



Riverview Park teetered on the brink of commercial development



Janina Nickus and Bastian Kruidonier examine the Alta Vista Ward 18 development map.

Photo credit: Bill Fairbairn

by Bill Fairbairn and Carole Moul

Proposed zoning revisions for four properties adjacent to Balena Park in Riverview Park had many residents upset. A zoning by-law amendment in the works since 2013 for review by the Planning Committee and approval by City Council before this summer had proceeded virtually without consultation and little understanding of the possible consequences for residents. Until City Planner Andrew McCreight's letter of January 29 to Councillor Cloutier announcing the cancellation of the zoning plan, the threat of commercial development penetrating into the heart of the community was

hanging over their heads. Clearly the change in policy was the result of a spirited reaction at a public meeting at City Hall on January 21, and in particular, the efforts of Councillor Cloutier.

Andrew McCreight of the planning and growth management department outlined his team's proposals for commercial development in residential areas of Ottawa. Attendees, with a large contingent from Alta Vista Ward including Councillor Cloutier, generally opposed changes from residential to commercial zoning that would allow small local businesses to

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Eastway not a pleasant garden due to LRT work, Councillor Cloutier told

by Bill Fairbairn

The name Eastway Gardens at present gives a somewhat false impression of a community of eight streets and about 250 homes tucked away at the intersection of Belfast and Tremblay roads.

That is why Alta Vista City Councillor Jean Cloutier and Ottawa community liaison officer Matt Eason gave talks at a meeting on area light rail construction held at the White Horse restaurant on Belfast last month.

The City information mission fundamentally was to try to ensure residents of Eastway Gardens



A Tremblay Road view of tunnel construction – bigger in real life than it looks from here.

Photo credit: Carole Moul

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Vincent Massey SOLE update

by Emily Money

Mr. McKean's grade 8 class is again working with Russell Heights on the "Sole" project. This year they have named themselves "Community of Sole". In order for the class to get it's projects started, they had to apply for a SPEAK UP grant which they then sent to the Ministry of Education in late november. The applications must have been persuasive because they got the grant in early january. The class now has to learn how to

best spend their money and realise how much goes to witch project. It's time to get down to business

One of the first things they had to create was a poster that would advertize their work and promote their activities. In order to make the final decision, the class invited Sarah Dwyer (the community housing coordinator) and a community member to review the designs. In the end, the final poster was chosen and will be reproduced to advertize the SOLE Project.

Further advertising is going to be done using social media - Twitter and Facebook accounts as well as Instagram and of course the Riverview Park Review newspaper. The class had to split up into groups and some of them were given the job of creating and maintaining these projects. You can now follow our progress on: Facebook's community of sole@gmail.com; Twitter's @justcos2015; and Instagram's communityofsole.

By creating and running these

projects the class has learned skills that will hopefully help them in further years to come. By writing the grant application and having it be successful they have learned how to write one and how to have it in on deadline. They have also learned financial literacy and how to get value for your money. Finally they have learned the most efficient way to run each project and how to manage each other.



Sarah Dwyer and Mr. McKean's class cheering the SOLE Project. Photo credit: David Noonin

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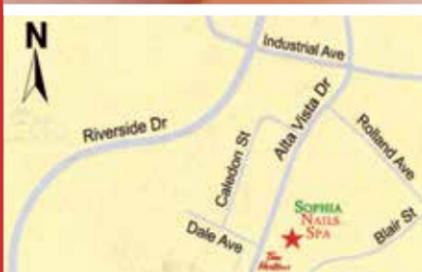
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**Commercial development
Continued from page 1**

operate in residential areas. Opposition was primarily based on poor coverage and extremely low participation in the initial survey and no provision for community feedback. It was noted that in six wards targeted in the study there were 250,000 residents, but that the total of 359 people who responded to a survey on commercial zoning was less than .15% of the total population.

McCreight denied that the 359 responses would result in a *fait ac-*

compli for the zoning plan, and he outlined micro-business restrictions that would alleviate the potential disruption and problems that could arise from new commercial developments, but it was difficult to discern any plan for public review and amendment. The rationale for the proposals was explained as a response to the growth of the city and the need to promote vibrant and healthy communities.

After 10 minutes of questions and answers the audience was directed into groups around maps of Wards 18 (Alta Vista), 12 (Rideau-Vanier), 13 (Rideau-Rockcliffe), 14

(Somerset), 15 (Kitchissippi) and 17 (Capital) where staff was available to answer individual questions, but it was difficult for the attendees to gain a complete perspective on the overall plan.

Totally surprised

The busiest huddle was at the Alta Vista ward map where McCreight presided. Riverview Park Community Association Treasurer Alan Landsberg, whose house on Balena Avenue was targeted for zoning change from residential to commercial, questioned McCreight on the plan's practicality.

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Planner Andrew McCreight addresses the audience in City Hall.
Photo credit: Bill Fairbairn



Jean Cloutier
Photo credit: Sean Sisk



Alan Landsberg outside his home was faced with commercial rezoning on Balena Avenue.
Photo credit: Bill Fairbairn



Three bungalows on Devon Street next to Balena Park were targeted for zonal change from residential to commercial.
Photo credit: Carole Moulton



Depicted were commercial buildings within residential areas.
Photo credit: Bill Fairbairn



Targeted houses for zonal change – 1 on Balena Avenue and 3 on Devon Street
Photo credit: Google Earth



A Devon Street photo in front of the Balena Park and rink snapped on a recent Saturday afternoon.
Photo credit: Carole Moulton

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Love with power as King loved, multicultural audience told

by Bill Fairbairn

Story on page 25



A peace-to-all gesture from one Carson Grove student suits the Martin Luther King credo



A skit by some 30 Carson Grove Elementary School students depicting Dr. King's battles against racism



Dr. Qais Ghanem of Alta Vista received a DreamKeepers award for his many civic contributions



A big handclap follows the Carson Grove Elementary School's live tribute to the struggles of Martin Luther King



A platform of Ottawa civic leaders joined Mayor Jim Watson and Rev. Dr. Anthony Bailey at centre



Vanessa London-Lumpkin is about to sing the Canadian National Anthem. Rev. Dr. Anthony Bailey presided over the celebration with aplomb.



Michael 'Pinball' Clemens went out among the audience eulogizing Martin Luther King

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Charlie Brown once said, "There are three things in life that people like to stare at: a flowing stream, a crackling fire and a Zamboni clearing the ice."

While there are no Zambonis to watch grooming our local outdoor ice surfaces, we are fortunate to have well maintained outdoor rinks in Balena and Dale parks.

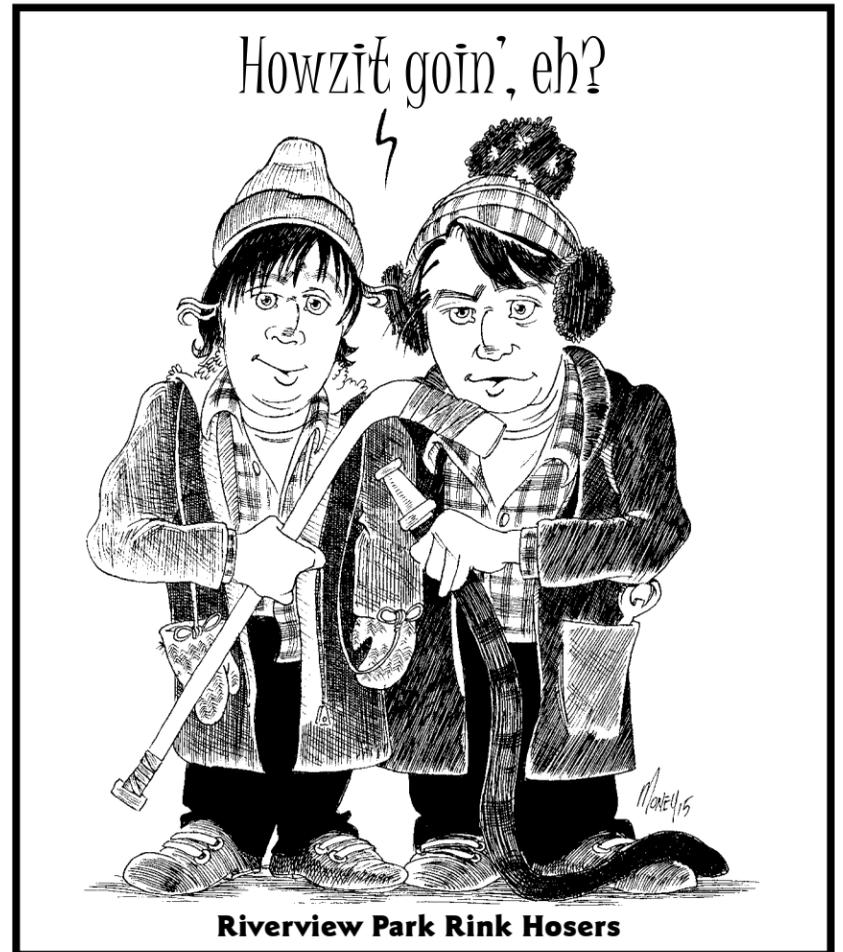
This is thanks to dedicated residents who, day after day and often year after year, clear, flood and maintain these rinks. Because of their efforts, kids of all ages skate and play hockey, events like annual winter carnivals take place and our local parks get used throughout the winter.

For those who use them, these rinks are like common back

yards and those who maintain them maintain more than ice—they maintain community, just like the numerous people who volunteer at our local schools, programs and organizations.

So here's to these rink regulars. They probably don't attract many onlookers, but they help us to embrace the chilly months of winter, right in the neighborhood.

Bruce Aho is Rink Coordinator for the Dale Park Rink, and Chris Khoury is Rink Coordinator for the Balena Park Rink. A huge thank you to both, and to all the wonderful volunteers who assist them in keeping both rinks in such beautiful shape and in all kinds of weather. Well done everyone!



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Commercial Zoning
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Landsberg later told the *Riverview Park Review*: "I was totally surprised by the move. Apparently a survey went out but few people knew about it. I know that the Riverview Park Community Association and even our Councillor Jean Cloutier, previously president of the Canterbury Community Association, had not been informed."

Landsberg, who has lived in his house for 48 years, said common sense told him that restricting small businesses from providing parking for customers or employees, as the proposed by-law stipulates, means drivers would park elsewhere on the neighbourhood's narrow streets. He pointed out that there were no sidewalks on Balena or the adjacent streets making it difficult for pedestrian access, particularly in winter. Then there was delivery traffic to add to the problem. Three designated Devon Street houses in his judgment were each too small for a combined residence and business and had similar limitations to his home for commercial development, further highlighting the lack of judgment that was given to the selection of properties.

The concern in Riverview Park, unlike much of the rest of the city, is the potential for businesses starting up where none had existed before. This is exacerbated by having no provision for public review prior to a new business approval. He sees the idea of micro businesses in residential areas as potentially beneficial, "... but not so in most of Riverview Park where there are narrow streets, limited parking, no sidewalks, and no history of commercial presence within the community."

"These designated homes have always been residential. If I were I to sell my home, my neighbours could be confronted by a commercial enterprise with its attendant noise, visual blight or other irritations. There really should be a public review process for any new commercial initiative."

Not a plan for people

Patrick Meagher, who lives across Balena Avenue from the Landsberg home, said: "It was

impressive to see so many people at the city hall meeting when we were given less than a week's warning about proposed changes to residential zoning around Balena Park. My hat goes off the Riverview Community Association from jumping on this misstep by the city. Kris Nanda, Alan Landsberg and Carole Moulton led the way.

I am impressed that city employees were quick to withdraw the proposal to turn four residences into commercial properties. But it is unfortunate the city based its proposal on a weak online survey of 360 respondents covering a population of 250,000. This short-lived community crisis tells me three things: the grassroots can make a difference if we are vigilant; city hall is not very motivated to get our input but will listen if we are loud and clear." Meagher concluded.

Kris Nanda, president of the Riverview Park Community Association, said: "This whole initiative came as a surprise to the RPCA and many other community leaders around the city who tend to be in the loop on these sorts of things. I agree with the sentiments voiced by many at the public meeting who felt that much of the uproar could have been avoided had City staff conducted a more thorough consultation process and done a better job of involving community associations.

Nanda said the RPCA has actively promoted walkable communities and the idea of grandfathering the rezoning of existing small-scale shops and corner stores is attractive where they have been operating for many years and where the local community supports the businesses. "However this is not the case for the four houses on Balena and Devon that the City identified in the study. None of the owners have sought rezoning. Moreover, the RPCA had not received or heard of any requests from Riverview Park residents for more new local businesses, such as the ones envisioned in the study. It would be a different story if we were talking about a location where there was a long-standing local business or corner store that was operating and was popular in the community. However, the houses identified next to Balena Park are used only as resi-

dences and have never been used for commercial activity."

Nanda said the RPCA board and other Riverview Park residents had communicated these concerns to Alta Vista Councillor Jean Cloutier. "We do thank him for bringing this issue to our attention (when nobody else did). This is an example of the RPCA, residents and Councillor Cloutier working together to produce a mutually desired overcome; in this case the process actually was responsive."

The purpose

At the public meeting McCreight was questioned on the recommended zoning bylaw amendment's purpose which a study document says is:

1. To regulate development in a manner compatible with existing land-use patterns so that the residential character of a neighbourhood be maintained.
2. To allow a variety of small, locally-oriented convenience and service uses that complement adjacent residential land uses and is consistent in size and scale with residential needs. Complaints such as lighting, noise, parking and business size would be subject to by-law justice.

3. To provide conveniently located non-residential uses predominantly accessible to walkers, cyclists and neighbourhood transit users.

Non-residential uses such as convenience stores, instructional facilities, medical facilities, personal service businesses, restaurants and retail stores would be permitted. Non-residential uses would be restricted to the ground floor, the basement, or a combination of the two. Vehicle parking would not be permitted for other than the owner. Such businesses would be restricted to 100 square metres.

In general only wall-mounted signs would be permitted but signs that didn't intrude on neighbours could be larger. Liquor would be permitted in walk-to restaurants and patios provided a licence was obtained.

The meeting left RPCA members wondering the next day if any such pub or other small business could ever succeed in the four Riverview Park locations suggested by the planners. In all of Alta Vista Ward 18, those four designated houses are the only ones named that are not already designated commercial.

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Planning and Development Update

by Kris Nanda
Chair, RPCA Planning and
Development Committee

The Riverview Park Community Association (RPCA) and its Planning and Development (P&D) Committee follow developments of interest in the local community and around the City which may affect Riverview Park residents either directly or indirectly. RPCA Board members continue to work with other community associations on issues of common interest through organizations like the Federation of Citizen's Associations (FCA). RPCA representatives communicate regularly with local councillors on planning and development issues of interest and participate in the Alta Vista Planning Group hosted by Councillor Jean Cloutier.

A pressing issue that the RPCA continues to follow is the controversial Hospital Link portion of the Alta Vista Transportation Corridor (AVTC) road between Riverside Drive and the Ottawa Hospital Ring Road. In particular, the RPCA is closely monitoring developments related to the relocation of the VIA rail line on Abbey Road residents. It is also looking into the revised proposal plan presented in the most recent drawings that show the eastern terminus of the road lying considerably east of what had been proposed during the EA process. The RPCA also responded successfully to a City of Ottawa planning study that recommended changing zoning to allow some commercial uses in four houses adjacent to Balena Park – none of whom have asked for such a change.

Details on issues of interest which the RPCA is monitoring include the following items:

Alta Vista Transportation Corridor – Hospital Link

The tendering process is underway for construction work associated with the bulk of the 1.2 km Hospital Link section of the controversial Alta Vista Transportation Corridor (AVTC) between Riverside Drive and the Hospital Complex. This work is likely to begin in 2015. 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.

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, with an underpass below the Via Rail line and a realigned Riverside Drive.

Work has recently begun on the relocation of 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 area affected by the relocation of the original rail line is well outside the study area used for the Environmental Impact Assessment previously performed for the AVTC, the RPCA was unsuccessful in its 2014 request to the provincial government for an addendum to the Assessment, due to the Via Rail Line relocation and changes in light and noise mitigation measures that were not considered in the original Assessment.

In December 2014, a \$37 million contract was awarded to Greenbelt Construction, a subsidiary of Tomlinson, in for road construction between the Hospital Ring Road and Riverside Drive (part of a larger total package of at least \$65.5 million for the project). With the contract now awarded, Councillor Cloutier was able to provide the RPCA with the updated design drawings, which he did prior to the Board's January 2015 meeting.

These new drawings reveal that the eastern terminus of the Hospital Link road to be considerably further east than in the previous map which showed the AVTC intersecting the Hospital Ring Road at a roundabout near the sledding hill by the Co-gen plan). The revised design and detail drawings for the AVTC now show the Hospital Link intersecting the Ring Road road directly south of the Lindsay/Acton intersection – several hundred metres further east than in the older drawings that were used for several years and at the March 2014 Open House.

P&D members are now reviewing these detailed drawings and addressing technical questions about feasibility of several aspects of the

project, along with the possibility that there may be some environmental sensitivity issues connected with the woods and greenspace, much of which has been zoned by the City as an environmental protection area, but are part of the newer expanded portion of the Hospital Link's eastern terminus. They are also seeking confirmation about the size and the scope of the project (including the "footprint" on the woods and elsewhere during construction) and about noise and light mitigation measures as well as the aforementioned rail relocation work

In a 2014 communication to RPCA Board Members, then-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 is awarded, adjustments can be made."

The RPCA is hoping to have Councillor Cloutier and City staff conduct a public "walk-through" along the proposed route between Alta Vista and the Hospital Ring Road, an activity that was originally promised in Spring 2014 by his predecessor.

Local Commercial Study – Potential Impact on Balena Park

Members of the RPCA Board and other Riverview Park residents attended a January 21 public meeting at City Hall concerning a recent City study that had recommended a change in zoning to allow four houses adjacent to Balena Park to be rezoned for limited commercial usage. This proposal came as a surprise to most residents and Community Associations in Alta Vista and elsewhere in the City (including the RPCA). It had recommended that these four residences – none of whose owners had sought rezoning, would be able to open up small businesses, such as convenience stores or cafés.

The RPCA and most of those in attendance at the January 21 event, strongly voiced their concerns about the consultation process and the manner in which residences around Ottawa were identified by City staff as candidates for rezoning. The RPCA Board also passed a motion to write a letter to City

Staff and Council asking that these four Riverview Park houses be removed from the list of possible candidates for rezoning. Efforts by the RPCA, residents and Councillor Jean Cloutier were successful, and on

January 29th RPCA members and others who attended the January 21 meeting received an e-mail from Andrew McCreight, the City official in charge of the study, stating that 'recommendations to Planning Committee will not include 1601 Balena and 1620, 1624, 1628 Devon Street, or any other properties in the immediate vicinity of Balena Park'.

While supporting in principle the "grandfathered" rezoning of existing small-scale shops and corner stores that have operated out of residences for many years in other parts of the City (many of which are included in the recommendations and which are popular within their own communities), the RPCA noted that the houses identified next to Balena Park are used only as residences and have never carried out commercial activity. Moreover, the RPCA had not received or heard of any requests from local Riverview Park residents for more new local businesses, such as the ones envisioned in the study.

National Defence Medical Centre (NDMC)

The Department of National Defence and Canada Lands Corporation (CLC) are still working on 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 at the earliest. The RPCA has heard from at least one federal official that there is a potential Algonquians of Ontario land claim for NDMC property. Board members are investigating and following up to get more details on the nature and scope of this potential claim as it refers to both the NDMC lands and the AVTC.

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

Work continues to stage the area just north of the existing Hurdman Station, in preparation for preliminary construction work on the

Continued on next page

Planning and Development Update

From previous page

new Light Rail Transit (LRT) station. Piling activities (placement of structural support poles) for the foundation and elevated guideway of the new LRT station are anticipated to continue until March 2015.

Foundation work for the new LRT station will start once piling activities are completed. Construction of the structure of the new transit station is scheduled to begin in phases, as early as Summer 2015 with completion in Summer 2016. According to City officials, the work is supposed to be completed during daytime hours with minimal impacts, and OC Transpo operations are not anticipated to be affected. City officials will be invited to make a follow-up presentation to the RPCA Board in Spring 2015. More information on the LRT project, including weekly construction summaries, can be found at www.ottawa.ca/confederationonline

Pedestrian and Cycling Connections

The multi-use path (MUP) adjacent to the Transitway Bridge over Rideau River (between Hurdman and Lees) will be closed during conversion of Transitway from buses to rail. This MUP is heavily used by pedestrians and cyclists travelling between Alta Vista and downtown/University of Ottawa. The RPCA 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.

The Coventry Pedestrian and Cyclist bridge across the 417 be-

tween Tremblay and the Baseball Stadium is expected to open in February 2015. Re-opening of Belfast Road between Tremblay and Coventry to pedestrians and cyclists has been delayed until May 2015 – the road is expected to remain closed to vehicular traffic until Spring 2016.

The opening of the new Coventry bridge over the Queensway leaves the gap between the Ottawa Train Yards and the Via property as the only missing link for safe pedestrian and cyclist travel between Riverview Park or the Ottawa Train Yards and Coventry Road (that would also benefit Train Yard's customers and staff seeking quick access to the Transitway and future LRT system. An Overbrook Community Association representative recently approached the RPCA about a new pedestrian connection between Train yards and the VIA Train Station/ LRT stop. (e.g. either a tunnel or a pedestrian bridge). There is a condition in the original Ottawa Train Yards complex project approval that requires this access way to be built once certain square footage of space in the Train Yards complex is constructed. There is a question as to whether timing of this project could be tied in with LRT construction and both the RPCA and its Overbrook counterpart will be raising this issue with their councillors.

Trainyards Developments and New Retail

The site plan to construct a 9-storey office building at 405 Terminal Avenue, just east of the Canadian Revenue Agency building at 395 Terminal, has been approved. Construction of this structure – approximately 2/3 the size of the facility at 395 Terminal – is slated

to begin in 2015, though as this article went to press, the tenant(s) had not been confirmed.

Work is just about finished on the retail facility at 575 Industrial – between the Pioneer Gas Station and the CIBC building. The first two tenants, Banana Republic and MEXX, opened in Fall 2014, but the latter is closing as the MEXX chain is going out of business. The third tenant – Skechers – will move in later this year. Development has also been continuing at 175 Trainyards, the space right besides SAIL. Artemano, a specialty worldwide sources furniture and accessories store opened a 9500 square foot retail outlet November, with a 15,000 square foot Old Navy store expected to open in March 2015.

Other planned constructed is at 197 Trainyards Drive (just east of The Athletic Club, with 18,000 square feet of multi-tenant retail, including a Bulk Barn store) and at 595 Industrial Avenue (the vacant space just west of Pioneer), with 40,000 sq. for two major retailers.

Other Industrial Avenue Issues

The RPCA is also monitoring and will follow up on its earlier requests to install an advance green for eastbound traffic on Industrial turning into the Farmboy and LCBO, to alleviate some of the present congestion. While no formal reply has been received, initial indications were that the City's monitoring counts did not presently seem to warrant an advanced green at that location.

The RPCA continues to seek confirmation from City Council that the new sidewalk planned for the South side of Industrial will extend at least as far East as the ac-

cess 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 re-designed 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 has been in contact with the property management company regarding new tenants for the long-vacant storefronts in the Alta Vista Shopping Centre. The mall is under new ownership and two new tenants are opening in early 2015 (Simply Chiropractic and Sophia's Nails Spa). The tenant for the third space had not been identified at the time this article went to press.

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 krpp1415@gmail.com. For more information on this and other activities in Riverview Park, please see the RPCA website at www.RiverviewPark.ca. The contact email for RPCA is info@riverviewpark.ca

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David Chernushenko Councillor Capital Ward

What are your priorities for the City budget?

by David Chernushenko

The City's annual budget-setting and approval process has begun, with the 2015 Draft Budget to be released on February 4 and Council considering final budget recommendations on March 11. So this is the time for Capital Ward residents to let me know about what they would like to see changed (or kept).

