
- DAMAGED DVD'S & CD'S RESURFACED

SERVING THE COMMUNITY FOR OVER 25 YEARS
OPEN SUN-THURS 10:00 - 9:00, FRI & SAT 10:00 - 10:00
VISIT US AT MOVIESNSTUFF.COM

Spring home renovations and being green

by Thomas Conway, Ph.D.
Sales Representative
Conway Fung Homes
Keller Williams Ottawa Realty

Spring 2014 is soon upon us and most of us are very happy for that after a long and cold winter. It is also in the spring that many people start thinking about possible home renovations and, in this day and age, people are becoming more sensitive to the environmental or “green home” features of their renovations. They are concerned about energy efficiency, environmental safe products, product durability and many other factors that will make their home more comfortable and cost efficient to live in and more apt to attract top dollar at the point of eventual resale.

However, because many of us in established neighborhoods live in older homes, we often feel that the “green homes” dialogue does not serve us very well. While new homes can be built fresh with all the latest green home technologies, we often ask, “What can we do with our older post war home?” Indeed, to many people the green homes discussion is comparable to the new car versus old car debate regarding fuel efficiency. State of the art fuel efficiency is fine if you can afford the new car, but if you want or need to drive the old car for a few more years, the discussion is rather mute short of driving less overall.

However, “green renovation” of older homes is in fact a very well developed area of research and market activity with many product options available to the motivated homeowner. Indeed, in addition to the availability of a growing range of green products for construction, some leading research-

ers are arguing that, in fact, retrofitting older homes and buildings is a “greener” option than to build new green structures.

For example, the Preservation Green Lab of the National Trust for Historic Preservation in the USA released an influential report in January 2012 titled, “The Greenest Building: Quantifying the Environmental Value of Building Reuse”, demonstrating that it is more “green” to retrofit existing structures than building anew at least with respect to climate change causing green house gas effects. The report states: “Building reuse typically offers greater environmental savings than demolition and new construction. It can take between 10 to 80 years for a new energy efficient building to overcome, through efficient operations, the climate change impacts created by its construction.”

As such, if you are contemplating home renovations, be sure to ask your architect and/or contractor to work with you on the choice of building materials for your renovations. Do some basic research on green products that can make a useful contribution to your homes comfort and efficiency today and to its attractiveness for top dollar at eventual resale. A growing body of research illustrates that this certainly pays off.

So what are the steps that come into play with a major green home renovation?

Start with this:

Step 1 – If you are uncertain whether the house is worth a substantial renovation, be sure to take this first step. In the company of a qualified engineer or home inspector, ask yourself whether the home is structurally sound and amenable to refurbishment without exces-

sive costs. By that we mean, make sure that the costs of the refurbishment and maintenance of the home over the notional pay back period of the renovation represents value for money relative to building a new green home. There may also be grant aid for green refurbishments in your community, so be sure to factor that potential into your calculation

Step 2 – Whether you plan to do much of the work yourself or hire a qualified contractor, be sure to do the work according to a well thought-out renovation plan ideally developed with an architect or contractor with green building expertise or at least the willingness to work with you on a “green” renovation plan. Ask a contractor to give you a quote that reflects “green” product choices and how that will compare with “normal” products. A good contractor that knows his or her job well, should be up to speed on these options or at least be willing to do some basic research to respond to your request

Step 3 – Establish your renovation budget and the planned rate at which you will disburse money from that budget (i.e. will you do the work all at once or adopt a phased approach for cash flow or life-style reasons). Don't forget to

factor into your plan future changes you anticipate in your life that could affect what you need or can afford in your home. For example, which items in the renovation plan are essential, and which ones are not essential but desirable if the budget allows? Then, stick to your budget like a big hungry dog with a bone

Step 4–Products for “green” refurbishment often cost only slightly more than conventional items and will become even cheaper as demand rises. However, take care to do your homework on major ticket items, as there is competition in the market and a need to guard against “green-washing” or other types of false claims. It is not enough to say your product is green; companies ought to be able to demonstrate significant improvements in reduced home operating costs, conserving natural resources and protecting the environment. Most of these questions can usually be answered quite easily with some basic Internet research. There is a large and growing amount of information on the green features of construction products out there today. Use that information to your benefit.

Good luck with your spring renovations!

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 47

SUDOKU

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

SURPLUS WAREHOUSE

NEW AND USED OFFICE FURNITURE



- DESKS
- CHAIRS
- BOOKCASES
- FILING CABINETS
- TABLES
- WORKSTATIONS
- STEEL SHELVING
- MUCH MORE!

613-247-4000
716 INDUSTRIAL AVE.
www.surplusfurniture.ca

Joseph Stern receives Honorary Doctor of Laws

submitted by Orrin Clayton

Joseph Stern, a resident of Riverview Park, will be honoured March 26 at a Special Convocation at the University of Winnipeg. He will receive humanitarian recognition for his commitment to justice, development and good governance which has made a significant difference to communities in Canada and abroad.

A graduate of United College (now The University of Winnipeg), Joseph Stern excelled in the federal public service, managing the refugee determination process and

established Canada as the first refugee-receiving country to recognize that sexual orientation and the particular vulnerability of women may give rise to a well-founded fear of persecution. Some of Stern's projects have taken him to the poorest, most desperate and sometimes most dangerous parts of the world. After the Rwandan genocide, Stern led a mission on behalf of the Government of Canada to that country to assist in the process of establishing rule of law. More recently, Stern became an important figure



Joseph Stern receives Honorary Doctor of Laws
Photo credit: Orrin Clayton

helping to shape Canadian refugee policy. As Chairman of Canada's Refugee Status Advisory Committee (RSAC), Stern contributed a humane and progressive voice to the international conversation on how the democratic West can — and should — help the world's dispossessed and persecuted. He

on campus, significantly contributing to the establishment of University of Winnipeg's new Master's in Development Practice (MDP) in Indigenous Development. The University of Winnipeg honours Joseph Stern with an Honorary Doctor of Laws.

Staying clean — is not what this story is all about

Author: Lynda I. Morrissey
Illustrator: Greg Money

Book review by Carole Moul

If you are seven, you are bound to get dirty, and Lynda I. Morrissey's latest children's book is all about the easy ways that this can be done. Whether it's eating your cereal, playing with your dog, or riding through muddy puddles on your bike; there are plenty of options for getting yourself into messes. Moreover, Wyatt's dirty day will soon show you how.

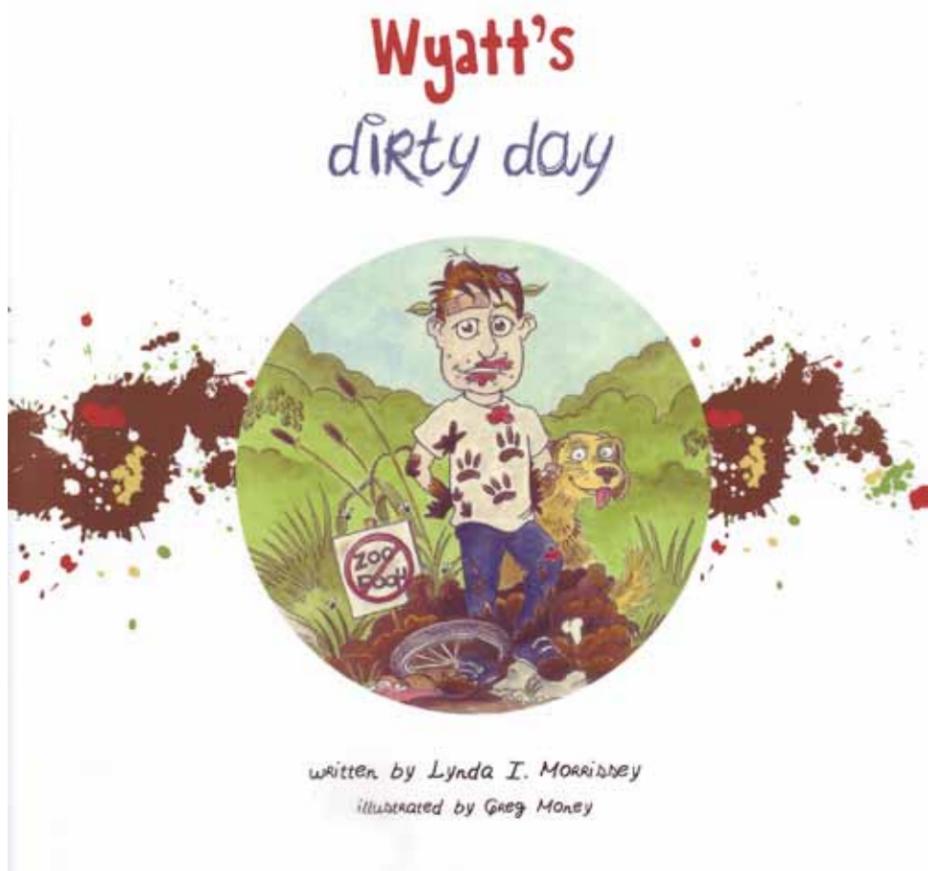
Written in an ABCB Quatrain pattern to appeal to a certain age group, this tale about a day in the life of Wyatt should engage and encourage early primary children to join in with the rhymes presented in this 24 page paperback. Nor should it take long before a list is created of additional word families, once the book

has been presented after first or second reading to a class. Parents as well, after sharing with this fun book, can play a game developing these same skills.

An excellent example is on the very first page, where the words 'day' and 'play' are used to introduce Wyatt. Skilled readers recognize patterns in words, and can use word families to decode other vocabulary. Lynda Morrissey has also been successful in providing emerging readers with the incentive on how to create their own dirty day in both Language and Visual Arts.

The font used to tell about our main character's antics is somewhat whimsical, with intermittent colour highlighting or outlining of certain words. Again, this is another way to develop or

Continued on page 39



HAPPY
D.aycare
O.bedience
G.rooming
S.pecialists

REALITY DOG TRAINING COURSE
 STARTING APRIL 27TH
 613-520-2112
 www.happydogsttowa.com
 1793B Kilborn Ave.

A touch-up of Rubin's paint makes all the difference

by Carole Moulton

Ben's first memories of his father's paint store begin when he was about age eight. Actually, make that two

paint stores, because for many years there were two *Rubin's Paints*.

The first to open was located at 15 ByWard Market, and was established when the market was a

very different place than it is today. Zak's Diner is now in the spot where the paint shop used to be, and is part of the trendy restaurant scene that has gradually developed

doesn't take long for people to realize that they are going to be well treated by someone who knows about paints and painting. A common quip, such as one made by a



SOUTH OTTAWA'S INDEPENDENT PAINT DEALER!

FULL LINE BENJAMIN MOORE DEALER



Benjamin Moore®
Paints

**Rubin's
PAINT**

QUALITY TOOLS

ECO PRODUCTS

CUSTOM PAINT SPECIALIST

EXPERT SERVICES FOR OVER 60 YEARS

Corner of Bank & AltaVista

2649 Alta Vista Drive
Serving Ottawa Since 1952

613-521-3636



over the past few decades.

