

DECEMBER 2015

A Voice of Riverview Park

VOL.7 NO.5

No stopping the \$70 million AVTC hospital link road

by Bill Fairbairn

With Riverview Park opposition cast aside, the hospital link road is going ahead through mud, water, dynamite and considerable loss of trees for quicker ambulance access and in the near future promised improved traffic flow on Alta Vista Drive and Smyth Road.

The project provides a link between Riverside Drive and the Hospital Ring Road. The City of Ottawa, in its latest update, repeats that the link is needed to improve transit services to the Ottawa Health

Sciences Campus, support future hospital growth, facilitate any development of National Defence Medical Centre lands and improve the traffic flow.

Construction is scheduled to continue until December 2017 with follow-up landscaping in 2018.

The work now has resulted in a slowdown of traffic during rush hours at the Alta Vista Drive crossover site. Work on the Riverside Drive site involves construction of three bridges, sewers and a water



See page 19



Braving freezing temperatures Riverview Park residents protest the rising cost of the hospital link road and their loss of green space. Photo Credit: Chris Wightman



Rachel: A small helper doing a big job for Park Cleanup Photo credit: Shawn Bardell

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Traffic!

by Geoff Radnor

Our little community of Riverview Park in Ottawa is close to the city centre. Many years ago Alta Vista Drive was known as Churchill Avenue and was in the pastoral outskirts of the city. Today we are surrounded by roads full of traffic that are likely to become even more congested in the not too distant future. Let us look at our borders. To the north we have Industrial and Coronation Avenues, to the west there are the two closely parallel routes of Alta Vista Drive and Riverside Drive, to the east there is Russell Road and St. Laurent Boulevard and to the south, Smythe Road. Where the new Hospital Link fits in, we are not too sure, but you can be sure that it will make it easier for more cars to enter Riverview Park. Traffic will increase.

As readers of this newspaper will know from Kris Nanda's exhaustive coverage of the RPCA Planning and Development Committee, much is going on around us in Riverview Park.

There is a new office tower now



Lots of empty parking spots around the community



More empty parking spots just waiting for more vehicles

under construction at 405 Terminal Ave.-. adjacent to the one finished last year. In the Train Yards complex there is an addition with three new retail outlets opened in November (two were still vacant), and construction has started on more retail space on Industrial Ave. next to the Pioneer gas station. Opposite this, on the south side of Industrial, is a large vacant space that will one day be developed. All of this retail and service space is surrounded by parking for more cars. Traffic will increase to fill those empty spaces.

On the corner of Industrial and Neighbourhood Way is a multi-level residential building that may not attract as much traffic as the

retail component but certainly does still add to the total amount of new traffic. We are told that The Ottawa Hospital, General Campus, employs over 7,000 people; there are expansion plans too, so there will be more traffic on the Hospital Link road. The development of the National Defence Medical Centre will one day, in the not too distant future, maybe 10 years or so, bring more traffic to the area. The huge Belfast Yards of the Light Rail project will bring many more commuting workers to our surrounding streets. Yes, more traffic.

How many have noticed that the Queensway East-bound on-ramp at St Laurent has been closed? I am sure that those now clogging the Riverside Drive alternative know about it. Very often the north bound traffic at 4:30 pm is hardly moving from Smythe Road all the way to the Queensway, with a prime location for congestion being at the intersection of Riverside Drive and Industrial.

Is all this extra traffic surrounding our neighbourhood suffocated us? By how much will this increase in pollution shorten our life expectancy? We have only recently

found out that diesel engine cars are emitting pollution from their exhausts by up to 40 times that allowed by regulations. Will the answer be electric cars? The only pollution they cause is that emitted by the electrical power generations stations using oil. Over 50% of our electrical energy is generated by nuclear power, very low emitters of pollution.

But will these electric cars ever be cheap and able to give you a drive to Montreal or Toronto (or to Manotick) without stops to charge your batteries? Now that oil prices have tumbled to the low \$40s and the price of gas at the pump is hardly \$1.00 we are now almost encouraged to continuing the daily commute by car. The new LRT line is not going to come close enough to Riverview Park to make it an option. However we are fortunate to have excellent OC Transpo service.

So it does look extremely likely that automobile traffic will continue its upward surge all around us and we will all need to be more vigilant when we take our cars and enter the crowded main roads that surround our peaceful neighbourhood.

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Traffic signs: They're all around us!

Far fewer Christmas Tree fires

by Maria CampbellSmith

It was in the 17th century that wealthy Germans began the custom of decorating evergreen trees with small candles at Christmas time. Eventually this custom spread internationally and many Christian families attached little candles with melted wax or with pins to the branch tips of their Christmas trees. This made for a sparkling display in the home but it also posed a serious fire hazard. The trees were usu-

ward Johnson, became the first to use strings of tiny electric lights to decorate and illuminate his family's Christmas tree. It was quite a novelty.

The December 27, 1884 edition of the New York Times described it in detail: "Mr. Johnson (President of the Edison Company for Electric Lighting) this year displayed a tree with 120 electric lights and colored globes on a motorized, revolving 6 foot tall Christmas tree. It thrilled his children and the in-

would equal a \$2000 cost today!) So, candles continued to be the more common decoration for family Christmas trees – and fires continued to be a risk.

Back to Albert Sadacca

Albert Sadacca's family ran a novelty company in New York. One of their products, for example, was a decorative wicker cage with an electrically-lit toy bird inside. Young Albert was distressed that families met with fiery disasters from their candlelit Christmas trees.

The teenager convinced his family to produce simple strings of electric lights as safer Christmas tree decorations. Their first year of sales were not strong. They sold only 100 strings of lights but Albert added to his idea. They painted the bulbs to offer more colourful lights. As electricity became more common in homes, post WWI, the electric Christmas lights took hold.

Albert Sadacca, with his brothers Henri and Leon, would go on to form the NOMA Electric Company – the largest Christmas lighting company in the world! Electricity still means fire hazards, but strings and displays of sparkling, coloured lights are now a mainstay of the holidays.

Local Christmas Light Shows

There are several, very special Christmas light displays in our National Capital region. This year marks 30 years of "Christmas Lights Across Canada". The tradition begins with Ottawa's official illumination ceremony, switching on a brilliant display of tens of thousands of lights to decorate the historic buildings on Parliament Hill. Provinces and territories across the country will also light up their

capitals. **Ottawa's Parliament Hill Christmas lights display** begins December 2, 2015 and runs through to January 7, 2016.

A quick road trip to **Upper Canada Village** (Parks of the St. Lawrence) near Morrisburg, Ontario will reveal an even bigger Christmas spectacle. Their "**Alight at Night**" holiday lights festival in-



Taffy Lane lights (photo by M. CampbellSmith)

ally only lit for Christmas Eve and the beauty seemed to outweigh the danger. The dangers were all too real though. In 1917, a candlelit Christmas tree caused a tragic fire in a New York City home and prompted a teenager, named Albert Sadacca, to propose a solution.

Electrically Lit Trees

In 1879 Thomas Edison developed an effective incandescent light bulb. A few years later, his friend and business associate, Ed-

vited guests."

By 1895, U.S. President Grover Cleveland ordered a White House Christmas tree lit with coloured electric bulbs. Prominent department stores soon followed suit. Affluent families hosted Christmas tree parties. The cost of the lights and the "wireman" or electrician to install them prohibited most families from using electrically lit Christmas trees. (The \$300 price tag at the turn of the century



Christmas tree lights (photo by M. CampbellSmith)

corporates nearly a million lights and numerous rustic, wintery events for visitors from December 4, 2015 to January 2, 2016.

Taffy Lane, in Orleans, has become famous for its neighbourhood explosion of Christmas lights and decorations on local houses and yards. **Rockcliffe Park** residents offer illuminations that are more understated but still impressive.

As winter nights bring early darkness and bitter cold, why not enjoy a family drive to take in local light displays? If not, stay inside with a hot cocoa and enjoy the lights sparkling on your own Christmas tree.



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What happened to the polar bear dads? Well...

by Kailey Walker
Photos by Kathy Walker

Five years ago the Chomley Crescent dads bravely jumped in the 10C pool on October 17th 2010. Not to be out done, the offspring decided to challenge the dads by doing their own polar bear dip on October 12th 2015. A week before, at a neighbour's house, the owner of the pool said "Going to close the pool so if you want to go in you better do it."

Ever since that first dip 5 years ago, the adults have been talking about doing another polar bear dip. However, five years past with no action leaving

the kids to pick up the slack! On the beautiful Thanksgiving Monday a decision was made to do the plunge. The tarp was pulled back to reveal the 15C water. It was a lovely off shade of green shimmering in the sunlight. The polar bear dip crew ranged in age from as young as 7 to as old as 12.

The kids included Kailey, Sydney, Ronan, Olivia, Greg, Rowan and Eden. After putting their hands and feet into the pool to test the water, all you heard after each limb went in was "That's FREEZING!" or "NOT A CHANCE!" Nevertheless, the kids decided to go for it and as they all

came running back from their homes to the pool, all of them were wearing bathing suits and goggles. Except for one, Kailey. She came over wearing a jacket and toque. She eventually took it off and jumped in wearing only her bathing suit. Many of them jumped in more than twice which surprised all of the parents.

As you are standing on the diving board ready to jump in. You feel trepidation and excitement all together. After taking tons of pictures and jumping in, a boy named Ronan had an idea to take a picture of all our legs in the water. It was very cold and he, Olivia, Greg, Rowan and Eden were doing a contest to see who could keep their



And they went swimming when the water was how cold?

legs in the longest. Their legs started to turn white; I didn't know if that was worse than turning purple! We all finished, wrapped ourselves in towels (Greg the youngest proudly exclaimed to us that he had found the warmest and fluffiest towel) and went home ready to eat Thanksgiving turkey.



The brave bunch: Gregory Howe, Kailey Walker, Olivia Howe, Rowan and Eden Armstrong, Sydney O'Shaughnessy, and in front- Ronan O'Shaughnessy



It's a cold jump!! But Eden Armstrong, Gregory Howe, Rowan Armstrong, Olivia Howe, Kailey Walker, Ronan O'Shaughnessy and Sydney O'Shaughnessy made it!!

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Virginia, a little girl back in 1897, asked if there was a Santa Claus. We at the Riverview Park Review (like the New York Sun that responded to Virginia) say YES. And for many of the same reasons. Where there is generosity, imagination and faith Santa Claus must exist.

For the next year we have to hope that many less than material gifts find their way from Santa's sleigh to Riverview Park. And, as a suggestion to the big man, please choose your delivery route carefully. Alta Vista northbound is a bit congested right now. And Riverside Drive east involves some creative driving. Eastway Gardens is still in a state of disarray, and St. Laurent Boulevard is a bit of a maze of pot holes with more construction work being planned. Maybe it is a good thing Santa and his 8 tiny reindeer fly and don't drive.

With all this roadwork around Riverview Park one can be forgiven for feeling that it is a bit of an island these days. But with winter coming it is good to remember that we have many ice rinks to play on, green spaces that when white are great for skiing, snow shoeing and dog walking, and many other excuses to get outside and play. We also have many warm and friendly neighbours who make our little island less isolating. Someday soon the roadwork will clear up and it will become less daunting to get further afield for us, but for now we have to see the best that our island has to offer.

The local green spaces are being repurposed and redesigned to an annoying degree. And ironically the health benefits of unmanaged and un-manicured trees and fields are being ignored, right beside a world class hospital and cancer facility. Maybe in Santa's sleigh there is the generosity and imagination to see this developing space and the green spaces left alone, as the future better health of Riverview Park residents. We hope that in that sleigh there is also the ability to actively and constructively participate in local development.

By being involved in the management of local developments in a healthy, positive manner, both Riverview Park and developers stand to benefit.

For now, however, we earnestly hope that Santa and his sleigh find their way to our little island quickly and easily this year.



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

Got an opinion to share? Please send letters to Editor@RiverviewParkReview.ca. Your name, address and phone number is required for verification. *Please remember to recycle this newspaper.*

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Sushi is a healthy option on today’s worldwide menu

Just who helps make this artful dining experience?

by Carole Moulton

Finding a good sushi chef is not all that easy, for the skills involved are unlike the requirements for any other culinary positions. This is because creating sushi is complex, and not only are excellent knife skills required for the job, but there also has to be a good knowledge of fish, raw foods and how flavours will fit together successfully for one single bite.

John Ke, Manager of 168 Sushi, knows this only too well, since he can frequently be seen working behind the sushi bar with at least two other sushi chefs at his restaurant. iPad ordering was introduced into their restaurant in early 2015, and as a result they work even more quickly than ever before to have the sushi leave the sushi bar as soon as is possible. John has now been looking for a sushi chef for several months.

Demand for sushi chefs has increased, as not only restaurants or sushi bars but grocery stores now have take-out sushi in their coolers. As a sushi chef, training will have included learning how to prepare vinegar rice, plus the preparation of the fresh ingredients needed. Examples of these are the fish plus fruits and vegetables. Extensive knowledge of the different kinds of knives, their care and how to correctly use each is also an integral part of the learning skills.

Sushi is most often topped with fish; with sushi ingredients raw, cooked, or a combination of both. And although many people think that sushi is all about raw fish- it is not.

At 168 Sushi, the most popular

sushi is the California Roll. It is made from a combination of finely sliced crab meat, avocado and cucumber wrapped in seaweed. It is said to be made inside-out because the seaweed (nori) is rolled in the vinegar seasoned rice after the other ingredients are put together. Ingredients on the outside of the California Rolls vary. At 168 Sushi, the rolls are sprinkled with fish eggs on all sides before slicing. Raw fish served without rice or seaweed is called sashimi, not sushi.

For some aspiring sushi chefs, their goal may be achieved by undertaking an apprenticeship, moving through various levels of hands-on experience plus classroom training. As an apprentice, they work under a skilled sushi chef, and depending on the situation, may complete a certain number of hours of course work at an institute, school, or academy. Others, who wish to become sushi chefs, may earn a sushi chef position by years of on-the-job- training under and beside a sushi master.

Knowledge of safe food handling is imperative in becoming a sushi chef, as are guidelines for proper food storage. Considering that the majority of the food is served fresh, if not raw, sushi chefs must also understand the importance of knowing about exact temperatures and precisely defined food storage environments. While according to John Ke, there are a total of about 30 ingredients that they choose from in their preparation of sushi, and which need to be looked after appropriately.

Sushi chefs are very highly



Hard at work: Jerry, Qing and John
Photo credit: Geoff Radnor

trained, because they can produce some of the most delicious, beautiful meal presentations that one could ever see or taste. Chances are that the customer may never know all the magic that takes place to transform one single bite into the amazing flavours that it does.

So you want to be a sushi chef? There are a lot of wonderful things to learn.

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.



Wow!! Sure looks like art.
Photo credit: Geoff Radnor

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David Chernushenko Councillor Capital Ward

What does Draft Budget 2016 mean for Capital Ward?

by David Chernushenko

Budgeting for a city of nearly one million people is a complex affair. Doing it in as transparent and consultative a fashion as possible is an even greater challenge.

City staff prepare the Draft Budget based on extensive input from elected councillors and the mayor. We in turn based our recommendations on what we have heard from our constituents, on the priorities we have identified over the course of our time living in and representing our wards, and on new trends, challenges and opportunities we have observed.

This year, I once again sought input from Capital Ward residents well in advance. For a summary of what I heard, I invite you to visit capitalward.ca/budget2016.

Once the Draft Budget is tabled, City Council embarks on a detailed examination of the document, with each committee, commission and board holding a specific meeting for this purpose. Then, full Council debates and votes on the final Budget — this year, on Dec. 9.

So what is notable in this year's Draft Budget?

- The residential property tax hike has been held at 2%, which represents an increase of about \$72 per year, to \$3,477, for an urban home assessed at \$375,300. A rural property assessed at the same value will see an increase of \$56, to \$2,887.
- Capping tax increases at 2%

every year is starting to take its toll on our city. Although no major services have been cut outright, we are beginning to really notice reduced staffing levels and shorter hours of operation in many areas. We are also facing significant rate and user fee increases, including for various recreation programs and facility rentals, as well as both fare hikes and service cuts for OC Transpo users at a time when we should be trying to encourage ridership.

- Major infrastructure renewal requires a large share of tax revenue, and significant new and ongoing projects comprise the bulk of spending: Ongoing construction of the O-Train Confederation Line and renewal of other transit infrastructure; breaking ground on the combined sewage and stormwater storage tunnel, the largest part of the Ottawa River Action Plan; the redevelopment of Arts Court and expansion of the Ottawa Art Gallery; and a series of road and cycling projects.
- Capital Ward will receive new funds primarily for maintenance of existing facilities, with a few notable exceptions, such as the completion of the Main Street Renewal (road, water, sewer, cycling, sidewalks), the Rideau River Western Pathway (detailed design

and initial construction north of Clegg Ave), various road resurfacing throughout the ward, some safer crossings of Queen Elizabeth Dr. (design work), construction of the Glebe section of the O'Connor St. Bikeway, and public consultation on the future of Brewer Park and its aging facilities.

- Citywide, affordable housing and homelessness programs will see a \$2 million increase, while funding for community resource and health centres will rise by 1.5% to \$11.2 million. Ottawa is also hiring 25 new police officers.
- In order to save money in the long term, the City plans, among other measures, to invest in more efficient LED technology for street lights, review planned purchases of trucks and other fleet vehicles, and reduce spending on advertising, media monitoring, printing and postage.

As I make my way through this massive budget binder I will share further observations and highlight specific projects on my website and via my newsletter.

You can find out more about the budget process and details at ottawa.ca/budget2016.

Parenting in Ottawa resources

Ottawa Public Health (OPH), the Children's Hospital of Eastern Ontario (CHEO) and CTV News have teamed up to share expertise



with parents and caregivers of children and youth. *Parenting in Ottawa*, a new biweekly series airing on CTV's *News at 6*, shares health and parenting information to help improve the wellbeing of kids and families in Ottawa.

The series looks at the day-to-day challenges that families face, and features advice from children's health experts. Topics include healthy eating and activity, puberty, mental health, technology and more.

Parents and parents-to-be who would like information or advice can also visit parentinginottawa.com, call 613-PARENTS (727-3687) or email ParentinginOttawa@ottawa.ca.

Councillor
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Dementia needs a national plan – *we can do this together*

By the end of 2031, 1.4 million Canadians will be living with some form of dementia, including Alzheimer's disease. This statistic may seem way off in the future. But in reality, it's happening right here in our community. This makes dementia one of the biggest drains on our economy. In Canada, it's costing us \$33 billion per year in direct and indirect costs. Today, an estimated 15,000 people in Ottawa and Renfrew County are living with dementia, a disease which causes problems with thinking and memory loss. Age is a primary risk factor and we still don't know how to stop or cure this debilitating and ultimately, fatal disease.

In 2011 alone, hours spent by family caregivers was the equivalent of \$11 billion in lost income – or near-

ly 230,000 jobs. It's not just economic costs associated with caregiving that are cause for alarm. Because dementia is a progressive disease, almost all caregivers must provide round-the-clock care, taking a serious toll on their physical and mental well-being. The growing prevalence of dementia is troubling. But fortunately it's not 2031 yet. We can work together to reduce these soaring numbers and improve dementia care at the same time.

