



OCTOBER 2015

A Voice of Riverview Park

VOL.7 NO.4

# How many trees for the \$70M Alta Vista hospital road link?

by Bill Fairbairn



Project manager Bruce Kenny elaborates for Jan Ellis on the cycling and pedestrian sidewalks in the project

A voice of youth, perhaps a future recruit to an environmentalist group, broke the solemnity of the audience at a Riverview Park Community Association update on the construction of the two-lane, 1.2 kilometre Alta Vista Transportation corridor from Riverview Drive to the General Hospital ring road.

The estimated cost of the road is now almost \$70 million. It was \$55 million in 2011.

Schoolboy Oliver Ellis asked how many trees were being cut down in its construction.

City project manager Bruce Kenny could reply only that he would find out.

The corridor is being built south

of Riverview Park in an area largely green and dotted with hydro towers. The road has been an issue for area residents for a decade. Some were concerned that it would lead to heavier traffic through their neighbourhoods and perhaps be the first phase of a stretch downtown.

The Riverview Park Community Association (RPCA) in vain for five years opposed its construction. A 2011 statement said it would be one of the most expensive roads for its length in Canada. However, when then Councillor Peter Hume supported its construction to support hospital expansion and alleviate congestion at Alta Vista Drive and Smyth Road the road link was

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Radiant fireworks and a panoramic view of what you can see from windows of the Riviera Classics near Hurdman  
Photo credit: Sabry El Hakim

# A happy bunch enjoys Classics at Hurdman

by Bill Fairbairn  
Photos by Sabry El Hakim

Lining up for a bus at Hurdman, or passing through the station, have you ever wondered what lies behind the façade or outward appearance of those three beautiful highrises at 1480 Riverside Drive?

The name, *Riviera Classics*, for the tallest of the three gives a clue to a world of luxury, celebrated earlier this fall on the 25<sup>th</sup> anniversary of the opening as condominiums, currently enjoyed by a happy bunch of people of many backgrounds and even countries.

When this newspaper reporter was invited to a beer, barbecued hamburger and a tour of the Classics I was apprehensive, but when greeted by tour guide residents Sheila MacDonald and Barry Mair, I soon felt at home away from home. This was certainly

Continued on page 20

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AVTC meeting

Continued from page 1

almost for sure despite an on-road protest and a petition.

Responding at that time former RPCA President Karin Keyes Endemann said the RPCA would prefer the land be used for sports fields, nature trails or perhaps future light rail. She suspected then that Hume believed there could be somewhat close to a thousand housing units on the nearby National Defence Medical Centre land and that developing the area of the city might be playing a part in the project.

Current RPCA President Kris Nanda, in introducing invited city project manager Kenny to the meeting at Riverview Park elementary school to update residents on its construction, made it clear that he still thought there were better ways that Ottawa City could use its money.

“But it’s going ahead,” he abruptly declared to an audience of about 50 people.

Using screen projections, Kenny said the next steps in construction in addition to tree cutting would be to finalize ring road connections, cycling and pedestrian connections, landscaping, replacing the winter

sliding hill that at present is located on hospital property and removing dead ash trees behind Abbey Road to make it a more sustainable area. He said the \$69.5 million estimated cost was a lot of money and he promised that the project would be completed on schedule and budget.

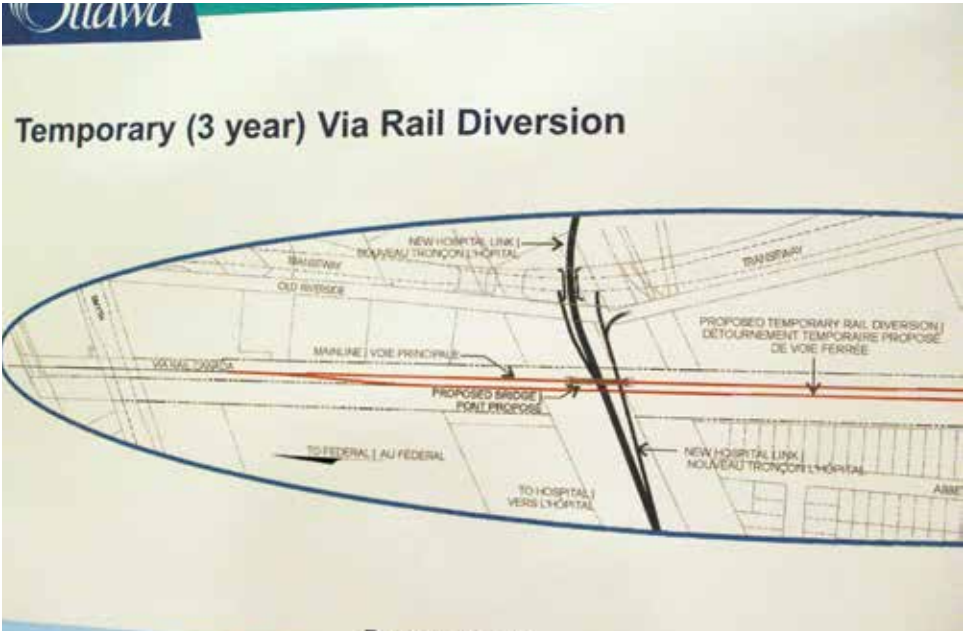
Would it be cost effective? Kenny shrugged his shoulders in reply.

Councillor Jean Cloutier said he knew the cost caused concern but funds were coming out of one-time development fees charged by the City.

Local resident and artist Bruce Stewart startled the meeting by walking out saying people were paying nearly \$70 million for a road nobody wanted and nobody needed. “You are driving the most expensive road for its length in North America over us!” he charged.



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# Riverview Park Community Soccer

by Carol Richenballer

The summer of 2015 can be remembered for another successful seventh offering of Riverview Park Community Soccer due to the great commitment of many community parent volunteers. We had over 125 children (ages 2-12+) regis-

ter again this summer for this soccer skills community evening held every Wednesday evening from June through Labour Day on the grounds of the Riverview Park Alternative School on Knox Ave. We also had many of our local older children and teenagers hone their skills in leadership and coaching

by involving themselves as well. This was a super way to connect with neighbours and friends regularly throughout the summer with some great outdoor activity and to build soccer skills in a friendly and recreational environment. To get involved next year or for more information and to be added

to the mailing list please send an email to [RPCAsoccer@rogers.com](mailto:RPCAsoccer@rogers.com). Also look forward to quicker and more direct access to information and regular updates on our soccer club coming soon via Facebook and Twitter by searching "RPCA Soccer Ottawa".



Two year olds played age-appropriate games to get to know soccer  
Photo credit: Josie Sirna



Two year olds played age-appropriate games to get to know soccer  
Photo credit: Josie Sirna



The Riverview Park summer soccer group's 4 & 5 year olds Dressed up on the last night of soccer  
Photo credit: Josie Sirna



8+ years Soccer group with coach Jim  
Photo credit: Jennifer Larson



The 6, 7 & 8 year old Soccer Group of Riverview Park  
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# A last touch of India from Judith and Ian

by Bill Fairbairn  
Photos by Ian Felton

Judith Fairbairn, formerly of Riverview Park, and her husband Ian Felton sent four farewell-to-India photographs before finally packing to leave India for their new work base in London, England, at the end of October.

Judith, not long back from a work trip to Warsaw for the British Council, has travelled to many destinations testing language requirements mainly for immigrants to Britain. She is currently studying an MA in language testing focusing on examiner marking quality assurance. Her main general interests are gender issues, income inequality and cultural relations.

Judith's father is a director of *The Riverview Park Review* also writing articles and taking photographs.

Ian, born in Libya and whose family live in Manchester, has been in the British diplomatic corps for years. This month he ends three years as British Deputy High Commissioner to India based in Bengaluru, and before that he was ambassador in Guinea, deputy in Cambodia, and also based at the United Nations, Belgium and for a time

British team leader with the Islamic world.

Ian and Judith have both enjoyed marathon and half marathon running in India and South East Asia.

They ran and walked in Cubbon Park in Bengaluru where everyone goes as people play badminton, do yoga and meditate. Cows also take time for a walk there. Ian says that in Europe

dogs and cats are found in parks. "Why not share with cows?" he asks, adding: "What was it Gandhi said about a nation being judged by the way it treats its animals?"



We couldn't find room in our suitcases for this nature reserve elephant



The famous chariot at Hampi in North Karnataka, India



Judith visits the spectacular world heritage site in Hampi, north Karnataka



Cricket is played everywhere and really a big part of Indian life in Cubbon Park. Bangaluru,

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Seniors too old or infirm for solo cycling in a growing number of Canadian towns and cities are getting a kick out of riding in carriages attached to bicycles pedalled by friends or relatives. Rolling slowly and comfortably along they remember the days of their youth when they enjoyed riding their bicycles to school or out into the country.

Only 60 years ago cycling of course was much safer and healthier than it is today.

The fact is that there will always be cyclists on our roads and there will always be car and truck drivers. So drivers and cyclists should be aware at all times to share the road safely.

Drivers should be aware of cyclists ahead or on side. Cyclists should be aware, or made vitally aware through cycle safety courses, that should they wobble or turn without a shoulder check or double check they might get killed.

The new one-metre space rule for drivers passing cyclists, introduced by

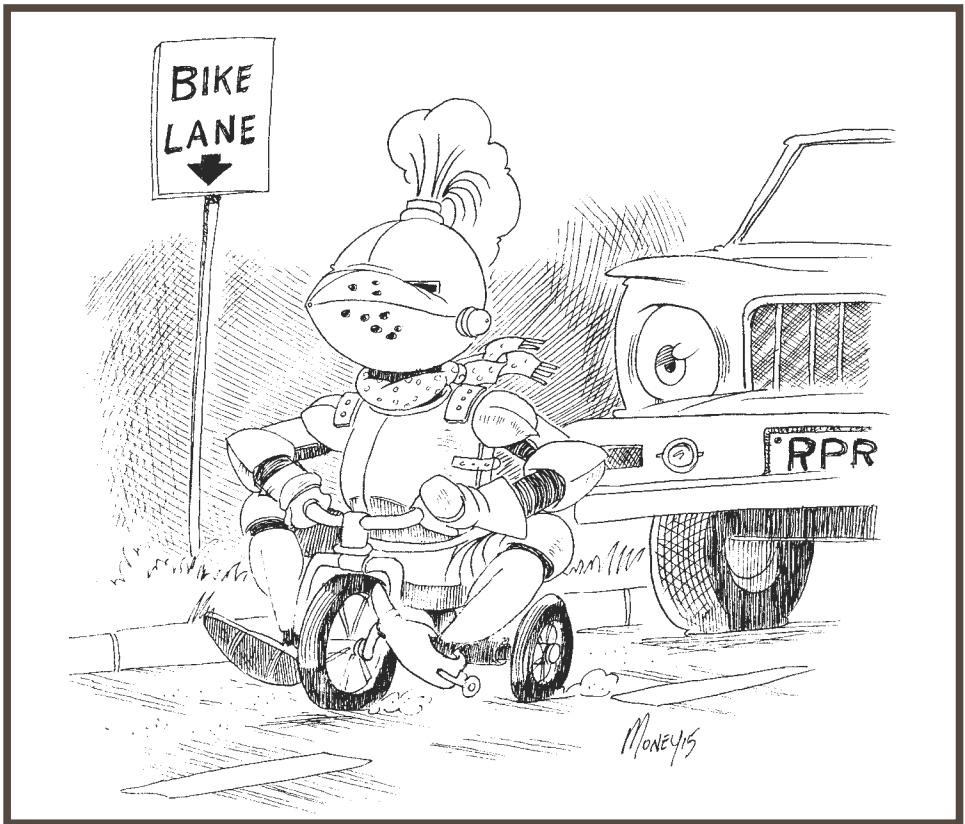
the Ontario provincial government, is not one that police can measure in centimetres. It is a general warning introduced to make cycling as a core mode of transportation safer.

For the same reason drivers parking their vehicles quite obviously should be aware of oncoming cyclists before opening their doors and cyclists should be aware of parked vehicles ahead and wear the requisite reflectors lights and helmets if they are under 18.

Parents should be aware of dangers faced by their cyclist son or daughter commuting fast to get to school in time. They should twice accompany their child as a guide before letting them cycle by themselves.

Police departments themselves have special bicycle teams and they support this advice. Police men and women cycle readily up narrow alleys, along trails and use them handily at demos and marches in this capital city.

Fines for driver and cyclist transgressors on the roads are severely increased by the new provincial law and its rules aimed at encouraging



safe driving and fostering the many health benefits of cycling.

Sidewalk cycling, sometimes deemed necessary for safety, is one

disputed aspect that will never be resolved by specific or general rule.

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

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OTTAWA SOUTH FEDERAL ALL-CANDIDATES FORUM - October 8, 2015

The Canterbury Community Association, Alta Vista Community Association, Riverview Park Community Association, Faircrest Heights Community Association, Hunt Club Community Organisation and the South-east Ottawa Community Health Centre are co-sponsoring an all-candidate meeting / debate, and you are invited to attend.

**When:** Thursday, October 8 from 7-9 pm. Doors will open to the public at 6:30.

**Where:** Hillcrest High School, 1900 Dauphin Road, Ottawa.

**Format:** The speaking order will be randomised. There will be opening and closing remarks for each candidate of no more than 2 minutes. One question from each of the sponsoring organisations will be asked and there will be questions from the floor. Other details are being finalised with the moderator.

**Moderator:** Joanne Chianello from the *Ottawa Citizen* has kindly agreed to moderate this event.



Photo credit: Trevor Denis

Volunteer Opportunity:  
Balena Skating Rink Coordinator

Riverview Park is seeking a volunteer to run Balena skating rink for the 2015-2016 season.

Balena is a fantastic outdoor community facility that sees about 2,000 visitors over a season that can last from late December to early March. The rink is open weekday evenings and weekend days, with one side for hockey and one for skating.

- Volunteer duties include:
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If you're interested in taking part in a lively community rink, working with an established group of dedicated volunteers and meeting many neighbours over hours of fun at the local rink, please contact RPCA President Kris Nanda at [al2kris@yahoo.ca](mailto:al2kris@yahoo.ca) or RPCA Treasurer, Adnan Abidi at [adabidi@gmail.com](mailto:adabidi@gmail.com)

Here's where to check out ten fast facts about *Sushi*

by John Ke

1. The word *Sushi* actually means vinegar rice or rice that has been seasoned with vinegar, sugar and salt. It does not mean raw fish. Dishes made with raw fish are called *Sashimi*.
2. *Sushi* dates back to 7<sup>th</sup> Century China, but was slowly introduced to Japan around the 8<sup>th</sup> century.
3. *Sushi* began when, many years ago, people had to preserve their fresh fish without refrigeration. They did so by wrapping fermented rice around the salted fish, and then discarded the rice before the fish was ever eaten.
4. Later, with a food shortage, the Japanese began to eat the rice along with the fish. The fermentation process was also shortened, thus the slightly sour taste.
5. As people began to experiment, they discovered that by mixing a little vinegar in with the rice they could reduce the fermentation time to 1-2 days. Good *Sushi* rice is sticky to the touch and somewhat chewy to eat.
6. Besides fish, *Sushi* ingredients can also include meats such as pork or ground beef, vegetables, or certain fruits such as banana or mango.
7. Dried seaweed or rice paper called *nori* is used for the wrapping.
8. *Sushi* is not only about the small rolled slices, but it can come wrapped in a cone, in basket-like shapes, as a *Sushi* wrap or a seaweed wrap.
9. Now, in many parts of the world, *Sushi* is thought of as a 'fast food' that is low fat and loaded with nutrients. *Sushi* made with fish is high in protein and a good source of Omega 3 fatty acid, while the seaweed paper is rich in iodine and complex carbohydrates.
10. *Sushi* is traditionally eaten with the fingers, in only one or two bites, however many diners prefer chopsticks.

168 Sushi has introduced iPad ordering for the convenience of its customers. The restaurant is located at 1760 St. Laurent Blvd., between Smyth Road and Industrial Ave. 613-523-1680. Open 7 Days a Week + Holidays. 168SushiBuffet.com. You can also enjoy the 168 Sushi experience by ordering for take-out or delivery.

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## David Chernushenko Councillor Capital Ward

### Ottawa must take responsibility, action on climate protection

by David Chernushenko

Following a summer of drought, forest fires and watering bans in Western Canada, while the East experienced mild, wet weather interspersed with severe heat waves — including record-breaking temperatures in Ottawa — it seems appropriate to explore the increasingly critical challenge of climate change and how that touches on the work of City Council.

The provincial Minister of Environment and Climate Change, Glen Murray, delivered a barnburner of a speech at the annual meeting of the Association of Ontario Municipalities (watch it at [bit.ly/AMO-Murray](http://bit.ly/AMO-Murray)). It was a remarkably cogent and compelling argument for why a city like Ottawa must assume its responsibilities for adapting to an increasingly unpredictable climate, for seriously curtailing the greenhouse gas emissions of its own operations, and for serving as the convening agent for similar action by institutions and individuals citywide.

It can be politically dangerous for an elected official to acknowledge the unpleasant facts of climate change: The impacts are here, they are real, and they will get far worse whatever we do. However, we can somewhat limit the worst effects if we take quick and significant action, with nobody exempted. We are all in it deeply, and

we must all play our role. To do less will not only impose massive costs on our economy, it will unfairly leave our children and future generations with a severely impoverished world destined to become more violent and harder to govern.

That is the stark truth, but many don't want to hear it. So I feel compelled to join Glen Murray and hundreds of other engaged politicians in speaking truth to power, and to the public, whose support is critical to addressing this challenge. As author Naomi Klein argues in *This Changes Everything*, it is only by acknowledging a truth, and by learning to live with its dramatic implications for our lives, that we can find the courage to act as we must.

Once we have absorbed the reality that much about the way we live, work, eat, travel, play and consume must change, we will be in a position to figure out what to change, and how. It is at this point that a depressing and politically unsellable message can evolve into one that is more hopeful and compelling.

Why do we assume a low-carbon economy and society will be worse than how we live now? Does anybody actually enjoy traffic congestion, infrequent transit service, smog, food waste, and high energy costs from inferior building practices? Do we really want to sacrifice more greenspace, prime

farmland and wetlands to widen highways or to further expand the city boundary?

And yet many dismiss the idea of a greener, sustainable, low-carbon future as somehow unattainable, or at least only attainable at the expense of jobs and economic growth. This is a false dichotomy. High-carbon industry, transportation, buildings and food systems not only have no future, they threaten our future, including the economy. It is the low-carbon economy and lifestyle that will trigger innovation, efficiency, productivity and social and ecological benefits.

That's why I support the provincial government's commitment to putting a real cost on greenhouse gas emissions with its proposed cap and trade system. The historical "right" to emit harmful carbon pollution at no cost to the corporations or individuals producing it has resulted in all of us treating the atmosphere like a free landfill. Only by placing a price on carbon emissions will we be motivated to modify our behaviour in a significant way. Revenue raised through a well-designed carbon-pricing system can then be explicitly and transparently allocated to funding initiatives that will reduce emissions.

At the municipal level, there is much the City of Ottawa can and must do to reduce our emissions.



Having some additional funds available for such investments will allow us to do more. The transition to a low-carbon, renewable, energy-powered future is a top priority for me as councillor and as chair of the Environment Committee. That's why I urged my colleagues on Council to support the development of a Renewable Energy Strategy for Ottawa, and I'm pleased to report that work is already underway.

Finally, the federal election offers an important opportunity to question candidates and parties on carbon pricing and action plans.

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## Ottawans trained as Climate Reality Leaders

by James Mihaychuk

About 20 Ottawans attended Climate Reality Leadership Corps training in Toronto over two days in July. They were among over 500 trainees selected from Canada, the U.S. and further abroad. The lead trainer was former U.S. Vice-President Al Gore, founder of the Climate Reality Project. Gore was in Canada for the Climate Summit of the Americas hosted by Premier Kathleen Wynne alongside the Pan-Am Games.

In addition to Wynne, Gore was joined on stage by speakers and panelists from the insurance industry, universities, and environmental groups. At break time, the corridors were filled with reporters and analysts specializing in environmental and clean-tech fields.

The famously wooden Gore ac-

tually cracked numerous jokes as he led the assembled trainees through two extended but very dynamic presentations. As Gore pointed out, people may tune out the reality of climate change, whether due to confusion, fatigue, frustration, or a sense of futility. The training is designed to break through this mental fog to communicate more effectively with the public and with busy decision makers.

It can be a big challenge to influence many people from inaction to constructive engagement. A quick science doodle will explain how man-made greenhouse gases have altered the energy balance of Earth's atmosphere. Yet the last 30 years have shown us that this is not effective in altering our behaviour or public policy.

A more compelling discussion must make use of concrete real-

world examples of events that are familiar to the audience. Fortunately, extreme weather disasters are already well covered by the media. Much of the presentation content was also tailored to a Canadian audience.

Mr. Gore was not all gloom and doom, and also highlighted the availability and affordability of renewable energy. Gore is bullish on investments in clean energy and resilient infrastructure to drive the economy in the years to come.

To keep things manageable with over 500 attendees, each trainee was assigned to a specific table staffed by a Mentor. We Ottawans were seated at two adjacent tables where we could meet and exchange ideas. Organizations represented included EnviroCentre, the Federation of Canadian Municipalities, the Sierra Club Foundation,

as well as wind and solar industry associations. Others trainees were consultants specializing in sustainable development, construction, and international development.

Several of Ottawa's newly minted Climate Reality Leaders met in early September to fine-tune their presentation skills. Individually, the leaders will engage with community groups and policy makers here in Ottawa. Our group is also planning to take part in a local event as part of the 24 Hours of Reality online media event in the lead up to the COP 21 climate negotiations in Paris.