At the time when *Rubin's Paints* occupied their original location the people who shopped or lived in Lowertown enjoyed quite a different variety of stores than is found there today. And, Ben's father, whose customers usually called him Ruben although his real name was Fred, remembers the neighbouring stores selling a variety of goods. He is now enjoying his retirement, getting caught up on reading and other pursuits.

A picture of the original store is over the front entrance, and the cars parked in front of *Rubin's Paints* look like those of the late 1960s and early 1970s and evoke many memories.

The second *Rubin's Paints*, at 2649 Alta Vista Drive, was opened over 35 years ago in 1978 when the mall at the corner of Bank and Alta Vista had just been built. A large picture of a very young Ben in his red Jetliner wagon hangs at the back of the store and an actual same model of the wagon is high up on a shelf among what must be thousands of cans of paints.

And while Ben's earliest recollections are of the many gallons of paint around the store, it wasn't so many years later, at age 16, that he found himself helping his dad to unload trucks, clean up and, of course, stock shelves. It was a form of apprenticeship during breaks from school that, needless to say, has worked well for the family

Rubin's Paints has been a family business for over 55 years, and it

gentleman waiting for his paint to be matched on a recent Wednesday afternoon, is no doubt similar to those made by others, while Ben is behind the counter working his magic at the paint colour mixing machine.

"I've been coming here since Ruben was running the store. My wife likes to change the colour of the rooms a lot and we have always bought all our paint here for many years."

In turn, when Ben was asked about the most interesting part in running the family paint store, he responded ever so quickly, "We get to deal with some very nice, repeat customers."

One of the biggest challenges facing many of those same customers is choosing the right colour. Ben's recommendation is to buy a sample pot or pots of paint and try the colour on several different places in the room and in different light. Then he suggests, "Buy the best quality paint that you can for the job, although this does not necessarily mean the most expensive. Good paints cover more, last longer, and look better; lesser quality paints don't give the project the quality it deserves. Good tools do make a difference, and needless to say, preparation, including cleaning and sanding surfaces is extremely important."

When you plan a paint project, whether inside or out, it is important to consider the effect that the

Continued on page 38

A touch of India

Is that my daughter?

by Bill Fairbairn

Holi is a religious spring festival celebrated by Hindus. It is a spring festival because it marks the arrival of spring, the season of hope and joy.

In Jaipur, particularly, it is celebrated by people throwing co-



Happy Holi - the festival of colour in gorgeous Jaipur, Rajistan. Yes, this is Judith. We spent the day throwing coloured powder at each other. You wouldn't believe my fingernails.

Photo credit: Ian Felton

loured powder and colour water at each other. It is believed that the change in the weather may cause viral fever and that the playful throwing of natural coloured powders has a medicinal significance.

That's why I did not recognize my daughter Judith in a photograph she sent me after her experiences in the Jaipur festival.

The facial colours that defied me are traditionally made of neem, kumkum, haldi, bilva and other medicinal herbs prescribed by Ayurvedic doctors. For wet colours, traditional flowers of palash are boiled and soaked in water overnight to produce yellow colour water that also has medicinal properties.

Jaipur, after Vrindaven, the birthplace of Lord Krishna, celebrates the festival more intensely than elsewhere in India.

Elephant sports, loud parades, dance and powder paint fill the air. Not even visitors are exempt from the celebrations as small gifts are exchanged.

Jaipur in March is one of the best places to see it all happen.

Vincent Massey Public School

Principal: Katia Sioufi

Vice-Principal: Richard Simpson

VINCENT MASSEY IN THE COMMUNITY

Vincent Massey P.S. grade 7/8 students are continuing to work on their Social Action Project (SOLE2Soul2013).

In this last term of the school year, the students will be engaged in developing and running a self-esteem program for the children of Russell Heights. This activity



will run for a period of eight weeks in which young girls will engage in activities to strengthen their image of themselves and as positive role models in the community. The students have also taken by engag-

ing in the Naturalization process in Russell Heights. Many ash trees were removed from the property due to damage by the ash borer and the group has decided to plant 20 new trees on the community. The students have been actively writing grants to the city and local businesses to help meet our goal. The 20 trees cost a lot and we need your help to raise the funds. You can donate at our crowd source funding site at <http://www.gofundme.com/724tvs>. Your donation will make a change.

VINCENT MASSEY IN THE WILD

On March 18th and 19th, students from Vincent Massey's grade one and two classes enjoyed a day at the MacSkimming Outdoor Education Centre in Cumberland.

The primary focus of MacSkimming is to provide an opportunity to Ottawa-Carleton District School Board (OCDSB) and non-OCDSB students to explore, experience, appreciate and learn about natural science and outdoor activities in an outdoor setting.

The MacSkimming "outdoor

Continued on page 38



Member of Parliament | Député

David McGuinty

Ottawa South | d'Ottawa-Sud



HARD WORK, DEDICATION, PUBLIC SERVICE | TRAVAIL ACHARNÉ, DÉVOUEMENT, SERVICE À LA POPULATION

My office provides information on the services offered by the Government of Canada, including:

- » The Canada Pension Plan / Old Age Security
- » Guaranteed Income Supplement
- » Immigration Matters
- » Citizenship Inquiries
- » Canadian Passport / Consular Affairs
- » Business Opportunities / Grants & Funding
- » Student Loans / Taxation Issues

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

Mon bureau vous renseigne sur les services offerts par le gouvernement du Canada, notamment:

- » le Régime de pensions du Canada / la Sécurité de la vieillesse
- » le Supplément de revenu garanti
- » les demandes de renseignements relatives à la citoyenneté
- » les questions d'immigration
- » le passeport canadien / Affaires Consulaires
- » les occasions d'affaires / les options de financement
- » les prêt aux étudiants / les questions sur l'impôt

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

David McGuinty, MP | Député

Constituency Office | Bureau de Circonscription

1883 Bank Street
Ottawa (Ontario) K1V 7Z9

Tel | Tél: (613) 990-8640
Fax | Téléc: (613) 990-2592

Email | Courriel: david.mcguinty@parl.gc.ca
Web Site | Site Web: www.davidmcguinty.ca

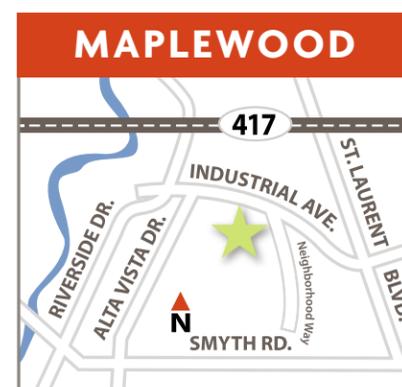


Unmatched Levels of
comfort, dignity & care.



Welcome to Maplewood Retirement

The much anticipated Maplewood Retirement Community is now open! Located in beautiful Riverview Park, Maplewood offers luxurious amenities and a full continuum of care. Following in the footsteps of Oakpark and Bridlewood Trails, Maplewood offers the range of lifestyle options and exceptional services that all Ottawa-owned Riverstone properties are known for. Call today to book your personal tour and see what Maplewood has to offer!



340 Industrial Ave
613.656.0556

riverstoneretirement.ca

Riverstone Properties: **OTTAWA • KANATA • ALTA VISTA • CARLINGWOOD**

RIVERSTONE
RETIREMENT COMMUNITIES

Riverview Alternative School

Rainbow Loom Club comes to Riverview Alternative

by Maya, Anastasia and Maren
Students in Grade 5/6 at Riverview
Alternative School
Photos by Sarah Filsinger,
Grade 5/6 teacher

The Rainbow Loom Club was created by Ms. Filsinger, a grade 5/6 teacher at our school. She started the club with the grade 5/6 classes and it went

students make simple bracelets and charms. Kids do not have to have a loom or elastics to participate because Riverview School Council is and more keep the kids busy using their hands and their crea-



very well, so she opened the club to younger grades. Now grades 1 to 6 are welcome to come and loom and the grade 5/6 students help the younger

paying for the supplies.

Girls and boys are enjoying this club, using their imagination to create wacky things using Rainbow Loom and it is fun to be able to wear what they make. Bracelets, charms

tivity! Rainbow Loom Club takes place every week with a few exceptions. The club takes place on different days for different grades.

Currently, Rainbow Loom Club is making bracelets and charms to sell at our annual Environmental Fair. We use the proceeds from this fair to raise money for our sister school, Bokoro

Primary School, in Lesotho Africa (pronounced Les-oo-to).

Some examples of what we can make include simple bracelets like singles and fishtails. We can also make charms and more complex bracelets. Students who bring their own loom are able to start more complex items and continue them at home. Students will often bring in their creations to share with other club members. We are enjoying this new club and encourage new members to join in and have fun!

salon
ELEGANCE
Ottawa Train Yards

AVEDA
the art and science of pure flower and plant essences

MOROCCANOIL

GOLDWELL

KMS
california

Hours
mon. tue. sat. 9-6
wed. thur. fri. 9-9
sun. 9-3

613 • 749 • 9557 www.salon-elegance.ca

Dempsey welcomes new art teacher Christopher James Tinkler

by Catina Noble

There are many exciting things going on at Dempsey lately, including the fact that the community centre welcomed a new art teacher last fall, and his name is Christopher James Tinkler. Christopher James went to the Ontario College of Art, where he majored in Drawing and Painting, with a minor in Sculpture.

His creativity, he claims, began with building different items from Lego when he was a child. He believes his passion and creativity runs in the family as his grandfather did watercolour in Africa. Christopher James has studied Gothic Renaissance and Mannerist painting in Italy, and has been art director for Canadian Musician Magazine. He also did the advertising and layout as well.

Christopher James has done public commissions, including work in the St. Barnabas Church in St. Catherine's. He did three paintings and two angels. In another church he did four paintings. In 2008, he came to Ottawa, and is very involved in the art community and the Artist Association. Added to his resume is the fact that he curates for the Ottawa Folklore Center Gallery, hunting for talent. He has also won awards for his work. In 2011 he won second place for Water Color and in 2012 he won 'Best in Show' in drawing for Art East at St. Lawrence Center.

Dempsey is lucky to have Christopher James bring his passion, expertise and love of art to the center. He is currently preparing for his upcoming show at

Galerie Old Chelsea which opens on April 17th, 2014. Approximately sixteen pieces of his work will be in this solo exhibit. He can be contacted through his website: <http://www.cjtinkler.com>.

Christopher James would like to thank Maria Mask for his introduction to Dempsey and Madeleine Brenning for providing him with this teaching opportunity. A thanks goes out to Malcolm Cowell, The Ottawa Artist Association for their support, and Ottawa East for providing the artistic opportunity to get out into the community. Last but not least, he would like to thank his wife for her support and encouragement.

This Spring session (April-June) Christopher will be teaching Oil Painting (all levels) and Introduction to Portrait drawing.