Team work is the idea behind our proposal for a Canadian Alzheimer's Disease and Dementia Partnership. This partnership would bring together policy-makers, researchers, health-care professionals, industry, and community leaders to work alongside citizens living with dementia to de-

velop and implement a national dementia strategy. Our families, neighbours and friends need and deserve support as they face this disease. In a recent online survey, 83 per cent of Canadians said they want a national dementia strategy.

This strategy would focus on three key things every Canadian affected by dementia expects: advance the progress of research, find ways of preventing and managing the disease and make sure those it affects live as well as possible in their homes and communities. A national dementia strategy is not only vital for Canada, it is key to the vitality of our community.

According to Stats Canada, for this first time as of July 2015, seniors outnumber kids in Canada. We're living longer and with fewer children

to care for us as we age, investing in a national dementia strategy would help alleviate the growing challenges in the coming years but also make a big impact today.

Beating Alzheimer's disease involves each and every Canadian. The stakes are high. We can't let this disease bring down the prosperity of our community or country.

Together, we can beat this disease. Take action by visiting

www.alzheimer.ca/election2015

Kathy Wright
Executive Director
Alzheimer Society of Ottawa and
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www.alzheimer.ca/ottawa



by Winking Owl

Aikido is for health. On the mat I am present. No worries or regrets. Here and now. Meditating without trying. Taking it all in. Well, mostly.

Spontaneous action is when I act without forethought. Practice educates my body. If my body can recall the right experience which I give it through practice, it will work. Practice prepares me for the unexpected when there is no time to think, when I fall to the level of my training.

My reverse roundhouse kick is particularly bad spinning left. I wonder why it is worse than for spinning right. I do it both sides over and over. Alone, taking my time to break the movement down. Step forward, raise my knee like for a front kick. Rotate the foot down, rotate my hips, shoulders, head. Transfer my weight, raise the other knee. Kick back and around. I am rushing the rotation, starting to turn before my foot is down. It makes my back hurt. Pain is a teacher.

When I notice how I am turning early to look behind at my target, I try to change that, waiting longer so I can swing my leg freely as if dismounting a bicycle. Better. My practicing has to start off very slowly and deliberately so my body has a chance to take in what I am doing. First do it right, later do it fast.

Using my mobile phone at the local mall I practice security in how I hold it, where I stand. A habit to serve me later in some stranger place when other things are on my mind.

I can't be intellectually spontaneous, *for thought is a bird of space, that in a cage of words may indeed unfold its wings but cannot fly.*

... And there are those who have the truth within them, but they tell it not in words. I have a teacher to show me a better way.

Does my teacher's ability to feel what is right for aikido stem from his long practice of tai chi? Our understanding of one thing opens our eyes for another.

Practice of anything is practice of Practice too.

Practice proves that practice works. The benefits deepen my understanding that practice is the way to learn. I know that, as information, as the right answer, but by doing it I take it in.

With partners I benefit from my own improvement and theirs too, so the effect is reinforced and multiplied, bouncing back and forth, round and round.

Practice is mindful repetition. It gives me a chance to focus, isolate, inspect. Insight comes by looking many times from many angles, to see what has been overlooked.



Is my practice work or play? Until I know a thing well enough to enjoy it, it will be hard. But when I do it, it is satisfying. Work/play is a false choice.

Getting in some practice between classes improves technique, and raises questions to keep in mind in the next class when my teacher demonstrates.

I like to get past the tipping point where I start to obsess, to feel a constant urge to practice. But things get in the way. Routines. Convenience. Spending time with friends telling each other why our ideas for fixing the world won't work. Not fixing ourselves.

I don't practice much on my own. Who does. Hardly any of us can do a decent reverse roundhouse. A few do it much better. Obviously they practice it more. This summer I got out in the yard to practice that, and tai chi Fan, tai chi Sword, and tai chi Thirteen. It was nice to go to the dojo after and have made some progress.

One evening on the mat we practiced entering for uki chigae, then our partner countering with hiji kudaki. It seemed very strange. Why were we doing that? We were using uki chigae to set up our positions to practice an unusual

application of hiji kudaki. Could we make it beautiful? Simple, effective, efficient? It wasn't easy. The transition was new to us. Mochizuki O'Sensei loved to watch sumo. He would see familiar techniques used in unfamiliar ways.

Practice brings on introspection and self awareness. Was my movement graceful? Why couldn't I do it right away, as our teacher showed it? Why did I need to see it and try it and see it again before I could do it at all?

Group practice at the dojo is a chance to get help from our teacher and other students and for me to try out the results of my individual work. Better results are rewards and motivation. The value of practice increases from feedback. Sometimes I see my mistakes only when someone else makes them too.

Every day I practice my role in life. Do I practice three hundred and sixty-five days a year, or one day repeated three hundred and sixty-five times? If practice leads me to questions about myself then I can evolve.

Having practiced aikido for thirty-five years, three years ago I decided to study tai chi as well, to help my aikido. Is practice of aikido the only practice for aikido? How does practicing one thing help my practice of something else?

Practice is not a substitute for

talent. But it is just as necessary. Very talented people drop out. Ones who practice long and steadily keep going. It becomes a habit. Patience is a talent too.

It is fun to practice what comes easy. It is more interesting to practice what is hard. If I always do what I've always done I will always get what I've always got.

Practice of mutual welfare benefits us as individuals and as a society. It extends beyond the dojo to everyday life, family, friends and strangers. Right now our dojo has an urn for donations to the local food bank, a way to extend the principle beyond our walls. Giving freely feels so much better than giving from obligation.

Practicing with chopsticks means next time I go to China I can eat faster. Now I can use chopsticks without thinking. I can *feel* the food they're holding. Awareness grows.

Who would expect that a tai chi move would be useful when pulling weeds in the backyard, or another would be good for negotiating the accidental booby traps in my cluttered shed, or when washing my car, or for efficiently turning away from the coffee shop counter? After a technique is learned, applications appear.

I value what I pay for, more than what I get for nothing. Practice is payment but not really a cost. An investment.

Practice should be a habit, like flossing, so I don't have to get started every time. *Just doing* it takes away the start-up effort.

Sensei asked me to write something about the value of practice. Writing about it makes me think about it, which makes me do it - practice to understand practice, and myself, free to be distracted or not, free to dwell on any aspect. Maybe he saw it as a way to get me to practice more. Devious he is.

- ~ -

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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 main issue the RPCA is following is work on the controversial Hospital Link portion of the Alta Vista Transportation Corridor (AVTC) road between Riverside Drive and the Ottawa Hospital Ring Road. When major tree-clearing east of Alta Vista Drive started in early November, the RPCA quickly contacted city officials and Councillor Jean Cloutier to voice concerns about the lack of proper advance

timing and extent of the clearing in the Alta Vista Corridor Woods (east of Alta Vista Drive staging area) started at the beginning of November. The timing and scale of the tree-cutting was much earlier and greater than what had been expected following the RPCA-hosted Open House in September 16. Apologies were received from Councillor Cloutier and City Engineer Bruce Kenny for inadequate notice and lack of clear communication regarding such a major phase in the project.

The RPCA Board received a detailed update from Bruce Kenny at its November 2015 meeting and a revised Map has now been provided. The large swath of clear-cut woods now extends east as far as the Steam Generation Plant (the "Plumera-tor"), while some additional short-term work (including blasting) further east is scheduled to take place in December for sewer work. The popular sledding hill will be available for one last winter before it is leveled in spring 2016 to make way for the AVTC to link up with the Hospital Ring Road.

The exact location of the Eastern

and cul-de-sacs on Old Riverside Drive. Councillor Cloutier's website has a link to the AVTC project with photos: <http://jeancloutier.com/hospital-link/>

In a 2014 communication to RPCA Board Members former Councillor 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 although the City is seeking comments at this time, should issues arise after the tender is awarded, adjustments can be made."

The RPCA remains in frequent contact with Councillor Cloutier and City officials on this project and has offered suggestions on ways to reduce disruption during and after its construction. Further public meetings will be held at a later date, and the City has said it will 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 and tree planting. The RPCA plans to speak with arborists

of Ontario land claim for NDMC property.

Implications from Light Rail Construction Project

Construction of the structure of the new Hurdman transit station is expected to be complete in summer 2016. The bus station at Hurdman is expected to be moved from its temporary location back to a new facility at its old location in spring 2016.

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 shut down; with closure of the next phase of the Transitway (from Lees Station to Laurier Station) slated to occur in the Spring of 2016. (The upper level of Lees Station will remain open). During the closure, buses, pedestrians and cyclists will be detoured. The RPCA has been in contact with the Mayor and City officials regarding details of the closure and has shared concerns about the need to expedite reopening of pedestrian/cyclist paths. Concerns were also received regarding



Alta Vista Transportation Corridor, a very large footprint in Riverview Park

Photo credit: Geoff Radnor

notice and to obtain clarification. In response, apologies were received from the Councillor and the lead City engineer on the project, who met with the Board and promised to work closer and communicate more clearly. Other issues the RPCA is monitoring include developments related to the Light Rail project, activity in the Trainyards, and the need for greater pedestrian and cycling connectivity to help reduce traffic congestion and promote more active transportation.

Details on issues of interest to the RPCA and Riverview Park residents 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. Many local residents were surprised at the

terminus should be finalized by early 2016. In response to community concerns and to minimize tree loss, the preferred option has been changed for the Hospital Link to end in a T-junction with the Hospital Ring Road just east of the sledding hill that is being removed. As a result of this change, the approximate number of trees expected to be lost during construction would be reduced from 2.3 hectares to 1.3 hectares.

In addition to the rail corridor relocation behind Abbey Road and work in the Alta Vista Corridor Woods, 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 take advantage of tree-planting programs to mitigate the sound and light effects from the Hospital Link and to restore some of the aesthetic value that has been lost.

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, although MP David McGuinty briefly mentioned the NDMC when he spoke at the RPCA AGM in October 2015. CLC officials have confirmed that NDMC lands will not be transferred from DND before 2016, most likely several years later. The RPCA have been investigating reports that there is a potential Algonquins

the need for clear directions and adequate space for bike/pedestrian traffic during construction, including along Lees Avenue westbound.

Representatives from OC Transpo and the Rail Implementation Office spoke at the RPCA AGM on October 21 to provide an update and answer questions related to the LRT project. At that time, they explained that following closure of the Transitway, eastbound buses would be routed to the Queensway via a detour on Terminal Avenue and around the Canada Post facility (Sanford Fleming), westbound along Industrial Avenue and onto Riverside Drive. Work to widen Industrial between Alta Vista and Riverside for a new bus lane is expected to be completed by the end of December 2015.

Preparations continue for laying track between the Belfast Yard

Continued on next page

Planning and Development Update

From previous page

buildings and the now closed Hurdman-to-Blair section of the Transitway. With the massive Belfast Yards facility essentially completed, preparations for assembling Alstom Citadis light rail vehicles (LRVs) are underway. Landscaping, paving and rehabilitation of Belfast Road will continue until spring 2016.

Detailed information on the LRT project, including weekly construction summaries, can be found at www.ottawa.ca/confederationline. There is also a link on the RPCA website.

Main Street and McIlraith Bridge renewal

The long-anticipated rehabilitation of the McIlraith Bridge (including safer features for cyclists) over the Rideau River connecting Smyth Road and Main Street, and roadwork and the conversion of the latter into a “complete street” 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 the 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 RPCA and others have asked for clear signage and enhanced safe cycling features on Lees westbound from the Transitway to handle the increase in bicycle traffic that will result in 2016 following the closure of the Transitway Bridge,

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..

This aspect of the 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 councillors to have the City Planning Committee call for a planning study to commence by 2016 on this linkage. The issue was also raised during a meeting with the Mayor in early November. 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. These include a new sidewalk along the south side of Industrial Avenue between Russell Road and Neighbourhood Way, a new sidewalk along the west side of Russell Rd between the Perley Rideau Veterans Hospital Complex (PRVHC) and Coronation, and a safe crosswalk across Russell Road



Ottawa Train Yards, watch it grow

Photo credit: Geoff Radnor

between the PRVHC and the Alta Vista Ridges Condo Complex

Trainyards Developments and New Retail

The 18,000 square foot building at 197 Trainyards Drive (just behind Farmboy) has been completed, and Bulk Barn, the first of three tenants in the facility, opened in November.

Construction continues on the 9-storey office building at 405 Terminal Avenue, just east of the Canadian Revenue Agency building at 395 Terminal and is expected to take about

18 months to complete. The tenant has yet to be confirmed. The majority of the work has been brownfields remediation and bulk excavation and the tower crane should be up by December.

Work has also begun on a 40,000-45,000 square feet (sf.) building at 595 Industrial (in the vacant space on Industrial Avenue just west of the Pioneer Gas station) that involves combining what was originally approved as two buildings into one

Continued on next page

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From previous page

building. Steel is now all up and work has begun on the exterior walls. The tenants are confirmed to be Designer Show Warehouse (DSW) at about 22,000 sf, and BuyBuyBaby at 23,000 sf. The latter is part of the Bed Bath & Beyond group of companies.

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, with actual construction not slated to begin before 2016. 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. Due to tenant interest, the plan is changing to become two larger buildings and one smaller one, with submission of a revised site application expected this year.

Community Mailboxes (CMB)

Following the election of a new federal government in October, the proposed expansion/introduction of CMBs has been put on hold. The RPCA has contacted Canada Post officials to seek confirmation as to whether the introduction of CMBs in Riverview Park is just on hold or whether it is now off the table.

Other Developments

The new tenant for the last vacant storefront in the Alta Vista Shopping Centre is an Indian restaurant, Aahar the Taste of India. Its owners are seeking a liquor licence and comments on this application are being received until December 6.

An Open House was also held on November 25 regarding proposed redevelopment of the Elmvale Shopping Centre. As this event occurred after the RPR went to press, details on the proposal will be reported in the next issue.



You have to navigate a lot of construction to get to the White Horse Restaurant

Photo credit: Carole Moulton

The City scheduled another Open House on December 2 regarding the preliminary/detail design and environmental assessment study for transit and intersection improvements on St. Laurent Boulevard between Industrial Avenue and Smyth Road. The project involves reconstructing and expanding the Innes / Industrial / St. Laurent intersection to accommodate additional turning lanes and new cycling facilities, reconstructing and widening St. Laurent Boulevard to include a bus-only lane, a raised cycle track in each direction, and minor improvements to the parking lot entrance near the Elmvale transit station.

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



The beginnings of 405 Terminal Avenue

Photo credit: Carole Moulton



Alta Vista Drive, a changing landscape

Photo credit: Geoff Radnor



Jean CLOUTIER

2016 City Budget

Ottawa City Council tabled a balanced draft budget, which would allow the City of Ottawa to keep life affordable for families while investing in community priorities. I hope you're able to visit Ottawa.ca to take a look at the draft budget documents. The budget will rise to City Council for consideration on December 9, 2015.

Councillor Jean Cloutier, the Canterbury Community Association and Urbandale Corporation invite you to:

Breakfast with Santa

Join us for a delicious breakfast and a photo with Santa!

Saturday, December 12th, 8 a.m. to 10 a.m.
at the Canterbury Community Centre (2185 Arch St.)

We hope to see you there!



Thank you Alta Vista!

As your councillor, I wanted to thank you all for a wonderful first year. If you have any questions, concerns, or would simply like to say hello, you can call me at 613-580-2488, or email me at Jean.cloutier@Ottawa.ca

I also encourage you to visit my website, www.jeancoutier.com. You can also stay up-to-date by "like" my Facebook page at www.facebook.com/JeanCloutierOtt, and following me on Twitter at @JeanCloutierOtt

My staff and I wish you a wonderful holiday season and a New Year full of peace and happiness.



Councillor Jean Cloutier - Alta Vista

110 Laurier Avenue West, Ottawa ON K1P 1J1

613-580-2488

jean.cloutier@ottawa.ca

All set for Show & Tell

by Catina Noble

A couple of months ago I was contacted by local artist, Paola Bauer, inviting me to participate in an event she was putting together. I had never had contact with her, but on social media word gets around—that’s how she found me and checked out my website. Her idea was to bring together local talented women. She was looking for artists and writers. I was invited to participate as a poet—I would be reading my poetry from my latest book “KATZENJAMMER”.

“The mission of SHOWANDTELL is to create opportunities for emerging, mid-career and established artists by opening avenues for networking, support and promotion of their individual talents, a celebration of shared achievements,” Paola says. The event will present 10 female artists. She knew 7 of the 10 women already and found the other three through social media.

This amazing event will be taking place on Saturday December 19th

from 7pm to close at Brixton’s British Pub located at 210 Sparks Street. For more information and to see the goodies, please refer to the website- <http://www.showandtelltottawa.ca> . Bios on all the artists, information on auction items, sponsors and more can be found on the site.

A lot of time and effort has been invested into this event. Kina Fourney is the one who created the flyer and website for the event. She is Paola’s partner in putting the event together and is also one of the talented artists featured. I asked Paola if she had anything else she would like to add, and she said, “I would like to give Kina Fourney special thanks for all the hard work she has done. Also, I want to thank all of the artists in the event for their assistance in acquiring sponsors and donations. Everyone has pulled together to make this show a success!”



Event flyer created by Kina Fourney



This Morning Weeps by Paola Bauer



Lotus by Kina Fourney



Building Democracy by Jeannette Tossounian
Photo credit: Jeannette

The Louisburg Treasure

by Bruce Ricketts

Any student of Canadian history can tell you about the pivotal role the 1758 battle at Fortress Louisburg in Cape Breton played in the final conquest of French North America by the British. The siege on the fortress was

part of the *Seven Years' War* (or as the Americans called it... the *French and Indian War*).

Louisburg was an important port on the Atlantic seaboard. Its location acted as a guard post for the

Continued on page 25



Fortress Today



“Life, Experience, Art” Oakpark Retirement Community’s 7th Annual Art Show

by Miriam Dwyer, Activity Director

It really was an example of how life and experience reflect art when 14 artists including residents and local artists participated in this year’s art show at Oakpark Retirement Community. From feature artist Paul Schibli to resident artist Roy Cottee, the paintings which filled the large main floor were reflective of the lives each of the artists had lived, what they loved and their creative spirit and personality. Paul’s art reflects his early fascination and appreciation of nature, and his life in Russell Ontario. Roy Cottee’s beautiful watercolours all have a story of places he has been and his ability to transfer his absorption of the scene around him into living scene.

Continued on page 25



Gemmils General Store by Roy Cottee



Nicole Lalonde and her interesting mixed media art

A portrait of Mark K. Habib, a man with glasses and a suit, smiling.

A logo featuring a stylized building with columns.

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Alex Bidoleau and Richard Page providing the background music

Habitat For Humanity
build in Slidell,
Louisiana (2015)

by Christine Williams

Have you ever wonder how just one person could really make a difference?

Have you heard the story of the young girl standing on a beach covered with starfish that were being baked in the sun? Someone walked up to her and asked her what she



was doing, to which she replied something to the effect that she was making a difference. When the person who approached her asked how she could make a difference with so many starfish on the beach she picked up another one and threw it back into the water



and replied, “it made a difference for that one!”

Emmanuel United has had an affiliation with the East St. Tammany Habitat for Humanity program in Slidell, Louisiana since 2007. Many members of the Emmanuel congregation have participated in the Habitat builds in Slidell over the years, working to rebuild a community devastated by Hurricane Katrina.

On April 25 th 2015, four adults, two youth and two young adults departed for Louisiana, with much enthusiasm and anticipation, marking the 9th such build that Emmanuel has participated in.