To arrange for a presentation by the author or another Climate Reality Leader, please contact James Mihaychuk at [jamesgp@rogers.com](mailto:jamesgp@rogers.com). You can learn more about the Climate Reality Project at its website, [climaterealityproject.org](http://climaterealityproject.org).



by Grey Fox



I am 51 years old and I have always felt a close attachment to the woods. As a young boy, I wondered at the adventures that my father experienced as a forester in Northern Ontario. As a 7 year old, I became a Wolf Cub and then a Boy Scout. By the time I was 17 years old, I worked as a Junior Forest Ranger in Northern Ontario. In more recent years, I have been a Beaver, Cub, Scout and Venturer leader. I have camped in the woods a hundred times. I have walked alone in the forest hundreds of times.

I have never been really lost in the woods, but there have been times when I have become disoriented. It is easy to do. After a while, the trees all look alike and the paths become less distinct as they become more remote and less used.

At times (when I have been disoriented), I have come across two paths; one forking to the left and another forking to the right. At those moments, you wonder to yourself which path feels like the "best path". They may both lead in the general direction that you wish to travel, but which path should be chosen? If you choose poorly, you may become further disoriented. It could become dark? Are you prepared to make a shelter or fire? If you choose well, you will surely be lead back to your tent, your supplies and a sound night's sleep.

Over the years, I have learned to trust my instincts when walking alone in the forest. If I become disoriented, I pause, I think, and I consider all of the salient factors. If after this contemplation, I am still unable to determine which path to take, I will usually follow my instincts and select the path that feels the "best". Unfortunately, I cannot readily quantify how I arrive at such a decision, but have I

found through experience that my intuition must be trusted.

What does any of this have to do with my regular practice in martial arts? A fair question one might ask, as the topics would at first glance appear to be completely un-related. Having said this, upon further consideration, I find the topics to be closely associated.

I believe that everyday life is much like a walk through the woods. Most often I witness events and occurrences which are very familiar and repetitive. As I work to pass through the day, I know exactly how to react to the familiar. I recognize the forest of life and know which path to take. But what happens when I come across the unfamiliar? How do I know which path to take when I become disoriented in life? What is my reference point? For me, the



solution to this puzzle is contained through my practice of martial arts, which I have practiced for most of my life (Judo and Aikido).

In my practice of martial arts, I have learned many things. I know to remain calm because panicking does not accomplish anything. I know not to meet force with force, but rather force should be met with flexibility and unbalancing. I have learned to keep my physical strength in reserve. Using my mental faculties and practiced movements will almost always result in an effective technique. If all else fails, I can summon my physical strength to assist - but this should be a last resort.

Often when a real-life challenge arises, I will (mentally) liken it to an aikido problem and apply the same principles.

- Remain calm
- Meet force with flexibility and unbalancing.

- Keep some strength in reserve

For example, suppose one had a minor car accident that was their own fault. It is entirely possible that the driver who was not at fault could approach you in an aggressive and berating fashion.

There are several paths which could be open to you as the "at fault driver" in this situation. One could panic. One could meet the aggression of the innocent driver with aggression. One could try to diffuse the situation and not meet force with force but rather with flexibility and unbalancing. I personally would attempt the latter approach to manage the accident and my interaction with the innocent driver. My experience would tell me that this path is the "best path". Having said this, the same solution will not necessarily work in all situations.

to be flexible in terms of both mind and body and adapt to the situation. If one technique is ineffective, one should not struggle to "force" the technique to work. Rather, one should simply move onto another technique which may be equally or more effective.

As I move through life, I have many paths to cross. Rarely are these paths as pleasurable as those I have experienced in the forest or those I cross every week in my practice of Aikido. Those paths are easy. The direction is clear. I know from my experience in the woods, where to go, and which path to take. I know from my experience in martial arts which technique to attempt, how to move, how to unbalance and how to apply the technique.

The most challenging paths that I cross are those that are unfamiliar. Perhaps I will interact with an unhappy neighbor, a sick family member or demanding supervisor at work. It is these challenges where I can most effectively apply my experience and knowledge of martial arts. Not through the form of a physical confrontation, but rather through calm, unbalancing, flexibility and persistence. These tools allow me to choose the "best path" through life. Of course, I do and will continue to start down the wrong path at different times, but my martial arts experience will tell me (just as my experience in the forest) when something does not feel correct and when I may become lost. In these situations, I simply need to backtrack a bit, take into consideration all that I know and move towards the "best path".

Similarly in martial arts, although technically possible, the same techniques do not always work in all situations. One needs

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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 affect Riverview Park residents either directly or indirectly. RPCA Board members work with other community associations on issues of common interest through organizations like the Federation of Citizen's Associations (FCA) and communicate regularly with local councillors on planning and development issues of concern.

The RPCA recently hosted an open house on the controversial Hospital Link portion of the Alta Vista Transportation Corridor (AVTC) road between Riverside Drive and the Ottawa Hospital Ring Road, which featured a presentation by the lead City engineer on the project. The RPCA is also monitoring developments related to the Light Rail project, and the planned installation of Community Mail Boxes and it continues to advocate for greater pedestrian and cycling connectivity to help reduce traffic congestion and promote more active transportation.

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

Alta Vista Transportation  
Corridor – Hospital Link

Construction work continues on the 1.7 km Hospital Link section of the AVTC between Riverside Drive and the Hospital Complex. Construction activities will occur throughout until December 2017 on a new two-lane vehicle and transit link from Riverside Drive and the Transitway to the Hospital Ring Road and facilities that comprise the Ottawa Health Sci-

ence Centre (OHSC). A follow-up landscaping design contract will be issued in 2018.

The project includes an at-grade signalized intersection at Alta Vista Drive and bridges passing over the Transitway and Riverside Drive, with an underpass below the Via Rail line, needed for the Hospital Link. At the AVTC Open House that the RPCA hosted on September 16, the City officials showed the preferred option for the Eastern terminus of the Hospital Link just east of the toboggan hill and Co-gen plant, considerably further west than the previous design and detail drawings for the AVTC provided by the City earlier in 2015. The exact location of the Eastern terminus is expected to be officially finalized later this Fall.

In addition to the rail corridor relocation behind Abbey Road, construction activity remains concentrated along Riverside Drive and in the AVTC between Riverside and Alta Vista – most of which relates to construction of sewers and a new watermain, excavation for roads, and work related for a new bridge over Riverside Drive and new traffic configurations, including a signalized intersection at Hincks Drive and cul-de-sacs on Old Riverside Drive. Some preliminary clearing has taken place in the AVTC just east of Alta Vista Drive to set up a staging area, but no additional work is planned for that sector in 2015. Councilor Cloutier's website has a link to the AVTC project with photos: <http://jeancloutier.com/hospitallink/>

In a 2014 communication to RPCA Board Members former Councilor Peter 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 al-



Belfast Yards  
Photo credit: Carole Moul

though the City is seeking comments at this time, should issues arise after the tender is awarded, adjustments can be made."

With this in mind, the RPCA asked Councilor Cloutier for assistance in arranging the Fall 2015 open house, which the RPCA hosted on September 16. This event allowed City staff to answer questions and accept input from the broader local community and other interested parties regarding design issues, well in advance of actual construction and the finalized design. Further public meetings will be held at a later date and the City has offered to host a walk-through along the AVTC route in 2016 that will focus on pedestrian and cyclist connectivity and final design issues, including location of berms.

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 NMDC lands are not likely to be transferred from DND be-

fore 2016 at the earliest, most likely several years later. The RPCA has heard from at least one federal official that there is a potential Algonquins of Ontario land claim for NDMC property. Board members have been trying 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 Project

Construction of the structure of the new Hurdman transit station started in June 2015 with expected completion in Summer 2016. Crews have begun forming the deck and continue working on the elevated guideway columns while construction of the retaining walls continues east of the station. Work on other LRT stations continues this Fall and Winter as the Transitway between Hurdman and Blair remains closed to convert the Transitway to an LRT system.

The Rideau River Transitway Bridge will be closing on December 20, 2015, to facilitate upgrades to the bridge. The Transitway between Hurdman Station and Lees Station will also be closing, with the next phase of the Transitway (from Lees Station to Laurier Station) slated to occur in the Spring of 2016. During the closure, buses, pedestrians and cyclists will be detoured. The RPCA has been in contact with City officials regarding details of the closure, and plans to invite a representative of the Rail Implementation Office to an upcoming meeting.

The Rail Implementation Office is currently working closely with OC Transpo, Infrastructure Services and Traffic Management on the transition for residents, students and businesses in the community. Sidewalk and pathway access will be detoured accordingly throughout the dura-



New Ottawa Train Yards Office Structure  
construction on Terminal Avenue  
Photo credit: Carole Moul



New Ottawa Train Yards Office Structure  
construction on Terminal Avenue  
Photo credit: Carole Moul



New Ottawa Train Yards Office Structure  
construction on Terminal Avenue  
Photo credit: Carole Moul



## Planning and Development Update



View from Alta Vista Drive  
Photo credit: Carole Moulton



Belfast Yards  
Photo credit: Carole Moulton



Riverside Drive- Transitway Bridge Construction  
Photo credit: Carole Moulton

tion of the project. Signage and advance notice are expected to be provided indicating all available detour options.

Work has been slated to begin in 2015 to lay track between the Belfast Yard buildings and Hurdman-to-Blair section of the Transitway. (The massive Belfast Yards facility is largely complete to allow LRT vehicle assembly to begin this Fall. Final track installation is being completed inside the Belfast Yard Administration and Maintenance Building)

Detailed information on the LRT project, including weekly construction summaries, can be found at [www.ottawa.ca/confederationonline](http://www.ottawa.ca/confederationonline). There is also a link on the RPCA website.

### **Main Street and McIlraith Bridge renewal**

The long-anticipated rehabilitation of the McIlraith Bridge over the Rideau River connecting Smyth Road and Main Street, and roadwork and the conversion of the latter into a "complete street" has begun and is scheduled to last until the summer of 2017.

Southbound traffic on Main Street is being maintained during construction, to allow direct access to the hospital. Northbound through-traffic on Main Street

(i.e. towards downtown and the Pretoria Bridge) is being detoured via Riverside Drive, Bank Street, and Isabella Street and drivers can expect delays.

### **Pedestrian and Cycling Connections**

With the upcoming closure of the multi-use path (MUP) adjacent to the Transitway Bridge over Rideau River (between Hurdman and Lees), the RPCA has sought clarification on alternate pedestrian and cyclist access for the many people who travel between Alta Vista and downtown/University of Ottawa. The most likely route will use the old railway bridge MUP across the Rideau River, just south of the Queensway.

The opening of the new Coventry bridge over the Queensway leaves the gap between the Trainyards and the Via property as the only missing link for safe pedestrian and cyclist travel between Riverview Park or the Trainyards and Coventry Road (that would also benefit Trainyards customers and staff seeking quick access to the Transitway and future LRT system). In 2001, as part of the original Trainyards complex project approval, City Council included a requirement for a pedestrian

pathway or an access tunnel to be built from the Via train station to the Ottawa Train Yards, prior to 50% of the approved commercial development being completed.

There is a question as to whether timing of this project (at least preliminary planning) could be tied in with LRT construction and both the RPCA and its Overbrook Community Association counterpart have asked their councilors to have the City Planning Committee call for a planning study to commence by 2016 on this linkage. This timeframe could allow for the study to be completed before the LRT system is inaugurated in 2018.

The RPCA has also reiterated its request to the City for other pedestrian and cyclist priorities – via a list submitted by the Community Association Forum on Environmental Sustainability (CAFES). These priorities include a new sidewalk along South Side of Industrial Avenue between Russell Road and Neighbourhood Way, a new sidewalk along west side of Russell Rd between the Perley Rideau Veterans Hospital Complex (PRVHC) and Coronation, and a safe crosswalk across Russell Road between the

PRVHC and the Alta Vista Ridges Condo Complex.

### **Trainyards Developments and New Retail**

Work began this summer on construction of a 9-storey office building at 405 Terminal Avenue, just east of the Canadian Revenue Agency building at 395 Terminal, as is expected to take about 18 months to complete. The tenant has yet to be confirmed.

Construction is nearly complete on the 18,000 square foot building at 197 Trainyards Drive – just east of The Athletic Club. Bulk Barn – the first of three tenants in the facility – is expected to open in November.

Earlier in 2015, Trainyards officials applied for a revision to the previously approved plan for a 40,000 sq ft. building at 595 Industrial (in the vacant space on Industrial Avenue just west of Pioneer Gas station). The proposed revision to combine what was originally approved as two buildings into one building went to the Urban Design Review Committee in May. While Trainyards officials had hoped to complete the site plan process by mid-summer, the approval process was delayed,

**Continued on page 12**

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P&D update

Continued from page 11

though construction is still expected to be completed by 2016. The conditional tenants include Designer Shoe Warehouse and another retail store whose name is expected to be confirmed shortly.

The site plan is advancing for the former lumber yard lands at the south of Industrial Avenue (628 Industrial) and at the signalized intersection for Farm Boy/LCBO. Site plan applications are expected to be submitted for up to 6 smaller buildings to be built over the next several years. One challenge in the site development relates to the pedestrian path between Industrial Avenue and Coronation and addressing the roughly 8 feet in grade change between the two roads at that point.

An all-weather solution is being sought – which will likely involve stairs or ramps, or a combination. The City is also requiring Train-yards to go through a downtown Urban Design Review Panel, so this project will probably be delayed until 2016.

Community Mailboxes

(CMB)

The RPCA is proactively looking to identify sites in the neighbourhood where CMBs could be located as they are now scheduled to be installed in Riverview Park in late 2016. At the request of the RPCA, the Canada Post planning official responsible for selecting CMB locations in Riverview Park came out and conducted a walk-through in part of the neighbourhood to identify potential sites and barriers, based on the criteria

that Canada Post looks for when siting a CMB.

When the RPCA asked for a written summary of these criteria to help local residents provide the most value-added input into the siting process, Canada Post officials replied that they could not “pass over our internal documents.”

Residents can type in their postal code online to see what stage Canada Post is in the process. <https://www.canadapost.ca/cpools/apps/cmb?execution=e1s1> or call 1-844-454-3009 and ask to speak to a Canada Post planner.

Alta Vista Shopping Centre

The RPCA Board has been in contact with Brentcom, the property management company regarding the identity of the new tenants for the vacant storefront in the Alta Vista Shopping Cen-

tre. There are unconfirmed reports that an Indian restaurant will be moving in.

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

If you are interested in joining the RPCA P&D group or would like further information, you may contact the Committee Chair, Kris Nanda at [krpp1415@gmail.com](mailto:krpp1415@gmail.com). For more information on this and other activities in Riverview Park, please see the RPCA website at [www.RiverviewPark.ca](http://www.RiverviewPark.ca). The contact email for RPCA is [info@riverviewpark.ca](mailto:info@riverviewpark.ca)



View from Alta Vista Drive  
Photo credit:Carole Moul



Riverside Drive- Transitway Bridge Construction  
Photo credit:Carole Moul



View from Alta Vista Drive  
Photo credit:Carole Moul



View from Alta Vista Drive  
Photo credit:Carole Moul



Riverside Drive- Transitway Bridge Construction  
Photo credit:Carole Moul



Belfast Yards  
Photo credit:Carole Moul

Riverview Park Community Association

ANNUAL GENERAL MEETING

Wednesday, October 21, 2015

19:00 h. - 21:00 h.

Riverview Alternative School,

260 Knox Crescent

Guest Speaker:

Graham Saul, Executive Director, Ecology Ottawa

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# Jean CLOUTIER

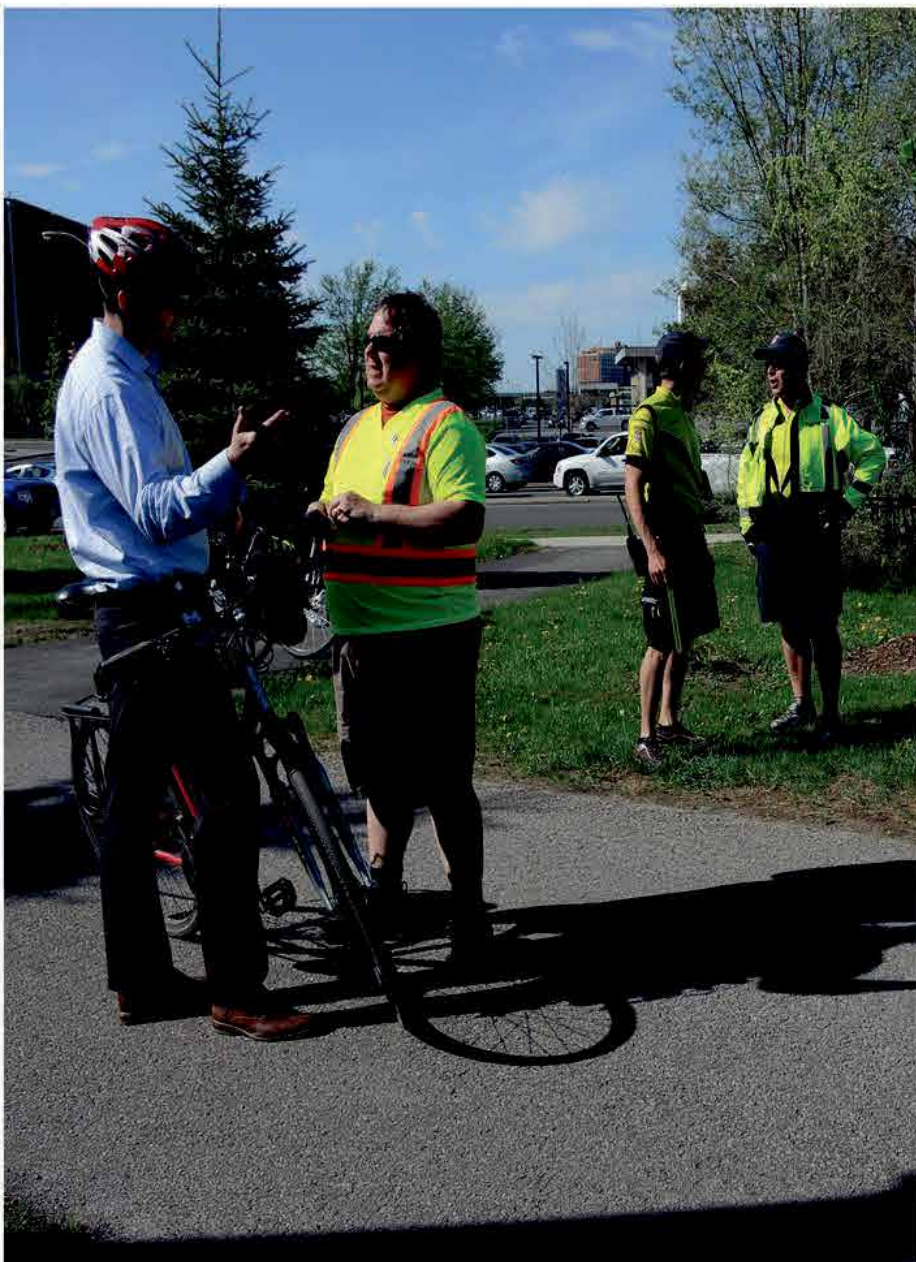
## Have your say – October 6th budget town hall

Councillor Jean Cloutier will be joined by Mayor Jim Watson and Councillors Diane Deans, Riley Brockington and David Chernushenko to discuss the 2016 city budget on **Tuesday, October 6 from 6:30 to 8:30 p.m. at the Jim Durrell Recreation Centre (Ellwood Hall, 1265 Walkley Road)**. Staff from the Finance Department will present a brief introduction of the city budget and how it's developed.

Mayor Watson, city staff, Councillor Cloutier and his councillor colleagues will be taking questions and suggestions from residents. If you are not able to attend, an audio recording of this meeting will be made available on our website at a later date.

We hope you can join us on October 6th! For additional details, please visit [JeanCloutier.com](http://JeanCloutier.com). Join the discussion online by following @JeanCloutierOtt on Twitter and using the hashtag #ottbudget.

## Councillor Cloutier and Safer Roads Ottawa team-up for a fall cycling safety blitz!



Meet us on **Riverside Drive at the intersection of Pleasant Park Road on Wednesday, October 7th between 3 and 5 p.m.** for a cycling safety blitz hosted by our office along with Safer Roads Ottawa!

Drop by for some great cycling giveaways and to chat with representatives from Safer Roads, Ottawa Police Services and Ottawa Paramedics.

**Annual Corn Roast will be held  
Sunday, October 4th from 3 to 6 p.m.**

Councillor Cloutier's Corn Roast has been rescheduled to October 4th, 2015 at Balena Park (1640 Devon St.), due to last month's poor weather conditions.

See you in the park for food,  
fun and much more!

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Two of six oversized wooden bird houses along Riverside Drive, built for barn swallows, displaced due to ongoing construction at the McIlwraith Bridge. The Ontario Ministry of Natural Resources requires that the City of Ottawa provide an alternative nesting ground when an endangered species is affected by road or bridge work  
*Photo credit: Geoff Radnor*





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The Caverley Street 4th annual Canada Day Street Buffet Dinner. All ages up to the 90s  
Photo credit:Geoff Radnor

# Location, location, location ...

by Denis Poitras

As our lives continue to be busy and at times hectic, another season of Dance, Gym and Cheer has started at the 4 DGC. We have had a beautiful summer creating custom ballroom dresses, leotards and figure skating dresses and skirts and now we are busy fitting ballet, jazz or cheer shoes. People are incredibly supportive of the business that is just around the corner from where they live. Once you leave the downtown core from work, you don't want to venture again in the city for products needed to practice your sport. More and more



Door front of store

appreciate the location which is just off the 417 at Riverside/Vanier Parkway. Parking is free and there is lots of it too. What better location to have a store!