Christopher James Tinkler & his art
Photo credit: Catina Noble

Please note May 24th on your calendar for Dempsey's Annual Art Show. Other activities taking place at Dempsey include; Clay Modelling, Zumba, Computers, Sewing, Pickle ball, French, Walking Club, Woman Alive and Margaret Morris Method. For more information on any of these programs please call Dempsey Community Center at 613-247-4846



Plein Air Painting by Christopher James Tinkler
Photo credit: Catina Noble



The Front Desk at Dempsey
Photo credit: Catina Noble



The Bear Pit
Photo credit: Catina Noble



Dr. Jean-Pierre Khouri, D.M.D.
Dental Surgeon / Chirurgien Dentiste

Innes Dental Health Group
1730 St-Laurent blvd. suite 110
Ottawa, ON K1G 5L1
Tel : (613) 247-7070

Free teeth whitening for all new patients (with complete examination, x-rays and cleaning)*

**Some restrictions apply*



www.innesdental.com

Make sure to check out our NEW website for oral health info, news and videos!

Free Parking

Services Bilingues



The Wholesale Outlet: giving back to the community- one fashion show at a time

by Carole Moul

There's not even a special name given to this particular fashion show, but like *The Wholesale Outlet* itself at 1877 Innes Road, where this wonderful event takes place, its low profile is

ing lot holds many cars, there are just as many people wanting to fill the spots.

Fortunately, a tall and handsome gentleman in a pink Stetson hat, accompanied by three lovely ladies and another handsome fellow, all

and positive terms, and shared how all the

W.O. Models, as they call themselves, are either cancer patients or survivors of cancer in its various forms. The article that Lynne wrote was not only humorous in

model, Lise with her exceptional fashion sense, may well make alternate suggestions, will definitely accessorize and sometimes change the selections altogether.

In particular, she will outfit her models in French Dressing (a



just as the saying goes, a 'hidden treasure'. And, no doubt because the show is all about fashion, fun, and the opportunity to give back to the community for cancer research, the 125 seats become occupied by the guests very quickly each year.

The date for this spring's show is Saturday, April 12th at 10:00 am- and on very good authority; it would be wise to be there early. And, even though the huge park-

wearing pink breast cancer caps, will help direct you to just the right parking spot for the special day.

When Lynne Bezanson wrote about this 'fashion extravaganza' in the December 2013 edition of the *Riverview Park Review*, she gave the story the title, *Not your run-of-the-mill models; not your run-of-the-mill fashion outlet*; and she was right. She described the fashion show in many well-deserved

its presentation, but also provided an insider glimpse into what to expect on the second Saturday of April.

Twice a year, Sherry Woodburn, owner of *The Wholesale Outlet*, and her fashion show partner, Lise Butters, team together to organize and present this wonderful experience for both the models and audience alike. While the models are encouraged to scour the store and select outfits they would love to

designer who is a huge cancer research supporter) and a wide choice of European designer clothes and accessories. Lise's commentary is a highlight as she takes the models to faraway places and events that fit perfectly with their outfits. Models have truly been around the world!

The fact that the show is right

Continued on page 38





PEAK

MANUFACTURED IN CANADA

SPORTSWEAR

We design, cut, and sew locally

Specializing in custom fit for individuals and teams

Figure Skating • Dance • Gymnastics • Cycling • Longboard
Wrestling • and much more ...

and NOW OPEN

Peak Boutique

Shop online www.peaksportswear.ca

Open Saturdays 10am – 2pm
2630 Lancaster Road unit A, Ottawa K1B 5L8
Phone/Fax (613) 238-8581

COMMUNITY BULLETIN BOARD

COMMUNITY BULLETIN BOARD

REACH MISSION: This year Pleasant Park Baptist church is sponsoring many events leading up to Easter:

(1) A Fresh Look at Spiritual Life: Pleasant Park Baptist Church welcomes you to explore Holy Week and spiritual life in Riverview Park, Alta Vista, and Ottawa South with a series of evening talks featuring **Pastor Bob Telford** from Warwickshire, UK. Let's take a fresh look at spiritual life from a different point of view. Guests are welcome to sit in for an hour **each evening from 7 p.m. to 9 p.m. at 414 Pleasant Park Road, from Tuesday, April 15 to Good Friday, April 18.** Refreshments will be provided. There will be a free will donation.

(2) Treasure Hunt In Motion Challenge: On Saturday April 19 at 2 p.m. there will be a **Car Rally & Treasure Hunt** to be held at Pleasant Park Baptist Church. The rally is open to all and features an exploration of the Alta Vista & Ottawa South communities. This will be a fun activity followed by pizza, prizes and an entertaining presentation by Bob Telford from Warwick England. Come and compete for bragging rights in this first ever rally. To enter as an individual or as a team, please contact Art Crawley 613-733-0109 or Dean Noakes at 613-733-4886. Pleasant Park Baptist Church is located at 414 Pleasant Park Road in the Alta Vista neighbourhood of Ottawa.

(3) On Easter Sunday, April 20 at 9:30 a.m. Pleasant Park Baptist will host a **Pancake Breakfast.** This will be followed by the **Easter Sunday Service** at 11 a.m. Our guest speaker this year will be **Bob Telford** from Warwick, England and he brings with him a message to warm your spirit.

(4) Reach Out Morning Neighbourhood Coffee Breaks with Rita and Bob Telford, at three Ottawa locations:

(a) Tuesday, April 15 at Pleasant Park Baptist Church, 414 Pleasant Park Rd at 10 a.m.

(b) Wednesday, April 16 at Bethany Baptist Church, 382 Centrepointe Drive, at 10 a.m.

(c) Thursday, April 17 at Bilberry Creek Baptist Church, 480 Charlemagne Blvd, at 10 a.m.

HOLY WEEK AT PLEASANT PARK BAPTIST CHURCH

The Church welcomes you to explore Holy Week and spiritual life in Riverview Park, Alta Vista, and Ottawa South with a series of evening talks featuring Pastor Bob Telford from Warwickshire, UK. Guests are welcome each evening from 7:00 pm to 8:00 pm at 414 Pleasant Park Road, from Tuesday, April 15th to Thursday April 17th. Refreshments are provided. Free will donations appreciated.

Contact our CBB coordinator Denise Kennedy denisekennedy@rogers.com

A REFUGEE SUCCESS STORY

- 7:30 PM April 11th

Uprooted and Transplanted is a compelling book and a film, the heart-warming story of Hanns and his family, refugees from Sudetenland in 1938. The film and discussion with author Hans Skoutajan will take place at Glebe St. James United Church at 650 Lyon St. 613-236-0617 Advance tickets \$10. at the Church or Compact Music at 785 Bank St. At the door - \$15. per ticket.

Weather quotes

Don't knock the weather; nine-tenths of the people couldn't start a conversation if it didn't change once in a while. - Kin Hubbard

The trouble with weather forecasting is that it's right too often for us to ignore it and wrong too often for us to rely on it. - Patrick Young

Weather forecast for tonight: dark. - George Carlin

My favourite weather is bird- chirping weather. - Terri Guillemets

Wherever you go, no matter what the weather, always bring your own sunshine. - Anthony J. D'Angelo

One can find so many pains when the rain is falling. - John Steinbeck

ST. AIDAN'S ANGLICAN CHURCH invites you to a **TEA and ART SHOW**

MAY 31ST! Spring Art Show with Tea on Saturday from 2 - 4 pm. Local artists. Tickets \$12. at the door or from Church office at 934 Hamlet Rd. in Elmvale Acres. Info at 613-733-0102

EASTER SERVICES AT EMMANUEL UNITED CHURCH

At 691 Smyth Road
GOOD FRIDAY 11:00 AM ecumenical service with communion
EASTER SUNDAY 8:00 AM SUNRISE SERVICE
EASTER SUNDAY 10:00 AM EASTER SERVICE

THE SHRED-IT PROJECT, MAY 10, 2014

"Do you want to clear some of those boxes of old files out of your basement—but make sure the information in them stays protected? Here's how. Bring them to the Shred-It project team, working in partnership with the Knights of Columbus from Resurrection of Our Lord church who live in your neighbourhood. The team will be at Elmvale Shopping Centre on Saturday, May 10th, 2014 from 9AM until 2PM in the parking area near the intersection of Smyth and Othello. All you have to do is load your store of confidential personal information into the car and drive to the site. The shredding team does the rest while you watch. Here is a worry-free way to get rid of a storage problem for only \$8 per one cubic foot box of material, about the size of a banker's box. Maximum 5 boxes per person. And here's the best part. The proceeds will support the youth and family projects of the Knights of Columbus."



www.sgasigns.com

- Awards
- Plaques
- Name Tags
- Rubber Stamps
- Engraving
- Trophies
- Medallions
- Name Plates
- Plastic Signs
- Lapel Pins

• Gifts



East
1737 St. Laurent Blvd. Ottawa, ON K1G 3V4
T: 613-738-7928 sales@sgasigns.com

West
2090C Robertson Rd. Ottawa, ON K2H 8V5
T: 613-820-5888 sales@sgasigns.com

COMMUNITY BULLETIN BOARD

COMMUNITY BULLETIN BOARD

APRIL 6TH SUNDAY 4 – 8 PM LIVE MUSIC & PERFORMANCE
Canadian Grand Masters are hosting an evening of music and fundraising at the Greenfields Pub and Restaurant at 900 Greenbank Road. Tickets: \$10. are available on line at www.canadiangrandmasters.ca/fundraiser or 613-823-9900. Prepare to be entertained by: Lyons Street Celtic Band, The Musettes, Triple Trouble and the Barrhaven Fiddleheads.

APRIL 11TH FRIDAY 6-8 PM & APRIL 12TH SATURDAY 9-11 AM NEARLY NEW AND BOOK SALE – at Rideau Park United Church, 2203 Alta Vista (at Cunningham). Second time 'round clothes and bargain household items at amazing deals! Recent and vintage books, great prices! Proceeds to the work of the Church. Info at 613-733-3156 www.rideaupark.ca

APRIL 25TH FRIDAY STARTING AT 5 PM: TURKEY DINNER

at Rideau Park United. Second sitting at 6:30 PM, desserts. Proceeds to the Community outreach work of the Church. Adults \$15.; Children \$8.; 613-733-3156

APRIL 27TH 3 PM – ST. THOMAS THE APOSTLE CHURCH, 2345 Alta Vista Drive. OTTAWA BRAHMS Choir will present Schubert Mass in G, as well as works by Schumann, Mendelssohn, Brahms and more, directed by Denise Hawkins. Reception following. Info at 819-568-8169

APRIL 30TH WEDNESDAY 11 AM – HARMONY CLUB FOR SENIORS At Rideau Park United Church. All seniors are welcome. Lunch served at noon (\$6.). Peggy Rader will present "Introduction to Israel" based on her recent trip. Wheelchair accessible, free parking. Non-members are asked to call the church office by April 23rd. Reservations at 613-733-3156. On May 28th

same time, same place, Wayne and Heather Bennett will talk about a recent trip to South Africa and Botswana.

MAY 4TH SUNDAY 7 PM
The **MASSED HANDBELL & CHIMES CONCERT** at Rideau Park United Church. Other ringing ensembles from three other churches: Emmanuel United, St. Andrew's Presbyterian and Trinity Presbyterian will be featured as well as five handbell and chimes choirs. Free will offering.

