

JUNE 2016

A Voice of Riverview Park

VOL.8 NO.3

Community plants 200 trees at Dale Park

by Lisa Couture

olunteers from the community joined forces with the Scouts early on the first Saturday morning of May by pulling on gloves and digging tree holes for the sake of the en-



They arrived like this *Photo credit:Carole Moult*

vironment and to restore the beauty of Dale Park.

The initiative was spearheaded by local residents and facilitated by Susan Scott and Councillor Jean Cloutier's office as well as Kendra Labrosse and the City's Forestry Department. Councillor Cloutier and City staff rolled up their sleeves to pitch in as well.

The forested part of Dale Park had suffered severe tree losses after the Ash borer went through a few years ago. This simple act of replanting trees is known to help the environment in filtering pollution from the air, recycling water in the ecosystem, creating shade, providing homes for birds, other small animals and a tranquil resting place for people.

Everyone deserves a big 'Thank You' for their community spirit in planting more than 200 trees on Saturday, May 7. With sincere appreciation to the 2^{nd} Russell Scouting Troop and the 28^{th} Ottawa Scouting Troop.

Next year another tree planting activity may be organized in the same park. Watch for signs at the park entrance in the winter.

More tree planting pictures on page 3



Excellent tree helpers: Claude Demers with Naoka Tsuda, Charles Tsuda and Patrick Tsuda

CMA House on Alta Vista due for demolition in Fall

by Barbara Sibbald, CMAJ

t has been called bland. Even ugly. The rusting steel exterior cladding was an unsightly embarrassment for some staff. It has also been described as refined, meticulously designed and architecturally significant. One thing it has never been is dull.

The Canadian Medical Association House on Alta Vista Drive was built in the late 1960s, when deals were sealed with handshakes over three-martini lunches. The result, completed in 1970, was straight out of the *Mad Men* era: a two-storey, 43 000-square-foot, glass and granite structure in then-current architectural styles. Inside, a catwalk to the board rooms loomed over reception, and a smoker's lounge featured startling blue sculptured dividers. now both buildings have reached their best-before dates and are slated for decommissioning in July, when anything recyclable or salvageable will be removed. Then, come Fall, demolition. No one seems to be lamenting the tower; it has long been plagued with mechanical problems and needs new windows-a pricey undertaking



given the glass exterior. But the demise of the original structure, experts say, will be a true loss.

"It's an unappreciated gem of Canadian architecture," said New Brunswick architect and historian John Leroux.

'Deeply regrettable'

Ottawa urban history writer Robert Smythe said: "The CMA headquarters is an exceptionally refined but robust late-1960s building using high-quality materials, and it is deeply regrettable that a decision has been made to demolish it."

Architectural historian Professor Annmarie Adams of McGill University, who specializes in health architecture, agrees that the building has gravitas in the tradition of other medical association buildings. These include the British Medical Association (BMA) House in London's

The catwalk and lounge are long gone, but the building itself has served the association for 47 years.

An adjoining tower was built in 1993 to accommodate the growing number of staff. But

Designed to reflect a balance between tradition and as a strong emphasis on the future. *Photo credit:Barbara Sibbald*

Continued on page 18



Ottawa Hospital researchers work on therapies to save lives

by Bill Fairbairn

hile hospitals and clinics are being bombed in war-torn Syria and the lives of doctors and patients lost, researchers at The Ottawa Hospital are conducting research to save lives.

The multi-hospital complex is one of Canada's largest research and learning institutions with more than 1,100 beds, about 12,000 staff and an annual budget of more than \$1.2 billion. It is closely affiliated with the University of Ottawa, and shares a campus with the university's medical school on Smyth Road.

Some 1,700 researchers are

working in laboratories and clinics throughout the hospital, developing innovative ways to treat and care for patients. Groundbreaking discoveries in labs give hope to patients with diseases such as cancer, muscular dystrophy, heart disease, diabetes and osteoporosis.

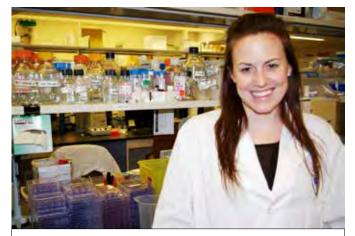
During a tour of mainly cancer research labs, Jennifer Ganton, a former research student at the hospital and now communications director, was my guide.

Viruses to fight cancer were being tested in Dr. John Bell's lab during our visit. I met Dr. Carolina Ilkow in the absence of Dr. Bell. As a young girl growing up in Argentina, Carolina played with microscopes while her friends played with dolls. Drawn to the world of cells and molecules, she moved to Canada to pursue her PhD at the University of Alberta. When Carolina learned that Riverview Park's Dr. Bell was developing viruses to fight cancer at The Ottawa Hospital it seemed the perfect fit for her.

Carolina and Russell Barkley, while testing pink dishes of liquid with cells, noted that if the liquid showed yellow it indicated unwanted contamination. They allowed me to peer through a microscope to see cells invisible to the naked eye. Dr. Diallo is also conducting research to improve vaccine manufacturing, which could be important both in Canada and the developing world.

My guide Jennifer said that stem cells are another big area of research at The Ottawa Hospital. "Stem cells are like seed that can give rise to all the organs and tissues in the human body, and some stem cells can also produce substances that help the body heal."

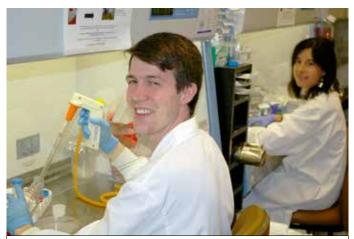
The Ottawa Hospital recently launched the world's first clinical trial of stem cell therapy for septic shock and is also leading the world's first clinical trial of



Dr. Larissa Pikor fronts a myriad of medicines. *Photo credit:Bill Fairbairn*



Voluntary research recruitment challenge to the public. *Photo credit:Bill Fairbairn*



Researcher Russell Barkley (foreground) and Dr. Carolina Ilkow at work on cells. *Photo credit:Bill Fairbairn*



Russell, native to Mississauga, hopes to emulate Carolina's feat of winning the 2015 Worton Research in Training Award named after hospital research institute founder Ronald Worton.

Ricardo Marius, also working on viruses to treat cancer, said clinical trials around the world had been encouraging.

One unique strength is the hospital's ability to translate its discoveries into new therapies and test them clinically on patient volunteers. This year the hospital launched a highly innovative clinical trial of a double-virus therapy for cancer. This trial was the first in the world under discoveries ability to translate its discoveries ability to translate its above the national average in major funding competitions," said Jennifer. "For example, we were awarded 22 grants worth more than \$28 million in the most recent competition from the

a genetically-enhanced stem cell therapy for heart attack. The hospital has also completed stem cell trials in people with lung disease and multiple sclerosis, with promising results.

Researchers at The Ottawa Hospital are expected to bring in their own research funding through competitive external grants and contracts.

"We are very pleased that our researchers continue to rank well above the national average in major funding competitions," said Jennifer. "For example, we were awarded 22 grants worth more Canadian Institutes of Health Research, achieving double the success rate of the national average. Of course, our grants don't cover the full costs of research, so we still rely on the community for support." She said research is an integral part of The Ottawa Hospital, with laboratory scientists and clinicians working together to develop new therapies and improve care. This philosophy is embodied by the hospital's new tagline: "Inspired by research, driven by compassion."

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Dr. Bell and Dr. Derek Jonker using a combination of two viruses to attack cancer cells direct and stimulate the immune system to attack the cancer as well.

Dr. Jean-Simon Diallo, who was born in West Africa, also studies cancer-fighting viruses at The Ottawa Hospital. When asked about the situation in Aleppo, Syria, he said "Yes, it is a real human tragedy. As medical researchers, we spend our whole lives trying to improve health and save lives, so it is devastating to see life being squandered in places like this."



Shane Dixon and Trudy Breckenridge happy to help *Photo credit:Carole Moult*



Welcome from the 2nd. Russell Scouting Troop and the 28th Ottawa Scouting Troop *Photo credit:Carole Moult*



They were planted like this: Carlie McLellan and Councillor Jean Cloutier in a team effort. *Photo credit:Carole Moult*



Tree planting experts: Councillor Jean Cloutier and City of Ottawa helpers Russell and Kevin *Photo credit:Carole Moult*



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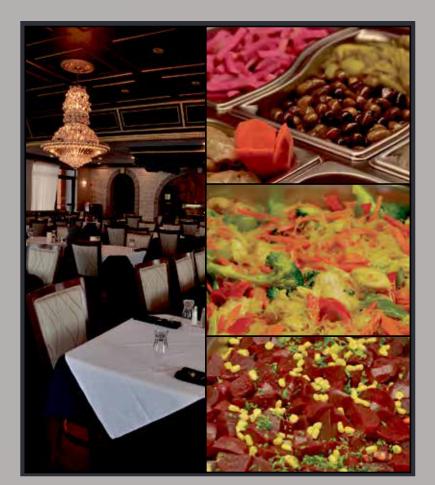


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JUNE 2016

Vincent Massey Public School

Update from Heart&SOLE:

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

(613) 733-5955 The Heart&SOLE group, at Vincent Massey, has their sessions in full swing now implementing their lesson plans for the activities to provide the most educational and fun project yet.

The Literacy group has now begun to write their books on culture and community. Students have started to upload the information to a digital file to print as a finished product. Glee has now encouraged the kids to be engaged in the vocal activities that take place. "Nothing is going to bring me down" now has a wonderful set of children giving their spin on the song. The Sports group has completed sessions in basketball and handball and we are now starting the soccer program. Kin ball will be the last activity. The Bike tune-up day, where the community and participants from Vincent Massey joined together to fix up broken and damaged bicycles, was on Friday, May 6th. We worked on over 50 bicycles in that time! A special thank you goes out to KLPS for donating 10 bikes, Nick from Sportek for donating the necessary supplies to fix the bikes, Kevin Leights, Chris and Noah Wightman for donating their time and talents to help out in this awesome afternoon.

By: Maren Leights and Dustin Morgan

FIVE DAYS FOR FREEDOM CELEBRATES SOCIAL JUSTICE

For five days, between May 9 -13, the whole Vincent Massey community celebrated our annual FIVE DAYS FOR FREEDOM where children learn about important issues affecting other children and their families across the world. Issues such as access to clean water, education, health care, food security and financial sustainability. We raise money and awareness, and become more aware of the rights and resources we have as Canadians. The five-day event was organized by about fifty of grade 6-8 student leaders from the VM Leadership Group, and facilitated by Ms Eichel and Ms Swail.





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Continued on page 11

green

Remember the last time

zones,

Board of Directors: Peter Bishop, Bill Fairbairn, Michelle McLellan, Marian Distribution Manager: Distribution@RiverviewParkReview.ca O'Connor and George Stairs Editor: Carole Moult - <u>Editor@RiverviewParkReview.ca</u>

Advertising Manager: Carole Moult - <u>Advertising@RiverviewParkReview.ca</u> Staff Writer and Editor Emeritus: Bill Fairbairn 613-737-3212 Layout and Design: François Allard

Ottawa City council is Ahhh, the heady days actually, we have done grappling with the sticky of the 1990's. In spite of this before, remember?) issue of speedy traffic. the positive effect it had photo radar units, how Trying to change people's on slowing people down, about Riverview Park? driving habits is difficult in spite of redirecting Place them near the at the best of times, Police resources toward school zones and watch but trying to do so and things more criminal, and what happens. In fact, remain the Mayor makes in spite of it providing a start out with the corner things even more difficult source of revenue, it was of Lindsay and Drake or it seems. Traffic calming politically expedient to Drake and Blair. Plunk a road designs, changing get rid of it. speed limits in specific

plastic people's driving habits, hit will burn out. But it will turtles, Tibetan prayer them where it counts: in pay for itself, and maybe flags and even fist waving their wallets! You speed, some of the road rehab have been tried. When you get a ticket, you pay. that needs done too. We all else fails, the last act It isn't a "money grab" by can call it "Robin Hood" of desperation is to try some vicious, unfeeling if that makes it seem less technology. So, photo "them" in life, it is the law. grabby. radar gets suggested. And you broke it.

If the city is looking this was trotted out? for places to test (Re-test

photo radar unit there. It If you want to affect will run so hot the unit

Cartoonist and Masthead Artist: Greg Money

Business Manager: Anne Stairs

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Take from the speedy,

and give to the needy

About the **RPReview** community newspaper

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

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

Submission formats

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 <u>Editor@RiverviewParkReview.ca</u> Your name, address and phone number is required for verification. Please remember to recycle this newspaper.

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2016 MS (Multiple Sclerosis) Bike Tour

by Jackie Comerton

Ye registered for the 2016 MS (Multiple Sclerosis) Bike Tour. This will be my 16th year participating in an MS Bike Tour. To-date, my team, the Celtic Tigers cycle team, has raised over \$145,000 for the MS Society.

This year's Bike Tour consists of a 150 km cycle in the London/ Grand Bend area, on Saturday July 23rd and Sunday July 24th.



I invite you to sponsor me. You can do that in one of three ways:

(1) Make a pledge on-line, by clicking on the link below:

<u>http://mssoc.convio.net/site/TR/</u> <u>BikeTour/OntarioDivision?px=150</u> <u>2849&pg=personal&fr_id=4903&s_</u> <u>locale=en_CA</u>

(2) Make a pledge by mail, by mailing a cheque, payable to the "MS Bike Tour", to 1481 Chomley Crescent, Ottawa, ON, K1G oV9

(3) Make a phone call, by calling me at (613) 521-1287, to arrange for me to pick up your cash or cheque pledge at your home.

The MS Society issues official tax receipts for sponsorship pledges of \$20.00 or more Thank you in advance for your support for the MS Society.

Winter Outdoor Opportunity – Fam Extra Income The Riverview Park Community Association needs an operator for the Balena Park skating rink for the 2016-17 season

The Balena rink operates from late December to early March, open weekday evenings and weekend days, with one side for hockey and one for pleasure skating. The City pays a generous stipend as well as some remuneration for volunteer helpers.

No prior rink maintenance skills are needed; the City provides a rink-making course.

Operator duties include:

Establishing and maintaining ice and supervising 2-3 other volunteer ice makers <u>and</u>

Coordinating 15-20 volunteers to supervise the rink and field house during open hours

If interested, please contact: RPCA President Kris Nanda krpp1415@gmail.com (613 523-7250)

RPCA Director Alan Landsberg zedajal@magma.ca (613 733-2946)

RPCA Director Carole Moult <u>cmoult@sympatico.ca</u> (613 731-6646)



Photo credit: Trevor Denis

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Bike Safety is Fun at AVCNS

by Alison Mallon

Spring is finally here and summer holidays are just around the corner. Kids of all ages have their bicycles tuned up and are out on the roads and bike trails enjoying the fresh air and sunshine. With that in mind, the folks at Pedalheads are making sure that children stay safe while having fun on their bikes.

At a presentation at Alta Vista Co-operative Nursery School on May 11, Pedalheads representative David O'Neill talked to the children about how to protect their heads when bike riding. The most important piece of equipment is the bike helmet, which should be worn at all times while on a bike. David described an easy way to remember these guidelines:"the Four S's" - Sticker, Straight, Snug, and Straps.

Sticker: When you purchase or receive a bike helmet, look at the sticker inside. It should indicate when the helmet is made and that it is a genuine bike helmet. Only a helmet in good condition that is designed specifically for bike riding should be used.

Straight: Make sure you put your helmet on straight. This is to ensure that, in the event of an accident, the helmet is covering the parts of your head that you need to protect.

Snug: If your helmet is too big it may fall off and you will not have the protection you need.

Straps: You can check to ensure your helmet fits properly. If you can insert two fingers under the fastened chin strap and you are able to place two fingers in a V pattern around the ears under the helmet, then it is a correct fit.

Cycling is a great way to exercise, spend time with family and friends and have lots of fun in a super-environmentally way! Let's just make sure we stay safe while doing it.

You can find out more about Pedal heads and the bike safety and skills programs and camps that they offer at *www.pedalheads.com*.



Alta Vista Cooperative Nursery School (AVCNS)Photo credit: Carolina Serrano

David Chernushenko Councillor Capital Ward

Hospital Link taking shape with community input

Councillor Jean Cloutier and I recently joined Riverview Park residents for a walkthrough of the Hospital Link construction site. Community members got a preview of the controversial inevitable two-lane road but that will connect Riverside Dr. to the Ottawa Hospital's General Campus, CHEO and the Department of National Defence medical property east of Alta Vista Dr.