Making a difference in peoples lives is what Habitat for Humanity is all about. Habitat calls it giving someone “a hand up, not a hand out”. By building homes at low cost and not collecting a down payment or interest on the mortgage, Habitat for Humanity is able to provide a hand up for families that would not otherwise qualify for a conventional mortgage. As an example, since Hurricane Ka-

Continued on page 23



Hutton Park clean up helpers, Chantal Racine, Gilles Bourget, Emile and Charlotte
Photo credit:Colleen Calvert



The Dale Park Clean up Green Team: Well done!!
Photo credit:Michelle McLellan & Marie Perkins



Charlotte Bourget works along side of Richard Russell, Colleen Calvert and their dog, Taco
Photo credit:Colleen Calvert



Mike Faubert and son Jayden take a break with new friend Taco
Photo credit:Colleen Calvert



Connor and mother Juliette Faubert: part of the Hutton Park team
Photo credit:Colleen Calvert

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Councillor Jean Cloutier

The All Seasons Restaurant: where great food favourites and friends meet

by Carole Moul

Before there was even the chance to open a daily newspaper, a delicious breakfast had been set in front of this hungry writer. Two eggs scrambled, crispy bacon, dry brown toast with peanut butter on the side, orange juice and a pot of tea; could there be a better way to begin a day? Well, actually there could, since this is the place where the owners, Grant and Mona Abraham, have left out nothing in their amazing choice selection for breakfast and lunch diners.

Steak and Eggs, Eggs Benedict, a Breakfast Club, and Vegetarian Omelettes; there is something for everyone in the way of a tasty and wholesome home-made breakfast at the *All Seasons Restaurant*. And for delicious appetizers, plus wonderful soups, sandwiches, salads, wraps or entrees, customers

know to drop by after 11:00 a.m. for some of the best of homemade food.

Great food and service come up as #1

If good food is to be judged by the number of regulars who drop by a certain place several times a week, well then the *All Seasons Restaurant* is the place to enjoy either breakfast or lunch. Located at 1460 Cyrville Road in a small strip mall at the corner of Star Top Road; this is an eating place that quickly serves up great meals that immediately tempt your taste buds.

Both Grant and Mona have spent many years in this service industry and know that quality food comes first. Hospitality also ranks high on their list as to how to treat customers, and these owners

Continued on page 22



Some lucky person is waiting for a Grant Abraham sandwich



A #1 favourite: strawberry rhubarb pie



Guess who has ordered this amazing cheeseburger?



Happy customers, Claude Renaud, Kelsa Stassa and Doug Woodburn being looked after by Mona Abraham



An after hours view of the All Seasons Restaurant

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No stopping the \$70 million Alta Vista Transportation Corridor

Continued from Cover

main. Traffic configurations are being altered and bridges built but not completed, until in the spring of 2016 work there resumes.

The Riverview Park Community Association (RPCA) plans to eventually speak with arborists and take advantage of tree planting programs to counter sound and light from the link road and restore lost aesthetical value off Alta Vista Drive.

The road still has its proponents and its detractors. Those against it are mainly from Riverview Park living close to noise and air pollution around themselves and near the hospital. Car and bus users from the wider Alta Vista area may gain easier access to the hospital. Yet there is no prospect of a sudden easing of vehicle movement along Alta Vista Drive or Smyth Road and there is the possibility the link road will move traffic problems northward to Riverview Park. The hypothesis, that this road will



help new residents in new houses when the nearby Canadian National Defence hospital is demolished and the City takes over the ground space, is not a given truth.

Some detractors quote the environmental belief that if you build a road more car drivers will use it and this is being done despite already crowded main roads in the city.

Riverview Park has a history of opposition from a petition sent to Mayor Jim Watson in

Continued on page 23





What's the state of the real estate market in Riverview Park?

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Not just a name but a Donor Wall story

by Carole Moul

There are donor walls in hospitals around the world, but closer to home and much closer to us in so many ways, is the Donor Wall that The Ottawa Hospital Foundation, unveiled in June, 2012.

On the first floor and just left of the main entrance of The Ottawa Hospital Cancer Centre at the General Campus, this Donor Wall is one that shares the names of individuals, groups and businesses who have in some way assisted the thousands of

cancer patients that TOHCC treats each year.

“The wall, which features the names of each donor, will stand as a permanent tribute to the community. It is a shining example of all that a caring community can accomplish,” said Tim Kluge, President and CEO of TOH Foundation.

At the unveiling, it was also noted that in that past year alone, The Ottawa Hospital Cancer Centre had treated close to 24,000 patients. And although the number of cancer patients has remained about the same

each year, with survivorship numbers on the rise, this is a very high number of people who have been helped by the goodness of our community.

The names on this three year old Donor Wall however do not in any way contribute to the stories behind those names. This is just one account as to why one name is on the Donor Wall.

What’s in a name?

In June of this year, Sherry Woodburn of The Wholesale Outlet was notified that she was being given the honour of having her name added to the Donor Wall.

Sherry would be the first person to note that she was not looking for recognition, but that instead her name represents the many wonderful people, businesses, companies, friends, and family who have been invaluable in making the highly successful bi-annual *Fashion with Compassion* happen over the years. From this October’s fashion show alone Sherry was able to forward cheques to The Ottawa Hospital’s Cancer Research for \$2200. and Victoria’s Quilts Canada for \$500., because of the kindness of so many generous people. Moreover, because of everyone’s generosity for both the spring and fall shows of 2015, \$4500 total went to The Ottawa Hospital Cancer Research and \$1000. was forwarded to Victoria’s Quilts Canada.

It’s all about sharing

The fashion show is free; however there are many who donate of their time and or gifts to over a dozen draws that help bring fun and great anticipation to an already upbeat audience.

With Lise Butters as the fashion show emcee, what could be better, as she puts the W.O. Models through their paces with her wonderful sense of humour and great interaction with the audience. Lise also shares their cancer stories, as do they, since each lady modeling is a cancer survivor.

An artist in her own right, Lise generously donated one of her beautiful paintings, *Pink Martini*, to the event, while Bernadette Alcott, a sculptor, provided an exquisite *Garden Inspiration* for another lucky winner.

Lynn Morris was creative with a wonderful gift basket she titled *A very memorable gift*, while Oxygen Medi Spa in Blackburn Hamlet helped in spoiling one of the guests with a great *Spa Package*.

For those who enjoy a delicious breakfast or lunch, *All Seasons Restaurant* was generous in their donation of a *Gift Certificate*. And although no longer living in the area, *Pillows by Dominique*, still provided one fortunate winner with one of her unique made- out- of- ties pillows.

French Dressing Jeans (FDJ) con-

Continued on next page

Kathleen Johnson releases new CD, *Tribute*

by Orrin Clayton

The album was inspired by Kathleen’s music therapy work with the Veterans at the Perley and Rideau Veterans’ Health Centre. Most of the songs are based on poems written by Veterans or their family members. Kathleen and Byron are residents of Riverview Park.

On October 24 Kathleen introduced her album to friends and neighbours at the Shenkman Theatre. A longtime friend, Sally

Thompson and Orrin Clayton accompanied her in singing a few of the songs.

The music, composed by Kathleen, remembers and honors the veterans who fought in the World Wars. Songs as “After Dieppe”, “I’ll Remember”, The War to end all Wars” and “Reply to Flanders” are just a few on this ‘must have’ album.

To purchase copies of this album contact:
kathleenjohnson1@gmail.com



Kathleen Johnson and Sally Thompson sharing a “Tribute” song with the audience
Photo credit:Orrin Clayton



The WO Models- an altogether group



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From previous page

tributed Gift Certificates valued at \$50.00 each for two lucky winners: one towards a top and the other towards a pair of pants, while *Renuar* also gave generously with two \$50.00 Gift Certificates, one each for pants and a top of the winner's choosing.

The Danish company, *Soya Concept*, thoughtfully provided a Gift Certificate for \$25., with the Bamboo line, LNBS (Leave Nothing But Footprints) donating two gifts of their eco-friendly tops. *Bella Fashion, Italy* contributed a \$50. Gift Certificate for one fortunate winner and *Chabra Fashions of Montreal* gave a tunic top for one of the exciting draws.

Needless to say, *The Wholesale Outlet* provided both scarves and jewelry for a number of the winning prizes, although a 'feel good' sensation was probably more than reward enough for everyone at the *Fashion with Compassion* show.

Victoria's Quilts Canada

Sue Kingwell and Gladys Kirkpatrick representing *Victoria's Quilts Canada* were on hand throughout the whole morning, serving up coffee and a variety of treats. These ladies are among the over 1,100 *Victoria's Quilts Canada* volunteers in Canada, including 19 groups in Ottawa; providing handmade quilts free to people with cancer right across Canada.

In 1999, a total of 16 quilts were

delivered by *Victoria's Quilts Canada*. As of October 31st, 2015, the cumulative number of quilts delivered across Canada was the unbelievable count of 46,666, with 4,751 quilts alone made this year.

It is obvious then, that donations, such as those received from *Fashion with Compassion* are very much appreciated, and put to excellent use by those doing the amazing job of making and getting these beautiful quilts out to people with cancer.

In fact, Sherry was told about the batting and flannel that the ladies were able to buy, as a result of the generosity from the show.

Thank you for giving...

"Once again, we had a full house and there was lots of laughter, fun and stories shared," noted Sherry Woodburn in an e-mail following the October 2nd Saturday fashion show. "It's always such a rewarding time for everyone participating in the creation of this event. Everyone works very hard before the show, but the day of the show, we certainly know why we do what we do."

Yes, the Donor Wall serves as a reminder of what a community can do. But what's in a name? Perhaps some day we'll find out about the stories of some of the other Donor Wall names?



Way to go Rosanne



Dorothy is just about ready for the catwalk



Behind the scene helpers, Lynn and Janet



Sue Kingwell and Gladys Kirkpatrick: wonderful Victoria's Quilts Canada volunteers



Dee shows how it's done

A woman with long brown hair, wearing a blue button-down shirt and jeans, stands in a room. She is smiling and looking towards the camera. The background shows a room with a tiled floor and some furniture.

FDJ

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WINTER FASHIONS

All Seasons Restaurant

Continued from page 18

seem to have it down to a fine art remembering just what their customers like to eat and how they like it served.

If you enjoy your cheeseburger with no onions and just one tomato slice, well then that is how it is presented on your second visit. Or, should you request your first club sandwich on brown toast, no butter but mayonnaise, Mona has an uncanny way of remembering your preferences. Should you like to read a daily paper, then Mona may well place it by your plate; and this excellent service continues whenever you stop by.

It is obvious that Mona and Grant both derive pleasure from owning the restaurant. "I enjoy being with the public," Mona related recently. "We have the regulars and it's like a home. Prior to this I worked in the same restaurant for 14 years. Now people come here to see me and say that they are going to Mona's place."

Morning comes early

For Mona and Grant, their busiest times during the week are when they open for breakfast at 6 a.m., and then a couple of hours later when their next set of customers comes in around 8. On the week-ends they open for breakfast at 7, and it is regular customers such as Monique that keep the *All Sea-*

sons Restaurant busy. Her favourite breakfast is poached eggs with bol-ogna, home fries and brown toast; although anyone stopping by who is new to the place will soon discover that the menu selection is amazing. On Saturdays kids eat for ½ price, while one of the biggest jobs in the morning is keeping the hot coffee coming for their par-ents. *All Seasons Restaurant* closes at 2 that day, no doubt knowing that by then everyone has had some-thing great to eat.

Food favourites

The Lunchtime menu begins at 11:00, although breakfast can be served until they close at 2:30 on weekdays. This is the time how-ever when the high demand for their very nourishing and delicious homemade soup actually begins, and according to regular lunch-time customers like Doug Wood-burn, "The soup at the *All Seasons Restaurant* is the best."

On Fridays the customers have come to expect pea soup, however for the rest of the week the daily soup is varied. Doug's first choice in soups is the beef and barley, while Richard, a long time friend laughed when asked which kind he liked best. "Make that tomato macaroni, tomato rice, or potato soup," he commented, then added "but the soup at the *All Seasons Res-taurant* goes really fast."

The homemade pies are also a favourite, and as expert pie taster, Doug Woodburn quipped, "The

homemade pies here are unbeliev-ably good." As to which kind would be his favourite, Doug reviewed the choices that could be avail-able, and then decided that it was probably the strawberry rhubarb-although the pecan, apple, blue-ber-ry, coconut cream, or pumpkin are also very popular. Mona's sis-ter-in-law gave her the recipe for the crust and needless to say, it is melt- in- your mouth delicious.

Behind the scenes

Grant Abraham, who is the co-owner and chef of the *All Seasons Restaurant* has a background in the service and hospitality industry, and has been involved in this line of work for over 40 years.

"I was raised in the restaurant business. When I was a kid my parents owned a restaurant and I worked there every day after school and in the summers.

"We've been here for 3 years, although the place has been here for over 25. Everything has been changed except the fryer ma-chine and the toaster, including the furniture, with new Salaman-der Cookware installed this past month to add menu items such as Subs and French Onion Soup."

It was several years ago that Mona started looking for her own restaurant. She asked around and found that this one was for sale. Grant, who owned another busi-ness in the west end soon discov-ered that running two places didn't really work. He eventually leased

out the other location, and, as they say, the rest is history.

Grant still does the kitchen or-dering, but fortunately now it is for only one business. He works with a lot of suppliers on a week-ly or twice weekly basis, and uses only local suppliers from around the Ottawa area. Basic preparation is done the night before to make sure that there's enough for the early opening, since it isn't unusual to see hungry customers already at the restaurant well before six.

Thank you

From waffles or pancakes with blueberries to the Breakfast House Special, the

All Seasons Restaurant makes ar-riving there for your first meal of the day a true morning treat. From the Chef or Garden salad to the tasty Chicken Cordon Bleu, the *All Seasons Restaurant* will ensure that your lunchtime visit makes for an appetizing experience as well. From the choice of desserts, why not try the rice pudding made the old fashioned way? Or indulge yourself with the pies that are available for that day.

All you need to bring with you to the *All Seasons Restaurant* at 1460 Cyrville Road is a healthy appetite, and an appreciation for wonderful home cooked food; with Mona and Grant Abraham promising to do the rest. Well done to the two of you for giving us such a great place to eat!

New Years

Continued from page 15

celebrate with firecrackers, red dec-orations and gifts of money.

A different "Spring Festival" or New Year falls in March. Some-times called the Persian New Year, the Spring Equinox, on March 21, is celebrated as "**Nowruz**". "Now-ruz" means "New Day" and marks the New Year for the Baha'i faith, for Sufi Muslims and for Zoroas-trians (especially in Iran, Iraq, Af-ghanistan and Kosovo). They fast in preparation for their New Year and then celebrate with spring clean-ings, new clothes and social visits.

In mid-April, Sikhs in India, Pakistan and around the world mark the solar New Year with "**Vai-sakhi**" or "**Baisakhi**" celebrations. The Punjabi New Year stresses the importance of courage, dignity, justice and peace. They celebrate with fairs, music and harvest festi-vals. Parades are held annually and the largest one, outside of India, is held in Surrey, British Columbia. (The Surrey Khalsa Day Parade, on April 18, 2015 entertained well over a quarter million people!)

Deeper into the calendar pages,

in July or August, Zoroastrianism's Kadmi sect (particularly in Iran and India) and Parsis celebrate their New Year. It follows "Frawardigan"—the last days of the final month of their religious year. The very last day, called "Pateti", is kept as a day for reflection and confessions; to prepare for a New Year and a new start.

Jainism is an ancient meta-physical faith with some similar-ities to Hinduism and Buddhism. The Jain religious year ends with "Paryushan(a)". The last 8-10 days are used for fasting, reflection, re-pentance and forgiveness of trans-gressions in the past year. Jain New Year celebrations usually occur in August or September.

Between September 5 and Octo-ber 5, **Judaism** celebrates its New Year. This begins with the solemn Jewish festival of "Rosh Hashanah", then Ten Days of Return, and it ends with the holiest day of their year, "Yom Kippur". "Yom Kip-pur" means "Day of Atonement" and is set aside for fasting, prayer, remembrance and repentance. Ju-daism marks the New Year with "Simchat(h) Torah" or the "Rejoic-ing of the Law"—reading the final section of Deuteronomy and then

the first section of the Book of Genesis. It can also be marked with special celebrations, dancing or public rituals.

The **Islamic** calendar is lunar. Their New Year begins with the sighting of the new moon on the first day of "Muharram". This is the first and most sacred month of the Islamic calendar. "Al-Hijira" or Islamic New Year fell on October 15 in 2015 and falls on October 3 in 2016. For Muslims this is a time for prayer, remembrance, mourning and peace.

The Celtic New Year occurs even later in the calendar, on Octo-ber 31st /November 1st. Their festi-val of "Samhain" (pronounced Sah-win) marks the end of the harvest and herding season and the start of winter. It is also the eve that links the living world and the spir-its of the dead. The calendar of the Celtic League (uniting and promot-ing Celtic culture and identity in Ireland, Scotland, Wales, Brittany, Cornwall and the Isle of Man) be-gins and ends at "Samhain".

It is between mid-October and mid-November that Hindus and Sikhs around the world celebrate their New Year with "**Diwali**"—the festival of lights. "Diwali" is a 5 day

festival marked with the cleaning and renovating of homes, dressing up in new or best clothes, celebrat-ing with lights and fireworks, and sharing meals and sweets with fam-ily. This holiday commonly marks the New Year in Nepal, India, Paki-stan and Sri Lanka, and we see "Di-wali" celebrations and good wishes in Canada too.

The calendar's final month of December sees Christians around the world prepare for **Christmas** and the nativity celebrations of December 25. The 4 weeks/4 Sun-days leading up to this momentous birth date of Jesus Christ are known as "Advent" and build up to the symbolic renewal or New Year of Christ's coming. It is a holiday for worship, family, love and joy.

No matter what page of the calendar we are on, it seems that someone somewhere on the planet is preparing for a New Year's holi-day. By any name or time of year, these holidays all seem to focus on reflection, renewal, improvement or restoration. Whether you'll be celebrating on January 1st or on a later date in the calendar, may 2016 be a peaceful and prosperous New Year for us all!

AVTC Hospital road Continued from page 19

March 2011 to a roadside demonstration in freezing weather protesting the then estimated cost of \$55 million that now stands at almost \$70 million. One lingering fear is that the link road will expand to a full-length corridor from Conroy to busy downtown Nicholas Street.

Riverview Park residents have also opposed the road over loss of recreational green space such as woods, walking paths, a sledding hill and, contrary to stated long-term goals for the city, more cars and vehicles.

Those who signed the petition to the mayor stated that local traffic on Alta Vista Drive, far from being reduced, would shift nearer Riverview Park and that light rail public transit to the hospital was the way to reduce cars. Their vision was to spend the now \$70 million cost of the road on infrastructure repairs and light rail. This was discounted in a city council budget vote of 21 to 3 favouring the link road.

Councillor David Chernushenko of Capital Ward, during budget deliberations, spoke out against the “expensive” link road. He questioned whether the council would consider more cost-effective alternatives and he finally voted against its construction. He sought to have any planned stretch downtown repurposed or “never see the light of day.”

Then-Alta Vista councillor Peter Hume voted with the majority for the road while Mayor Watson indicated he would not support construction of the entire road downtown.

Today, as RPCA President Kris Nanda points out, the large swath of clear-cut woods extends east as far as the Steam Generation Plant (the Plummerator).