During the last election campaign, I got a pretty good sense of what people are thinking and feeling, but only in general terms: More funding for transit, hold the line on wages, support affordable housing, stop widening roads, etc. This is helpful as broad guidance, providing a general sense of your priorities, but really useful budget direction needs to be more specific.

For example, what programs or specific projects do you feel should be maintained or boosted, and by how much? Why are they important? Which programs should be decreased or eliminated, and why? Are they a luxury or counter-productive? I want to hear your arguments for and against budget items because I will have to weigh them against the arguments I hear from others. Ultimately, I must present a credible case to Council in defence of any proposed cuts or increases.

Some people wonder if it's worth their time writing, coming to budget consultation meetings or speaking as a delegation

at committee meetings where we welcome the public. Will anything really change, or will the "draft" budget be passed with minimal tweaks? I get it. You see little value in participating if you feel the consultations are a sham and the budget is a done deal.

Based on the few changes made to budgets during the last term of Council, I understand. The 2011-2014 final budgets were but modestly amended versions of the draft put forward to the public. Why? I offer this commentary as useful context, but I'll understand if it comes off sounding like an excuse:

A lot of the City's spending is locked in through union agreements, long-term commitments, multi-year construction projects and other limitations.

There is no "gravy train" to be slashed in the quest to achieve a magical "zero" tax increase. If there were, successive councils prompted by engaged citizens would have found and eliminated it by now.

What you consider an unnecessary frill may be a core service to your neighbour. Every line item and program was created for a reason. Each is well intentioned, though not necessarily run as efficiently as it might, nor as relevant today as it was when first initiated. But each program, service, grant or subsidy has its staunch defenders. Eliminating or reducing servi-

ces is messier than you or I would like it to be.

Increasing spending on any program, service or project involves a difficult choice. Either we offset increases with matching funding cuts to keep the impact budget-neutral, or we agree to raise taxes.

With that in mind, I ask you to share with me the following:

What do you wish to see more, less or none of in the budget?

What projects do you think are unnecessary or could be delayed?

What services or programs merit more funding?

What projects should be funded or advanced?

If recommending new spending, how would you pay for it? Identify specific cost savings or tell me how much you're prepared to pay in additional taxes. Council approved a target 2% maximum tax increase for 2015. How much higher are you willing to go?

Few citizens are experts at reading City budget documents, so I will prepare a summary as soon as possible of the Draft Budget, with specific commentary on local projects and impacts, as well as city-wide priorities that came up frequently during the election (transit service, affordable housing, pedestrian and cycling infrastructure, park maintenance, urban tree protection/replacement). I will post the summary to my website and include it in an upcoming Capital Ward newsletter.

Several pre-budget consulta-



tion meeting are planned for the second week of February. Find out more at bit.ly/ottawabudget2015.

City Builder Award

Do you know anyone who deserves a Mayor's City Builder Award? This civic honour recognizes individuals, groups or organizations that have, through outstanding volunteerism or exemplary action, demonstrated an extraordinary commitment to making Ottawa a better place.

You can nominate someone for life-long service, outstanding acts of kindness, inspiring charitable work, community building or any other achievements. Find out more at bit.ly/ottawamcba.

Councillor David Chernushenko

613-580-2487 |

David.Chernushenko@Ottawa.ca |

www.capitalward.ca

Eastway Gardens

Continued from page 1

that they are not forgotten in the enduring months and pending two years getting out of mud-base construction at LRT's Belfast Yards and what was termed near-traffic chaos at roads and two bridges near Eastway homes.

The meeting, arranged by Eastway Gardens Community Association President Kim Lamont, addressed problems and outlined progress.

Eason said a berm is up to counter noise from the huge industrial yard site and that December saw success in laying, after midnight without trains running, a massive support box under the Via rail tracks above the LRT ride on the east side of Belfast Road. "We are expecting

the rails for the LRT track to be delivered this year and by the end of the year we will be laying them," he said.

Eason told the 25 residents present that he expected that Belfast Road would be reopened in the spring with new routing for buses in July.

From the audience Sylvie, a daycare provider, said that in the summer children had been getting colds due to clouds of dust that did not allow residents to open their windows. Another resident said that the city's outdoor pool located 20 feet from the industrial site was almost using more water for cleanliness than for swimming. Cloutier said he would work on keeping down such inconveniences. He was not entirely sure that improvements to Eastway Gardens Park were promised by Peter Hume when in

office. A resident had termed the promise was made as a carrot to counter inconveniences.

To a question on compensation for those businesses financially hurt by the work Coun. Cloutier said he did not have a cheque in his pocket to hand out since compensation in such a project was not city policy.

Looking to the future the Tremblay (LRT) Station, when completed in July 2017, should help travellers get quickly and easily to and from VIA trains. With the building of the Coventry Pedestrian Bridge the station will also connect to the Ottawa Baseball stadium and encourage further development in the area and of course travel in the city.

Mike, the meeting's host restaurateur, told *The Riverview Park Review* that he had lost thousands a month since Belfast

road outside his White Horse restaurant was closed and work started. He said few workers came from the site to eat at the White Horse although there is a plaque at the entrance stating that his beef and barley soup may be the best in Ottawa. "I hope this LRT work will not put me out of business."

Kim Lamont said that traffic speeding along Tremblay especially at rush hour was a universal problem to residents. Personally she hoped the planned concrete light rail tunnel to the Belfast Yards would soon be completed and that the serious dust problem in spring and summer months be controlled perhaps by constant watering down of the huge mounds of dirt.

Coun. Cloutier adjourned proceedings promising further updates.



This week fifteen of us braved the pre-dawn cold of January to have an extra aikido practice each day at five thirty. At the end we shared a potluck breakfast. Here are some students' comments.

"Years ago at work we decided to have a potluck lunch. Twenty-five or thirty people and just bring what you like. There was one salad and everything else was dessert, and most were chocolate. It was okay. But here at our potluck we have this beautiful breakfast. We got it organized, with a list of things people proposed to bring, and someone to check it and coordinate adjustments so the result would be balanced. So this is an example of how it is important to pay attention not only to our goal, but to the process of getting there as well."

"Again this year I enjoyed Kangeiko. I took afternoons off from work to rest up from the early morning practices, and that allowed me time to prepare dinner for my family, so they enjoyed it too. I feel good. No negatives. It has given me a boost physically and mentally. Building up to doing multiple techniques over and over with our partners, that was a new experience for me and very interesting. We usually do only one technique per turn. This required new attention to the transition from each technique to the next."

"The practice, this time it's really beyond my expectation. The first day when Sensei introduced Irimi - raise the hand up, at a bit of an angle - I say oh yeah, this is you know, Hachi Mawashi. Then okay second day, we turn - See, as my expectation is, Hachi Mawashi. Then on the third day I expect you know, to bring the hand down, but No, no it's another turn and then we do Uki Chigae. So I say well it's Uki Chigae okay and maybe that's it, right? But fourth day it becomes Hiji Kudaki so I say okay

finished, okay this is nice, this is the complete set. Then the fifth day, no, another one. So my point is that no I cannot expect, because it is a martial art and we go in there you know all blending so there is a lot of opportunity looking for openings so don't expect and just feel it and see the opportunity and go in."



"I just realized that I did not get upset at this Kangeiko. In the past, at every clinic and every camp at one point I got very upset at someone or something though I tried not to show it. But not this year. I enjoyed this."

"I always learn something at these practices. On Thursday I was driving here at four thirty in the morning. Later at work, at nine o'clock, I would be having a quarterly meeting with our shareholders, where I sit with the owners of the company and explain to them why they haven't made as much money as they want to make. It's a very difficult two to three hour conversation once a quarter and I don't enjoy it. But I was ready for it. So I'm driving here and I realize - *I forgot to shave*. Good Lord. Seriously? Do I have a razor in my bag? No. Are any drug stores open? No. So I get here and all I can think about is I haven't shaved. I go up into the change room. I take out my work clothes. I lay everything out. I realize - *I forgot my belt*. I'm going to go there unshaven, and my pants are going to be falling down. What am I going to do? So as the class progressed, I was stewing for the

entire thing. All I could think of was - nine o'clock, no shave, no belt. What the hell am I going to do? So at the end of the class I said know what, I'm going home. I don't care if I'm late, I've got to get a belt and I've got to shave. Then when I got to my car I said instead of being upset all the way home and back, let's be happy to get to shower, to sit down and eat something, and then show up at that meeting feeling a whole lot better. I changed my attitude from being extremely frustrated to seeing the opportunity. In the end it all worked out great. It's all about the attitude. So again, I did learn something."

"Regarding the techniques we've been practicing, we need to pay attention to the process. It's not all about the throw. We need to pay attention to all the steps to get there. Putting all those techniques together made me have to think that way. I have to respond to my partner along the way. Before I can apply Hiji Kudaki, I have to let my partner complete Uki Chigae. Then

I can respond appropriately, rather than just run through a program, bang bang done, Next."

"Kangeiko was challenging for me. Just before, I strained my back, shoveling snow. So during warm-ups I was so tight through my core that I couldn't even lie flat on my back. But I would just keep going and during the practice it would loosen up and I would forget

about it. Each day was like that and eventually it got better. Years ago I took a course in meditation, and it strikes me that everything we do in aikido is meditation, to relax and be aware and to pay attention and not be distracted by thoughts."

"This is my first Kangeiko in about five years. Before, I would always get a sore back. I've been changing my diet, and my back has been good, but I was expecting Kangeiko practices to make the problem come back. It hasn't happened. I think diet is important and I need to listen to my body. It's another way that Kangeiko is a valuable learning experience."

"I've been changing my diet too. At least before Christmas I was. But I've gotten back into eating the wrong foods. My back problems have come back. Quite frustrating, but I did enjoy the practice. The best thing about it for me was to make a fresh start after the excesses of the holidays. About the technical aspects I have to say that I enjoy it most when we do the simplest things, that I can manage fairly well and concentrate on polishing. But then when we get into one technique followed by another and another and another, by the end of it I can't remember what I'm doing. So it's chaotic, but that's what learning a new thing is like. At first I can't really grasp it, but when I keep at it I can."

Lau Sensei's response in part:

"This kangeiko, it was not taught to me, but each individual part was taught to me. An artist can draw whatever he wants. A dot here, a dot there, and join together. It gives freedom to what we do as long as we don't get stuck in habits, traditions, culture and all those things, without knowing the reasons behind them."

~ ~ ~

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Simply Therapy

– products from a small shop that make a big difference to your quality of life

by Carole Moulton

There was a steady number of people who came into the shop on a recent, very cold, Thursday morning. One lady looked around, talked about the Low-Rise Stools, was shown how they worked, checked out both oils and lotions, then was very graciously helped with getting her purchases to the car.

Another repeat customer was interested in buying Epsom salts, and a variety of clinic supplies. He had seen the on-line flyer and was ready to shop. Someone else was curious about the many fitness and rehabilitation items that are among the great number of products available at *Simply Therapy*, 2620 Lancaster Road, Unit E, but



Always a positive experience. Michael Tobin helping a Simply Therapy customer.



Welcome to Unit E, 2620 Lancaster Road

all had come with a purpose to this unique specialty shop.

When Denyse Braid opened her store in 2005 she did so because there just were no alternative therapy product shops in Ottawa. Now fast forward to 2015 and

Simply Therapy is celebrating its 10th Anniversary, born out of a need for local access to the prod-

ucts required of massage therapists, physiotherapists, chiropractic and Spas.

“I had a bad back problem and my massage therapist recommended that I purchase a particular product- but it wasn’t available

Continued on page 27



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Jean CLOUTIER

Budget 2015 – Moving ahead

Last month, we were seeking input from residents on what their priorities are for the 2015 budget. If you sent me an email, or met us at a community meeting or event in early January; thank you for your comments. I want to ensure your voice is heard and that a balance can be established between keeping taxes at a reasonable level and ensuring we maintain the high quality of life we have come to know.

Our work on the 2015 budget will continue into February. Alta Vista Residents can still have their say at the central consultation meeting:

Monday, February 9th, from 7 to 9pm
Andrew S. Haydon Hall, City Hall (110 Laurier Avenue West).

All Standing Committees of Council, along with the Transit Commission, Police Services Board, Library Board and Board of Public Health, will hold meetings to consider the 2015 draft budget for their respective areas and listen to public delegations on the budget. For information on these sessions, or to learn more about the 2015 budget, please visit www.ottawa.ca/en/city-hall/budget-and-taxes.

Winter maintenance – Keeping your roads safe

As we move through winter, there have been several questions related to the city’s prioritization when it comes to snow removal. All roads are grouped in classes and by type. They are listed in the Council approved Maintenance Quality Standards for Roads, Sidewalks and Pathways. These standards are used to prioritize how frequently roads are plowed, how ice is controlled and how snow is removed. High priority roads and most arterial roads are dealt with first.

Pathways

The City’s Maintenance Quality Standards also sets maintenance classifications and service levels for pathways. Prioritization is based on snow accumulation, geographic location and their function in providing access to City services. Generally, the downtown core and large employment centres are given the quickest response.

In order to qualify for winter maintenance, these pathways must be situated on City property, have an improved surface (can accommodate a snow plow), and cannot provide an alternate route to an existing city maintained pathway or sidewalk.

Additionally, it needs to have **one** of the following traits:

- Equipped with lighting;
- Provides pedestrian access to a community destination (bus route, school, park, etc.), or;
- Connect communities or dead end streets (where alternate routes do not exist)

Keeping residents safe while still facilitating travel within the city is of the utmost importance. If you would like additional information on the maintenance of these pathways, the 2013 Ottawa Pedestrian Plan has a wealth of information and can be found at ottawa.ca/en/ottawa-pedestrian-plan. If you have any questions, I encourage you to contact our office by email at JeanCloutierOtt@ottawa.ca or call us at 613-580-2488.



Councillor Jean Cloutier - Alta Vista

Many fun activities planned at Maplewood!

by Pam Maskell

Maplewood kicked off the New Year with some great events that

were fun for everyone. The residents were amazed and awed by talented local magician David Dickons while celebrating the



beginning of a new year with a glass of champagne.

The fun continued a few days later when residents gathered in the Activity Room for what has become our annual marmalade making. The ladies got together in the morning to work on cutting, juicing, and chopping bags of Seville oranges. After simmering for the morning, the residents re-grouped in the afternoon and their hard work was rewarded with many jars of Seville orange marmalade to share with their friends.

The preserving will continue throughout the year – residents

have already made plans to make red pepper jelly and peach marmalade, and look forward to pickling a variety vegetables from the resident gardens at the end of the summer.

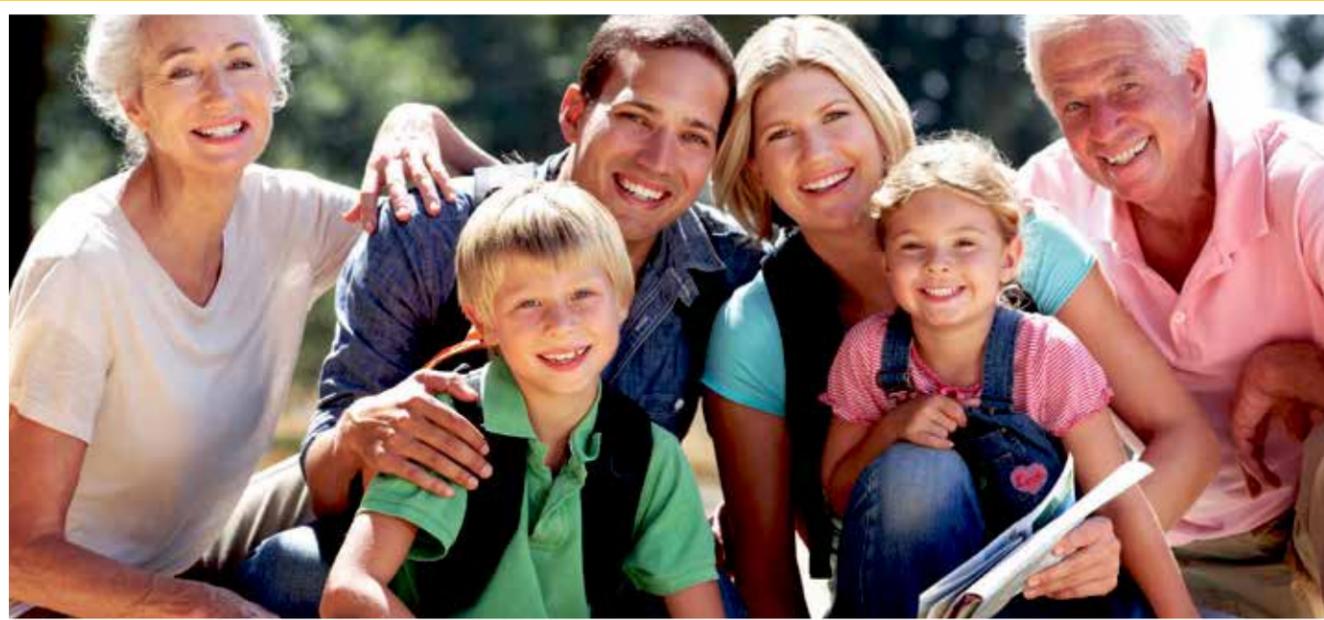
There are always a variety of activities happening throughout Maplewood regardless what your interests are. We look forward to hosting open houses and learning series throughout the year and hope that you're able to join us to partake in the fun!

Wishing you a Happy New Year from Maplewood Retirement Community!



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Eastway not a pleasant garden due to LRT work, Councillor Cloutier told (story starts on cover)



A mission- accomplished closing handshake features Matt Eason and Jean Cloutier



Mike Ayoub looks into the future from The White Horse Restaurant on Tremblay Road



A close-up of Eastway Gardens Community Association President Kim Lamont and Councillor Jean Cloutier



Closed! The bridge to Coventry Road.



The Belfast Yards seem to stretch forever.



That's a lot of trailers.

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Leaving creativity behind!

by Catina Noble

I love writing and photography. Over the last year I have added art to my list. I like making crafts, coloring, and recycling books to make alternative journals. I find creating art a good way to help relax after a hectic day.

Early last month a creative friend of mine, Julie, mentioned a group she was involved in called "Art Abandonment." This group has over twenty thousand members from all over the world. Basically they make art and leave it in random places as a surprise for strangers to find.

I have joined the group and left a few different pieces in the Ottawa area. I have left mini note cards, magnets and my photo cards. I enjoy the group and have met a couple of gems along the way. Linda Morgan lives in Falls Church, Virginia and is a Mixed Media Artist. She likes to "abandon art at hospitals and libraries." Before the holidays I sent a few photo cards to random people from the Art Abandonment Group. I thought it was a great way to help celebrate the holidays, by giving to others. Linda received my cards and to my surprise, sent me a wonderful card back. You can check out Linda's site at <http://purplecards.blogspot.com/>.

A.J. Smith (AKA Alligator Jane) is a self taught artist who uses recycled materials, re-purposed and organic materials. She lives in Asheville, North Carolina. I got in touch because her work looked amazing. I feature writers and artists on my site www.catinanoble.wordpress.com. I contacted her hoping she would consider writing a piece for my site. She recently

wrote a wonderful piece on the topic of inspiration in art on my site. Her work can be seen at <https://facebook.com/AlligatorJane>.

Michael Demang put together the Art Abandonment Group. Stop by and take a look around at <https://facebook.com/groups/ArtAbandonment>.



A.J Smith



A.J Smith



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A toy store for the young – and the young at heart

by Carole Mault

You don't have to be a youngster to appreciate the wonderful world of *Tag Along Toys*. Just one step inside the door and you too will be charmed by what's inside; as a result of the background and expertise of owner Patti Taggart.

What prompts a person to open a toy store one might ask? Well, as a Registered Early Childhood Educator, Wife and Mom; the answer for Patti Taggart is pretty straightforward.

"I worked at the Algonquin College Early Learning Centre for over 12 years and decided I needed to do something else but wanted to have it still be related to children. I knew the west end did not have a specialty toy store and so I thought this would be a great opportunity."

In September 2001, *Tag Along Toys* opened in the Signature Centre at 499 Terry Fox Drive, to the delight of not only children and their parents, but grandparents as well, while in August 2014, the second location opened at the Blue Heron Mall, 1500 Bank Street. There really

wasn't a specialty toy store in the south end of the city, thus the introduction of this new and fascinating store.

Both stores have the same catchy name. The answer to how this came about was not because of a child tagging along toys, but as a result of a family connection in a couple of interesting ways.

"We chose the name as one my uncles had an old boat called the 'Tag Along', and Taggart being my last name, I thought *Tag Along Toys*."

Now, this popular specialty toy store, plus its comprehensive

website, have a following of very interested people who welcome exceptional service, unique toys, and items that you don't find just anywhere. There is a big following on Facebook, and those who visit the Facebook page love the suggestions posted, often coming into the store saying, "I saw on Facebook you showed ..., can you show me please?"

What else makes *Tag Along Toys* the special place that it is? "We offer free gift wrapping, a 10% discount to teachers and educators everyday, and we do a 'Grandparent's Day' the last

Thursday of each month, with 20% off all in stock items. We also provide a service for customized loot bags, and there is a Birthday and Baby Registry in store."

Online shopping for *Tag Along Toys* is at www.tagalongtoys.ca.

Tag Along Toys also has its own expert 'in house' toy tester named Nicholas. He is Patti Taggart's son and has been the official toy tester since the day he was born.

"He loves to test new products and it's great as I can share this with customers with regard to

Continued on page 25



Visit the Signature Centre in Kanata or...



Drop by the Blue Heron Mall



These shelves have lots of Science



Madeline visits Tag Along Toys



Wow! Science can be a lot of fun



Plush friends

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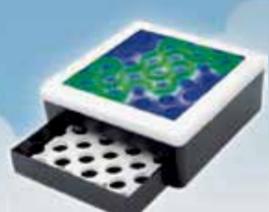
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Jelly Cats Tails Book
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Madeline Poseable Doll with her dog Genevieve
\$29.99



Science Wiz Cool Circuits
\$25.99

for more ingenious ideas, visit us at www.tagalongtoys.ca

Plumbing problems? Plumbing questions? Ask the experts at DRAINPRO

by Carole Moulton

When various trucks and vans travel throughout your neighbourhood, many of these actually have a human-interest story to tell; and part of it can be determined by the logos, or messages on the vehicles themselves.

Such is the case of the company named DRAINPRO, whose crisp white, blue and red trucks have become a familiar and valued sight across the greater Ottawa area-

and beyond. There are six in the fleet, and these can be seen on the road 24/7, since this plumbing company prides itself on its 'Fast, Same Day Emergency Service'.

Tim Quaile, who was Ottawa born and raised, is the sole owner of DRAINPRO.

"After working for many years in related fields, he established the business in 2008, and it is

Continued on page 25



Tim Quaile, DRAINPRO owner, pauses just before leaving to solve a frozen pipe problem



These DRAINPRO trucks are fully equipped for just about any plumbing need.



Yes it still goes, but just not on service calls: a 1946 Mercury

DRAINPRO
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Alta Vista Shopping Centre bought for \$6 million

Lalit Aggarwal, a Director or Manor Park Management, represents the new owner of the Alta Vista Shopping Centre. He answered the following questions for the Riverview Park Review.

by Bill Fairbairn

1. What prompted you to buy the Alta Vista Shopping Centre? Do you intend to run it as is? Or have you other plans?

The Alta Vista Shopping Centre is a well-located plaza in a mature residential neighborhood that allows for the provision of daily services to the community. When we were alerted that it might be available for sale, we submitted an offer. We intend to run it as a plaza. In time, once we approach the useful life of the improvements, we will evaluate redevelopment opportunities but this will not be for many, many years.

2. Is Tim Horton's part of your shopping centre? Shopper's Drug Mart at the other end certainly is included. In the middle some renovation is going on at two or three premises. What is happening there?

Yes – Tim Horton's is a part of the shopping centre. The vacant units are being prepared for new tenancies. A chiropractic clinic and a nails salon will be open in the very near future. There is one remaining vacancy and we are



the Alta Vista Shopping Centre
Photo credit: Carole Mout

working with interested parties to lease this space.