Work continues apace with the installation of new lighting, signals and a storm sewer, periodic lane reductions, work on the VIA Rail track and more. Meanwhile, residents have been providing input on landscaping options and features such as noise-blocking berms and the location of a new tobogganing hill.

The Hospital Link is scheduled to open to traffic in December 2017, with landscaping to be completed in 2018.

Bank Street renewal

The City of Ottawa has launched a Functional Design Study to identify preferred design solutions for the section of Bank Street between Riverside Dr. and Ledbury Park, guided by the Community Design Plan (CDP) developed for this area in 2012.

The first consultation meeting with community representatives and select businesses will take place in late June, followed by a public meeting at the end of September. The City plans to begin construction in 2018.

Download the CDP at <u>capitalward.ca/bank-cdp</u>.

Billings Bridge underpass

The full design for an underpass on the south side of Billings Bridge will be ready by the end of this summer, with the cost to be split between the City of Ottawa and the National Capital Commission (NCC), which initiated the project. The City would like to get the underpass completed by 2018 in order to qualify for Strategic Initiative funding, but so far the project is on hold because NCC funding is not in place through their 2016-2021 funding envelope.

Electric vehicle expansion

Electric vehicle (EV) drivers in Ottawa will soon have access to more charging stations thanks to the province's Electric Vehicle Chargers Ontario (EVCO) grant program.

Chargingstationswillbeinstalled at six new City-owned sites: Terry Fox Park and Ride, Fallowfield Park and Ride, Ben Franklin Place, Fire Administration Building (Carling Ave. and Hwy. 417), and municipal parking facilities at 687 Somerset St., and 141 Clarence St. These will join existing chargers at the Lansdowne and Third Ave. parking garages, and at City Hall.

Charging stations are also coming to three St-Hubert restaurants (Airport, St-Laurent, Gloucester), and IKEA will install an additional charger. All should be operational by March 2017.

Having extra chargers at a

convenient distance for many residents will help reduce the "range anxiety" — fear of running out of power — that's known to discourage EV ownership.

For those more interested in car sharing than owning, Ottawa's Vrtucar has electric vehicles in its fleet. Or, if distance or aging knees are part of your cycling reality, you might consider an electrically assisted bicycle.

Where I stand

Constituents often ask me what my positions are on various issues. In deciding how to vote, or whether to argue for or against a position, idea or project, I do my best to balance my personal views with the best available evidence and a healthy dose of public input.

Sometimes this is more art than science, but I always endeavour to be as transparent as possible. Here are a few contentious issues and where I stand on them:

Photo radar: I am very much in favour as long as any revenue is specifically dedicated to traffic safety measures (which are chronically underfunded), as long as it is installed on streets known to suffer from chronic speeding, and as long as drivers are clearly informed of its presence. I would rather discourage speeding than make money off speeders.

Council recently approved a motion requesting permission from the province to install photo radar within the City, but not until it was diluted to allow photo radar only in school zones, and only as a pilot project. While this is better than nothing, I do not understand



how something as fundamental as the safety of our roads could have been resisted on the basis that it is "just a tax grab." I was glad that feedback from Capital Ward residents was 95% in favour of instituting photo radar.

Ranked ballots: I believe that when voters can rank their candidates in order of preference, we can move away from socalled strategic voting whereby ballots are often cast to block the undesirable, rather than choose the desirable.

Election financing: I support a ban on corporate and union donations.

As always, I welcome your feedback.

Councillor David Chernushenko 613-580-2487 | <u>David.Chernushenko@Ottawa.ca</u> | <u>www.capitalward.ca</u>

Collecting a Revera Herb Garden

by Carole Moult Very year each Revera Home holds its Open ✓House on the same day. This year each location was handing out a herb. At the Alta Vista Retirement Community it was mint. Guests received a mint plant plus many mint- based treats. If you travelled to enough Revera Homes you could have collected your own herb garden. Tours and entertainment made for a fun May 15th Sunday afternoon.

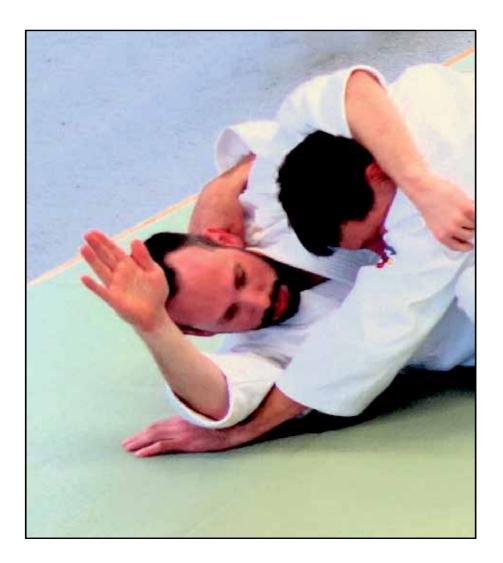




Guests found Margo among the mint plants at the Revera Open House.

Director of Culinary Services, Christian, along with his team, served mint in just about everything.

Jiseikan Aikido



by Laughing Elephant

wo years ago, my boss gave me a performance review and asked me to work on one thing: Rigour. In my job I had found little time for it.

In the past year I've for interviewed three different jobs in my organization. The first one, that I closely lost, was a struggle - the examples I gave were unpracticed and wandering, lacking detail. The second interview, while better. lacked a couple specific of qualifications that eliminated me from the process. In preparing for the third, the concept of Rigour came to mind. The job is one I'd love to have. As you can imagine, I really applied myself; I read and reread every single competency they were seeking. I memorized each point of the definition used by the organization. That is the key passing to the interview – demonstrating

that I, without a doubt, possess the qualities they want. If I leave out one of twenty or so different points, I will not qualify.

I summarized the speech I wrote into bullet points to help me better remember the sequence. I scheduled time with a development career counselor to perform a mock interview, and it went well. Then I came to an obstacle – since I am not allowed any notes during the interview, everything would have to come from memory.

But what if my memory fails me? What if, despite practicing something one hundred times, or as in Aikido thousands of times, I draw a blank? This, I found, is what Rigour protects against. Rigour is delving into a problem so extensively that I have every possible situation accounted for. leaving It's no rock unturned.

Rigour

me. During the interview they can ask follow-up questions. Then is when I have to be especially aware. If they ask a lot of follow-up questions, it probably means they're trying to get at some point I failed to make. I have to be aware to see what it is.

I have to talk about myself for an hour to people who sit and take notes. Under pressure it's easy to miss what the interviewers are after.

Aikido has helped me develop my awareness. It helped me pay attention not to what I think they want, but to listen to what they're asking me. It's me filter helped out irrelevant information and instead focus on what the situation is asking for. Naturally, I still make mistakes, but I've nevertheless come a long way since that first, painful interview.

Knowing the details of definitions competency and memorizing the intricate details of the examples I'll use to meet them is key to passing an interview. Likewise in Aikido, knowing many techniques and performing them hundreds or thousands of times gives

me tools I'll need.

Combining Awareness and Rigour prepares me. During the interview, I have to be able to recover from forgetting a point, or from being asked an unforeseen question. If I know all the building blocks of my answer, the sequence isn't crucial – I can use whatever point suits the situation. It's critical for me to remain adaptable, otherwise when things don't happen as expected, I could get stuck.

Rigour, at times, is exhausting. I have to push myself to learn as much as possible about one specific thing. The line of 'good enough' is variable, and only determination and perseverance is what gets me over that bar. It's easily done for something I'm passionate about, in my case Aikido or the job I want. In other cases, it's difficult. In those times, Rigour is also about pushing myself where I no longer want to go. It's the extra mile.

In fierce and determined competition, the difference between success and failure is often small. Rigour can get me through.

Half an hour before the interview I get the five or six questions they'll ask



Tai Chi Aikido Kids Aiki-Judo

JUNE 2016

Gem of a gallery fills Thousand Island's gap

by Carole Moult

L isn't a very big sign on the lawn of 15 Princess Street, Gananoque, but the reason for the sign is an excellent one. This is the home of *Ruby Gallery & Gifts*, and it is well worth the drive from any direction.

When people hear the name Gananoque, Ontario, they tend to think only of the 1000 Islands, or the Thousand Islands Playhouse, the St. Lawrence River, boat trips, or fine dining. Over this past winter Margaret Abbott has added her art gallery to Gananoque's cultural landscape.

Now, many individuals and small groups have already added this amazing small gallery as a destination point for a day trip or as a place to visit as part of their holidays. One Ottawa resident even bought three beautiful paintings before there was enough time to arrange them on the walls.

Ruby Gallery & Gifts, however, isn't just about paintings, although work in acrylic, watercolours, oil and mixed media, in various sizes, is tastefully displayed. Perfect shelves that had once been a 'stubborn chocolate brown' received four coats of paint to become the wonderful backdrop for objets d'art, painted linens, pottery, small paintings, wooden bowls and so much more. Unique hand-crafted wooden toys and jewellery plus hand blown glass, beeswax candles, and stained glass are also among the art work that provides artistic memories where there is something for everyone from just two dollars up to \$2500.

"The gallery is primarily local art, and will always be Canadian," owner Margaret Abbott noted recently. "And the goal is to have some really nice artistic souvenirs to remember the 1000 Islands; smaller things that people can tuck into their suitcases."

Margaret Abbott has very high praise for the artisans who were willing to take a chance on her when she first pursued the idea of opening her gallery. She had already noticed, after her move to the town last year, that there wasn't a year-round gallery where artists could display their work. At the 'Before the Rush Art Show and Sale' at Ivy Lea in the fall of 2015 she approached a number of artists who agreed to show their work at Ruby Gallery & Gifts. Now word of mouth has continued to turn Margaret Abbott's idea into a reality.

Her interest in the arts goes back to the time when Margaret was between Grades 11 and 12 at school. "I went to work part time at the Kamloops Sentinel in British Columbia, where I would design letter-



You'll know when you've arrived

heads and brochures for local resorts. I worked as a commercial artist, and when I was only in my early twenties, I started my own printing shop in Kamloops.

"My father loaned me the money to buy my own printing press. It was an Addressograph-Multigraph Printing Press and was about \$2500 at the time. Later I heard that the same model as the one I owned



Amazing choices

Something for everyone



Margaret Abbott surrounded by the beautiful work of artisans.

had been used to counterfeit money, but it wasn't mine."

The name of the new 15 Princess Street gallery is a legacy to a special artist in Margaret Abbott's life. The gentleman used to say that when he sold a big expensive painting, then he would buy her a ruby ring; the ruby for the month of July being her birthstone. The friend is now gone, but *Ruby Gallery* & Gifts has become part of the legacy to an extraordinary someone who used to create beautiful works of art.

Visitors to the gallery began enjoying the insightful vision of Margaret Abbott early last December. Well done for creating another clever Gananoque, Ontario, destination choice. Those of us who have already enjoyed *Ruby Gallery* & *Gifts* look forward to your continued success.

For the hours of opening over the summer months please visit the gallery website at <u>www.rubygal-</u> <u>lery.ca</u> Or telephone 613-767-9810 to set up an appointment.



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

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Vincent Massey Continued from page 5

classes to talk about the week and the issues facing children in the global south and in our own country. On Tuesday, student leaders read carefully chosen stories to our kindergarten classes, and we all danced the Free the Children WE Day dance in the halls. The halls were silent on Wednesday when many junior and intermediate students took a vow of silence for the We Are Silent campaign at the school. Students take the vow of silence to symbolize their support for the many children who do not have a voice. On Wednesday, we also had a very successful lemonade sale with proceeds going to Free the Children.

Thursday was our really big ACTIVITY day when the student leaders hosted about 600 children from grades 1 -6 through seven stations that focused on social justice issues. Students spent the day outside in water relays, beading, malaria tag games, education quizzes, Right to Play games, food relays and watching videos about important issues. It was incredible to see our student leaders collaborate and positively lead so many of their peers. They were unfailingly enthusiastic and patient.

On Friday, we finished the week with a Feast or Famine event hosted by Ms Swail grade 7 class. Many staff pulled the famine ticket which meant they fed on a bowl of rice and a glass of water, while others sat beside them feasting from a buffet. All proceeds went to Free the Children.

We all learned a lot during the FIVE DAYS FOR FREEDOM, especially how children, when empowered, can do so much for others.

Submitted by H. Swail, Teacher

Heritage Ottawa's June 2016 Walking Tours

Yours last about 90 minutes, and take place Dalhousie and Bruyère Streets rain or shine. Tickets are \$5 for members or \$10 for non-members. For more information, please visit our website (www.heritageottawa.org) or call 613-230-8841.

Sparks Street and Nicholas Sparks

June 12, 2:00 pm - MEET: Christ Church Cathedral, entrance on Sparks St. between Bronson and Bay

For the 200th anniversary of Nicholas Sparks' arrival in Ottawa, a walk along Sparks St from Christ Church Cathedral to Elgin St to talk about historic buildings from Sparks' time that no longer exist and the buildings which developed as Upper Town and became the commercial and banking centre of Ottawa, its main streetcar corridor, home to important theatres and hotels and since the 1960s, the Sparks Street Mall.

GUIDE: David Jeanes, President of Heritage Ottawa and author of numerous heritage tours.

June 19, 2:00 pm - MEET: Bingham Park (corner of Dalhousie and Cathcart)

This tour will highlight the human development on and around two of Lowertown's historic streets -Dalhousie and Bruyère - and highlight some of the area's heritage buildings.

GUIDE: Mark Farine, University of Ottawa student and urban history enthusiast.

Village of Rockcliffe Park

June 26, 2:00 pm - MEET: Intersection of Lisgar Road at Princess Avenue.

The architectural styles in picturesque Rockcliffe Park range from stately stone mansions and interesting contemporary designs to remaining summer cottages. Learn about the history of the village and the role the MacKay and Keefer families had in determining its layout and the design of many of its homes.

GUIDE: Martha Edmond, author of Rockcliffe Park: A History of the Village.



Photo credit:Geoff and Elga Radnor

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Quite the character....

by Denis Poitras

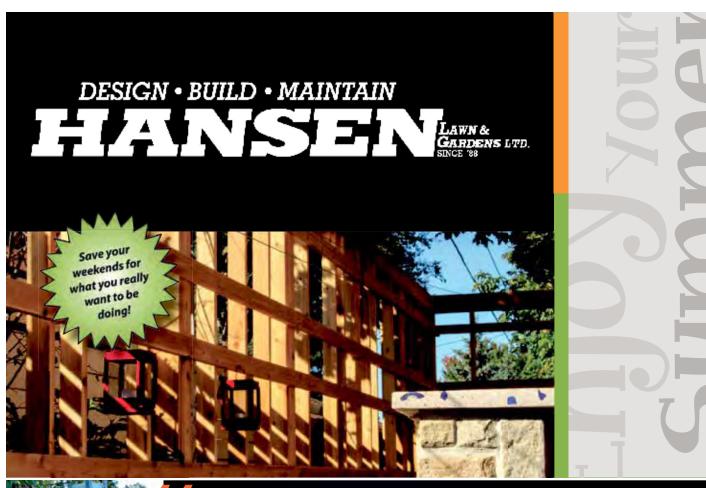
dance students that attend ballet classes. For those who want to be graded by the Royal Academy of Dance, they can do so for the purpose of either having a career in dance on stage or to be able to teach at various dance schools.

Recently, I was asked to make character skirts for a group of students to be evaluated. In preparation of the exam, one needs to have a Character skirt as well as Character dance shoes. You are probably asking yourself what is a character skirt? What is it needed for? What does it look like? This article will try to give you a more detailed explanation of what is a character skirt and what it is used for.

The character skirt resembles the Very spring is exam time for traditional national skirts. Its length goes just below the knee and its drape is flowing, meaning two full circle sewn together. It is black in colour but on occasion depending on the school, the requirement could be navy. Then three ribbons are sewn just above the hem, again harking back to the traditional styles worn by the national dancers of Hungary, Russia and Poland. The colour of the ribbons is usually chosen by the dance school, but the range of colours is determined by the examination board.

> The use of the character skirt is that it is to be worn in a dance which is a theatrical presentation, by using original ethnic dance and music, and for which it has been adapted for the theatre. For





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instance, a Character dance can be seen in ballets such as Swan Lake, Sleeping Beauty and the Nutcracker to name a few.