Another reason for the perfect location is parents can do double duty with their kids. Below 4 DGC is Figure 8/Hockey One Skate Specialists. We see a lot of parents that drop their skates to be sharpened or buy new ones for their kids or themselves and come up to shop for their daughters while waiting for their skates to

be ready. It is a win win situation and more and more are taking advantage of the situation. It's a one stop delightful shopping experience.

This season, more gymnastic leotards will be made at a really good price. They were quite a success and they flew off the shelves. Shorts and crop tops are also in the works for junior cheerleaders. Unique dance leotards are always being sketched and created. That being said, new fabrics are arriving at the end of September and then it is production time again. Our unique concept is wonderful. We are not a huge mainstream shop that carries big quantities in one specific size. After all, everybody wants to be unique in their own way and that is what 4 DGC is aiming for.

Our summer hours have ended and we are now back in full operation on Sunday from 12-4. Monday and Tuesday are by appointment by calling 613-521-2433 Wednesday to Friday 12-6 Saturday 10-4 and Sunday 12-4. If you have Facebook, you can follow us for any promotions or changes that might occur during the season. If Facebook is not your fancy, you can send us an email at [dance.gym.cheerios@gmail.com](mailto:dance.gym.cheerios@gmail.com) so that we can send you the information via email. Don't worry; your mailbox will not be over filled with emails. Just important things such as promos or break times before the start of the Christmas rush.

4 DGC would like to Thank you all personally for continuing to support my venture at 4 DGC. New products are coming in all the time. Drop by to visit us and get great ideas for Xmas. Yeah, times flies.



How is this for a photo on the sports page?  
Photo credit:Geoff Radnor

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# Connecting to build literacy and libraries in Ghana

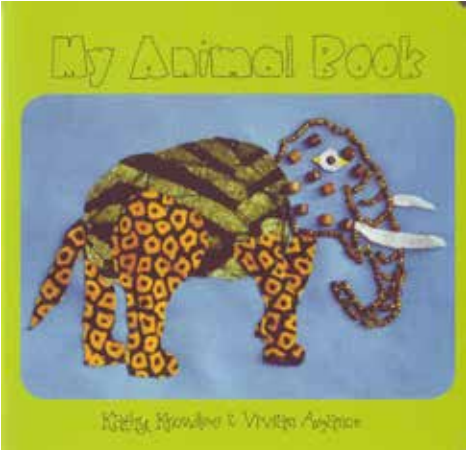
by Carole Moul

It was on a recent late summer afternoon that a diverse collection of individuals was invited to an afternoon of tea, coffee, cookies and conversation at a neighbour’s home- and what a successful few hours it was.

The hostess insightfully gave a brief background of each person sitting around the table, and it didn’t take long before conversation began in earnest.

Admittedly, it was when the name Madame Vanier was linked to the lady on my left that my interest was piqued, since my own Mother had frequently been likened to that gracious lady who was the wife of Canada’s 19<sup>th</sup>. Governor General.

This lady to my left had also



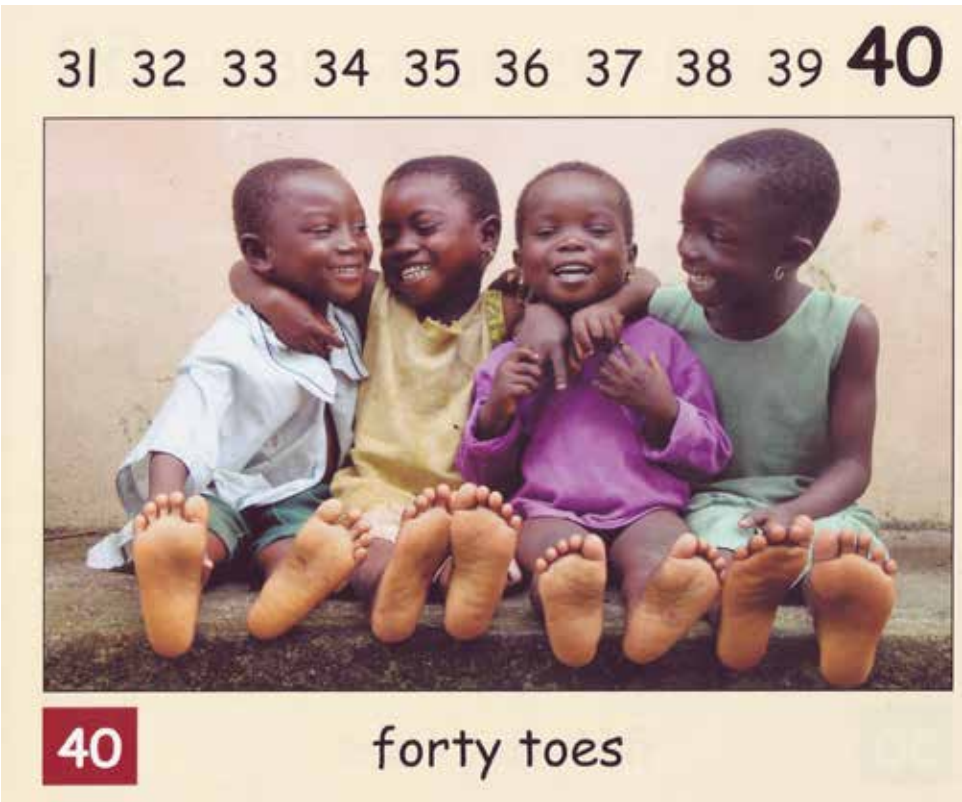
My Animal Book by Kathy Knowles & Vivian Amanor

placed a beautiful collection of children’s books on display atop a nearby table, and this is where an intertwining story begins.

Deborah Cowley, Ottawa-based writer, broadcaster and author was the lady sitting next to me. The children’s books were by author Kathy Knowles, who is no doubt one of the most humanitarian of Canadians. Each lady already had her own indi-



Kathy Knowles sharing a book with keen readers from Ghana's north.  
Photo credit: Deborah Cowley



From the counting book One Little Crab by Kathy Knowles

vidual and wonderful background. Now the two ladies’ lives and visions have connected to make a world of difference.

In the year 2000, Deborah Cowley was assigned by Reader’s Digest to write a story on Kathy Knowles; the founder and director of the Osu Children’s Library Fund (OCLF), a small Canada- based NGO building libraries for children in Ghana. The article plus photo of Kathy became the cover story of the March 2001 issue, and since then Deborah has remained in close touch with Kathy, working with her in Canada as a fund raising volunteer for the project as well as helping Kathy with her work in Ghana.

“I had heard about Kathy Knowles and knew about her from an article I read, however my first time meeting her was for only ½ an hour at an airport. The next time I saw her was in 2000 when we toured Ghana for two weeks.

“What impressed me so much about this project was that I saw this one woman working miracles. I came back and said if you need help, let me know. The next year, and from then on I have helped.

“In 2006, I was there when Canada’s then Governor General, Michaëlle Jean, chose to visit Ghana as part of her first Pan-African state visit, and her special request was to visit a children’s library. The Nima Library was her personal choice. She read to the children, and upon her return wrote a beautiful letter to Kathy praising her work on the Nima Maamobi Community Learning Centre in Africa.”

This November, Deborah will travel to Ghana for her seventeenth time, joining Kathy in the celebrations of the 25<sup>th</sup> Anniversary of that hot day in May 1990 when she first sat in her garden, reading to a small group of children in Accra, the capital of Ghana.

“There is to be a big celebration, with a 25 k, walk to five of the libraries.”

Prior to the ‘Kathy’s Gift’ story in the Reader’s Digest, frequent postings with her diplomat husband gave Deborah the opportunity to be not only a freelance reporter for CBC radio, but write some amazing stories for the British and International editions of Reader’s Digest as well.

“I wrote 10-12 different stories on Africa. The Editor of Readers’ Digest sounded you out, and by going to Africa, you had to learn a lot, but I enjoyed the challenge.”

One of these articles included

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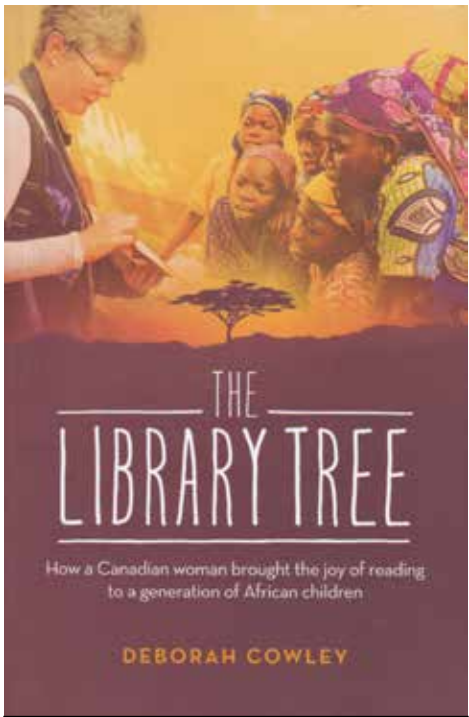
an interview with chimpanzee guru Jane Goodall. Deborah Cowley also did profiles on Sweden’s Queen Sylvia, British composer Andrew Lloyd Webber and the late Anita Roddick, founder of the Body Shop.

To write about AMREF and the Flying Doctors, Deborah flew with a team of doctors on a rescue mission across Kenya, and in Bangalore, India, where she witnessed dozens of eye operations performed by eye surgeons with ORBIS, the team of eye doctors working out of a DCV-10 Aircraft.

Subsequent to these stories was when Deborah Cowley wrote *One Woman’s Journey: A Portrait of Pauline Vanier*, followed with *Georges Vanier: Soldier*, and *Teasdale: Doctor of Courage*.

The interview of greatest impact on Deborah Cowley’s life, however, appears to be the one with Kathy Knowles in the year 2000. And, as a result of their work together in October 2013 Deborah launched her book *The Library Tree: How a Canadian woman brought the joy of reading to a generation of African children*, based largely on her long association with Kathy Knowles.

On the back cover of her book,



The Library Tree: How a Canadian woman brought the joy of reading to a generation of African children by Deborah Cowley

Deborah Cowley briefly describes Kathy’s initial storytelling under the shade of a backyard tree, and then continues with the second paragraph to capsulize the successes: ‘Over 20 years, that simple storytelling session morphed into seven large community libraries in impoverished areas of the country’s capital, support for more than 200 smaller initiatives around Ghana and other African countries, and a



Reader’s Digest- March 2001

publishing venture that produces children’s books tailor-made for the African culture.”

Within the 222 pages, Deborah also beautifully chronicles the challenges faced and the challenges met by the seemingly tireless Kathy Knowles. As well, Deborah Cowley vividly describes Kathy’s delightful relationship with not only the youngsters, but the parents and people with whom she worked.

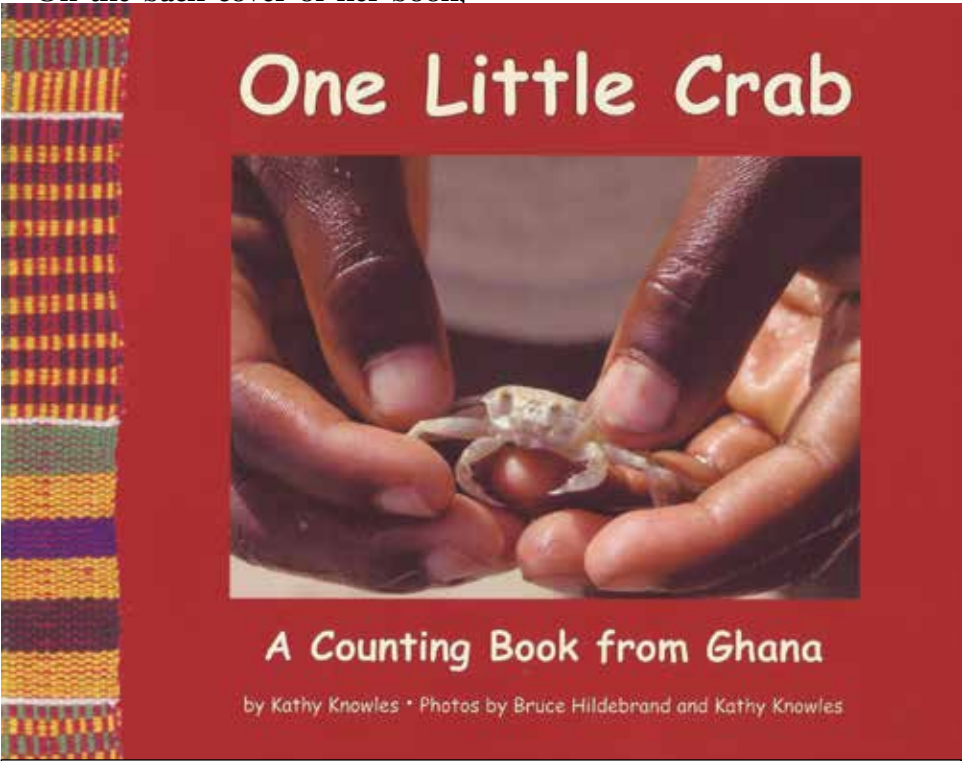
And although Deborah Cowley’s work on her book is now finished, it is doubtful that neither she nor Kathy Knowles believe that their commitment to raising readers and libraries in Ghana is complete.



Writer, Author and Broadcaster, Deborah Cowley

Indeed, their libraries have transformed the lives of thousands of individuals, and communities, and both remain dedicated to a vision that will enrich the lives of generations of Ghanians to come.

For more information contact Kathy Knowles at: [kknowles@mts.net](mailto:kknowles@mts.net) or OCLF books are available locally from: Kaleidoscope Kids’ Books, 1018 Bank St at Fifth Ave. (613-232-7406) or from Deborah Cowley, [debcowley@sympatico.ca](mailto:debcowley@sympatico.ca) Visit the OCLF web site at: [www.osuchildrenslibrary.ca](http://www.osuchildrenslibrary.ca)



One Little Crab book cover



The first library, transformed from a shipping container  
Photo credit:Deborah Cowley



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# Trinity Community Garden celebrates great season

by Bernadette Bailey

The gardeners at Trinity Community Garden enjoyed a wonderful growing season, thanks in part to the wonderful weather this summer. The warm, sunny days, interspersed regularly with plentiful rains helped our plants to thrive and we have reaped bountiful harvests. When we gather a basket of luscious tomatoes, or a bunch of fresh, crisp lettuce, we remember that we are able to do so because of the generosity of Trinity Church. In opening their land for this community use, they have encouraged the consumption of local, organic food, and have strengthened community by bringing this group of people together. As an expression of appreciation, gardeners joined the congregation on Sunday September 13 for their annual Harvest Celebration and pot luck lunch.

We also engaged with the broader community this year. We held our annual plant sale early in June during the Alta Vista Garage Sale and were grateful for the support of the many people who came to purchase the annuals and perennials that we had potted up. The proceeds allow us to continue to enhance the gardening experience for our members. On June 20th we participated in the National Garden Days by opening our garden to visitors. Those who attended had a tour of the garden, and a chance to see what a large variety of vegetables look like when they are growing. Children were given the

opportunity to plant some seeds in one of our community plots. The community plots were created in spaces that had not been rented this season. Members planted in them with the understanding that the produce would be shared with the community. Vegetables from these plots as well as excess produce from member plots is distributed without cost at Trinity Church of the Nazarene on Sunday mornings to anyone who would like to receive it. Unfortunately, we had some unplanned for sharing this year as we have seen non-gardeners helping themselves to produce from members' plots.

Continued on page 24



Bernadette Bailey, Ginette LePhan and Anna Tjetkema: raising money for a great cause  
Photo credit: Carole Moul



Visitors on our Open Garden Day, Andy Li and Sandy Li plant some seeds in the community plot  
Photo credit: Stewart Bailey



Gardening in Community  
Photo credit: Bernadette Bailey



Just part of the team at Trinity Community Garden  
Photo credit: Carole Moul



Patrick Meagher and his family: Good gardeners come in all sizes.  
Photo credit: Carole Moul

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# Life down Strawberry Lane at the Manor

by Bill Fairbairn

A summer strawberry social at the Alta Vista Manor brought out life in the older folks as do all their events.

The event, featuring soprano saxophone player Dmitry, reminded resident Chock Spicer of a time back in the late 1960s when he was at the Drew Theological School in Madison, New Jersey, listening to jazz saxophonist Stan Getz.

“I enjoyed his music even more than Tony Bennett singing *I left my heart in San Francisco*,” he said.

Elderly people may remember Getz playing jazz with Oscar Peterson and almost hypnotizing his

“It’s not the years in your life that count it’s the life in your years”—*Abraham Lincoln*.

listeners with *Autumn Leaves* then rollicking them with *Blame it on the Bossa Nova*.

Asked how Dmitry compared with Getz, Spicer replied: “Well, tenor Getz was regarded as the best in the world. The soprano saxophonist we are listening to here today is very good too.”

Walter Terentiuk, treasurer of

the Alta Vista residents association, and other residents and staff enjoyed strawberries and drinks along with the music. Some of the berries were like gilded lilies dipped in chocolate and some were not.

“They were gilded like lilies or just plain delicious strawberries,” remarked one critical resident.



Dmitry at centre stage with his saxophone entertaining the guests



Marga Nickus and Bill Fairbairn smiling for the camera



Hazle Sokolich and Norma O'Connor join in the Strawberry Fair fun



Jean Thompson and John Fraser, MPP enjoy the festivities

## Vision Care for Children

In Ontario, those who are younger than 20 are covered by OHIP for a routine eye examination provided by either an optometrist or physician once every 12 months plus any follow-up assessments that may be required.

Vision problems create obstacles for children to achieve their full learning potential. One in six children has a vision problem, yet most children do not get eye exams before the age of five. Since vision plays such an essential part in a child’s ability to learn, excellent sight and eye health are critical their development.

That’s why I encourage all parents to book their child’s eye exam before the school year begins to ensure our children start school as confident and fully able learners.

## A Brand New Office to Serve You Better

My community office has moved to a brand new location at 1828 Bank Street. We look forward to continuing to serve you at our new location.



**John Fraser, MPP**  
Ottawa South

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[jfraser.mpp.co@liberal.ola.org](mailto:jfraser.mpp.co@liberal.ola.org)





Classics

Continued from page 1

not just because Barry and I are both Scottish born and have Canadian wives. Indeed three of the friendly folk I met were Canadians of Lithuanian, Italian and German backgrounds. The outstanding feature of the Classics most agreed was the landscaping and gorgeous plants. Residents with a green thumb do not have to leave gardening behind when they sell their homes to live in the Classics; they can join the landscaping committee and even contribute plants to the nine acres of carefully groomed estate land.

Vilnius born Alex Polowin, a World War II navy veteran has received honours from France and Russia including the French Legion of Honour and the Russian Murmansk Run Award. He has also organized numerous events for the Tamir Foundation assisting people with development disorders as well as given talks at schools about WW II. He, too, spoke up enthusiastically as a resident.

Other notables I met were Paolo Siraco, managing editor of the newspaper L'Ora Di Ottawa, his German-born wife Renee Liss-Siraco and her mother Irma Liss who graphically remember travelling through Dresden the day before it was bombed in WW II. They moved from Sandy Hill to reside at the Classics.

Barry Mair, originally from Greenock in Scotland, and his wife Sheila Macdonald enjoy bringing their grandchildren to the Classics. Greenock is located on the River Clyde near Glasgow and

Barry's father worked on torpedo manufacture in WW II. He says some residents are selling lakeside cottages to move into the Classics. "The fees are not low here but we have so many facilities and clubs and varied social life that keeps us well occupied."

For instance book club members meet once a month with talks over a convivial glass of wine, bridge players set to once a week and artist club members display their works on the walls of the party room. Other common rooms include the Van Gogh dining room with full kitchen that can be rented for special occasions.

Barry, a member of the seven-person board of directors, says a concierge looks after their condominium if they are away and that 24-hour security at the front gate gives them even more security.

Designed for Joseph Fuller by architect Pierre Pagé, who built Habitat '67 in Montreal, the Classics building where Barry and Sheila live, is indeed elegant with gracious double entry doors, hand-laid marble and granite foyers, award-winning master bathrooms also clad with marble, nine-foot apartment ceilings with rope and dentil crown molding in spacious open plans and a million dollar view. On the main lobby floor is a spa with a hot tub, sauna, steam room, waterfall, hairdressing salon and second hot tub outside with chairs around it.

For strenuous exercise a resort-inspired recreation area shared by the three buildings has outdoor and indoor swimming pools, a gym, squash and racquetball courts, four outdoor tennis courts and a pool room. Aqua-fitness, yoga, strength

and stretch and a walking trail are enjoyed. All except pilates (controlled exercise classes) is included in condo fees.

If a change from bucolic to urban is sought the nearby Hurdman Station buses take residents downtown in 10 minutes of travel time and light rail will soon take them downtown and further afield as well.

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# Why do *you* volunteer?

by Carole Moul

It was on a recent fall day that the question was asked of a number of people, “Why do you volunteer?” The answers were varied, as were the ages, as well as the cultures of the respondents.

The first to reply was Judy, the daughter of immigrants from China.

“I have had a good life, we are so lucky,” she replied to the question, “and volunteering helps make Canada the country you want it to be. It’s about caring and giving back,” she added.