The City will next year host a walk along the route focusing on pedestrian and cycling connections and final design including the location of road side berms and tree planting. ‘Given the unique nature of the project the City has the right to make adjustments to the design right up until physical construction.’



Habitat for Humanity Continued from page 17

trina devastated the New Orleans area and the Gulf Coast (including Slidell, Louisiana), the East St. Tammany affiliate of Habitat for Humanity has renovated 13 hurricane-damaged homes and built new homes for an additional 106 families, mostly for those who lost everything when Katrina hit on August 29, 2005. However, they have recently broadened their focus to include veterans who are not receiving the support that they need. Those of us who have spent time working with Habitat in Slidell have heard many stories that make you wonder how people could ever pick up and move on with their lives. On this visit we heard of one person who had spent the month prior to Katrina fixing up her new condo and moving in, just in time to be told to evacuate before Katrina hit. When she was able to return, her condo building was gone. Her fridge door was found 3 miles inland, identifiable as hers only because it still had her pictures attached to it.

When the group arrived at the East St. Tammany Habitat affiliate on Tuesday morning we didn't know what we would be doing,

just that we would be lending our hands to help. Even with this uncertainty everyone was ready to pitch in and do his or her part. We were given the task of starting a new home from the support pillars up. During our Habitat briefing we were told that, during Katrina, there had been 4 ½ feet of water where the Habitat office is located – a fact that was hard to comprehend.

By the end of the first day on the build site we had bonded into one big happy family. We were like a “well-oiled” machine, firing on all 8 cylinders! We installed sill plates, joist headers and floor joists, and a plywood floor on the entire building. We also framed and erected a 47' wall, as well as framing 2/3 of the other 47' wall. We learned new skills and also got to practice ones that we have used in the past. Just as importantly, we strengthened our faith and values based on helping others.

There will be 3 builds with East St. Tammany Habitat for Humanity this year and 2 are in partnership with the Ottawa legal community. Emmanuel United also supports building homes here in Ottawa with Habitat for Humanity.

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Computer Tips and Tricks

Some Gift Ideas – for Yourself??

by Malcolm and John Harding,
of Compu-Home

NEXT ISSUE If you or others in your home read even a few magazines each month, and if you have a convenient tablet, laptop, or smartphone, then you might wish to consider a subscription to *Next Issue* – soon to become known as *Texture*. Approximately \$10.00 per month gives you access to 193 magazines, 15 of which are Canadian. A few months of back issues are available for each, in case you miss one. With access to the service on up to five devices a family can share one subscription, which means that you are ahead financially by the time you read just three titles monthly. One nice feature is that you can download a magazine at a place where you have Internet access and then read it in another location where the Internet might not be available.

ECOTANK Laser printers have traditionally been considered the most economical per page, but inkjets do the best job on high-quality photographs. If you need a new inkjet printer, perhaps because you print large numbers of photographs, one of the models of new Epson EcoTank printers might be of interest to you. In-

stead of the usual ridiculously expensive low-volume ink cartridges this new line of all-in-one Epson printers has four refillable ink tanks. A full set of tanks will print many thousands of pages, and the refills cost less than \$16.00 each for the three bottles of colour inks and one bottle of black. This means that you can fully refill all four tanks in the EcoTank for approximately the same cost as you might pay for just one of the four cartridges that you need in a traditional printer. Unfortunately, EcoTanks are so new that reviews on reliability and print quality are still sparse, and so if you can wait for a few months that might be a good idea.

SMART WATCH When you look in the mirror do you see an early adopter? If so, then perhaps a smart watch is on your horizon (or maybe on your wrist). Yes, they all do tell the time, but for a pretty hefty price, these gizmos do a whole lot more. Functions can include: camera, GPS, heart and activity monitor, email, scheduler, notepad, music player, and often much more! Some of the apps in smartwatches piggyback on the cell phone in your pocket, but many of them operate independently, with their own wifi and

GPS technology. There are two competing families of these devices: some manufactured by many of the big technology names such as LG, Sony and Samsung which use the Android Wear Operating System from Google, and the Apple watch, made notorious by the 18-Carat gold version that costs close to \$20,000, but which also comes in much more modest models at well under \$1000.

SURFACE PRO Microsoft’s forays into hardware have been infrequent and sporadic, (not to mention usually unsuccessful) but the Surface Pro is proving to be the exception to that experience. This combination tablet and laptop is admittedly a compromise but the resulting shortcomings are significantly offset by many convenient features in both modes. First and most important to many, is the fact that the Operating System is Windows, which means that most everything works in exactly the same way as the computer on your desk. In laptop mode the kickstand is firm and secure, and the Bluetooth keyboard and mouse have a comfortable feel. As a tab-

let, the Surface Pro is larger than most competitors, but it is actually lighter than many, without feeling flimsy. John has been using the Surface Pro 3 for about a year, and it has been very satisfactory for day-to-day and travel needs and although the Surface Pro 4 has just been introduced with a few improvements, he expects to stick with the 3 well into the future. This is a pricey item, at well over \$1000, but certainly much more convenient and probably less than you would expect to pay for a separate laptop and tablet.

Hope that all of our families have a terrific holiday season. “See” you here on these pages in 2016.

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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 26

SUDOKU

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

Louisburg Treasure
Continued from page 16

St Lawrence River, which led to the heart of North America. The French had it and the British wanted it.

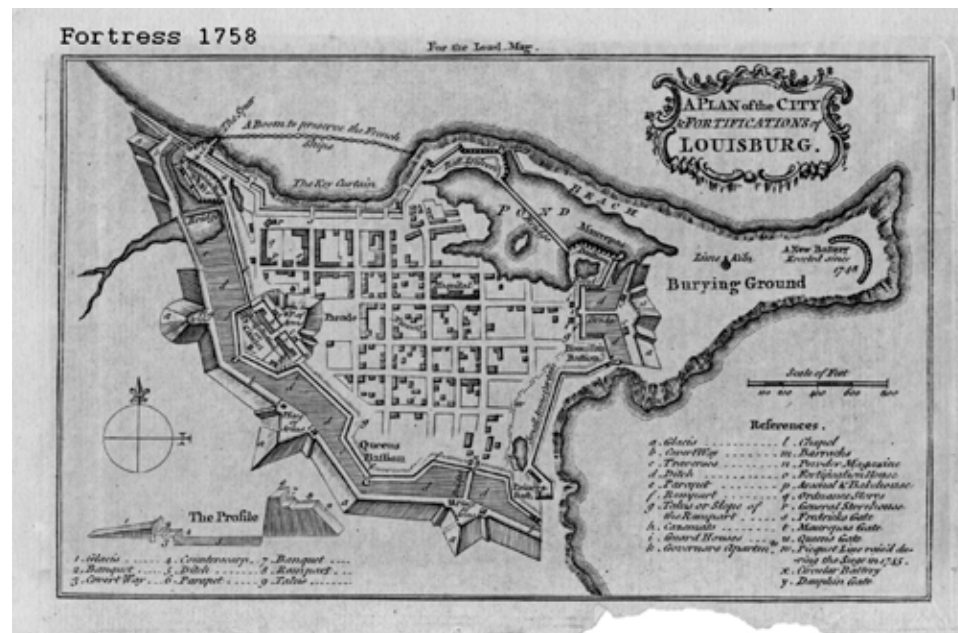
Canadian historians remember the date of the battle, the Order of the battle and names of most of the senior officers and officials involved. They remember the background to the battle and its importance to the aftermath, but a rare few remember anything about the treasure trove that was lost as the battle began and a treasure that has remained a mystery ever since.

I know where the treasure is. But I doubt that it will ever be recovered.

When historians talk about the siege of Louisburg, they are usually talking about the 1758 siege. But there was a previous siege that played a large role in the story of the Louisburg treasure. In 1745, the British navy laid siege to the fortress as part of the *War of Austrian Succession* or, as the British knew it, *King George's War*. (What an honour it must have been to have a war named after you. "What did you do during the war, daddy? Not much but I let them use my name for it.") One thing to understand about war in those days was that there were few professional soldiers. Most were volunteers, especially in the new world, and let us not forget that 1745 was 31 years before the American Revolution so most of the British troops were actually volunteers from the colonies. Why that is important is because volunteers generally are not in the fray for King and Country but rather for the spoils of war. So when the British took the fortress in 1745 you can imagine the attitude of the volunteers when the British decided *not* to confiscate a hoard of money and materials that the French had stored in their trea-

surey. The feeling of the British was that this was wealth that belonged to the residents of the fortress and not the French crown so they left it alone. The fortress was returned to the French under the terms of the Treaty of Aix-la-Chapelle, over the objections of the First Nations who played a large role in the capture of the fort, in 1748.

Fast forward ten years to 1758 and we are back on the shores of Île-Royale. This time the British have shown up with 100 ships, 11,000 foot troops and 200 American Rangers. (Note that the First Nations did



not attend in any great numbers as they were still fuming from the rejection in 1748). In a battle which lasted eight weeks the French garrison of 6,000 was defeated. (One of the British officers was a Brigadier by the name of James Wolfe who went on to make his fame and meet his maker at a place called the Plains of Abraham.) Following the victory the British were not going to be as charitable when it came to plunder as they were in 1745. They marched to the administrator's mansion wherein the Louisburg treasury was located. But when they got there... the cupboard was dry. There was no treasure in the treasury. The hunt to find it has continued ever since.

Anyone who hunts for treasure

knows that doing their homework before beginning to search is time well spent. Let's look at four questions that good explorers ask: 1) what is the story behind the treasure and the main theory for where it might be hidden; 2) what rumours exist that may dispel the main theory; 3) what has changed in the landscape since the disappearance; and 4) even if you did locate the treasure, can you recover it?

Prior to the 1758 siege the French in the fortress collected their wealth together in one place, put it onto a large number of carts and transport-

ed it across a on a wooden palisade bridge across a lake to a defence harbour. What happened to the carts constitutes the mystery.

The main rumour is that as the carts reached the centre of the bridge their combined weight caused the bridge to collapse. The treasure sunk to the bottom and was left in the lake as a form of safe keeping until the British gave the fortress back to the French. We know that the fortress stayed in British hands so what of the treasure? One might think that the treasure can be located by just diving in the lake or maybe, in this day and age, using sonar. But the problem is the shoreline has changed, mostly due to the rise in sea levels and crashing waves, so

much during the last 250 years that we are not sure of the original size of the lake or the location of the bridge. Short of digging up the entire shoreline we may never know. We do know that Parks Canada will not allow us to dig although some have tried. In 1910 a group called the *Petries* tried to pump the water out of the existing lake but during high tide the sea water flowed back in through the porous rock embankment which separated the lake from the harbour.

There is a second rumour that says that the treasure never left the fort. In 1962, treasure hunter and commercial diver, Alex Storm, who was also a Parks Canada employee at the fortress did a dive into a flooded tunnel discovered by archaeologists. He mapped a cruciform series of tunnels that extended out into the harbour toward Battery Island in the middle of the harbour. It is believed that these tunnels were designed to receive large amounts of explosives to be used like mines during any invasion. Was the treasury taken into the tunnels? The tunnels are currently flooded and sealed off by Parks Canada.

There are numerous other rumours including ships that took the treasure to Oak Island (which is a story in itself) or that the ships went to the coast near, what is now, Big Lorraine and buried the treasure chests in the beaches.

The tantalising part of treasure hunting is you never know what is out there until you find it. And the fun part is the looking. There are literally thousands of hidden treasure stories across Canada. Pick one and go looking. I guarantee you will have fun while you learn something about our country.

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

Oakpark Art show
Continued from page 16

The vernissage on Friday night was an opportunity to enjoy the display while two talented musicians, Richard Page and Alex Bilodeau, playing bass and saxophone, provided just the right music for the occasion.

Other artist exhibiting included local artist Nicole Lalonde's whose art reflects the journey she has been on taking art to women during mission trips to Colombia. Anne Warburton's fibre art reflects her love of fabrics and her off the wall way of creating with materials that many would dis-

card. Linda Dabros and Jill Berry are both talented artists whose art reflects nature and love of Canada. Resident artist Lily Tobin's and Elisabeth Dempsey's art are both unique and true reflections of meaningful events and places in both their lives. Other Oakpark residents Dorothy Valiant and Marion Dodd, proudly displayed their beautiful hand painted porcelain, and this reflected their skill and delicate workmanship to make such dainty pieces. It was a pleasure to have Janet Mackay and Mitchell Webster exhibit also. Their bronze sculptures and vibrant paintings are a real example of the creative spirit letting loose, and drawing the observer into

their experiences with form and movement. Miriam Dwyer's art shows her love of nature and the unique landscapes of New Zealand, Australia and Canada.

There is no doubt that without

the experience of life, there would be no art, as no matter what you experience there is always room to create and give others the opportunity to enjoy and experience your life with you.



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Integrating patient care throughout the kidney care journey

by Helen McGurrian

In Ontario, approximately 12,000 people with Chronic Kidney Disease (CKD) are receiving predialysis care; an additional 10,500 Ontarians with advanced CKD are on some type of dialysis. Underlying causes of CKD include diabetes, hypertension, and vascular disease. Aboriginal populations have a higher incidence of CKD. Early detection and prevention of progression of CKD is an extremely important component of the management of this disease. The Ontario Renal Network (ORN) has developed a “Toolkit” to help family physicians and other primary care practitioners detect and manage the early symptoms of CKD.

TOH Regional Nephrology Program, one of the largest academic renal programs in Canada, provides a full range of kidney care services including research with The Kidney Research Center located right here in Ottawa. The General and Civic campuses provide acute care dialysis to patients

with complex medical needs. The Riverside campus is the hub of kidney care with its 22 Nephrologists providing diagnostic, consultation, maintenance and follow-up services to CKD patients, as well as conducting research and data-gathering to better improve services. The Riverside’s out-patient hemodialysis unit can accommodate dialysis treatments, three shifts per day, six days per week for up to 30 patients each shift. TOH also provides hemodialysis clinics in satellite units in Hawkesbury, Cornwall, Winchester, at the Queensway Carleton Hospital and the St. Vincent’s site of Bruyere Continuing Care. Although hemodialysis is provided in all of these locations, CKD patients are encouraged to consider a home dialysis option. Home dialysis is associated with better quality of life and independence in those who do it. Last year one quarter of dialysis patients in Ontario managed their care at home (6% hemodialysis, and 18% peritoneal dialysis) while more than three quarters received hemodialysis in a hospital or com-

munity-based facility. Peritoneal dialysis provides more flexibility than hemodialysis as it is portable. While kidney transplant seems the ideal solution, the waiting list for kidneys is very long and for some it is just not an option due to their medical condition. Each treatment option has its pros and cons based on the patient’s health, support system, and values. Educating patients on all options is essential in making them an active member of their health care team and in managing their kidney care journey.

For home dialysis, basically all supplies and equipment are provided free to Ontario patients. The home hemodialysis machine, including the water filtering machine required to purify the water is also free. However before home hemodialysis is considered, a number of tests of the patient’s home must be conducted by the Nephrology Department’s Technical Team. Gilles Grenier, Head of the Technical Team explained that the patient’s home electricity supply, water source, pressure and quality, especially in rural areas with well water, must be carefully checked to see if any impurities in the water are beyond the capabilities of the water filtering machines to safely remove. The Technical Team is available 24/7 should there be problems with the machines. Once the home is found to be appropriate, the next factor is the patient’s ability to learn how to self-dialyze. The nurses at the Home Dialysis

Unit teach the patients over a six week period how to do their own hemodialysis. For peritoneal dialysis, the training period is usually less than seven days.

My thanks to Janet Graham, Regional Director of Nephrology the Champlain LHIN, and Clinical Director of The Ottawa Hospital (TOH) Regional Nephrology Program, and to Marlene Steppan, Clinical Manager, Nephrology Clinic at TOH Riverside Campus, and Hawkesbury and Cornwall Satellite Hemodialysis Units for meeting with me and providing me with an overview of TOH’s Regional Nephrology Program. Their enthusiasm and dedication to the Regional Nephrology Program is reflected in all the staff I met during my visit. As Gilles Grenier proudly told me, TOH’s Nephrology Program provides 95,000 dialysis treatments per year, that’s 95,000 reasons to love your work.

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



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Sudoku on page 24



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Ask a Lawyer

Land Transfer Tax and the First Time Homebuyers Rebate

by Mark Habib

When you buy land or an interest in land in Ontario, you are required to pay Land Transfer Tax to the Ontario Government. “Land” includes any buildings, buildings to be constructed and fixtures (such as light fixtures built-in appliances and cabinetry).

Land Transfer Tax is normally based on the amount paid for the land but it is also based upon the amount of any mortgage being assumed by the purchaser as part of the agreement to acquire the land. In other cases, the tax will be based upon the fair market value of the land. The tax is calculated as follows:

- 0.5% of the value of consideration for the transfer (purchase price) up to and including \$55,000;
- 1% of the value of the consideration which exceeds \$55,000 up to and including \$250,000;
- 1.5% of the value of the consideration which exceeds \$250,000; and
- 2% of the amount by which the value of the consideration exceeds \$400,000 for land that contains at least one and not more than two single family residences.

As many Ontarians know, first time homebuyers are entitled to a rebate of land transfer tax up to a maximum amount of the \$2,000. In order to qualify for this rebate, the following rules apply:

- 1) The owner must never have owned a residential property *anywhere in the world*;
- 2) The purchaser must be at least 18 years old, must occupy the home as a principal residence within 9 months of the date of transfer and cannot have ever owned an eligible home or an interest in an eligible home anywhere in the world;
- 3) If the purchaser has a spouse, the spouse cannot have owned an eligible home or an interest in an eligible home anywhere in the world *while being the spouse of the purchaser*. Spouses are defined pursuant to section 29 of the *Family Law Act*, and would therefore include common law spouses.

The rebate is often deducted in advance by the purchaser’s lawyer at the time of registration of the Transfer. However, if for some reason it was not claimed at the time of registration, it is possible to claim the rebate by a paper application to the Ministry of Finance within 18 months of the closing

date. A sworn affidavit by the purchaser is required to be submitted at the time of registration or with the post-closing application.

In some cases, Land Transfer Tax may be exempt and in other instances the tax that must be paid may be nominal. For example, if a married couple is separating and one spouse is acquiring the other’s interest in the matrimonial home, the transaction would be exempt from the tax if the transfer was being made pursuant to a written separation agreement.

In many cases today, if one or both parents of a first time homebuyer are required by a mortgage lender to guarantee the mortgage, the parents must also be registered on the title to the land with their child. In these instances, a child can still benefit from the \$2,000 first time buyer’s land transfer tax rebate if a written Trust Agreement is drawn up that specifies that the parents are not the true beneficial owners of the land being acquired, and that they are merely bare trustees. In addition, when the parents later transfer their registered interest back to the child, Land Transfer Tax need not be paid again.

The Land Transfer Tax Act provides for penalties and interest to be paid by the taxpayer if the tax is not paid when it should have been or if a rebate is improperly claimed. The Ministry regularly audits its files to ensure compliance with the Act. Moreover, quasi-criminal charges can be laid under the Provincial Offences Act even if the tax or the rebate is paid back or if the taxpayer did not intend to avoid paying the tax. These charges can also be laid against lawyers and others who may be found to have assisted the taxpayer in avoiding the tax or falsely claiming a rebate where there was no entitlement.

It is therefore critically important to seek legal advice about questions relating to the entitlement of the Land Transfer Tax rebate or regarding the application of any exemption.

Mark Habib is an Ottawa Real Estate lawyer with 26 years of experience.