Furthermore, the purpose of the character dance is to allow the development of a child's natural sense of rhythm. The very definite nature of character work is basic movements such as walks, runs, claps, stamps and heel beats that make it an invaluable training rhythmically. Some of the movements have been arranged to develop an understanding of basic pulse beats, musical beats, simple rhythm patterns and syncopation.

In the picture you are able to see what a Character skirt looks like. In this special case, the colours vary and it was decided by the parents in respect to the information received by the school. It is a very colourful and draping skirt. It is used in various countries such as Hungary, Poland to name a few. It is a very important step in dance which allows a dancer to be coordinated and obtain the rhythm in the movements in dance. If you wish to see it in person, you can drop by 4 Dance, Gym & Cheerios at 380 Industrial which is located right above Figure 8 Skate Specialists. Follow us on Facebook at 4 Dance, Gym and Cheerios for any new products and promos. Denis Poitras is the owner of 4DGC. He can be reached at 613-521-2433.



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June 25th - E-waste recycling for a great cause!

Saturday, June 25th from 10am-1pm in the Elmvale Shopping Centre parking lot (next to Kelsey's). Bring any unwanted electronics and our partner 1-800-GOT-JUNK? will dispose of it for free! We simply ask that youconsider making a cash donation of any size to our charitable partner the Heron Emergency Food Centre.

Donations of \$20 or more will be eligible for a tax receipt.

The following items are being accepted

- Televisions (one per vehicle)
- Desktop/laptop computers and terminals
- Monitors, keyboards and mice
- Desktop printers and CD-ROM drives
- Amplifiers, stereos, speakers, receivers and radios
- Cameras, digital cameras
- Copiers, fax machines, scanners
- Telephones, cell phones, answering machines
- VCR and DVD players

A big thank you to our community partners 1-800-GOT-JUNK? and the Elmvale Shopping Centre for helping make this event possible. We are grateful for the community's support of the Heron Emergency Food Centre.



Community Tree Planting at Dale Park

Dale Park suffered severe tree losses this year. The community partnered with the Department of Forestry and my office to plant 200 trees in the park.



Neighbourhood office hours

Bringing City Hall to the people of Alta Vista!

Councillor Cloutier will be holding neighbourhood office hours on **Wednesday**, June 22 from 6:30 to 8:00 p.m. at The White Horse Restaurant (294 Tremblay Rd.) and Saturday, July 16 from 1:00 - 2:30 p.m. at Second Cup Heron Park (1440 Bank St).

I would like to thank the Ottawa Forestry Services, Scouts Canada, and the many volunteers who came out to help make their neighbourhood beautiful. Jean will be available to answer questions and concerns, discuss current projects and initiatives or residents can just drop by for a quick hello. Time may be limited to 10 to 15 minutes per person depending on number of attendees.

www.JeanCloutier.com Councillor Jean Cloutier - Alta Vista

110 Laurier Avenue West, Ottawa ON K1P 1J1 61

613-580-2488

jean.cloutier@ottawa.ca

What Chemo Teach can teach you

by Carole Moult

t was a Tuesday afternoon at The Ottawa Hospital Cancer Centre and Nora Thompson and Peter Cairns had arrived early to deliver Chemo Teach, a 90 minute presentation to help newly diagnosed cancer patients prepare for and manage their upcoming chemotherapy treatments.

Behind the scenes

Nora, herself a cancer survivor and Peter, from a family touched by cancer, volunteer every week. Nora the wonderful care during her two times with cancer. Last year Nora received her 5 year pin for volunteering at The Ottawa Hospital Cancer Centre and the Canadian Cancer Society. She and Peter have been a team for six months.

Two women were the first to arrive, a patient and a supporter. Seven of the eight people brought a family member or friend-highly recommended for this stressful uncertain journey. Nora's experience shone through. She sat with patients as gave reassurance and comfort.

Peter introduced the session as he went through an extremely important package provided to each patient including vital telephone numbers, a Blood Work Fact Sheet, and a Monthly Calendar of support groups. Notification of Education Sessions such as Nutrition during Cancer Treatment, Coping with Cancer Stress, and for women attending, Look Good... Feel Better Program are just examples of classes recommended to help support

can't speak highly enough about they arrived, shared her experience, Designated Nurses and the kinds of exceptional support available for cancer patients.

The session ended with a guided tour of the spacious and light-filled chemotherapy floor, showing the group some of the options when having their treatments: bed or chair, warmed quilts, ice chips and the list continues. Seventy to ninety patients are treated on the chemotherapy floor every day from Monday to Friday. It was very clear that everyone could expect the best of care as they begin their chemotherapy sessions.

Observing as the program wound down, it seemed that many participants felt just a little more confident following their 'Chemo Teach' session.

A participant's voice

Many people have taken part in these classes over the years. Lynne Bezanson was one. In 2008, she was diagnosed with cancer and attended a 'Chemo Teach' class. "I think for me it was a bit of a blur. There is so much to take in and adjust to, but what I can remember was the class getting us prepared, giving us tips for nausea, and trying to normalize the treatment. They were very encouraging about how the body will bounce back. And what struck me was just how deeply these people care. I remember the positives that's how good a job they do!"

Lynne reinforced the need for someone to be with you, and her husband, Alan Landsberg, was with her all the way. Just as she kept copious hand written notes, so did he. Symptoms, medications, notes from meetings; Alan would make observations because there was much to keep track of, and as Lynne noted, "the stress level is very high". To this day, her binder also includes the many useful brochures provided during treatment.



One great team: Peter Cairns and Nora Thompson Photo credit:Carole Moult





Photo credit:Geoff Radnor

patients and lift their spirits during their cancer journey. Administrative details including parking passes were discussed.

Serious support

"Chemotherapy and You" is a comprehensive slide show designed to answer as many questions as possible. A nurse also joins the group to respond to specific medical questions. She advised the participants to buy a digital thermometer, eat healthy, drink 8 glasses of water a day, get a good night's sleep, carefully monitor their side effects and blood work, bring someone to treatment with them "who is a rock," and keep Purell at the front door.

On this particular day, queries

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were around blood work and schedules, but also included personal questions about pets, farm animals and grandchildren. Nurse Courtney advised walking your pet or working in your barn but leaving the cleaning up to others. Cancer patient immunity is compromised so patients and anyone around them with a cold or even a sniffle need to take precautions including constant washing of hands and Purell in each room. It is a good idea to go further and wear a mask when the patient is in the lower immune stage 7-10 days after chemo treatment. Courtney also reminded everyone about the Patient

A national programme

When Lynne was in treatment, she was offered the opportunity to participate in a Clinical Trial. She agreed. "Given that the outlook was uncertain, but no one was saying the cancer was terminal, I figured that I had nothing to lose. What a good decision! The level of care was enormous. There were only positives. I am still being followed eight years later and there is always the hope that you just might advance the search for a better treatment of even a cure!"

Continued on next page

Riverview Park Review



The Wholesale Outlet, Fashion with Compassion Show: Lots of fun raising funds for cancer research.

Photo credit: Alan Landsberg

From previous page

Lynne is now a Lay Representative for the Canadian Clinical Trials Group for Gastro Intestinal Cancers. This group, based at Queen's University, manages clinical trials for every type of cancer. Her first meeting was in Toronto in May. What truly impressed Lynne was that you could hear in the voices of the researchers the genuine commitment to finding a cancer cure and just how challenging it is. Lay Representatives bring the patient's perspective. "Oncologist, surgeons, researchers, want the patient perspective. Is the proposed trial well explained? Is the protocol too demanding? Is there a patient concern that we might be missing? How can we increase enrollment?" Recruitment of patients into clinical trials is an ongoing problem. Lynne learned that the specific trial she was enrolled in had been stopped because of low enrollment. Stopped means no more recruitment but ongoing care for those already enrolled continues. Lynne will be carefully monitored for 10 years! Another key role of lay representatives is sharing trial experiences and helping patients understand the benefits.

Helping affect positive change

Lynne considers being a Lay Representative part of the 'giving back'. She donates to many of the fundraisers for cancer research and is part of the Fashion with Compassion fundraiser that is held at The Wholesale Outlet, 1877 Innes Road. Twice yearly, these fashion shows raise funds for cancer research at The Ottawa Hospital Cancer Centre .The models know just how important this research is because each one in the show is a cancer survivor. The morning event is a tremendous amount of fun for everyone involved, but the models' messages are serious.



Everyone knows someone who has been affected by cancer, or a friend or family member who has had the disease. An Aesop quote is certainly relevant here.

"No act of kindness, however small, is ever wasted." It is in the best interest of each one of us to contribute to research and give just a few hours a week to help with this important fight.

New volunteers, especially cancer survivors, would be most welcome to join the team to help with 'Chemo Teach'.

Aahar: The taste of India on our doorstep

by Carole Moult

the local community have looked at the empty store front at 1573A Alta Vista Drive and waited patiently to find out what kind of new business might open at this location. Little did they ever dream of such an amazing transformation as the one that has become Aahar The Taste of India.

Now, this once empty site is a vibrant and beautiful restaurant, and diners from across the city are enjoying remarkable Indian cuisine for not only lunch and dinner, but breakfast as well. Aahar at the Alta Vista Centre is the only Indian restaurant in Ottawa serving an Indian breakfast; along with a hot and cold luncheon buffet plus dinner.

Our appreciation should go to Rupinder and Jasvir Pal, who in late March 2016 opened their second Aahar The Taste of India Restaurant.

The Pal family had originally owned a convenience store at 727 Churchill Avenue. Customers raved about Mrs. Pal's samosa, and it was these same people who felt that Westboro needed an In-

One of their guests over the Nor many years residents of years was the owner of the Alta Vista mall, and it was he who eventually suggested that the Pal family look into opening their second location on Alta Vista Drive.

> There are many examples of what makes Aahar special. Most of the tasteful décor, cutlery, and glassware have been imported from India, and it would be difficult to surpass the wonderful variety of menu items, including a number of Gluten free and Lactose free dishes. Aahar is also fully licensed.

> Anne Desbrisay, in her column Dining Out, The Ottawa Citizen, May 13, 2010, featured and widely praised the original Aahar restaurant on Churchill Avenue.

> 'Aahar is fresh, friendly and affordable' was the title she gave, and fortunately, her positive comments and mouth watering food descriptions remain the same for those visiting the new Aahar The Taste of India.

> Local resident, Dianne Hoddinott, had this to say after eating at Aahar. "We've been there twice for dinner, and both times our party



Jasvir and Rupinder Pal beside the lunch buffet

saying they look forward to trying a dish from the Indian Breakfast Menu; and they won't be sorry. The distinctive tastes of an Indian breakfast are absolutely delightful, ensuring that you will want to try more.

According to Rupinder Pal, the favourite choice thus far has been the Aahar Combo, which consists of paratha (a flat, thick piece of un-

combination of mixed greens. She also prepares wonderful Punjabi curry, as well as many other delicious dishes. In India, my mother made meat dishes and I learned from her as well.

"A few months after we opened our first Aahar restaurant, we hired a chef, and made modifications to our own recipes," added Jasvir.

Delicious Indian dishes from



Guests Tiina and Pam finishing lunch

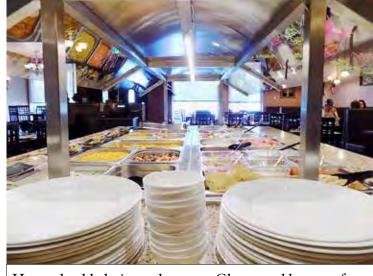
dian restaurant. Eventually, after much persuasion, and nine months of hard work, the first Aahar was opened in 2007.





An inviting dining room awaits you

of four commented that it was the best Indian food they'd had in Ottawa." A friend, Suzie Duford, also noted that she has been to Aahar a few times with friends and her husband, "who tends to be a picky eater, but he totally enjoyed our meal; the service was excellent, and food delicious." Riverview Park residents Alan and Lynne were also extremely positive in their praise of Aahar. "We have both travelled quite a lot to India and this reminded us of some of the super meals we enjoyed! Flavours are succulent, scents are addictive, staff are so friendly and the ambiance is lovely. Try it! We have had both take-out and in-restaurant and not a single disappointment. Onion Bhaji are exceptional!"



Hot and cold choices, plus some Gluten and lactose- free dishes

leavened bread fried on a griddle), two eggs any style with a side of fruit and coffee or tea. Some form of paratha is featured with each item of the Indian Breakfast Menu. of foods available for the evening Actual menu photos taken at the restaurant also show a wonderful selection of Indo-Canadian options such as omelettes, pancakes, or French toast, although it would be difficult to make a choice from the many breakfast favourites offered. Breakfast is served from 7 -10 a.m. each morning.

both mothers are represented in the wonderful hot and cold buffet served from 11:30 a.m. to 2 p.m., as well as in the amazing selection

A welcoming sight at the entrance

Numerous dinner guests are now

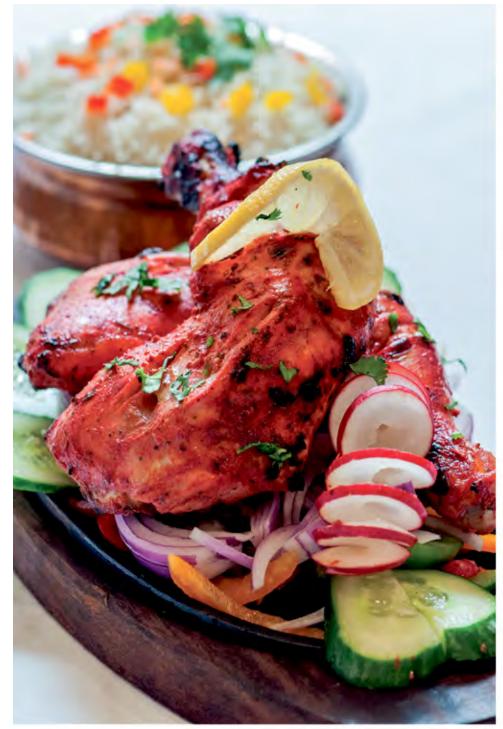
Neither Jasvir nor Rupinder Pal had a background in the restaurant business. What they did have however is the expertise of Rupinder Pal's mother.

"She is an excellent cook," Jasvir commented recently. "She is a vegetarian and makes excellent Saag, a

meal from 5 to 10:00 p.m.

"The favourite choices are Lamb Curry, Butter Chicken, and Tandoori Chicken," noted Rupinder Pal recently.

Rupinder and Jasvir Pal have added a very positive dining experience for Ottawa residents by opening Aahar The Taste of India at 1573A Alta Vista Drive. How fortunate that we are able to appreciate their most recent undertaking. We thank them for joining our community, and wish the whole family many years of success in the years to come.









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Eterac

JUNE 2016

CMAJ story Continued from page $\, {f l}$

Tavistock Square, designed in 1925 by Sir Edwin Lutyens, and BMA's headquarters in Sydney, Australia, a "splendid" 1930 Art Deco tower.

"Both these buildings show physicians as men of culture, and their associations as sophisticated architectural clients capable of guiding powerful building projects," said Adams.

CMA's 1970 building added a modern twist to this tradition. "It's swanky, suburban, part Don Draper, part Mike Brady," said Adams. "Certainly it gets away from the image of medicine as a place of white tiles and lab coats. This is key."

Change in building codes

That decision to demolish the building was based on both structural and functional deficiencies, said CMA Chief Executive Officer Tim Smith. "The costs to renovate were close to, if not more than, tearing down and rebuilding. And this is because the building codes have changed so much."

Smith would not make the consultant's analysis public, but did provide some details. There are leaks in the basement: "Foundation issues for sure." The roof needs replacing, the electrical doesn't meet current code and the windows have condensation inside. Plus the heating, ventilation and air conditioning are below par; the boiler is 20-plus years old.

CMA wants LEED certification (Leadership in Energy and Environmental Design), which requires a green approach from demolition to the functioning building.

Smythe, the urban planner, holds the opinion that, "Whatever green features are being contemplated will be more than negated by committing tonnes of pulverized building material to landfill."

In addition to being structurally flawed, the building has functional limitations, said Smith. CMA



The east side of the building features vertical mullions and structural cladding.

The present building has inner walls containing infrastructure that can't be moved, he added.