MAY 7TH WEDNESDAY 7 PM
Lecture: **SOLAR ENERGY IN OTTAWA** Emmanuel United Church hosts its 5th lecture in the C-E Hall at 691 Smyth Rd. Janice Ashworth, Operations Manager for the Ottawa Renewable Energy Cooperative will speak on bringing people and solar energy together. Tickets \$12. Proceeds to LEED, certified Revitalization project. Info at 613-733-0437

tion project. Info at 613-733-0437

MAY 10TH SATURDAY 9 – 1 PM SPRING GARAGE SALE at Emmanuel United Church, 691 Smyth Rd. Table rental \$20. Info at 613-733-0437

MAY 24TH SATURDAY 7:30 PM
The **CAMBRIDGE KIWANIS BOYS CHOIR** Enjoy the choral music of this visiting choir from Cambridge, Ontario. This Choir is under the co-direction of Ian Bevell, Rideau Park's Director of Music. All are welcome at Rideau Park United Church, free will offering.

JUNE 1ST SUNDAY 2 – 5 PM SPRING & SUMMER FASHION SHOW at Emmanuel United Church, Smyth 691 Road. Fashions from Melanie Lyne, an Afternoon of Fashion and Tea. Tickets \$20. from Church office. Proceeds to the Church's revitalization project. Info at 613-733-0437

FRIENDS OF THE FARM NOTES AND EVENTS

www.friendsofthefarm.ca
info@friendsofthefarm.ca

APRIL 8TH – Garden Lecture 7 to 9 PM-\$15. **VEGETABLE GROWING** in the urban landscape With Judy Cox, Master Gardener. Growing from seeds, companion planting, in pots and in a garden.

APRIL 26TH – Crafts and Bake Sale 10 AM to 4 PM at Building 72 in the Arboretum. Crafters and

baked goods await you! Take East exit off traffic circle on Prince of Wales Drive, on the Experimental Farm.

APRIL 29TH – Garden Lecture 7 to 9 PM-\$15. **PRACTICAL PRUNING TECHNIQUES** with Lee Boltwood, Master Gardener. Basic principles and good tools will be taught and demonstrated.

MAY 11TH – Our annual Rare and Unusual Plant Sale From 9 AM to 1 PM in the parking lot off Maple and Carling, on the Experimental Farm.

Donations to the Friends of the Farm and the Ottawa Food Bank are appreciated. Free coffee and timbits from 9 to 11 am provided by Rogers Community Mobile Van!

MAY 13TH – Garden Lecture 7 to 9 PM-\$15. **COMMON GARDEN PESTS** with Caroline Dabrus, Master Gardener. Protect your plants from pests and diseases encountered and remedies if attacked.

MAY 24TH – Bus trip to Montreal Botanical Gardens. Join us for their Great-Gardening-Weekend extravaganza. See what is new at the Gardens – over 100 plant vendors and suppliers of gourmet foods await us. A short side trip to the International Jean Talon Market will delight you on our return journey. \$75.00 covers bus & MBG. Reservations required.

ganza. See what is new at the Gardens – over 100 plant vendors and suppliers of gourmet foods await us. A short side trip to the International Jean Talon Market will delight you on our return journey. \$75.00 covers bus & MBG. Reservations required.

MAY 27TH – Garden Lecture 7 to 9 PM-\$15 **ON WATER GARDENING** with Diane McClymont Peace, Master Gardener. Step by step siting, construction and maintenance of plant, fish and care. 613-230-3276



Pet Memorial Balena Park

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

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

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

LOST AND FOUND PET RECOVERY

We all miss our pets when they become lost. A missing pet is a stressful situation for both guardian and animal. Orrin and Pam Clayton wish to set up a confidential email list of pet owners (and others who care) in Riverview Park. If you wish to participate please email letterit@rogers.com 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.



OTTAWA-CARLETON DISTRICT SCHOOL BOARD

Bronwyn Funicello

Vice-chair of the Board
Trustee, Zone 6, Rideau-Rockcliffe/Alta Vista

Tel: 613-842-9184

Fax: 613-596-8789

E-mail: bronwyn.funicello@ocdsb.ca

133 Greenbank Road, Ottawa, ON K2H 6L3

Web Site: www.ocdsb.ca

What's happening at Blair Court Community House

by Kristy Donnelly

Blair Court Community House is a small, non-profit organization directly located in the Ottawa Community Housing-managed neighbourhood on Station Boulevard. Although the space is kindly provided by Ottawa Community Housing, we are a separate organization providing programs and services aimed at addressing the day-to-day needs of this vibrant and diverse community.

As soon as the ground thaws, you can expect to see our new sign erected on the front lawn. The sign will feature our logo, contact information, as well as our new tagline. Keep your eyes open, we are hoping to reveal it soon.

The community house is pleased to announce it is involved in an initiative to replace the trees that were taken down due to the ash borer beetle on the west side on station Boulevard. Along with Blair Court community residents, the Riverview Park Community Association and Ottawa Community Housing, we are looking to replant the almost 30 trees that were removed almost 3 years ago. Blair Court Community House would like to thank the Riverview Park Community Association for its generous contribution of \$1500.00 to assist with the *Station Boulevard Tree Revitalization Initiative*.

Blair Court Community House

will be holding its Annual General Meeting in the basement of Nativity Church on April 24. The meeting begins with supper at 5:30 pm. Everyone welcome, please let us know if you would like to join us so we can ensure enough food and refreshment for all. It is at this meeting we will be looking to vote in our new Treasurer. We are still accepting applications for the position of Treasurer. If you are interested in volunteering your time and expertise, please contact the community house for more information.

On May 10, 2014, Blair Court Community House will be hosting its 3rd annual Community Safety Day in Coronation Park. Drop by between 11am-2pm for free BBQ (services provided by Enbridge), demonstrations, information booths and activities- all in the spirit of community and safety. Please note that the bottom half of Station Boulevard will be closed during that time to ensure space for the police cruisers, fire trucks and safe enjoyment of the event.

Want to know more about what's going on at the community house, follow us on twitter ([blaircourtr](#)), Facebook (Blair Court Community House) or visit our website ([www.blaircourt.ca](#)).

You can also contact Kristy Donnelly, Executive Director by calling 613-736-5058 or emailing blaircourt@rogers.com

yourselfers could need, and even blinds and window coverings can be ordered with the help of Ben to match a newly planned décor. Major brands such as Benjamin Moore, Cabot, Hunter Douglas and Sikkens line the shelves of what could be called, 'one of the last real paint stores'. And, as Ben notes, "Nowadays, as far as the technical side of painting, we can make things work, and anything is paintable-even plastic lawn furniture."

Rubin's Paints is another one of the great treasures of Alta Vista, even though it is definitely not unusual to have people who seek painting expertise drive across the city to the 2649 Alta Vista Drive store. Ben and his family should feel extremely proud to have been able to provide us with the exceptional service that they have over the years. Thank you *Rubin's Paints* for your long and professional support.

Wholesale Outlet Continued from page 35

in the store makes for easy shopping afterwards and Sherry will be donating 25% of all sales the day of the show to the Ottawa Hospital, cancer research, and Victoria's Quilts ([victoriasquiltsCanada.com](#)). It is these kind ladies from Victoria's Quilts who will be serving the

coffee to the fortunate April 12th guests.

Spring will eventually arrive and wouldn't it be great to see the latest, get ideas and perhaps welcome spring with a great outfit at the right price? 'Not your run-of-the-mill models; not your run-of-the-mill fashion outlet', you say? Not your run-of-the-mill fashion show either. Enjoy!



Vincent Massey Continued from page 31

classroom" consists of 425 acres, 254 acres of which is designated by Environment Canada as Beckett's Creek Migratory Bird Sanctuary.

Grade one students spent the day outside, exploring the woods and searching for animal tracks while learning about the needs

of living things. They even had a chance to tap a maple tree. The best part of the day? Hands down, snowshoeing!

Grade two students studied the growth and change in animals. They were lucky enough to spot three white tailed deer and some chipmunks while walking through the woods.

Submitted by Mme Katie, Teacher

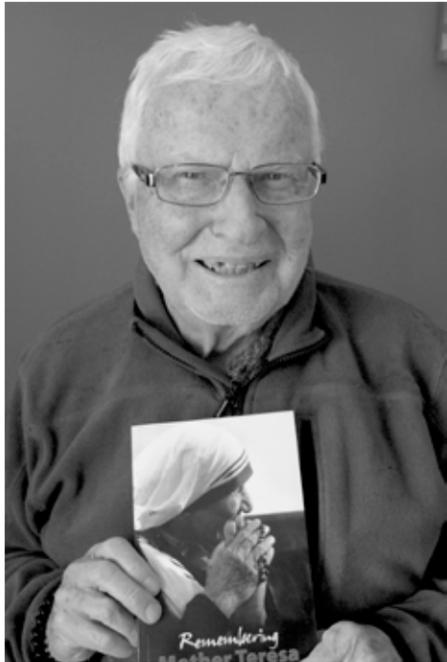
Remember Mother Teresa?

She cared for the poorest of the poor

by Bill Fairbairn

A tough scrum forward on the rugby field and an advocate for remembering the saintly Mother Teresa of the Missionaries of Charity have little in common except when you encounter John Jerome along at the Alta Vista Manor in Riverview Park.

John and writer JoAnne Christie, four years ago co-authored the book, *Remembering Mother Teresa*,



with sales and donations going to the Claretian Missionaries of India to support educational school projects for marginalized students of all faiths.

If Pope John Paul II were still alive on this earth today he would certainly be remembering the four-foot-something Mother Teresa who, in 2003, he beatified a saint for her care of the poorest of the poor. His own words are: "Mother Teresa died in Calcutta, India, warmly remembered for her wonderful work, which her great

multitude of spiritual daughters would continue."

John Jerome was born in Kirkland Lake, Ontario. His father, Jerry, was a mining engineer and one-time labourer. His mother, Marjorie, looked after the family of five. After they had moved to Sudbury, John schooled alongside Ken Money, Canada's first astronaut, whom he said was generally first in class while he came first in English.

Sudbury was and still is a mining town and John worked in the Copper Cliff Inco smelter for a time but later entered Queen's University Medical School. He studied medicine for three years but decided that teaching would be a better vocation and teach he did English, anthropology, sociology and psychology at Ottawa's now-closed Torah Institute. He was also formerly head of English and rugby coach at Col. By Secondary School and a member of the Ottawa Irish rugby club.

He also coached the Canterbury Club and he tells of one experience in April 1985 when the travel agent by mistake placed the coaching staff of the high school team in one of the most crime-ridden, violent areas of San Francisco.

"Early in the morning I wandered around the area until I spotted a Roman Catholic Church, where I went to say some prayers. Upon entering I spied two ladies praying. I went up to them: 'Do you know where I can find the Missionaries of Charity, Mother Teresa's Sisters?'"

"Yes, we are going to their soup kitchen after mass. Come with us," they invited.

When they arrived at the house

of the missionaries, the Sisters asked them to help set tables and assist in the evening meal, which that day would consist of bread, cheese, lettuce and water. John was asked to say the blessing before the meal and he was summoning words when the door opened and street people filed in and sat down. While the Sisters were praying for more food donations John introduced himself and began the blessing.

Suddenly one of the street people jumped up and shouted: "Where's the food?"

A big black man rose and retorted: "Let the father say the grace!"

John, wearing a white turtle neck sweater and a dark blue rugby shirt, had been mistaken for a priest.