3. On Wednesday, January 21, a public meeting at City Hall discussed a Local Commercial Study that has recommended rezoning four house proper-

ties not much more than a mile from your centre in Riverview Park to permit small-scale local businesses. The four residentially-zoned properties have been identified. The study mentions rezoning to

encourage convenient access to neighbourhood goods and services. The Riverview Park Community Association intends to protest at the meeting. Would the introduction of small-scale local busi-

nesses located beside residential properties affect the Alta Vista Shopping Centre? Is such competition a slippery slope to fuller commercial intrusion in this part of Ottawa? Will your representative be at the meeting? Can you give me a detailed reaction? If you are represented our newspaper will report any concerns.

Thank you for alerting us to this. We have not seen the study so it is difficult for us to comment. At present, we are unable to attend the meeting but upon reviewing the study, will voice our opinion to Councillor Cloutier.

4. Is there a possibility of losing any existing businesses in the Alta Vista Shopping Centre in the near future as you move in?

The next expiring lease is two years from now and we are working on a renewal. We do not expect to lose any existing businesses.

5. What value in a rough round dollar figure did you pay for the centre?

Continued on page 23

Legislation to Protect Passenger Safety

I am very pleased to have tabled legislation that will protect passenger safety by providing municipalities with stronger enforcement tools to combat illegal taxis. On December 3rd, I presented my Private Member's Bill, entitled The Protecting Passenger Safety Act. This bill would, if passed, amend sections of the Highway Traffic Act that relate to picking up passengers for the purpose of transporting them for compensation without a license, permit or authorization. The bill would increase fines for each offense, and add penalties that include demerit points, license suspension and vehicle impoundment.

This legislation is about protecting passenger safety, which is paramount. Stiffening penalties for driving illegal cabs provides municipalities with the enforcement tools they need to address the serious safety concerns surrounding illegal cabs.

Municipalities, including the City of Ottawa, have identified serious public safety concerns stemming from illegal cabs. Investigations into illegal cabs in the City of Ottawa, for example, uncovered: unlicensed drivers, drivers with criminal records, drivers operating a vehicle under the influence of drugs and alcohol, drivers operating without car insurance and drivers misleading vulnerable passengers with regard to fares.

This legislation is about ensuring that the rules in place for the safety of passengers are being followed – and that municipalities have the right enforcement tools to address these problems when they are not.

I'm proud of this bill, and I believe that it will help keep passengers safe.

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

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Touch of India — Mad about running

by Judith Fairbairn

I've been a distance runner off and on for most of my life. It was the only sport that I excelled at during my Hillcrest High School years. I was hopeless at anything that required accuracy or catching anything. I didn't do too badly at soccer, midfield, because it required a lot of running and no one else wanted to do it.

Running is something that I always seem to return to as it is so easy to organise. After the palaver of doing triathlons for a while, it's nice to really think only about shoes.

I've had postings in the world where running was not an option for weather or logistics reasons and I've taken up other sports such as tennis, swimming and dancing. When I came to Bangalore I didn't think I would run here. The traffic is just too crazy to even consider it. I really thought that I would do yoga and learn classical Karnataka dancing to keep fit.

We moved into a home near Cubbon Park a few months after arriving. Cubbon Park is closed to cars in the morning and what a treat it is. I started running and slowly

came to realise that Bangalore is a perfect place to run. The weather is ideal any time of the year. Only on New Year's day this year, when I was looking so forward to having the park to myself, was it pouring rain (unusual in late December). It was the only day I can remember since I arrived in India three years ago that I complained about the weather.

There is a hard core group of runners in this city and a few running clubs. I joined the Hash House Harriers with my husband, which is a 'drinking club with a running problem', which suits us well. They are a super friendly group of people with a sense of humour. Everyone is given a funny 'Hash name'—I won't tell you ours, and the organising committee is called 'MisManagement'. They run a couple of times each month and it's a great way to see semi-rural Bangalore because we run just on the outskirts of the city.

You can walk or run and also choose different distances (5-10 kilometres) so there is something for everyone. You are also encouraged to bring your children (they call them Horrors, which the kids love!). The



Bengu the mascot joins Ian Felton and Judith Fairbairn

Hash usually meets on Sundays about 4 pm when it is a bit cooler. April is the perfect time to go because the sun is up later so you're not trying to find your way home in the dark.

In August 2015, the Hash House

Harriers South India (Bangalore, Chennai and Hyderabad) will celebrate their 25th anniversary with a three-day run in Kodaikanal. We are

Continued on page 26



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Parks Committee makes history with \$500 win

In winter, snow covers our six local parks. Come spring, the Parks, Recreation and Environment Committee of the Riverview Park Community Association will once again be organizing park clean-up as part of the City of Ottawa's Adopt-a-Park Program. And, as in past years, in the Fall the committee will ask residents of Riverview Park to join them in the 2015 Fall clean-up of our six adopted parks.

This past year, after Fall clean-up 2014, our name was put into a draw and we won two prizes: a \$500 gift certificate from Graffiti Response toward graffiti removal plus a \$25 gift certificate to the Georgetown Sports Pub.

The Riverview Park Community Association adopted the parks in 1998 and members of the Parks, Recreation and Environment Committee over the years do not remember ever having won one of the draws before.



Carmen Nicholson takes a pause at the Balena Park Rink
Photo credit: Carole Moul



Daphnee Ewen, shown with Dad Kristian, has double support
Photo credit: Anna Nitoslaska



Photo credit: Carole Moul



Photo credit: Carole Moul

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Dear Fran

dearfrangardener@gmail.com

To grow a seed...

The love of gardening is a seed once sown never dies. Gertrude Jekyll

Once all the holiday stuff is packed away, that is when I really start thinking of what to grow for next summer's garden. For me that means what annual, perennial or vegetable seeds am I going to grow this year? Growing plants from seed is my spring compass, and until I actually plant some seeds I do not feel spring has started. Once I decide what to grow all else follows. It has always been thus for me, since I started growing plants from seed forty some years ago.

Why do I grow plants from seed? Initially, it was an economic reason. Then it was because I wanted certain varieties of annuals, perennials and vegetables that were not available at garden centres. Then we moved to Ottawa and bought a five year old house that had only grass, really a former pasture, and I needed a lot of perennials. That was thirty eight years ago. I still start seeds but not as many, but I do love to encourage people to try and do it. It is such an amazing miracle to see what grows from such a tiny thing as a seed.

If you have never sown a seed, now is the time to try it. You can peruse seed catalogues on line, place an order and your seeds arrive in a few weeks. Seed catalogues are crammed full of gardening information, it is almost overwhelming, but they are so much fun to read that you forget you are learning. You can also just visit your local garden center and check out their seed offerings. I highly recommend that experienced seed growers try at least one new kind of a seed each year, be it annual, perennial or vegetable. You never know, you might discover something you really like.

Growing your own food is all the rage. However, a very common

mistake is to start certain vegetables early, such as carrots and beans, which are normally seeded directly in the soil in May. This is where Master Gardeners of Ottawa Carleton's "The Edible Garden", an online guide to growing your own food, is worth checking out (see information below).

This is also where I like to do my rant regarding botanical names. If you do not care what you grow, you can disregard this bit. However, if you know exactly what plant you want to grow, then learn the botanical name because that name is specific to that plant and no other plant. You do not have to commit the name to memory just note it down, say in your garden journal where you have access it. Use the botanical name when ordering the seeds or if you are planning to purchase the plant, take the botanical name with you to the nursery, as this tells the nursery person exactly what plant you are looking for. Common names are easy to remember, but the same common name may apply to three or four different plants, none of which you wish to purchase or grow. This is why the botanical name is so handy.

To convince a seed to germinate, you have to provide the right balance of **moisture, temperature, light** and **air**. This will activate the enzymes which cause the stored carbohydrates in the seed to be converted to the sugars required by the embryo to grow and differentiate into a seedling. This is the challenge of seed growing.

For those who want to start growing seed, and as a refresher to those who have already done it, or want to improve your success rate, I offer the following information.

Mid March is the usual time to start growing most seeds. The majority of seeds most people grow are called warm germinators. This

means these seeds will germinate at about 21°C or room temperature. The more challenging germination conditions usually occur when you are trying to germinate perennials or tropical seeds. Now a days, the seed packet contains a lot of information about starting seeds. Also there are very reliable sources online with germinating information, e.g. botanical gardens, nurseries or horticultural colleges' websites.

Things you can do before you actually start growing seeds.

You do not have to acquire all the things listed below. However some are essential, like lights, others are suggestions:

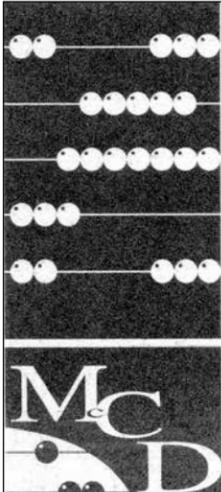
- clean plastic pots or recycled clear plastic containers (cookie type container) or commercial seeding flats with clear plastic domes. You eventually will find what containers best suits your way of doing things.
- growing medium—buy sterile soilless mix for starting and transplanting seeds.
- a heating mat—useful for bottom heat for starting seeds and propagation.
- check to make sure your light source and the timer to control the lights are working.
- make sure you have labels or masking tape and an indelible (Sharpie) pen. You will never remember what you transplanted, LABELLING is essential.
- a pointed flat tool, like a wooden plant label, for transplanting seedlings.
- plastic bags or saran or plastic domes that fit on commercial seeding trays to cover seed containers.
- a lighting system—4x4 foot florescent lighting fixture with full spectrum tubes or two warm and two cool tubes is very good system. This provides excellent light for growing seedlings that are not leggy.
- fertilizer—seeds contain enough food to last until the first true leaves appear, then you have to supply food = fertilize. Apply fertilizers with a high middle number at one quarter the recommended strength about every two weeks. This is better than full strength application once a month
- buy good quality seeds and sort seeds by the number of weeks to start before last frost date, e.g. 4, 6-8, or 10-12 wks. Further

sort by their germination requirement—if dark or light, or a cool temperature is needed to germinate. Also, sort seeds by the number of days or weeks to germinate, e.g. 4, 14 or 21 or more days. Sorting gives you an idea of which seeds to start first. The longer it takes to germinate, the earlier it should be started.

Sowing and Growing—Fran's way

1. Fill container of choice with remoistened soilless mix (moisten a day or so ahead with warm water) and allow soil to settle.
2. Keep a record of what seed you planted, the date and the expected time it should germinate.
3. Sow seeds on surface at the recommended depth on the packet—usually twice the diameter of the seed. Then gently spray with water, LABEL and cover the container with saran. If seed is very small just gently press into the soil and gently spray, LABEL, then cover the container with saran. Seeds that need light to germinate can be lightly dusted with vermiculite to lessen evaporation, sprayed, LABELED and covered with saran. If you are using a single pot, LABEL the pot and place pot in a plastic bag and tie shut.
4. Place container of seed on the heating pad and under the light. Set the light such that there is about 13-15cm (5-6") between bottom of light and top of seeds. Set timer for 12-16 hours.
5. Once the seeds have germinated, the container can be removed from the heating pad, and another container placed on the pad. As seedlings grow, gradually introduce the seedling to less humidity by poking holes on the plastic, eventually removing it entirely.
6. Transplant seedlings when two true leaves have formed. Lift the seedling by a leaf not the stem, at the same time, gently lift up the seedling with soil attached and transplant into a pot. Water in seedling with a transplanting solution of one quarter strength fertilizer.
7. Fertilize with transplanting solution every 2 weeks after true leaves have appeared. Omit this step if you purchased soilless mix





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Continued on next page

**Alta Vista Shopping Centre
Continued from page 19**

The purchase price was \$6mm and was subject to certain adjustments on closing.

6. Oil price volatility affects much of the country and some businesses in Ottawa are closing down. Is this a sign of what will affect shopping right down to the Alta Vista Shopping Centre? In other words

do you worry about a recession as the Canadian government shuffles its budget due to adverse circumstances?

Naturally, like most Canadians, we do worry about the macro backdrop but with regards to the Alta Vista Shopping Centre, we are not overly concerned. The businesses operating in this plaza are more defensive in nature – prescriptions, a barber shop, sandwiches, coffee, health services etc.

7. Would you say you are mov-

ing into Alta Vista/Riverview Park with the priority of making a profit? Or is it to give Alta Vista and Riverview people a better deal than they have had for years? Or is it both?

We intend to be long-term owners of the plaza and look forward to working with the community to make it a thriving part of Alta Vista/Riverview Park. We need to first stabilise the plaza and come the spring, residents will see our capital works plan materialize.

If we can give the people of Alta Vista and Riverview a “better deal” – our investment will take care of itself.

8. What is your idea of the basics of an ideal shopping centre?

For a community plaza, we think that a diverse tenant mix that caters to people’s daily needs combined with a clean, well-kept and safe environment are the basis for an ideal experience.

From previous page

containing fertilizer. The fertilizer in this soil mix is good for three months.

8. Watering. Soilless (peat moss based soils) mixes dry out quickly and are unforgiving. Soil should be kept moist, but not sopping wet. So water accordingly.

9. Problem If all seedlings are lying in the soil. Damping-off has struck. Damping-off, is caused by a fungus in the soil and appears when cool and moist conditions are present. Watering seedlings with cooled, strained Chamomile tea helps controls damping-off. A small fan gently circulating air also helps controls damping-off and algae which can grow on the soil surface of soil in our cool basements.

10. Hardening off is a necessary procedure that introduces seedlings to the harsh conditions of outdoors and takes 10-14 days of protecting seedlings from wind and sun. Place seedling containers in a sheltered shady location for a few days. Bring them inside if it is very cold at night. Gradually introduce to the sun and unprotected conditions. If you by-pass this procedure and place your seedlings out side in the sun and wind, they will perish in a matter of a

few hours. Cold frames or temporary plastic type greenhouse are great for growing plants when it is still cool outside. However these seedlings even in the greenhouse at first will need protection from the sun or they will get sun burnt. I use row cover cloth (spun polyester) to temporarily line inside of greenhouse. These plants grown in the greenhouse still have to be harden-off outside of the greenhouse mainly to acclimatize to the wind..

If you are going to purchase your plants here are a few points to consider:

- buy only from reliable nurseries.
- select plants that are well grown. This means not leggy but compact, nice color and healthy looking.
- if you are looking for a particular plant, contact the nursery now and see if they will order the exact plant you want—use the botanical name. You cannot ask this in the summer as it is too late, nurseries are busy and the supplier will be out of stock. The big box stores will not do this but the small local nurseries will.
- visit nurseries several times over a few weeks because the stock changes some local nurseries have free electronic

news letters you can receive.

- if you buy plants, especially annuals, early in the season let them acclimatize for several days in a sheltered location in your garden, as they may not be fully hardened-off.

I hope this information on seed growing is helpful. I encourage you to try growing seeds if you have never done so. It is fun as well as educational.

Again I enjoy hearing any comments you may pass along.

Fran

late April and several lectures for the Friends of the Experimental Farm.

If you would like to receive TROWEL TALK, our free monthly electronic newsletter, contact : <troweltalkeditor@rogers.com> to be added to the list.

Check out THE EDIBLE GARDEN, our monthly on line guide for those who wish to grow their own food.

Phone help line: 613-236-0034, Wednesday and Thursday only, 1-3pm. Year round.

Email help line:

mgoc_helpline@yahoo.ca

Information about these items on the MGOC website: <http://mgottawa.mgoi.ca>

Master Gardeners of Ottawa-Carleton (MGOC) will be offering a garden design workshop in

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

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Computer Tips and Tricks

Consumer Electronics Show – from the Sublime to the Ridiculous

by Malcolm and John Harding, of Compu-Home

Malcolm and John were lucky enough to be able to attend the CES 2015 in Las Vegas in the first week of January. (CES relaxed the requirements a bit this year, and for the first time little guys like Compu-Home were allowed to register.) It was said that this was the biggest trade show that has ever been held in Las Vegas and as we wandered around among 175,000 visitors, we had no trouble believing that.

You may have seen the local news reports featuring ground-breaking developments that were introduced at CES. Having done our diligent research at the show, we are now eminently qualified to advise our clients on all of their driverless car needs. We also anticipate a feverish demand for \$35,000 curved-screen televisions, and our clients may dial our hotline to seek our advice in that area also.

On the other hand, there were quite a few new products, and enhancements that received considerably less attention, but might turn out to be somewhat handier:

PORTABLE USB CHARGERS now come in countless shapes and

sizes, ranging from a lipstick tube to a KitKat bar. They vary also in power, but any of them might save your bacon when the battery in your phone, tablet, camera or laptop chooses the wrong moment to die. Travellers, campers, business people, or heavy users of their electronics will appreciate plugging into an inexpensive little charger in their pocket that can allow them to continue to use their device, whether it is an emergency, or just a convenience. \$20 - \$40 seems to be the price range, depending on the power and capacity of the charger, although more expensive variations are available that incorporate a flashlight, or even a small portable flash drive. There was even one version about the size of a paperback that could boost your car! Simpler seems better, as usual.

BLUETOOTH FOR SOUND is getting handier and handier. Most new computers and portable devices can broadcast and receive the short-range Bluetooth signal and the small speakers that are available have such incredible quality that they are ideal companions to allow you to enjoy music or streaming radio. Some have built-in microphones and can double as hands-free speakerphones. The

circuitry is so compact that headphones and even earbuds can be Bluetooth-enabled, thus eliminating the heartache of earbud-cord strangulation while jogging.

THE TRACKR BRAVO may seem like a bit of a niche product at first glance, but on second thought we now realize that we actually need several of them. At approximately the size of a loonie, the TrackR attaches to anything from a wallet or purse to a bicycle, a pet, or even a toddler. If the item goes walkabout (lost or stolen) launching an app on your cellphone displays a readout to lead you to it, and also activates an audible signal when you get close. \$35.00.

WEARABLES are no longer quite the joke that they once were, and images of Dick Tracy and nerds wearing Google Glass are fading a bit. (Actually, just after CES, Google announced that it is yanking Google Glass from the market, presumably in hopes of being able to re-introduce them in a not-quite-so-laughable manner again in the future.) An example that is a little more down to earth is the Alcatel SmartTouch wristwatch, expected to cost ap-

proximately \$150. It's a bit larger and a lot gaudier than a traditional wrist-watch, but it combines a great many functions and hits on something useful for almost everyone, from a heart monitor, to an email preview, music player, pedometer, sleep monitor and calorie counter, just to name a few. You have to search through several pages of advertising to learn that, yes, it also tells the time.

Unfortunately, we neglected to count the cup holders in the driverless cars – we'll have to get back to you on that. Otherwise, you can have a look for yourself, at <http://www.cnet.com/pictures/ces-gadgets-you-can-actually-buy-this-year/9/>

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 (including this one) 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. Our email address is info@compu-home.com

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 27

SUDOKU

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

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Love with power as King loved, multicultural audience told

by Bill Fairbairn
Pictures on page 5

“I implore you to live and love as Dr. King lived and loved,” Michael ‘Pinball’ Clemons addressed a capacity crowd at Ottawa City Hall during a celebration to present him with the DreamKEEPERS Life Achievement Award.

The 11th annual presentation came close to what would have been the 86th birthday of the I-had-a-dream-speech civil rights fighter, the Rev. Martin Luther King.

“Power is love, so love with power,” the former Toronto Argonauts player and coach urged Canada’s leaders. Some were in the multicultural audience that applauded him with gusto.

“King,” he said, “stood for all people and was the perfect exam-

ple of a Nobel Peace Prize winner for his work building a nation.”

Clemens, from Oakville, Ont., played 12 seasons with the Argonauts then two times was head coach leading the team to Grey Cup awards and himself inducted into the Canadian Football Hall of Fame. His Pinball nickname comes from his playing ability to run like a pinball in a pinball machine.

City of Ottawa Mayor Jim Watson greeted the audience saying the four words freedom, justice, peace and forgiveness was central to King’s mission on earth fighting for equality.

“I have a dream that my four little children will one day live in a nation where they will not be judged by the colour of their skin but by the content of their characters.”

Address at Lincoln Memorial dur-

ing March on Washington, 28 August, 1963

Guest speaker Liberal MP and former Justice Minister Irwin Cotler treated listeners with flashbacks to highlights in the lives of both King and Nelson Mandela saying that these leaders would resound in important historical lessons as role-players in nation building. King’s ‘I have a dream’ speech was a promissory note and Mandela, too, held up for us.”

Cotler said he had just returned from a New York still tense from the assassinations of two city policemen following the fatal shooting of Michael Brown by a policeman in Ferguson, Missouri.

Representing the Muslim Faith from the platform was Imam Dr. Ziyad Delic; the Jewish Faith, Rab-

bi Reuven Bulka; and the Christian Faith, Rev. R. J. McEwan.

In or near the front row audience was NDP Foreign Affairs critic Paul Dewar, Alta Vista Councillor Jean Cloutier and Capital Ward Councillor David Cherushenko.

The DreamKEEPERS award citation for community leadership went to Sarah Onyango. Dr. Qais Ghanem, Kathleen Johnson and Roger Saint-Fleur also received awards for civic service.

Earlier a beautiful rendition of O Canada was sung by Vanessa London-Lumpkin and throughout the programme Rev. Dr. Anthony Bailey of Parkdale United Church was a superb MC.

A skit by some 30 Carson Grove Elementary School students depicting Dr. King’s battles against racism in the United States left some of the audience emotionally moved to lengthy applause.

DRAINPRO

Continued from page 18

not a franchise, but it does include several family members as part of the team of eight,” Tim commented recently in response to several questions.

During this time of year it is obvious that frozen pipes could be the main reason for people to call DRAINPRO, and it is. In the spring, many people will contact the company about the outside hose bibs that were not drained before winter, resulting in frozen taps; while over the course of the year, customers will make requests for plumbing repairs, or new equipment, installations and renovations.

Jason Chisholm, office manager, is the person at the other end of the phone answering your call, and DRAINPRO takes pride in providing service techs and plumbers as soon as possible. People want someone who is bonded, licensed and insured and at DRAINPRO they are. DRAINPRO is also Better

Business Bureau (BBB) accredited, and has received a very positive score since it became a member.

When asked about the strangest call to the shop that he can remember, Jason’s response was the time when someone who had dropped their false teeth down the toilet needed their help. Both kids and dog toys can cause a lot of trouble clogging up drains, while a number of people over the years have sought assistance in retrieving rings.

The question is often asked from people living in older neighbourhoods, as to what they should be doing with regard to the plumbing in their homes. Preventative maintenance is the reply.

A plumber will come to your home and make a thorough visual inspection; checking sinks, toilets, tubs, and drains, and looking at anything plumbing-related. Similar to your furnace maintenance; a yearly check up by a plumber is equally important, and goes a long way in providing a greater peace of mind.

Tim Quaille is particularly

pleased with the ‘HomeStars’ responses to his company. ‘HomeStars’ is a program where consumers rate service after work has been completed, and includes consumer reviews, company profiles, and products and services. This website provides others with the opportunity to choose a service based on the website comments, and is an extremely valuable assessment tool for potential customers.

Terms such as “professional, competent, fast, efficient, clean, and comes highly recommended” are repeatedly attributed to DRAINPRO on ‘HomeStars’, while work completed for these customers has included bathroom renovations, drain cleaning, clogged sinks, plumbing leaks, dishwasher water lines, installation of a battery back up for a sump pump, and of course frozen pipes.

The actual shop is located at 1980 Merivale Road at Capital Drive south of Slack Road; however their trucks are fully stocked with whatever might be needed. And what does ‘fully stocked’ mean when you look

inside these vans? Well, think faucets, all kinds of pipes and fittings, sewer machines, a camera unit, and even a toilet—should one be required to complete the job. AIRMILES@REWARD MILES are also provided by DRAINPRO, and customers receive 1 reward mile for every \$20 spent on plumbing services.

DRAINPRO has an excellent website at www.drainproottawa.ca that describes all the services that the company has to offer; and there is even a Blog: Basic Plumber, for the DIYer who likes to tackle the simple projects around the house.