CMA's intention back in the 1960s was to construct a headquarters that "reflects the basic outlook of the Association; a balance between respect for tradition and a strong emphasis on the future" The traditional aspect began with the natural beauty of three acres of forest and streams, visible through the building's nearly continuous windows.

Natural materials

The building materials were also from nature: Canadian Shield quartz-like brown and grey granite, bronze and steel, which lent the building permanence, stability and strength.

The site was purchased from the National Capital Commission (NCC) for \$75 000. According to Smythe, the building is "a landmark that forms a part of the [NCC's] planning for Ottawa. This section of Alta Vista Drive was seen as an appropriate location for important

CMA hired the Toronto architectural firm, Webb Zerafa Menkes Housden (now WZMH, designers of the CN Tower).

Melds two styles

CMA House uniquely melds two distinct architectural styles. The back, in particular, shows the influence of International style, which was most commonly seen in the sleek steel and glass skyscrapers from the 1940s to early 1960s. But the front, with its raw granite and Cor-Ten steel, is very much Brutalism architecture, which has a raw, heavier, denser materiality.

"By 1970, the International style was giving way to Brutalism, and so the CMA House is a very unique and interesting transitional example of this shift," said Leroux.

The building was completed by the summer of 1970 and substantially under budget: priced at \$1 414 900, it came in at \$1 108 736

Despite the price, it was thoughtfully constructed. "They calculated where every single piece of stone went, the patterning of national institutions." CMA was the windows and the stone," said has been lost. the first. "Its design excellence has Leroux. "Nothing is random. It's extremely well built." For example, on the back, the vertical mullions [vertical bars between panes of glass] are all different widths. "They really play, almost like music," said Leroux. "There's a real intonation." Today, the windows would all be the same size. The building was slated to meet the association's needs for 20 years, so initially space was leased to tenants. Back then, there were 22 000 members; today there are 82 000. The number of CMA staff has grown from 28 to 90, plus another

Photo credit:Barbara Sibbald

82 at its new for-profit subsidiary, Joule. MD Financial Management, meanwhile, has grown from two employees to nearly 1600 across Canada.

By 1984, the building was overcrowded and a two-storey extension (18 000 square feet) was built to the south of the original. Three more storeys were added in 1993. And in 2001, MD opened its own building across the street, where some 600 people now work.

Longer term vision

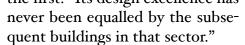
"In 2017, it would be nice to have a longer term vision for the CMA and we need a building that will support that," said CMA's Smith.

Chimel architects_won the request for proposals, which specified a building between 30 000 and 50 000 square feet to accommodate 200 people with some potential for growth. Chmiel's final plans are due in May 2017; the new building should open in early 2018.

There will undoubtedly be celebrations galore when it opens, but some will continue to lament what

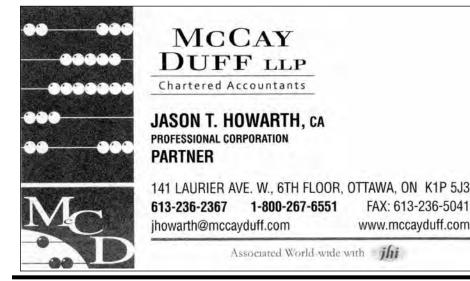
This building has some real weight that no one knew about," said Leroux. He likens it to a bank: a building with permanence and gravitas. "It is very, very important and extremely well done; a remarkable Canadian work of architecture from the late 1960s."

wants an open-concept office with clear sight lines and lots of light.



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This is an abridged version of an article that was initially published on www.cmaj.ca on May 5, 2016. It is reprinted here with permission from the publisher.

Meet Denis Analytis

enis Analytis is the Executive Chef at Riverstone Maplewood. His introduction to the culinary world was at the age of 13 at one of his father's restaurants. He realized at a young age that his passion for food would without a doubt lead him to a career in cooking. Some of his fondest childhood memories were being in the kitchen with his mother and grandmother, where they instilled their passion for cooking in him.

With 25 years of experience, ranging from Ottawa's busiest restaurants, banquet halls and golf courses Denis now brings his passion for food as the Executive Chef at Riverstone Maplewood.

Working at Maplewood has allowed him to use fresh, sustainable, regional products to create an innovative and memorable dining experience.

He looks forward to sharing his talents and passions with you.

For The Love of Guacamole

Nothing says summer like fresh home-made Guacamole!! So grab some tortillas and an ice cold beer, summer is almost here.

Guacamole, a dip made from avocados, is originally from Mexico. The name is derived from two Aztec Nahuatl words—ahuacatl (avocado) and molli (sauce).

On one of my recent vacations to Playa Del Carmen I came across an amazing little Guacamole Hut located right on the beach. The chefs were preparing fresh salsa and guacamole, crispy tortillas and some refreshing beers to boot.

This recipe is inspired by that great little hut. Enjoy!!

Ingredients

3 Avocados, halved, seeded and peeled

1 lime, juiced

- 1/2 teaspoon kosher salt
- 1/2 teaspoon ground cumin
- 1/2 teaspoon cayenne pepper (or a couple of dashed of your favorite hot sauce)
- 1/2 medium onion, diced1/2 jalapeno pepper, seeded and minced
- 2 Roma tomatoes, seeded and diced
- 1 tablespoon chopped cilantro 1 clove garlic, minced



I Cut avocado, remove flesh: Cut the avocados in half. Remove seed. Score the inside of the avocado with a blunt knife and scoop out the flesh with a spoon. Place in a bowl.

2 Add salt, lime juice, cumin and cayenne pepper. Mash using a fork.

3 Add the chopped onion, cilantro, roma tomatoes, garlic and jalapeno pepper. Jalapeno peppers can vary in their hotness. So, start with a half of one pepper and add to the guacamole to your desired degree of hotness.

Remember that much of this is done to taste because of the variability in the fresh ingredients. Start with this recipe and adjust to your taste.

Let sit at room temperature for 1 hour and then serve.

INVESTING IN IN OUR SCHOOLS

As your community MPP I am pleased to share with you that the province is investing \$7.5 million to help build the proposed expansion at St. Patrick's Catholic High School. This year, planning will begin for a new addition at St. Patrick's High School to help meet the needs of local students and accommodate changes to enrollment levels now and in the future. The new addition will accommodate over 250 students in grades seven and eight and support the closure & consolidation of students from St. Patrick's Intermediate School.

I am proud of our commitment to invest in a better education for our local students. This significant investment is good news for Ottawa South, for the Ottawa Catholic School Board and most importantly for our students. The eventual expansion at St. Patrick's High School will bring grade seven and eight students closer to important resources, and improve their learning experience. By building up our local schools we are giving more students the enhanced learning environment they need while supporting local jobs and strengthening our economy.

Giving students the best possible learning environment is part of the government's economic plan to build Ontario up and deliver on its number one priority — growing the economy and creating jobs.

Here to Help

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





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Home away from home the vision of this restaurant and café

by Carole Moult

The concept of the *At home Restaurant and Café* is unique. It was created by someone who is extremely knowledgeable in the field of hospitality, and took a very long time to become a reality.

Majed Mantache is a hotelier by trade. He was born in Kuwait, studied in the U.K., and spent most of his life in the foodservice industry there. Originally, he began managing night clubs, restaurants and pubs, and then later moved to hotels, where he worked in four. *At home Restaurant and Café* has been his 'dream' for many years.

Several years ago Majed opened *The Red Lion Inn*, historically situated just off the busy Highway A55, in Northop, North Wales. A few years ago he decided to sell that business and settle in Canada with the remainder of his family, where he opened a restaurant in Montreal and two in Gatineau.

Now, should you ask who owns, *At home Restaurant and Café*, any one of four brothers or a sister, or even Majed's father, Basha, might respond, "I do." Majed, however, is the face of the day to day running of the business, although frequently his son Ali can be seen behind the counter, between the classes he attends at Carleton University.

What makes *At home Restaurant* and *Café* at 1721 St. Laurent Blvd. so special? It is not only the excellent homemade food, but the fact that this location is one where you can choose to enjoy your lunch or dinner in a restaurant setting on one side, then go for delicious desserts, gelato, and smoothies on the other. Or, you may decide just to come in for the delicious waffles and relax in the café. The choice is yours.

There is a deep leather area for unwinding and varied arrangements for seating in the café, while in the restaurant section there is a good selection of table options as well. *At home Restaurant and Café*, also provides the private space for office parties or meetings for up to 12 people, including having their own TV.

One customer even went so far as to remark, "I've never been in a place where I can eat Thai food in one part, or go on the other side where I can have chocolate fondue. Next time, I'm going to try Lebanese."

Another customer, Jim, commented that he has eaten at both the restaurant and café many times. "I am biased," he added laughingly. "I like the fish and the Thai food. The Gelato is awesome and so are the crepes." He comes from Riverside South and says it is well worth the drive. Other guests from across the city feel the same way.

Not all customers come from such a distance, and Majed is getting to know the 'walk-ins' much better now. At home Restaurant and Café has only been open since late winter, however, as word has spread many local people have come to know the excellent food that is being served and the friendly service.

Among the regular diners, there is always great anticipation about the Monday to Friday Dailey Special. Chef Badi and Majed begin preparing it well before the lunch beginning at 11 a.m., and only if you're very lucky will there be any left after the official lunch closes at 2 p.m. A great selection of other foods is available all day, with the kitchen not closing until 9:45 in the evening.

Along with the delicious fare, diners will notice the distinctive furnishings of the *At home Restaurant and Café*. The tables, some of the chairs, and much of the intricate wall décor were all hand-milled out of pine by a Quebec wood furniture manufacturer, and the words that comes to mind are 'streamlined' or 'sleek' when describing the various areas.

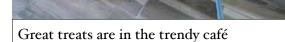
Construction began in August 2015, and after 7 months 1721 St. Laurent Blvd., Ottawa's original Shawarma location was totally remodelled to become the impressive restaurant and café that it is today.

It was Majed's vision to provide something both very positive and different for customers, and he has. "It is about the whole outing experience where you feel at home away from home." he qualified. "It's a restaurant with tapas or starters, plus BBQ, seafood, kabobs or steak. And, it's also a café, with crepes, waffles, chocolate fondues, Ashta with fresh fruit and nuts, and a wonderful variety of fresh fruit smoothies."

Majed Mantache is to be highly commended for bringing this wonderful inspiration to Ottawa. Diners who appreciate delicious food made by an expert have already been making return trips to *At home Restaurant and Café*. They are certainly pleased that he chose our city to pursue his dream. Well done to Majed for making this happen.







Meet Majed Mantache.

There's more to the cafe than first meets the eye







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Riverview Park Review





Looking back at the 1950s: (L-R) Snjeza Kulic, Cecilia Cedolia, Courtney Sullivan and Nathalie Bartlett *Photo credit:Nathalie Bartlett*

A touch of *the 50s* at Maplewood

Lauren Hall sure knew those 50's songs *Photo credit:Nathalie Bartlett*





We had 1950s fun! (L-R) Katie Sauve, Cecilia Cedolia and Rosalind Gyasi . In the background: Paul Charlebois *Photo credit:Nathalie Bartlett*



These soda bar experts made banana splits and root beer floats: Paul Charlebois, (L) Cedric Meloche (C) and Bernard Charlebois (R) *Photo credit:Nathalie Bartlett*

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Riverview Program

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Riverview... Then

by Paul Walsh

Pictured is a companion photograph to that of the April issue. It was taken in the early/mid 1950's and shows a similar view of the treed area near the top of the photo, or, as it was originally known, Whitton Park. (After Mayor Charlotte Whitton) The photographer's plane has moved further left (NW) and shows much of the Grey Nun Hospital, located on the left of the image, and a quarter way up, plus, the surrounding area. The present-day 3rd Alta Vista Tower, the one furthest in from Alta Vista Drive, is on the exact location of the Grey Nun Hospital!

Rolland Ave. is on the left, above the Hospital, and it meets Blair St. at its top. Blair continues left until it meets the path/roadway from the Grey Nuns, in a straight line to the right of the row of trees, and in turn, leads into the forest and the space where the Nuns had an outdoor chapel. (Blair would later bend left where it ended, and become the present-day Coronation Ave.). Turning right off Rolland, leads you shortly to where Drake hits Blair, and eagle eyes might see the old farm in the trees, above the houses on Drake, and left of Lindsay.

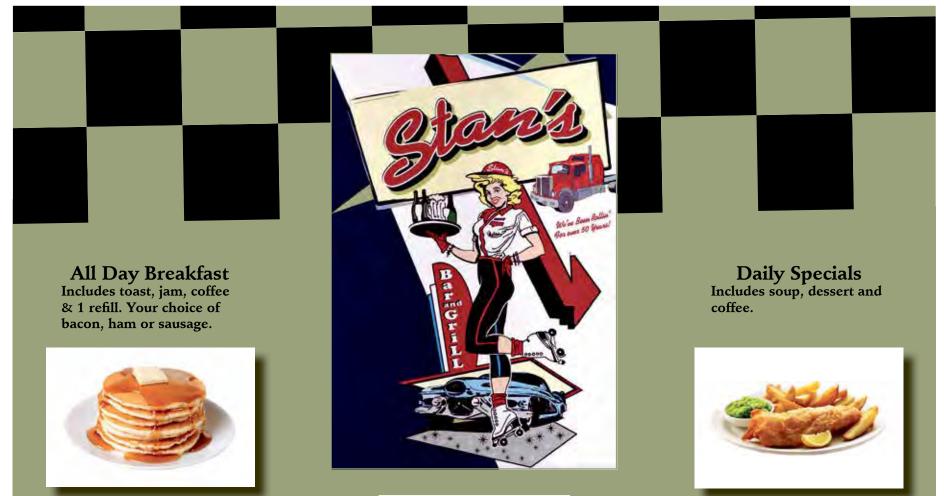
As a youngster, I remember some remains of that chapel in the Whitton Park clearing. The most prominent part was the open bell in its 6 ft. tall bell-tower. From people in the area, and judging by the remains, many surmised that the chapel was an opened-walled, circular



gazebo type building, with an upward sloping roof leading to a circular bell-tower on top, in the centre of the structure. Large flat slabs of rock served as steps up to the floor/platform. It was entirely made of wood and was last a going concern in the very early 50's.

Perhaps some residents may have inherited photo albums, or picture files, from their parents or grandparents, which have structures from the area which you are unable to place, recognize, or explain. If so, we at Riverview Park Review have several highly interested history buffs who would appreciate the chance to view your findings.

Please call us anytime at 613-794-7275 if you have such treasures, or, any other interesting photographs of Riverview that you wouldn't mind sharing.



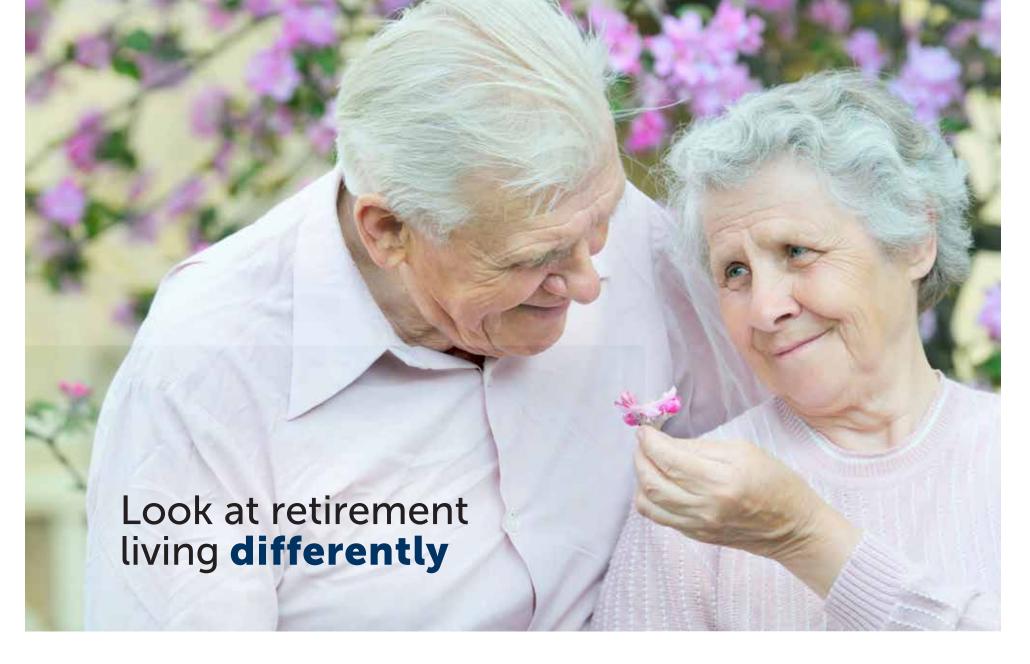
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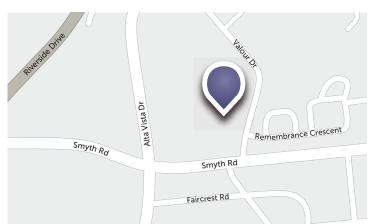


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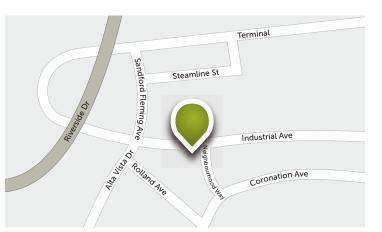
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Into the caves of Phong Nga National Park

by Lori Fairbairn

ur fun adventure started with a 21-hour train up north from Ho Chi Minh City (formerly Saigon) to an area called Dong Hoi. From there we took a taxi to Phong Nga National Park, where we were told amazing caves were located.