He writes: "The muttering and grumbling ceased and just as we finished the prayer some trucks miraculously arrived from Candlestick Park, where the San Francisco Giants baseball game was rained out. The trucks brought hotdogs, hamburgers, chips, cake and so on."

Joy replaced gloom!

"Those Sisters were serving transvestites, drug addicts, alcoholics, people in the sex trade and pimps. They work among the poorest of the poor," he said

Whether or not Divine Providence helped John's rugby team win their match the next day is immaterial. John later went on to work in Toronto, Montreal, Vancouver, and in Guatemala with the Missionaries of Charity. He helped establish and pay the teachers of Escuela Santa Catarina,

a Guatemalan private school, built by the charity for the poor.

His personal story in the book *Remembering Mother Teresa* is one of numerous heartwarming outpourings by individuals from Canada to the United States to India.

His co-author, JoAnne Christie, is the founder of Towerhill Charity Group, a non-profit educational development project in India.

She writes in the introduction: "My journey, which culminated in the production of this book, began when I met Father Lukose Kochupurackal, a Claretian missionary from India who had come to work in our parish in Manotick. I became aware of two schools that he had established in Barwadih, India, and to which he was sending his Canadian salary. I also learned of the influence of Mother Teresa on his life.

The result of the meeting was a life-changing journey to India with Father Lukose and two church friends.

She goes on: "When I returned to Ottawa I joined forces with John Jerome and we decided to collect inspirational stories for our book and donate the proceeds." John thanks general manager Anita Shale, the staff and residents of the Alta Vista Manor for supporting their book.

Although JoAnne felt she had neither the qualifications nor the experience for a book she reminded herself of Mother Teresa's words, "God does not call the equipped. He equips the called."

John's book costs \$10 (johndjerome@live.com) Phone: 613 739-0909

Wyatt's Dirty Day

Continued from page 29

reinforce vocabulary, as long as it doesn't take away from the story's enjoyment.

A suggestion was made by one parent that by altering the printer typography, as this book did, reader interest could be increased. The strategy should actually appeal to the reading level of the children who will relate to Wyatt, since typically this is the age group that is quite interested and more

actively involved with the printed page.

Young children frequently learn to read with picture clues, and once again illustrator Greg Money has effectively put his creativity to work to attract attention. With his usual clever sense of humour and creative flair he has created a cumulative effect of the dirt on Wyatt. And, by adding something on to the young fellow from each misadventure, children, and adults alike may soon find themselves using a 'Where's Waldo?' approach to finding out what it is.

In true Greg-like fashion he also chose activities for Wyatt

that are essentially somewhat out of the norm for your average and potentially protected urban seven year old, and puts the seven year old into situations that could definitely cause discussion.

The story has been modelled after one of Lynda Morrissey's four young grandchildren; and is part of a wonderful legacy that she will leave for each. Again, as with her other books, she communicated with Greg via the computer, and shared her thoughts with him from the sketches he drew.

Suggestions and photos went back and forth between the two, until Greg would get the go ahead

to work with his acrylic paints and bring the entertaining story to life.

Wyatt is a real little fellow and a lucky one too, for how many seven year olds do you know who not only have a book about themselves, but it is listed up on the internet too? FriesonPress published *Wyatt's dirty day* just this past February, 2014: an interactive children's book that is sure to delight.

Wyatt's dirty day is available through FriesonPress and Amazon for \$8.87. Or signed copies can be purchased from the illustrator, Greg Money.

The history of Sushi

with input from Peter Lin, Kevin Ye and Hao Chen
of 168 Sushi
1760 St. Laurent Boulevard

The dish that people know today as sushi is often thought to be only 'raw fish', when in fact there is now a wide range of sushi dishes that has been developed over the years, and which do not contain any raw fish at all. Instead, some common ingredients could include pork, ground beef, mushrooms, vegetables or even mango and banana. Salmon, crab meat, shrimp, and other fish-yes, but even with sushi, some of the parts such as eel must be cooked. Raw fish sliced and served by itself is actually 'sashimi'.

The evolution of sushi has been taking place for well over a thousand years. Legends abound, but there is general agreement that it did begin as rice and raw fish, and that it had its origins in

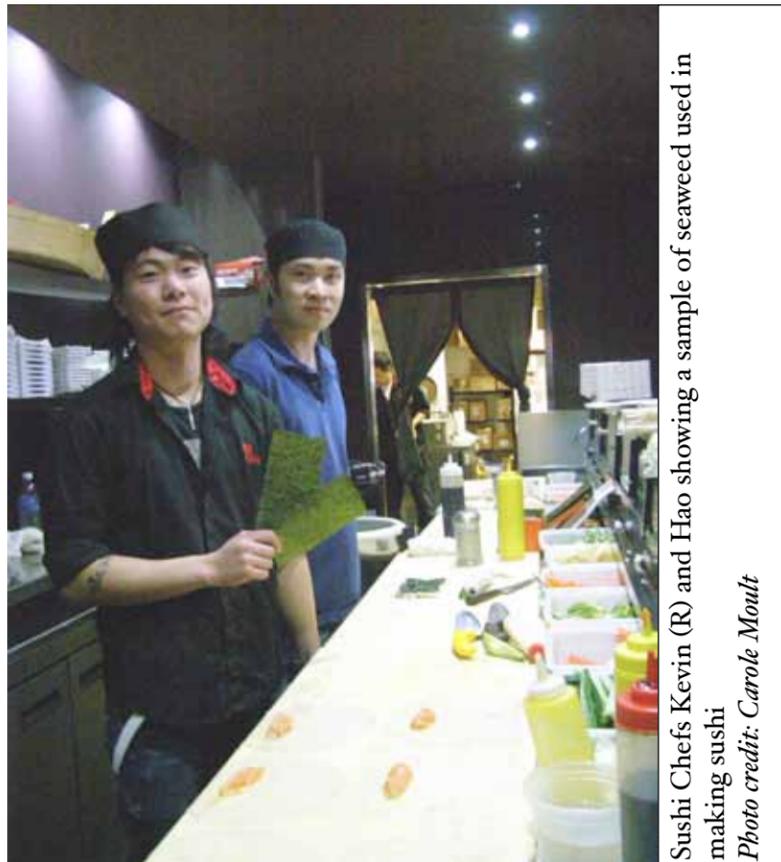
and Asian Fusion restaurants, it actually spread to China from Southeast Asia, before it was ever slowly introduced to Japan around the 8th century. Nowadays, sushi is also well known in many parts of the world as a fast food.

With the original sushi or *nare-zushi*, this was the way that people preserved their fresh fish to be eaten months later. Without the benefits of modern day refrigeration, fermented rice was wrapped around the salted fish, kept over a period of time, and then the rice was discarded before the fish was ever eaten.

The Japanese however liked to eat their fish with rice. Later then, partly raw fish was wrapped in rice, and eaten before it ever lost its flavour, and was referred to as 'namanare' or 'namanari'. With this different way of eating fish it was no longer a case of using rice as a preservative, but rather the semi fermented rice

zushi was introduced next. Sushi was still being made with rice, however the rice was no longer used for fermentation. Instead the rice was mixed with vinegar, plus fish, vegetables and other local food, with different chefs

has become extremely popular and for an excellent variety of reasons. A wide choice of dishes provides something for everyone, and the ingredients of the food can supply some of the best nutrition that there is.



Sushi Chefs Kevin (R) and Hao showing a sample of seaweed used in making sushi
Photo credit: Carole Moulit



Green Dragon Roll
Photo credit: Carole Moulit



Crab meat sushi and salmon pizza
Photo credit: Carole Moulit

Southeast Asia.

Numerous sources note that while sushi in today's society is very popular in both Japanese

plus fish became a new type of dish in Japanese cuisine.

What has been sometimes been called 'fast sushi' or haya-

preferring different kinds of sushi vinegar.

When making sushi, everything must be very fresh and of the highest quality, because the most popular dishes are not cooked. And while many think of sushi as small rolled slices, seasoned diners know that the variety of types of sushi dishes is huge, and that the common ingredient across all different kinds of sushi is sushi rice.

Depending on what the Sushi Chef is making, the wrappings for many of the dishes may be of rice paper or 'nori', dried seaweed, and depending on what kind of sushi a person is eating the choice will be either to use fingers or chopsticks.

There is no debating that sushi

And to think that what essentially began as a means of preserving fish has now become one of the most well recognized of foods.

If you haven't tried any sushi lately, Peter, Kevin or Hao, or indeed any of the servers at 168 Sushi, would be happy to help you with your decision-making from the great selection of amazing dishes on their picture menu. Or, if you haven't ever eaten sushi at all, you are going to be very pleasantly surprised at just how wonderfully delicious it is.

168 Sushi is located at 1760 St. Laurent Blvd., between Smyth Road and Industrial Ave. 613-523-1680. Open 7 Days a Week + Holidays. 168SushiBuffet.com



Plant Sale

in support of
Trinity Community Garden

Come and enjoy some
great deals on a variety
of perennial plants!

Saturday, June 7th, 9am - 2pm

Corner of Drake & Lindsay Streets

DESIGN - BUILD - MAINTAIN

HANSEN

LAWN & GARDENS LTD.

EST 1988



“ Let us look after your investment while you enjoy your summer!

We provide full property maintenance leave the yard work to the experts! ”

Join the Hansen family of satisfied clients and get more out of your summer. Call Hansen Today!

*Serving the Ottawa community since 1988...
Why? ...Because we believe you deserve it!*



/HansenOttawa

T: 613.260.8175

www.greensideup.com

Enjoy Your Summer

Book review

Tim cycled the world to help fix a brain injury

by Bill Fairbairn

There can be nothing more potent than a brain injury to focus the mind on the best possible ways to escape confusing realities.

Tim Slykhuis came out of a coma in an Ottawa hospital after being hit by a taxi that had come from nowhere through a red light in Westboro. Tim survived with a broken left arm, a cracked vertebra and broken ribs. By far his worst injury was to his brain. It had sloshed around in his skull. His body slipped into the critical, self-protective state of repair called a coma.

Fortunately for Tim, though unknown to him at the time, the owner of a muffin shop had seen the collision with crystal clarity. Tim would later need him as a good witness.

As he opened his eyes, Tim tried to move, but his body and mind felt strangely numb. He soon instinctively realized that his whole world had changed. Tim's self-written book, *Starfish Sky*, tells of his long and dramatic journey back from traumatic brain injury. He worked his way through amnesia, physiotherapy, occupational therapy, debilitating migraine headaches, countless books on brain injury and, as his

physical capacity improved, overseas travel to South Korea, Thailand and Bangladesh with his for-the-time-being nurse and friend.

"For a month I just followed like a puppy. It was a real escape. I was away from home and the real world. I almost forgot my disabilities...I didn't have a single brain injury blowup during the entire trip."

Unfortunately, back home the new Tim in contrast to the old Tim returned with a vengeance. Aileen and he were fighting all the time. "As my last expression of affection before she drove off to start a new and hopefully better chapter in her life, I kissed the end of my index finger and gently touched her cheek. Aileen ignored the gesture. She seemed uncertain how to react. My nurse just backed up the car and drove out of my life forever."