Tim Quaille and the whole team have worked together over the years to deliver the best possible plumbing service every time and in a variety of ways. You definitely can’t ask for much better than that. Well done to everyone for making this happen.

Tag Along Toys

Continued from page 17

items that are age appropriate, toys he loves or even toys that you can extend the play,” she noted recently.

About 9 out of 10 people who visit the store ask for advice or help with selecting the ‘perfect gift’. Not a problem at Tag Along

Toys since there is so much to offer from babies to young people of about twelve years of age, although their great variety of board games is sure to be enjoyed by adults as well.

What has been the most popular toy recently? “Anything ‘Frozen’ was huge during the holiday season, but people are still looking for Retro toys that bring back childhood memories

to parents and grandparents. Jack in the Boxes and wooden building blocks have been a big hit.”

When asked if she had a favourite toy, Patti Taggart’s response was, “I love all things craft related. We have a really large craft section at both stores, and I work very hard at finding unique fun crafts for all ages.”

From science discovery and exploration kits, construction

toys, magic, novelty, bath toys and puzzles, or even dress-up; this is the place. Here you can just enjoy the whole experience or ask the knowledgeable staff to find what you would like from an amazing collection. A great deal of work, thought, and understanding has gone into creating Tag Along Toys. And it is a unique shopping experience for all ages.

The Ottawa Hospital Community Advisory Committee

Meaningful and family engagement (PFAC)

by Helen McGurrian

At The Ottawa Hospital (TOH) Community Advisory Committee January 2015 meeting, Melanie Henderson, from TOH's Department of Patient Advocacy, was our guest speaker. Ms. Henderson provided an overview on TOH's plan to establish a **Patient and Family Advisory Council (PFAC)**. The purpose of the PFAC is to engage patients and their families to work in partnership with TOH to improve patient care.

TOH already monitors and rates patient satisfaction. One initiative is the Picker Institute Survey, an independent research service specializing in patients/family experience in the healthcare system. The Picker Survey is sent to patients a few months after their discharge, and asks them to rate their experience on the care received, including pain management, com-

munications, discharge planning, post-discharge support, and other aspects of their experience. TOH's Picker Survey results ranked TOH as a top performer in the dimensions of **Access to Care**, and **Involvement of Family** compared to other hospitals taking part in the Picker Surveys. TOH has a "post-discharge" phone program where a nurse will phone discharged patients to check on how they are doing, answer questions and address their concerns. Another initiative to help patients and families is TOH's Department of Patient Advocacy (Telephone 613-798-555 extension 13377). That Department will advocate for the patient and family who ask for their help in situations where their concerns are not being addressed by the patient's healthcare team. All these initiatives have been used by TOH to improve its quality of care.

Now TOH wants to create a PFAC to obtain input from the patient and family perspective to guide TOH's Quality Performance Council whose task it is to find ways to improve the quality of care and lower costs in delivering care. The Departments of Surgery, Mental Health, Neonatal Intensive Care, and the Rehab Centre, have expressed an interest in having a PFAC for their services. Much needs to be done before then. First, terms of reference for the PFAC have to be written, communicated to the community; recruitment and selection of members will be done through interviews by the Quality and Patient Experience Office; and training provided to those selected as members. It should be noted that the PFAC will not deal with individual patient situations; that remains the role of the Department of Patient

Advocacy as patient confidentiality must be respected.



TOH's Cancer Care Centre has had a PFAC since 2013 and it is working very well. Cancer patients and their families have ongoing treatment links with TOH's Cancer Centre for a period of 3 to 5 years, sometimes longer. These patients and their families provide input on how to improve care to the patient and lessen the impact on families.

It will be interesting to see how TOH's PFAC will function with a different demographic (older age groups) and treatment timeframes.

Stay tune for updates on the progress of TOH's PFAC.

You can contact me at hbmcurrian@gmail.com or 613-521-0241

Mad about running

Continued from page 20

so looking forward to this event with lots of running and super parties. I might even host a Ceilidh (Scottish dancing) one night! The train journey with about 30 Bangaloreans should also be a highlight.

There is also a group called Runner's High that does serious training in Cubbon Park three times a week at 6 am. We haven't joined this one yet but we are tempted. We often pass them in the park. They start just a little too early for us (we like to go after the sun is up) and it looks really intense. They have a program called 'couch to 10k' so if you want to get fit this is the group for you.

Joining one of these running clubs puts you in touch with a fun and healthy bunch of people in Bangalore and many of them have become good friends. Some do ultra marathons, which doesn't appeal to me at all. One friend ran a 214 kilometre race and was disappointed when he had to drop out at the 160 km mark. That is four marathons. So you meet some interesting folk.

Bangalore just had their first marathon in October 2014 (I ran the half) and we were cheered off at the start line by the famous Haile Gebreselassie, one of my all-time heroes, and by Bengu the mascot. There were definitely some teething problems (like forgetting to close MG Road and having to cross it twice, and the time a car took a

wrong turn for the elite race and the runners ran an extra few kilometres) but it was a great first attempt and these logistics problems will no doubt be ironed out next year. I expect the Bangalore marathon will one day rival the great marathons of the world because the weather is consistently excellent. Who would want to attempt a marathon in London weather not to mention having to train there in winter's dark and cold.

The annual Midnight Marathon in December is also popular. We haven't tried that one yet because I can't stay up past 10 pm but the annual TCS 10 km race in May is one not to miss. My goal is to do it this year in under an hour. There is also the Kaveri race near Mysore,

which is a lovely run along the river in September.

There are regular races around India and in neighbouring countries all the time so why not build a running race into your next overseas holiday?

If, rather than running, you are a keen soccer fan is another reason to visit admittedly cricket-mad Bangalore.

Until last year Bangalore didn't have a men's soccer team. Then former Manchester United youth team player Ashley Westwood was recruited to coach and manage a Jindal Steelworks team. In their first season the team won India's national soccer tournament and Westwood coach of the year.

For Canadian sports sensibility I won't mention cricket again!

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Simply Therapy
Continued from page 12

in the Ottawa area and had to be sent from Toronto. I asked where she purchased her clinic supplies and for two years the answer was always the same—there were no local suppliers so therapists had to order from across Canada.”

“It was then that I realized that there was a niche here in Ottawa for products used by these specialists.

“I opened the original store on Antares Drive, until we moved to Lancaster Road in 2009, and I did everything. I worked in the store, sourced suppliers, handled the books, spoke to industry experts, and generally asked what people needed.”

In 2010, Michael Tobin joined the business as Managing Partner. Now, rehabilitation products as well as those for fitness have been added to the broad range of *Simply Therapy* inventory, available not only in the store, but also from their comprehensive web site. And, as it is with many businesses, the trend is moving more to on-line shopping, where customers have access 24/7.

You don't have to be a professional in the alternative therapy business to appreciate the value of having this local well-stocked store. Their customers range from massage therapy students from three local colleges, to the general public who shop there as a result of 'referrals from a professional' or simply by word of mouth.

The company ships right across Canada, and even has customers in the Yukon, and has started shipping to the United States. Here in Ottawa if you order a product by noon, for a small delivery charge you can have it the same day; an excellent service for those who are working or just can't make it into the store for a variety of reasons.

“Business has really grown by word of mouth, and we are con-

tinually thanked for our customer service. I like those 'old fashioned values' Denyse added.

“We are always open to suggestions from clients, and we add to our inventory because of their input.”

When asked about the #1 individual item sold at *Simply Therapy*, Denyse replied that it is the Thermophore® Deep-Heat Therapy moist heat pack. Unlike a regular or generic heating or heat therapy pad, the Thermophore Deep-Heat™ Therapy heat pack doesn't just warm your skin a bit, but drives deep; reaching down to the source of pain for real results. It works well for arthritis, bursitis, chronic neck or back pain, Fibromyalgia, TMJ, muscle spasms, and joint or muscle pain among others. The deep heat packs come in convenient sizes of petite, medium, and large depending on the area affected; thus the popularity and usefulness of the product for pain.

The majority of customers who shop at *Simply Therapy* do so for lotions, oils and clinic supplies, but the list is long for what is readily available. There are floor displays of furniture such as massage and spa tables and chairs along with the appropriate linens, and body cushions and bolsters in a wide range of styles. There is fitness equipment such as stability disks and foam rolls, plus there are yoga accessories including blocks and straps. Hot and cold therapy and relief products are on the shelves, as are charts, books and DVDs, and even cleaners and disinfectants. In fact, it would be hard to think that any one product could be missing, since there are over 950 product skus or stock keeping units on the store's computer.

Denyse Braid and her staff have been extremely successful in filling the empty void of a particular specialized market. There have brought in specialty products such as topical pain blockers and natural pain rubs that you won't find in any drug or chain stores, and truly try to support local or Canadian businesses. “If it's out there, and they need it, we will find it,” Denyse Braid summarized recently.

Simply Therapy has an exceptional web site, where not only can you see what they have, but also it is a site where anyone can sign up to be on their e-mail list that offers weekend on-line promotions as well as access to the monthly sales specials.

Yes, another hidden gem in our community to help make lives better. Congratulations *Simply Therapy* on your 10th Anniversary, and may you have many, many more.

Ask a brewer

by Laura and Fariborz Bebzadi

At Bicycle Craft Brewery, we receive a lot of questions about beer, the brewery, and ourselves which we're always happy to answer. We've collected some of our favorites here since we opened our doors in September 2014.

Where does the name Bicycle come from?

The name came very naturally to us because we enjoy riding our bicycles to get around the city and to discover new places when we travel (including taking our bikes to microbreweries of course!). To us, the bicycle represents the vision of our brewery – simple, traditional, and down to earth.

What types of beer do you offer?

We have four regular brews that we always have available (Belle River Blonde, Velocipede IPA, Base Camp Oatmeal Porter and Abyss Chocolate Stout) and we do plenty of seasonal brews and one-offs. We try to use local ingredients when they're available. For example we use fresh Ottawa pumpkins in our Pumpkin Spice Ale that we brew in the fall and local hops from St. Isidore for our Harvest Ale. Coming up, we have some exciting brews for the winter including Crimson Cascade and a few special brews for Winterlude. You can also find our beer on tap in some great establishments across Ottawa. Check our website for a full list and details.

How do you spend your mornings?

When we're brewing, we spend the first part of the morning with a good coffee weighing and milling grain for the day's brew. On the rare occasion that we're not brewing, cleaning fills not only our mornings but our days. Whether it's cleaning and sanitizing kegs, growlers, or giving our equipment

a good wash, we're knee deep in cleaning.

Where do you get your recipes?

All of our recipes are created and developed by myself and my wife, Laura. Over the years that we have taken to perfect our regular brew recipes, we have taste-tested a lot and also dumped a few batches that weren't up to our standards. For our seasonal brews, we come up with an idea for what we'd like to offer, develop the recipes together, and test them on our test system before producing them on our larger system. This process ensures that we meet our standards and have excellent seasonals for our customers.

What do you offer in your tap room?

We are lucky to have a spacious tap room where our customers can sit down and enjoy one of our brews. We offer tastings, tours, beer to bring home, and some fantastic merchandise, including our bicycle growler carriers. Visitors to our brewery can also purchase a glass of beer to enjoy on our comfy couch or while making new friends at our farm table. We are also very excited to offer some great tasting events. Previously, we have hosted a Beer and Cheese Pairing and a Beer and Chocolate Pairing. We will be offering another exciting pairing event soon that will be sure to tempt your taste buds.

What's next for Bicycle?

We have some exciting plans in the works for 2015. We're looking at doing more seasonals, more tasting events and a few surprises here and there to keep it interesting. Make sure to check out our website and social media for good things coming down the pipe and feel free to stop in the brewery to say hi and sample some of our brews!

SUDOKU

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

Sudoku on page 24

See the online edition at
www.RiverviewParkReview.ca

Boy meets artist, an inspired look at the fine art of Manly Edward MacDonald

by Carole Moulton

A chance meeting, an artistic eye, and the exceptional enthusiasm for delving into things past: these are just some of the elements that helped author Charles Beale turn his incredible research talents and pride of art ownership into the book, *Manly Edward MacDonald, 1879-1971, Interpreter of Old Ontario*.



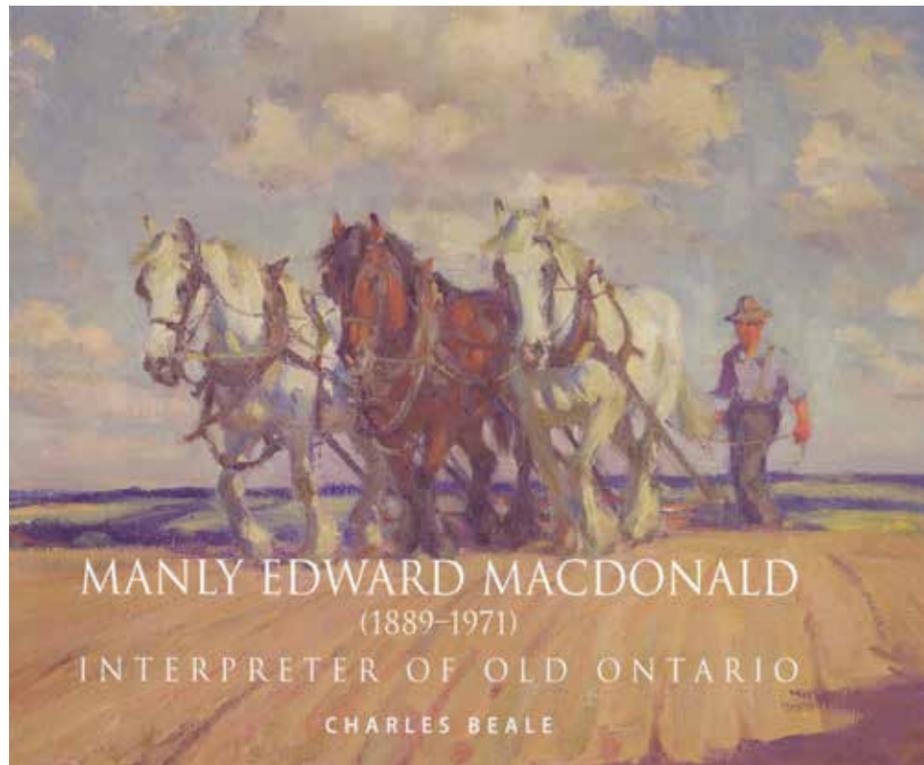
Published in 2010 by Plumley Press, this amazing book is not just another collection of images, but the story and history of an artist named Manly Edward MacDonald

who, just after the turn of the century, looked at rural and small town Ontario, and painted what he saw, no matter the weather.

The book is the work of a perfectionist, and Charles Beale has ensured that not only the integrity of the images of the paintings, but the importance of their meaning and the story behind them, has been maintained throughout the 174 pages.

At its launch in Belleville, in reference to *Manly Edward MacDonald, 1879-1971, Interpreter of Old Ontario*, Luke Hendry's review for The Intelligencer, on Friday September 10th, 2010, noted that, 'The art and life of late Belleville-area artist Manly MacDonald have been given new life in a reverent new book'. Hendry was totally correct in his assessment of Beale's work. What could be added to any introduction of this book is the fact that a knowledge and understanding of art is not required to appreciate this beautifully formatted material.

In response to why he published this particular book, Beale noted, "Firstly, it was a serendipitous experience I had on meeting Manly MacDonald as a boy of eleven while he painted one summer on



the Napanee River. I spoke with him then and he explained what he was painting and why. MacDonald, by then an artist in Toronto and a teacher at the Ontario College of Art, had a summer home on the Long Reach, south of Napanee and so he painted extensively in the area over many years. It wasn't until many years later while studying and teaching art that his work surfaced again and it wasn't until I started collecting his art that the idea of writing a book about him surfaced.

Secondly, I always felt he was the forgotten member of the Group of Seven. He was of the same era and had studio space in Toronto's Severn-Rosedale neighbourhood where they all painted. He was involved in the Coutts, Coutts-Hallmark and Hallmark Canadian Christmas Card Series with them over many years. And he was very much the accomplished painter as they were, but he didn't receive the acclaim they did. In part this was due to the fact that MacDonald was more of a loner; he was therefore not promoted by the influential Arts & Letters Club of Toronto that took the Group of Seven under their wing. He painted to live and was more prolific than they were-to his detriment in some art circles. In choosing to write this book, I felt his time had come. His family and those who knew him have thanked me generously."

It was in 1995 that Charles Beale acquired his first Manly MacDon-

ald artwork, buying not just one painting, but three, from Mr. MacDonald's driver who lived north of Cobourg. The author is still in possession of these three works of art, and along with others acquired at a later date, have been included in *Manly Edward MacDonald, 1879-1971, Interpreter of Old Ontario*.

When asked whether he had a



Fishermen on Lake Ontario, 1920
oil on canvas, 90 x 76 c.m.
National Gallery of Canada, Ottawa, Ontario

favourite image that he would like to share for this review, Beale willingly made the suggestion of **Fishermen on Lake Ontario, 1920**, because it is a favourite of many people who view it. The canvas is housed at the National Gallery of Canada, and was in restoration when Beale was there cataloguing the three Manly MacDonalds they own.

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Continued on next page

CFL & Canadian North unveil a CFL-branded Boeing 737-300 in time for the 102nd Grey Cup

The following article appears in a recent issue of the *Canadian Aviation Historical Society, Ottawa Chapter newsletter, "the Observair", a paper that I edit. I thought it might be of interest to Riverview Park Review readers.* by Colin Hine.

In July 2014, the Canadian Football League (CFL) and Canadian North announced a new three-year partnership that would see the airline become the official airline of the League. On 18 November 2014,

Canadian North and the CFL unveiled a first-ever CFL-branded aeroplane at the Canadian North Hangar in Edmonton, Alberta. Boeing 737-36N (s/n 28596), C-GCNO, FIN 598, is emblazoned with the CFL logo on both sides of its tail, and the logos of all nine CFL franchise teams on its fuselage; the five CFL West Division Teams on the port side, and the four CFL East Division Teams on the starboard. The Canadian North logo – a polar bear standing against

a backdrop of the midnight sun and the Aurora Borealis – adorns the aircraft's two engine cowlings. The work was completed for Canadian North and the CFL by Premier Aviation Overhaul Center, a paint and heavy maintenance provider based in Trois-Rivières, Quebec. Canadian North flies to 21 destinations throughout the Northwest Territories and Nunavut, via its southern gateways of Edmonton (YEG) and Ottawa (YOW). The eye-catching aircraft was sched-

uled to return the Grey Cup Champion Calgary Stampeders from Vancouver, British Columbia, to Calgary, Alberta, on Monday, 1 December 2014. For additional details and images, as well as a time-lapse video showing the aircraft receiving its custom CFL paint job, see the Canadian North news release: <http://www.canadiannorth.com/about/news/0054266-cfl-canadian-north-unveil-cfl-branded-boeing-737-300>

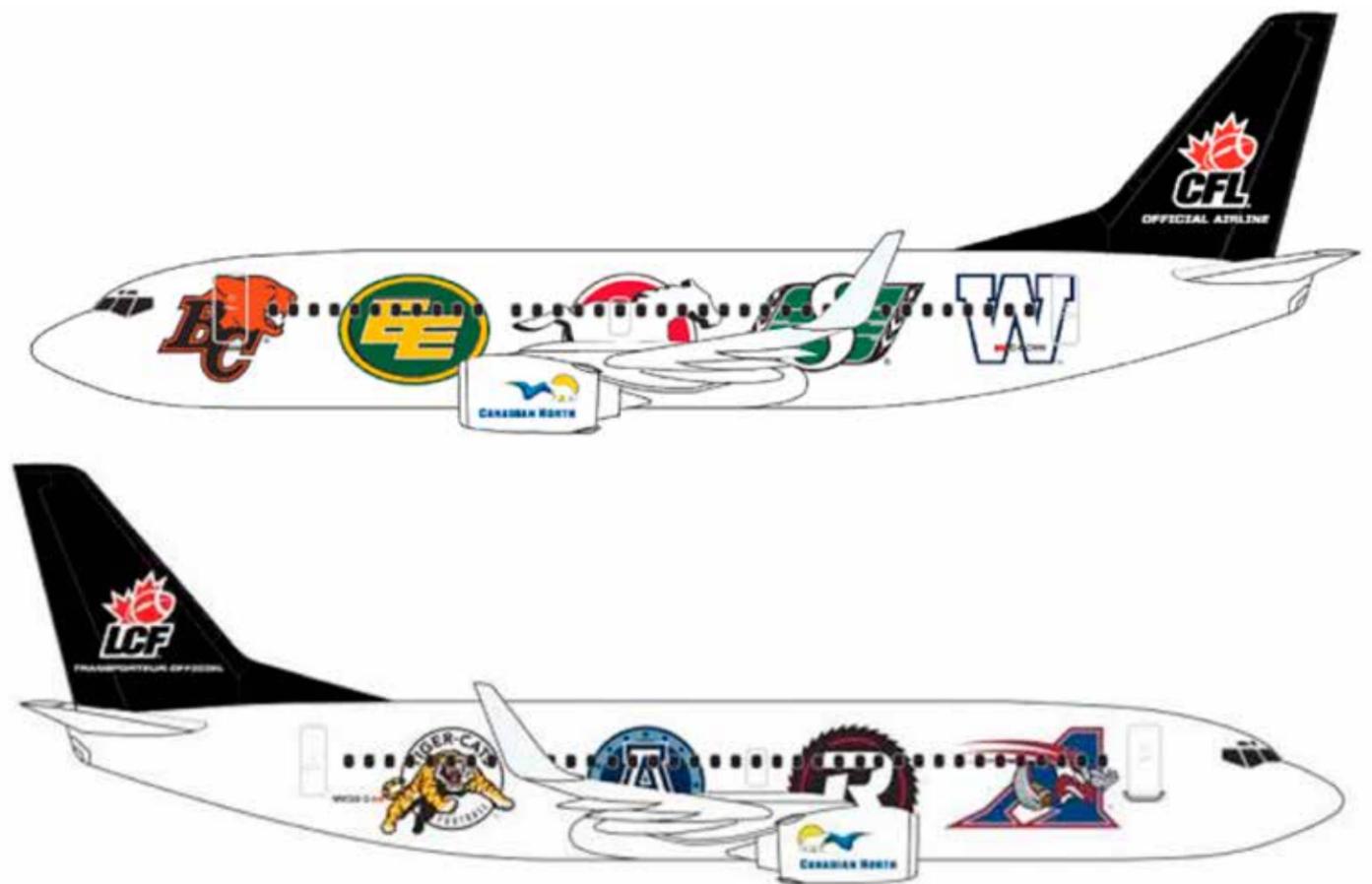
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"Fishermen on Lake Onario, 1920 represents MacDonald's youth, having grown up on the Bay of Quinte near Belleville where his family were fishermen and farmers. The painting was executed by MacDonald while sitting in the stern of a boat and it is a more semi-impressionistic rendering than others. He was often seen as a traditional painter, even by himself, but I was able to show he was an en plein air semi-impressionist.

There are 21 large canvases housed at the National War Museum in Ottawa, which I catalogued as well. MacDonald was a First World War artist commissioned by the Canadian government to paint women working in the fields in Canada during the war. He chose his native Bay of Quinte to produce these pieces. (see pages 24 and 25 for examples of these)."

Beale's dedication to producing such high calibre work resulted in his spending from 2005 until 2010 in completing *Manly Edward MacDonald, 1879-1971, Interpreter of Old Ontario*. MacDonald's son Duncan, at the book launch, acknowledged and praised the author's approach, in that "It wasn't just commercial. It was an appreciation of artistry". Those who know the author and his wonderful attention to detail also know that Charles Beale wouldn't have had it any other way.

Copies of *Manly Edward MacDonald, 1879-1971, Interpreter of Old Ontario*, may currently be purchased through the author's website at www.charlesbeale.ca where there is a PayPal account for books and greeting card sales. The book can be signed before it is shipped, while anyone can view "The Life & Times of Manly E. MacDonald" on YouTube to get a brief synopsis of his life and his art.