We lodged the first night at a farmstay in the middle of rice paddies but

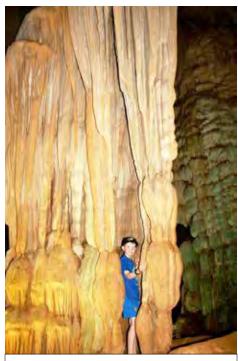
had to move to another place the second night since it was by then fully booked up. An amazingly resourceful woman took the four of us in as family and even invited us to the tenyear anniversary of her father's death. Her husband told us that they hold a celebration for every family member who has died up to and including a great grand-parent that no one remembered any more. It's a beautiful custom and excuse for all to get together.

Next we took a boat through one of the caves and climbed around in it followed by a full-day's tour of the cave so immense it was like nothing I had seen before. I zip-lined in while my husband Neil and our two sons, Dylan and Keiran, kayaked in. We walked through the cave in our bathing suits and ended up to our chests in

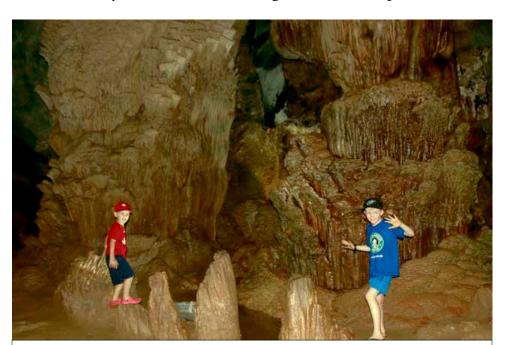
a mud-type soup. Imagine facial mud not garden mud! It was cool though at the point of being submersed Kieran, our four-year-old, wasn't quite so keen any more. It ended with a mud slide that Dylan loved.

Kieran had had enough at this point so I kayaked back with him

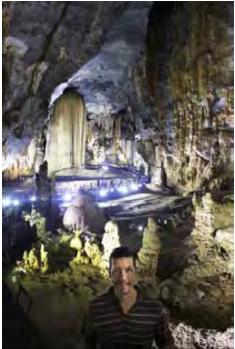
Continued on page 32



Dylan hides in a massive tower



Kieran (left) and Dylan explore



Neil keeps an eye on the boys



We're eating more fusion foods these days

by Carole Moult

E ating food from different cultural groups is always exciting. At one time, some might have used the word 'adventuresome', while others might have said 'brave'. These days, when we live in such a multicultural society, we are truly fortunate to have an amazing variety of ethnic meals nearby. Your choice of menu items can be as daring as you and your taste buds can handle.

According to *Restaurants Canada, Statistics Canada and the NPD Group, Canada,* in their recent report updated April 19th, 2016 the graphics note that there are 7.5 million visits to restaurants every year in Ontario.

The NPD Group is a market research group that operates in 20 countries and interviews 12 million consumers a year, tracking businesses representing over \$1 trillion in sales in the Americas and more across Europe and Asia- Pacific. Foodservice is one of these businesses.

It is doubtful that many of the 7.5 million diners from the surveys grew

up eating ethnic foods, however, according to an earlier report from Robert Carter, *NPD* executive director of Foodservice, he notes that 'Global-, fusion- and local-oriented cuisine is very much part of the mainstream now'.

Fusion food is a general term for the combination of a variety of forms of cooking and comes in several formats. 168 Sushi at 1760 St. Laurent Blvd. is a fusion restaurant. Their food is Japanese, Chinese, Korean, and Thai.

Among the reasons for the popularity of Sushi includes the fact that diners are able to enjoy the many varieties of food from which to choose. They also feel that their meal at a Sushi restaurant is healthy and definitely tasty as they bite into one of many grouping of great flavours that make up Sushi. Customers also say that they are grateful to have the choice of eating some very low calorie Sushi.

Dynamite Rolls are the favourite dish of one regular diner at 168 Sushi, and according to her server, Wei, this dish made from fried shrimp, avocado, and cucumber with fish eggs and eel sauce is one of the top Sushi picks at their restaurant. Another favourite among customers is the Western Sushi California Roll, popular no doubt because there is nothing raw in these, and often people don't like the thought of eating raw fish.

Green Dragon Rolls and Red Dragon Rolls are extremely creative, with the green one having sliced avocado for its back and the red one covered with salmon on top. Again, this western variety of Sushi is one of the top picks among visitors to a Sushi restaurant.

On a recent lunchtime trip to 168 Sushi there were at least 75 visitors, with only four of Asian descent. One diner even noted that he is a fourth generation Japanese- Canadian, enjoys a great variety of different ethnic foods, and has eaten at the 1760 St. Laurent Blvd. location at least 20 times.

At dinner that same week, there were again about 75 restaurant visi-



Sushi Chef Patrick gets ready to prepare Sushi

tors enjoying fusion cuisine. About 10 were Asian.

Yes, Canadians of all ages, walks of life and nationalities do seem to enjoy their visits to fusion restaurants. And, judging from two quick observations at a local restaurant, the *NPD Group* was certainly right about our recent eating habits.

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



iPad ordering for Red Dragon Sushi



iPad ordering for Green Dragon Sushi

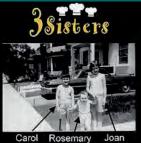




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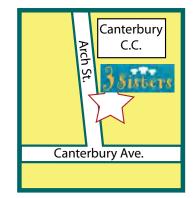
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JUNE 2016

Lemons – as a multi-tool?

by Maria CampbellSmith

n optimist will advise that "when life hands you lem-⊾ons−just make lemonade". A pragmatist, however, will insist that those same lemons could dissolve your warts, help treat acne, clean your mirrors, brighten laundry, or make your shortbread cookies sing! Who knew that lemons were a multi-tool?

Lemons have long been a staple in the kitchen, and used as a flavour and fragrance additive in industry. Did you know that the oblong, yellow fruits are also a secret part of medicine cabinets, cleaning cupboards, and living rooms around the world? The myriad of uses for this humble, little fruit does indeed give it status as a multi-tool.



If you think that all lemons are the same, they are not. Should your lemon have bumpy, textured skin, a short neck at one end and seeds, it is likely a "Eureka" lemon. If, instead, it has an oblong shape, smooth skin and no seeds, it is a "Lisbon" or "Bonnie" lemon. "Meyer" lemons are yet another varietal, with thin skin, less acid and a sweeter flavour, as a result of being crossed with mandarins or oranges.

Heavier, gold-coloured lemons

are usually sweeter, developing use of ingesting lemons and lemon more sugar and mineral concentrations as they ripen. Lighter weight or green-tinged lemons are not as ripe, will have less sugar and minerals, and less flavour as well. While lemons are famous for fragrance and juice, they are also interesting to study.

Historians and horticulturalists believe the lemon was originally native to ancient Asia (specifically India and China). It may have been traded and introduced to Europe in the first century A.D., but it was not widely cultivated there until the 15th century. Lemon seeds and trees were actually brought to the Americas by Christopher Columbus. For the sailing empires of the 18th and 19th centuries, lemons were known as a pricey but powerful tool to fight scurvy. Today, lemons are cultivated and exported worldwide.

Do you know which country is the world's top producer of commercial lemons? It is India. Mexico, Argentina, China, Brazil, and the United States are the next big producers. Turkey, Iran, Spain and Italy have also had a long history of growing and selling lemons, and continue to do so today.

Which professions use the lemon?

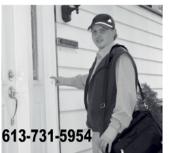
Chefs and bakers around the world have long used lemons in juices and marinades, as flavouring or garnish, and for grated or candied peel. Nutritionists promote lemons because they contain potassium, citric acid, and a high Vitamin C content.

Herbal medicine promotes the

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juice for relief of some gastrointestinal disturbances and as a natural source of Vitamin C and antioxidants. External use of lemon juice (as an astringent on your skin, for example) can help reduce inflammation. The antimicrobial properties of lemon juice can also reduce bacteria and help treat acne.

Lemon oil is used in aromatherapy to improve mood, increase focus and alertness, and revitalize your mental and emotional energy. This is because inhaling lemon oil increases the brain's neurotransmitter "norepinephrine".

Some dermatologists advise people to try to organically dissolve warts (on fingers or toes) with lemon juice applied directly to the wart via soaked cotton swabs several times a day over several days.



Just how versatile is a lemon?

Lemon juice has numerous oral uses worldwide. Mixing lemon juice, sea salt and warm water is often recommended as an effective, organic gargle for sore throats or during cold and flu season. Lemon juice diluted with drinking water also makes a revitalizing mouthwash. In tropical regions around the globe, many people drink a daily tonic of diluted lemon juice to promote healthy digestion and clean skin. It is also used to prevent dehydration and helps detoxify the liver.

Adding 1 or 2 tablespoons of lemon juice to the boiling water for your rice, yields fluffier rice with a slight lemon scent. Adding lemon slices or leaves to your teapot produces flavoured, fragrant tea. Need to refresh or sanitize your cutting boards? Rub the board with fresh cut lemon or scrub it gently with pure lemon juice. Want to clean and disinfect your microwave without using toxic chemical cleaners? Fill a glass or ceramic microwavable bowl with 1.5 cups of tap water and 4 or 5 tablespoons of lemon juice. Microwave on HIGH for 7 or 8 minutes.



Allow the steam to condense on the walls of your microwave. Then wipe it all clean with a damp cloth or sponge.

You can even **launder** with lemons! Use equal parts lemon juice and water as a stain soaker (on the underarm stains of white cotton dress shirts, for example). Or you can add 1 cup of lemon juice to your regular large load of whites to brighten and freshen the laundry.

If your home or cottage fireplace has become dank or stinky, try burning lemon peels with the next bundle of firewood. If your mirrors, counters or faucets need brightening, clean them with diluted lemon juice and water. It allows you to effectively clean and sanitize many hard surfaces in your home without the use of toxic chemicals. This is particularly welcome news for allergy-sensitive families or homes with children or pets.

Here is a tip to maximize the juice output of a lemon. Roll the fruit vigorously on a hard surface (like a counter top) before you cut and squeeze it.

How should you store fresh lemons? Decide how long you will need them. Storing lemons displayed in a bowl or basket produces a bright, beautiful centrepiece which can also scent a room. Exposed to room temperature, your lemons will last 1-2 weeks. If you store your lemons out of sight in the refrigerator instead, you lose their beauty and fragrance, but they will stay fresh for 2-3 weeks.

If all else fails, fresh homemade lemonade is reason enough to buy the fruits! So have some fun or get some work done. This little citrus fruit is a powerhouse. The lemon really is a multi-tool.

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S	Sudoku on page 48										

Computer Tips and Tricks

by Malcolm and John Harding, of Compu-Home

Windows 10 Progress Report

It may surprise some people for us to say that this program is going very well. After a few days of grumpiness at having to become accustomed to things being in different places, most users are having to admit that the Windows 10 Operating System is very stable, reliable, and often just a tiny bit faster than their older Operating System. If you feel pretty comfortable with a medium-level computer challenge we would suggest that you go ahead and do the upgrade yourself. Otherwise, a technician can do it for you at a charge of about an hour to an hour and a half and your computer will have to be in the workshop for a day or two. A very important caveat is that you really must have a backup of your data before starting the project. Most of the time the upgrade goes without a hitch but if a problem does crop up there is an outside chance that your hard disk will have to be erased (and your data along with it) before you can go back to the old Operating System or forward to Windows 10.

July 2016, and so time is beginning to dwindle.

Something that has caught a few people off guard is that their computers have suddenly begun the upgrade process on their own. This has happened because Microsoft arbitrarily changed the status of the Windows 10 upgrade from an Optional to a Recommended update recently. Usually, Recommended updates are the benign and unnoticed little security patches and tweaks that happen overnight and so many people have designated in their settings that this sort of thing can happen automatically. Although Microsoft did announce that this change would take place, owners might be forgiven for being astonished that something so drastic occurred by surprise. If this happens to you, it will mean that you are now being forced to make a decision:

: If you go with the flow and accept the upgrade, you have a bit of a learning curve ahead of you. In most cases the upgrade will finish without incident and all you will have to do is to figure out where are the shortcuts and your files in

vide overviews of how Windows 7 or 8 compare with 10 and show you some basics and tips to make life easier.

: On the other hand, some users are so satisfied with the older OS that they are unhappy that the automatic update is taking them to a place they don't want to be. There is a remedy but you have to follow the steps pretty carefully. You must allow the upgrade to finish, and only then follow a fairly simple strategy to revert to your previous OS. It is important not to abort the upgrade while it is underway, because you don't want to be locked up at a point where you cannot go forward or back. Once the Windows 10 upgrade is complete, you have 30 days in which you can change back to the old OS. We recommend that you take the time to read BOTH of the following articles for guidance before you embark on the return leg of this journey: <u>http://tinyurl.</u> com/pta5nw2 and http://tinyurl.com/ *<u>q7bfnn8</u>* will be helpful.

It is easy to imagine the angst that must permeate the labs and offices at Microsoft and Apple when the subject of an Operating System upgrade rears its ugly head. On the one hand, most users want to be able to get the best out of their hardware, software, and websites, and today's flashy innovation is tomorrow's must-have. On the other hand, the expense and inconvenience of installing and mastering a new and different environment every few years will be guaranteed to infuriate a large percentage of the customer base who would be delighted to see heads rolling because this was inflicted on them.

Go to compu-home.com/blog for an archive of our columns (including this one) and lots more tech-related articles. There is a space right after each item for you to make comments and suggestions, and ask questions. You can even sign up for automatic updates. Have a look at compu-home.com/ blog soon or call us at 613-731-5954 to share your opinions and suggest subjects for future columns. Our email address is info@compuhome.com





Planning and Development Update

by Kris Nanda Chair, RPCA Planning and Development Committee

he Riverview Park Community Association (RPCA) tracks local developments, most notably work on controversial Hospital Link of the Alta Vista Transportation Corridor (AVTC) road between Riverside Drive and the Ottawa Hospital Ring Road, highlighted by the well-received May 2 walkthrough of the section east of Alta Vista Drive. Other issues the RPCA is monitoring include developments related to the Light Rail (LRT) project, activity in the Trainyards, proposed secondary dwelling unit (Coach House) regulations, possible school closures, and the need for greater pedestrian and cycling connectivity to help reduce traffic congestion and promote more active transportation.

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. Besides participating in the regularly scheduled Alta Vista Planning Group (AVPG) hosted by Councillor Jean Cloutier, the RPCA recently took part in a meeting with community associations from Overbrook, and Manor Park, to discuss common transportation issues and concerns.