After a jury trial with the muffin shop eyewitness testifying that the taxi driver had been at fault, Tim received a princely sum for damages. He eventually turned to his bicycle as a prospective remedy for his variable dizziness. He bravely joined a mountain bicycle trip and was off in motion. During 10 days he visited the Galapagos Islands, cycled through the jungle, across the Andes moun-

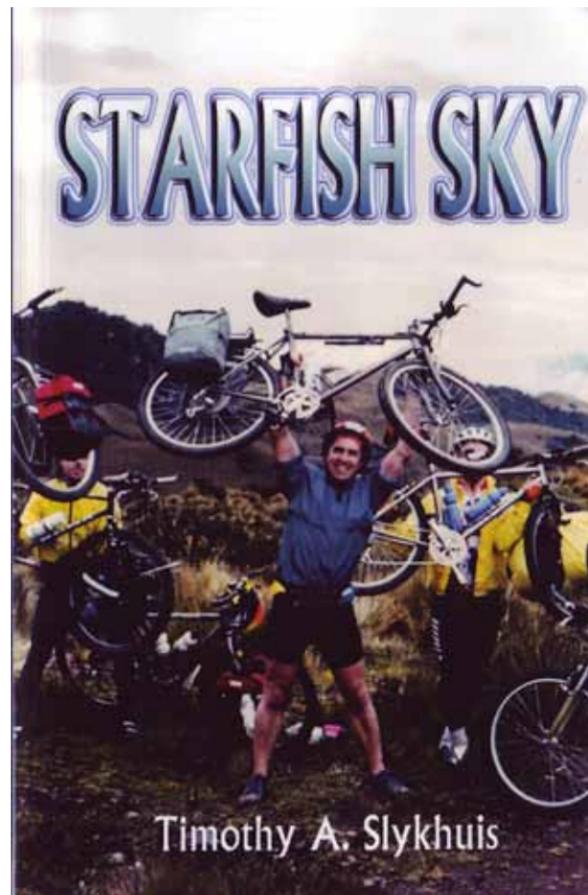
tains and through the high Andean plains of Ecuador.

His next destination was Switzerland and heading fast on wheels for Lausanne. "A little before Montreux, at the other end of the lake, I passed touring cyclists slogging on an uphill grid. I heard one of the cyclists exclaim, "Holy shit," as I flew past the pack."

He found in France, where cycling is a national sport, that he was in good favour with the French and them with him. He maintains that exercise, French wine and good food helped him improve and dispel the dizzy spells of the past. He now follows strict nutritional guidelines.

Tim, cycled on five continents discovering new worlds and new peoples. He cycled not only over the Andes, but over the Alps, and he even went into Ukraine and Russia seeking out purpose and hope. His search was never far from reaching out to improve and give hope to weak and disabled minds.

His improvement was such the



he was recently elected to sit on the advisory council for the board of directors for the Ontario Brain Association, advocating for people with acquired brain injury anywhere.

He now lives in Ottawa with his wife, Jolam, admitting that his often forgetfulness and mental tiredness can be challenging to a woman who brightly colours his world with exciting possibilities.

Obtainable soon from Baico Publishing Inc. (info@baico.ca) or the author (mystarfishsky@yahoo.ca).

DRAINPRO
OTTAWA PLUMBERS
THAT CARE

DRAINPRO:
Trusted, Local, Professional

24 Hour, Fast, Same Day Emergency Service **613-233-7586**

Earn AIR MILES® reward miles on plumbing services

AIR MILES
Travel and More

613-233-7586
371-DYN
Your Local Plumber
EXPERT DRAIN CLEANING & PLUMBING SERVICE

DrainProOttawa.ca

1980 Merivale Road, Ottawa



24 Hour Emergency Plumbing Services In:

Ottawa	Manotick	Gloucester	Richmond
Kanata	Vanier	Orleans	Carp
Stittsville	Barrhaven	Nepean	Osgoode



Shoot to win!!
Photo credit: Bill Fairbairn

A heartwarming carnival break

Continued from page 27

committee that, instead of having a donation box for the carnival, the Station Boulevard/ Blair Court Tree Rejuvenation Project should be the recipient of any donated money. The team from Blair Court created a paper tree and each person or family who put money in the donation jar had a leaf added to the tree with their name on it.

The Parks and Recreation Committee consists of co-chairs Kim Fisher and Cheryl Khoury, plus, Janina Nickus, Louis Comerton, Paul Puritt, Jane Rutherford, and Carole Moul. Well done to everyone who made the day such a success showing that winter is fun if it does not last too long!



David McGuinty M.P. Ottawa South with Cory, Charlotte and Samantha at the Riverview Park Winter Carnival at Balena Park, standing in front of the Fundraising Tree for the Station Blvd./ Blair Court Tree Rejuvenation Project
Photo credit: Bill Fairbairn



Jim Watson, Mayor of the City of Ottawa, joining Willow, Norah and Abby at the RPCA Winter Carnival on Sunday, February 2nd.
Photo credit: Bill Fairbairn



John Fraser, MPP Ottawa South(C) with daughter Kirsten(L) and Jackie, Constituency Assistant to David McGuinty MPR, joining the RPCA Winter Carnival on February 2nd
Photo credit: Bill Fairbairn

Danny's

Spring Special is here

\$42.40 Oil Change and Inspection

Add \$10.00 Summer tires already on their rims
a savings of **\$10.00**

Add \$60.00 Summer tires not on rims,
Installed and balanced
a savings of **\$20.00**



Spring Special
\$42.40
for most cars and trucks
Oil change • inspection
... and more
with this coupon
• expires May 1st

Danny Dear

SERVICE CENTRE LTD.

850 Industrial Avenue, Unit #3 613 • 521 • 4216



OMS Montessori is home to an award-winning natural playground

by: Kendra Hoskin

They had a dream. In less than five years, the dream became a vision, then a strategic plan, then a reality. Now, OMS Montessori is home to an award-winning natural playground.

“Since our students have started playing in our natural playground, they seem happier”, said Pat Gar-

and there is also less conflict, perhaps because there are fewer rules and the children have an outlet for their physical energy.”

The dream of a natural playground for OMS Montessori, an independent school in the Alta Vista area, was voiced in 2009 at an OMS Strategic Planning meeting. Shortly after, the OMS Board of Direc-

ment in which OMS students would be free to explore, create, and grow in a way that would help them make deeper connections to nature and to themselves.

According to a 2012 University of Tennessee study, children who play on playgrounds that incorporate natural elements tend to be more active

than those who play on traditional playgrounds with plastic equipment.

“When children play with nature, they’re less bored, more imaginative and more creative,” said Pat. “Children are sensorial learners. They use all of their senses when playing in nature which is optimal for learning.”

Continued on next page



Our Natural playground wins an award as a special interest construction project in the Landscape Ontario Awards of Excellence 2014
Photo credit: Earthscape



Our Natural playground wins an award as a special interest construction project in the Landscape Ontario Awards of Excellence 2014
Photo credit: Earthscape

neau, Director of the English Program at OMS Montessori. “Students complain less about being “bored”

tors made a commitment to create a beautiful ‘green’ playground. The goal was to have an outdoor environ-



Our Natural playground wins an award as a special interest construction project in the Landscape Ontario Awards of Excellence 2014
Photo credit: Earthscape

Doherty's
Property Services Inc.

Let us help you with...

- Lawn & Aeration Services
- Snow Services
- General Home Repairs
- Painting (interior & exterior)
- Property Management Services
- Home Sale Preparedness
- Kitchen & Bathroom Remodelling
- Commercial & Residential Contracts Available



Sean Doherty 613.862.5307
3316 Clearwater Cres., Ottawa, ON K1V 7S2
dps@rogers.com

From previous page

The OMS Board wanted the new playground to be a school community project, so they consulted teachers, students and parents. They also held a "Planting Bee" in September

ground aligns with the values of Montessori pedagogy and the longevity of a natural playground exceeds that of the more traditional play structures. The OMS community is looking forward to years of natural play!



A team effort in creating a painting of the new Natural Playground
Photo credit: Ottawa Montessori School

2013, where the school community gathered on a weekend to plant the many flowers and shrubs that make up an integral part of the natural playground.

Months after the Planting Bee, an OMS parent wrote on the school's Facebook page: "On the way into school this morning (in freezing January), the kids were asking when they would be able to "plant more flowers at school". They love it!"

In January, OMS' natural playground, built by Earthscape, was awarded a Landscape Ontario Award of Excellence in the "Special Interest Construction" project category. Laura Hilliard, the Communications Coordinator for Earthscape, said the playground is unique because it was designed specifically for the OMS site and it offers areas for multiple levels of active and passive play, and for water play as well as natural features like hills and plants.

"We believe this kind of playground offers endless possibilities for creative and unstructured play," said Laura. "By using natural materials, kids can see the craftsmanship involved in creating each piece and use all of their senses to explore and learn about the world."

The OMS award-winning play-



On Saturday, February 22nd., Pat Nuell opened her new shop to the public at 2630 Lancaster Road, Unit A. Specializing in custom fit for individuals and teams, Pat is now also selling ready-to-wear Peak Sportswear on Saturdays from 10:00- 2:00. A large selection of fabrics is available. Visit Pat at **Peak Boutique** or telephone 613.238.8581
Photo credit: Carole Moul

KLPS Ottawa

For all your Landscape needs
613-247-1887
 klpstottawa.com
 sales@klpstottawa.com

- Custom interlocking brick work and design
- Foundation excavation & waterproofing
- Pool installation
- Snowblowing exclusive to Riverview Park & Elmvale Acres

And introducing... **KD BINS**

Residential & Commercial Bin Rental
 Waste & Junk Removal
 Large Doors For Easy Loading
 Fully Insured

613-223-6845
We work in your Neighbourhood

Plant Sale
In support of
 Trinity Community Garden

Come and enjoy some great deals on a variety of perennial plants!

Saturday, June 7th, 9am - 2 pm
 Corner of Drake & Lindsay Streets

Up with a flourish went our little part of Ottawa

by Carole Moul

Photos on this page from Paul Walsh

Photos on page 47 from Orrin Clayton

In 1950, this area was annexed by the city of Ottawa. It was called Riverview and had previously belonged to the Township of Gloucester. Mostly farmland, the settlement was on the north end of what is now referred to as Riverview Park.

Over the next few decades, Riverview expanded to become a middle class neighbourhood of many bungalows and two storey homes, high rises, low rise walk ups, and townhouses. Many of the original lots in the 1950s sold for \$250.00 during the post-war baby boom era. There is community housing on both Station Blvd. and Russell Road.

The schools are Riverview Alternative, Vincent Massey, the Ottawa Montessori School, Franco Cite, and Lycee Claudel. The Andrew Flek Child Care Services Head Office is on Industrial Avenue.

Six churches are located in Riverview Park: Immaculate Heart of Mary Catholic Church, Emmanuel United, Resurrection of our Lord

(Catholic), Church of Christ (non-denominational) Nativite de Notre-Seigneur-Jesus Christ, (French Catholic) and Trinity Church of the Nazarene. Beside Trinity Church is the Trinity Community Garden: community garden for the neighbourhood.

The Riverview Park Community Association has adopted the six City of Ottawa parks including Alda Burt, Balena, Coronation, Dale, Hutton, and Riverview. There is also the Cancer Survivor Park at the corner of Riverside Drive and Industrial Avenue. The Cancer Foundation officially opened the Maplesoft Centre adjacent to the park in November, 2011.