The issues raised in this article are for information purposes only and should not be relied upon as constituting legal advice specific to the reader’s circumstances.

Advent 2015,
Emmanuel United Church,
691 Smyth Road,
613-733-0437,
emmanuelunited.ca

There is much that happens in the season of Advent at Emmanuel. As a faith community we gather to worship, to reflect and to celebrate.

December 2 Advent Evening Service – 7:00
Come and find a quiet centre in this busy season. An advent Journey: The Night Sky, Cosmic Christ and Celtic Spirits.

December 4 An Evening of Christmas Readings 7:00 pm
Christmas at Home. You will hear touching stories from across Canada and abroad. There are stories of acts of kindness, sharing and caring for others. Our MC will be Hallie Cotnam, Ottawa CBC Radio host. Come and bring a friend or neighbour.

December 5 An Advent Adventure 4:30 – 6:30 pm
An intergenerational Advent Adventure with worship activi-

ties and a simple meal. Email youth@emmanuelunited.ca or sign up outside Christine’s office.

December 6 2nd Sunday of Advent Service - 10:00 am
Lighting the Candle of Peace
White Gift Service - we are asking everyone to bring jars of peanut butter and jam to be used at Centre 507. A sandwich is welcomed by the 100s of clients that visit each day. You may also make a financial donation to our ministry with children and youth with our global partners in Zambia and El Salvador.

December 9 Advent Evening Service – Journey in the Light 7 pm
A service of prayer, carols and candle lighting followed by light refreshments in the lounge. This is a time to remember those we are missing, to receive words of hope and support, to be together. We are not alone. God is with us.

December 12 A Christmas Market - 10:00 am - 2 pm
Handicrafts from Ten Thousand Villages, Zatoun Olive Oil,

Fair trade coffee and chocolate, Gifts from and for our partners in El Salvador and Zambia, an amazing bake table and a delicious lunch. You can preorder some goods or purchase on the day. Support our youth ministry program!

December 13 3rd Sunday of Advent - 10:00 am
Lighting the candle of Joy

December 16 Advent Evening Service – 7 – 7:30 pm
A group from Emmanuel United, who were on a pilgrimage to Iona, Scotland, will lead this service. The worship will be formatted with inspiration gained from services held in the ancient 5th century Abbey to include singing, prayer, reflection, candlelight and Celtic images.

December 20 4th Sunday of Advent Service – 10:00 am
Lighting the candle of Love
Christmas Concert at 2:00 pm
Come and join Emmanubells, choirs and other musicians for an afternoon of singing much-loved Christmas carols and

delicious desserts. There will be a free will offering to support building homes with Habitat for Humanity in Ottawa.

December 24 Christmas Eve Services
5:00 pm A service of story and song designed for children and their families
7:30 pm: A service of lessons and carols
11:00 pm A contemplative service with Communion and candlelight

December 27 Worship Service - 10:00 am
Come and request your favourite carol.

January 3, Epiphany Celebration with Joint Choirs – 10:00 am

Shared by the congregations of Emmanuel, Southminster, Riverside, and Rideau Park, hosted by Emmanuel United Church at 691 Smyth Road.

Balena Park Corn Roast

Hundreds of hungry people enjoyed the Balena Park Corn Roast on the beautiful fall afternoon of Sunday, October 4th. Great volunteers took on the task of husking enough corn for everyone, while others served up the not only the delicious ears of corn, but also burgers, chips and soft drinks. There was a superb variety of activities for the kids with some wonderful draws for people of all ages. Well done to Councillor Cloutier and his team for their hard work in organizing this happy afternoon.



Maya loves the community corn roast
Photo credit: Claire St-Denis Newton



Brave!
Photo credit: Claire St-Denis Newton



Our friends the firefighters
Photo credit: Claire St-Denis Newton



Basket tall!!
Photo credit: Claire St-Denis Newton


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Blaine Primeau- Gutsy and a good sport
Photo credit: Claire St-Denis Newton



The RPCA serves up hot chocolate and memberships
Photo credit: Claire St-Denis Newton



Guess who's having fun?
Photo credit: Claire St-Denis Newton



Someone likes his corn on the cob. Benji with his mother, Alison Crawford
Photo credit: Bill Fairbairn

May the joy of the season be with you

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

We are blessed to live in the greatest province in Canada. When we work together, we help to make this province even stronger. That is why, this holiday season, I would like to encourage you to be generous in helping those less fortunate than yourself.

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

Holiday Community Open House

Please join me at my new community office to celebrate the holiday season on December 6th from 1pm to 4pm. If you have any questions or to RSVP, please contact my office at 613-736-9573 or send us an email at jfraser.mpp.co@liberal.ola.org.



John Fraser, MPP
Ottawa South

1828 Bank Street, Ottawa ON K1V 7Y6
T: 613.736.9573 | F: 613.736.7374
jfraser.mpp.co@liberal.ola.org



Half a century of joyful learning- OMS Montessori marks 50 years of service

by Carole Moul

In the heart of Riverview Park, Alta Vista, there is the beautiful Montessori School that came out of the closing of two elementary schools a number of years ago. Formerly the French Catholic elementary school, Nativité, on Drake Avenue, and the English elementary Catholic School, St. Christopher's, on Lindsay Street; both have now become vibrant again after the OMS Montessori move to the campuses in 1986.

A short OMS Montessori history

This year marks OMS Montessori's 50th year of service. The school was incorporated in June 1966, offering a 'Casa dei Bambini' or Children's House, for young children from 2 ½ -6 years old. "We became the first Montessori school in Ottawa," said current School Director, Pat Gere. "We started with just six students, but the school grew quite quickly. The parents saw firsthand how revolu-

tionary the Montessori philosophy was and were eager to keep their children in that kind of system."As a result, the school began to expand. In September 1973, the school extended their authentic Montessori Program to include the Lower Elementary program (grades 1 to 3) and in 1981 the Upper Elementary program (grades 4 to 6) was initiated for students aged 9-12.

The school continues to grow today

An official bilingual policy was passed in 1973 and over the years a Francophone Casa, Lower Elementary and Upper Elementary programs were opened. Today, the school has both an English and Francophone program for students 18 months to grade 6.

Continued on next page



A young child is thoughtfully engaged in spelling using a small moveable alphabet

Photo credit:OMS-Montessori



The Montessori material called "sound cylinders" helps train a sense of hearing

Photo credit:OMS-Montessori



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From previous page

In 2003, a Junior High program for Grades 7 and 8 was added to OMS Montessori and by 2009, it seemed natural that a High School become a strategic and exciting goal. But first, the school needed to find a high school campus. In March 2015, a building was secured for the high school, and in September 2015, The Element (an

extension of OMS Montessori) officially opened its doors at Lansdowne.

“The Element allows the tradition of a Montessori education to continue through a student’s adolescent years,” said Pat. “It is a school that engages students’ passion for life and uses the city as a campus.” Although based on the Montessori pedagogy, a Montessori background is not required of students at The Element.

Linking the past to the future

It was in 1985 that OMS Montessori purchased the two nearby schools in the Alta Vista ward to accommodate the expansion of their growing program. Now, half a century, and thousands of students later, countless building additions and upgrades have been completed. After a link was completed between the Drake Avenue and Lindsay Street campuses, the school was the recipient of an

Award of Excellence from the Mayor
“in recognition of this sensitive in-
fill project that enhances the char-
acter of its neighbourhood.”

Additional accolades

In 2013, after several years of strategic planning, the idea of a natural playground became a reality at OMS Montessori, and although it is the students at the school who are the real winners,

Continued on page 35



At The Element students met with the botanist who designs the gardens in the community garden beside the school

Photo credit: OMS-Montessori



335 Lindsay Street has been the welcoming home of OMS-Montessori since 1986

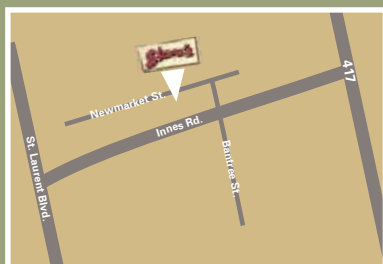
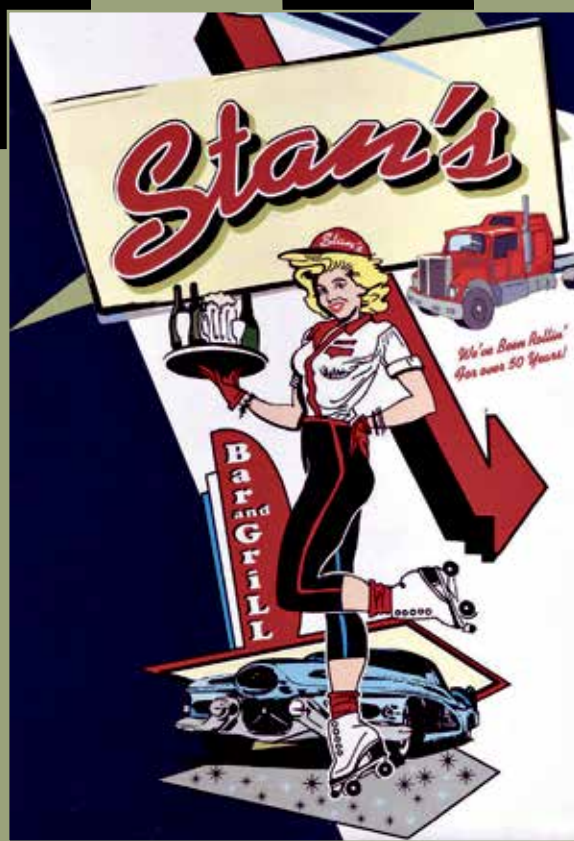
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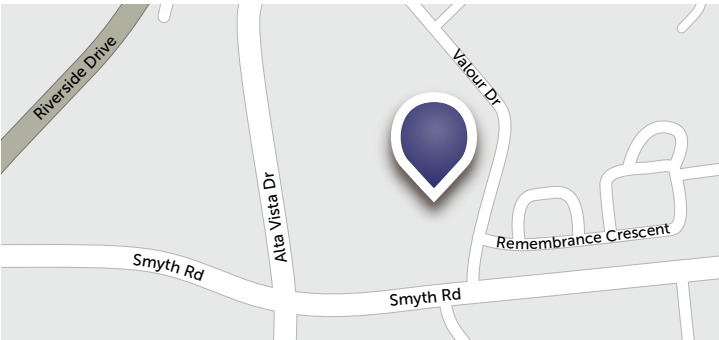
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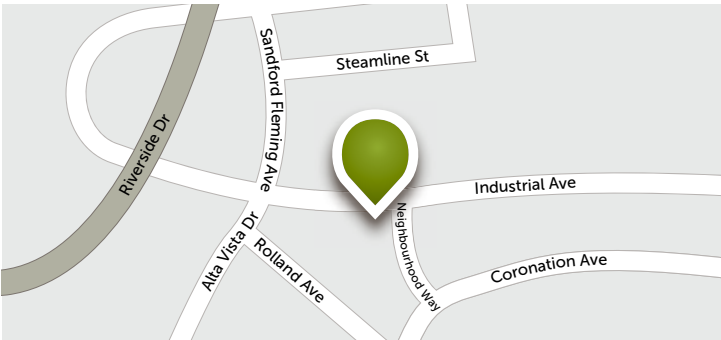
Memories have been made, friendships have formed, and comfort has been built. Maintaining these connections in your community will help with the adjustment of moving to a new home. You might be surprised as to the friends you reconnect with that you didn't know lived in your new retirement community!

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Vincent Massey Public School

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Vice-Principal: Mr. Richard Simpson
745 Smyth Road, Ottawa, Ontario
<https://sites.google.com/a/cloud.ocdsb.ca/vincentmassey/>
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We Scare Hunger!

This past October, Vincent Massey Public School Leadership Group members engaged fellow students in a school-wide food drive they pitched as *We Scare Hunger*. The name draws its origin from the *We Scare Hunger* campaign led by the organization *Free the Children*.

Students in grades six to eight came together as a school community to assist those in need in the broader Ottawa community. The food drive at Vincent Massey has been an annual event at the school for the past four years and success this year saw hundreds of cans and other items of food being collected and donated to the Ottawa Food Bank. The Leadership Group members at Vincent Massey are the active participants who promote, advertise and run the event. The experience provides them opportunities

to lead discussions with their fellow students, participate in public speaking and to advance goals while assisting the community. The Food Drive's success relies on the participation of all students and staff at the school but would not happen without the active involvement and leadership of those who work tirelessly to make it happen. Ottawa is an incredible city that offers a very comfortable life for most. Unfortunately though, there are many who require a hand to ensure that adequate food is available for themselves

and their families. The Ottawa Food Bank, with support from its partners, provides food assistance to the young and old and to individuals and families of all sizes to help prevent hunger. This assistance helps feed over 50,000 people per month in Ottawa. Vincent Massey Public School is proud to continue helping in its own way toward ensuring nobody goes hungry in our great city.

Submitted by Kate, Grade 8

Continued on page 35



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Canada Science and Tech museum renewal

by Geoff Radnor

It is almost 14 years since the search was first started for a new home for the Museum of Science & Technology on St. Laurent Blvd. There was talk of several options, two were in Gatineau, one was next to the Aviation & Space Museum and one was on Le Breton Flats close to the War Museum. After 14 years not one has been yet chosen, so repair work has started on its original home, the former bakery warehouse on St. Laurent. Repairs were necessary as the old building had mould in the walls and there was talk of asbestos too.

One can imagine that a new government, with a new minister responsible for the NCC and mu-

seums might suggest a prominent site for a new building that is not so far from the tourist centre of the city. But with the billion dollar renovations to the parliament buildings there can be very little left over for a new museum building. Estimates for a brand new building would be in the region of a couple of hundred million dollars. There are also the renovations at the National Arts Centre costing \$80 million starting about now.

The renewed Science and Technology museum roofline will shelter some old favourites—the locomotive display and the crazy kitchen. We in Riverview Park also look forward to some of the proposed exhibits and programs.



Closed since September 2014, the front of the building has been removed for a new front facade



Canada Science and Technology museum facade to be unveiled in November 2017
Photo credit: Concept drawing courtesy of NCC





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Vincent Massey PS

Continued from page 33

Heart & SOLE! News from Mr. McKean's class

Vincent Massey's R8A is doing it again! Who is R8A you ask? R8A is the participating students of the group SOLE (Students On the Leading Edge). Over the past six years, "SOLE" has been

supporting the neighbourhood of Russell Heights. Some of the most recent examples of what the group did in the past include: an art show where they introduced kids amazing artistic activities, a dance program, and planted trees that will take place again in the spring of 2016. This year Heart & SOLE has decided to do four exciting activities: a Glee club, a Literacy

program, a Sports program, and a Bike tune up day. The Glee club will hopefully convince the community to gather and sing together. For the Literacy program it will include reading books to peers but also helping them write their own stories and will hopefully be published! A bike tune-up day will consist of servicing old and existing bikes to make them safe again.

Submitted by: Aya & Amani,
Grade

A happy re-launch party of Steak & Sushi,
87 Clarence St, Byward Market

Photos by Lori Wagner



Riverview Park neighbours at the relaunch of "steak & sushi" in the Byward Market.



Riverview Park residents Lee and Lori Wagner have a relaunch party for their restaurant "steak & sushi". The restaurant had been closed for 6 months due to a fire.



"steak & sushi" owner Lee Wagner flanked by LiVE 88.5 Morning Host Katfish Morgan and General Sales Manager Mark Russett.

Montessori 50 years

Continued from page 31

the company that built this beautiful playground was presented with a *Landscape Ontario Award of Excellence* not long after the project was completed.

An authentic Montessori education

Following the Montessori philosophy, OMS Montessori creates prepared environments that nurture joyful learning and focused engagement. The positive results can be seen far beyond the classroom. Students from OMS Montessori are frequently seen out in the neighbourhood helping clean local parks or participating in other environmental projects. At The Element at Lansdowne, students have access to a community garden beside the school, and come spring will take on planting and harvesting the garden as a service project.

OMS Montessori is one of only three Canadian Council of Montessori Administrators (CCMA) accredited school. It is a not for profit private school, and as such, one of their missions is to share their expertise and passion and belief in the power of Montessori principles, with the Montessori community and the larger world.

The school invites prospective parents, friends, neighbours

or anyone interested in knowing more about a Montessori education to attend a "Montessori 101" session. For "Montessori101" dates and to sign up for a session, please visit the school's website: www.omsmontessori.com.

Much to celebrate

The OMS Vision is a peaceful, global community where individuals are joyfully engaged in contributing to the well-being of all life; and a true Montessori philosophy has been the guide for achieving this goal for the school.

In May of 2016, as the school reflects upon its 50 years, there will be much to be proud of in its achievements. School Directors, Staff, the Board of Directors, family, and friends have worked purposefully over the years to ensure that the students at OMS Montessori have been able to live this vision. The school will formally celebrate this success at their 50th Anniversary Gala, on Saturday, May 28th at Centurion Centre. "This formal event is a chance to celebrate 50 years of Montessori education," said Pat. "We hope to celebrate with not only our current and past families, but the Ottawa community at large." If you would like tickets to OMS Montessori's 50th Anniversary Gala, please contact the school.

The community looks forward to sharing in your continued successes.



OMS Montessori

Seeking Substitute Teachers

OMS Montessori, on Lindsay Street, is seeking Substitute Teachers for occasional daytime work. We are looking for individuals to work with children from ages 18 months to 12 years. Experience with young children preferred, bilingualism would be an asset. Police record check is required. Please send your resume to program@omsmontessori.com or visit our website for more information: www.omsmontessori.com.

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COMMUNITY BULLETIN BOARD

Rideau Park United Church, 2203 Alta Vista Drive (at Cunningham)
Activities and Events, December 2014 - Early January 2015

Harmony Club for 60+ Seniors will meet on Wednesday, December 9th.
From 1:00 to 2:00 pm, come and join in a Christmas Carol Sing-a-long, led by Iain Macpherson, Rideau Park's Interim Choir Director, and accompanied by Andrew Ager. All seniors in the community are welcome to attend. Prior notice is not required. The church is wheelchair accessible and parking is free. Meetings are held monthly.

Annual Christmas Pageant: Join us on Sunday December 13th, 10 am, for the presentation by more than 60 children and youth of the story of Christmas through theatre, music and some humour, with a focus on what Christmas is really all about. Everyone is invited. Freewill offering.

You are invited to a **Christmas Celebration Concert** on Sunday December 20th at 1:30 pm, featuring the Chancel Choir singing Vivaldi's Gloria, an organist solo by Andrew Auger, the Joyful Noise Childrens Choir and the Touch of Brass Handbells. Enjoy Christmas music and sing some of your favourite carols. All are welcome. Freewill offering.

On December 24th, please come to a **Christmas Eve Service**. There are three services:

- 6:30 pm **Lessons and Carols by Children and Youth:** A musical retelling of the birth of Jesus, with music by Rideau Park's children and youth choirs, hand-chimes and bells.
- 8:30 pm **Christmas Reflections:** A service reflecting on the birth of Jesus, in readings and music by Rideau Park's Chancel Choir and soloists.
- 10:30 pm **Candlelight Communion Service:** A service of Communion, featuring music by Rideau Park's Chancel Choir, soloists, and Touch of Brass Bell Choir.