Details on issues of interest to the RPCA and Riverview Park residents include the following items:

<u>Alta Vista Transportation</u> <u>Corridor - Hospital Link</u>

Construction work continues on the 1.7 km Hospital Link section of the AVTC between Riverside Drive and the Hospital Complex with most of the woods along the route now clear-cut. Only additional tree-cutting and clearing is expected to be along the final portion between the sledding hill (adjacent to the Plumerator) and the approved eastern terminus link at the Hospital Ring. Work on the road is slated for completion by 2017 with the final landscaping scheduled for 2018. Councillor Cloutier's website has more details on the AVTC project at: <u>http://</u> jeancloutier.com/bospitallink/

About 20-25 local residents took part in a May 2 walkthrough of the AVTC between Alta Vista Drive and the Hospital Ring Road, ar-

RIVERVIEW ALTERNATIVE SCHOOL FAMILY FUN DAY SATURDAY JUNE 4, 2016 9 AM - 1 PM

260 KNOX CRESCENT BBQ, BOOK SALE, BAKE SALE, GAMES, BOUNCY CASTLE, GARAGE SALE. BRING OUT THE WHOLE FAMILY FOR A DAY OF FUNIIIIII GARAGE SALE TABLES AVAILABLE FOR RENT. CONTACT SCHOOL @ 613-733-6898 OR JANET @ 613-413-3596

ranged by Councillor Cloutier in response to a request by the RPCA. Participants were able to see firsthand the ongoing work on the road and ask questions and provide comments to chief project engineer Bruce Kenny, Councillors Cloutier and Chernushenko and several other city staff and consultants. Residents provided input on tree-planting, berms and other landscaping designs, footpaths and possible locations for a new sledding hill in the corridor. The need for pedestrian access was stressed during the walk-through as well as linking up with the pathway that will be built westward from the high-rise on Roger Guindon (east of the Hospital Complex). The RPCA preference is to locate the path alongside of Hospital Ring Road rather than through the Hydro corridor greenspace, though this is a separate project from the AVTC.

Martha Lush, the chief landscape architect for the AVTC Hospital Link offered to have a follow-up Open House for the community in June with preliminary design incorporating input received during the walk-through. A potential date is Wednesday, June 15th.

The RPCA will continue to offer suggestions on ways to reduce disruption during and after its construction, including taking advantage of tree-planting programs to mitigate sound and light from the Hospital Link and to restore aesthetical value that has been lost.

Implications from Light Rail Construction Project

Construction of the structure of the new Hurdman Transit Station is expected to be complete by fall 2016 and crews are beginning to construct the deck for the elevated guideway for the LRT Station.

Underground electrical and plumbing installation continues and the excavation where the buses used to stop at the former Hurdman location is being transformed into a bioswale -a landscape feature designed to remove silt and pollution from surface runoff water. The RPCA and others have asked for clear signage and enhanced safe cycling features on Lees Avenue westbound from the Transitway to handle the increase in bicycle traffic - and bike lanes and sharrows on this section of road have been repainted.

Coach Houses/Secondary Dwelling Units

Earlier this year, the City recently released the results of a questionnaire regarding changing regulations to permit secondary dwelling units (Coach Houses). These self-contained living units either attached to or on the same grounds as a detached or semidetached home, duplex building or townhouse. Issues surrounding Coach Houses include balancing the desire to intensify versus loss of privacy due to proximity and height of new unit, increased traffic, appropriateness for certain neighbourhoods, and the potential loss of large trees to make way for new dwellings. The release date for the final draft study has shifted back from April to early fall. To receive notifications and updates on the proposal, send an email to emily.davies@ottawa.ca or visit www. ottawa.ca.

Pedestrian and Cycling Connections

The gap between the Trainyards and the Via property is now 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.

An underground tunnel beneath the active train tracks has been closed for many years. Originally designed for Via employees to use, the tunnel is now filled with water and is too narrow for bikes to use. Renovating the tunnel and building a pedestrian ramp north from Terminal Avenue is the current proposed short-term option with secondary plan to build a Multiuse Path (MUP) bridge across the Via tracks at a later date. At the request of the RPCA, Councillor Cloutier hosted a meeting with city planning officials on May 4 to view and discuss the initial designs for a link (either a tunnel or overpass) between Terminal Avenue and the Via Station. Representatives from Overbrook and Eastway Gardens Community Associations and staff from Councillor Nussbaum's office also took part and provided input. These de-

Planning and Development Update

sign plans are expected to be completed by fall 2016.

Concerns were raised about need for safety and security and 24 hour access to the link. There was also a suggestion to shift funds for the tunnel link to building the MUP bridge over the tracks and to seek federal infrastructure money.

<u>Trainyards Developments</u> and New Retail

Construction on the 9-storey office building at 405 Terminal Avenue is expected to be completed in early 2017. A tenant has yet to be confirmed. BuyBuyBaby is expected to open at 595 Industrial in the near future.

The revised site plan for the former lumber yard lands at 628 Industrial Avenue and at the signalized intersection for Farm Boy/ LCBO calls for two retail buildings plus a small coffee shop. The RPCA passed along comments regarding protecting the trees along Coronation Blvd (behind the site) and reiterated support for a sidewalk and greenery along Industrial directly in front of the new buildings. City staff replied that the mature scotch pine trees along Coronation will be protected and maintained, though some other trees will be cut during ramp construction and replaced afterwards.

The area along Industrial Avenue in front of the site will be vastly improved compared to the current condition. A sidewalk, trees, grass and some planting beds will be installed. The completed sidewalk on south side of Industrial will help address some dangerous pedestrian crossing activity. As this article went to press, the resubmission from the applicant (Trainyards) had not yet been posted.

Elmvale Shopping Centre Redevelopment Proposal

The RPCA has provided comments on RioCan's initial concept plan to redevelop the Elmvale Shopping Centre, including converting the indoor part of the mall and adding high-rise residential towers with rental units. The first phase of this 25-year plan would see a residential tower where Kelsey's Restaurant is presently located.

The Elmvale Acres CA conducted a survey of local residents regarding the proposal and shared results with RioCan (developer) and the City. RioCan has been reviewing comments from the public to provide a resubmission this spring with an Open House to follow.

OCDSB School Program Review and Boundary and School Accommodations

Ottawa Carleton District School Board (OCDSB) Zone 6 Trustee Chris Ellis recently updated the RPCA Board on the upcoming Boundary and Accommodation Reviews for elementary and high schools in the Alta Vista area that will take place in 2017 and may lead to some school closures and changes to the Secondary Schools Program.

There are a number of high schools in the area, including Hillcrest, whose current enrollment is well below the optimum number that principals have indicated are needed to adequately program courses. The OCDSB will also look at elementary schools as only 30% of new students are taking the English Program. Within Zone



6, Arch St., Hawthorne and Riverview Alternative School (RAS) elementary schools do not have French Immersion; though a survey of RAS student families conducted several years ago showed 82% of parents would keep their children at RAS if it had Middle-French Immersion.

The enrollment for the three schools respectively is less than 50% of capacity, while Vincent Massey (VM) is oversubscribed. There are only 139 students at RAS according to the statistics, and many local families whose children could walk to RAS are going to VM instead, because of French Immersion. The RPCA has expressed support for an invigorated "community school approach" to encourage more students to walk to their local schools. This system would have added health benefits associated with walking to school rather than the additional costs in time and money of being bused from Riverview Park to other schools across the city.

RPCA members participated in the May 25 Open House that Trustees Menard (Rideau-Vanier/ Capital), Braunovan (Somerset/ Kitchissippi) and Ellis (Rideau-Rockcliffe/ Alta Vista) held regarding the upcoming Boundary and Accommodation reviews and possible changes to the Secondary Schools Program Framework as well as the 2016-17 OCDSB budget. Ellis will also hold a separate Zone 6 meeting on Thursday, June 9 at Hillcrest HS to hear and consult on these issues. Information is available at www.SchoolZone6.org

Other Developments

Work is beginning on transit and intersection improvements on St. Laurent Boulevard between Industrial Avenue and Smyth Road to accommodate additional turning lanes and new cycling facilities as well as to widen St. Laurent Boulevard and create a bus-only lane and a raised cycle track in each direction. There will also be minor improvements to the parking lot entrance near the Elmvale transit station. Sewer replacement on Industrial between Russell & St. Laurent is taking place starting this spring and is expected to create additional traffic congestion.

The April 2016 Perley Rideau Veterans Health Centre (PRVHC) physiotherapy clinic is looking to expand and include a family medicine clinic. The RPCA supports the idea of a crosswalk on Russell Road near the PRVHC for safety reasons, and while sturdier "Seniors Crossing" signs are being placed at the entrance to Russell Road, the City has said that at this time, there are not enough people crossing to justify a crosswalk. .

At the May 2016 AVPG meeting, the City's Client Relationship Leader (CRL) for the Ward was introduced to the RPCA and other Community Associations who can seek guidance from the CRL on development-related questions.

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

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

Alta Vista Co-operative Nursery School

The RPCA passed along comments regarding protecting the trees along Coronation Blvd (behind the site) and reiterated support for a sidewalk and greenery along Industrial directly in front of the new buildings. *Photo credit:Geoff Radnor* Where play is learning and learning is stimulating, challenging, creative and fun!

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The ARTS in Riverview Park

An interview with Paul Finnigan: Actor and Writer

by Diane Davidson Schmolka, Arts Reporter for the Riverview Park Review



Paul Finnigan Photocredit:(JB)JenniferBarnesPhotography

Paul Finnigan, long time resident of Riverview Park, animal lover, neighbourhood walker and multitalented nature lover, you've probably not realized you had met, but now, you will get an opportunity to meet one of the most versatile artistic people in our great community.

Diane: I have been looking forward to your visit in our home for awhile now. Our cat, MIKO, has known you for a few years, because he emerges from the hydrangea patch on our front garden, runs up to greet you, and you give him affection. It was not until you sent our editor some information about yourself that I realized you were the same person who befriended our cat.

1. My first question: What took you from your first ambition to be a hockey player to become a public servant?

Paul: After 12 years as an amateur player, I realized that I didn't have enough size or talent to play at the professional level. I eventually took Energy Control Board. I started in the mail room and after several years with night courses and internal training became an inspector with the Federal Agency. After 20 years, I left, and with a colleague partnered a consulting firm called NOREMTECH INC., for four years. I left that to work for the Federal Court of Canada in various positions. After spending five years with the court I retired with a reduced pension to fulfill a life long dream of acting and writing.

2. When, in 2005, you took early retirement from public service, and pursued acting and writing, was it certain life-experiences or some trigger within your career or education which propelled you to undertake these challenging artistic endeavours?

My last role of many, was as a detective, (Det. Layton), in a locally made, independent movie. I had over 60 roles as an extra or minor character in movies. I have never done live theatre. One reason is that I have stage- fright, so screen acting, rather than livestage, gives me a chance to correct any mistakes. I feel much more relaxed right from the beginning.

3. Where were you born and raised? What influence do you think your childhood and youth have had on your creative writing?

I was born in Ottawa, but raised in the Pontiac, (Shawville). It was my imagination, my need, and love of telling a story which propelled my writing.

4. Can you tell us where we might buy your books, or find your magazine articles?

Yes, online. The publishers are Boston Literary Magazine, Feathertale and Every Writer Magazine. The one poem I have written is published in an anthology called: "The Warbler's Song", published by Polar Expressions Publishings of British Columbia.

5. When you begin to write, what inspires you? For example: there is a prolific writer whose recent

inspired by contemporary pop and rock group songs, as well as singer-songwriters like James Taylor and the Beatles. She has even listed these links to the songs on her web page.

It has been mostly my own lifeexperiences, and sometimes those of others, which inspires me to write my short-short stories.

6. You have acted in more than 60 made for TV movies. Do you have an agent?

I have a casting agent, but not a talent agent.

7. How many characters have you played, and what character have you enjoyed portraying and which did you dislike? Why?

I have played many different characters over the past 10 years and have enjoyed every one of them. For some reason I was normally cast in authoritarian roles. It all started when I attended not an audition but an acting interview. This company was looking for extras and a woman interviewed and took some photos of me. A few days later she called and asked me to come back in. The woman said that I had a very versatile look and that I was just what they were looking for. She said if they put me in a business suit I'd look just like a lawyer, but they could put me in a pair of orange coveralls and I'd look just like an inmate. My response was, "Thanks... I think."

8. Have you considered playwriting?

No, not playwriting as such, but I have written 2 screenplays. One is about an asteroid capable of destroying the Earth, called: "Evasion", as well as another screenplay called: "Blind Fate" The themes of that script are about young family life, forgiveness, and love.

9. You wrote a poem which was published Can you share it with Riverview Park Review? Have you written more poems?

Yes, there is this poem: Surviving Time It is the only poem I have writWhen I saw the many ash trees being cut down, because of the ash borer beetle I was saddened by the devastation, and remembered what happened in past years to all the elm trees in our neighbourhood. I asked myself: "What's next?" "I was never a fan of poetry, but felt compelled to write this poem about the experience."

Surviving Time

Gone are all but memories of the ash and of the elm Once ever sound casting shadows of timeless splendour Forbidden to linger in twilight, or dwell amid the wind-driven rain Evermore absent from the sun-bathed meadows of their domain.

Yet the weeping willow shields it's stance along the riverside While the yellow birch declines to yield that place where it resides The mighty oak upholds a point, in nature's deepest realm Still gone are all but the memories of the ash and of the elm.

Oh God forbid that they meet the same fate For their blood runs pure, so clear and so sweet May time preserve them, like words of a song Their leaf forms the emblem of a nation so strong.

(c) Paul Finnigan.

10. What would you tell young people in this community to help them find a fulfilling career or lifestyle?

I'd tell them to follow their dreams. When there are obstacles to that dream, get a job which can support you, while aiming for whatever your dream is. If you cannot make a 'dream career' a fully paying job, you can arrange your life to retain it as a consistent hobby.

Thank you, Paul, for sharing your story with us, and helping us to get to know you better.



while Neil and Dylan went further into the cave wearing head torches. Apparently they swam about 100 metres at which point the guide told them to turn their torches off and swim back in the dark. Dylan thought that cool!

When they had kayaked back out of the cave Dylan wanted to zipline into the river as promised. He was fearless. Kieran thought he would do it too. Luckily he was scared off when he reached the top of the 15-foot zip-line tower.

It all added up to a grand adventure followed by a day of rest enjoying the peace and quiet of the national park.

Next evening we went to a pub in the middle of nowhere and picked out a live chicken for dinner. Neil chose one but we weren't keen to kill it. Instead we watched the pro-

cess. It turned out to be the most delicious meal I have ever tasted giving meaning to the phrase from farm to table, locally grown and organic. Everything we ate our hosts had themselves grown including the peanuts for a fantastic peanut sauce. The entire meal took about two hours to prepare as you can imagine. Our hosts had a pool table and a volleyball net to keep our young children and us ccupied while the chicken was cooking.

The four of us took an all-night train back to Hanoi in our own sleeping car. The trip was less chaotic than the first train journey. It was a fabulous holiday and a great opportunity to show our children how amazing Vietnam is. *Note: Review writer Bill Fairbairn's son Neil teaches math at a United Na*-

tions school in Hanoi and his wife, Lori, is about to start work as a counsellor at the British International School of Hanoi.

Riverview Park Soccer - Summer 2016

Submitted by Carol Richenhaller

group of community volunteer parents are in the late stage process of planning for another upcoming year of Riverview Park Community Soccer. This is a parent organized and parent coached community soccer skills development evening founded in 2009 by a group of Riverview Park residents for kids aged 2 to 12. A record 141 children registered in the 2015 season which ran from June to August. A dedicated and good natured group of parents and



Soccer players begin at a young age in Riverview Park *Photo credit: Josie Sirna*

neighbourhood youth coached, assistant or substitute coached and organized the season for the 4 age groups. Thank you from the whole neighbourhood!!

In previous years soccer players convened on Wednesday nights *from 6:15 to 7 pm* (or to *7:30* for the older ones) on the grounds of the Riverview Alternative School on Knox Crescent for a nominal fee of \$20 per child or \$30 per family to cover equipment needs and Riverview Park Community Association (RPCA) membership.

The success of running this program and the ability to run it again in the summer of 2016 relies very heavily on the commitment of our Riverview Park residents and the response to this call for volunteers. At this point we are faced with a very low number of coaching and assistant coaching volunteers and may have to significantly cap the number of children participating unless we can get those numbers up. Although it is an informal club, to handle these numbers there are many people needed and hands on deck required to keep it fun and safe for the kids.



There are lots of ways that we have fun at soccer. *Photo credit: fosie Sirna*

Remember, no coaching or soccer experience is necessary and commitment can be even just a few evenings over the summer to cover absences.

If you are able to offer to volunteer please send an email to <u>RP-</u> <u>CAsoccer@rogers.com</u>

<u>Also consider involving your</u> <u>older children!</u> A great opportunity to hone their skills and experience at volunteering and remember this experience counts towards the high school curriculum volunteer hours. They can help coaches with drills or also some administrative tasks, especially in instances where younger siblings are playing.