The study for Statistics Canada, *Volunteering in Canada* by Mireille Vezina and Susan Crompton, and completed for the years 2004, 2007 and 2010, shows that Judy’s reasons are among those of the majority of volunteers in Canada, or the 93% who were motivated by their desire to contribute to their community.

A number of the results from the survey of volunteer activities of Canadians during a 12-month period preceding the 2010 *Canada Survey of Giving, Volunteering and Participating* (CSGVP) have been included

throughout this article. And, from this 2010 study, results indicate that about one-half of Canadians aged 15 and over, or over 13.3 million people did volunteer work.

Moreover, these volunteers devoted almost 2.07 billion hours to their volunteer activities, or a volume of work that is equivalent to just under 1.1 million full time jobs, if a work week is equivalent to 40 hours, based on an 8 hour, 5 –day week.

According to the CSGVP study, in general, younger Canadians are more likely to volunteer than older Canadians, although they devoted fewer hours than did older volunteers. Youth volunteer rates may be influenced by the fact that, for example, in Ontario, students must complete 40 hours of community involvement activities during their secondary program.

The SOLE Project at Vincent Massey School with Russell Heights, is a wonderful example of young people learning to be good volunteers. Under the direction of teacher Greg McKean and House Coordinator, Sara Dwyer, from the Russell

Heights Community House, a number of intermediate-aged students have, over the years, learned to help make the local community a better place. Will they continue to volunteer and give back to the community? It is to be hoped so.

Liam, in his twenties, during the course of some of his volunteering, noted, “Depending on the cause, there are some jobs that need doing to make the world a better place.” While Doug, a senior sitting nearby replied, “I expect certain things out of society and sometimes you just have to do it yourself.” Healthy seniors, according to the survey results, devote a lot of time to volunteering.

Sports and recreation and social services sectors get the most support. Sherry Woodburn would not be surprised at this percentage during the time when her daughter Robyn became involved in soccer and ringette activities at a young age. Initially, Sherry’s time spent volunteering was for those sports, then as Robyn became involved with something it followed that Sherry too become involved. Numbers for 2010,

show that 12% of people aged 15 and over did volunteer work for sports and recreation.

Later, as her daughter grew older, Sherry began devoting much time and effort over the years to sponsoring the well-known ‘*Fashion for Compassion*’ shows at her business, *The Wholesale Outlet*. The fashion shows raise funds for Cancer Research, and all the models and emcee plus others willingly volunteer their time for an amazing event.

In 2010, 12% of Canadians also volunteered for non-profit organizations providing social services. Sherry and all the great fashion show volunteers would be contributing to these statistics.

According to the CSGVP study, having school-aged children (6-17 years) in the household considerably increased the likelihood of a person volunteering. Greg Money, the father of two daughters, readily replied to the volunteer question by responding,

“I volunteer at the school so that I

Continued on page 23



Annalys and her father Jimmie volunteer for the RPR




This volunteer wears many caps- writer, photographer and RPR distributor. Well done, Geoff Radnor  
Photo credit:Elga Radnor




Tim Mark shares this material as a Neighbourhood Watch Coordinator volunteer



Lynne in her volunteer role at The Wholesale Outlet ‘Fashion for Compassion Show’  
Photo credit:Robyn Melski Woodburn





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# Treasure hunting in Canada. It's no joke!

by Bruce Ricketts

Probably one of the most enduring “buried treasure” tales in Canada is the story of Oak Island. For those not aware, the **Oak Island Mystery** has its origins dating back to ... who knows when. That is why it is a mystery. Oak Island is located close to the south shore of Mahone Bay in Nova Scotia. In 1795 three teenagers reportedly found a depression in a clearing on the island. They dug down about ten feet and discovered a layer of logs. They kept digging and hit more log layers at twenty and thirty feet. At that time they abandoned the dig believing it to be nothing of importance. Eight years later a company from Truro, Nova Scotia took up the search. Their effort took them down to the sixty foot level, finding logs and coconut fibre every ten feet of the way. I won't go into the details of the other searches that have cost eight lives, many millions of dollars and continues even today. The Money Pit, as it has been dubbed, is reported to have been excavated to below 200 feet. What purpose the pit fulfilled is still a mystery because every time searchers get below specific depths, the hole fills with sea water and they have to start all over.

You can find a great deal of writing on the Oak Island Money Pit,

including at [Mysteriesofcanada.com](http://Mysteriesofcanada.com).

But Oak Island is not the only treasure mystery in Canada.

Take for example the **Lost Lemon Mine**.

Back in 1870 a group of prospectors came into Canada, from Montana, to search for gold along the North Saskatchewan River. Two of their number, by the name of Lemon and Blackjack, decided to strike out on their own, and left the group to explore the southwestern foothills of Alberta. The two adventurers followed up the river spotting small pieces of gold. In an article published in the *Alberta Folklore Quarterly* in 1946, Senator Dan Riley, who was Mayor of the town of High River in 1906, wrote an account of the find this way:

*“Blackjack and Lemon found likely showings of gold in the river. Following the mountain stream upwards toward the headwaters they discovered rich diggings from grass roots to bedrock. They sank two pits and, while bringing their cayuses in from the picket line, they accidentally discovered the ledge from which the gold came...”* (Note: A cayuse is a small native range horse used to carry gear)

Lemon and Blackjack were rich! But all was not happy in gold country. Senator Riley continued:

*“In camp that night the two prospectors got into an argument as to whether they should return in the spring or camp right there. After they had bedded down for the night, Lemon stealthily crawled out of his blankets, seized an axe and split the head of his sleeping partner. Overwhelmed with panic when he realized the enormity of*

*his crime, Lemon built a huge fire and, with his gun beneath his arm, strode to and fro like a caged beast till dawn.”*

It was rumoured that some Blackfoot Indians witnessed the slaughter and reported it to their Chief, who, in turn, put a curse on the area of the deed. In a cruel turn, the Blackfoot were blamed for the murder rather than Lemon. Shortly after the murder a robust trapper named John McDougall was dispatched to bury the body of Blackjack. Later, McDougall was hired to lead a party back to the mine area. On his way to meet the group of miners that hired him, he stopped at Fort Kipp, Montana and drank himself to death. (Could it be the curse?)

Lafayette French, a prospector who initially funded Lemon and Blackjack, also went looking for the mine. It is possible that he succeeded as he wrote to a friend stating that he had found the mine. Unfortunately French was killed when a cabin in which he was staying burned to the ground. He did not live long enough to share the secret of the mine's location. (The curse strikes again?) Even Lemon, who you would assume knew the location of the mine, had trouble. His was the anxiety he felt and exhibited when came close to the location of his evil deed.

Did Lemon and Blackjack actually find gold in Alberta? Geologists will tell you that the chances of the story being true are remote. Gold deposits are generally associated with volcanic activity, which is why BC is filled with gold while Alberta is not. Did Lemon and Blackfoot steal the gold from

other miners? Did they have any gold at all?

Just to make the soup a little murkier, in 1988, Ron Stewart, a geological technician with the University of Alberta, and later author of the book “Goldrush, The Search for the Lost Lemon Mine”, announced that he had found traces of gold in the Crowsnest Volcanics formation and a mini gold rush was on. The newspapers were full of reports that at long last the mystery of the Lemon Mine had been solved. However the gold found was in such poor concentration in the ore that it was uneconomical to recover. This would have been at odds with what Lemon reported as their find.

If you look at the map accompanying this piece you will see that I have marked the possible site of the Lemon Mine with a red X. If you find the treasure I only ask for 15%.

A little closer to home is the story of the **Glenora Treasure**.

In Prince Edward County there is a ferry which connects two parts of highway 33. The Glenora Ferry runs every 15 minutes or so between a flat peninsula at the eastern end to the side of a cliff on the west. What most ferry passengers do not realize is that on the western shore, they are within throwing distance of a possible treasure. Rumour has it that there is a cave some 50 feet from the top, which can only be reached by a narrow path along the face of the cliff.

The Seven Years War was fought

Continued on next page



Lost Lemon mine



Glenora Treasure



White Pigeon



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Book Review: *Charlie's Birthday Wish*

As children head back to school after another summer, bullying is once again a main focus and concern. However, not many of us have ever thought about the topic of bullying from the other side of the situation: the bully's point of view. Educator and mom Rene Micka has and, through her debut children's book *Charlie's Birthday Wish*, she aims to help children understand the consequences of being a bully.

Written from the viewpoint of Charlie, the story's antagonist, *Charlie's Birthday Wish* teaches children to consider how bullies can be misunderstood, remorseful, and even forgiven. It also explores the consequences faced by those who choose to be unkind. The story uses rhyme to open an age-appropriate conversation about unkindness and its implications, not only for the oppressed, but also for the oppressor himself.

In an enlightening and informative interview, Micka can discuss themes related to *Charlie's Birthday Wish* including:

- Teaching children that friendships are not a right and must be earned
- The short and long-term consequences of being a bully

Teaching children ways to be a good friend

The importance of forgiveness, and how parents, teachers and guardians can act as role models

And much more!

About Rene Micka

Rene Micka is a parent and an educator who has worked with children of all ages for 15 years. She spends a great deal of time volunteering at her children's Catholic school, where she runs many of the programs. Character education is a focus of all her efforts in the classroom. As a member of the Big Brothers Big Sisters Program, Micka's experiences have led her to have a greater understanding of the issues affecting children in distressed situations. Although she is no longer teaching, she has made it her mission to see to it that children get the better life they deserve. *Charlie's Birthday Wish* is her debut children's book.

Connect with Rene Micka at [www.betterdaybooks.net](http://www.betterdaybooks.net) and on [Facebook](#), [Twitter](#), [Goodreads](#), and [Shelfari](#).

*Charlie's Birthday Wish* is available in print and ebook format and can be purchased from [Amazon](#), [Barnes & Noble](#), and other major online booksellers.

Volunteering

Continued from page 21

can participate in my children's education."

The CSGVP confirms that parents who have school-aged children at home (59%), or who have both older and younger children (56%), had significantly higher rates in 2010 of volunteering than people without any children at home (41%). No doubt any parent who drives their offspring to after school activities would believe these numbers.

People are also more likely to be volunteers after they leave school when they have experienced various types of community involvement. Ask volunteers if they were involved in student government? Did one or both parents do volunteer work in the community? Were they active in a religious organization, belong to a youth group or participate in an organized team sport? The 2010 CSGVP results confirm that volunteering is connected to early life experiences.

Some other interesting statistics in this 2010 CSGVP study look at formal volunteering as it relates to life stage, marital status, education, income, labour force status, rates of volunteerism by province, and the

barriers to volunteering such as lack of time.

And, although almost 5 in 10 Canadians are involved in what is referred to as 'formal' volunteering, more than 8 in 10 Canadians do however help others directly or 'informally'—such as assisting with yard work, personal care, running errands, unpaid tutoring—and the list goes on. In other words, Canadians are good to both family and friends, as well as to others that they might never have met.

In 2010, the CSGVP was conducted on a sample of persons aged 15 and over, and included any unpaid help provided to schools, religious organizations, sports or community associations. The survey showed that the number of volunteers was significantly greater than in earlier years, and actually grew even faster than Canada's population.

The *Volunteering in Canada Report for 2010* by Statistics Canada makes for excellent reading, and after going through this CSGVP Report, I asked myself, "Why do I, in fact, volunteer?" My reply to that question, I concluded, would have to be that of so many other volunteering Canadians, "I volunteer because I believe that it's the right thing to do."

From previous page

in many parts of the new world in the mid-eighteenth century, between the English and the French. Some more famous battles included the siege of Louisburg, in Nova Scotia and a lesser known skirmish between two Generals named Wolfe and Montcalm on the Plains of Abraham.

In or about 1759, a French admiral watched from a cave above what is today the Glenora Ferry, while the British and French fleets fought one of the last marine battles of the war. Fearing defeat, the admiral hid all his treasure in the room-sized cave and sealed the small entrance to it.

There is no record to suggest that the admiral ever returned to reclaim his treasure. Is it possible that his treasure is still waiting somewhere high up on the cliff?

And finally the story of **White Pigeon**. Most of us have visited Niagara Falls at sometime in our lives. Great escarpments, thundering water and great vistas grip our attention. Less than 9 kilometres away from the falls is the village of White Pigeon. Today the village is a used car lot, a couple of century old houses, a bridge over Lyons Creek and a couple of stop signs. What you might miss if you drive by without stopping are the mounds of earth that dot the creek shoreline.

Two hundred years ago White Pigeon was a bustling little settlement that sprang up on the edge of a narrow creek. On the south

side of the creek there was a tavern that had its share of characters stopping to quench their thirst in the early days of the 1812 war.

American soldiers had free run over this part of the eastern peninsula, so local businessmen and farmers alike buried their valuables to keep them safe from the enemy.

A ship captain, who was passing through the region, spent a night at the Inn. He had in his possession a heavy chest that he never let out of his sight. During the night he was observed leaving the Inn with his chest. Upon leaving the next morning, he told the Inn keeper "I will return when the war is over." He then boarded the stage, empty handed, and was never seen or heard of again.

What happened to the heavy chest? After the war, many holes were dug along the banks of the creek looking for it, with no luck.

With today's subsurface detection technology surely this shouldn't be a mystery much longer.

Canada is rich with stories of hidden treasure. It is out there for you to find. In our next installment, I will tell you the story of a treasure that is hidden nearby a very famous Canadian landmark. It is a story of shipwrecks and pirates and broken bridges. Stay tuned.

*Bruce Ricketts is a Historian, Researcher, and author. His Canadian History website, [MysteriesofCanada.com](http://MysteriesofCanada.com) is viewed by over 10,000 persons each day.*

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Trinity Garden

Continued from page 18

This is disappointing as each member pays a fee for their plot at the beginning of year. They then spend the season planting, tending, and nurturing their crop with anticipation of what it will yield and so it is very discouraging to arrive at the garden to find that someone else has taken it. For those that have a desire for fresh vegetables, there will be plots available to rent out next spring where you may try your hand at growing your own. Arrangements can be made for those who require help with paying the plot fee. Anyone who is in need but not able to garden is welcome to come to the church on Sunday morning when our surplus vegetables are distributed.

As the season draws to a close, we look forward to gathering together on our fall clean up day to prepare the plots for next year. Although it is always a bit sad when the season ends, seeing the prepared beds reminds us that a new season will soon come. If you would like to become a member next year, please watch this paper for notice of registration details next spring, or you may contact us at [trinity.garden@rogers.com](mailto:trinity.garden@rogers.com).



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Computer Tips and Tricks

by Malcolm and John Harding of Compu-Home

**Sort-of-Tech Reading**

Sometimes our hard-core-geekish nature takes over and we find ourselves poring over the specs of the latest laptop or mobile phone and wondering which one is better than the others, or if it's going on sale next month, or . . . whatever. Other times, it's useful to find articles, books or videos that provide an overview of subjects that affect the world of technology and lead us to appreciate (or dismiss) recent trends and developments.

**IPHONE KILLER: THE SECRETHISTORY OF THE APPLE WATCH** by David Pierce: April issue of *Wired Magazine*.

<http://www.wired.com/2015/04/the-apple-watch>

This article just might lead you to change your mind about how stupid it would be to spend all that money on an Apple Watch.

**WI-FI TRIAGE: FIVE COMMON SOLUTIONS TO WIRELESS WOES** by Ian Paul: "Here's How" section of the March issue of *PCWorld*.

<http://www.pcworld.com/article/2875147/wi-fi-triage-5-common-solutions-to-your-wireless-woes.html>

We're pretty lost nowadays without our Internet connection. It would be useful to keep this list handy.

**IT'S TIME TO SHUT UP ABOUT MARIE CURIE** by Rachel Swaby: April issue of *Wired Magazine*.

<http://www.wired.com/2015/04/women-in-science/>

Rachel Swaby laments that too often our thoughts jump exclusively to Marie Curie when the subject arises of an important women in Science and Technology. There have been others!

**USB 3.x: IT'S FAST – VERY FAST**

by Antony Leather: March 2015 issue of *Forbes/Tech*

<http://www.forbes.com/sites/antony-leather/2015/03/26/usb-3-1-speed-tests-its-fast-very-fast/>

At the risk of getting geeky again. . . virtually every computer user makes use of several USB devices, and this article discusses how they are going to keep on getting better.

**(Video) 10 TOP TIME-SAVING TECH TIPS BY DAVID POGUE: TED Talk**

[http://www.ted.com/talks/david\\_pogue\\_10\\_top\\_time\\_saving\\_tech\\_tips?..en](http://www.ted.com/talks/david_pogue_10_top_time_saving_tech_tips?..en)

After you have watched this short video and smacked your forehead for all the time that you have wasted over the years, you should bookmark TED Talks for lots more spare-time viewing.

**HOW INTERNET TV WORKS** by John Fuller

<http://electronics.howstuffworks.com/internet-tv.htm>

Cord-cutting is a major topic of concern for cable and satellite companies. This article will not answer if Internet TV is right for you, but it does provide most of the details of how the various systems work.

**BECOMING STEVE JOBS: THE EVOLUTION OF A RECKLESS UPSTART INTO A VISIONARY LEADER**

by Brent Schlender and Rick Tetzeli. *Hardcover or ebook*

The world does not lack for biographies of Steve Jobs but this version is written by someone who knew him personally for 25 years, and who had access to many others in a position to see through the myths and stereotypes.

Go to [compu-home.com/blog](http://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. Have a look at [compu-home.com/blog](http://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](mailto: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

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







The Ottawa Hospital Community Advisory Committee

Impact of Palliative Care Consultations

by Helen McGurrian

Dr. Thomas Foreman, TOH Director of Clinical and Organizational Ethics, first spoke to the Community Advisory Committee in September 2013, on a study he and his team conducted to find out how well TOH documented advance care planning and end of life preferences with patients. Medical files of 100 patients who died within a 7 month period were reviewed. The highlights of their findings were that only 60 patients had identified a Substitute Decision Maker (SDM) for health care, and 46 patients had not had an initial determination of their Code Status discussed with them. TOH has 3 Code Status levels: Level 1: full active treatment to restore patient to full functionality; Level 2: full medical support excluding Intensive Care and chest compression (CPR) to restore patient to as much functionality as possible;

Level 3: support patient with palliative treatment only.

In 2015, Dr. Foreman and team published a second study in the Journal of Palliative Care, entitled "Impact of Palliative Care Consultations on Resource Utilization in the Final 48 to 72 Hours of Life at an Acute Care Hospital in Ontario, Canada.". It is the only study to look at the economic impact of palliative care consultation on patients within this time frame. A review of 46 papers on this issue found researchers used longer time frames, one week to two years prognosis, with the majority of studies done in the United States. Dr. Foreman's study showed that patients who had received palliative care consultations stated their end-of-life preferences, opted for palliative care, and saved medical costs compared to those who had not had palliative

care consultations (average costs \$3,053 versus \$5, 854). The study also revealed that people who have early palliative consults have shorter hospital stays. This could mean that patients or their families see palliative care as important because during the consult they are made aware that death is likely to occur and an appropriate care plan. The fact that patients who had palliative care consults were linked to higher physician costs is likely an indicator of the frequency of visits by palliative care physicians during the dying process. This study, while it applies to only one institution, shows the importance of palliative consultations both in improving the quality of care for patients and cost savings to the Hospital.

Many people seem reluctant to choose a Substitute Decision Maker (SDM). In filling out a Power of Attorney for Continuing

Care, your choice of your SDM should be based on someone you trust with your life, no pun intended. Situations may arise where a decision will have to be made by your SDM who should know what treatments or resulting effects of treatment would be abhorrent to you in terms of extending your life. Your SDM should also be aware of your decision to donate all suitable organs for transplant purposes (some people donate their bodies to university hospitals). While conscious and capable, you retain decision-making for your health care even in end-of-life situations. All family members should know whom you have appointed as SDM and support that person when required to make a critical decision.



TOH Cancer Centre - news and updates

by Helen McGurrian

TOH Cancer Centre – A World Leader

This June, I had a behind-the-scenes tour of treatment facilities of TOH Cancer Centre. Seven years ago, my daughter received chemotherapy and radiation therapy there before the new TOH Cancer Centre was finished. What a change since that time!

Radiation Therapy: Newer therapies using computerized systems reduce

damage to healthy tissues by better targeting of cancer cells. TOH will soon have its own Gamma Pod, a new external beam radiotherapy device that will decrease the need for breast cancer surgery and may help in other types of cancer.

Chemotherapy: Last year, I interviewed TOH Cancer Centre Pharmacy-Manager, Helene Bourget-Letarte, and Dr. Garth Nicholas, Medical Oncologist, one the increasing development and

use of new Oral chemotherapy drugs. This year, a 17-member team of TOH Cancer Centre clinical researchers won the Investigational New Drug Program Team Award from the National Cancer Institute of Canada for two lung cancer clinical trials led by Dr. Garth Nicholas.

Champlain Regional Cancer Program Patient and Family Advisory Council (PFAC): In April 2013, I wrote about the work of Gwen Barton, TOH Cancer Centre Patient Experience

Coordinator, in creating the PFAC. In two years, feedback from the PFAC has greatly improved the patient experience. Now on the first visit to TOH Cancer Centre, a patient will receive a complete work-up, (baseline lab tests, MRI), meet both the medical and radiology oncologists together to review treatment options, and a treatment plan drawn up to include

Continued on next page

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From previous page

tests, doctors' appointments, and treatments, as much as possible on the same visit, to reduce patients visits to the Centre. There are 18 members of the PFAC, who are involved in all aspects of Cancer Care: 15 Cancer Program Committees include PFAC members and 7 PFAC members are involved in Cancer Care initiatives (these are province-wide initiatives).