There are outdoor rinks at both Dale and Balena Parks during the winter skating season, with programs during the summer at Balena, where there is a wading pool and Field House. A Guide Dog for the Blind brick patio is in located in Balena Park, at the site of the Ellen Lanthier Memorial Bench and Garden. In Riverview Park, off Knox Crescent, parent volunteers organize and run the Riverview Park

Soccer Club at Riverview Park off Knox Crescent.

There is an active Riverview Park Community Association and Neighbourhood Watch.

The Dempsey Community Centre is at 1895 Russell Road with programming throughout the year. The Alta Vista Shopping Centre is close to Industrial Avenue in its location,

and is one of the oldest shopping malls in the city.

A number of hospitals are in Riverview Park, including CHEO, the Ottawa General Hospital, the Riverside, the Ottawa Rehabilitation Centre, and the Perley and Rideau Veteran's Health Centre. There is

Continued on next page



Hurdman Tower looking west circa 1967



Post Office



Alta Vista south of Rideau River



Railroad Station and the Old Train Yards



Railroad Station and the Old Train Yards



Adopt-a-Park



Pet Memorial



Rolland and Drake (Early 50's)



Alta Vista store (now Shopping Centre)



Rolland and Drake (Early 50's)

From previous page

the Ottawa Health Sciences Technology Park located to the north, off of Smyth Road, with a small University of Ottawa campus included.

There are now four retirement communities within Riverview Park.

Along Alta Vista Drive are the Head Offices of the Canadian Blood Services, the Canadian Pharmacists Association, the Canadian Dental Association, Canadian Medical Association, and MD Subsidiaries plus the Conference Board of Canada at the corner of Smyth and Alta Vista.

The boundaries of the community are Industrial Avenue to the north, St. Laurent to the east, the north side of Smyth Road to the south, and Riverside Drive to the west, although it is in Capital Ward 17. The remainder of Riverview Park is part of Alta Vista Ward 18.

Councillor David Chernushenko is the Ward 17 councillor, and for Ward 18, it is Peter Hume. The seat in provincial parliament is held by John Fraser, M.P.P. for Ottawa South, and David McGuinty, M.P. represents the Ottawa South riding in the House of Commons.

To the west of, or adjacent to Riverview Park is Old Ottawa East. On the north there is Eastway Gardens, with Sheffield Glen on the other side of St. Laurent Blvd. to the east. The remainder of Alta Vista is to the south.

The population of Riverview Park is over 12,000 people, living within a total area of 2.27 sq. miles, according to the 2011 Census. Trees line the streets, and because of its proximity to downtown and the hospitals it is a neighbourhood where second generation families are now locating.

SUDOKU

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

Sudoku on page 28



Looking down Lennox

This year it's May 19th...

by Maria CampbellSmith

If you are yearning for summer, the long weekend in May is our unofficial starting date. Cottagers use this holiday to "open up" for the season. Gardeners wait for it to safely plant their annuals. Party animals dub it the "May 2-4" weekend and head to the beer store. Technically, however, the Monday before May 25 is a federal, statutory holiday in Canada. It marks Victoria Day (to honour Queen Victoria's birthday). We all know that the holiday is coming, but how much do you know about Queen Victoria? Why do we honour her year after year?

Ultimately, Victoria is famous for being the longest reigning monarch in British history, from 1837-1901. (That's 64 years on the throne!) Her reign was long. Her colonies were many. During her era the British Empire thrived. Our iconic image of Victoria is a strict and prudish old woman in a black silk dress and white lace cap. Dig a little deeper however, and you discover a passionate woman who lived and reigned during an exciting, tumultuous time.

What was Queen Victoria like?

Queen Victoria was a paradoxical person. Although a small and gentle lady, she was highly temperamental. She was the mother of 9 children (in 17 years) yet her personal letters reveal she disliked pregnancy, babies and children. This is additionally ironic, because Victorian society idealized motherhood and family. Victoria was privately tutored, broadly educated, and loved formality and ceremony. Still, she demanded short, simple explanations on matters of state and gave terse commands herself. She stayed up very late at

night and slept long into the day, yet always had a high sense of duty.

Victoria's cousin and penpal, Prince Albert of Saxe-Coburg-Gotha, became her true love, her husband and her most trusted advisor. Young Victoria actually proposed the marriage in 1839 (when she was 20) and only 5 days into Albert's visit to Windsor and the English Court. It was Albert who was passionate about the Arts and Sciences. It was also Albert who urged Victoria to resist party politics and interference with the House of Commons. He even steered Victoria away from London, designing two new royal residences. Osborne, on the Isle of Wight, Victoria nicknamed their "island home". Balmoral Castle, in Scotland, she deemed the home where she was happiest.

Victoria was devoted to Albert and greatly influenced by him. When he died, in December of 1861, Queen Victoria went into a deep, 3-year long depression. Benjamin Disraeli offered her comfort and political counsel and eventually Victoria gave her allegiance to his Conservative Party. In 1876 they added Empress of India to her titles (which she loved) but by the end of her reign, the world was forecasting the end of Europe's empires.

To put the Victorian era in context...

Victoria was queen through the invention of the telegraph, steamer ships (that could cross the Atlantic in 2 weeks), the age of the railroads, revolutions in Europe's cities, the American Civil War, the Klondike Gold Rush, the Boxer Rebellions in China and the Boer War in South Africa. During Victoria's reign England introduced official birth registration, surgeries began to use anaesthetic, the fields of astronomy and physics developed. London got its sewer

system, its telephone exchange, Library, Botanical Gardens, Royal Academy of Music and Financial Times newspaper. It was a remarkable era.

Queen Victoria began her reign while Dickens wrote his novels and audiences attended the new operas of Berlioz, Verdi and Wagner. By the end of her life and reign, Tolstoy, Kipling, and Oscar Wilde were the writers of the day. Music had Enrico Caruso and Rachmaninoff and commu-



Queen Victoria
Photo credit: Alexander Bassano in 1882

nication was transforming with radio and gramophone record technologies! The century of steam gave way to the century of electricity! In 1901, the year of Victoria's death, the Lake Victoria Railway was finally completed in Africa and that same year, Britain launched its first submarine.

Queen Victoria's reign from 1837 to 1901 also spanned the most dramatic period of Canada's history and development. We went from the revolts and rebellions of Upper and Lower Canada (Ontario and Quebec) in 1837, to linking the land with railroads, the Act of Union, responsible government, the British North America Act, establishing the Dominion of Canada and expanding the Confederation of provinces. We transformed from colonial status to sovereign nation, and needed no war to do it.

Celebrating Victoria Day...

From the mid-1800s to the present we have celebrated Victoria Day. Original legislation for the event dates back to 1845 from the parliament of the province of Canada West (Ontario). Back then, as they do now, people "cheered their queen" with picnics, music, athletics, parades and fireworks. Following her death in 1901, Canadian federal law made it known officially as Victoria Day. A majority of our provinces and all 3 of our territories now also mark Victoria Day as a holiday. (Quebec commemorates the same date, but as "National Patriots' Day" instead.)

Canada came into its own during Queen Victoria's reign and with her blessing. We gained independence but still honoured our ties and traditions with Britain. The Victorian era produced political, social and technological boons that shaped the nation we have become. So, however you spend this Victoria Day weekend, remember that our past helps determine current and future blessings. Monday, May 19th is a unique holiday and summer is just around the corner. It's all good reason to celebrate!

Our national capital region offers many ways to celebrate the holiday. What can you do?

The **Victoria Day Festival** runs from May 2 to May 18 at Queen Juliana Park (Carling & Preston). Admission is free and activities include midway rides, a petting zoo, food concessions, buskers and music. You might also enjoy strolling the tulip gardens along Dow's Lake (as this year's **Tulip Festival** runs May 9-19). Fireworks are scheduled for 9 pm at Dow's Lake for the festival's final night.

Pedal boats and canoe rentals at the **Dow's Lake Pavilion** usually begin on the Victoria Day weekend.

In honour of our attachment to the current Queen and to her great-great grandmother Victoria, you could take a tour of the Governor General's **Rideau Hall** estate, have a picnic on the grounds, or watch a cricket match.

Explore **Parliament Hill** (indoors or out) and as you survey the statues around Centre Block, search for the tribute to Queen Victoria.

If you're focused on a long and active life yourself, Victoria Day in Ottawa begins "**Sunday Bikedays**" (through to Labour Day weekend). Over 50 kms of parkways in Ottawa and the Gatineau Park are reserved for cyclists, in-line skaters, runners or walkers. Check out "Alcatel-Lucent Sunday Bikedays" on-line for routes and times.

Trivia Tidbits:

Queen Victoria still holds the record of longest reigning British monarch, at 64 years (1837-1901).

Her great-great granddaughter is our current Head of State, Queen Elizabeth II, and she is getting close!

Queen Elizabeth (who very much like her ancestor is highly duty-bound and also favours Balmoral Castle) has thus far reigned for 62 years (1952-present).

Neither queen is the world record holder though. The longest serving Head of State/reigning monarch is Bhumibol Adulyadej, the King of Thailand. He has reigned for almost 68 years! (from June 9, 1946 to the present)

COMPUTER HELP IN YOUR HOME

WE COME TO YOU TO FIX COMPUTER PROBLEMS.

Compu-Home is a highly regarded family business located right near you. Service is honest, reliable, affordable and prompt.



613-731-5954

HOW CAN WE HELP YOU?

- Computer slowdowns
- Problems with Internet connections
- Spam, spyware and security programs
- Setting up and maintaining home and office networks
- Printer problems
- Helping plan, purchase and use new computer equipment
- Transferring and backing up data
- Using new digital cameras
- Coaching

Compu-Home

613-731-5954

info@compu-home.com
Malcolm and John Harding

Scots wha hae wi Wallace bled was the Robbie Burns anthem

by Bill Fairbairn

You would think that after 25 years of membership in the Ottawa Fitness Club I would still be able to use its treadmills, bikes and attend classes free whenever I want despite having cancelled my membership.

I contributed to that club and because I decided to leave shouldn't mean I lose my right to go in there and put my sweaty paws all over their equipment. After all, I even met my wife on one of its rowing machines.

I can't believe that they called the police when I tried to take that romantically historic machine back to my native Scotland with me in time for the independence referen-



dum. Such arrogance, and the people of an independent Scotland will back me up I am quite sure.

Certainly, other club members acted with surprise at the sight of me trying to unscrew equipment from the floor when I did not wish to me a member any more.

Long time member Joe Smith is said to have commented: "Let's be honest, he was never that enthusiastic a member anyway so I'm not surprised he left. He wasn't even fun at social events. If he insists on leaving then maybe he should think about heading to Footloose in Edinburgh to get one of those cheap Scottish exercise bikes and pedal for independence. I hear they are popular in European clubs."

Were Scotland to achieve independence amicably from the United Kingdom after more than 400 years of union it is likely the event would encourage separatists in Italy, Spain and Quebec. Pauline Marois might take what little advantage there might be. I wonder if the Canadian dollar and Quebec's membership of a Canadian club of provinces would play a part there. What would she want?