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What Makes You Mad? — Is there something that you see, hear or read that upsets you? — Are there injustices in the world that you want to have put right? — Do you have a different opinion? — Did someone make a mistake?

by Geoff Radnor

Many years ago The Ottawa Citizen had an article about CBC TV cameras in the city council chamber. It showed a close-up of one of the councillors not paying attention to the business at hand and was fiddling with her laptop on a different topic than the one being discussed by council. The member of council complained that those TV cameras should not be allowed to spy on me during council meetings. My feeling was that as a taxpaying voter in the city

there should be more TV cameras making sure that all members of council are paying full attention to the business of the day. So I wrote a letter to the citizen. In it I said that let's have more cameras at City Hall. Must have been a slow news day. They published my letter, all 27 words of it. I had become a writer of "Letters to the Editor".

In a recent front page of the newspaper there was a report on the confusion by emergency response teams to addresses that are very similar. Do you live on Harrington Court or Herrington

Court? After the city amalgamation in 2001 there were many streets in the new larger city with identical names, so to avoid the 911 responders going to the wrong address the city started to change the names of streets. A local example was Lennox Avenue, now it is Lennox Park Avenue. This changing of street named intrigued me. I was born in London and still had a copy of the A-Z Street Index of London. In that book was an index and there were 47 Church Streets listed. I wondered how the ambulance and fire trucks ever managed to get to the right place. Were the London drivers a bit smarter than

those in Ottawa? I wrote to the editor about this.

So if something is bugging you and you feel powerless, you are not. Write to the Editor. It is so much easier today with the use of email, just a few clicks and its there. Along with many others (all of them written by real professionals I bet).

If you know that someone in the media has made a mistake, be it large or small, and your knowledge of the facts is totally correct, then let them know.

Sometimes it can be about some-

Continued on next page



Kogod Courtyard at the National Portrait Gallery in Washington DC



NCC Pavilion

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NCC Pavilion

From previous page

thing absolutely trivial...there was an article on the game of soccer, I'm not sure what it was all about but it contained an error. In the UK there was a list produced by a TV show about the "12 English Books that Changed the World", it included such worthy tomes as Magna Carta, Shakespeare's First Folio, and works by Isaac Newton, Charles Dickens and Charles Darwin. However one of them, published in 1863, was The Rule Book of the Association Football.(It's 'that funny old' game played in just about every country on the planet) In this modern era this is now the FIFA Laws of the Game. Law 12 contains the following "...an indirect free kick is awarded to the opposing team if the goalkeeper takes more than six seconds while controlling the ball with his hands before releasing it from his possession." The article in the paper said it was five

seconds. I wrote a letter to the editor. They were one second out. I got my second letter published. How many readers have driven along Sussex Drive past the Dept. of External Affairs and the National Research Council going towards Rideau Hall? Did you notice the empty white building just before the French Embassy. It sits in a wonderful location looking out onto the Ottawa River with Gatineau on the other side. The NCC built this as a quasi museum/exhibition/showcase for something that not many people are sure about. Oh Boy! Was that ever a disaster. I went to see it and there was not another soul there, and I didn't know quite what it was about. It was free too. So after a short life, it was closed. That was in 2005. Ten years later the building is still there. It is still empty. Why did it fail? It's *raison d'etre* was unclear, it was off the beaten track, there was limited parking, so it sits there waiting for its ultimate fate. I wrote a letter to the editor about it. Some one had suggested it as a new home for the Ottawa Art Gallery, one person said it was a perfect spot for a restaurant, there were other crazy ideas for its future use. Is

the NCC still trying hard to get rid of it? Or are they to busy trying to build something on Lebreton Flats. I wrote a letter about that too. I wanted to know why my tax dollars are going to be used to support Mr. Melnyk's hockey club (I know they need all the help they can get but...).

Do you know about the new show starting on CBC TV? I think it has a title like "Up the Creek" or is it that hockey player Mr. Schmidt? If you

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The Museum of Science and Technology: CLOSED
Photo credit: Carole Moulton



More of Lansdowne
Photo credit: Carole Moulton



The 'new' Lansdowne Park
Photo credit: Carole Moulton



Holmwood Avenue
Photo credit: Carole Moulton



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

David McGuinty, MP | Député

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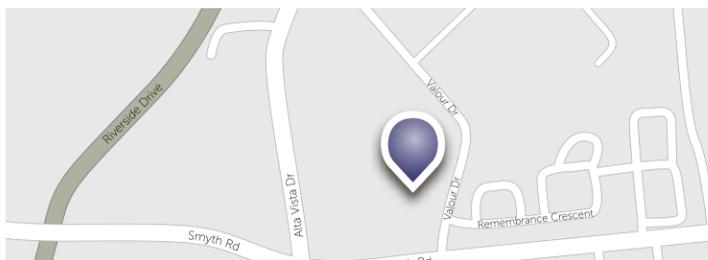
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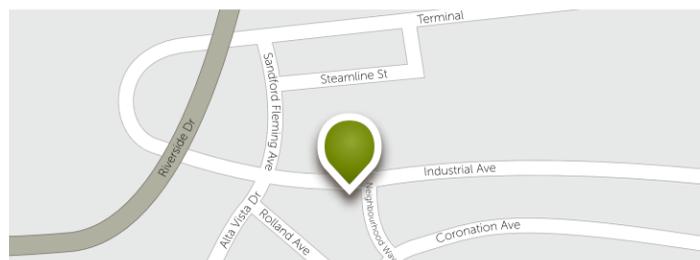
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RIVERSTONE
RETIREMENT COMMUNITIES



Riverview Alternative School

Alta Vista's Riverview Alternative School Boundaries Set to Change

Jocelyne Koepke

In order to offer the Elementary Alternative Program to a greater number of students, the Ottawa Carleton District School Board (OCDSB) approved the expansion of the EAP boundary effective September 2015. Once limited to students living within the Green Belt, the boundary expansion will allow students living in suburban and rural areas full access to the Elementary Alternative Program in the OCDSB. The Riverview Alternative School boundaries now extend as far as the Ottawa River to the north, to the Rideau Canal/River to the west, to Cumberland in the east and as far as Metcalfe in the south.

For those of you unfamiliar with the Elementary Alternative Program and wondering if Riverview Alternative might be right for your child, the program has its foundation in student centred learning which includes strong community support and parent involvement. As a Riverview parent, I can attest to the fact that our school provides an exceptional and caring JK-6 experience that promotes parental

involvement to support student engagement and learning.

The following characteristics are found in many of the programs across the elementary level and collectively they provide for the basis of the seven tenets of the alternative program. These include: cooperation and teamwork; innovative approaches to teaching and learning; balanced student directed/teacher directed learning; multi-aged groupings of students; integrated curriculum with inter-relation of all learning and subjects; family and community centred school environment; and, ongoing student led assessment and evaluation.

The structure of the *Elementary Alternative* Program ensures that each student can complete the core curriculum requirements of the Board and the Ministry of Education. For more information about the program visit www.ocdsb.ca or for information about the school please call 613 733-6898.

Although our Kindergarten information evening was held on Wednesday, January 21st, parents interested in Riverview's Kindergarten program are welcome to book an appointment to visit our kindergarten rooms, meet the staff and ask questions about our program.



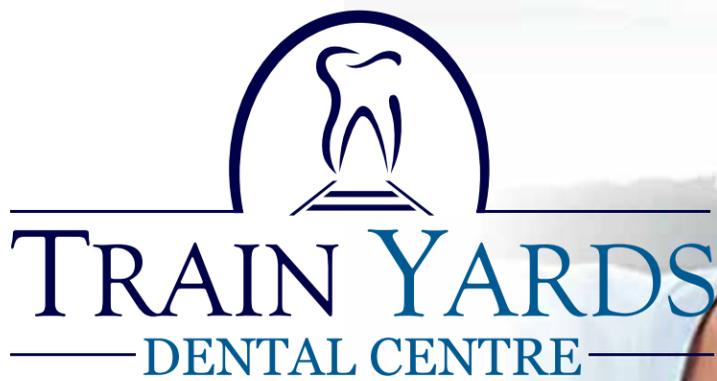
Photo credit: Greg Money

Parents of school agers interested in learning more about our school are also invited to call the number listed above.

Riverview Alternative also boasts a tremendous third-party before and after school care provider. Andrew Fleck Child Care Services has been offering care at Riverview since 1998. They are licensed for 20 Kindergarten children 3.8-5 years of age and 45 School Age children 6-12 years of age. With the implementation of Full Day Kindergarten at Riverview Alternative School, they are now providing the extended day component to the full day. Their hours of operation for both the Kindergarten and School Age Programs are 7:30 - 9:00 AM / 2:30 - 5:30 PM and full day care on all school holi-

days; and from 7:30 - 5:30 during the summer break.

Their programs offer a child-focused curriculum where staff and children work together to expand and develop a wide range of skills and competence based on the emergent curriculum philosophy. An emergent curriculum is one that builds upon the interests of the children and complements Riverview's Alternative Program. It is often spontaneous and responsive to their immediate interests; topics are driven by the ideas and questions from the children themselves. For more information about Andrew Fleck's Riverview Alternative Program, please call 613 526 1541, visit their website at www.afchildcare.on.ca or email your questions to tlinder@af-childcare.on.ca



Dr. Steven Da Costa
Dr. Michael Greene
Dr. Ashley Mark

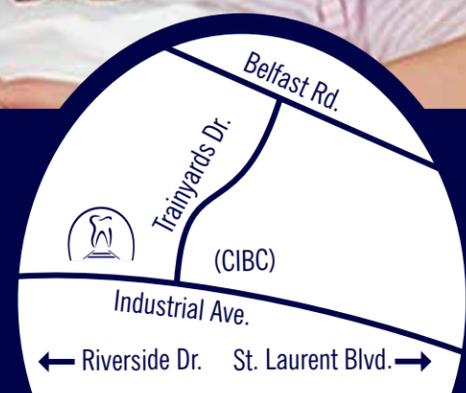
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Book Review

Is a Senators move to Lebreton Flats cursed?

by Bill Fairbairn

Is rumour true that the Ottawa Senators are considering a future move of their Kanata stadium to Lebreton Flats? If so, have they considered that a curse might descend on the hockey team.

A book on the Untold History of Ottawa by James Robinson, who has spent part of his life researching Flats history, finds that the area has been accursed from the start. And Robinson goes further: "Technically the land is owned by the Algonquin native people as unceded Algonquin territory."

This book tells readers that here in 1660 was fought one of the bloodiest battles in Canadian history, one that determined the future of Canada. And it states that the first land grantee for the Flats, American Robert Randal, lost the property after spending six years in prison and that the Governor of Canada, The Duke of Richmond, who attended a meeting on the future of the Flats, died a horrible death from a rabid fox bite. Furthermore, the second "owner," John Le Breton, for whom the Flats are named, was mercilessly harassed by the government for more than a decade.

Robinson goes on to state that the Flats were destroyed by one of the largest fires in Canada and that after letting them lie empty for 50 years the government graced the Flats with Ottawa's ugliest building. And the litany goes on to tell how the curse hounded Canadian Prime Minister John Diefenbaker and to a lesser extent Jean Chretien.

The author reflects on his history of the heroic Dollard des Ormeaux. "We learned that in the

spring of 1660 Dollard led a small party of Frenchmen, Hurons and Algonquins up the Ottawa River. We were taught that Dollard and his companions saved Canada from invasion by stopping a large band of Iroquois in a week-long battle on the Flats in which Dollard and other Frenchmen were all killed." It was almost deemed Canada's Alamo with Dollard a cultural symbol of patriotism and courage. His statue stands in downtown Montreal and a town is named in his honour.

It turns out in the book that the real hero and leader on the Flats was the Huron Chief Annahoata who, like Dollard, died in the fighting and that the battle did save Canada by stopping Iroquois plans to drive the French back to France.

In 1846, J.G. Whittier wrote: "Behind the scared Squaw's birch canoe,

*The steamer smokes and raves;
And city lots are staked for sale
Above old Indian graves."*

The implication in the poem is that the Flats is an Indian gravesite and Robinson, with evidence, adds fuel to the fire in his book.

Flash forward to April 13, 1962. The federal cabinet under John Diefenbaker ordered the expropriation of Lebreton Flats. They were to make way for a *Pentagon of the North*. "The timing marked the turning point in Diefenbaker's career. From then on he lost the support of his cabinet, his caucus, his Conservative party and was finally replaced at a national convention. A coincidence, or the age-old curse of Lebreton Flats?"

Robinson says Jean Chretien went through some hard times,

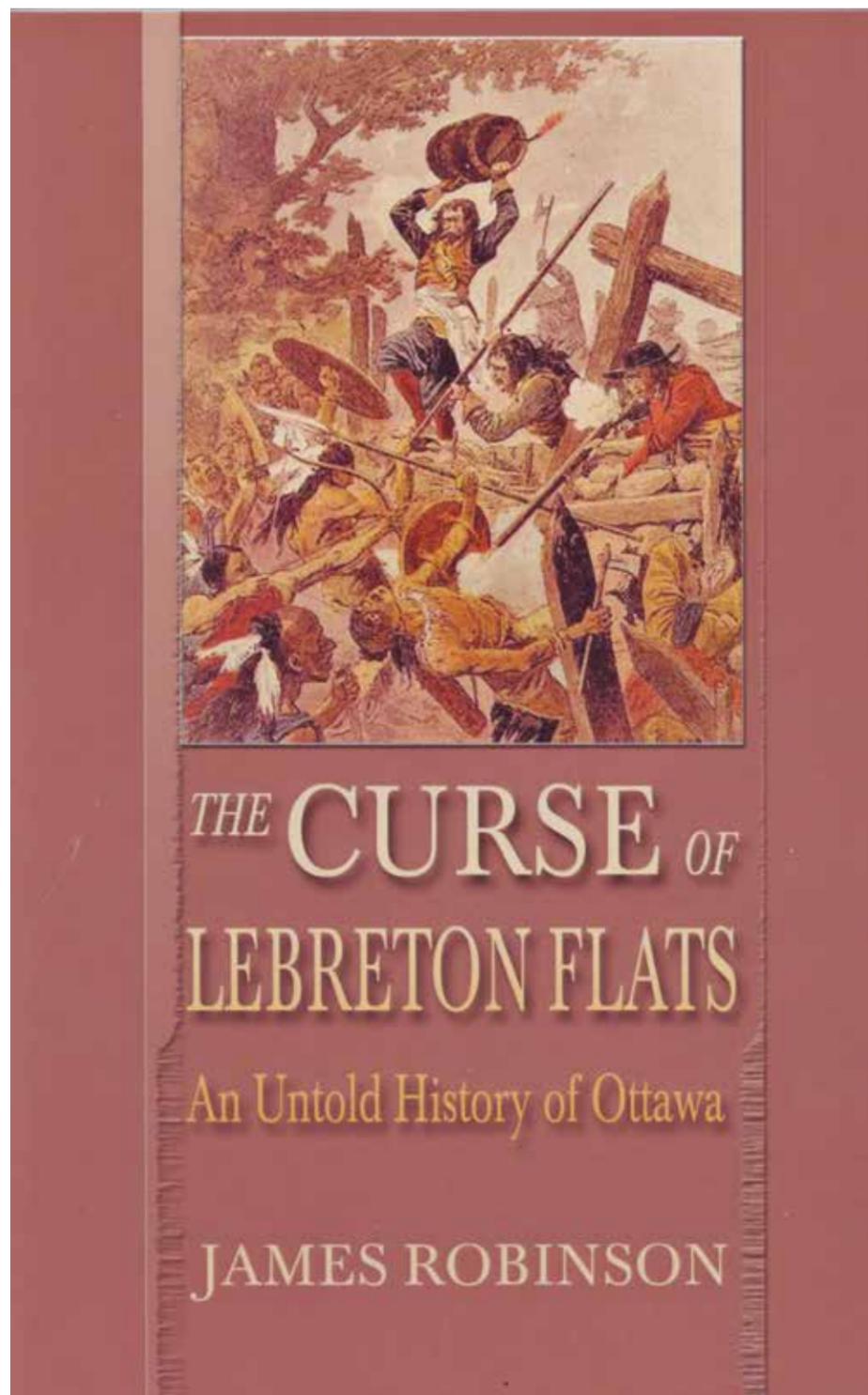
too, after he sanctioned the War Museum's new edifice on Lebreton Flats.

One of Robinson's suggestions to the federal government is to make Lebreton Flats into a national park named Asticou Park in honour of its original owners, the

Algonquin people (Asticou is the Algonquin word for Chaudière).

Would such a vision finally banish the curse? Or would the Senators curtail the saga by winning the Stanley Cup?

Published by Baico (info@baico.ca), \$20, 70 pages



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Vincent Massey Public School

Primary Fundraiser:

The children and parents of Vincent Massey generously donated items for the annual Toy Sale. The students raised \$415.00! This money was donated to the Ottawa Food Bank and to one of our families with a child who requires special treatments at CHEO.

Congratulations to the students in Ms. Burns's class for organizing and helping with the sale.

Special thanks to Mrs. Shiao, our co-op student, Sierra and the many parent volunteers: Roxanna Abu Mahfuz, Allison Palermo, Julie Warden, Rania Almajali, Josie Sirna and Anne-Marie Thompson.

Submitted by Ms Burns, Teacher.

LET THEM EAT CAKE: LEADERSHIP GROUP RAISES LOTS OF DOUGH!

Just before the holidays, the V.M. grade 6-8 Leadership Group organized a huge CAKEWALK for eighteen Junior and Intermediate classes here at the school, in Ms Swail's room - Chateau Gateau.. We raised over \$800.00 through class fundraising with the first place winner, Ms Lacroix's class, donating more than \$160.00. The money is going to the "Adopt A Village" program at

Free the Children to raise money for the 5 pillars of a strong community: health, water, education, food security and financial sustainability. Another CAKEWALK will be held in March for the primary classes. Congratulations to all of the organizers, bakers and cake-eaters!

Submitted by Ms Swail, Teacher

JENNA'S STORY:

MISCHIEF IN THE VALLEY
This is the first chapter in a story about a girl and her special friend.

Chapter One: Layla Meets Hannah

Layla stared down at the grave. In the reflection of a puddle, beside the gravestone of her parents, she saw a girl. This was a girl that only Layla could see. She had long, black hair, dark blue eyes and freckles. She was wearing a big red bow on the side of her head, a long pink dress and black patent leather shoes with white socks.

Layla looked right behind her to see who the face belonged to. There was a girl standing there. Layla clutched her throat and gasped. Who is this?, she thought.

"Hi, what's your name?" the girl behind Layla asked.

"I'm L-L-Layla", she stuttered, "where are you from?"

The pale girl answered, "I'm from Germany."

"Then what are you doing here in England?" Layla demanded.

"I'm visiting my friends." The girl looked across the graves.

"Do you want to come see where I live?" asked Layla.

"Sure", the girl replied.

They ran along a cobblestone road. They sounded like a galloping horse. Soon they arrived at the barn. It was old, made of red wood with a creaky door. They went in and climbed up the stairs to her play area. This is what the play area looked like: it had pictures of her mom and dad, a drawing book. It was painted pink and there was a bed on the side where Layla liked to read. There was a wooden bookcase that her father had made. It was full of her favourite books like "Little Women", "The Secret Garden" and "Anne of Green Gables". The window looked onto a field and Layla liked to sit there and daydream.

The girls started to play the game of jumping on the bed. The bed was squeaking and moving along the floor making a lot of noise. The girls were laughing a lot.

Meanwhile, Grampa was down in the barn checking on all of the animals. He heard the noise. He walked halfway up the stairs to Lay-

la's playroom and said, "What's all this noise?" The girls stopped jumping.

Grampa climbed up the rest of the stairs and came into Layla's room. "It's amazing how one little girl like you Layla can make so much noise," Grampa exclaimed.

"Silly Grampa, it's not only me here. This is my friend, Hannah."

"Stop playing jokes, Layla, and stop jumping on your bed!"

Layla turned to Hannah who was sitting on the bed. "Why couldn't he see you?" Layla was feeling confused.

Hannah said quietly, "Sit down, Layla, I have something to tell you." Layla sat down softly on the bed.

"You, Layla, have a special gift because you can see me. Most people cannot."

"Why?" asked Layla, still feeling confused.

"I am not really of this world, Layla, in fact, I'm a ghost."

Right then, Layla fainted right onto the bed.

The author: Jenna is a 12-year old girl who goes to Vincent Massey Public School. She likes to play hockey, write stories and she is a camper at Christie Lake Summer Camp.

Mark K. Habib

Title Insuring your home purchase

by Mark Habib

In Canada today, almost every real estate purchase transaction is underwritten by Title Insurance Policies that are arranged by the lawyer on their client's behalf and on behalf of the mortgage company that is advancing funds. These policies provide broad coverage to both buyers and mortgage lenders against certain unknown or unforeseen title risks that are set out in the policy. They typically insure against such risks as a lack of a building location survey, tax and utility arrears, municipal work orders, zoning violations, encroachments, fraud and identity theft.

The premium for both an owner and lender policy on a typical purchase transaction is only paid once by the buyer at the time of closing and the coverage is effective for the entire period of

time that the home is owned. The premium is typically based upon the price of the home and the mortgage amount. No deductible is ever required when a claim is made under the policy.

A title insurance policy offers cost and time savings by reducing certain "off-title" searches (such as municipal and utility searches) and survey costs that would otherwise be required in order to certify good and marketable title to the home buyer and to the mortgage lender. The savings to the buyer could be several thousand dollars. If you already own a home that was not title arranged at the time of purchase, an Existing Homeowner Policy can also

be purchased.

Most mortgage lenders now require that a Lenders Title Policy be arranged on their behalf to insure the mortgage. The

lawyer would therefore typically recommend to the buyer that a Homeowner Title Policy also be ordered given the cost savings and the added fraud protection such policies offer.

It is important to note that while title insurance is beneficial, it does not replace

a lawyers' obligation to conduct a full search of the property title from the local Land Registry Office or to conduct the necessary due diligence searches that may arise in any particular real estate transaction. For example, if a home has been recently renovated, it would be prudent for the lawyer to conduct a search of the local Building & Zoning Department to ensure that all necessary building permits have been obtained by the seller for the construction of the improvement. Your lawyer should be

made aware of any such recent improvements or other title

issues that would warrant further inquiry.

Lastly, most title policies contain certain exceptions and exclusions from coverage. These would include such things the location of any fences, any intended future use of the property, and any risks that may be known to the buyer. It is therefore critically important for the lawyer to fully communicate to the client the benefits and limitations of title insurance.

Mark K. Habib has extensive legal expertise in the areas of Residential & Commercial Real Estate, Business transactions and Wills & Estates. He can be reached at: 16-2450 Lancaster Road, Ottawa, 613-820-8888, mark@markhabiblawyers.com, or www.markhabiblawyers.com

COMMUNITY BULLETIN BOARD

COMMUNITY BULLETIN BOARD

Community Activities and Events at Rideau Park United Church, February-March 2015
2203 Alta Vista Drive (at Cunningham)

50+ Exercise Group: Please join us each Tuesday and Thursday, 9-10 a.m., throughout February for an hour of gentle, yet thorough movement for women and men. Please speak to the instructor about the fee. Then continue exercising with the 50+ Group for the March-April Session. The fee of \$40.00 for this session will be payable at the first class in March. Plan to stay fit for walking, biking and gardening as spring approaches.

Shrove Tuesday Pancake Supper: Everyone in the community is invited to a Pancake Supper on Tuesday February 17th, starting at 5:30 p.m. The Supper is being organized by the Rideau Park Boy Scouts, who will also be cooking the pancakes. For more information about the event and ticket sales, please contact the church office (M-F, 9-4) at 613-733-3156 ext. 229.

Harmony Club for Seniors will hold their monthly gathering on Wednesday February 25th. From 1 - 2 p.m., Cathy Hollands will speak about her experiences while volunteering at the National Gallery of Canada. Her talk is titled, "From the National Gallery and Beyond - how volunteering at the Gallery opens one's eyes." All seniors in the community are welcome to attend. Prior notice is not required. The church is wheelchair accessible and parking is free.