Caring for the Most Vulnerable: First Nations, Inuit and Metis people have higher cancer rates and are diagnosed at later stages than the general population. TOH is responsible for hospital care of patients from Nunavut including cancer patients, who must travel thousands of kilometres for treatment. TOH Cancer Centre helps these patients and their families through the services of Verna Stevens, Aboriginal Patient Coordinator, a knowledgeable and sensitive advocate for their needs.

People who have been treated at TOH Cancer Centre have nothing but praise for the care and caring provided by all who work there. For this, I say a special THANK YOU to Paula Doering, President of Clinical Programs, Diagnostics and the Champlain Regional Cancer Program (includes TOH Cancer Centre) for inspiring her team of first-class professionals in her dedication to make TOH Cancer Centre truly World Class.

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

SUDOKU

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

Sudoku on page 24

Heritage Ottawa notices

Heritage Ottawa Public Lecture  
Behind Closed Cells: The Architecture of Canada's Jails and Prisons  
Sat., Oct. 3, 7:00 pm  
Location: Ottawa Jail Hostel Courtyard - 75 Nicholas Street  
Speaker: Brittney Anne Bos, PhD Candidate  
For over a century, the intimidating architecture of Canadian prisons inspired sentences to be carried out in solitude and silence.  
Set within Ottawa's own historic jail, this lecture will focus on the 19th and early 20th centuries to illustrate how architecture was a critical tool for communicating changing ideas regarding criminals and their confinement.  
Admission: \$10. Tickets will be on sale at the door prior to the event. Limited seating available.  
Cocktail hour with a cash bar begins at 6:00 pm. There will be additional social time after the lecture.  
In event of rain, the lecture will be held indoors at Mugshots, in the Jail cellars.  
For more information: [www.heritageottawa.org](http://www.heritageottawa.org) or 613-230-8841 or [info@heritageottawa.org](mailto:info@heritageottawa.org)

Heritage Ottawa Walking Tour - Briarcliffe  
Sun., Oct. 4, 2:00 pm – Meet at Combermere Park, 11 Combermere Lane in Rothwell Heights (parking area adjacent to tennis courts). Steep roads; flat walking shoes recommended.  
Briarcliffe is Ottawa's newest Heritage Conservation District, and the first in Canada to recognize mid-20th Century modern architecture. This enclave of 23 unique homes began in 1959, when partners sharing modernist ideals of living in harmony with nature purchased 20 acres of rocky, topographically challenging land near the Ottawa River. Progressive architects of the day designed experimental homes in keeping with design covenants established to ensure visual cohesion of the neighbourhood and preservation of its spectacular natural landscape.  
GUIDE: Danielle Jones is an artist and designer, modernist architecture buff and Briarcliffe resident.  
Heritage Ottawa Members \$5.00, Non-members \$10.00  
Info: 613-230-8841 [info@heritageottawa.org](mailto:info@heritageottawa.org) or [www.heritageottawa.org](http://www.heritageottawa.org)

Heritage Ottawa Free Public Lecture  
Reinventing Building 94 at the Central Experimental Farm  
Wed., Oct. 14, 7:00 pm  
Location: Ottawa Public Library Auditorium - 120 Metcalfe Street  
The New Canadian Agriculture and Food MuseumThe masterful re-purposing of Building 94, a "Recognized" Federal Heritage Building on the Central Experimental Farm National Historic Site, was carried out under the direction of John Neuert of Baird Sampson Neuert Architects and John Cook of GRC Architects in joint venture with BSN Architects.

This project involved the rehabilitation of the former Machine Building into one of the newest and most imaginative museums in the National Capital. Now the Canadian Agriculture and Food Museum, this project won the City of Ottawa's Architectural Conservation Award of Excellence for Adaptive Re-use in 2013.  
Speaker: John Cook is a principal of GRC Architects, and has worked on numerous heritage conservation projects in Ottawa.  
For more information: [www.heritageottawa.org](http://www.heritageottawa.org) or 613-230-8841 or [info@heritageottawa.org](mailto:info@heritageottawa.org)

Heritage Ottawa Walking Tour - The Glebe: Clemow west of Bank Street  
Sun., Oct. 18, 2:00 pm – Msset at the northwest corner of Bank and Clemow.  
Take a ramble through a designed landscape, along a parkway and into a park, and learn about the rich social and architectural history along the way. This district, once known as Clemora Park, immediately became one of Ottawa's most scenic and desirable residential areas, home to leading local and national politicians, businessmen, doctors, and civil servants. Tour visits Clemow Avenue west of Bank Street, selected homes on Powell Avenue, and Central Park West.  
GUIDE: Andrew Elliott, Facebook Editor for Heritage Ottawa, archivist at Library and Archives Canada, author and Glebe resident.  
Heritage Ottawa Members \$5.00, Non-members \$10.00  
Info: 613-230-8841 [info@heritageottawa.org](mailto:info@heritageottawa.org) or [www.heritageottawa.org](http://www.heritageottawa.org)

Heritage Ottawa Walking Tour – Carleton University Campus  
Sun., Oct. 25, 2:00 pm  
Meet at Minto Centre, Corner of Library Road and Campus Avenue  
Carleton University Campus, 1125 Colonel by Drive  
Heritage Ottawa Members \$5, Non-Members: \$10  
Carleton University started small, opening its doors in 1942 as Ontario's first private, non-denominational college. A decade later the college became a university and moved to its current location, nestled along the Rideau River. Now a jumble of architectural styles, the Carleton campus remains home to buildings that were both modern and egalitarian at the time of construction – an alternative to the predominantly gothic architecture of other university campuses at the time. This tour will explore the history of the buildings and campus development between 1959 and 1972, and will discuss how the buildings of this era fit in with how the campus has expanded to-date.  
GUIDE: Hilary Duff is a former journalism student and campus tour guide at Carleton University whose window looks out onto the original Carleton College building.  
Info: [www.heritageottawa.org](http://www.heritageottawa.org) or 613-230-8841 or [info@heritageottawa.org](mailto:info@heritageottawa.org)

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Riverview Alternative School

Sewing potholders with elementary school students

by Carol A Gaudet

On June 22 I volunteered at Ottawa’s Riverview Alternative Elementary School during their “Our Future in Front Of Us” day. I had a lot of fun and was so impressed by the students and their creativity.

This was a day where all the students of the school were invited to participate in various workshops. My workshop activity was providing the students with some experience with fabrics and sewing. The students were tasked to select fabrics to make potholders (or mini art quilts!). In groups of 4-5, the students had to decide

on a theme for their potholder and then choose fabrics based on that theme. Once the fabrics were chosen, the students also were required to select the order the fabric was to be sewn together. The students made 10 potholders in all, each with a different theme (see attached photos). I did all the sewing, but was not able to finish all the potholders during my sessions. The potholders are now all sewn and a bit of quilting has been added to finish them off. The potholders will be given to the school and on the recommendation of the teachers they be made available for sale at the school’s spring festival.



Potholder Themes  
(Top) Spots; Green  
(Side) Red and White; Nature  
(Bottom right) Colorful



Potholder Themes  
(Top) Dark; Blue Green  
(Side) Green and Blue; Flowers  
(Bottom right) Happy



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# Some People’s Junk, Other People’s Antique Treasures

by Geoff Radnor

How do you downsize? How do you get rid of stuff that you no longer need? There are several options. Have a garage sale; Give stuff to your children (that is if they will take it); Take it to the Salvation Army thrift store; Sell it on Kijiji; Put it out on the curb on garbage day; Offer it to one of the local museums (you’ll be lucky!). But there is one more way to consider: Consign it to an auction house. Your house, your cottage, your car, your furniture or the box of junk tools in the basement; this is one way to eliminate excess belongings. If you have made a will it can even be done by your executor when you are dead.

If you think that you need to ac-

quire more ‘stuff’, then the place to go is also an auction. You never know what is available until you get there. However, these days you can look over the auction catalogue on-line in advance to see if there is something you really would like. You also can bid on line so you don’t have to go to the auction at all. But then you are missing all the fun.

We started going to auctions a few years ago and we bought a small hand-drawn cartoon by a well known Danish artist (my wife is from Denmark). It came in a box of things that included two nice paintings, one of which is still up on our wall. One auction house has boxes of things that are not included in the catalogue. They are

auctioned off prior to the more serious items in the catalogue.

There seem to be many regular bidders attending these auctions and it is interesting studying the bidders as well as the items up for auction. They look very closely at these un-catalogued items as you never know if amongst that box of old costume jewellery there may be a diamond ring. Or, the maker of that sterling silver spoon may be a famous company; or one of those old books may be a collector’s item worth hundreds.

The items in the catalogue are varied and can cover the whole spectrum. Ideal items to consider are solid oak, mahogany or teak

Continued on page 50



Are you kidding? These are TREASURES!  
Well you get what you pay for.  
1) a Sanyo Internet radio  
2) a Zeiss Contaflex 126 Camera and case  
3) three Mint Matchbox Models in boxes  
4) an original drawing by artist Rachel Redsell of a man in a bowler hat, smoking a pipe  
5) an original Danish cartoon about the Hendon Police Training school  
6) a Grundig Yacht Boy Am/FM/SSB radio  
7) a solid brass door knocker and two brass hangers  
No Van Goghs or Leonardo Da Vincis  
Photo credit:Geoff Radnor



Do you wish to bid on a Wedgewood Dinner Service? Check Walker's Fine Art & Estate Auctioneers.



Perhaps you may have thought about this special item from Michael Spooner & Son Estate Auctioneers & Appraisers, Ottawa?



A beautiful local Anna Jalava print has been listed. Check out Walker's Fine Art & Estate Auctioneers.





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On Saturday, August 22nd, a number of the staff of **Shoppers Drug Mart**, 1559 Alta Vista Drive Team participated in the Weekend to End Women's Cancer in Montreal. Local staff held Thursday Bake Sales, Cosmetic Galas, and a BBQ, plus more. Thanks to community support, the team raised \$2,000.



Lorna, Shidra, Tiffany, and Katie assist Kyle at the BBQ  
Photo credit: Carole Moul



It was difficult to choose from all the wonderful cupcake flavours  
Photo credit: Carole Moul



The entire Shoppers Drug Mart Team that walked in Montreal. Can you find Phillip Lawlor, one of our SDM Team? Or Tiffany Arseneault who was a volunteer?  
Photo credit: PBL photography [www.pblphoto.com](http://www.pblphoto.com)



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# Vincent Massey Public School

Principal: Ms Katia Sioufi  
Vice-Principal: Mr. Richard Simpson  
745 Smyth Road, Ottawa, Ontario  
<https://sites.google.com/a/cloud.ocdsb.ca/vincentmasseyps/>  
(613) 733-5955

## A HELLO AND WELCOME FROM VINCENT MASSEY PUBLIC SCHOOL

Ms Sioufi and Mr. Simpson – happy to be back!

Dear Community Members:  
HAPPY NEW SCHOOL YEAR 2015-2016. We are delighted to be back this year with our amazing staff here at Vincent Massey Public School. The energy and excitement of a new school year is evident throughout our building!

Our school is looking bright and polished thanks to Mr. Field, our chief custodian, and his team who have waxed and polished all classroom floors and hallways and cleaned all classrooms from top to bottom.

Our staff have created a warm, welcoming, and safe place for all students to learn and develop.

We take tremendous pride

in working collaboratively with many community members and community organizations to make Vincent Massey a community space for all learners.

Vincent Massey Public School was built in 1958. It was named after the first Canadian born Governor General, Vincent Massey, and we are the first school to carry his name. Vincent Massey is a K-Gr. 8 school with the Ottawa-Carleton District School Board (OCDSB). We have an enrollment of approximately 715 students, representing well over 50 countries. Languages spoken include: Arabic, Cantonese, English, French, Mandarin, Somali, Spanish and American Sign Language (ASL). Many of our Intermediate students come from Arch Street PS, Riverview Alternative School and Pleasant Park PS. When our students graduate, they go to Hillcrest HS, Rigdemont HS, Canterbury HS, Ottawa Technical SS, Colonel By SS, Lisgar Collegiate Institute and Glebe Collegiate Institute.

We are a Junior Kindergarten to grade 8 dual track community school. We have 3 full day Kindergarten, 5 Primary/Junior and 3 Intermediate classes in the English program. We have 2 full day Kindergarten, 7 Primary/Junior and 3 Intermediate classes in



Early French Immersion. We also have 1 Junior and 1 Intermediate gifted French Immersion classes as well as 1 Learning Disability class, 1 Dual Support Program class and 1 Deaf and Hard of Hearing class. The **Programs Offered here include** Extended Day Program, Deaf and Hard of Hearing, Dual Support Program, Learning Disabled Program, Early French Immersion, Early French Immersion – Gifted (congregated), English Program with Core French, Inter-

national Language School, Music Program-strings (grades 7 and 8). We are so very fortunate to have such caring and wonderful staff, students, and parents to work with again this year. On behalf of everyone here at Vincent Massey PS, have a safe and happy fall season.

Sincerely,  
Katia Sioufi ([katia.sioufi@ocdsb.ca](mailto:katia.sioufi@ocdsb.ca))  
Richard Simpson ([richard.simpson@ocdsb.ca](mailto:richard.simpson@ocdsb.ca))

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# Nijmegen's Walk of the World – You'll Never Walk Alone!

by Helen McGurrian

From Tuesday July 21<sup>st</sup> to Friday July 24<sup>th</sup>, 2015, I took part in the Nijmegen Walk of the World. This year was the 99<sup>th</sup>

Anniversary of the Walk, where 46,000 people come each year to complete 4 days of walking either 30, 40 or 50 kilometres (kms) per day. An estimated 1 million Dutch people take vacation time during this week to visit Nijmegen and be part of this experience. Trains run all day and night to bring walkers and observers to Nijmegen. Young

vacationers come for the Live performances (it is like our Blues Fest and Jazz Fests combined) and stay up all night to cheer all the Walk-

Continued on page 48



Start of Day 3: The number of Walkers decreasing each day, but 40,092 will complete the 4 days of walking. Major cause of dropping out .... BLISTERS!  
Photo credit: Brian McGurrian



Crowds of walkers filling a village street and a band playing on a balcony over a restaurant. It is an example of how crowded some of the village streets can get and why you cannot really wal the route quickly.  
Photo credit: Helen McGurrian



Groesbeek Canadian Military Cemetery. Each grave decorated with a Canadian flag and a flower by Dutch school children. This year marked the 70th anniversary of the liberation of the Netherlands (Holland) by Canadian soldiers forever remembered by the grateful Dutch people.  
Photo credit: Kelly McGurrian

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## Considering private school? Private School Expo in Ottawa best place to start

Any parent who has gone through the process of searching for a private school knows what an overwhelming experience this can initially be. But the Ottawa Private School Expo, hosted by Our Kids ([www.ourkids.net](http://www.ourkids.net)), simplifies the approach. It offers parents and students the opportunity to meet one-on-one with many local private schools and some international boarding schools, ask questions, and get a better overall sense of the educational opportunities available.

“The event is really designed to help families understand the educational options for their kids. It’s for the parent who wants a quality education and is looking outside the public-school system to see what’s available, and how private schools can cater to their child’s needs” explained Agnes Stawicki, managing editor at Our Kids. “The information seminars are really helpful and families can get their personal questions answered by education consultants, admission

experts and financial planners. It will save a parent a ton of time!”

Our Kids also publishes Canada’s most comprehensive private-school guide, which includes important tips and advice you need to know when researching a school — trends in education (programs and pedagogies), types of schools (explaining the difference between curriculums such as IB, Montessori, Play Based or Reggio inspired), resources on how to pay for private school, information on tax credits or bursaries that are available, and much more. At the Expo, each family will also receive a copy of the 2015/16 Our Kids Private School Guide (a \$19.95 value).

More than 200 parents and students are expected to come out for the Ottawa Private School Expo.

The Ottawa Private School Expo hosted by Our Kids will take place on Sunday, October 25 from noon to 4 p.m. at Delta Ottawa City Centre Hotel. For the schedule of seminars, list of exhibiting schools and to RSVP to attend, please visit [www.ourkids.net/expo](http://www.ourkids.net/expo).



## An able bodied universal seaman is Alex Polowin

by Bill Fairbairn

“And those two Norwegian destroyers got after it, shooting torpedos at it and firing, firing away. And when two British cruisers and that country’s biggest battleship, *The Duke of York*, arrived on the scene it was all over for the *Scharnhorst*”— Alex Polowin, age 90, born in Vilnius, Lithuania, who came to Canada aged three.

World War II started for Alex Polowin when as a boy in Canada he watched his mother cry when she got news that Jewish relatives had been murdered during the

German occupation of Lithuania. “When older I had to do something,” he recalled, when interviewed in his Riveria Classics high rise apartment, near Hurdman bus station, in Riverview Park.

Alex was by then aged 17 and too young to join the Canadian military, but his father signed a letter saying he was 18 that allowed

Continued on next page



Alex Polowin wearing his Memory Project cap



Veteran Alex Polowin's Legion of Honour presented by France for his valour in the Murmansk Run

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(819) 635-3711



**From previous page**

him to enlist in Ottawa as an able bodied seaman in 1942.

Alex served from 1942 to 1945 on four ships: first a Corvette then successively on HMCS Huron, Pictou and Poundmaker. He served knowing that if ever captured by the Nazis he would likely be killed. His dog-tag around his neck showed his religion as Hebrew. "I was fighting for freedom. It was important because Jews were being massacred and if the Nazis had come to Canada it would have happened here too."

Alex joined the Huron in 1943 when Lady Minto bust a bottle of champagne over the ship in its Newcastle, England, shipbuilding yard. The Huron became his new home. He recalls the destroyer's early task with other ships was to chase the German battleship Turpitz thought to have laid low off the rocky coast of German-occupied Norway. But the Turpitz had docked elsewhere. Her fate came later when destroyed by the Royal Air Force.

So the Huron's next task was to join six other ships escorting a convoy close to the Norwegian coast as bait to draw the German battle-

ship Scharnhorst out of harbour there. Hey presto! Out, without destroyer escort, came the German battleship. Two Norwegian destroyers broke ranks around the convoy to disable her with torpedoes. Two British cruisers and the battleship Duke of York arrived to finish her off.

***"I was fighting for freedom. It was important because Jews were being massacred and if the Nazis had come to Canada it would have happened here too."***

"It was quite a day," said Alex, recalling that he was on lookout duty

on the quarter deck and at one instance assigned to carry a silhouette depiction of the Scharnhorst to officers on the bridge.

Flash forward to June 9, 1944, three days after the D-Day invasion of France. Alex is aboard the Huron in a fleet of nine other Allied ships when they run into a flotilla of five German destroyers heading for Normandy to stop beach landings by Canadian and other Allied troops. The battle lasts all day and by nightfall the German destroyers are all out of commission. "Not enough has been written about how we helped to save the D-Day troops," Alex says.

"I was later at the helm of the Huron and so excited I was zig-zagging across the ocean!"

Alex remembers that his subsequent leave period at home in Canada was marvellous. His mother and father, brother and sister were happy that he had come home in one piece.

In between these two momentous events Alex did protective duties for convoys headed to the northern ice-free port of Murmansk in Russia. The Huron protected the delivery of war supplies to Russians battling the Germans.

He was one of about 275 crew of the Huron when her Murman-

sk runs started from Scapa Flow, home base of the British Home Fleet at the top of the British Isles. The Murmansk runs operated only in winter counting on darkness for cover. The Huron would help protect convoys made up of so many cargo ships you couldn't see them all. Alex heard the booms and saw the flashes that indicated a ship had been torpedoed or assaulted from above by Nazi Stuka dive bombers. A seaman landing in the dark freezing water would survive no more than three minutes.

The Russians awarded him their Murmansk Run medal and the French their Legion of Honour among 10 in his collection. In his apartment he also has a photograph of himself shaking hands with a smiling Queen Elizabeth. "I grasped her right hand with my right hand and raised her wrist with my left hand," he recalls. "The Duke was there too."

Alex has put in many hours speaking, singing and playing the harmonica in classrooms as part of an educational program that connects veterans with classrooms across Canada termed The Memory Project. He lost his Scottish wife, Kathleen, fairly recently but he is robust and clear of memory for his age.

# Elect a Better MP

**Vote for the only candidate who will fight for what matters to you and your family:**

- Low taxes
- Protecting your job and the economy
- More benefits for families and seniors

**In Ottawa South elect Dev Balkissoon**

- Small business owner
- Former professor of finance
- Church and community volunteer





COMMUNITY BULLETIN BOARD

COMMUNITY BULLETIN BOARD

**Community Activities and Events at Rideau Park United Church, Fall 2014 2203 Alta Vista Drive (at Cunningham)**

Come and join the **50+ Exercise Group**, and get moving, strengthening, and stretching, each Tuesday and Thursday, 9 - 10 am, from Sept 22 to Nov 26. All levels of fitness (men and women) are encouraged and supported by Faiza, our experienced Seniors' Fitness Instructor (SFIC). Fees are \$55 for 10 weeks (20 classes), payable at your first class. Still not convinced? Come by and give us a try. Drop-in fee \$8. Plan to stay fit by continuing with the winter session in Jan 2016.

**Trivia Night:** Take part in a Night of Trivia Fun on Friday, October 23rd, with doors opening at 6:30 pm, and play starting at 7 pm. There will be door prizes and prizes for the winning tables. Ben Kane is the Trivia Master. Tickets are \$10.00 per person and may be purchased at the church office (9 am - 4 pm, M-F) or by calling 613-733-3156 ext 229. Light refreshments will be served. Proceeds to the work of the church in the community.