One country that did separate was South Sudan after years of its black African people being badly treated by their Arab north rulers for decades in one united country. South Sudan is embroiled in war right now within its borders and

fighting the north over oil near the new border.

The United Kingdom is a union freely agreed on as was its pound sterling controlled by the Bank of England. Scotland doesn't want to drop its somewhat separate pound sterling and other vital connections if it gains independence in the autumn because the Scots might be in real financial trouble perhaps as an independent Quebec might be. The Scots want to have their pound and eat it as English Welsh and Northern Irishmen of the United Kingdom might tell the Scots. Organizing a separate Scottish currency would be rather difficult. Trying to get by adopting the Euro might not be acceptable either. The parents might not agree.

The Scots do not seek to drop European Union membership despite the threat Spain will try to stop their country entering Europe as an independent country. Otherwise the precedence of a Catalanian state independence referendum might be on the cards for Spain. The Scots were quite coy about that when they declined to play the Catalonians in a friendly international rugby match last year. Bit tricky getting into Europe when all member countries including presumably the United Kingdom have to agree on acceptance even if the Scots argue that they have been European members for a wee while within the United Kingdom.



Then there is North Sea oil. Is it Scotland's oil because the oil is in the sea off Scotland? But didn't British Petroleum develop the oilfields in the same way that the British developed other shared assets like currency and curling in the Olympic Games. Well, maybe not curling which, in Britain and even to some extent in Canada, is acknowledged to be a Scottish game with Scottish Olympians playing it in the name of Britain. Just as ice hockey is a Canadian game. Only rub here is that Canada wins at curling as well as hockey!

So I say as a Scottish-Canadian to my English relatives and friends that we both own the United Kingdom, its currency, oil and curlers and that possessing them means keeping them together even if evoking the name of Robbie Burns as a patriot is the separatist strategy.

Dr. Bell's anti-cancer fight rewarded with \$1.2m grant

by Bill Fairbairn

Dr. John Bell of Riverview Park, who for years has been developing cancer-fighting viruses for pancreatic cancer treatment, has received a \$1.2-million grant from the Canadian Cancer Society.

The society's Impact Grant to Dr. Bell, senior scientist at the Ottawa Hospital Research Institute and a professor with the University Ottawa Hospital Research Institute, will be used for further research on his cancer treatment mission.

It was one of three grants for cancer research in Ottawa totaling \$1.7 million.

The announcement of the grants came when Pancreatic Cancer Canada was rolling out a spring campaign to raise money and awareness about the deadly form of cancer that has a survival rate in the low single digits.

An estimated 4,700 people were diagnosed with pancreatic cancer in 2013 in Canada and 4,300 died of the disease.

Pancreatic cancer is both difficult to diagnose and difficult to treat. Bell is working with col-

leagues who have found a way to access cells from tumours at an early stage of the disease and to implant those tumour cells in immune-suppressed mice to create



tumours in the mice that match pancreatic cancer. That allows Bell's lab to isolate viruses that have specific properties to fight pancreatic cancer.

Bell told The Ottawa Citizen that if treatments for this cancer could be improved his team would be really excited.

The other grants were to two other Ottawa researchers who are focused on breast and gynecological cancer.

Good Day Workshop

"Today I have a chance to give back, to feel valued"



by Denise Kennedy

Since its inception in 1996 the Good Day Workshop has been located at the Bronson Centre. This program was created by Sister Marilyn McGrath g.s.i.c. with the support of her community, the Grey Sister of the Immaculate Conception. Persons with disabilities, addictions and mental illnesses, have found their niche in restoring wood furniture. It has never been only about the furniture, the program helps people restore their lives!

The Good Day Workshop is a very successful social enterprise of the Shepherds of Good Hope. It provides participants with a safe community where they can trust, laugh, work, build friendships and become team players in the maintenance of this wonderful environment. Many of the participants have experienced barriers to employment due to living with their respective disabilities. This program provides skills training in the repair and refinishing of wood furniture to over 400 participants per year!

"Today I have a chance to give

back, to feel valued. This is more than just a place for me and the other participants to go to every day. This place saves lives!" – André Parent, Finisher

Some participants start with a one-day per week commitment. Soon it evolves into more frequent participation as they soon discover the merits of being part of this community! When he was asked if he could come more frequently Jimmy Smith was overjoyed. At last he felt wanted and appreciated! He has since progressed to assisting in the kitchen where lunch is served to a number of participants daily, and he has assumed more responsibilities in assisting the Manager, Liz Gauthier.

The clients who have furniture to be repaired should call 613-236-4979 and describe the work to be done. Supervisors provide estimates and follow the order. Word of mouth advertising and the support of returning customers are testimonials no business can buy! There is a waiting list for furniture to be repaired, and true to form, good things come to those who wait!

The last days of snow



Not on my watch...
Photo credit: Tanya Fraser



Photo credit: Nicholas Swandel

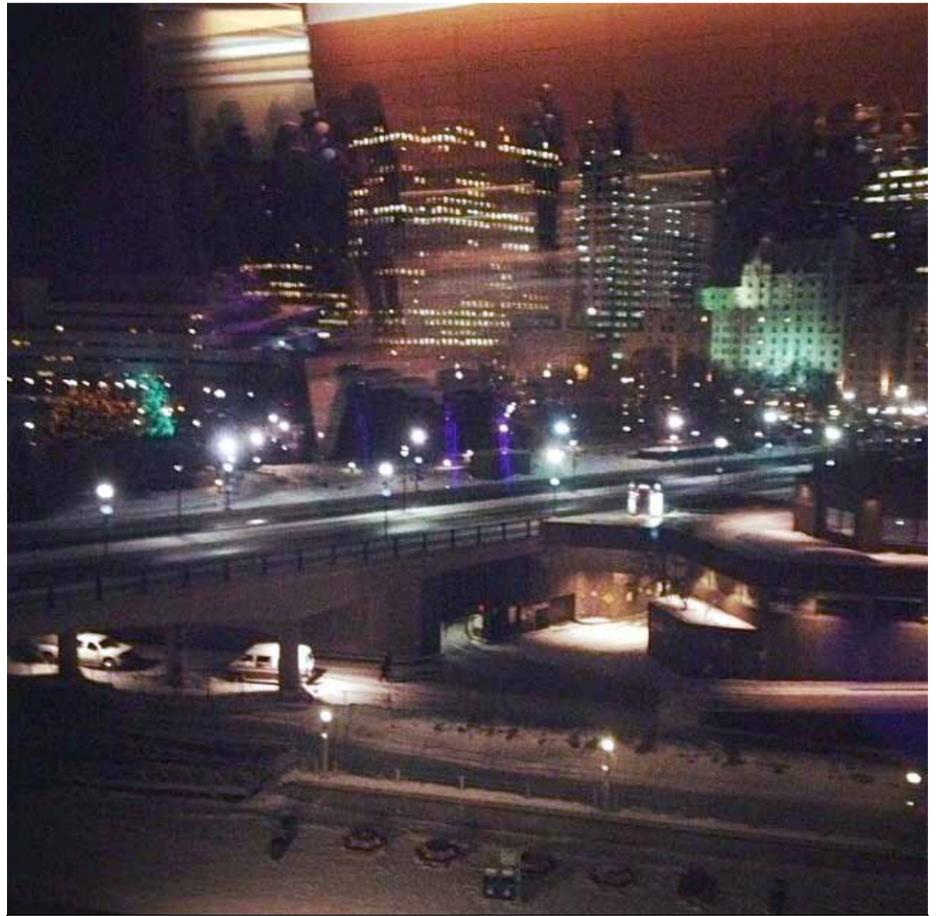


Photo credit: Arze Chabine



Photo credit: Trevor Denis

The Parks, Recreation and Environment Committee of the Riverview Park Community Association

wishes to give a special Thank you to **Kevin Leduc of KLPS** in acknowledgement of all his great assistance keeping the ice rink cleared for the skaters of Balena Park.

Thank You



Photo credit: Nicholas Swandel

...right?



Photo credit: Arze Chabine

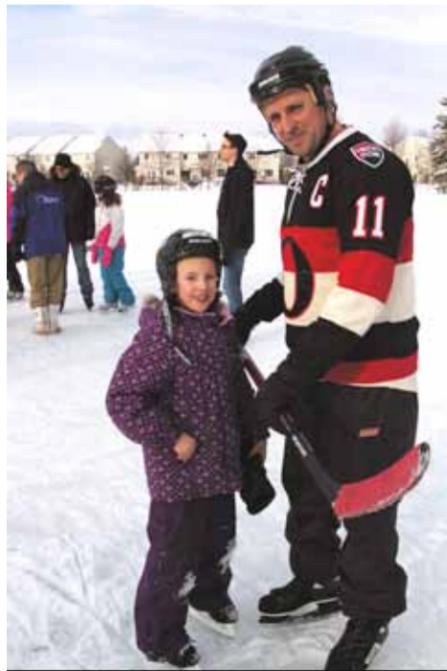


Photo credit: Bill Fairbairn



Photo credit: Bill Fairbairn



Photo credit: Trevor Denis



Photo credit: Trevor Denis



ROCK'S
BARBER SHOP

ROCK LALONDE
owner

1579 Alta Vista Drive
Alta Vista Centre
(819) 635-3711

SHOPPERS
DRUG MART 

www.shoppersdrugmart.ca

Najlaa Ibrahim
B.Sc., B.Sc. PHM.
Associate / Owner

N. IBRAHIM PHARMACY INC.
1559 Alta Vista Drive
Ottawa, Ontario
K1G 0E9

Tel: 613 738-1445
Fax: 613 738-6490
asdm639@shoppersdrugmart.ca



Photo credit: Arze Chabine



JOHN FRASER MPP
Ottawa South

Constituency Office
1795 Kilborn Avenue
Ottawa, ON K1H 6N1
Tel 613-736-9573 | Fax 613-736-7374
Email jfraser.mpp.co@liberal.ola.org

The
Guest
ROOM
740 C Belfast Rd.

At the corner of
Belfast and the Trainyards



The Eryk

European design sofa bed.
Available in soft touch leather or 100% top grain leather.
Chaise lounge with storage. Multi position back rest.
Starts at **\$2498.00**



Metro from Simmons

Component sectional with numerous configurations.
Available in many colours and fabrics.
Beauty sleep mattress.
Great system to fit any room!!
\$1248.00

* Sofa bed only. All other pieces sold separately



The Classic

Double wall bed.
Two side units as shown. Available in 4 colors
\$1848.00 Includes delivery and installation
available in Queen **\$1998.00**
Mattress extra



Manhattan

Double Horizontal bed with hutch and 2 side units as shown
Wide variety of color and finishes.
\$2898.00 Delivery and installation included
Mattress extra
Bed and hutch only \$2098.00
+\$150.00 for queen size



**... AND THIS
NEW
ARRIVAL**

Peseta

Futon frame with padded
polyurethane arms.
8" comfortable mattress.
Free futon cover!!
\$548.00



740 C Belfast Rd. Ottawa, ON
613-241-1900

1440 Wellington St. W. Ottawa, ON
613-798-2552

(wall beds only)

theguestroom@bellnet.ca

www.theguestroom.ca