The Harmony Club for Seniors will also meet on Wednesday March 25th. From 1 - 2 p.m., Rev. Steve Clifton, Rideau Park United Church, will speak about Jerusalem, highlighting his talk with photos and anecdotes from his own trip to the historic city in May 2014. All seniors in the community are welcome.

For further information on any of these activities or events, please call: 613-733-3156 ext 229, or visit www.rideaupark.ca

TUESDAY, FEBRUARY 17. Mark this date down on your calendar !

Pancake supper on Shrove Tuesday at St. Thomas the Apostle

Anglican Church , 2345 Ata Vista Drive (by Firehall).

Pancakes, sausages, ham, beans, ice cream. Two sittings at 5 pm. and 6 pm.

\$10 for adults, \$5 for children and free for children under 3.

Tickets available at office weekday mornings. 613-733-0336 for information.

Nativity Parish Food Bank:

Just a reminder that our local food bank at the Nativity Parish, 355 Acton Street in Riverview Park, welcomes donations on Tuesdays from 7-8 p.m. and Wednesdays from 10:00 - 11:30 a.m. Juice boxes for childrens' lunches and canned tuna or meat are especially appreciated. For further information please call: 613-521-2416.

Contact for CBB

RPR.editor@gmail.com

On February 17th, Shrove Tuesday, from 5:00 to 7:00 pm, St Aidan's Anglican Church will be hosting a Pancake Supper. Tickets are \$10 for adults and \$5 for children under 12. Tickets will be available at the door and by calling the church office at 613-733-0102 or email at staidans@bellnet.ca.

St. Aidan's Anglican Church
934 Hamlet Road

Emmanuel United Church- 691 Smyth Road:

Shrove Tuesday Pancake Supper- the Emmanuel Men's Club will be hosting a pancake supper on Tuesday, February 17 from 5 to 7 pm. Tickets are available from the Church office, and at the door. The cost is \$6. (for 2 pancakes and 2 sausages) or \$8. (3 pancakes and 2 sausages). Family price \$30. (children 12 and under). For tickets or more information call 613-733-0437.

Lenten Eve Services:

February 18 Ash Wednesday 7:00 - 7:30 pm.

February 25 Lenten Service 7:00 - 7:30 pm.

March 4 Movie- Joan of Arc 7:00 pm.

March 11 Lenten Service 7:00 - 7:30 pm.

March 25 Speaker-Women in Islam: Myths and Reality (Dr. Monia Mozigh)

7:00 - 8:30 pm.

April 2 Maundy Thursday Service 6:45 - 7:15 pm

Alta Vista Baptist Church-
(across from Canterbury H/School)
887 Canterbury Avenue,
613-733-7207.
www.altavistabaptist.org

Sunday Worship Service 11:00 am

Sunday School/Bible Classes, 9:30 am for all ages.

Prayer Focus- Wednesday, 7:30

Youth meet Friday evening, 7:30 pm.

Good Friday Service-April 03rd., 10:00 am

Easter Sunday Service, 11:00 am

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 par-

ticipants 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.



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



Photo credit: Anna Nitoslawska



Photo credit: Geoff Radnor



Photo credit: Anna Nitoslawska



Photo credit: Geoff Radnor



Photo credit: Geoff Radnor



NCC Pavilion
Photo credit: Geoff Radnor



Photo credit: Geoff Radnor



Photo credit: Carole Moul



Photo credit: Arze Chabine



Photo credit: Anna Nitoslawska



Railway Museum of Eastern Ontario
90 William Street West PO Box 962
Smiths Falls, ON K7A 5A5

www.rmeo.org (613) 283-5696

Operated by the Smiths Falls Railway Museum Corporation



Press Release

Hobo Life is the focus of the latest installment of 'Stories from the Railway' with the Railway Museum

[Smiths Falls] - The Railway Museum of Eastern Ontario is pleased to announce the next installment of 'Stories from the Railway' in partnership with the Friends of the Library. On Saturday, February 7th, from 1pm - 2:30 pm, discover a day in the life of a railroading hobo at this year's compelling speaker series.

Gain insight into the challenges and uncertainties of riding the rails in search of work during the Great Depression with our two guest speakers. John Mulkerns, a member of the National Association of Hobos, starts off the afternoon by sharing unique photographs and first-hand accounts from the real-life hobos he has met through the years. Author Terrence Rundle West joins us for a reading of 'Hobo Christmas, 1935' an excerpt from his latest book, Not In My Father's Footsteps. This is followed by light refreshments and a meet-and-greet reception with the author to learn more about his inspiration and research. West's book will be available for purchase for \$20 at the event.

Tickets are \$10. The event will be held at the Ivy on William, located at 42 William St. West, Smiths Falls. Proceeds from this event will go towards programming for Friends of the Library and the Railway Museum of Eastern Ontario.

For any additional information or to purchase your tickets in advance, please contact the Museum at (613) 283-5696 or purchase tickets online at www.rmeo.org.

RPCA President's report

by Kris Nanda

During my recent walks with my dog through the Alta Vista Corridor woods on cold wintry days, I have been struck by the beauty of nature in our neighbourhood and think about how many wonderful winter activities there are in Riverview Park that are actively embraced by our residents. Many times when I walk along these paths with their snow covered tree canopy, especially approaching the tobogganing hill, I think about the marvelous scene in the classic C.S. Lewis tale, *The Lion the Witch and The Wardrobe*, where young Lucy first enters Narnia when a wardrobe closet turns into a path in the woods (for those of you unfamiliar with this story, I invite you to pick up this book, an easy read for “children of all ages”)

Whether it is the squeals of joy and laughter from young children and their parents as they speed down the hill or running into people walking their dogs

through the woods – there is a real sense of community and a chance to meet new people or renew acquaintances (even if it can be a bit embarrassing when you remember a dog's name but not their owner's!). Times of laughter and sharing of stories or just getting caught up enliven a winter walk. And then there are the cross-country skiers who carve trails into the snow under the hydro lines and trek between Alta Vista and Balena Park (or even further). Speaking of which, a Cluny Street resident has just started a Wednesday evening “drop-in” (where “dogs and kidlets” are welcome) for anyone who wants to walk, ski or snow-shoe along the hydro line—it begins at 7:30 just behind Knox and Cluny intersection and people are encouraged to meet there or join the group along the way (all told it is about a 45 minute trek there and back).

On behalf of the RPCA, I invite you to take part in some of our own activities too – skating on the well-maintained rinks at

Balena and Dale Parks (when you are there, thank the volunteers who spend hours keeping them up to snuff). I hope that many of you were able to join the RPCA at the Balena Park Winter Carnival on February 1 and that you can come to the RPCA supported February 22 Winter Frolic next to the “Plumerator” (the Hospital co-gen plant). Much of the woods are destined to be lost when construction on the AVTC Hospital Link starts in 2016. In the meantime, there is thankfully a reprieve and so I encourage you to enjoy this local treasure before it is lost (If you feel you are too old to go sliding down the hill, you can still watch and vicariously enjoy the fun that your younger neighbours are having!)

The RPCA is closely monitoring the AVTC road project and we were alarmed that recent drawings appear to show the eastern terminus of the road ending due south of the Lindsay/Acton intersection – a great deal farther east than the previous drawings indi-

cate. We will be working with the City and communicating to our Councillor our thoughts and desires on mitigating the effects of the construction. Perhaps berms for the new road can be used as toboggan hills (to replace the one that it being lost when the road is finished.) We have also successfully worked with Councillor Cloutier to get our concerns heard and addressed by The City regarding its Local Commercial Study that would have allowed commercial uses in existing residences near Balena Park

Looking forward to seeing many of you outdoors – at one of our rinks, or RPCA winter events, or just going for a walk through the woods or skiing along the Hydro corridor.

On behalf of the RPCA Board, I would like to extend a warm welcome to the new owner of the Alta Vista Mall, Mr. Lalit Aggarwal. We also welcome Dr. Charles LeBlanc of Simply Chiropractic, plus their next-door neighbour at the mall, Sophia's Nails Spa.

Horoscope by Arze

Aries: March 20- April 20

Dear Aries, With the Sun in Capricorn until February 20, it is a case of the early bird catches the worm for you as 2015 gets underway. Therefore, be prepared to make an extra effort to pursue your professional goals. This should be a busy month for you socially so be prepared to make the first move if an emotional, romantic, or professional opportunity presents itself.

Taurus: April 21- May 20

Dear Taurus, Venus your planetary ruler enters Aquarius with emphasis on work and career. This will be the focus all month. There are lots of planets circulating your house or work, so make the most of this astrological weather storm. This will help you push ahead to make goals happen and dreams come true.

Gemini: May 21- June 21

Dear Gemini, Mercury, your planetary ruler, turns retrograde from January 22 until February 11. Mercury will be in Aquarius, the area of your solar chart associated with foreign people and places and your education. This is a good time to research, review, or revise educational or philosophical projects.

Cancer: June 22- July 22

Dear Cancer, With a full Moon in Cancer, you may be feeling particularly sensitive or emotional around this time. Try to be aware and note any important issues that surface since these may be important themes over the next 12 months.

Leo: July 23-August 22

Dear Leo, With so many planets traveling through your opposite sign of Aquarius this month, you're likely to be even more in demand than usual. With Mercury turning retrograde in Aquarius mid-month, you need to be careful not to get yourself in a complicated emotional, romantic or financial situation during this period.

Virgo: August 23- September 22

Dear Virgo, Mercury, your planetary ruler, turns retrograde mid month. This happens three times a year. It affects your sign the most since Mercury will be in Aquarius, the area of your solar chart associated with your day-to-day routine. This is a very good time to research, review, or revise your working practices and how they may be made more productive and efficient.

Libra: September 23- October 23

Dear Libra, With Venus, your planet-

ary ruler, spending most of January and February in Aquarius this is the area of your solar chart associated with fun, pleasure, and creative self-expression. You will be in a playful mood as 2015 gets underway, so it's time to get out there.

Scorpio: October 24- November 21

Dear Scorpio, With the sun traveling through Capricorn you are likely to be busy out and about, dealing with others, so make the most of opportunities to spread the word and get your message across. This is also a good time to revise, review, and reassess your options, but not necessarily the time to sign along the dotted line.

Sagittarius: November 22- December 21

Dear Sagittarius, Saturn has recently entered Sagittarius, however you may not yet appreciate the significance of what this means to you. Saturn will be in Sagittarius until the end of 2017. It's time to get a little bit more serious about life, love and what you do to earn some money. Time to mature whether you are 18 or 81.

Capricorn: December 22- January 19

Dear Capricorn, With the Sun traveling through Capricorn, your Sun sign gets underway. You are advised

to make the most of the early part of the year to move ahead with those things personal and professional that are important to you.

Aquarius: January 20- February 18

Dear Aquarius, The presence of Mercury and Venus in Aquarius as 2015 gets underway suggests you're likely to be out and about, wheeling and dealing, flirting and schmoozing. Since Jupiter is retrograde in your opposite sign of Leo, it's likely that your friends and admirers won't be able to get enough of you and will keep coming back for more.

Pisces: February 19- March 20

Dear Pisces, The entrance of the Sun into Aquarius is usually a time for you to take a step back, to rest, recuperate and recharge your batteries. It is also a time to reflect on the previous twelve months and prepare for the entrance of the Sun into Pisces when your new yearly cycle gets underway. Since Venus and Mercury will also be spending time in Aquarius this month, it would appear that there is a lot going on behind the scenes.

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

OCDSB Trustee Chris Ellis

Astronaut Chris Hadfield Video Skype with Ridgemont HS Students

40 Ridgemont High School Grade 9 and Grade 11 students asked the retired astronaut 20 questions about his life, work and his mission as the first Canadian to command the space station. Principal Richard King is proud that Ridgemont HS offer these unique learning opportunities.

Extended Day Program Increases by \$2.00 a day to \$23.00 (full day) Next September

The Extended Day Program operates from 7 a.m. to the start of school and from the end of school until 6 p.m. Parents may register their child in the morning, afternoon, or both programs. The cost per student per day is prorated based on the number of hours that the student attends the program.

2015-2019 Strategic Plan Consultation

It is time once again to renew the 4 year Ottawa-Carleton District School Board strategic plan. During December and January parents, students, employees and the community gave their insight and advice on the direction the school board should take for the next 4 years. In February, the information collected will be shared with stakeholders in a detailed report. Participants will receive an e-mail about the results, which will also be posted on the School Board's website at www.ocdsb.ca.

Next steps will be presentation of a 2015-2019 Draft Strategic Plan in April and approval of the final 2015-2019 Strategic Plan in June.

Middle French Immersion Registration Period - 2015-2016 School Year

Tuesday, February 17 - Monday, February 23, 2015

If your child has completed the grade 3 English/Core French Program, you can choose to register him or her in the Middle French Immersion (MFI) Program. All subjects in MFI are generally taught in French in grades 4, 5, and 6, except for English Language Arts.

After successful completion through to the end of secondary school, your child will be able to participate easily in conversation, take postsecondary courses in French, and live and work in a French-speaking community.

Featherston Drive PS is the Alta Vista area's designated school for MFI.

2015-2016 Student Transfer Application Period: February 9-20th, 2015

A parent/guardian or a student 18 years of age or older may ap-

ply for a cross boundary transfer for a student to attend a school other than the designated school.

A transfer application form must be completed and returned to the principal of the school you wish to attend during the application period. You can get further information from your school principal or the School Board's Communications and Information Services Department is also available to help at 613-596-8211 ext. 8310. There is also information at www.ocdsb.ca.



Chris Ellis Trustee Zone 6 OCDSB
613-818-7350

Chris.Ellis@ocdsb.ca -
www.schoolzone6.org

Over a quarter of a million dollars raised by over 600 walkers at Alzheimer Society Walk for Memories held on January 25

Walk for Memories, Ottawa's premier indoor fundraising walk, held in support of the Alzheimer Society of Ottawa and Renfrew County on January 25th inside Carleton University Fieldhouse raised over \$250,000 with the participation of 616 walkers. The success of Ottawa's 20th Walk was made possible with the generosity and hard work of its Leading the Walk sponsor of Collins Barrow Chartered Accountants, dozens of sponsors, thousands of donors, and over 150 event volunteers who worked together with the Alzheimer Society in making a difference for local families living with dementia. And for those who weren't able to make it out on event day, there's still time to give and make a difference as donations received until February 28 will add to the Walk total. Dementia is difficult, but this event is something positive we can all do to reach out and help. Visit www.walkformemories.ca or call 613-523-4004.

THANK YOU to our top local fundraisers:

- John Wilson (from Renfrew County) - Highest fundraising individual with \$7,640
- Mike Lupiano - 2nd highest fundraising in-

dividual with \$5,685

- Kathy Wright, Alzheimer Society Executive Director - 3rd highest fundraising individual with \$4,400
- Susan Atkinson - 4th highest fundraising individual with \$2,780
- Mind The Gap - Top non-corporate fundraising team with \$11,871
- The Mighty Minds - Top corporate fundraising team with \$20,034 with honourable mention to 2nd place corporate fundraising team of Scotiabank with \$9,521 that has been topped up by its corporate office with an additional \$5,000

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

As well, our thanks to the following generous sponsors: Collins Barrow Chartered Accountants, Symphony Senior Living, Chartwell Retirement Residenc-

es, Riverstone Retirement Communities, Revera Retirement Living, Chapel Hill Retirement Residence Qualicare Family HomeCare, Scrivens Insurance and Investment Solutions, Urbandale Construction, Walls and Ceilings Contractors Association, Kelly Funeral Homes by Arbor Memorial, Facilities Commercial Realty, Sysco Central Ontario, Rogers, Metro Ottawa, Metroland Media, Fifty-Five Plus Magazine, Porter Airlines, VIA Rail Canada, The Perley and Rideau Veterans' Health Centre, Billings Lodge Retirement Community, The Rockcliffe Retirement by Signature, TIF Group, and Carleton University. The Alzheimer Society is also grateful

to our event's host Doc Halen of CHEZ106.

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

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

Chris Ellis



Public School Trustee
Alta Vista/Rideau-Rockcliffe
Zone 6 Ottawa-Carleton District School Board

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Ask a Lawyer

My partner and I plan to move in together; should we sign a cohabitation agreement?

by Tom Stollman

While some people view cohabitation agreements in a negative light—as a strategy to make it easier to end relationships—they can actually help draw couples closer together, particularly if they are negotiated in an open and honest manner. Differences in how spouses manage money are often cited as a major factor in breakups. Designing a mutually acceptable financial and legal framework can help the couple take their relationship to the next level.

A cohabitation agreement is a legal contract that addresses a couple's collective and individual rights and obligations. Along with the ownership of current and future assets, a sound agreement addresses financial matters such as debt obligations.

To be considered a legally binding document, an agreement must be in writing, signed by both parties, and the signatures properly witnessed and dated. A well-structured agreement identifies the

parties and the date the couple begins to live together, provides some background and states one or more goals. It then sets out each person's obligations and responsibilities both during the relationship and in the event that the relationship ends.

Cohabitation agreements usually deal with financial issues, and address who will be responsible for managing and owning property, and paying off debts during the relationship. Spousal support is another important area to address, particularly if the couple plans to have children. An agreement might state, for example, that each person keeps whatever property they owned before they started living together, even if they break up. Couples who want to remain completely financially independent can negotiate agreements stipulating no spousal support and no sharing of property in the event of a breakup.

It is important to note that under Ontario law, common-law couples and married couples have

different property rights. Only married couples have the right to claim equalization of property build-up during the course of the marriage. This means that married spouses share equally in what was accumulated during the marriage. Under the Family Law Act, common-law couples cannot make a property claim, regardless of how long their relationship lasted. The presumption is that each common-law spouse keeps whatever property they owned at the end of the relationship.

Common-law couples can, however, acquire interests in each other's property through a legal doctrine called unjust enrichment. This doctrine applies when one spouse accumulates assets through the contribution of the other spouse. If a common-law spouse can show that their contributions during the relationship led to an unjust enrichment, they may be entitled to compensation. A properly drafted cohabitation agreement can clarify post-breakup property rights. The agreement

might stipulate that all contributions to each other's property are gifts, for instance, or that they entitle the contributing spouse to a share in the property.

The best cohabitation agreements involve independent legal counsel for each party. This makes it much more difficult for a spouse to claim that he or she felt pressured to sign the original agreement. Courts have been known to set aside cohabitation agreements that involved only one lawyer.

The best way to determine if a cohabitation agreement is appropriate for you, start by discussing the matter with your partner. If you both agree, the next step is to sit down with a lawyer.

Tom Stollman practices Real Estate, Wills and Estates, and Family Law in Ottawa, and is also a member of the bar in Washington, D.C. Tom can be reached at: Robert A. Lewis Law Office, Unit 40, 2450 Lancaster Road, Ottawa, Telephone (613) 737-4000. www.robertlewislaw.com

Get W.I.T.H. It!

by Kim Lavender

Once again this year The Ottawa Hospital Academic Family Health Team will be leading the Heart Wise Exercise walking program at Hillcrest High School **1900 Dauphin Road Ottawa** starting **November 3rd**. Come join us and walk the halls in a safe, warm and friendly environment. (Get W.I.T.H. It). This free program which meets the criteria of a Heart Wise Exercise program is endorsed by The University of Ottawa Heart Institute and The Ottawa Hospital. You are free to drop in for a light (no stairs – wheelchair and stroller friendly), moderate or vigorous walking route and have fun flexing your muscles at "Muscle Moment" stations every **Monday from 6:00-8:00pm** from November 3rd 2014 until March 30th 2015. Remember to bring comfortable walking shoes and a water bottle. Pedometers and enthusiastic volunteers will be there to help track your progress and guide you. If you'd like to know more please contact Kim Lavender at 613-798-5555 ext. 13512 or by email klavender@toh.on.ca

You're welcome to join in the fun at Pace Setters

Photo by Gerri Doberty

Pace Setters is a walking and social group located in the basement under the tower at Billings Bridge Plaza. Our membership consists mainly of seniors ranging in age from 50 to 90+. The activities of the group are: walking, crossword and jigsaw puzzles, knitting and socializing. We also have a small library from which members may borrow books at no cost.

For the walkers, we have a 1k trail measured out in the main level of the plaza. This allows one to walk talk and shop at the same time. After walking, most members linger for an hour or two to socialize or maybe work on a puzzle. The knitters on the other hand, make blankets which are donated to the Children's Hospital

and mitts and toques which are donated to the mission.

We have three pot-luck brunches each year beginning with a "Welcome Back" held in September or early October, a Christmas party and a "Spring Fling" held in April. During the year the group offers coffee and cookies for 50 cents as nourishment after walking.

Pace Setters is open 7:30 am to 10:00am Monday to Friday year round except for Federal Government Statutory Holidays. We have a small membership fee of \$10.00 per year which is used to defray our costs for wool and puzzles etc. The Pace Setters are pleased to welcome anyone who would like to join us for a morning of walking and comradeship.

For further information you may wish to call: 613-521-6740





Ottawa Board of Education
Staff Reunion
2015

Saturday
September 26th
2015

Mix & Mingle 4:30
Dinner 6:15

for more information
www.obereunion.ca

Are you a sheep? More about this as we look at Chinese New Years 2015

by Carole Moulton

Chinese New Years is an annual celebration marking the beginning of the year of the lunisolar calendar. Millions of people around the world honour Chinese New Years, a celebration which always falls in the months of



January and February in our Gregorian calendar. This special time is also known as Lunar New Year or Spring Festival and lasts overall for about 15 days.

New Year's Eve is an extremely important part of the celebration when huge feasts are prepared for as many family members as possible. These are called reunion dinners where eating dumplings among other delicious foods, staying up all night, and setting off fire crackers are all part of the New Years Eve tradition. Families gather together to bid farewell quietly to the old year and joyously greet the new, while the custom at midnight is for the oldest family member to say the first New Year's greeting.

There are many traditions and superstitions for Chinese New Years Day itself, with the belief that whatever happens to you on that day will influence the remainder of your year.

Family visiting takes place, and guests are given sweets, fruits, desserts, wines and other small gifts. Older and married people give children and those who are single presents of 'lucky money' in little red rectangular envelopes that are called, among other names, ang pow or ang bao, hong bao, LiXi, laisee- depending on the country.

Money in multiple amounts of 8 is encouraged because the sound of the number 8 in Chinese is similar to that of the word for prosperity. Multiples of 4 are not welcomed at all, since the Chinese word for four is similar in sound to the word for death, and there is the belief that four could definitely bring bad luck.

Good luck however is associated with the colour red, and thus is used everywhere during Chinese New Years. It is said that evil spirits fear fire, loud noises and red.

New clothes are worn, especially new shoes, since tradition holds that bad luck will come to anyone who steps on the ground in old shoes on New Year's Day.

Houses are swept and cleaned before the holiday, and then brooms are put away out of sight. Washing is also considered unlucky, since good fortune might be swept or washed away. Any sweeping must be done inwards in order to keep in good fortune.

Debts are all paid, for it is believed that it is extremely bad luck to begin the New Year if you owe money or have kept something that you have borrowed. Likewise, old quarrels are to be settled, so that everyone can begin the year anew.

Community celebrations in Chinatowns around the world may include both the Lion and Dragon Dances. A Lion Dance is performed to bring good luck and prosperity to the whole community. The lion goes from street to street and door to door, accompanied by gongs, cymbals and firecrackers. People hang up gifts for the lion in their doorways - red packets with money inside or green vegetables like cabbages, and if the lion feeds at your door, good luck will come to your home or business for the next year. Nowadays, there may be a Lion Dance at other times of the year as well, such as at the opening of a new business. Just two people inside each costume perform the Lion Dance, and moving to the sound of a drum, cymbals, and a gong.

A larger group performs the Dragon Dance, and the dragon can vary in length from just a few metres up to 100. The performers hold poles and raise and lower them, with much work going into orchestrating both dances. Similar to the purpose of the Lion Dance, the Dragon Dancers hope to bring good luck to all and ward off evil spirits.