Begin the New Year by joining the **50+ Exercise Group** at Rideau Park, and get moving, strengthening, and stretching, all to the familiar beat of great tunes, each Tuesday and Thursday, 9 - 10 am, from January 12th to March 3rd. All levels of fitness (men and women) are encouraged and supported by Faiza, our experienced Seniors' Fitness Instructor (SFIC). Fees are \$44. for 8 weeks (16 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 spring session in March-April 2016.

For more information on any of these activities and events, please call the church office at 613-733-3156 ext 229 (M-F 9-4) or go to www.rideaupark.ca

Contact for CBB
Editor@RiverviewParkReview.ca

CHRISTMAS CAROL SING AND CONCERT. You are invited to an evening with the Maria Knapik Ensemble, the Vyhovskyi Strings, and former CBC Radio host Rob Clipper-ton. Thursday, December 17th, 7:00 pm. Refreshments to follow. St. Aidan's Anglican Church 934 Hamlet Road 613-733-0102. www.staidans-ottawa.org. Free will offerings for the Heron Emergency Food Centre and Syrian refugees will be gratefully accepted.

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.



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.



Balena Park Pet Memorial
To commemorate a loved pet while supporting the Canadian Guide Dogs for the Blind purchase a brick for the Pet Memorial Patio in Balena Park. For full details go to the RPCA website <http://rpca.wordpress.com/page-1/pet-remembrance-patio-in-balena-park/> or call 613-523-4339

Carol Sing at Maplesoft Centre (Corner of Alta Vista Drive and Riverside Drive) - Parking off Alta Vista Drive. Mark your calendars for Friday, December 11th at 6:30 p.m. Sponsored by the RPCA, Councillor Cloutier and Maplesoft Centre. Candles and Carol sheets will be provided. Enjoy hot chocolate and treats afterward at the Maplesoft Centre. Donations for the Nativité Food Bank will be welcome. Enjoy the lighting of the tree.

LOST AND FOUND PET RECOVERY

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

ticipants will be sent a confidential email with a description of the lost or found pet. When a pet is found Orrin and Pam will notify the owner and arrangements can be made for the pet to be returned between the parties involved. Your participation may result in a lost pet being returned to their grateful owner.



COMMUNITY BULLETIN BOARD

COMMUNITY BULLETIN BOARD

MARK YOUR CALENDARS
“ALTA VISTA CHRISTMAS CONCERT”
SUNDAY, DECEMBER 6, 2015 at 3:00 p.m.
On Sunday, December 6, 2015, 3:00 p.m. at Immaculate Heart of Mary Church, 1758 Alta Vista Drive, come enjoy the music of the season! Three choirs, the *Ottawa Catholic School Board Chamber Choir*, the *Kanata Choral Society*, and the *Immaculate Heart of Mary Church Choir*, are accompanied by the popular *Ottawa Wind Ensemble*, a 35-member orchestral group. They will be joined by tenor soloists Dr. Fraser Rubens and Zachary Rubens, for special tributes to the musical season. Interspersed with this will be carol singing for all to join in.

This 24th Alta Vista Carol Concert is held in support of the Heron Emergency Food Centre (HEFC).

Admission to the Concert is FREE and there is ample parking. There will be collection baskets for voluntary monetary donations (cheques or cash) to the HEFC so that the HEFC can purchase fresh food and make this a special Christmas for all in our community. Tax receipts will be issued for donations over \$20. Those interested in an advance donation or in purchasing advertising in the concert program should contact the concert organizing committee through the Immaculate Heart of Mary Church (ihmparish@rogers.com; 613-733-9636).

Come and enjoy this wonderful prelude to the Christmas season; it's a joyous way to help those in need in our community.

Emmanuel United Church,
691 Smyth Road - **Christmas At Home** - EUC presents the fourth annual evening of Christmas readings. You will hear touching stories from across Canada and abroad by Roy Bonisteel, Margaret Lawrence, Pearl Buck, and Charles Dickens. Hallie Cotnam from CBC-Ottawa will be our MC. Refreshments and traditional Christmas baking will be served during the intermission. Join us from 7:00pm to 9:15pm on Friday, December 4th, 2015. Tickets: Adults \$12, Couples \$20, Teens \$6 and Family \$30. Proceeds to the Revitalization Fund. Tickets and Information (613)733-0437

FINANCIAL PLANNING

Best Response to Volatile Markets? Stay Calm

by Bob Jamieson

In recent months, stocks have fallen sharply from their record highs, with one-day drops that can rightfully be called “dizzying.” As an investor, what are you to make of this volatility?

For one thing, you may find it useful to know the probable causes of the market gyrations. Most experts cite global fears about China’s economic slowdown and falling oil prices as some of the key factors behind the stock market’s volatility. It’s only natural that you might feel some trepidation over what’s been happening in the financial markets over the past few weeks. So, what should you do? Here are a few suggestions:

Expect more of the same. Be prepared for more volatility, potentially including big drops one day followed by big gains the next. Until the factors considered responsible for the current volatility – that is, China’s slowing economy and low oil prices – have been fully absorbed into the market’s pricing mechanisms, big price swings, one way or another, are to be expected.

Don’t panic. The headlines may look grim, but today’s newspapers are tomorrow’s recycling pile. Volatility is nothing new.

Look for opportunities. By definition, a downturn occurs when investors sell massive amounts of stocks. However, a downturn may actually be a good time to consider buying stocks, while their price is down. Look at the most successful businesses and their products and services. If you can envision these companies still being around and thriving in ten years, you may want

to consider buying their stocks at potentially lower prices.

Diversify. If your portfolio took a particularly large hit during the downturn, it might be because your holdings are over-concentrated in stocks, especially the types of stocks that fared the worst. Review your portfolio with your financial advisor. Diversification, by itself, can’t guarantee a profit or prevent against all losses, but it can help blunt the harshest effects of volatility.

Review your investment strategy. Unless your goals have changed, there’s no reason to revise your long-term investment strategy, even in the face of wild fluctuations in the financial markets. Still, it’s always a good idea to review your strategy at least once a year, possibly in consultation with a financial professional. You may need to make smaller-scale adjustments in response to changes in the economy, interest rates, and so on, but don’t abandon your core principles, such as maintaining a portfolio that reflects your goals, risk tolerance and time horizon.

Investing will never be either risk-free or predictable. But taking the steps described above can help relieve some of the stress associated with volatility and help your stay on track toward your financial objectives. Past performance does not guarantee future results. Investors should understand the risks involved of owning investments, including interest rate risk, credit risk and market risk. The value of investments fluctuates and investors can lose some or all of their principal. Special risks are

inherent to international investing, including those related to currency fluctuations and foreign political and economic events.

Please feel free to call me at 613-526-3030, if you would like to discuss this further, or would like a complimentary analysis of your current investments. Or check-out my web-site.

Bob Jamieson, CFP www.edwardjones.ca/bob-jamieson

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RPCA President's report

Who is my Neighbour? What should I be doing?

by Kris Nanda

“Think Globally, Act Locally.” This familiar slogan – which very much came into vogue at the end of the 20th Century – urges people “to consider the health of the entire planet and to take action in their own communities and cities.” These grassroots efforts by ordinary citizens take place on a local level and are primarily run by volunteers and helpers – and extend beyond environmental issues.

As we enter the holiday season, it is important to keep in mind how fortunate we are to live where we do and to keep active in our local community. Two symbols of this time of year indeed can link to acting locally on a global issue – 1) the (Christmas) *tree* and 2) the manger (where the Bible tells us Jesus was born to a homeless young couple who soon had to flee as *refugees* to Egypt). “Think Globally, Act Locally” can apply to our efforts related to two major events that have captured headlines recently – the UN Climate Change Conference in Paris and the Syrian refugee crisis. The challenges presented by climate change and the refugee situation may cause some to hold up their hands in dismay, but on the other hand, both issues provide an opportunity to help out and make a positive difference.

Riverview Park residents may have a chance to do something about both in our own (figurative or literal) backyards. For example, like many Riverview Park residents, I was

surprised and upset by the recent clearing of the Alta Vista Corridor Woods that took place much earlier than we had expected. Once I shared my concerns (and those of the RPCA Board) regarding this development with both our Councillor and the lead City Engineer and received apologies from both, I began to think about how best to move on (after all, those trees that were cut down are now lost).

Tree replacement – here is where the climate change link comes into place. The construction of the AVTC Hospital Link provides an opportunity to make a proverbial silk purse out of a sow's ears. If we can work with arborists and others to identify and ensure that the right trees are planted in the woods that remain and as a noise and sight buffer elsewhere along the Corridor, they can potentially serve as a small carbon sink to trap some harmful greenhouse gasses. As the design phase for the AVTC unfolds in 2016 and the City *maintains clearer lines of communication* with the RPCA and local community regarding where and when trees should be replanted, there hopefully will be many opportunities for residents to take part in providing input for and later on, engaging in community tree planting efforts. (In the meantime, consider participating in the initiative to plant a million trees in Ottawa leading up to Canada's 150 birthdays in 2017 (<http://ecologyottawa.ca/tree-ottawa/>) or make a donation to a charity that plants new trees.)

No matter how upset we may be over losing a large swath of our woods, however, this all pales compared to the life and death situations faced by refugees around the world, most notably those fleeing from the terror in Syria and Iraq. This issue is important to me since my Jewish mother and her family were forced to flee from Nazi Germany. It is also timely, given the season, for as noted earlier, the infant Jesus and his parents were refugees who had to flee from death squads in their homeland.

So what can we do? For a start, the RPCA and other local community associations are engaged in efforts to promote donations – financial and otherwise – to charities sponsoring refugees, especially but not limited to those from Syria. (Contact Refugee 613, info@refugee613.ca or donate directly via <https://unitedwayottawa.dntly.com/fundraiser/6146>). There is also an opportunity to make a concrete donation of belongings, such as furniture. If you are like me and your heart sinks when you see otherwise good furniture by the curbside waiting to go into the trash, when it could be used by a refugee family, there is something you can do. Consider contacting a charity that helps refugees, such as Matthew House (<http://matthewhouseottawa.org>) whose mission includes distributing quality used furniture and household goods to refugees and other members of Ottawa's marginalised population.

Donating money and furniture

alone will not solve the problems that many refugees face – governments have an important role in providing social services, including counselling, to help heal the trauma and wounds that these refugees will face. But these donations – and making an effort to befriend any new arrivals you meet (from Syria and elsewhere!) – will help them to feel welcome and aid them on their journey to independence as healthy, well integrated, contributing and productive members of Canadian society rather than alienated, frustrated, and isolated outsiders. The Christmas and Hanukkah season truly offers an opportunity to put into practice the concept to “Think Globally: Act Locally.”

To learn more about Matthew House and other local charities supporting Syrian refugees in Ottawa: <http://connectingottawa.com/how-help-syrian-refugees-ottawa>

Join the annual RPCA Christmas carol sing (Friday December 11 at 6:30 PM at the Cancer Survivors Park) to which the whole community is invited. Feel free to bring an item for the Food Bank to help out those in need.

Special thank you to Jennifer Steers from the City who has worked with the RPCA Board to ensure that there will be an operator in place to look after the Balena Park skating rink this winter.

I'll be home for Christmas....

by Christine Wuilliams

At this time of year we become nostalgic about being home for Christmas. Some of us are looking forward to reconnecting with family at Christmas. Some are learning to live in homes that are not like they used to be. Some are opening the doors to new experiences of community. At Emmanuel United we

are helping to build a home for Christmas and we invite you to be part of this dream.

You are invited to Emmanuel United Church at 2 PM Sunday December 20 for a Concert of Christmas music and carols and to make a donation to build a home with Habitat for Humanity in Ottawa!

At Emmanuel United Church

we work to provide homes – building in New Orleans each year and supporting builds right here in our home city.

The story of Habitat for Humanity begins in 1976 in Americus, Georgia, when Millard and Linda Fuller became concerned about the people in their area living in ‘poverty housing’. Internationally, Habitat for Humanity now operates in 100 countries, has built over 200,000 houses, and shelters 1 million children and adults around the globe. A new Habitat home is built every 8 minutes!

Habitat for Humanity Canada now has affiliates in every Canadian province and Territory. Habitat for Humanity Greater Ottawa (Habitat GO) is responsible for

raising its own funds, organizing volunteers and building homes for low-income, working families living in the National Capital Region. The first Habitat GO home was built in 1994. Potential Habitat for Humanity partner families are low-income, working families living in inadequate housing and who are willing to put in 500 hours of “sweat equity.” Habitat believes that homeownership will help break the cycle of poverty facing many low-income working families.

Give a hand up this Christmas – sing some carols and make a donation to build a home in Ottawa! Next year someone will be in a home for Christmas!!!

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

Basket Brigade

by Sarah Musavi
“I slept and I dreamed that life is all joy. I woke and I saw that life is all service. I served and I saw that service is joy.” Kahlil Gibran

Dear Friends, I and some friends have pledged to provide 30 gift baskets of fresh food and non-food items to some unfortunate families in Ottawa on Dec. 24th, as part of Anthony Robbins’ Basket Brigade. The idea is to make a beautiful gift from our heart and not donate, so as to inspire children in the family that they are not alone and that one day they too can pass on this gift to others.

We are looking for the following tasks if you decide to volunteer for this cause:

1. Gifting money (this will be our main source of basket creation, so we can buy fresh food from stores that have labels and so we can take care of allergen information.)
2. Collecting money and other gift items.
3. Contacting grocery stores to donate or discount.
4. Gifting freshly cooked food (this will have to follow the guidelines below and those doing this form of donation will need to label the ingredients.)
5. Putting baskets together
6. Delivering baskets
7. Passing on this information to others for support.

Each basket will carry this message in the language of the basket recipient.

“This comes to you from someone who cares about you. All we ask is that you take care of yourself well enough to be able to do this for someone else someday.”

Here are some basic items we are considering including in your baskets:

Fresh Foods: Meats-turkey, ham, chicken, roast beef, bread, fresh fruit, cakes or pies, cookies, salads, vegetable stew, vegetarian chilli;

Frozen or canned foods: frozen fruits, frozen vegetables, salad dressings- only those without artificial ingredients, fruit juices, cookies, peanut butter, butter, pastas, yogurt;

Non food items: toys, books (new or gently used), clothes (only new), soaps and lotions, Homeless bag or backpack,

blankets, socks and mittens (only new)

As a volunteer to this cause, you will also get the benefit of signing up for a free health coaching session and get free ebooks on recipes for detox, juicing and sugar free eating as well on reducing fatigue.

Basket Brigade Volunteer Pledge Form:

“If you give from your heart, it will come back to you tenfold.” Anthony Robbins

Yes, you can count on me!
Thank you for stepping up and making this holiday a memorable one for your family in need in your community!

We will be putting together and delivering baskets on Dec. 24th, 2015, so your support in any way will go a long way. Please contact us to tell which way you wish to be involved at: smusavi33@gmail.com or 613-853-4082

OCDSB Trustee Chris Ellis

Schools and Programs

In the next three years, the Ottawa-Carleton District School Board (OCDSB) will be reviewing the boundaries and programs of all its schools and what facilities are needed throughout the Board. Beginning with secondary schools in the current school year, the Board will look at programs and how schools can be configured (e.g. JK to 8, JK to 6, 9 to 12, 7 to 12, middle schools) to best meet on-the-ground community needs. Once options and priorities have been explored, individual schools will be reviewed on an area by area basis.

During this process, as your trustee, I will be available to discuss your views and any concerns by phone, e-mail and through my website (see contact information at article’s end). I will also hold regular Zone meetings and advocate continuously for meaningful Board-wide consultations.

Secondary School Review

Two information reports have recently been presented to trustees:

- *Report 15-126, Secondary School Review: Secondary High Skills Major* (specialized grade 11 and 12 programs related to

19 industry sectors such as construction and health); and

- *Report 15-127, Secondary School Review: School Configurations* (includes possibility of more schools with grades 7 to 12)..

The probable consultation period for the two reports is from November to January. Reports including recommendations on desirable options will tentatively be presented to trustees in February for decision at the end of February.

Specialty High Schools

The OCDSB has a number of specialty high schools offering programs to students from across the Board. These are:

- the Arts program at Canterbury HS
- the High Performance Athlete Program at John McCrae Secondary School
- the International Baccalaureate (IB) Program at Colonel By Secondary School.

As the Board addresses high school accommodation issues, there is a sense that we should consider how these specialty programs are structured before getting into area reviews. Do we need

more specialty high schools, fewer or do we have the right balance?

2016-2017 Budget

The first report from OCDSB staff on considerations for the 2016-2017 budget signals that cuts will likely be necessary and that significant cuts “*can only be achieved by the reduction of spaces occupied and maintained by the OCDSB*”. In other words, it is probable that decisions to close some schools will be made in 2016-2017. The report also identifies Special Education as an area where the OCDSB spends more than the amount the Province des-

ignates for that purpose.

Zone meeting

My next zone meeting will be in late January. Secondary School Review consultations will be included on the agenda. Stay tuned for more details.

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



Chris Ellis

Public School Trustee
Alta Vista/Rideau-Rockcliffe
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Remembrance sea-to-sea talk to seniors at Alta Vista Retirement Community

by Bill Fairbairn

From his experiences as a writer with Legion Magazine, Bill Fairbairn, on Remembrance Day, shared with residents of the Alta Vista Retirement Community his memories of smaller ceremonies from sea to sea held without Ottawa's pomp and ceremony.

He recalled being in Springdale, in northeast Newfoundland, where coastal veterans from quaintly named harbours and inlets came into town to honour the war dead. First they held a church service where the words of a youth choir sang, *We love thee wind-swept land*, while outside gulls squawked and clouds scurried inland over sheltering hills.

Veterans from out ports such as Rattling Brook, Triton, Robert's Arms, Miles Cove, Middle Arm, Little Bay Islands and St. Patrick's marched in the parade he witnessed. "A lady named Edna guided her blind father Theophilis Wells, once of the WW II Newfoundland Overseas Forestry Unit. Theophilis tapped a white cane in the parade."

At Springdale Branch of the Legion the veterans over soup recalled WW I Victoria Cross holders. Among them Thomas Ricketts of Middle Arm. Fairbairn said war history showed that Sergeant Ricketts joined what was then called the Newfoundland Regiment not disclosing his age of 15 years in 1915.

"He was the second youngest in history to be awarded the VC when, just shy of age 18, armed with a Lewis machine gun, his squad drove back Germans and captured their guns and their base at Ledeghem, Belgium. Ricketts survived the war to open a pharmacy in Newfoundland."

Weather can dictate

Fairbairn pointed out that weather can dictate success in conflict and commemoration, especially out West near the Rockies. "So, in minus-25 wind-chill weather, Calgary veterans hold their service indoors in the 2,700 seat Jubilee Auditorium. Otherwise, when a warming chinook favours them, they parade outside," he said.

At one indoor service he attended a man mounted the stage to protest the absence of the poem *In Flanders Field*. "From memory and, no doubt from the heart, this man recited John McCrae's poem. Then he followed it with another war

poem. He was told officially that *In Flanders Field* would be included in future ceremonies."

In Place du Canada, Montreal, Fairbairn said veteran thoughts on Remembrance Day often go back to the epic Italian battles of Ortona and Monte Casino. Polish and Canadian fighters were to the fore at the victorious fourth battle of Monte Casino after allied fighters had been thrown back by Germans positioned near the mountain peak and on top its occupied monastery. "The battle of Monte Casino is often called the battle for Rome," Fairbairn said.