RPCA Soccer Club



Member of Parliament | Député David McGuinty

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

David McGuinty, MP | Député

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JUNE 2016

Community involvement and Trinity Church

by Pastor Franklin Chouinard

n 1973 Reuben Welch published a rather smallish book that had a big impact on the Christian Church. Titled We Really Do Need Each Other, it was a call for the church to once again become the community - or rather community – that it was meant to be. It is so easy to be less than community in our fast-paced society - we have so many obligations that we can't even keep up with them, let alone find time to rest, recuperate, recharge, and encourage and be encouraged. And church participation is seen as yet another requirement in an already long list of responsibilities.

And yet . . . we really *do* need each other! So Sundays the members and friends of Trinity Church meet to sing, to pray, to encourage, and to learn together. The meeting time is traditional: 11:00 on Sunday morning. The services are contemporary: a blend of traditional hymns and modern worship music. The sermons are relevant, topical, and challenging.

This summer we are looking forward to something a little bit different, in that our Sunday services will follow different musical themes each week. In general, the theme of our song services will be the church music of the past - that is, of the recent and the not-sorecent past. Beginning July 3 our weekly themes will include There's Nothing Wrong with Those [traditional hymns], It's the 80s [self-explanatory], the Bible Says [Scripture Songs], *Homecoming* [the music of the Gaithers], Sacred or Secular? [music sung inside and outside the church], A Child Shall Lead Them [non-kids kids songs], The Power of the Gospel [revival or gospel songs from the turn of the twentieth century], and Hillsong Sings [contemporary music].

We are looking forward to more involvement from our youth contingent. A number of the young people of the church will be in El Salvador for just over two weeks in August, participating with Youth for Christ in their work. Before that the teens will share in our services, and in trying to raise funds for the trip will provide a car wash and a bar-b-que during the Riverview Park [Alta Vista] Community Garage Sale.

We also look to a baptismal service July 10 [followed by a fellowship time and pool party] and our annual "Ride Your Bike to Church"



Sunday and lawn chair service July 24. And looking further ahead, plans are underway for an outdoor movie night on the church lawn September 9.

For more information about the activities of Trinity Church visit the church web site [<u>www.ottawatrinity.ca</u>] or Facebook page; follow Pastor Frank @TheFrankPastor on Twitter; e-mail the church at ottawatrinity@rogers,ca; or call the church at 613-731-8926.

Protecting Your Home Is Our Mission!

The Canada Science and Technology Museum is looking to build a worldclass Science Park that ignites innovation in science and technology. The Museum will be working with citizens to develop a visionary master plan for their open space out front of their property.

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What do you think this park could look like? Consider participating:

Online Consultations: OPENS: June 3, 10am <u>http://</u> <u>cstmuseum.techno-science.ca/en/</u> <u>visit/museum-renewal.php</u>

Public Consultations: Friday June 3, 12pm to 8pm at the Dempsey Community Centre, Ottawa (1895 Russell Rd, Ottawa, K1G oN1) Saturday June 4, 12pm to 2pm beside the Horticulture Building at Lansdowne Park (1525 Princess Patricia Way, Ottawa, K1S 5J3) Sunday June 12, 11am to 3pm at the Billings Estate (2100 Cabot Street Ottawa, K1H 6K1) Saturday June 25, 11am to 4pm at the Canada Science and Technology Museum grounds (1867 St-Laurent Boulevard, Ottawa, K1G 5A3)

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For additional details, please visit <u>http://cstmuseum.</u> <u>techno-science.ca/en/visit/museum-</u> <u>renewal.php</u> - please consider sharing widely among your networks.

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RPCA President's report Looking Forward and Forward Looking

by Kris Nanda

ith spring having finally arrived, I look forward to seeing more people out and about especially young children and their families playing on our local playgrounds. And yet, as I survey these happy scenes, I am struck by the challenge that we all face in ensuring that the future is bright for this up-and coming generation. While Riverview Park is an area of the city that offers so much for people of all ages, we local residents too face some challenges that should be of concern to all, not just those with young children. There are opportunities to step up to make a positive difference and be forward looking for future generations as well as ourselves.

A good start is the dialogue that the Riverview Park Community Association (RPCA) has pushed for and spearheaded regarding the landscape design along portions of the Alta Vista Transportation Corridor Hospital Link, particularly the portion between Alta Vista Drive and the Hospital Ring road. The aim is to ensure that the negative impacts of this road (greenspace destruction, increased noise) will be mitigated. As you'll note in my Planning and Development column, with the help of Councillor Jean Cloutier, we organized a well-attended walk-through of the site, affording community members to have input into the landscape design. Please ensure your voice is heard at the next Open House – hopefully to be held in June.

Additionally, in my Planning & Development column, I discuss the upcoming Ottawa Carleton District School Board program review. Please make your voice heard so that students can attend schools that are within walking distance of their homes.

On a lighter note, the RPCA is once again helping sponsor the local soccer program that takes place every Wednesday evening on the grounds at Riverview Alternative School at 260 Knox Crescent. Organizers can always use volunteers to help out. And keep your eyes and ears open for the summer Community Movie nights that the RPCA and other community associations are backing.

Even though summer is traditionally a time to slow down, the RPCA Board and volunteers will be keeping track of what is going on in our neighbourhood and be a voice for you. We will start getting ready for the Fall Annual General Meeting on October 26. This is an occasion to come together as a community and get an update on issues affecting Riverview Park and the City, and choose the 2016-17 Board. New candidates for the Board are always welcome. The Board is also looking to put on a Fall Social/ Fundraiser that will double as a community get-together and a chance to raise money towards supporting a Syrian refugee family. Volunteers to help out are also welcome. And finally, as part of our effort to be forward looking, we are beginning the search for a Rink Coordinator at Balena Park.

On behalf of the RPCA Board, best wishes for a safe and enjoyable summer. We look forward to seeing you out and about in the community! If you have any questions or would

If you have any questions or would like more information, contact me at



<u>krpp1415@gmail.com</u> or come to our next Board meeting on Wednesday, June 8 at 6:45 PM at the Maplewood Retirement Resident on the first floor, corner of Industrial Avenue and Neighbourhood Way.

The RPCA Board relies on the support and participation of the community to carry out our activities on your behalf – and it takes time, money and people to do so. Please be on the lookout for one of our volunteers as we kick-off our annual membership drive. At only \$10 per household, an RPCA membership is a bargain. You can even get deals on tickets to the Ottawa Champions baseball team and the 5% discount at Rona if you show your card. We are looking into getting discounts from other local businesses.



Councillor David Chernushenko, Ward 17 (left) and Martha Lush, Landscape Architect (of CSW) (right) hold the map while Bruce Kenney provides additional information. *Photo credit:Carole Moult*



SOUTH OTTAWA'S INDEPENDENT PAINT DEALER!



Martha Lush, Landscape Architect, (centre) shares information with Councillor Jean Cloutier, Ward 18 (left) and Kris Nanda, RPCA President (right) Photo credit:Carole Moult

Women on our Bank Notes

by Bruce Ricketts

ost people are aware that there is an action to include the images of women on a series of Canadian bank notes. The Bank of Canada set up an advisory council and received over 26,000 submissions. There were twelve top nominees, including:

Pitseolak Ashoona (c. 1904-1983): An Inuit artist with an international reputation. She is recognized for establishing a modern Inuit art form that incorporated traditional knowledge.

Emily Carr (1871-1945): A famous artist and writer noted for her landscapes of the Pacific coast.

Thérèse Casgrain (1896-1981): An activist and politician who led the women's suffrage movement in Quebec and became the first female leader of a political party.

Viola Desmond (1914-1965): A black businesswoman from Nova Scotia who famously challenged racial segregation at a film theatre in her home province.

Lotta Hitschmanova (1909-1990): A Canadian humanitarian who helped to found the



Unitarian Service Committee of Canada which helped to send aid to Europe during the war.

E. Pauline Johnson (1861-1913): A poet and writer whose performances reflect both English and Mohawk traditions and who is recognized as helping to shape Canadian literature.

Elizabeth (Elsie) MacGill (1905-1980): The world's first female aircraft designer. She worked as an aeronautical engineer during the Second World War.

Nellie McClung (1873-1951): A political activist, teacher, social reformer and politician. She was a leader of the women's' suffrage movement and one of the famous five women who petitioned Britain to have Canadian women declared to be "persons."

Lucy Maud Montgomery (1874-1942): Canadian author best known as the author of Anne of Green Gables.

Fanny (Bobbie) Rosenfeld (1905-1969): An Olympian who won gold in the relay race and silver in the 100 metre dash at the 1928 summer Olympics.

Gabrielle Roy (1909-1983): French Canadian author famous for The Tin Flute.

Idola Saint-Jean (1880-1945): A Quebec journalist, educator and feminist who fought for the women's vote in Quebec.

Of them, the finalist chosen were Nellie Mc-Clung, Emilie Carr and Pitseolak Ashoona. My top pick would have been Elsie McGill. I will write about her amazing ground breaking life in an upcoming issue.

It was unfortunate that one of the criteria for the nomination was that the nominee must have died before April 15, 1991 because that eliminated what I believe was one of the most deserving of women: Dr. Sylvia Fedoruk.

Sylvia Fedoruk was born in 1927 in the small town of Canora, Saskatchewan. (Canora's unusual name was actually drawn from the Canadian Northern Railway). Her formative education was delivered in a one-room schoolhouse and at 19 she graduated from Walkerton Collegiate high school at the top of her class, in 1946. By 1951 she had received her B.A. and Master's degree in Physics from the University of Saskatchewan.

One of her first professional appointments was as the radiation physicist at the Saskatoon Cancer Clinic. It was here that she was



involved in the development of the world's first cobalt-60 unit and one of the first nuclear medicine scanning machines. The development that she led has helped countless millions of people all around the world.

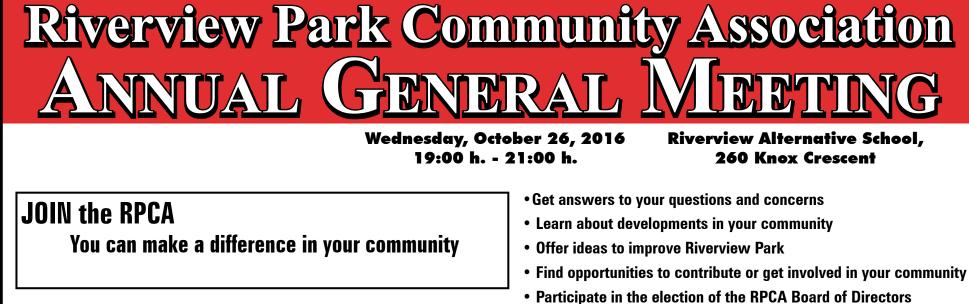
But she did not stop there. She became the first woman to be appointed to the Atomic Energy Control Board of Canada. She was named the first female Chancellor of the University of Saskatchewan in 1986, was made an Officer of the order of Canada in 1987 and from 1988 to 1994 was Lieutenant Governor of Saskatchewan.

But she wasn't all politics and medicine. She was an avid and successful curler and is a member of the Canadian Curling Hall of Fame.

Dr. Sylvia Fedoruk retired in 1995 but the honours did not stop. In 2009 she was inducted into the Canadian Medical Hall of Fame and in 2012, one week after her death on September 26, the Canadian Centre for Nuclear Innovation changed its name to the Sylvia Fedoruk Canadian Centre for Nuclear Innovation.

I am proud to say I met Dr. Fedoruk (she always wanted to be called Sylvia) and when the Bank of Canada loosens up it time frame for nominees, Sylvia gets my vote.

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



For more information: www.riverviewpark.ca

Page 37

From nuns to nursing to spying

by Geoff Radnor

he Rideau Canal, Ottawa's own unique waterway, opened in 1832. Colonel By's workers on the canal included many Irish immigrant labourers. A little later there was a cholera epidemic that caused the death of 1,500 people. The only hospital in Ottawa in those early days was an eight bed facility, the Military Hospital. There was nothing like the huge General on Smyth Road in those days, there wasn't even a Smyth Road

In 1844, things were pretty bad and the Grey Nuns, who operated a hospital in Montreal, were asked to come and help. So three nuns and three others led by 26 year old Élisabeth Bruyère took to the frozen Ottawa River and arrived in Bytown in February 1845. They opened a seven bed hospital on St. Patrick Street on May 10th.

Then in 1847 the growing population of Bytown was hit by an outbreak of typhus. Some citizens thought that the typhus disease was brought by the poor Irish immigrants as some had died on the voyage from Ireland to Canada. There was a religious dispute, some thinking that the Grey Nuns would only tend to Catholic patients. This was not true.

These accusations led to the opening in 1850 of the Ottawa General Hospital for all religious denominations. That building is still on Bruyere

Street. The new General Hospital Avenue. The building had originated opened in 1980 adjacent to the homes that were built in Riverview Park beginning in the late 1950s.

In 1915, the Grey Nuns needing more space for all the growing number of members of the order built a new four storey building out in the farm land near the Hurdman Bridge in the township of Gloucester. It served as the novitiate of the order until 1941, when the building became the Rideau Military Hospital for the care of the injured servicemen of WWII.

Another kind of activity during WWII was housed in the La Salle Academy on Sussex Drive at Guiges

as Ottawa College, a boys school.

In 1943 the Communications Branch of the National Research Council (CBNRC) took over the third floor of the building. It was there that it was first used for signals intelligence purposes in August 1943 (spying). The building also hosted Canada's first code-breaking machines, the forerunners of today's Canada's Security Establishment's massive computers.

After the end of WWII in Europe, all the various security groups were amalgamated as the Joint Discrimination Unit (JDU) on August 1st 1945.

Continued on page 51



Novitiate at Hurdman Bridge, ca 1922. Archives, Soeurs de la charité d'Ottawa.









TOH COPD outreach program helps patients breathe easier

by Helen McGurrin

hronic Obstructive Pulmonary Disease (COPD) affects an estimated 23,561 patients in the Champlain LHIN area. Overall, chronic lung disease accounts for more than 6 percent of annual health-care costs; COPD is the leading cause of hospitalization and accounts for the highest rate of 30-day readmissions. Smoking or second-hand smoke, are the primary causes of COPD.

In the fall of 2014, the Canadian Foundation for Healthcare Improvement (CFHI) and Boehringer Ingelheim (Canada Ltd) funded and promoted a pan-Canadian one-year collaborative entitled "INSPIRED Approaches to COPD Care", involving 19 teams from healthcare organizations across Canada, including The Ottawa Hospital (TOH). CFHI's mandate is to identify innovative healthcare improvement initiatives and facilitate their spread across Canada. The CFHI's "INSPIRED" collaborative was prompted by the success of the Halifax Queen Elizabeth Health Sciences Centre in reducing COPD patients' 30-day readmission rates by 60 percent.

TOH COPD patients have a high

rate of readmission within 30 days of discharge following an "acute exacerbation" of CoPD (AECOPD). TOH's Program Goals were to reduce the 30-day readmission rate by 25 percent, and build capacity for improving COPD management in hospital and community.

As a pilot program, referral to TOH's COPD Outreach Program was limited to patients admitted with AECOPD with no other pulmonary diagnosis (e.g. Cancer, Restrictive Lung Disease). Patients had to live within 25 kms of TOH, have no cognitive impairment, no evidence of active substance abuse, and live in a community dwelling (not in a Long-Term Facility, nor Nursing or Retirement Home). Patients not eligible for the program were referred to other COPD community/healthcare resources.