**Harmony Club for 60+ Seniors** will meet on Wednesday, October 28th. From 1:00 to 2:00 pm, congregational member, Brian Neal, will speak about the highlights of his recent trip to India. All seniors in the community are welcome to attend. Prior notice is not required. The church is wheelchair accessible and parking is free. This club is run by volunteers with meetings held monthly. Next meeting is Wed. Nov. 18th.

**Christmas Treasures Bazaar:** Mark your calendars and join us again this year on Saturday, November 7th, from 1:00 - 4:00 p.m. The Bazaar offers something for everyone, from meat pies to homemade baking, jams and relishes. You can peruse the Christmas decor collection, the Ladies' Boutique, cross-stitch gifts, and the garden centre. Be sure to search out the Book Alley for a great read and the General Store for household and sporting goods. Drop by the children's toys, games and electronics, and make a bid at the Silent Auction. After shopping, stop by the Tea Room for refreshments and conversation.

**An Old Fashion Roast Beef Dinner** with all of the trimmings will be held on Friday November 27th starting at 5 pm, with a second sitting at 6:30 pm. After the roast beef, enjoy apple crisp for dessert, along with tea and coffee. All are welcome. Proceeds will go to the work of the church. Tickets are \$18.00 for adults and \$10.00 for children ages 6-12. Children 5 and under are free. For tickets, please call 613-733-3156 ext 229., or come to the church office (M-F 9 am-4 pm).

**Ring in Christmas:** Start your Christmas season with a handbell and chimes concert on Sunday November 29th, 7 pm. All are invited to attend. Our annual concert features the five handbell and chimes choirs from Rideau Park: Touch of Brass, Grace Notes, La Bell Ensemble, Note-Able Sound, and Ringing Praise, playing the music of Christmas. Freewill offering.

**For more information on any of these activities or events, call the church office (9 am - 4 pm, M-F) at 613-733-3156 ext 229 or see [www.rideaupark.ca](http://www.rideaupark.ca)**

**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.

St. Aidan's Anglican Church Yuletide Bazaar, will be held Saturday November 7th, 10 - 2 pm. Start your Christmas shopping early with our HOME MADE BAKING, JAMS & JELLIES, CRAFTS, and visit our LADIES BOUTIQUE! Take part in our SILENT AUCTION and CHINESE RAFFLE, and enjoy LUNCH in the CELTIC CAFE. We are located at 934 Hamlet Road, near Smyth and St. Laurent. For more information, call 613-733-0102.

**The Pacesetters Walking Club** at Billings Bridge mall welcomes seniors. Join us and put a **spring** into your steps ! Space has been provided by mall management in the basement of the Tower. Open from 7:30 to 10 am. Other activities such as social gathering, puzzles, knitting for charities, library. A low cost of \$10 per year covers our expenses. Call 613-521-6740 during our open hours for information.

**Ottawa Concert to support music lessons for Inuit youth**  
On Saturday, October 3, 2015, 8 p.m., at the Wabano Centre (299 Montreal Road, Ottawa), musicians Greg Simm ([www.gregsimm.com](http://www.gregsimm.com)) and fiddler Kim de Laforest ([kimdelaforest.com](http://kimdelaforest.com)) will play a special benefit concert to support musical instruction for youth in Nunavut. Tickets are \$20 and are available at [www.MusicForTheFuture.Brown-PaperTickets.ca](http://www.MusicForTheFuture.Brown-PaperTickets.ca).

**Emmanuel United Church**, 691 Smyth Road.- **Holiday Homespun Bazaar** - Join us from 10 AM to 2 PM on **November 7**. Come and snap up some amazing bargains (Baking, Knitting, Jewelry, Christmas Items, Unique Giftware, Toys and Books), and then stay for lunch and tea! For information go to [www.emmanuelunited.ca](http://www.emmanuelunited.ca) or call 613 733 0437.

**Emmanuel United Church**, 691 Smyth Road . The EUC Men's Club presents **The Annual Shanty-men's Dinner**- A tradition begun in 1987. Hearty Fare!! Music by the Emmanuel River Boys!! Friday, October 16<sup>th</sup>, 2015. Sittings at 5:00 and 6:45 p.m. Tickets: Adults \$15.00, Children (under 12) \$8.00, Family \$40.00. Proceeds to the Revitalization Fund. Tickets and Information-613-733-0437

**Contact for CBB**  
[Editor@RiverviewParkReview.ca](mailto:Editor@RiverviewParkReview.ca)

**Emmanuel United Church**, 691 Smyth Road. The Emmanuel Players will be presenting **God's Favorite, by Neil Simon**. A comedy in 2 acts, based on the Bible story of Job and his struggles with his God and his exasperating family. Dress Rehearsal (with dessert) on Wednesday November 18 at 7:00 pm. Tickets \$10 per person. November 19, 20, 21 (3 course dinner begins at 6:00 pm). Tickets \$40 per person. Proceeds to the Revitalization Fund. Tickets and Information go to [www.emmanuelunited.ca](http://www.emmanuelunited.ca) or call 613 733 0437.

**November 7 - St. Thomas the Apostle Anglican Church**  
2345 Alta Vista Drive (by fire station)  
**ANNUAL BAZAAR** - 10 am to 2 pm. Cafe from 11:30 to 1 pm. Bake room, Clothing boutique, Jewellery, Handicrafts, Books/CDs, Plant room, The General Store, etc.

**The Wholesale Outlet, Fashion for Compassion Show:** Saturday, October 3rd, 10 am, in support of cancer research at the Ottawa Hospital. Admission is free and 25% of all sales will go to helping fund the many research programs at the hospital. Volunteers from Victoria's Quilts Canada will be providing refreshments. Arrive early.

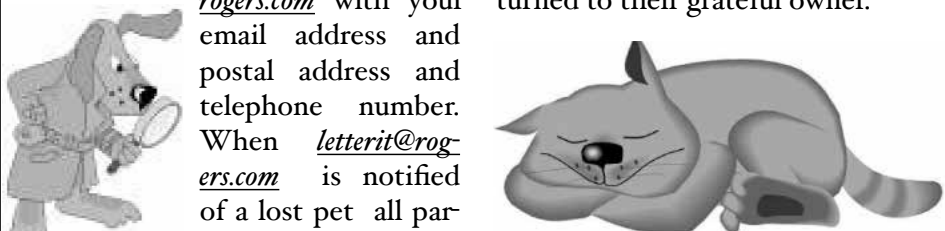
**October 24 Friends of the Farm Used Book Drop Off from 10am to 4pm.** Save your books and re-gift them for a great cause. Please note we do not accept magazines, textbooks, or encyclopaedia. Drive up to Bldg. 72 CEF Arboretum, east exit off Prince of Wales roundabout. 613-230-3276 [www.friendsofthefarm.ca/events.htm#events](http://www.friendsofthefarm.ca/events.htm#events)

**October 25 Friends of the Farm Guided Tree Tour.** Tree seeds and fruits. What trees have to offer and what we need to protect, free and open to the public, register at [info@friendsofthefarm.ca](mailto:info@friendsofthefarm.ca), donations kindly accepted <http://www.friendsofthefarm.ca/events.htm#trees> 2:00 p.m. at Building 72.

**November 15 Friends of the Farm Guided Tree Tour.** Tree forms and shapes, tree identification, winter preparation, free and open to the public, register at [info@friendsofthefarm.ca](mailto:info@friendsofthefarm.ca), donations kindly accepted <http://www.friendsofthefarm.ca/events.htm#trees> Time & Location tbc.

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](mailto:letterit@rogers.com) with your email address and postal address and telephone number. When [letterit@rogers.com](mailto:letterit@rogers.com) is notified of a lost pet all participants will be sent a confidential email with a description of the lost or found pet. 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.





# It takes a village to grow a child

by Sarah Musavi

I am writing this article last minute, changing up the entire topic on which I had almost completed my write-up: The Healthy Gut. I think that can wait.

The reason to change the topic and be writing something seemingly different from my original article is because I visited the Terra Firma Co-Housing community that has existed for 18 years just behind the Main St. and Clegg.

It all started with an article I read about a successful health coach in California who attributed her healthy life and family success to the co-housing community she has been living in California. I had never heard of that concept, so I did a simple google search to see if anything similar existed in Canada. I was pleasantly surprised to see that there is an established community in Ottawa and that too only a 5 min drive from our home in Riverview Park.

I contacted Signy and Steve, the people mentioned on the Co-housing Network's website, to find out more about the concept. They were very welcoming to my questions and invited me over for their Sunday community dinner. So, off we went with 2 bottles of juices as our contribution. We had no idea what to expect and were simply excited to hear all about how it works.

Signy took us to the common house about 2 houses from her house and showed us the lovely natural common garden with a tree house and a hot tub, all built by community members. Then we sat down in the common living room to ask the 1001 questions.

This is the picture of the concept of co-housing.

Soon we learnt that the group had started the whole project about 23 years ago and it took them 5 years to finally buy the real estate with 6 units. The members made co-payments and worked together to build not just a robust financial management system but also a values-based system, reasoning that only people who could get along with each other would find the place attractive. One of their defining values is that it's multi-generational, which soon became evident as soon the rest of the community members started trickling in for the shared meal, which happens every Wednesday and Sunday. There were children who had grown up there from the time they were born to the time

they finally left the community as adults and there were little children and teenagers, seniors and people in their 40s and 50s.

***One of their defining values is that it's multi-generational, which soon became evident as soon the rest of the community members started trickling in for the shared meal, which happens every Wednesday and Sunday. There were children who had grown up there from the time they were born to the time they finally left the community as adults and there were little children and teenagers, seniors and people in their 40s and 50s.***

People gathered around us to introduce themselves and learn more about us. I was already feeling at home with so many people smiling and laughing and dressed casually.

Soon it was time for the meal to get started and Steve asked everyone to gather around for circle time.

We held each others' hands and stood around the food in silence for a minute. Since each family gets a turn to cook for the rest of the members once a month, it was time for the cooks (Signy and Steve) to introduce the food they had prepared. There was mouth-watering vegetarian chilli, gluten-free Mac'N Cheese and a potato beetroot salad. Another community member brought in roasted brussel sprouts. Dessert was a wedding cake from Signy and Steve's daughter's wedding and of course yummy melons and pineapples.

After the meal, there was a birthday ceremony being held for a 9 yr old child, who wanted to blow the candle after the first song and then one senior member said....oh. don't blow, so the child just held his breath...the congregation started another song and the child waited. Then again he was about to blow, when someone else shouted out...oh, don't blow...

the child held his breath...and they all sang another funny song. This went on for 4 songs and the child was amused and so was everyone.

We served the yummy food and chose a table and other members joined in, while our son, Adam was asked by other children to join them at the kids' table, on which also sat a teenaged girl. Within 5 minutes, we heard Adam being very involved in the discussion and laughing with them. This was simply amazing because I have never seen strange kids meet for the first time and without any digital devices, willingly integrating a new child and our son really enjoying it.

While we kept talking to other adults, we noticed that Adam was not in the room anywhere. The people told us that probably the kids are in the backyard or playing basketball on the street. When we went outside, we heard the kids but could not see them, then we saw Adam running in and hide under the giant trampoline, while the teenager came running from the other side looking for the hidden kids. It was unbelievable to see kids from such a wide age-range playing and laughing with each other and running in and out of each others' houses.

We were told that all community members agree to an open house walk-in concept, so that kids and adults don't need to make appointments to visit each other, be it for sugar and milk that they may have run out of, or a personal issue they feel they need to talk about to another member. This is like having your choice at hand-picking family members.

I had read many many years ago a quote that had appealed to me very much at the age of 7: "It is a chance that makes brothers but hearts that makes friends". Today, I actually saw that and I would love to be part of this community or make one here with the same concept.

It takes commitment and strong

will to get something like this started, but once it takes off, it's like providing that village to the child and at the same time reducing the stress-level of adults so they never feel alone and get that confidence that they have people who mean well, around them to support them in every possible humane way.

Moreover, it ties in very well with Holistic health, which is not just about the food we eat, but also a big aspect is our Thoughts and how we support ourselves to remain positive. Community and the people we surround ourselves with is well-known as a primary ingredient in developing that. No matter how well we eat, if we are socially isolated, our body will turn our food into toxic fats and sugars that will lead to pain and malaise.

So, please do whatever it takes to build a strong support system around you and for your children. Make sure you are staying positive and are surrounded by happy and well-meaning people, be it as a community that makes it very clear as a value or as a neighbour.

The more we let our children play with each other without structure, the more we will

allow them to grow their own creativity. Also, the more they see their parents meeting each other, they too will be more inclined to be socially developed and become better future leaders who can deal with complexities and remain flexible at work and at home and can laugh out loud at themselves first.

If you are interested in finding out more about the concept:

<http://www.cohousingconsulting.ca/resources.html#is>

It all began in Denmark: <http://cohousing.ca/where-it-all-began-cohousing-in-denmark/>

Do contact me if you think we can develop such a community in Riverview Park. It's possible!

Sarah Musavi; [smusavi33@gmail.com](mailto:smusavi33@gmail.com)

## Katharine Robinson School of Highland Dancing



**Katharine Robinson**  
*Director*

Fellow & Life Member B.A.T.D.  
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RPCA President's report

“ To everything, turn, turn, turn. There is a season, turn, turn, turn. And a time to every purpose under heaven.” (By Pete Seeger – Based on Ecclesiastes 3:1-8)

Change. It can be good or bad but either way it's inevitable. And as memories of the hot summer fade with the turning of the leaves, (now that Fall is upon us), many Riverview Park residents are turning their attention to the colder weather and season change. Now is a good time to look back on what has changed, what changes are coming up, and how you can help out.

**Summer Changes**

Some of the changes were welcome (re-opening the Queensway lanes; the return of professional baseball to Ottawa; the opening of a pedestrian bridge between the Train Station and Coventry Road and the baseball stadium and Canadian Tire). Some were largely unwanted but coming nonetheless (construction in the Alta Vista Corridor, disruption to many bus routes due to Hurdman Station reconfiguration, and announcements that Community Mailboxes are slated to arrive in 2016), and some were fun to watch (construction of elevated guideway for Light Rail tracks near Hurdman)

**Upcoming Fall and Winter Changes**

More changes are coming in the next few months and not just shorter days and cooler nights. Further changes to the bus schedule and bus routes will take place at the end of the year, when the Transitway closes between Hurdman and Lees stations as part of the LRT conversion process. At the community level, new business are coming to the Trainyards and Alta Vista Shopping Centre, several members of the Riverview Park Community Association (RPCA) are retiring from the Board and the community is looking for a new coordinator for the Balena Park ice rink, as Chris Khoury has stepped down after many years.

**One Constant**

Throughout the changes though, the RPCA remains active on your behalf on a variety of fronts. Whether it is monitoring local developments, communicating with elected officials and city staff on behalf of the community, hosting an Open House for the Alta Vista Transportation Corridor Hospital Link, meeting with Canada Post officials about Community Mailboxes, organizing Park clean ups and other fun community events, supporting a local soccer program, or posting information of interest on our website, the RPCA and its board strive to be there for the Riverview Park community.

But we cannot do it alone – we are always looking for new helpers, either on the Board or on one of our committees (Communications, Membership, Parks & Recreation and Planning & Development), and just as importantly, serving as the Rink Coordinator at Balena Park. (*Without a new coordinator, the winter skating rink at Balena Park could be in jeopardy*). Whether you are a newcomer or long-time resident, come out to our **Annual General Meeting on October 21**, and for just \$10 your family can join the RPCA (your membership card gets you a 5% discount at Rona and two free tickets to an Ottawa Champions Baseball Game next year.) The AGM will include a presentation from Ecology Ottawa President Graham Saul on greening and transforming communities to make them more liveable.

I hope to see you at our AGM as well as at the October 4 Balena Park Corn Roast that Councillor Jean Cloutier and his office are putting together with the support of local businesses and volunteers from Riverview Park (including many RPCA members). In the meantime, may you enjoy and appreciate the changing colours of Fall and other hallmarks of this transitional season.

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Canada's 150<sup>th</sup> anniversary in 2017 is less than two years away! While Riverview Park is much younger (barely 60 years old), we are a well-established neighbourhood. Perhaps there are some local residents out there who are interested in doing something special in and for Riverview Park and our neighbours in celebration? If you have some ideas and/or are interested in helping organize a celebration event or activity, please feel free to drop me a line [krpp1415@gmail.com](mailto:krpp1415@gmail.com) or show up to a future RPCA Board meeting or our October 21, 2015 AGM with your ideas.

**Check out our website at [www.RiverviewPark.ca](http://www.RiverviewPark.ca) and be on the lookout for friendly RPCA Board members who are canvassing in Riverview Park as part of our annual membership drive.**

Did you have a Riverview Park summer in 2015?

by RPCA President, Kris Nanda

Riverview Park residents are fortunate to have many amenities, local businesses and fun activities at their disposal – both seasonal and year-round. With the warm summer now behind us, now is the time to see how many you were able to take advantage of. Try scoring – one point for each “yes” answer.

- Did you?
- Go to the Balena Park to the play area, or green space or wading pool?
  - Walk/walk your dog or jog run through the Alta Vista Corridor Woods or along the Hydro Line?
  - Visit the new Bicycle Craft Brewery on Industrial Avenue for a tour or to buy some of their locally brewed craft beer?
  - Take in an Ottawa Champions Baseball game? (Extra credit for riding your bike or walking to the game across the new pedestrian/cyclist bridge across the 417)
  - Go to the Alta Vista Shopping Centre and visit Shoppers Drug Mart and/or say hello to Rock?
  - Rent a Movie from Movie's N' Stuff on Kilborn?
  - Plan on attending the Balena Park Corn Roast? (now on October 4<sup>th</sup>)
  - Take part in the Community Garden behind the Nazarene Church or Avalon/Braydon?
  - Watch or take part in the Wednesday evening Riverview Park soccer program at Riverview School?
  - Go down to Hurdman Station to check in on the progress of LRT construction?
  - Go to the Train Yards Farm Boy? (extra credit if you walked or cycled)
  - Sign up for and take part in one of the six Park cleanups organized by the Riverview Park Community Association (RPCA)?
  - Take time to walk through the Cancer Survivors Park or relax on one of the benches?
  - Join the Riverview Park Community Association?

Score

12+: Congratulations -- you have made the most out of living in Riverview Park this summer.

8-11: You are taking advantage of many things our neighbourhood has to offer.

4-7: Starting to get the picture

0-3: Try to get out some more next summer!



## OCDSB Trustee Chris Ellis

### Ottawa-Carleton District School Board (OCDSB) priorities 2015-16

Last June the Board passed a new Strategic Plan to guide it through to 2019. This new plan has five areas: **Learning, Well-being, Engagement, Equity, and Stewardship.**

The Board will be addressing all five areas but placing immediate and focused attention on Stewardship following recent comments by the premier on underutilized school space and direction from the Ministry of Education. Strategies listed under Stewardship are:

Improve access to learning environments and optimize the use of all resources through school accommodation and program review planning;

Enhance operational practices to effectively and responsibly manage human and financial resources in support of students;

Model sustainability, smart en-

ergy use and sound environmental practices for students.

The Ministry of Education has told boards to update their policy for boundary and program review and school closures to reflect its Pupil Accommodation Review Guideline (PARG), released in March 2015. The OCDBD is aiming to update its policy by the end of December 2015. In tandem with this, trustees are considering the development of overarching principles for providing schools to communities in ways that will help optimize the other areas of the strategic plan. The details of if and how consultation will take place for these two initiatives have yet to be fleshed out.

Currently there is a consultation going on for "The School as a

Community Hub" which will have implications for how we wish our schools to be part of our communities.

#### Zone 6 meetings, Fall 2015

On a more personal note, this is the start of the first full school year that I have been trustee for Zone 6 Alta Vista and Rideau-Rockcliffe and I'm looking forward to the opportunities to hear from you. In addition to keeping in touch with school councils and community associations, this year I will be holding zone meetings open to any and all constituents:

The first one will be **Saturday, October 17, 1:00 to 2:00 pm** at the Canterbury Recreation Complex. Come for the hour or just drop in to say hi. Coffee and other refreshments will be served.

The second one, which will be

more formal, will be **Saturday, November 14, 10:00 am to noon** at the Jim Durrell Recreation Centre. Stay tuned for further details.



On Saturday, October 3, 9:00 am to 3:00 pm, the Ottawa-Carleton Assembly of School Councils and the OCDSB will be holding their annual School Council Training Day. I plan to attend and hope to see some of you.

Chris Ellis  
Trustee OCDSB Zone 6 Rideau-Rockcliffe and Alta Vista  
Chris.Ellis@ocdsb.ca  
613-818-7350  
www.SchoolZone6.org

## Bike rides, the importance of community and the refugee challenge are all addressed at Trinity Church

by Pastor Franklin Chouinard

After a slower than normal summer, activities have begun again at Trinity Church for the fall. It wasn't for lack of planning that members and friends of the church weren't as active as in years past – blame the weather! The first Friday evening in June has been a "pet play day" in years past. Members of the church and of the community were invited to bring their pets to the church property to let the animals "romp" together while owners visited. Unfortunately, rain forced the cancellation of the event, and another evening could not be found to reschedule. Trinity next "goes to the dogs" Friday evening June 3, 2016.

To remind all of their responsibilities to the environment [and to enjoy the city as a church family] a "Ride Your Bike to Church" day is usually held the first Sunday of each July [this year the ride was postponed until the end of August]. Members and friends of the church met for a light breakfast [this year at The French Baker in the Byward Market] before riding along the bicycle path along the River to the church. Some live close enough to ride to the breakfast meeting place each year; others bus or take the O-Train to close to the chosen restaurant; all who participated enjoyed the day.