"In defending Ortona's deep-water port Adolf Hitler had ordered his generals to fight for every last house and tree. The Germans had set up a main street killing field with every gun levelled at advancing allies. It took Canadians six days with many killed to win the battle of Ortona."

Fairbairn said that taking the salute at the Remembrance ceremony at Place de Canada when he was there was Major-General Romeo Dallaire, who, in 1994, was awarded the Meritorious Service Cross for outstanding service in Rwanda.

Joseph DeCroix of the Legion's Imperial Comrades Branch spoke of the Korean War recalling: "We of the Van Doo Regiment sometimes slept standing up."

In an interview, Lucian Berranger told how he escaped from forced labour in Germany succeeding at his fourth attempt to cross the Pyrenees into neutral Spain and joining Charles de Gaulle at Casablanca. From there he was sent on an engineering course in Wales. "With a romantic kick in the tail, he concluded: 'My wife is Welsh!'"

Berranger added that war brides march and wave flags for tens of thousands of dependants in the United Kingdom and countries such as Holland, who came to Canada between 1944 and 1947. He estimated that more than 40,000 of the dependants were brides and 20,000 were children of Canadian soldiers.

Recalling a Remembrance Day in Fredericton, Fairbairn said he learned that every high school morning students file past a scroll with 63 names of previous students who gave their lives in war.

Among the names is that of Major Willard Parker of the North Shore Regiment. "He had special-

ized in leading night-time commando raids on German fortifications. On February 26, 1945, he took on one more task. He led 150 men into the German town of Keppein on what was expected to be an easy mission. No-one apparently had seen the three German Panzer tanks stationed in the town. That evening the town was in the hands of the North Shore Regiment but only 50 of the 150 soldiers of the North Shores answered roll call



that evening. Killed, leading the attack was Major Parker."

At the remembrance service in 1995, he said, Parker's niece, Marlene, read aloud the 63 names of the students killed in war.

Vagreville, a small Alberta town on the Yellowhead Highway, has a Legion Branch and was next on Fairbairn's list. He said that bison, hemmed in by strong fences, wander on both sides of the highway through Elk National Park near Vagreville. Snow is removed from streets for the march to the cenotaph on Remembrance Day. Among the many displays of military memorabilia in the Legion Hall is a ship's bell from HMCS Vagreville, a minesweeper that served on D-Day. The ship sustained severe damage in 1945. She was broken up in Britain in 1947 as a result of the damage.

Going on to Halifax, a city that knows a lot about war with the Citadel fronting its military beginnings, Fairbairn recalled the collision in 1917 between a French munitions ship and a Belgian relief vessel. "It created the largest man-made explosion prior to the atomic blast at Hiroshima."

Fairbairn said Halifax's heritage draws out huge crowds for several ceremonies on Remembrance Day

and that the famous huge safe harbour was filled with warships with crowds of soldiers on shore during World War II.

Former infantry corporal

From Halifax he recalled the Remembrance program in Windsor, where, at evening dinner the Legion had a unique Table of Honour representing army, navy, air force and merchant navy. "The table was symbolically decorated with four

military headdresses. Under them the tablecloth was white symbolizing the purity of intention to respond to the wartime call of the country. Four roses reminded the families and loved ones of comrades gone never to return. Slices of lemon told of their bitter fate. The salt on the table was a symbol of the grief and tears of family and friends. The glasses were upside down because soldiers and seamen gone could not share a toast."

"These are just a few of the ways Canadians celebrate November 11. Thank you for listening and sharing in the celebrations today of the lives of the wonderful people who fought for Canada. And though the glasses are upside down in Windsor because those who never returned can't have a drink, I raise a pretend toast on this day here in the Alta Vista Retirement Community building to those who survived," Fairbairn, a National Service corporal with the King's Own Scottish Borderers Regiment from 1953-55, concluded.

Thanking him, the Alta Vista Retirement Community Association secretary Jean Thompson said the sea-to-sea aspect of his talk had ended Ottawa Remembrance Day ceremonies in a good way for the seniors.

First trial of Canadian viral therapy against cancer excites researchers

Special to the Riverview Park Review

Canadian researchers have in hand the world's first clinical trial of a novel investigational therapy that uses a combination of two viruses to attack and kill cancer cells and stimulate an anticancer immune response. Previous research by this team and others worldwide suggests that this approach could be very powerful, and could have fewer side effects than conventional chemotherapy and radiation, although it will take years to rigorously test through this trial and others.

The therapy, jointly discovered and being developed by Dr. David Stojdl (Children's Hospital of Eastern Ontario, University of Ottawa), Dr. Brian Lichty (McMaster University) and Dr. John Bell (The Ottawa Hospital, University of Ottawa), excites their respective research teams and colleagues.

Dr. Bell has lived with his wife Sheila for many years in Riverview Park and for 15 years worked on his cancer treatment mission.

The clinical trial, funded by the Ontario Institute for Cancer Research and coordinated by the NCIC Clinical Trials Group, has enrolled up to 79 patients at four hospitals across Canada. Up to 24 patients will receive one of the viruses and the rest will receive both, two weeks apart.

However, Jennifer Ganton, director of communications and public rela-

tions, stresses that the Ottawa Hospital is not accepting new patients on its waitlist.

Former nurse

Christina Monker, 75, a former nurse from Rockland, Ontario, was one of the first patients treated in the

trial. She was diagnosed with cancer in 2012 and, despite six weeks of radiation therapy and two rounds of chemotherapy, the cancer spread to both her lungs. After completing another 30 rounds of chemotherapy, she enrolled

in the trial at The Ottawa Hospital and was treated on June 2, 2015.

"The nausea of chemotherapy was worse than I ever could have imagined, but with the viral therapy I just felt

Continued on page 50



(L-R) Dr. Brian Lichty, Dr. Derek Jonker, Christina Monker, Dr. David Stojdl, and Dr. John Bell



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Local Artist Patrick S. Greene: Outside the Windows

by Catina Noble
Photos by Patrick S. Greene

As a writer and artist, I'm always on the look for other writers and artists to talk shop with. There are similarities between artists and writers; their creative process, favourite tools, methods for marketing their work and many others.

I recently came across the artwork of Patrick S. Greene. I had seen him paint in person at the Glowfair this past summer and his name comes up often in the art scene where I had seen a couple of photos of Patrick's art pieces that he posted. With one

art piece he commented on how that particular piece that had sold was artwork he had displayed in a couple of windows in his home. I was intrigued and contacted him to ask him a couple more questions.

Patrick has been an artist for most of his life, but mainly over the last 26 years. Most of the time he uses acrylic but sometimes uses mixed media, mixed media sculpture and digital photography. I asked how he came up with the idea to display his art in windows in his home; the idea came about 2 years ago because he believed it was a unique way to gain more exposure. What an original way to display art, putting the piece in your

window facing outside! He has sold a few paintings this way and received a lot of positive responses from viewers.

Original art pieces created by Patrick have been sold to private collectors in Ontario, Quebec, New York and in Japan. Coming up in January 2016, is his next show at Gigspace Gallery-right here in Ottawa. Other events are pending but the details haven't been released yet.

To see more of Patrick's amazing work and find out what's coming up next, check out:

<https://www.facebook.com/patrick.s.greene/photos>
<https://www.facebook.com/patrick.s.greene>



Universal Love



Patrick working outside



Art by Patrick displayed in the window of his house



Patrick painting outside in the winter

Happy Holidays .. Joyeuses Fêtes



Member of Parliament | Député

David McGuinty

Ottawa South | d'Ottawa-Sud



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

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

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

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

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

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

David McGuinty, MP | Député

Constituency Office | Bureau de Circonscription

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Web Site | Site Web: www.davidmcguinty.ca

Aging gracefully? Well, maybe

by Bill Fairbairn

To date 51352 seniors have joined the Canadian Longitudinal Study on Aging. I was among the army of volunteers who were accepted. I took health tests at the Elizabeth Bruyere Research Institute in Ottawa (Unlocking the mysteries of aging, Riverview Park Review, Feb, 2, 2013).

I passed normal in waist to hip ratio, blood pressure, lung capacity, bone mineral density and eyesight and only slightly below normal in hearing. Today, three years later, my 80 years have begun to catch up on me. I feel older. That's life, I suppose. However, it's gratifying to know that Canada is ex-

Continued on page 50



A tour of the Biorepository and Bioanalysis Centre was part of the event held at the CLSA National Coordinating Centre in Hamilton, ON, when the federal government officially recognized the accomplishments of the CLSA. Photo credit:courtesy of CLSA

Get W.I.T.H. It



Once again this year The Ottawa Hospital Academic Family Health Team will be leading the Heart Wise Exercise walking program at Hillcrest High School 1900 Dauphin Road Ottawa starting November 2nd . Come join us and walk the halls in a safe, warm and friendly environment. (Get W.I.T.H. It) . This free program which meets the criteria of a Heart Wise Exercise program is endorsed by The University of Ottawa Heart Institute and The Ottawa Hospital. You are free to drop in for a light (no stairs – wheelchair

and stroller friendly), moderate or vigorous walking route and have fun flexing your muscles at “Muscle Moment” stations every Monday and Wednesday from 6:00-8:00pm from November 2nd 2015 until March 23rd 2016. Remember to bring comfortable walking shoes and a water bottle. Pedometers and enthusiastic volunteers will be there to help track your progress and guide you. If you'd like to know more please contact Kim Lavender at 613-798-5555 ext. 13512 or by email klavender@toh.on.ca



Just some of the first evening's happy participants stopping for a break Photo credit:Carole Moul



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www.ottawatrainyards.com



Alta Vista Library

Book Clubs

Book Banter

Share the enjoyment of good books in a relaxed atmosphere. Join us for a discussion of The Gold Diggers: Striking It Rich in the Klondike by Charlotte Gray. Thursday, December 3, 2:00 - 3:00 p.m.

Sleuth Hounds Mystery Book Club

Share the enjoyment of good mysteries in a relaxed atmosphere. Join us for a Wrap up and 2016 planning meeting. Thursday, December 17, 6:30 - 8:00 p.m.

Infusions littéraires

Partagez avec nous le plaisir des livres dans une ambiance détendue. Joignez-vous à nous pour une discussion autour de La liste de mes envies de Grégoire Delacourt. le lundi 21 décembre, de 14h00 à 15h00.

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 Kierkegaard, and more. Tuesdays, December 8, 22, 7:00 – 8:30 p.m.

Conversation Groups

English Conversation Group - Monday / Groupe de conversation anglais - lundi

Practice your English language conversation skills and meet new friends in a relaxed and friendly environment. No registration required. / Améliorez votre anglais parlé et rencontrez des gens dans un milieu décontracté. Aucune inscription requise. Mondays, December 7 – December 28 , 6:00 - 7:30 p.m. Les lundis 7 décembre – 28 décembre de 18h00 à 19h30

English Conversation Group - Tuesday / Groupe de conversation anglais - mardi

Practice your English language conversation skills and meet new friends in a relaxed and friendly environment. No registration required. / Améliorez votre anglais parlé et rencontrez des gens dans un milieu décontracté. Aucune inscription requise. Tuesdays, December 1 – December 29, 12:00 - 1:45 p.m. Les mardis 1 décembre – 29

décembre de 12h00 à 13h45.

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, December 1 – December 29, 6:30 - 8:00 p.m. Les mardis 1 décembre – 29 décembre de 18h30 à 20h00

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, December 7 – December 28, 4:45 – 6:00pm. Les lundis 7 décembre – 28 décembre de 16h45 à 18h00

Wednesdays, December 2 – December 30, 4:45 – 6:00pm. Les mercredis 2 décembre – 30 décembre de 16h45 à 18h00

TEENS

Exam Cram! / Études intensives

Welcome high school students! Beat exam stress in the comfort of the library. Questions? Ask library staff—we’re here to help! During OPL’s Teen Exam Cram time, we will be setting aside our rooms as special study space, just for you. Best of luck on your exams!

Affrontez le stress des examens en toute quiétude à la bibliothèque. Questions? Demandez au personnel – il nous fera plaisir de vous aider ! Pendant les Études intensives des ados à la Bibliothèque Publique d’Ottawa, nous mettrons de côté nos chambres comme un espace d’étude spécial, juste pour vous. Bon succès lors de tes examens! Tuesdays, January 5, 12, 19, 3:30 – 5:30 p.m. les mardis 5, 12, 19 janvier de 15h30 à 17h30 Thursdays, January 7, 14, 3:30 –

5:30 p.m. les jeudis 7, 14 janvier de 15h30 à 17h30

January 21- 23 and January 25 - 30 1:00 – 4:00 p.m. le 21 – 23 janvier, et le 25 – 30 janvier de 13h00 à 16h00

Book Clubs

Sleuth Hounds Mystery Book Club

Share the enjoyment of good mysteries in a relaxed atmosphere. Join us for a discussion of various novels by Ariana Franklin. Thursday, January 2, 6:30 - 8:00 p.m.

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 Kierkegaard, and more. Tuesdays, January 5, 19, 7:00 – 8:30 p.m.

Book Banter

Share the enjoyment of good books in a relaxed atmosphere. Join us for a discussion of A Tale for the Time Being by Ruth Ozeki. Thursday, January 7, 2:00 - 3:00 p.m.

Infusions littéraires

Partagez avec nous le plaisir des livres dans une ambiance détendue. Joignez-vous à nous pour une discussion de L’homme accidentel de Philippe Besson. le lundi 18 janvier de 14h00 à 15h00.

Conversation Groups

English Conversation Group - Monday / Groupe de conversation anglais - lundi

Practice your English language conversation skills and meet new friends in a relaxed and friendly environment. No registration required. / Améliorez votre anglais parlé et rencontrez des gens dans un milieu décontracté. Aucune inscription requise. Mondays, January 11 – January 25, 6:00 – 7:30pm. Les lundis 11 janvier – 25 janvier 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, January 5 – January 26, 12 :00 – 1 :45 p.m. Les mardis 5 janvier – 26 janvier 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, January 11 – January 25, 4:45 – 6:00pm. Les lundis 11 janvier – 25 janvier de 16h45 à 18h00

Wednesdays, January 13 – January 27, 4:45 – 6:00pm. Les mercredis 13 janvier – 27 janvier 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. Tuesday, January 12 – January 26, 6:30 – 8:00 p.m. Les mardis 12 janvier – 26 janvier de 18h30 à 20h00.

STORYTIMES / CONTES

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 2

Mondays, November 9 – December 7, 10:30-11:00 Les lundis 9 novembre – 7 décembre de 10h30 à 11h.

Family Storytime

Stories, rhymes, and songs for all

Alta Vista Library cont'd

Elmvale Acres Library

ages and a parent or caregiver. No registration required.

Session 2
Tuesdays, November 10 – December 8, 10:30-11:00

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

Session 2
Thursdays, November 12 – December 10, 10:30-11:00
Les jeudis 12 novembre – 10 décembre de 10h30 à 11h.

TEEN PROGRAMS

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

Thursdays, December 3, 17, 4:00 – 5:30 p.m.

Teen Holiday Hangout
Join our holly jolly winter hangout for popcorn, crafts and a movie. Ages 13-18. Drop-in.
Monday, December 21, 12:00 – 3:00 p.m.

STORYTIMES / CONTES

(Closed : Monday, February 15.)
Fermée le lundi 15 février.)

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, January 11 – February 8, 10:30-11:00 a.m.
Les lundis 11 janvier – 8 février de 10h30 à 11h.

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

Session 1
Tuesdays, January 12 – February 16, 10:30 – 11:00 a.m.

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

Session 1
Thursdays, January 14 – February 18, 10:30 – 11:00 a.m.
Les jeudis 14 janvier – 18 février, de 10h30 à 11h.

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.

Programs at the
Elmvale Acres Branch
1910 St. Laurent Blvd.
December – January

Contes en famille
Monday, January 11, 18, 25, 2016 - 10:15am
Contes, comptines et chansons pour les enfants de tous âges et un parent ou gardien.
Programme portes ouvertes

Family Storytime
Wednesday, December 9, 2015 - 10:15am
Wednesday, January 13, 20, 27 2016 - 10:15am
Stories, rhymes and songs for children of all ages and a parent or caregiver.
Drop-in program

Babytime/ Bébés à la biblio
Thursday, December 10, 2015 - 1:30pm
Thursday, January 14, 21, 28, 2016 - 1:30 pm
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.

Drop-in program / 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

Mystery Book Club - Monday Nights
Are Murder
Monday, December 14, 2015 - 6:30pm
Monday, January 4, 2016 - 6:30 pm
Share the enjoyment of good mysteries in a relaxed atmosphere. Join us for discussion.
Seed Exchange / Échange de graines
Saturday, March 26, 2016 - 2:00pm
Come exchange your seeds with other gardeners! / Échangez les graines de votre jardin avec d'autres jardiniers!
Drop in program / Programme portes ouvertes.



“Whatever the cost of our libraries, the price is cheap compared to that of an ignorant nation.” Walter Cronkite

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Malcolm and John Harding

Extra! Extra! Read all about it

"Friens and feller workers. Dis is a time which tries the hearts of men. Dis is de time when we've got to stick together like glue. We know what we want and we'll git it even if we is blind." —newsboy strike leader Kid Blink in 1899.

by Bill Fairbairn

New York newspaper editors and reporters were all in the running for Pulitzer Prizes in the year 1899 and today they still are. But not the newsboys who sold the papers on the streets. Yet, as publisher Joseph Pulitzer learned in 1899 when his New York World newspaper circulation was laid low by a newsboys strike, the newsboys were important.

Just as in the case of the World, if a newspaper such as The Riverview Park Review is not delivered to the public, the work of editors and reporters is in vain.

Since I was once a newsboy, paperboy or *Newsie* as depicted in the smash Broadway-hit musical that played in late October at the National Arts Centre in Ottawa, the story behind the show touched a nerve with me. It tells of a dynamic time in U.S. child history, when urchins and runaways who often slept in the streets went out before dawn to hawk papers in New York.

"We need an earthquake or a war," they sing in the opening number, "Carrying the Banner," because if the newsboys don't sell all the papers they take on they have to pay back for those unsold. And those kids don't know where their next meal is coming from. On a dull news day some of the rascals even shout out fake headlines just to sell a paper.

Eager for profit

One day, in 1899, when publishers Joseph Pulitzer and William Randolph Hearst, eager for more profit, raise the price from 50 cents to 60 cents per hundred for papers the newsboys buy to sell, those two powerful New Yorkers foment a revolution. Newsboys from Manhattan to Brooklyn go on strike and after a long struggle are supported by real New York labour unions, including the trolley bus workers. Their rallies force Pulitzer to his knees when the New York state governor steps in asking him if he is really at the bottom of the turmoil.

At the NAC, Joey Barreiro was great as the newsboy labour leader alias Jack Kelly and opposite him Steve Blanchard as the powerful Pulitzer, while Kevin Carolan played Theodore Roosevelt well. Through a large cast of talented young newsboy dancers, Katherine breaks in with



Newsies, a Disney Theatrical Production under the direction of Thomas Schumacher presents Newsies, music by Alan Menken, lyrics by Jack Feldman, book by Harvey Fierstein, starring Dan Deluca (Jack Kelly), Steve Blanchard (Joseph Pulitzer), Stephanie Styles (Katherine Plumber), Angela Grovey (Medda), Jacob Kemp (Davey), Zachary Sayle (Crutchie), Anthony Rosenthal or Vincent Crocilla (Les) and Matthew J. Schechter (Les) under the direction of Jeff Calhoun, choreographed by Christopher Gattelli, North American Tour premiere Thursday October 30 Philadelphia

her songs as a courageous female reporter at a time when women were definitely not newsroom reporters though a few were social affairs writers. It turns out Katherine is also Pulitzer's daughter under a pen-name and soon wanting Jack Kelly to be her young man.