The Chinese year 4713 begins on February 19th, 2015, and this is the Year of the Sheep or Year of the Goat: both equally correct. Each Chinese New Year is represented by one of the twelve creatures of the Chinese Zodiac and legends abound as to how or why these particular twelve animals were chosen- with most of these stories connected to the choice of Buddha himself. All twelve animals, including the rat, ox, tiger, rabbit, dragon, snake, horse, goat/sheep, monkey, and rooster are reputed to have certain attributes of their own, and thus people born in their year are said to have some of these similar characteristics.

If you were born in 1919, 1931, 1943, 1955, 1967, 1979, 1991, 2003 or 2015, then this is your special year. Certain traits are considered to be shared with other Sheep or Goats, such as those of gentleness, calmness, creativeness and perseverance, while those born in the Year of the Sheep or Year of the Goat can make suitable career choices, among others, in becoming pediatricians, teachers, interior decorators, musicians and editors.

Traditionally SUN NIN or Chinese New Years finishes 14 days after New Years with the Feast of the Full

Moon, or as it is popularly called, the Feast of the Lanterns. In China homes are decorated with paper lanterns for two or three days before the Feast, which marks the last day of the Lunar New Year Celebration.

Here in Ottawa there will be many celebrations for Chinese New Years around the city. Open to all is a Lion Dance that will be held in Chinatown, on Somerset Street between Preston and Bay Streets from 1- 2:30 p.m, on Saturday, February 8th during Winterlude- rather than on the actual date, and this free event will no doubt be an exciting one to watch.

Over the years, many traditions have changed or evolved. While formerly families would only enjoy their New Year's celebration at home, increasingly many now go to local restaurants.

Here in our neighbourhood, families and friends have the choice to gather together at 168 Sushi, 1760 St. Laurent Blvd., for their Chinese New Year celebrations where there are over 180 food choices from which to choose. It is estimated that one in five- six people around the world celebrate some form of Chinese New Years. Wouldn't this be a great way to celebrate the arrival of the Year of the Sheep?



Save the date. The Wholesale Outlet Spring Fashion Show 2015 will be held on Saturday, April 11th at 10:00. This biannual show is held to help raise funds for cancer research, with a percentage of all sales the day of the fashion show going for this worthy cause. There are great prizes that have been donated for the winners of a number of draws. The W.O. models are either undergoing cancer treatment or are cancer survivors, and the commentary during the show is both unique and fun. So come see what spring has in store for you, and with a word to the wise - come early for a good parking spot.

Photo credit: Carole Moulton

FDJ

FRENCH DRESSING JEANS

Spring 2015 Fashion Show & Breast Cancer Awareness

Saturday, April 11th - 10 am

Free Admission
Fashions will be modeled
by customers who are
also cancer survivors



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created
by women,
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SPRING FASHIONS

THE WHOLESALE OUTLET

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MON – SAT 10 – 5



Photo credit: Geoff Radnor



Photo credit: Anna Nitoslawaska



Photo credit: Bill Fairbairn



Patrick Meagher and children Gabriela, Nicholas and Isabela in front of the log fire.

Photo credit: Bill Fairbairn



Saying hot chocolate (from left) MP David McGuinty, Coun. Jean Cloutier, Louis Comerton and Janina Nickus

Photo credit: Bill Fairbairn



Photo credit: Arze Chabine



Zara plays Mrs. Claus at the Vincent Massey Christmas show

Photo credit: Geoff Radnor



Photo credit: Anna Nitoslawaska



Two year old Daphnee Ewen goes it alone

Photo credit: Anna Nitoslaska



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Photo credit: Anna Nitoslawska

NCC Pavilion
Photo credit: Geoff Rathor



Photo credit: Anna Nitoslawska



Isn't easy out there on the ice with temperature something like -15 C
Photo credit: Bill Fairbairn



Photo credit: Arze Chabine

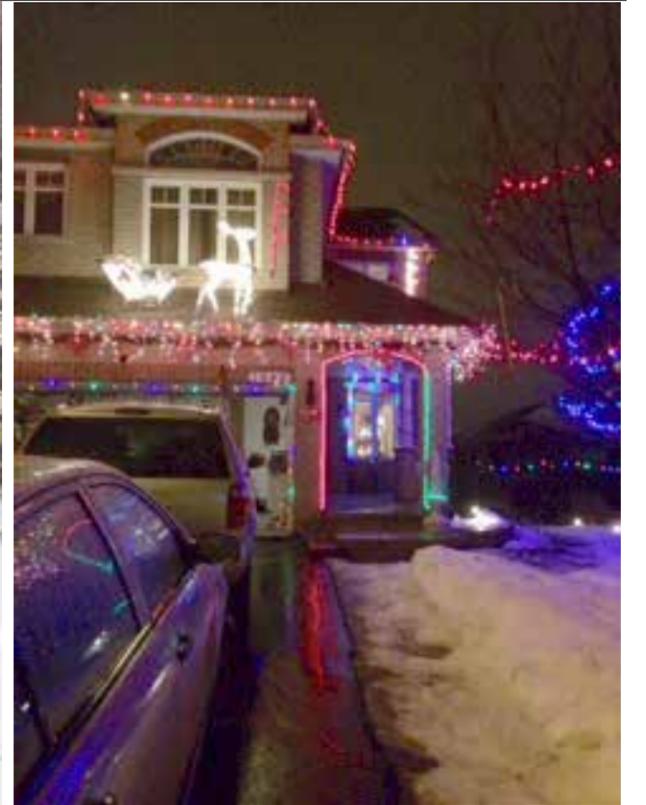


Photo credit: Arze Chabine

Play Local

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Developmental Soccer Program (DSP)
for boy and girls ages 4-11, at various sites

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- High Level of Instruction with Qualified Coaches
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- Small-sided Games
- Maximum Participation

Summer Registration Now Open

For more information on our programs and registration visit

www.ottawasoccerdsp.com

or email dsp@ottawasoccer.com

Chance to challenge Old Man Winter

by J. Carol Richenballer

Residents of Riverview Park are joining together to beat the winter blues! And to work off any holiday over-indulgences.

Everyone is invited to join together for Wednesday evening community outings in the Alta Vista corridor (Hydro Corridor

greenspace) behind the hospitals for a group ski, snowshoe or even just a good old walk.

Ladies, gentlemen, kids and pooches are all welcome. Weather permitting the plan is to begin at the inlet at Cluny and Knox at 7.30 p.m. and follow along from there to Alta Vista and then up to the Pearley Rideau and back

using trails near the fencing by the woods.

Total time is about 45 minutes at a fast walk or slow ski. Or, however long you want to make it.

Look forward to a fitness break by challenging what Old Man Winter is throwing at us this season.



Brent McElheran
sales representative



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www.ottawarealestatehouses.com



John Fraser, MPP for Ottawa South, with artist Tamar (Willie) Fortier at the Perley and Rideau Veterans' Health Centre, showcasing her painting entitled Winter in the Woodlands, that Mr. Fraser used for his 2014 Christmas cards.
Photo Credit: Bill Fairbairn

There is nothing boring about our Military History. Here are three stories that should suggest otherwise.

by Bruce Ricketts

Project Habbakuk

Who would think of building an aircraft carrier in the mountains of Alberta?

Project Habbakuk was a classified World War 2 concept which could have revolutionized the allied war effort by creating a fleet of unsinkable aircraft land strips out of ice. The carriers were to be at least 600 m long, 90 m wide and up to 45 m deep.

of the land-based aircraft, was the area known as Mid-Atlantic Gap or U-boat Alley. This stretch of open ocean was the “playground” for the German navy, the U-boats in particular. Churchill believed that if aircraft could patrol over U-boat alley, more shipping would get through. The idea was to build landing strips on the ocean to land and refuel the planes. The idea was brilliant. If the strips were bombed or torpedoed they could be quickly repaired with water frozen in place.

Canada was viewed as the per-

fect location for the large-scale tests as winter conditions were necessary to test the concept and method of construction which used ice as the principal material.

The Ross Rifle



During the South African War of 1899-1902, the Canadian government had experienced serious problems in obtaining weapons from Britain, on whom it relied for its supplies. In particular the .303 Lee-Enfield rifle was unavail-

able, and the prototype sunk to the bottom where it still rests. If you are a diver and don't mind 100 feet of cold water, there is lots left to see in the lake.

tee recommended its adoption and manufacture in Canada. What “small problems” there were, Sir Charles Ross assured them, could be eliminated with the appropriate modifications. Sam Hughes steadfastly defended the Ross rifle in the House of Commons. Events during the First World War were to show that he was tragically wrong. In trench conditions, surrounded by mud and filth, and when it was essential to have a reliable weapon, the Ross rifle was definitely out of place. It had a long barrel and was difficult to use in the trench's confined spaces, and it frequently jammed. It was indeed a fine weapon – on a firing range under controlled conditions. But the First Division's stand at Ypres in the face of a gas attack, Canadian soldiers threw away their Ross rifles in despair and frustration, and picked up Lee-Enfields from dead British soldiers on the battlefield.

In spite of this, the Second Division went to France with Ross rifles and the results were much the same, with soldiers throwing away jammed weapons. By July 1916 Sir Douglas Haig, the new Commander-in-Chief, had ordered the replacement of all Ross rifles by the Lee-Enfield, then becoming widely available. To the end, Hughes refused to accept that there were problems with the Ross, and it took the intervention of many influential people to persuade him otherwise. In November 1916, Hughes resigned, after the new Prime Minister's (Sir Robert Borden, who incidentally was the cousin of Sir Frederick Borden) decision to appoint a Minister of Overseas Forces. Hughes died in 1921 at the age of 69. But Hughes' legacy was not only the Ross Rifle. Check out the MacAdam Shield Shovel!

The McAdam Shovel



My father once told me that the features of a good shovel



Habbakuk



The idea came from a British scientist by the name of Geoffrey Pyke. Pyke worked as a scientific advisor to Lord Mountbatten, the British Lord of the Admiralty. Mountbatten burst into Winston Churchill's bath room one day and announced the existence of Pykrete, ice with 14% sawdust mixed into a slurry, by tossing a piece into Churchill's bath water. Ipso facto, the idea of the cool aircraft carrier was born.

During the war the lifeblood for England were the convoys, which sailed across the North Atlantic from Canada. While close to shore the convoys could be protected by aircraft. In the middle of the Atlantic, beyond the range



able, and efforts to persuade Birmingham Small Arms Company to set up a branch factory in Canada to manufacture the rifle were unsuccessful.

In 1943 preparations began, in Jasper, Alberta, for the building of a 1,000-ton carrier on Patricia Lake. The 1:50 scale model was constructed to gather information on how they could be insulated and cooled to prevent melting. Patricia Lake was chosen because it offered a good probability of cold weather and the remote location ensured project secrecy.

The engineers managed to keep the model frozen during the entire summer of 1943.

Unfortunately, the astronomical cost of actually deploying a full-size carrier became apparent, and the venture was dropped. The refrigeration equipment was turned

able, and efforts to persuade Birmingham Small Arms Company to set up a branch factory in Canada to manufacture the rifle were unsuccessful.

Sir Wilfred Laurier, then the Prime Minister, was persuaded by his Militia Minister, Sir Frederick Borden, that Canada would have to make its own rifle. A new rifle, developed by Sir Charles Ross, had recently appeared on the market. It was a fine target and sporting weapon. Ross came to Ottawa and met with a committee set up to evaluate his rifle. One of the committee members was Sam Hughes, who immediately liked the weapon. It was put through a series of tests, including comparison tests with the Lee-Enfield. In spite of the fact that the Ross jammed and often misfired, the commit-

Alta Vista Library

WINTER

Book Clubs

Book Banter

Share the enjoyment of good books in a relaxed atmosphere. Join us for a discussion. 2:00 - 3:00 p.m.

Thursday, February 5 - **February**

by Lisa Moore

Thursday, March 5 - **Annabel** by Kathleen Winter

Thursday, April 2 - **The Monkey**

Puzzle Tree by Sonia Tilson

Thursday, May 7 - **The Golden Spruce** by John Vaillant

Infusions littéraires

Partagez avec nous le plaisir des livres dans une ambiance détendue. Joignez-vous à nous pour une discussion. De 14h00 à 15h00.

le lundi 23 février - **Un jour ils entendront mes silences** de Josée Martin

le lundi 16 mars - **Voir du pays** de Delphine Coulin

le lundi 20 avril - **Le château de ma mère** de Marcel Pagnol

le lundi 25 mai - **La femme au masque de chair** de Donna Leon ou **Illusion de lumière** de Louise Penny

Sleuth Hounds Mystery Book Club

Share the enjoyment of good mysteries in a relaxed atmosphere. Join us for a discussion. 6:30 - 8:00 p.m.

Thursday, February 19 - Miss Marple mysteries vs Hercule Poirot mysteries by Agatha Christie

Thursday, March 19 - Sister Fidelma mysteries by Peter Tremayne

Thursday, April 16 - Maigret mysteries by Georges Simenon

Thursday, May 21 - Thomas Pitt mysteries by Anne Perry

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February 23 - March 30; April 13 - May 11, May 25, 6:00 - 7:30 p.m.

Les lundis 5 janvier - 9 février; 23 février - 30 mars; 13 avril - 11 mai, 25 mai de 18h00 à 19h30

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, January 6 - May 26, 12:00 - 1:45 p.m.

Les mardis 6 janvier - 26 mai de 12h00 à 13h45

Groupe de conversation en français / 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, January 6 - May 26, 6:30 - 8:00 p.m.

Les mardis 6 janvier - 26 mai de 18h30 à 20h00

Other Programs

Effective Tax Strategies

This timely workshop is addressed to all who want to better understand the Canadian tax system and the amount of tax that they need to pay. You will learn: effective strategies to minimize the amount of tax to pay; how to be proactive in tax planning and detailed record keeping; the difference between tax deductions and tax credits; how to increase deductions and how to use credits; what the main categories for tax planning are. Offered in partnership with Chartered Professional Accountants of Canada. Registration required. Wednesday, January 28, 6:30 - 8:00 p.m.

Tea Experience: Taiwan Oolong Tea

Come experience a Chinese tea ceremony and learn about tea culture and the preparation of oolong tea. Participants will be given an introduction to oolong teas from Taiwan as well as vessels and brewing techniques.

Wednesday, May 27, 6:30 - 8:00 p.m.

Hobbies

Knit & Knatter: Learn to Knit

Have you always wanted to learn to knit or improve your needlework skills? Come to Alta Vista, bring your knitting needles and yarn. Beginners can knit that first scarf for winter, experienced knitters can share advice, ideas and conversation while sipping a cup of tea!

Thursday, March 12, 19, 26, 1:00 - 3:00 p.m.

Health

Prenatal Classes - Ottawa Public Health

Prenatal Class offered by Ottawa Public Health (OPH). A public health nurse will lead this mini-series of three small group sessions.

Only one parent must register but both are welcome.

Session 1: Birth Basics-Confidence & Comfort.

Session 2: Breastfeeding Basics-Tips & Techniques.

Session 3: Baby Basics-Preparing for Parenthood.

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.

Thursdays, January 8, 22, 29; 6:00 - 8:00 p.m.

Saturdays, January 10, 17, 24; 10:15 a.m. - 12:15 p.m.

Thursdays, February 5, 12, 26; 6:00 - 8:00 p.m.

Saturdays, February 7, 14, 21; 10:15 a.m. - 12:15 p.m.

Thursdays, March 5, 12, 26; 6:00 - 8:00 p.m.

Saturdays, March 7, 14, 28; 10:15 a.m. - 12:15 p.m.

Thursdays, April 2, 9, 23; 6:00 - 8:00 p.m.

Saturdays, April 11, 18, 25; 10:15 a.m. - 12:15 p.m.

Thursdays, May 7, 14, 28; 6:00 - 8:00 p.m.

Saturdays, May 2, 9, 16; 10:15 a.m. - 12:15 p.m.

Thursdays, June 4, 11, 25; 6:00 - 8:00 p.m.

Saturdays, June 6, 13, 20; 10:15 a.m. - 12:15 p.m.

FEBRUARY

STORYTIMES / CONTES

(Closed Monday, February 16 / Fermée le lundi 16 février.)

Monday Babytime / Bébés à la biblio les lundis

Stories, rhymes and songs for babies and a parent or caregiver.

0-18 months. No registration required. / Contes, rimes et chansons pour les bébés et un parent ou gardien. 0-18 mois. Aucune inscription requise.

Session 1

Mondays, February 2, 9, 10:30 - 11:00 a.m.

Les lundis 2, 9 février de 10h30 à 11h.

Wednesday Babytime / Bébés à la biblio les mercredis

Stories, rhymes and songs for babies and a parent or caregiver.

0-18 months. No registration required. / Contes, rimes et chansons pour les bébés et un parent ou gardien. 0-18 mois. Aucune inscription requise.

Session 1

Wednesdays, February 4, 11, 18, 11:00 - 11:30 a.m.

Les mercredis 4, 11, 18 février de 11h à 11h30.

Family Storytime

Stories, rhymes, and songs for all ages and a parent or caregiver. No registration required.

Session 1

Tuesdays, February 3, 10, 17, 10:30 - 11:00 a.m.

ToddlerTime / Tout-petits à la biblio

Stories, rhymes and songs for babies and a parent or caregiver. 18-36 months. No registration required. / Contes, rimes et chansons pour les tout-petits et un parent ou gardien. Pour les 18-36 mois. Aucune inscription requise.

Session 1

Thursdays, February 5, 12, 19, 10:30 - 11:00 a.m.

Les jeudis, 5, 12, 19 février de 10h30 à 11h.

SPECIAL PROGRAM / PROGRAMME SPECIAL

PD Day: Valentine's Day crafts / Bricolages de la Saint-Valentin (Congé pédagogique)

Join us for some Valentine's Day crafts! Set your heart aglow - make a lantern to light up someone's life. Make it for a friend, or keep it for yourself. Ages 6-12. Registration. / Venez faire des bricolages de la Saint-Valentin à la bibliothèque! Créez une belle lanterne pour un ami ou pour vous-mêmes. Pour les 6 à 12 ans. Inscription.

Friday, February 13, 2:00-3:00.

Le vendredi 13 février, 14h-15h.

N.S. Registration for programs starts on January 7. / L'inscription des programmes commence le 7 janvier. / Registration for all

Alta Vista Library cont'd

Military History

Continued from page 45

programs requires a valid OPL library card for each registrant. / Toutes les personnes qui souhaitent s'inscrire à des programmes doivent être titulaires d'une carte valide de la BPO.

The Alta Vista Library is located at 2516 Alta Vista Dr. For more information, please call 613-580-2424, ext.30426. / La bibliothèque Alta Vista est située au 2516, promenade Alta Vista. Pour de plus amples renseignements, veuillez composer le 613-580-2424, poste 30426.

MARCH

MARCH BREAK PROGRAMS / PROGRAMMES DU CONGE DE MARS

Over the Moon / Au clair de la lune

Family Storytime / Contes en famille

Stories, rhymes, and songs for children of all ages, and a parent or caregiver. Family program. Contes, comptines et chansons pour les enfants de tous âges et un parent ou gardien. Programme familial.

Monday, March 16, 10:30-11:30.
Le lundi 16 mars, 10h30-11h30.

It's Astronomical / C'est astronomique!

Stargazing on an interplanetary journey. Stories, activities and crafts. Ages 7-12. Registration. Vogue l'espace et observe les étoiles. Contes, activités et bricolage. Pour les 7-12 ans. Inscription. Monday, March 16, 2:00-3:00.
Le lundi 16 mars, 14h-15h.

Living In Space

(External Program : Canada Science & Technology Museum)

A series of hands-on, fun and engaging experiments and activities relating to living in space are delivered by one of the Museum's guides. Ages 7-12. Registration. Tuesday, March 17, 10:30-11:15.

Intergalactic Voyage / Voyage intergalactique

Navigate the universe in stories, activities and crafts. Ages 7-12. Registration. Navigue l'univers! Contes, activités et bricolage. Pour les 7-12 ans. Inscription.

Tuesday, March 17, 2:00-3:00.
Le mardi 17 mars, 14h-15h.

Buck Rogers: Become a Space Ranger

(External Program: Cumberland Heritage Village Museum)

Become a Space Ranger and join Buck Rogers on his interplanetary journey. First introduced in 1928, Buck led the way exploring space on his rocket. Participants will be read comic strip tales of Buck's adventures and make plans for their own space travels, designing their own rocket. Each child will receive an honorary Interstellar Exploration membership card. Ages 6-12. Registration.

Wednesday, March 18, 10:30-11:30.

Monsters vs Martians / Les monstres contre les martiens

The ultimate face-off. Stories, activities and crafts. Ages 7-12. Registration.

Le match du siècle. Contes, activités et bricolage. Pour les 7-12 ans. Inscription.

Wednesday, March 18, 2:00-3:00.

Le mercredi 18 mars, 14h-15h.

Written in the Stars / C'est écrit dans le ciel

Constellation legends and more. Stories, activities and crafts. Ages 10-12. Registration.

Diverses légendes tirées des constellations. Contes, activités et bricolage. Pour les 10-12 ans. Inscription.

Thursday, March 19, 10:30-11:30.

Le jeudi 19 mars, 10h30-11h30.

Catch a Falling Star / Une pluie d'étoiles filantes

Discover the stars with stories, activities and crafts. Ages 4-6. Registration.

Découvre les constellations. Contes, activités et bricolage. Pour les 4-6 ans. Inscription.

Thursday, March 19, 2:00-3:00

Le jeudi 19 mars, 14h-15h.

Game On! / 1,2,3... Au jeu!

Play card games, board games or Wii games at the Library. Ages 6-12. Registration.

Viens jouer aux cartes, à des jeux de société ou à la Wii à la Bibliothèque. Pour les 6-12 ans. Inscription.

Friday, March 20, 2:00-3:00.

Le vendredi 20 mars, 14h-15h.

STORYTIMES / CONTES

Monday Babytime / Bébés à la biblio les lundis

Stories, rhymes and songs for babies and a parent or caregiver. 0-18 months. No registration required. / Contes, rimes et chan-

sons pour les bébés et un parent ou gardien. 0-18 mois. Aucune inscription requise.

Session 2

Mondays, March 30, April 13, 20, 10:30 - 11:00 a.m.

Les lundis 30 mars, 13, 20 avril de 10h30 à 11h.

Wednesday Babytime / Bébés à la biblio les mercredis

Stories, rhymes and songs for babies and a parent or caregiver.

0-18 months. No registration required. / Contes, rimes et chansons pour les bébés et un parent ou gardien. 0-18 mois. Aucune inscription requise..

Session 2

Wednesdays, April 1, 8, 15, 22, 11:00 - 11:30 a.m.

Les mercredis 1^{er}, 8, 15, 22 avril de 11h à 11h30.

Family Storytime

Stories, rhymes, and songs for all ages and a parent or caregiver. No registration required.

Session 2

Tuesdays, March 31, April 7, 14, 21, 10:30 - 11:00 a.m.

Toddler time / Tout-petits à la biblio

Stories, rhymes and songs for babies and a parent or caregiver.

18-36 months. No registration required. / Contes, rimes et chansons pour les tout-petits et un parent ou gardien. Pour les 18-36 mois. Aucune inscription requise.

Session 2

Thursdays, April 2, 9, 16, 23, 10:30 - 11:00 a.m.

Les jeudis, 2, 9, 16, 23 avril de 10h30 à 11h.

N.S. Registration for programs starts on January 7 and on February 11 for the March break programs. / L'inscription des programmes commence le 7 janvier et le 11 février pour les programmes du congé de 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.

The Alta Vista Library is located at 2516 Alta Vista Dr. For more information, please call 613-580-2424, ext.30426. / La bibliothèque Alta Vista est située au 2516, promenade Alta Vista. Pour de plus amples renseignements, veuillez composer le 613-580-2424, poste 30426.

were stiffness and lifting area. If the shovel was not stiff enough it would wobble and bend and if the area was too large it would be too hard to lift. Conversely, if the area was too small, the shovel would require more work. I wonder what he would have said about the McAdam Shield Shovel.