Almost cancelled due to weather was the "Farewell to Summer/Welcome to Fall" family night. For a time it appeared that for the first year in fifteen the event would need to be moved inside: it began to rain in the late afternoon, but it dwindled to a slight drizzle by 6 and it was clear by start time. Again this year a permit for an open cooking fire was granted by the City of Ottawa, and a wiener roast was held. While the dampness held some people back, those who attended had a great time.

Sunday services continued through the summer. Pastor Frank's summer series looked at the importance of community, comparing the early New Testament Church with the church of today. When he was away, Pastor Rick spoke, using the lectionary as a guide. This fall's series [which will continue through until Advent] looks at many of the invitations that Jesus gave to those who followed Him. Dr. Victor Shepherd, Professor of Systematic and Historical Theology at Tyndale University College and Seminary, will speak at the church October 18; D. Ian Fitzpatrick, District Superintendent of the Church of the Nazarene in Ontario will visit the church November 8.

The "Youth Alive!" teen group under the direction of Mathieu

Charlebois has started again after a summer hiatus. Those in grade 6 and higher are invited to the church Friday evenings at 7:00 for a time of fun and games in a safe environment. A Bible Study ends the evening; the night's activities end between 9:00 and 9:30.

The crisis in the Middle East is on the minds of many during these troubled days. The Church of the Nazarene is actively involved and is working with refugees as they attempt to find asylum. Teanna Sunberg [whose with her family is living in Budapest] is sharing of the work done through Facebook and through her blog. Many of the people who are leaving Syria do so with no more than the cloth-

ing they are wearing.. the Church of the Nazarene has been able to offer aid, comfort, food and clothing to refugees who have left their home country, and to those who have remained in Syria but are living in tent cities there.

Information about the activities of Trinity Church and links to Teanna Sunberg's blog and to the work of the International Church of the Nazarene can be found at the church's web site: [www.ottawatrinity.ca](http://www.ottawatrinity.ca); visit the church's Facebook page; follow Pastor Frank @TheFrankPastor on Twitter; e-mail the church at [ottawatrinity@rogers.ca](mailto:ottawatrinity@rogers.ca); or call the church at 613-731-8926.

# Chris Ellis



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

[www.SchoolZone6.org](http://www.SchoolZone6.org)  
613-818-7350 - [Chris.Ellis@ocdsb.ca](mailto:Chris.Ellis@ocdsb.ca)



# Dempsey Community Centre reopens

by Judith Dupuis

Dempsey Community Centre has been closed this summer and will re-open September 28. We are happy to announce that the air circulation, temperature control and humidity levels will be much improved and more efficient.

I am very excited to share our fall 2015 programming schedule. The regular programming is being offered as well as new programs that have been added to the line-up, such as Taekwondo where the whole family can join in, poetry for children and adults, fitness programs, pottery for all ages, and a writing course called ‘Stories from our Lives’. We have our loyal gymnastics instructors offering a variety of levels for preschool to youth. The very popular pickleball drop-ins are schedule to start the first week of October.

You will find a variety of fitness programs for all ages, such as cardio interval, core conditioning zumba and a walking club. These are great aerobic and condition-

ing workouts that will improve your overall health.

Taekwondo Family is a program for the whole family to participate. Mom/dad join in the fun with your kids. Taekwondo helps built character and discipline for all ages. Learn together as a family this martial art technique that will train your body and mind.

The Margaret Morris Movement program has been running now for 30 years at the Dempsey Community Centre. This program is for everyone who loves to express themselves through creative movement and improve health and vitality. The original instructor (Beryl Bayne) remains an active participant in the class. The Margaret Morris Movement is an excellent form of activity that suits all ages.

This fall Dempsey Community Centre will have new creative, active as well as original programs. For example Poetry and Mixed Media Arts is a new program that will introduce 8 to 12 year olds to poetry writing and mixed media forms.

Pottery is a popular and established program for older adults at Dempsey Community Centre. This fall Benjamin Woodyard a graduate of Nova Scotia College of Art and Design University is joining the Dempsey Team to teach pottery to children, youth and adults. He will introduce creative functional and sculptural clay construction techniques, surface decorations, textures and glazing techniques. Release some of your creativity through clay.

‘Stories from our Lives’ is a 6 week-program where you will write about stories of your own life. We all have a story to tell. Often we think of a life story or memoir as a chronology of events, however, knowing where to begin can become so overwhelming that we put off writing the story at all. This is an invitation to re-collect record and share the stories from your life. You will bring your own writing instruments to a safe environment where you will experiment with writing strategies using prompts, share your writing with others, and begin your collection of life-stories.

You just bought an iMac, iPad, iPhone, Mac®’s, iPads® or any combination of these, the Getting Started with computers program will help you to understand how to use them for mail, photos, documents, searching. We also allow you to look at social media (like Facebook) anonymously and safely. You will learn about iCloud, the iTunes Store and more. This is an Apple only course that differs from one to one from Apple as we will talk about products not made by Apple too.

Kilborn Gardeners are having a very successful season so far. Mother Nature has been good to them. Registrations for new gardeners will be on Friday, April 1, 2016.

The fall program includes so much more; visit the Ottawa.ca/recreation to view the complete fall programming at the Dempsey Community Centre or pick up a fall program flyer at Dempsey Community Centre, 1895 Russell Road at the reception counter. We would be pleased to see you.

# Edward Jones—Financial Advisor

2211 Riverside Dr., Suite 100  
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Tel: 613-526-3030

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How do you choose a financial advisor? Like most people, you probably are busy with your work and family, and may not have the time or expertise needed to thoroughly understand the investment world. So how do you choose the right financial advisor? You can start by asking the right questions. Here are a few to consider:

- Have you worked with people in my situation? As an investor, you have your own special set of characteristics: level of assets, stage of life, long-term goals, etc. Before you sign up to work with a financial advisor, you need to make sure he or she is comfortable working with someone like you.
- What are your credentials? Inquire about a prospective advisor’s qualifications. Make sure anyone you might work with has all the necessary securities licenses, as well as professional designation.
- Are you or the firm you represent affiliated with regulatory organi-

zations? Ask whether the advisor or the firm he or she represents is regulated. For example, any firm or advisor who is a member of the Investment Industry Regulatory Organization of Canada (IIROC) would need to comply with rules that protect client assets if a firm becomes insolvent.

- What is your investment philosophy? Just like investors, financial advisors have different investment philosophies. Some might be naturally more aggressive, while others are more conservative. But the ideal advisor can provide you with guidance based on your risk tolerance and investment preferences.
- How will you communicate with me? Make sure your financial advisor will communicate regularly with you. Find out when you’ll receive statements and how often you’ll meet in person to review your portfolio. Will your financial advisor call with suggestions and recommendations? Are you free to contact him or her at any time? Remember, you’re entrusting this person with your financial future – so you have a right to always expect open, honest and frequent communications.
- What sort of resources can you

draw upon? Find out if a prospective investment professional has access to quality research and technical expertise in key areas, such as investments, insurance and estate planning. How extensive is the firm’s research department. In some cases, a financial advisor may be able to bring in added expertise through a relationship with another professional, such as a lawyer or accountant.

- How are you paid? Investment professionals can be paid through fees, commissions, percentage of assets under management or even a combination of these. You need to know, right from the start, how your financial advisor is being compensated.
- Can you provide me with references? A lot of people are too shy to ask for references. However, a

reputable financial advisor will be happy to give you some names of people you can call, once he has checked with them. Of course, you shouldn’t expect a financial professional to provide you with the specifics of other clients’ financial transactions. But you should be free to ask about a financial advisor’s style, responsiveness, etc.

Your association with a financial advisor is one of the most important business relationships you’ll ever have. Making the right choice today can pay off into the future. Please feel free to call me at 613-526-3030, if you would like to discuss this further.

Bob Jamieson, CFP  
Edward Jones, Member Canadian Investor Protection Fund.

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



# Bangers, mash and Aldus Munutius deserved awards

by Bill Fairbairn

Manhattan has everything! But best of all are the bangers and mash served at the Old Castle pub and restaurant.

I flew down to New York in the summer to receive an award for my book, *On the Run in Africa*. The august company and speeches of other winning authors in the Grolier Club Library at 47 East 60<sup>th</sup> Street were the real rewards. My book cover was prominent on the portable screen along with such winners as Michael Fitzgerald's, *The Fracking War*, and William

from *The Scarlet Letter* by Nathaniel Hawthorne to Walt Whitman's *Leaves of Grass*. One of their landmark books was H.M.T. Powell's *The Sante Fe Trail to California 1849-1852*. Powell travelled from Illinois to San Diego along with what is now called the Southern Emigrant Trail, then back home via Panama, Nicaragua and New Orleans and he wrote a book about it.

The Grolier Club library recognizes printing history back to Aldus Manutius (1450-1515), a dedicated scholar of the Italian Renaissance. Aldus established a printing company, the Aldine

entries were ever honored with recognition by judges comprising authors, publishers and journalists. She said the winning books were worthy of further attention from the world's publishing capital.

Book award aside I must say how much I enjoyed the \$15 plate of bangers and mash that for me rebuilt Manhattan into an isle of joyous cuisine.

### I faced the audience in the finest library in North America

How does a nervous author, faced with a four-minute speech on receiving a book award in Manhattan, survive the

ordeal? He consults his editor. Every writer needs an editor. So this is the talk Carole Moulton and I came up with on paper:

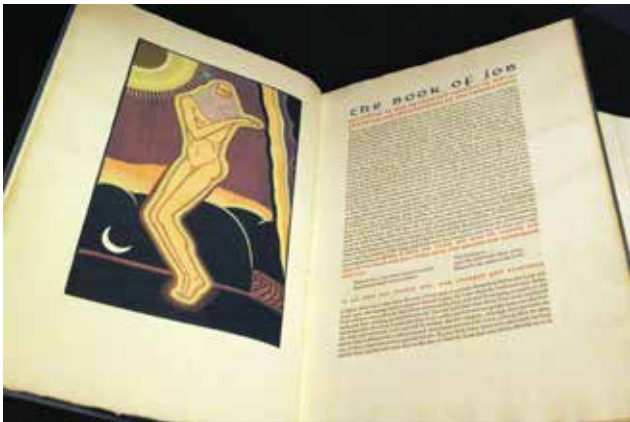
"Thank you Northern Media for honoring me here in this great library covering western world printing. I refer, of course, to the Grolier Club library here in Manhattan. I appreciate this award for my second of four books.

"I spent five years as a journalist in Africa from 1960-65. There I witnessed racism up close working for newspapers in Southern Rhodesia, now Zimbabwe, and also

Continued on page 44



Among award winners were Michael Fitzgerald for *The Fracking War* and our own Bill Fairbairn for *On the run in Africa*



Possibly written by Job himself is this version of any book of the Bible written around 2100-1800 B.C.



Victoria R.I., the lady herself, was another of a score of antiquated books on display

Loizeaux's, *The Tumble Inn*.

*The Fracking War* won the top award. One book lover wrote: "It was *Uncle Tom's Cabin* and not economic data that turned the page on slavery. It was *The Grapes of Wrath*, and not demographic reports that opened a nation's eyes to Dust Bowl dislocation. Here, within the winner's smoldering crucible of social crisis, is a *fracking* tale of powerful money, fateful choices and consciences aroused. If you like your drill rigs served up within the context of a fast-moving plot line, you've got what you want right in your hands in this book."

I was myself congratulated by organiser J.M. Media CEO Bruce Horing for capturing "the reality of Africa in my prose."

We 21<sup>st</sup> century authors were surrounded by shelves of old finely-printed classic books printed and published by the Grabhorn Press of San Francisco ranging

Press, where he produced his first dated publication in 1495. Added to his prized publications, Aldus should be remembered for the many typefaces he designed. He was the first printer to develop an italic roman font when he published a collection of the works of Virgil in 1501. Magnificent, too, was his publication of the works of Julius Caesar in 1513.

The library records that the full impact of the work of Aldus Manutius and his press cannot be underestimated as he lived in an era when published reading matter was available only to the highest-ranking clergy and nobility.

On streets outside the library, Manhattan's live multicultural life passed busily by as the J.M. Northern Media company presented "an evening of publishing excellence" marking the culmination of years of hard work by authors and publishers and months of reading, discussions, analysis and arguing by its judging staff. Company representative Leah Bachar said that less than five per cent of festival



Bill Fairbairn presents a copy of his book, *The Printer's Devil*, to the Grolier Club Library in Manhattan



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There’s more to Stan’s Diner than a wonderful breakfast

By Carole Moul

Stan’s Diner & Take-out has a long history of about 50 years now, and fortunately for this story, Doug Woodburn remembers it well. In fact, Doug remembers Stan’s original location on the southwest corner of Cooper and Kent. It was in an 1800’s old brick house, and Stan’s snack bar at the time was well known for its sandwiches, drinks, and milk.

It would be about 40 years later when Doug discovered that the man he had known for such a length of time was actually Stanley Realffe.

Across the street from Stan’s, and on the northeast corner was

Producer’s Dairy, and it was Doug’s job to haul the cans of milk from the Innes Road family farm each day in his 1952 blue International flatbed truck. He also took the milk from his uncle’s farm as well.

“My time to unload was at 8 a.m., and if the dairy was ‘sleepy’, I had the time to get a bottle of chocolate milk, or a sandwich, or both from Stan’s.”

Stan stayed at that place for about 10 years, and then he moved to a location on Star Top Road where he started in the snack truck business.

“To do this he built a large commercial building and a commercial kitchen to supply the kitch-

ens in the trucks with Stan’s home cooked food. The trucks were unique in that they had everything in them.

“At 5 o’clock in the morning the trucks left with their lights on to go across the city, and it was almost like a ‘Tim Horton’s on wheels.’ They had with them gallons of coffee because at the time there were no fast food outlets.

Stan also pioneered ‘The Chuckwagon Sandwich’, which was a huge hit with construction workers, but he was the only one to know the recipe.



The Jin family take a short break: Quangui Jin, Caiping Xie, and Alex Jin  
Photo credit: Michel Benichou

Continued on page 45



This is where your meal begins



Big groups or small groups: Everyone is welcome



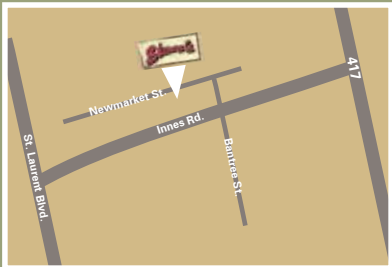
Lots for guests to see around the room

**All Day Breakfast**  
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Welcome



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Plenty of Free Parking



*by Bill Fairbairn*

Mayor Jim Watkins and Councillor

Mike anxiously wonders when site construction *will* be finished and if he can withstand the financial losses. “Workers thought the wire fence would come down after two months but it is still there well after two months,” he said last month.

Cynthia V. was also eating at the White Horse because she enjoys a straightforward breakfast. “I say yuck to egg nog! I enjoy plain bacon and eggs. There are few places you can get this in Ottawa. This construction is terrible for the restaurant. My friend and I were stuck in a parking lot in sight of the White Horse figuring how to get there through wire fences. I had to phone from my car for instructions. Maybe the city should put up some major directional signs since it is responsible for construction. I know the work must be done but I think councillors and administrators should be cognizant of Mike’s problems and be more helpful.”



Guess who enjoyed a great lunch at the White Horse? With Rachel and Mike Ayoub are Mayor Jim Watson and Councillor Jean Cloutier  
*Photo credit: Rachel Ayoub*

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Stan's Diner

Continued from page 42

It was in the 1970's when the snack truck business started to ease off; as gas prices began to skyrocket and the real Tim Horton's came to town. Stan saw this coming slowly, so he bought a mobile home trailer, totally gutted it, renovated it with an eye to taking the donut franchises head on, and set up his latest business at 1188 Newmarket Street where the restaurant is today.

There were line ups for Stan's great food, and with the business booming, Stan hired Jenny. It was after that when Stan and Jenny decided that there needed to be a permanent *Stan's Diner & Take Out*.

It was half the size that it is now, but became very popular. The basement had showers, there were big screen T.Vs and truckers would come from across Canada to stop at Stan's. Eventually, when the business was 'Boomtown' in a much smaller Ottawa's east end, the other half of the building was added to create one very large structure- which is what it is today.

There hadn't even been a FOR SALE sign, nor had the business been on the market, when in 2008, the Jin family became the proud new owners of *Stan's Diner & Take Out* at 1188 Newmarket Street, just off Innes Road.

"It was all about timing," son Alex Jin shared recently.

The family had been looking to buy a restaurant after a 1 ½ year visit to China; however the restaurant that they had gone to check out was in fact across Innes Road on Bantree Street.

The Jin family had been in the restaurant business previously, with locations at DND plus a medical centre, and wanted to re-

turn to what the three knew best. Thus, the search for their new restaurant began.

Upon visiting the restaurant that was actually up for sale, the owner of the Bantree business suggested that any potential owners should consider buying the two locations, both Stan's and theirs, and this way they would sort of 'corner the restaurant market' in that part of the city. Thus, the Jin family began looking into buying Stan's; the larger of the two.

At the time Stan had been considering parting with the business that he had started from scratch, so the idea seemed like a good one when the Jin family presented it to him. Not so for the other restaurant owner, as it eventually turned out, since the Jin family eventually only purchased *Stan's Diner & Take Out* and never looked back.

*Stan's Diner* is probably still best known for its wonderful breakfasts- with the 'Trucker's Special' being the most popular. All the nutrition you need for a breakfast is on that plate and as Alex Jin has commented,

"Every day there are customers who are sitting outside in the parking lot at 5 a.m. ready for my Dad to open. And many of these guys are the same ones that come in each day on their way to set up at the Farmers' Markets."

On weekdays, the hamburger steak is no doubt the most popular item on the menu for lunches or dinner, however many of the regulars do come to expect certain food on certain days for the 'Daily Special'. Customers have also come to expect that the friendly and popular servers will look after them, and look forward to stopping by to enjoy not only good food but a laugh or two.

And according to Alex, "One diner was even expecting to have

his regular spot when he came in for his meal, and asked one day if I could have the people move so he could sit at his usual table. 'I always have that table and they're sitting at my table, could you ask them to please move?' he asked. Of course, I had to explain as politely as possible that the people were in the middle of their dinner and that I couldn't possibly do what he was suggesting. He wasn't too happy, but that was how it had to be."

Stan's Diner is actually a restaurant in two parts or two different large rooms, one where families usually sit and on the other side where there is a sit down bar and a pool table, with a patio just off of it. On a recent warm Friday night the patio was full, and there seemed to be quite the camaraderie among those enjoying the late summer sun.

Most staff have been there for years and they get to know the regulars, and even know what those regulars will be eating. On Monday with the Daily Special it will be the sandwich platter, while on Fridays many of the customers will go for the grilled fish.

Owning a restaurant is hard work. "I have also had to learn a lot of different things commented," commented Alex during our interview. "Things break down that need to be fixed, there are

government policies that need to be followed, there are the different businesses that you need to deal with each week, and the list goes on. We work with at least 20 suppliers no less than once a week. With wholesale or random supplies such as take-out containers it will be weekly. With items such as bread, milk, and potatoes-these are delivered every day."

In the restaurant business you learn how to have just enough, but not be overstocked. It is a fine balance although it appears the Jin family has mastered it.


Sometimes a large group of 20 or so will come in unexpectedly after a soccer game or even a large family will arrive to sit down for a breakfast. You have to learn to adjust to this, and adjust very quickly if your guests are to eat.


With the hard work there comes a tremendous amount of satisfaction. Quangui Jin and his wife, Xie Caiping totally enjoy looking after the customers that drop in for a meal at *Stan's Diner & Take Out*. They appreciate being able to meet a lot of interesting people, and enjoy seeing the happy faces of their truly satisfied customers. Four a.m. may seem very, very early to many people, however to the Jin family it appears to be well worth the effort. Well done to the three of you. Thank you.



George Brown

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☒ Strengthen family reunification programs for new Canadians

☒ Lower childcare costs, end unfair banking fees, and build more affordable housing

☒ Strengthen environmental laws gutted by Stephen Harper

☒ Stand up for public services and those who deliver them



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Alta Vista Library

Adult Programs

Making a Hard-copy Book from Digital Photos

We all take lots of digital photos. But most just sit on a computer and, at best, are seen on-screen. Why not do more with your photos? Chris Taylor, President of the Ottawa PC Users' Group will show you how easy it is to use an on-line service to create beautiful hard-copy books of your photos, completely customized, with embellishments, backgrounds, frames, text and more. Registration required.  
Monday, October 5, 6:30 – 8:00 p.m.

Home Inspection Workshop

Nathan Weinstock, Registered Home Inspector with AccuChex Inspections, will lead a workshop on home inspection tips and helpful hints. This seminar will be of interest to home owners, home buyers and sellers, and those concerned with new home warranty issues. You will learn how to conduct your own inspection and how to get the most out of a home inspector. Registration required.  
Wednesday, October 14, 6:30 – 8:00 p.m.

Celtic Rathskallions

Join Wendy Moore and Arthur McGregor for a diverse and engaging repertoire which includes lovely ballads and folk songs and lively jigs and reels. Registration required, Ages 50+.  
Thursday, November 19, 2:00 – 3:00 p.m.

Creating an Income Blueprint: Building your Retirement Income Strategy

Do you know the most efficient way to withdraw income from your various savings and investment vehicles when you retire? Whether retired, or considering retirement, this session will provide some valuable financial planning tips to make sure your hard earned savings help you achieve all of your retirement and estate wishes. Presented in partnership with John Hastings of RBC Dominion Securities. Registration required.  
Wednesday, November 25, 6:30 – 8:00 p.m.