When Kelly is made aware of Katherine's Pulitzer pedigree he faces down the publisher and organizes rallies that alarm the New York state governor whose intervention wins the strikers their goal of a paper price cut to keep themselves alive.

My own newsboy experience in

my home town in Scotland during World War II holds little comparison with that of the newsboys of New York with their shouts of Extra! Extra! Read all about it! But reading British national and local newspapers at age nine while delivering led me to a 65-year journalism career in three continents that included a few years on England's largest circulation tabloid, The Sun in London, and on the more intellectual Scotsman in Edinburgh. Then there were the years on newspapers in Africa and Canada as well as the CBC in Montreal, Legion



Newsies, a Disney Theatrical Production under the direction of Thomas Schumacher presents Newsies, music by Alan Menken, lyrics by Jack Feldman, book by Harvey Fierstein, starring Dan Deluca (Jack Kelly), Steve Blanchard (Joseph Pulitzer), Stephanie Styles (Katherine Plumber), Angela Grovey (Medda), Jacob Kemp (Davey), Zachary Sayle (Crutchie), Anthony Rosenthal or Vincent Crocilla (Les) and Matthew J. Schechter (Les) under the direction of Jeff Calhoun, choreographed by Christopher Gattelli, North American Tour premiere Thursday October 30 Philadelphia



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Magazine and now The Riverview Park Review.

Jazzed up!

Of course, under Disney Theatrical Productions, the real strike story is jazzed up and given more than one kick in the tail. The real strike led by Kid Blink (blind in one eye) started with newsboys blocking Brooklyn Bridge and to widespread dismay the strike spread to many cities in New England. Yet my wife Janina and I found the music and dancing invigorating. As no doubt tens of thousands of people in the world may have done as a result of Japanese, Australian and other theatrical productions of Newsies.

The newsboy strike was a factor in U.S. 1950s urban child welfare laws and the improvement of the newsboy quality of life. The NAC show drew a standing ovation and the announcement that some of the profits were going to a charity for needy actors.

There are still newsboys delivering papers 116 years after the strike ended and if my guess is correct not earning all that much more than today's equivalent of the two to three dollars a week I earned in shillings in Scotland 1944.

Neighbourhood Watch

by Tim Mark
Making the right call:
911 - Life-threatening Emergency or Crime in Progress
613.230.6211 - Other Emergencies
613.236.1222 x7300 - Call Centre – to report a theft, property damage, missing person or stolen vehicle.

Neighbourhood Watch works for a secure and peaceful neighbourhood through a partnership between a local community and the Ottawa Police Service. There are three Watches in the Riverview Park area. If you would like to join a Watch or set up a Watch on your own street, please call a Coordinator (see the end of this article). Alternatively contact Const. Rebecca Vanderwater, Community Police Officer (613) 236-1222 x 5812.

Rash of thefts from vehicles in Ottawa

This month we would like to draw your attention to a rash of thefts from vehicles. This is happening

across Ottawa, with around half of the thefts taking place in the downtown area. Suspects are either opening unlocked car doors or breaking windows. Ottawa Police Service informs us that since the beginning of October there have been 488 reported thefts from vehicles throughout the City.

The clear message is: don't leave any valuable items on view in your vehicle. If you do, you are leaving yourself open to what is called a "crime of opportunity." In other words, if the opportunity for theft presents itself then be warned, it is all too easy to be the victim of casual theft.

Remember - if you can see that cell phone or laptop computer or GPS or parking money in your vehicle - then thieves can also see it.

Neighbourhood Watch offers a free Theft Prevention Card to place in the driver's window of your vehicle. The card reads "All

valuables removed/Objets de valeur retirés. If you would like one, please contact any of your Riverview Park Neighbourhood Watch Coordinators. Contact information is at the end of this article.

If you notice someone acting suspiciously around parked vehicles - for example: looking into cars and checking if they are locked or actually opening the doors - please call police and report it. Make the right call (see the top of this article)

More information on how to reduce the risk of being the victim of theft from your vehicle is available at

<http://www.ottawapolice.ca/en/safety-and-crime-prevention/Prevent-Theft-From-Vehicles.asp>.

Anonymous tips can be submitted by calling Crime Stoppers toll free at 1-800-222-

8477 (TIPS), or by downloading the Ottawa Police app.

As we have said so often before – do report criminal or suspicious activity to the Police (and Neighbourhood Watch). Even small thefts should be reported – for instance the theft of a bicycle, or a lawnmower or a laptop. This helps Neighbourhood Watch because the more calls the police receive about local issues, the better the data become. Crime analysts help determine trends and patterns and help determine the police response, such as increased neighbourhood patrols or surveillance in a particular area.

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

Happy holidays from Heron Emergency Food Centre

By Lynn Sherwood, Heron Emergency Food Centre.

Once again the staff and Board of HEFC want to thank our local community for their generosity in helping us provide assistance to folks experiencing food insecurity. Your

generosity inspires us to keep on with this important work.

The holiday season is always a busy time at HEFC as churches, service organizations, families and businesses remember the folks in our community who are going through hard times. Indeed, much

of our fundraising at this time of year helps to keep the shelves full through the depths of winter when many seasonal employees are laid off and we are not receiving donations from local gardeners.

Members of the Board of HEFC are happy to attend your holiday event or fundraiser to talk about the service we, all together, provide for our community. Call us at 613 737-9090 or e-mail us at hafc-info@rogers.com for more information.

DECEMBER WISH LIST

A little extra for our clients during the holiday season helps to

lift spirits all round – it means so much to someone down on their luck to feel that others care. We like to be able to provide a little extra during this season - Personal toiletries such as soap, shampoo, toothbrushes, tooth paste and deodorant are much appreciated "luxuries" when every penny counts.

Of course we also welcome cash and food donations including tuna, canned vegetables, canned tomato sauce, canned soup, chick peas, kidney beans, cereal, and snacks for children.

24th Annual Concert - 24^e Concert annuel

"Alta Vista Christmas Concert"

Donations in support of the - Dons en appui à la

Heron Emergency Food Centre

Banque alimentaire Heron

Immaculate Heart of Mary Church Choir

Kanata Choral Society

Ottawa Catholic School Board

Chamber Choir

Ottawa Wind Ensemble /

Ensemble à vents d'Ottawa

Tenor soloists / ténors solistes :

Dr. / D' Fraser Rubens & Zachary Rubens

Donations collected: cash or cheques payable to HEFC

Dons amassés : comptant ou chèques payables à HEFC

3 p.m. - 15 h

Sunday, December 6th, 2015

Le dimanche 6 décembre 2015

Doors open at 2:15 p.m.

Les portes ouvrent à 14 h 15

Église Immaculate Heart of Mary Church

1758 prom. Alta Vista Dr.

Free admission and parking

Entrée et stationnement gratuits

CHURCH CHOIR

ensemble à vents d'Ottawa

ottawa wind ensemble

Kanata Choral Society

KCS

OTTAWA CATHOLIC SCHOOL BOARD

CHOIRS

The Ideal Student

The ideal music student for me would be a person of any age who has an inquisitive mind, who wishes to learn music because it is an interpretation of reality, and expression of emotions, and a universal language with many genres and grammars.

The ideal music student would be one who also enjoys challenges, and would be determined to work on those challenges to achieve his or her goals.

The ideal music student would not necessarily be a prodigy, but he or she would find music to be necessary to enhance the meaning of their life.

Whenever such a prospective student contacts me, I will do my best to fulfill their goals and objectives.

Please contact Diane Schmolka via e-mail or phone:
dandp5219@gmail.com
613-733-5219
Thank you.

Viral therapy trials

Continued from page 41

like I had the flu for a couple of days, and the symptoms were easily managed,” said Ms. Monker. “It is too soon to know if I may have benefited from this therapy, but I’m very glad to contribute to this important research that could improve care for others.”

The idea of using viruses to treat cancer has been around for more than a century, with sporadic reports of cancer patients experiencing remarkable recoveries after viral infections. However, it is only in recent years that viral therapy has begun to be developed and tested in a rigorous way. Drs. Bell, Lichty and Stojdl began investigating viral therapies for cancer nearly 15 years ago when they worked together at The Ottawa Hospital.

“We found that when normal cells become cancerous, it’s like they are making a deal with the devil,” explained Dr. Bell, a senior scientist at The Ottawa Hospital and professor at the University of Ottawa. “They acquire genetic mutations that allow them to grow very quickly, but these same mutations also make them more susceptible to viruses.” The two viruses being tested in this clinical trial are called MG1MA3 and AdMA3. MG1MA3 is derived from a virus called Maraba, which was first isolated from Brazilian sandflies, while AdMA3 is derived from a common cold virus called Adenovirus.

Both of these viruses have been engineered to stimulate an immune response against cancer cells that express a protein called MAGE-A3, but

the Maraba virus also achieves an extra layer of anti-cancer activity by replicating inside many kinds of cancer cells and killing them directly. These viruses are manufactured in specialized facilities at The Ottawa Hospital and McMaster University.

“The idea behind this trial is to use the Adenovirus to prime the patient’s immune system to recognize their cancer, and then use the Maraba virus to directly kill their cancer and further stimulate their immune system to prevent the cancer coming back,” said Dr. Brian Lichty, associate professor at McMaster University. “We’re enthusiastic about the potential of this unique therapy.”

“We’re very excited about this first clinical trial,” said Dr. Stojdl, senior scientist at the Children’s Hospital of Eastern Ontario and associate professor at the University of Ottawa. “We’re continuing to push very hard to develop a suite of biological therapies with the goal of launching similar trials tailored to other types of tumours, including brain cancer and several devastating childhood cancers.”

Growing field

Viral therapies are one component of a growing field of cancer research that seeks to use biological materials (including cells, genes, antibodies and viruses) to attack cancer cells and stimulate an anticancer immune response. This field of research has been called biotherapy or immunotherapy.

Dr. Bell and his colleagues recently launched the \$60M BioCanRx network to advance this area of research. The Maraba virus is an important part of a broad biotherapeutics clinical trial development program in Canada that

is combining viruses and vaccines with standard and emerging therapies to treat different types of tumours. Drs. Lichty, Bell and Stojdl and their institutions, in cooperation with the Fight Against Cancer Innovation Trust, have formed Turnstone Biologics in order to engage the private sector and to help fund further clinical trials.

“Immunotherapy is a very exciting field of cancer research, with antibody-based therapies showing the most promise in clinical trials so far,” said Dr. Derek Jonker, the overall lead for the clinical trial, a medical oncologist at The Ottawa Hospital and a professor at the University of Ottawa. “Viral therapies have also shown promise in laboratory studies, but it is too soon to know what impact they may have on patients. This clinical trial will help us find out and we’re very grateful to the patients who have participated.”

“Ontario is pleased to support innovative research through the Ontario Institute for Cancer Research,” said Reza Moridi, Ontario Minister of Research and Innovation. “Our investments have enabled our researchers to be at the forefront of this new therapy. Immunotherapy has the potential to vastly improve the way cancer is treated, and is another example of how research investment brings tangible benefits to Ontarians and people around the world.”

“The NCIC Clinical Trials Group is very pleased to conduct this trial, which offers a potential new therapeutic approach for cancer patients that has been developed by Canadian researchers,” said Dr. Janet Dancey, director, NCIC Clinical Trials Group

and professor at Queen’s University in Kingston.

“Our Government is committed to investing in research that will accelerate efforts to find a cure for cancer, a disease that kills thousands of Canadians each year. The clinical trial announced today represents an innovative approach to treating cancer.

Multiple effort

In addition to The Ottawa Hospital, the clinical trial is also taking place at the Juravinski Cancer Centre of Hamilton Health Sciences (under the leadership of Dr. Sebastien Hotte), Princess Margaret Cancer Centre of the University Health Network in Toronto (under the leadership of Dr. Albiruni R A Razak) and the Vancouver Centre of the BC Cancer Agency (under the leadership of Dr. Daniel Renouf). The trial was approved by Health Canada, the Ontario Cancer Research Ethics Board and the BC Cancer Agency Research Ethics Board. Further details about the trial are available at clinical-trials.

While this trial is primarily funded by the Government of Ontario through the Ontario Institute for Cancer Research, many other funding organizations have also supported the research of Drs. Bell, Lichty and Stojdl, including The Ottawa Hospital Foundation, CHEO Foundation, Canadian Cancer Society, Terry Fox Research Institute, Canadian Institutes of Health Research, Ontario Ministry of Research and Innovation, Canada Foundation for Innovation, Ottawa Regional Cancer Foundation, Hair Donation Ottawa, Angels of Hope, BioCanRx, Pancreatic Cancer Canada, NAV Canada and several philanthropic donors.

Aging gracefully

Continued from page 43

perienicing a remarkable change in the make-up of its population with older people living longer than before.

An exciting announcement this past year was that the Canadian Institute of Health Research has provided \$41.6 million to allow CLSA to continue its work for the next five years and thus begin the second wave of full data collection to see what has changed in the past three years.

By 2036, nearly one in four Canadians will likely be 65 or older. Thus the CLSA study came at an important time hopefully allowing us to explore how differently we age and providing information on how we can best cope with the changes that come along with aging. In my case it is sore feet after a short walk, weaker legs that resulted in a soaking in the lake while boating and difficulty rising onto the jetty as well as dropping eyelids being attended to.

Then there is a tendency to shortness of breath and while gar-

dening, injuries that do not improve in the short term as they did in my youth.

To cope with this normal aging I pad my feet’s high arches, Nordic walk in Balena Park, aqua train to strength muscles and curb my gardening.

CSLA leader Dr. Parminder Raina of McMaster University in Hamilton says: “Some people age in a healthy fashion despite many physical health challenges, while others who are in good physical shape age less optimally. What explains the phenomenon? Our study should answer questions that are relevant to decision mak-

ers to improve the health of Canadians.”

A year ago then Federal Minister of Health Leona Aglukkaq said the study would create new science-related jobs as well as health benefits.

Some \$30 million initial support came from the Canadian government through the Canadian Institutes of Health Research and the Canada Foundation for Innovation. Other support is from the governments of Ontario, British Columbia, Alberta, Manitoba,

Quebec, Nova Scotia and Newfoundland and Labrador.

For 20 years the study was set to follow 50,000 Canadians, collecting information on their physical, emotional and social health functioning. It is anticipated that the information gained will lead to better programs, policies and services for Canada’s aging population.

For my own part I expect a CSLA call soon for further tests to see if I am aging gracefully.



Brothers (from left) Mike, Terry and Patrick Hourigan from Burlington, ON, are all participants in the CLSA. Photo credit:courtesy of CLSA



A new Computer Assisted Telephone Interview site has opened at Simon Fraser University in B.C., where staff includes (from left) Laura Kadowaki, and supervisors Robert Hamilton and Nicole Pernat. Photo credit:courtesy of CLSA

Under the China dome

by Denis Poitras

China has been looked upon as one of the many providers of household products, food, and clothing; well, what has China not produced for many of the countries on this planet of ours? It is the most populated country, and one which uses all of its natural elements to produce for themselves as well as others.

One part that people haven't really looked at however is how we are influenced by their culture and their fashion, without us even ever paying tribute to their originality—right from the kimono to the origami that is used in clothing to express such creativity.

Last year, the Metropolitan Museum of Art in New York produced an exhibit that was recognized as one of the biggest successes that they have ever had in a fashion exhibition, and it was titled, "China through the looking glass". It was a presentation of their fashion through the years, as well as their creativity in using their National symbols in the garments and fabrics for which they are recognised.

Coco Chanel once said, "Fashion is not something that exists in dresses only. Fashion is in the sky, in the

white. I had made the pattern and had sewn all of its components together. The next thing would be to paint it. It was the year of the Dragon and the year in which I was born, so I painted a dragon using the many effects of coarse salt on the belly as well as sewn seed beads in gold for the ring of the dragon. The colors were rich and strong but also had a delicate aspect to it with the light pink flowers. (The only part of the original fabric is the eyes of the dragon in white. The rest was all painted.)

If we go forward to today, many designers are influenced by Asian fashion. Just recently one of my suppliers did a collection of beautiful bodysuits that reflect all of the Asian influences that are easily recognizable in clothing.

I have sold many bodysuits through the years that could be considered a piece of art. The quality and the structure are incredible in order to reflect an honour of Asian culture in a dance leotard. These are the pieces that people will admire and will love to wear for years to come.

I have included the picture for you to see how China has influenced me



street; fashion has to do with ideas, the way we live, what is happening." Thus, if we take this into account, fashion is influenced by everything that surrounds us in the moment we are in. We tend to look in the past for inspiration, but most of us tend to be inspired by architectural designs, nature, people, etc. Inspirations come to us in many forms and there have had many centuries of historical moments.

Back in fashion design school, we were taught how to paint on silk and to learn various techniques in order to change the effect of paint on fabric. I would never have thought that my project of choice would have been influenced by China and would have been the focus of this article today.

I had done my research and had created a traditional kimono which started in its purest form being all

through the years and it is constantly inspiring me. If you wish to read more on the subject, there is a book available from the Metropolitan Museum of Art titled, "China through the looking glass". It is a book that gives you an historical perception from the Emperor to its citizens today.

Since we are so close to the Holiday season, 4 Dance, Gym & Cheerios is constantly receiving beautiful leotards for dance or gym that would make a really nice present under the tree. We carry sizes from 2-4 to XL. Many business women are now opting for leotards to wear under their tailored jackets with pants or skirts. After all, we can be fashionable by creating our own style every day. It will only influence and help a designer in creating their next collection.

Hurdman Tower...circa 1966

by Paul Walsh

This view of the CPR signal station, Hurdman Tower, was taken just before the NCC removed it circa 1966. It was located by the present-day elevated VIA lines and was near the site of the blue-roofed pumping station, visible from the cloverleaf beginning near the intersection of Riverside Drive and Industrial Ave.. That cloverleaf continues up Terminal Ave., to the back of the Post Office, located on Sanford Fleming Ave.

The image shows the RCMP Headquarters just behind, and on the other side of the Queensway, located on the large parcel of land beginning on the banks of the Rideau River and stretching, right, up to Riverside Drive.

The tracks to the side of the Tower

branch off to the right and join up with the main line to Montreal. Those that appear to go straight toward the Queensway actually veer off to the left and take the bridge over the Rideau River that today serves as a Pedestrian walkway. In their day, these tracks, too, joined up with the main line and went to Union Station, opposite the Chateau Laurier.

Eagle eyes will note the pile of earth just at the right edge of the photo. Work had already started on the elevated tracks that VIA uses today and which stretch, parallel to Riverside Dr. and Alta Vista Dr., past Pleasant Park Road and Bank St., to behind the Billings Bridge Shopping Centre, and further west.



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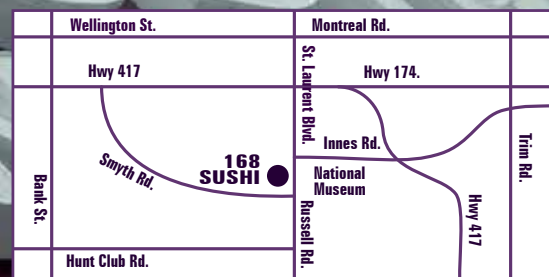


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