The McAdam Shield Shovel was designed to solve two issues on the battlefields of WWI. Conceived by Ena McAdam, personal secretary to Sam Hughes, the Canadian minister for the Department of Militia and Defence in 1913, the shovel held the combined function to operate as a spade and a shield from which soldiers could securely fire at enemy positions and advantageously not be targeted in return. The shovel was broad and flat – with a hole in it!

But there were two problems with the shovel. As a shield it had to protect the sniper from return fire, so it was quite thick – and heavy. Even with all the thickness it was not able to deflect a bullet from almost any German gun. Secondly, as a shovel it was flat with a hole in it. That made it difficult to use at the best of times\.

In 1914, Hughes ordered 25,000 of the shovels at a cost of \$34,000. After field-testing, most of the theatre commanders refused to issue the shovels to their troops. The project was cancelled and the shovel sold for scrap for \$1,400. However not all the shovels were scrapped. Apparently some Canadian snipers employed the units by sticking multiple shovels together to create a thicker shield. It is not known if any of the McAdam Shield Shovels still exist today.

Who says that Canadian Military History is boring?

Bruce Ricketts is a Historian, Researcher, and author. His Canadian History website, MysteriofCanada.com, is viewed by over 10,000 persons each day.



Happy Valentine's Day

Neighbourhood Watch

by Tim Mark

Making the right call:

911 - Life-threatening Emergency or Crime in Progress

613.230.6211 - Other Emergencies

613.236.1222 x7300 - Call Centre - to report a theft, property

damage, missing person or stolen vehicle.

As you may know, Neighbourhood Watch is a partnership between a local community and the Ottawa Police Service to work for a secure and peaceful neighbourhood. There are three Watches in the Riverview Park area- Abbey Rd., Riverview Park East and Riverview Park West. If you would like to join a local Watch or would like to see a Watch set up on your own Street, call a Coordinator (see the end of this article). Alternatively contact Const. Rebecca Vander-

water, our local Community Police Officer at (613) 236-1222 x 5812 and leave a message. For crime statistics for the area and for the city - consult the Crime Mapping tool <http://www.ottawapolice.ca/en/crime/crime-mapping-tool.asp> This site details the types and incidence of crimes reported over a specific period.

To keep your vehicle protected here is some timely winter advice from Ottawa Police Services:

- Remove valuables and shopping bags from view.
- Remove loose change and electronic devices from view
- Never leave your vehicle running and unattended.

If you see anyone loitering, or checking out buildings for no apparent service - call the police. A description of the person is help-

ful; so is a description of a possible vehicle involved. Licence plate numbers are of course especially valuable. Watch out also for "scripts" - people offering to do odd jobs, checking the hot water tank, knocking on doors, looking for a friend, etc. Women are being used more and more as a way to allay homeowners' suspicions.

Tip for the month: the Ottawa Police online reporting tool allows reports to be taken for theft or lost property under \$5000, traffic complaints, mischief or damage to property under \$5000, theft from vehicles under \$5000, and lost licence plates. Each report is reviewed by Ottawa Police Analysts who will decide the appropriate action and respond to questions within 24 hours. It is a secure and convenient way of reporting minor offences and con-

cerns. It helps Neighbourhood Watch because the more calls the police receive about local issues, the better the data become. Crime analysts help determine trends and patterns and help determine the police response, such as increased neighbourhood patrols or surveillance.

Do take a look at Crime Prevention Ottawa's website. There is lots of useful information - from abandoned cars, to graffiti, to problems in parks and public spaces

Contact information for Riverview Park Neighbourhood Watches: Abbey Rd. - Rhéaume Laplante (613) 521-1664. Riverview Park West - Frank Hare (613) 731-5396, Riverview Park East - Tim Mark (613) 733-1744. Const. Rebecca Vanderwater, Ottawa South Community Police Centre (613) 236-1222 x5812 (messages)

Meet your new community Chiropractor

My name is Dr Charles Le Blanc. I am a Chiropractor who graduated in 1995 from CMCC (Canadian Memorial Chiropractic College) in Toronto. I am from New Brunswick but decided to practise in the Ottawa region because I've always thought that this city was amazing. Now I've been blessed with this wonderful opportunity to open a clinic in your area at 1569 Alta Vista Dr.

As a Chiropractor, I often get asked the question about the reason for choosing this profession. When I graduated, my generic response was to help people. As the years went by, it

became more than that. Today, that reason has become much more than just helping people. It has become a passion.

Before elaborating on this passion, let's go through a few case studies that will shed some light on this emotion. A few years ago, Maria, a 47-year-old computer programmer, came to see me depressed. She had chronic back pain and was walking with the assistance of a cane. She was depressed because after 2 unsuccessful back operations, her doctor had mentioned that if her condition kept getting worse, she would need a walker and possibly a wheelchair. She was crying at

our first meeting. She was tearful because she wouldn't be able to take her first, 10 months old, grandson for a walk. In the beginning of her care and to her surprise, she soon realized that she became less dependant on her cane. And as she progressed with her care, she was able to walk without her cane. At this time, she was walking with complete freedom, no more pain and anti-depressant medications, but most importantly, she was smiling every time I met her while walking with her grandson. She has a better life.

One day, Roberta brought her 8-year-old son Bobby to the clinic. Bobby's reason for coming to the clinic was different than your typical back pain and headaches. It was for bedwetting. At a frequency of 4-5 times per week, this condition bothered him enormously. His friends would ask him often for sleepovers, and, with sadness, he and his mother

would always find excuses. With chiropractic care, his bedwetting frequency started to dwindle. One day, Bobby wanted to ask me a me if he could go to a sleepover because he hadn't wet his bed for 3 weeks. As I nodded in approval for his first sleepover, his joy and smile glowed brighter than the sun. Now Bobby has a better life.

Today, if you were to ask me about my reason for choosing my profession, it would be more than just helping people. My passion would be to transform people lives through Chiropractic care. Regardless of your condition, pain and suffering, my passion is to give you hope, more energy, more strength and more healing by working with you to obtain a changed and better life.

Dr. Charles LeBlanc is now located at the Alta Vista Shopping Centre, 1569 Alta Vista Drive. He can be reached at 613-520-0123.

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.



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- Computer slowdowns
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- 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

Riverview Park Skiing/Snowshoeing/Walking on Wednesday Evenings at the AVC (Hydro Corridor greenspace)

Residents of Riverview Park are joining together to beat the winter blues! And to work off, en masse, any holiday overindulgences. They are inviting everyone to join them for their Wednesday evening community outings in the Alta Vista Corridor (AVC) (Hydro Corridor greenspace) behind the hospitals for a group ski, snowshoe or even just walk outing. Ladies. Gentlemen. Kids. Pooches. All are welcome!

Weather permitting, plan is to begin at the inlet at Cluny and Knox at 7:30 pm and follow along from there to Alta Vista and then up to the Pearly Rideau and back using paths/trails nearer the fencing by the woods. You can join in anywhere along the way which is convenient. Total time is about 45 minutes at a fast walk or slow ski, or however long youd like to make it.

A good healthy outing to break up the week and challenge the cold that old man winter is throwing at us this year.

Elmvale Acres Library

FEBRUARY

Children

Contes en famille

Contes, comptines et chansons pour les enfants de tous âges et un parent ou gardien.

Monday, February 2, 2015 - 10:15am
Monday, February 9, 2015 - 10:15am

Family Storytime

Stories, rhymes and songs for children of all ages and a parent or caregiver.

Wednesday, February 4, 2015 - 10:15am
Wednesday, February 11, 2015 - 10:15am
Wednesday, February 18, 2015 - 10:15am

Babytime/ Bébés à la biblio

Stories, rhymes and songs for babies and a parent or caregiver. 0-18 months. / Contes, comptines et chansons pour les bébés et un parent ou gardien. 0-18 mois.

Thursday, February 5, 2015 - 1:30pm
Thursday, February 12, 2015 - 1:30pm
Thursday, February 19, 2015 - 1:30pm

Homework Club/ Club de devoirs

Homework help for elementary and middle school students. English only. / Recevez du tutorat et de l'aide avec les travaux scolaires. Pour les étudiants de la 1ère à la 8ième année. En anglais.

Saturday, February 7, 2015 - 10:30am
Saturday, February 14, 2015 - 10:30am
Saturday, February 21, 2015 - 10:30am
Saturday, February 28, 2015 - 10:30am

Reading Circle with Reading Safari / Cercle de lecture avec Reading Safari

Become a better reader with support from Reading Safari volunteers. Ages 5-12. English only. / Devenez un meilleur lecteur avec le soutien des bénévoles du Reading Safari. Pour les 5 à 12 ans. En anglais.

Saturday, February 7, 2015 - 3:00pm
Saturday, February 21, 2015 - 3:00pm
Saturday, February 28, 2015 - 3:00pm

Tweens & Teens

Valentine's Day Party/ Fête de la Saint-Valentin

Sample our Valentine's snacks and make a valentine! Take your chances on a blind date with a book... Win prizes! Tweens & teens ages 10+ / Goûtez nos gâteries de la Saint-Valentin et fabriquez un Valentin! Risquez un rendez-vous avec un livre-surprise... Gagnez des prix! Jeunes et ados 10 ans et plus.

Saturday, February 14, 2015 - 1:30pm

Adults

Groupe de conversation en français / French Conversation Group

Améliorez votre français parlé et rencontrez des gens dans un milieu décontracté. / Practice your French language conversation skills and meet new friends in a relaxed and friendly environment.

Tuesday, February 3, 2015 - 6:30pm
Tuesday, February 10, 2015 - 6:30pm
Tuesday, February 17, 2015 - 6:30pm
Tuesday, February 24, 2015 - 6:30pm

Book Club - Monday Nights Are Murder

Share the enjoyment of good mysteries in a relaxed atmosphere. Join us for discussion! February 2 - Christine Falls by Benjamin Black. New members welcome!

Monday, February 2, 2015 - 6:30pm

10 Strategies to Pay Less Tax in Retirement

Learn how to reduce taxes and enjoy more of your own money. Offered in partnership with Wade Brown, RBC Dominion Securities.

Thursday, February 5, 2015 - 6:30pm

How the Internet Works... and Doesn't

Did you ever wonder how your computer communicates with servers on the Internet? Chris Taylor, President of the Ottawa PC Users' Group will explain in simple terms how computers find each other and connect so they can exchange information. As well, Chris will give some hints on how to trouble-shoot things when they don't work as they are supposed to.

Wednesday, February 25, 2015 - 6:30pm

MARCH

Children

Contes en famille

Contes, comptines et chansons pour les enfants de tous âges et un parent ou gardien.

Monday, March 30, 2015 - 10:15am

Homework Club/ Club de devoirs

Homework help for elementary and middle school students. English only. / Recevez du tutorat et de l'aide avec les travaux scolaires. Pour les étudiants de la 1ère à la 8ième année. En anglais.

Saturday, March 7, 2015 - 10:30am
Saturday, March 14, 2015 - 10:30am
Saturday, March 21, 2015 - 10:30am
Saturday, March 28, 2015 - 10:30am

Reading Circle with Reading Safari / Cercle de lecture avec Reading Safari

Become a better reader with support from Reading Safari volunteers. Ages 5-12. English only. / Devenez un meilleur lecteur avec le soutien des bénévoles du Reading Safari. Pour les 5 à 12 ans. En anglais.

Saturday, March 7, 2015 - 3:00pm
Saturday, March 14, 2015 - 3:00pm

Children - March Break

Blast Off! / 5, 4, 3, 2, 1!

If you want to take a trip, hop aboard my rocket ship. Stories, activities and crafts. Ages 4-6. / Si tu veux voyager, embarque dans ma fusée. Contes, activités et bricolage. Pour les 4 - 6 ans.

Monday, March 16, 2015 - 10:30am

Lego® Block Party / Ça dé "bloc"

Create and build with Lego®! Ages 6-12. / Architectes en herbe, à vos Lego®! Pour les 6 - 12 ans.

Tuesday, March 17, 2015 - 2:00pm

Catch a Falling Star / Une pluie d'étoiles filantes

Discover the stars with stories, activities and crafts. Ages 4-6. / Découvre les constellations. Contes, activités et bricolage. Pour les 4 - 6 ans.

Wednesday, March 18, 2015 - 10:30am

Written in the stars / C'est écrit dans le ciel

Constellation legends and more...

Stories, activities and crafts. Ages 10-12. / Diverses légendes tirées des constellations. Contes, activités et bricolage. Pour les 10 - 12 ans.

Wednesday, March 18, 2015 - 2:00pm

Wii Game On / Détente Wii

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

Thursday, March 19, 2015 - 2:30pm
Thursday, March 19, 2015 - 6:00pm

Supernova

Stellar explosions, solar flares and other secrets of deep space. Stories, activities and crafts. Ages 10-12. / Éruptions solaires, explosions stellaires et secrets de l'espace. Contes, activités et bricolage. Pour les 10 - 12 ans.

Friday, March 20, 2015 - 2:00pm

Adults

Groupe de conversation en français / French Conversation Group

Améliorez votre français parlé et rencontrez des gens dans un milieu décontracté. / Practice your French language conversation skills and meet new friends in a relaxed and friendly environment.

Tuesday, March 3, 2015 - 6:30pm
Tuesday, March 10, 2015 - 6:30pm
Tuesday, March 17, 2015 - 6:30pm
Tuesday, March 24, 2015 - 6:30pm
Tuesday, March 31, 2015 - 6:30pm

Book Club - Monday Nights Are Murder

Share the enjoyment of good mysteries in a relaxed atmosphere. Join us for discussion! March 2 - The Lighthouse by P. D. James. New members welcome!

Monday, March 2, 2015 - 6:30pm

Classical Morning Concert Series at Oakpark Retirement Community

by Tom Kloppenburg,
Marketing Manager

They say music is good for the soul, and this is a motto to live by at Oakpark Retirement Community. Included as a part of Oakpark's very diverse activities program, musical entertainment is one that everyone can get involved with.

The Classical Morning Concert Series at Oakpark is a monthly presentation of professional classical musicians that our residents and their families and friends can attend. We open this even to the general public as well. Each month a different classical musician or group of musicians is featured. Whether you are looking for a classical pianist, a string quartet or an opera singer you are able to experience a vast selection of classical music at Oakpark.

If classical music isn't your cup of tea, Oakpark invites an eclectic selection of musical entertainment throughout the month as well.

If you are interested in attending the Classical Morning Concert Series you can RSVP to Miriam Dwyer, Activities Director at 613-260-7144.

If you are interested in seeing everything Oakpark has to offer you can contact Tom Kloppenburg,



OAKPARK

Morning Concert Series
2014-2015

January 15, 2015
Joan Milliken, Piano, Tom Brawn, Flute "French Music"

February 12, 2015
Iain Macpherson, Tenor, Margaret Macpherson, Piano

March 12, 2015
"Zephyr Harp Duo": Joanne Griffin and Heather Flinn

April 9, 2015
Joan Fearnley, Soprano, Frederic Lacroix, Piano

May 14, 2015
"Four Hands" Catherine Donkin and Amelie Langlois, Piano Duo

June 11, 2015
Catherine Donkin, Piano Solo

RSVP
613-260-7144
2 Valour Drive, Ottawa, ON

Letter to the editor Continued from page 31

don't like what the CBC is doing you can, a. tell the CBC, or b. tell your MP, or c. tell your family and friends. Not one of these three options will get you anywhere. But write a letter to the editor and see what happens. Whether it is to the Ottawa Citizen, The Globe & Mail or any other newspaper in the world at least you have done something about your concerns.

I wrote a letter in 2008 about the changes to the programming of CBC Radio2. I was as mad as hell reading about Eric Friesen's program being axed, and Jurgen Gothe getting the push to Sundays only and the well respected music critic Rick Phillips no longer giving me advice on the best CDs to buy.

In the following few days and weeks there was a full page article from Ken Blackburn saying "tough on you guys, nobody listens to Radio2 so the CBC wants more audience". He quoted the rule of thumb that for every letter writer there are 10 more that feel the same way. The next week another full page on CBC's cuts to Classical music by Steven Mazey featured Manitoba-born violinist James Ehnes who was "sad and angry about the cuts". Mr. Ehnes is "one of the most gifted and charismatic" violinists, so says the *Gramophone* magazine. So my letter generated not only these two responses but thousands (yes 1,000s) of comments on line. I sent copies to the CEO of CBC and to others with no effect whatsoever. But at least I said my piece. I did not remain silent.

Other topics that have made me "pick up my pen" have been; The bargains at the liquor store in NY state, Saving money when the NHL went on Strike, Ottawa pianist, Angela Hewitt getting the OBE from the Queen and



Escher

due to the regulations of the CRTC not getting her CDs played on the CBC, similar to Donna Brown who also didn't fit into the CRTC's CANCON rules. Two almost identical letters in 2008 and 2012 about the media publishing the medal tables from the Olympic Games. Baron Coubertin, founder of the modern Olympic movement, said, "L'important n'est pas de gagner mais de participer". The Olympic Charter says, "The Olympic Games are competitions between athletes in individual or team events *and not between countries*".

I even got my photo taken twice

to accompany my letters, once by the great Citizen photographer Bruno Schumberger. That was for a letter about the new Lansdowne Park Stadium not being great for soccer games, although it has proven to be great for the losing Ottawa CFL team. I thought that the Ontario's health budget could be helped by the move in the UK to offer Weight Watchers programs to obese patients rather than medical help costing 10 times more. It worked there and saved a lot of money.

I gave up smoking 25 years ago and I wrote a letter that suggested that the no smoking ban for bars and restaurants be extended to their patios. I believe that the law was finally changed on January 1st this year.

My wife and I visited Washington DC a while back and were thrilled at the museums and galleries there and all are free admission. We particularly liked the National Portrait Gallery with its Kogod Courtyard. So why can't Canada have a National Portrait Gallery? Good Question! Over in Gatineau is multimillion dollar concrete box containing thousands of photos, paintings and other works. It is not open to the public. Everything there is stored in a temperature and humidity controlled environment. But we don't have a building to show off even one item. Well that caused a letter to the editor. Our federal government can't find the money to build a gallery or even to convert an existing building. The Kogod Courtyard is an absolute beauty.

I have not yet been to the new Lansdowne Park to see the new shops there. The developers promised a "Unique Urban Village" next to the stadium. An LCBO store, a Winners, a movie Complex, a Rexall drug store, a Goodlife Fitness and Sporting Life are hardly unique, The Whole Foods store is renowned for taking your whole paycheck. That was deemed a topic for a

the champagne and the honeymoon, the whole event could become a nightmare of planning. There were five people at our wedding including the priest. There was no church, but we gave \$20 towards the building fund. The four of us had dinner at a restaurant on St. Catherine Street and we both went back to work the next day. So simple, our honeymoon was a cross continental drive to Vancouver via Reno, Nevada. A letter to the editor gave all the details of how to have a modern wedding without breaking the bank.

My last attempt to get a letter published was not successful. It was about the domination of the beer market in Ontario by the three foreign owned conglomerates who own The Beer Store. I want every supermarket and corner store to be able to sell me beer. They lose their license for selling to minors. But it didn't get in the paper, some other scribes did though. One or two letter writers get into the paper almost every week. They must be better writers than me.

Way back in February 2008 I did write to the editor of the Riverviews (as it was known then). It was in response to a traffic study done by the city acting on a request by our Community Association. It was about the increasing traffic on Alta Vista Drive. It asked the city to focus on limiting left turns, reducing the speed limits, timing the traffic lights to allow less stops, more pedestrian crossings and more speed bumps. In the ensuing 6 years we do have two bumps but they are at intersections, so I don't know what they do if anything. My letter suggested one sure way of reducing the traffic on Alta Vista would be to add a \$5 tax to a litre of gas. With that tax revenue the city could have a fleet of deluxe air conditioned buses with fancy seating (just like my 2015 Lexus, I wish) No more cars needed. Some cities have introduced a charge



CLOSED: The Science and Technology Museum
Photo credit: Carole Moulton

letter to the editor. This "Unique Urban Village" was just another group of big box stores and fast food restaurants. I let everyone know what I thought of the new Lansdowne Park.

An article in the paper about the problems with planning a wedding today compared to earlier days, both financial and social, reminded me of my wedding in Montreal on New Year's Eve 1963. Today a small wedding is lucky to have less than 100 guests. The planning of the pre-wedding parties, the ceremony, the dress, the bridesmaids, the presents, the ring, the reception, the music,

for driving in the city, London, Stockholm and Singapore are just three examples. However, I finished my letter to the editor with the response to a question asked of commuters in London UK. "When would gas prices be so high that you would give up your car?" 63.5% said NEVER! With the current price of gas today hovering around 80 cents it looks like commuters will be still driving to work for some time yet. Forget OC Transpo!

I was in my doctor's office recently (nothing life threatening) and his windows overlook the Museum of Science

& Tech. on the other side of St Laurent Blvd. Behind the lighthouse and the CP locomotive. I saw that the flag was flying over the entrance to the museum. I know that the museum is closed because of structural problems that have been highlighted in the media. I said to my doctor "They still have the flag flying but the museum is closed". He didn't know that the museum was closed. So much for the impact of TV news and The Citizen. Maybe he devotes all his time to his patients' welfare. It was reported that the old bakery warehouse that is the home of our wonderful showcase museum will get an \$80 million grant to fix the problems. "A Letter to The Editor" is needed. I suggested that the \$80 million be a down payment on a new building that the city and our country could be proud of. I gave the example of Bilbao in northern Spain



Geoff Radnor's granddaughter, Elizabeth, at the National Art Gallery's 'Kid's Program'

in the Citizen he noted that, except for blockbuster shows like a Van Gogh exhibition for example, it is very difficult to mount shows with wide appeal. Well, we went to the gallery the week following Christmas, it was packed, they were doing a roaring trade in the book shop where, it is said, all the profit is made. This prompted my most recent letter to the editor. Was the Gallery crowded because of the Escher exhibition? If so let's have more calendar-art themed shows such as one on Thomas Kinkadee. Both Pop Art and popular art have a place in Canadian culture.

So, if you want to say something, do it today. Don't Delay! Write a letter to the editor of this newspaper or the Citizen or the Globe & Mail or The Washington Post. Make sure your facts are correct and you are making sense. No one wants to hear your rants or complaints. We want to hear good suggestions for change.

There are many places to get help with your "Letter To The Editor" the most helpful is Wiki.

If you do get the urge, these are two addresses to use

letters@ottawacitizen.com or letters@globeandmail.com

But every newspaper and most magazines love getting your letters.

Residents play Santa Claus

by Bill Fairbairn

Ita Vista Retirement Community residents appreciate their staff so much that they donated enough money to give each one the payroll \$35 Tim Horton certificates.

Walter Terentiuk, treasurer of the residents association, said at the annual Christmas Party that collecting the \$4,200 was no problem.

President John Jerome agreed before joining Assistant Director of Care Miranda Bean for a commemorative photograph.

With Chantal adding to the atmosphere playing a Celtic harp residents and their many guests enjoyed delicious food and drinks in the dining room and foyer.

General Manager Arta Shaba endorsed the peaceful party atmosphere saying she was enjoying herself too.



Chantal at the Celtic harp.



Hanh (right) toasts Residents Association Treasurer Walter Terentiuk



Residents Association President John Jerome poses with Assistant Director of Care Miranda Bean



Raymond Courville raises a glass to Susmith Canoneo.



Evelyn Russell (right) in front of the Christmas tree with daughter Louise Smith.

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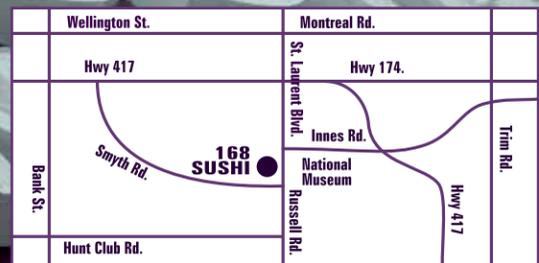
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