Health

Memory Fitness: Rejuvenating your Brain

This presentation will explain changes that happen in an aging brain. Approaches to keep a brain young will be discussed by two brain-health experts Dr. Frank Knoefel and Maria Giovannitti. There will also be a fun and interactive demonstration of group brain exercises, with practical tips to help you start rejuvenating your brain. Registration required.  
Friday, October 16, 2:00 – 3:00 p.m.

Expanding the Picky Eater's Food Choices

Having trouble getting your kids to eat? Carrie Owen from SweetPea Occupational Therapy will present parents with strategies to help expand the variety of foods and textures their child will eat. Learn about some of the common feeding challenges and discover some helpful tips to help with mealtime frustrations for both parent and child.  
Thursday, November 5, 10:30 – 11:30 a.m.

Boosting Your Immune System Naturally

You will learn practical information on how to boost your immune system to prevent getting sick. Dr. Ellen Simone will discuss diet and lifestyle changes, nutritional supplements, botanical medicine, homeopathic medicine, traditional Chinese medicine and acupuncture. Registration required.  
Saturday, November 7, 2:00 – 4:00 p.m.

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. 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](http://www.ottawa.ca/prenatal).

Thursdays, October 1, 8, 22, 29; 6:00-8:00 p.m.  
Saturday, October 17, 24, 31; 10:15 a.m. - 12:15 p.m.

Thursdays, November 5, 12, 26; 6:00-8:00 p.m.  
Saturday, November 14, 21, 28; 10:15 a.m. - 12:15 p.m.

Teen Programs

Teen Crafternoon

Every other week, teens can drop in and we'll make various crafts. Ages 13-18. Drop-in. Thursdays, October 8, 22; November 5, 19; 4:00 – 5:30 p.m.

Monster Movie Mania

Enjoy classic monster movies of the 1930s on our big-screen. Popcorn provided! Ages 13-18. Drop-in.  
Saturday, October 31, 1:00 – 4:00 p.m.

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, October 1 – The Beauty of Humanity Movement by Camilla Gibb  
Thursday, November 5 – The Purchase by Linda Spalding

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, October 15 – any Brother Cadfael by Ellis Peters  
Thursday, November 19 – any Nero Wolfe by Rex Stout

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 19 octobre - Juste une fois d'Alexandre Jardin  
le lundi 16 novembre - Rose de Tatiana de Rosnay

Tuesday Book Group

Share the enjoyment of good books in a relaxed atmosphere. Join us for a discussion of selections from the Great Books Reading and Discussion Program Series 1 – Hobbs, Melville, Smith, Shakespeare and Ki-erkegaard, and more.  
Tuesday, October 13, 27; November 10, 24; 7:00 – 8:30 p.m.

Conversation Groups

English Conversation Group - Monday / Groupe de con-

versation anglais - lundi

Practice your English language conversation skills and meet new friends in a relaxed and friendly environment. No registration required. / Améliorez votre anglais parlé et rencontrez des gens dans un milieu décontracté. Aucune inscription requise.  
Mondays, October 5 – November 30, 6:00 – 7:30 p.m.  
Les lundis 5 octobre – 30 novembre 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.  
Tuesday, October 6 – November 24, 12:00 – 1:45 p.m.  
Les mardis 6 octobre – 24 novembre de 12h00 à 13h45.

Groupe de conversation en français – débutant / French Conversation Group – beginner

Améliorez votre français parlé et rencontrez des gens dans une ambiance conviviale et décontractée. Aucune inscription requise./ Practice your French language conversation skills and meet new friends in a relaxed and friendly environment. No registration required.  
Mondays, October 5 – November 30, 4:45 – 6:00pm.  
Les lundis 5 octobre – 30 novembre de 16h45 à 18h00  
Wednesdays, October 7 – November 25, 4:45 – 6:00pm.  
Les mercredis 7 octobre – 25 Novembre de 16h45 à 18h00

Groupe de conversation en français / French Conversation Group – intermédiaire

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, October 6 – November 24, 6:30 – 8:00 p.m.  
les mardis 6 octobre – 24 novembre de 18h30 à 20h00



Alta Vista Library cont'd

STORYTIMES / CONTES

(Closed: Monday, October 12.  
Fermée le lundi 7 septembre; le lundi 12 octobre.)

Babytime / Bébés à la biblio

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, September 14 – October 26, 10:30-11:00  
Les lundis 14 septembre – 26 octobre de 10h30 à 11h.

Session 2

Mondays, November 9 – December 7, 10:30-11:30  
Les lundis 9 novembre – 7 décembre de 10h30 à 11h.

Family Storytime

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

Session 1

Tuesdays, September 15 – October 27, 10:30-11:00

Session 2

Tuesdays, November 10 – December 8, 10:30-11:30

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 1

Wednesdays, September 17 – October 29, 10:30-11:00  
Les mercredis 17 septembre – 29 octobre de 10h30 à 11h.

Session 2

Wednesdays, November 12 – December 10, 10:30-11:00  
Les mercredis 12 novembre – 10 décembre de 10h30 à 11h.

SPECIAL PROGRAMS / PROGRAMMES SPECIAUX

PD Day: Game On! / À vos jeux! (Congé pédagogique)

Roll the dice, pick a suit or grab a nunchuk! Come play cards, board games or Wii with us! / Joue aux dés, choisis ta couleur ou saisis un nunchuk. Viens jouer aux cartes, à un jeu de société ou au Wii avec nous.

Friday, October 9, 2:00 – 4:00 p.m.  
Vendredi 9 octobre, de 14h à 16h.

TEEN PROGRAMS/ PROGRAMMES POUR ADOS

Teen Crafternoon

Every other week, teens can drop in and we'll make various crafts. Ages 13-18. Drop-in.

Thursdays, October 8, 22, 4:00 – 5:30 p.m.

N. B. 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.

STORYTIMES / CONTES

(Closed: Monday, October 12.  
Fermée le lundi 7 septembre; le lundi 12 octobre.)

Babytime / Bébés à la biblio

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, September 14 – October 26, 10:30-11:00  
Les lundis 14 septembre – 26 octobre de 10h30 à 11h.

Session 2

Mondays, November 9 – December 7, 10:30-11:30  
Les lundis 9 novembre – 7 décembre de 10h30 à 11h.

Family Storytime

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

Session 1

Tuesdays, September 15 – October 27, 10:30-11:00

Session 2

Tuesdays, November 10 – December 8, 10:30-11:30

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 1

Wednesdays, September 17 – October 29, 10:30-11:00  
Les mercredis 17 septembre – 29 octobre de 10h30 à 11h.

Session 2

Wednesdays, November 12 – December 10, 10:30-11:00  
Les mercredis 12 novembre – 10 décembre de 10h30 à 11h.

SPECIAL PROGRAMS / PROGRAMMES SPECIAUX

PD Day: Game On! / À vos jeux! (Congé pédagogique)

Roll the dice, pick a suit or grab a nunchuk! Come play cards, board games or Wii with us! / Joue aux dés, choisis ta couleur ou saisis un nunchuk. Viens jouer aux cartes, à un jeu de société ou au Wii avec nous.

Friday, November 20, 2:00 – 4:00 p.m.  
Vendredi 20 novembre, de 14h à 16h.

TEEN PROGRAMS/ PROGRAMMES POUR ADOS

Teen Crafternoon

Every other week, teens can drop in and we'll make various crafts. Ages 13-18. Drop-in.

Thursdays, November 5, 19, 4:00 – 5:30 p.m.

N. B. 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.

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Next year marks the 100<sup>th</sup> Anniversary of the Nijmegen Walk of the World and the organizers are setting stringent admission criteria to limit the number of walkers to 55,000. One is that registrants must have completed 4 walks in the last five years. Unfortunately I have only done 3 in 3 years. But hope springs eternal, and I hope that I have a chance at being selected. It is an opportunity I would dearly love.



Elmvale Acres Library

Programs at Elmvale Acres Branch  
**September– December 2015**

**Family Storytime**  
Wednesday, September 23, 2015 - 10:15am. Stories, rhymes and songs for children of all ages and a parent or caregiver.  
11 sessions remaining Drop-in program

**Babytime/ Bébés à la biblio**  
Thursday, September 24, 2015 - 1:30pm. 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.  
11 sessions remaining Drop-in program

**Groupe de lecture / Reading Circle**  
Saturday, September 19, 2015 - 2:00 – 3:00 pm. Améliorez votre lecture en français ou en anglais, et rencontrez des gens dans une ambiance conviviale et décontractée. Pour enfants. / Practice your reading in English or in French, and meet new friends in a relaxed and friendly environment. For children.  
10 sessions remaining Drop-in program

**Contes en famille**  
Monday, September 21, 2015 - 10:15am. Contes, comptines et chansons pour les enfants de tous

âges et un parent ou gardien.  
10 sessions remaining Drop-in program

**Homework Club/ Club de devoirs**  
Saturday, October 3, 2015 - 10:30 am – 12:00 pm. 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 seulement.  
10 sessions remaining Drop-in program

**Mystery Book Club - Monday Nights Are Murder**  
Monday, October 5, 2015 - 6:30pm “The Meaning of Night” by Michael Cox  
Monday, November 2, 2015 – 6:30 pm “In the Bleak Midwinter” by Julia Spencer Fleming  
Monday, December 7, 2015 – 6:30 pm Any of the Inspector Konrad Sejer mysteries by Karim Fossum. Share the enjoyment of good mysteries in a relaxed atmosphere. Join us for discussion.  
3 sessions remaining Drop-in program

**Job Search Clinic / Séance pratique pour la recherche d'emploi**  
Tuesday, October 6, 2015 - 10:15am. Need help with your job search? An Employment Ontario specialist will provide one-on-one

assistance with job searching, resume review, or interview preparation. / Obtenez de l'aide personnalisée pour la rédaction de votre CV ou la recherche d'un emploi.  
Registration required / Inscription nécessaire

**Thanksgiving Fun! / S'amuser pour l'Action de Grâce**  
Saturday, October 10, 2015 - 10:30am. Celebrate Thanksgiving as a family! Stories, activities and crafts. Ages 5-10. / Célébrez la fête de l'Action de Grâce en famille! Contes, activités et bricolage. Pour les 5 à 10 ans.  
Registration required / Inscription nécessaire

**Reading Circle with Reading Safari / Cercle de lecture avec Reading Safari**  
Saturday, October 17, 2015 - 3:00 - 4:00 pm. 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.  
4 sessions remaining Drop-in program / Programme portes ouverts

**Clicking, Flicking and Tweeting: Social Network Controversy**  
Tuesday, November 10, 2015 - 6:30pm. The explosion of social networking websites such as Flickr, Facebook, blogging sites and Twitter has raised more than privacy concerns. Join the discus-

sion with Chris Taylor and Jeff Dubois from the Ottawa PC Users' Group.  
Registration required

**Job Search Clinic / Séance pratique pour la recherche d'emploi**  
Tuesday, November 17, 2015 - 10:15am. Need help with your job search? An Employment Ontario specialist will provide one-on-one assistance with job searching, resume review, or interview preparation. / Obtenez de l'aide personnalisée pour la rédaction de votre CV ou la recherche d'un emploi.  
Registration required / Programme portes ouvertes

**Les métiers spécialisés et l'apprentissage**  
Monday, November 23, 2015 - 6:30pm. Joignez-nous pour une séance d'information à propos de Puissance des métiers, un programme gratuit du YMCA-YWCA.  
Registration required / Programme portes ouvertes

**Christmas Fun! / S'amuser pour Noël**  
Saturday, December 12, 2015 - 10:30am. Celebrate Christmas as a family! Stories, activities and crafts. Ages 5-10. / Célébrez Noël en famille! Contes, activités et bricolage. Pour les 5 à 10 ans.  
Registration required / Inscription nécessaire

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Thank you.



## Auctions

Continued from page 29

furniture- so much better made than some of the modern stuff which is made from plastic and fibreboard. There are always many items of antique furniture on offer and you can be lucky and pick up some very nice pieces for less than any new items in the stores today. Carpets feature in all auctions, and top quality, hand made items are very common, and they do sell well. Complete sets of porcelain dinner sets are a real bargain if you frequently give dinner parties for 8 or 12 guests.

One of the auction houses in Ottawa operates slightly differently from the others. Normally it is the auctioneer who opens the bidding at the lowest price and seeks advances from bidders. Then it continues until only one individual has bid the most and no-one wants to bid higher. SOLD! And the auctioneer bangs his hammer to end the process. You have to be quick if you want to bid and make sure that you are noticed. If the item starts at \$20 it can very quickly go to a few hundreds, and if you are eager to buy the item hesitation is not good. It is interesting to see when two bidders are both very interested in winning the auction. The auctioneer will say \$400 do I hear \$500. \$500... \$500... \$500! do I hear \$600... that can go on up to the maximum that one individual wishes to pay, maybe it goes for \$2,900. There is usually a little round of applause when a duel like that takes place.

This other auction house however might have a piece of Victorian furniture that is valued at around \$1,000. So the auctioneer will start the auction at \$5,000. no bids...\$4,000... no bids... do I hear \$3,000?... no bids...he could go down as low as \$100 before there is a bid, then it might go up to \$1,500 and is SOLD! So some items are started at \$100, then can go down to \$10 before a bid is made, and sometimes you can get it for \$10 as nobody is interested in that item no matter how low it goes. Some people's JUNK is somebody's TREASURE.

The auction house adds a 17% buyer's premium to the "Hammer Price" and most items are subject to the regular HST of 13%, so an item that you bid \$40 on will actually cost you \$52.88. The amount of buyer's premium varies by auction houses.

Just to give some examples of what you can bid on at auction in Ottawa here are a few examples from recent events: a ladies RO-

LEX watch; four new large wicker armchairs still in boxes; a 100 collector decorative plates still in their boxes; a Honda lawnmower; 15 Matchbox mint model cars in their boxes; several N gauge toy train locos and coaches; Minton china dinner set for 8; a charcoal drawing by Emily Carr; a Bokhara carpet; a stamp album with stamps; a Silver flute; 90 piece sterling silver flatware set ; Medals; Coins and a Victorian Top Hat.. So you can see that whatever your taste there must be something for you among the hundreds of lots that are offered.

The big International Auction houses sell high value items like homes for \$10 million, and if you are in the market for a new car to replace that rusted old Chevy, take note of the auction by Bonhams on the 26<sup>th</sup> September in Ebeltoft, Denmark of the Frederiksen Automobile collection, where 48 cars come under the hammer, with estimates of prices above \$5 million for an old Mercedes. Bonhams has quite a history. It is one of the famous four auction houses of London all starting in the latter half of the 18<sup>th</sup> century. They are Christies, Phillips, Bonhams and Sotheby's. The earliest started up business in 1744 selling works of art and rare books.

If you are looking for a little vacation home there's a large house on the St Lawrence that is waiting for a bid. So don't delay, there's a bargain coming your way. However be aware of your pre-determined budget, so remember your maximum bid amount, and don't ever go over it.

Just a few examples of the "Junque" that we have won at auction: a vintage Grundig Yacht Boy AM/FM/SW radio, some Matchbox models, a Zeiss Contaflex camera, a solid brass door knocker, an original cartoon and a painting of a man in a bowler hat smoking a pipe. This last one has the complete details of the artist on the back of the picture. She was Pauline (Hazel Daisy) Redsell, (Mrs. (?) William Fediow) 1908 - 1980. Plus her three addresses in Toronto and a list of 12 of her works of art. One is listed at \$1,500, not sure if these were selling prices or valuations. But we paid only \$15 for our little one.

There is supposed to be a sculpture by Pauline Redsell "Mother with Child" that is on display at the Ministry of Health office in Ottawa, we have yet to see it. When we asked about it nobody knew anything about it. Is it a treasure waiting to be discovered?

## The Power of the Young Mind Student Inventors

by Maria CampbellSmith

As Autumn claims the calendar, the kids head back to school. New lessons await and in some of those minds a whole new way to see and solve a problem waits as well. Science, technology and human creativity have provided the world with all sorts of inventions. It might surprise you to learn that some rather clever inventions come from young students still in school.

### Student Inventors of the Past

U.S. Founding Father, Benjamin Franklin, is known for many things, including organizing America's first lending library and first volunteer fire department. He also invented bifocal eyeglasses and the lightning rod. But did you know that when Benjamin Franklin was merely 12 years old he invented the world's first swim fins?

Back in the winter of 1873, when Chester Greenwood, of Maine, was 15 years old, he too invented a unique device. Chester fashioned two small loops of wire, added fur covers and a metal headband and created ear muffs! Materials have changed, but ear muffs are still produced and protect us in winter climates all around the world.

Another adolescent inventor from the 1800's was Louis Braille. Louis was not born blind, but lost his sight at the age of 3 after an injury. In 1824, at the age of 15, Louis invented a series of raised dots in patterns to represent the alphabet. His "Braille" system allowed for fast, sophisticated literacy for the blind that is still in use today.

Frank Epperson invented the popsicle, quite by accident, when he was 11 years old. Back in 1905, he left a cup of drink mixture and stir stick on the family porch overnight. The temperature dropped and it froze. He nicknamed his frozen treat the "Epsicle" and made it and sold it at local fairs and special occasions. His children eventually nicknamed them "Pop's sicles" and, in 1923, Epperson sold the rights to his creation. Popsicles went on to become an international sensation. Today, Unilever Popsicles sell over 2 billion a year!

Yet another inventive teen was 16 year old diver and gymnast, George Nissen. In 1930, he created a "bouncing rig" by stretching

canvas over a steel frame. He later used nylon for better bounce and became the inventor of the trampoline! Kids and athletes all over the world continue to use George Nissen's idea.

The youngest female to receive a U.S. patent was another school-aged problem solver. In 1974, Becky Schroeder needed a way to write her homework answers when in dim light. She put phosphorescent paint on clipboards or on a base paper underneath her writing paper. Problem solved! She later added a battery source and her "Glo-sheet" became a device used by photographers in darkrooms, by critics in dark theatres, and even by doctors to do their hospital rounds at night without waking patients. Astronauts in space use this invention when their systems are down for recharging but work still needs to be done.

### Student Inventors of the Present

A brother and sister team became student scientists and inventors in 2009. Benjamin and Janet Song (aged 15 and 16) invented a urine test to screen for DNA markers associated with liver, colon and other cancers. The urine test is non-invasive and could identify cancers before more pronounced, physical symptoms appear. It is not yet ready for clinical use, but if proven effective, it could significantly increase patient survival rates. Young minds are clearly capable of remarkable ideas.

17 year old Param Jaggi is a Texas teenager who witnessed car exhausts spewing pollution and felt the need to try to solve the problem. In 2011, he invented a device that uses algae photosynthesis to convert the carbon dioxide from exhaust pipes into clean oxygen. Param named his invention "Algae Mobile" and both the automotive industry and government legislators are interested in its applications.

Another very clever student is Hart Main. This 14 year old boy believed that the market for candles was dominated by floral, feminine scents. He saw an opportunity. Hart designed "Man Cans" as a new kind of candle. Using recycled soup cans (He donates the actual soup to local homeless shelters.) and more

Continued on next page





From previous page

novel, masculine scents, he creates unique candles that smell of coffee, bacon, sawdust, campfire or “new baseball mitt”. He sells his inventions in stores and on line for approximately \$10 each. Barely a teen and already an entrepreneur.

Grade 10 student, Sophie Swingle, was another inventor. She was prompted to research and solve a problem after seeing footage of a mine cave-in. She was dismayed to discover that those working or trapped underground could not communicate with others above ground using regular technology. Sophie devised a system using ULF (Ultra Low Frequency -2000Hz) to transmit signals and communicate underground and through the Earth. She invented a transmitter and a mobile receiver in a backpack and now the problem is solved.

We have local Ottawa student scientists and inventors as well. This past year, Amit Scheer and Aditya Mohan grabbed the lime-light. While students at Colonel By Secondary School, these two young men won prizes at the regional Science Fair. They went on to national and international competitions and have many


professional scientists rather excited. Combining chemicals and DNA, Amit (a Gr. 11 student) developed a nanoparticle to act as a cancer vaccine. Aditya (a Gr. 12 student) bioengineered the common cold virus to target and fight cancer cells. The year before, Aditya had developed a novel treatment for HIV. These are impressive teenaged scientists. The potential in their ideas is astounding!


Jennifer McTaggart (a Lisgar Collegiate student) and Autumn Wild (a Nepean High School student) invented a green alternative to polystyrene. Daniel McInnis, of Riverside South, developed a “Novel Approach to Limb Donor Identification and Prosthetic Design” that won him the Best Project Prize at the 2015 Canada-Wide Science Fair. He created a low-cost, high resolution 3D medical scanner to reduce the price of prosthetic limbs. These teenagers definitely prove the power of the young mind.

Most of us recall our school days as occasions for learning new concepts, developing new skills, writing tests and making friends. Young minds are capable of great things. Often it is the young mind that sees a problem differently and solves it creatively. Who knows what will be next?

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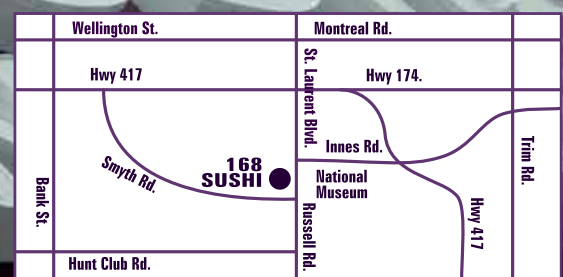


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