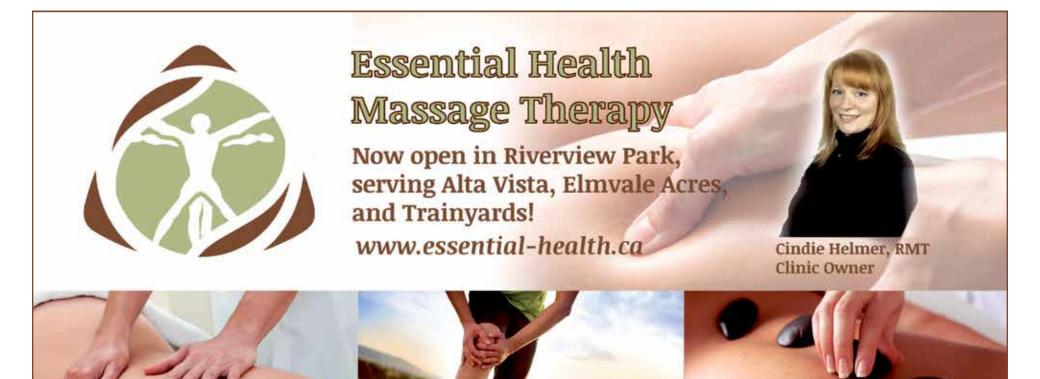
Eligible patients, who agreed to be part of the 12 month program, were assessed by the Program Lead, (Nurse Practitioner/Certified Respiratory Educator). The biggest improvements in treatment since this study began were standardization of COPD diagnosis by spirometry, optimization of medications based on The Canadian Thoracic Society Recommendations for Management of COPD, and provision of ongoing support and self-management education to patients and families.

Once the patient was discharged from hospital, the Outreach Team Nurse phoned the patient within 24-48 hours. For medically complex patients, the Nurse completed a referral form to request the CCAC for rapid response nurse support. The Team's Nurse Practitioner/ Certified Respiratory Educator visited the home within 1-2 weeks post-discharge to provide COPD education which included a written Action Plan; a review of inhaler technique, smoking cessation counselling and referring, as required, patients to pulmonary rehab and community maintenance programs or palliative care. Ongoing support was through phone contact monthly for 3 months and again at 12 months. During the year, patients could call the Outreach Team Monday to Friday for questions about the Program or their Action Plan.

Smoking cessation will not cure COPD but definitely slows the progression of the disease. Improper technique in the use of inhalers is a frequent issue, even among longtime users. The Action Plan is specific to each patient. Patients may have sputum colour changes or increased shortness of breath if there is a sign of impending infection that could lead to a COPD flare-up. The patient may have prescribed medications to take in such cases or be advised to immediately contact their primary care provider.

TOH COPD Outreach Program results are impressive. In the first 10 months of the program, the hospital was able to reduce the 30-day COPD-related readmission rate for patients enrolled in the program by 70 percent. This earned the program a spot on the Honour Roll for the Minister's Medal for Healthcare improvement in 2015. Within the first year, 112 patients were enrolled in the program. A year after the study, the COPD Outreach Program is receiving funding from the Champlain LHIN and is working on a 5-year plan to develop a COPD Education Program for COPD care across the Champlain LHIN.

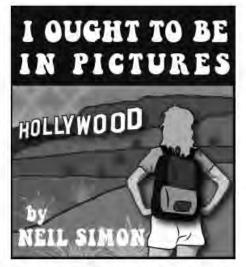
I wish to thank Wendy Laframboise, Nurse Practitioner/Certified Respiratory Educator, head of the COPD Outreach Team for meeting with me to provide information on this successful program. Thank you Wendy and congratulations to you and your Team.







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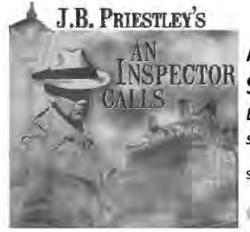


June 24 to July 17 A father-daughter comedy



July 22 to August 14 Shaw's wittiest work





August 19 to September 11 Everyone is a suspect...



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Alta Vista Library

CHILDREN'S PROGRAMS :

STORYTIMES / CONTES (Closed : Friday, July 1st; Monday, August 1; / Fermée le vendredi 1 juillet; le lundi 1 août)

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.

<u>Summer Babytime / L'été des</u> <u>bébés à la biblio</u>

July sessions / **Sessions de juillet** Mondays, July 4 – July 25, 10:30-11:00 a.m.

Les lundis 4 juillet au 25 juillet de 10h30 à 11h.

August sessions / Session d' août Mondays, August 8 and August 15, 10:30-11:00 a.m.

Le lundi 8 août et le lundi 15 août de 10h30 à 11h.

Family Storytime

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

<u>Summer Family Storytime/Con-</u> tes en famille en été

July sessions / Sessions de juillet

Tuedays, July 5 – July 26, 10:30-11:00 a.m.

Les mardis 5 juillet au 26 juillet de 10h30 à 11h.

August sessions / Sessiond d'août Mondays, August 2 - August 16, 10:30-11:00 a.m.

Les lundis 2 août au 16 août de 10h30 à 11h.

PROGRAMMES DU CLUB DE LECTURE D'ETE/ SUMMER READING CLUB PROGRAMS

Juillet/July

Creativity Unleashed - Express yourself through words and art. Ages 7-12. Registration required./ **Dévoile ta créativité** – Viens t'exprimer à travers les mots et les arts. Pour les 7 à 12 ans. Inscription requise. Le mercredi 6 juillet, 14h-15h. Wednesday July 6th, 2:00- 3:00 p.m.

Under the Canopy - Come play in the jungle. Ages 4-6. Registration required./ **Sous la cime des arbres** - Viens jouer avec nous dans la jungle Pour les 4 à 6 ans. Inscription requise. Le jeudi 7 juillet, 10h30 à 11h30. Thursday, July 7th, 10:30 – 11:30 a.m.

Block Party / Ça dé "bloc"

Show off your architectural creativity with Lego®, or challenge someone to a friendly board game. No registration required. / Architectes en herbe, à vos Lego®; ou jouer à des jeux de société. Aucune inscription requise. Le vendredi 8 juillet, 14h à 16h. Friday, July 8th, 2:00 – 4:00 p.m.

<u>Community Arts + Social En-</u> <u>gagement</u> (External) Art Animators

Come let your imagination run wild with music, media arts and some electrifying science! Age 5 +. Registration required. / Venez laisser libre cours à votre imagination avec la musique, les arts médiatiques et de la science électrisante! Pour les 5 ans et plus. Inscription requise. Wednesday, July 13, 2:00- 3:00 p.m. Le mercredi 13 juillet de 14h à 15h.

Into the Woods - Take a walk through the wilderness. Ages 4-6. Registration required./ **Promenonsnous dans les bois** – Balade dans la nature. Pour les 4 à 6 ans. Inscription requise. Le jeudi 14 juillet, 10h30 à 11h30.

Celebrate 40 years!

Saturday June 25, 2016 1:30-5:00 p.m.

and the second second

Thursday, July 14th, 10:30 – 11:30 a.m.

Monster Trackers - Follow the trail of slime. Ages 7-12. Registration required./ Le monde des monstres – Suivons les traces inconnues. Pour les 7 à 12 ans. Inscription requise. Le mercredi 20 juillet, 14h à 15h. Wednesday, July 20th, 2:00 – 3:00 p.m.

All Things Green And Grow-

ing - Experiment with colours and patterns in nature. Ages 4-6. Registration required./ **Tout ce qui est vert et qui pousse** – Fais l'expérience des couleurs et des motifs dans la nature Pour les 4 à 6 ans. Inscription requise. Le jeudi 21 juillet, 10h30 à 11h30. Thursday, July 21th, 10:30 – 11:30 a.m.

<u>Block Party / Ça dé "bloc"</u>

Show off your architectural creativity with Lego®, or challenge someone to a friendly board game. No registration required.. / Architectes en herbe, à vos Lego®; ou jouer à des jeux de société. Aucune inscription requise. Le vendredi 22 juillet, 14h à 16h. Friday, July 22, 2:00 - 4:00 p.m.

<u>Cumberland Heritage Museum</u> (<u>External)</u> Wild about Flowers

Are you wild about flowers? Just how wild are flowers anyway? Join us to explore the vivid colours and aromatic scents of wild flowers. Use a flower press to create a lasting memory, your own herbarium specimen. Ages 6-12. Registration required.

Wednesday, July 27th, 2:00 – 3:00 p.m.

Friends of the Animals - Be a hero for critters everywhere. Ages 4-6 Registration required./ Les amis des animaux – Sois un héros des petites bêtes partout. Pour les 4 à 6 ans. Inscription requise. Le jeudi 28 juillet, 10h30 à 11h30. Thursday, July 28th, 10:30 – 11:30 a.m.

Août / August

Into the Deep - What lies below the surface? Ages 7-12. Registration required./ **Dans les profondeurs** – Qu'y a-t-il sous la surface? Pour les 7 à 12 ans. Inscription requise. Le mercredi 3 ao**ût**, 14h à 15h. Le vendredi 5 ao**ût**, 14hà 16h. Friday, August 5th, 2:00 – 4:00 p.m.

Nature Up Close - What will you find when you take a closer look? Ages 7-12. Registration required./ Nature vue au près – Qu'aperçoit-on en y regardant de plus près? Pour les 7 à 12 ans. Inscription requise. Le lundi 8 août, 14h à 15h. Monday, August 8, 2:00 – 3:00 p.m.

<u>Billings Estate National Historic</u> <u>Site - Museum (External)</u> Bug Hunt!

Look high and low to explore the world of the smallest wild animals around: bugs! Follow in the footsteps of entomologist Elkanah Billings as you discover Ottawa's creepy crawlies through games, a craft, and a bug hunt. Ages 8 – 12. Registration required.

Wednesday, August 10, 2:00 – 2:45 p.m.

Scribbles and Splatters - Colouring outside of the lines. Ages 4-6. Registration required./ Gribouillages et éclaboussures – Coloriage en dehors des lignes. Pour les 4 à 6 ans. Inscription requise. Le jeudi 11 août, 10h30 à 11h30. Thursday, August 11, 10:30 – 11:30 a.m.

Everything You Never Wanted to Know about Bugs - Prepare to be grossed out! Ages 7-12. Registration required./**Tout ce que vous ne voulez pas savoir sur les insectes** - Prépare-toi à être dégoûté! Pour les 7 à 12 ans. Inscription requise. Le mercredi 17 août, 14h à 15h. Wednesday, August 17, 2:00 - 3:00 p.m.

Closing Ceremony / Cérémonie de clôture

Join us for the TD Summer Reading Club 2016 wrap-up! No registration required. / Joignez-vous à nous pour la fermeture du Club de lecture d'été TD 2016! Aucune inscription requise. Le jeudi, 18 août de 14h à 15h. Thursday, August 18, 2 :00- 3 :00 p.m.

Teen Programs



Tea & coffee - Cake - "Get your Summer Read On" - Music

Célébrons 40 ans!

le samedi 25 juin, 2016 13h30 à 17h00

succursale Alta Vista Bibliothèque publique d'Ottawa 2516 chemin Alta Vista

Thé et calé - Gâteau - « À vos marques, prêts, lisez! » - Musique

BiblioOttawaLibrary.ca InfoService 613-580-2940 InfoService@BiblioOttawaLibrary.c



Wednesday, August 3, 2:00 – 3:00 p.m.

Dive Right In! - Ride the wave of aquatic adventure. Ages 4-6. Registration required./ **Plongez dans l'océan** – Sur la vague de l'aventure aquatique. Pour les 4 à 6 ans. Inscription requise.

Le jeudi 4 ao**ût**, 10h30 à 11h30. Thursday, August 4, 10:30 - 11:30 a.m.

Block Party / Ça dé "bloc"

Show off your architectural creativity with Lego®, or challenge someone to a friendly board game. No registration. required. / Architectes en herbe, à vos Lego®; ou jouer à des jeux de société. Aucune inscription requise.

Teen Gaming Club

Beat the heat this summer by spending some time at the library honing your tabletop game skills. We'll be breaking out Settlers of Catan and Dungeons & Dragons, and other great games. Ages 13+. Drop-in program Tuesdays, July 5, 12, 26, August 9, 3:00 - 5:00 p.m.

<u>Stop-Motion Animation / Anima-</u> tion en volume

Make a funny short stop motion film using toys, everyday objects, and your phone or the library's iPad.

Continued on next page

From previous page

Programs at the

Elmvale Acres Branch

1910 St. Laurent Blvd.

June - August 2016

Children's Programs:

Contes en famille

Contes, comptines et chansons

Stories, rhymes and songs for chil-

Stories, rhymes and songs for babies

chansons pour les bébés et un parent

and a parent or caregiver. 0-18

months. / Contes, comptines et

Drop-in program / Programme

Special Saturday Storytimes

Father's Day Fun! / S'amuser

Celebrate fathers as a family! Stories,

activites and crafts. Ages 5-10. Free. /

Célébrez la fête des pères en famille!

Contes activités et bricolage. Pour 5

Saturday, June 11 / Samedi 11 juin -

Canada Day Fun! / S'amuser

Celebrate Canada Day as a family!

Stories, activities and crafts. Ages

ada en famille! Contes, activités et

Saturday, July 2 / Samedi 2 juillet -

5-10. Free. / Célébrez la fête du Can-

bricolage. Pour les 5 à 10 ans. Gratuit.

pour la fête du Canada!

pour la fête des pères!

dren of all ages and a parent or

Programme portes ouvertes

pour les enfants de tous âges et un

Lundi - 10:15am

parent ou gardien.

Wednesdays - 10:15am

Family Storytime

Drop-in program

<u>Babytime/Bébés à la biblio</u>

Thursday - 1:30 pm

ou gardien. 0-18 mois.

portes ouvertes

à 10 ans. Gratuit.

2:00pm

2 :00pm

des bestioles!

July 14, 21, 28

Aug. 4, 11

July 13, 20, 27

Aug. 3, 10, 17

caregiver.

Juillet 11, 18, 25

Août 8, 15

Créez des courts métrages 'd'animation en volume' utilisant des jouets, des objets quotidiens et votre téléphone ou l'iPad de la bibliothèque.

Le mardi, 19 juillet de 15h00 à 17h00 Tuesday, July 19, 3:00 – 5:00 p.m.

Geocaching: YOU are the Search Engine

Learn about geocaching, and head out in teams to find some of the hidden caches nearby. Come back to make one that the group can hide. Tuesday, August 2, 3:00 - 5:00 p.m.

<u>Make @ your library / Créez @</u> <u>votre biblio</u>

Come by and try your hand at different activities – pom-pom catapults, touch-screen gloves and more! Venez et essayez des activités différentes - des pom pom catapultes, des gants à écran tactile et plus! Le mardi, 16 ao**ût** de 15h00 à 17h00 Tuesday, August 16, 3:00 – 5:00 p.m.

Adult Book Clubs

<u>Sleuth Hounds Mystery Book</u> <u>Club</u>

Share the enjoyment of good mysteries in a relaxed atmosphere. Join us for a discussion on any Meg Harris mystery by R.J. Harlick. Thursday, June 16, 6:30 - 8:00 p.m.

Infusions littéraires

Partagez avec nous le plaisir des livres dans une ambiance détendue. Joignezvous à nous pour une discussion autour du livre "Sauve- toi la vie t'apelle," de Boris Cyrulnik. Le lundi 20 juin, de Laboo à Joboo

Le lundi 20 juin, 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.

Tuesday, June 7, 7:00 – 8:30 p.m.

N.S. Registration for programs

Elmvale Acres Library

Contes, activités et bricolage. Pour les 5 à 10 ans. Gratuit. Saturday, August 13 / Samedi 13 août - 2:00pm

Adult Programs:

<u>Mystery Book Club - Monday Nights Are</u> <u>Murder</u> Monday, June 6 – 6:30 pm Monday, July 4 – 6:30 pm Monday, August 8 – 6:30 pm Share the enjoyment of good mysteries in a relaxed atmosphere. Join us for discussion. First Monday of the month, except for holidays.

Drop in program

<u>Comprendre le fonctionnement du</u> <u>système scolaire franco-ontarien :</u> Jeudi, 16 juin, 6 :00 pm.

Cette séance d'information vise à

familiariser les parents avec le sys-

tème scolaire franco-ontarien. <u>TD Summer Reading Club / Club de</u> <u>lecture TD:</u> <u>Opening Ceremony / Cérémonie</u>

Opening Ceremony / Cérémonie d'ouverture

Join us for the TD Summer Reading Club 2016 kick-off! / Joignez-vous à nous pour le lancement du Club de lecture d'été TD 2016! Tuesday, July 12 / Mardi, 12 juillet – 2:30 pm

Nature Up Close / Nature vue de près

What will you find when you take a closer look? Ages 7-9 / Qu'aperçoiton en y regardant de plus près? Pour les 7 à 9 ans

Thursday, July 14 / Jeudi 14 juillet – 2 :30 pm

Wild at HeART / L'art à l'état pur

Let your creative imagination run wild! Ages 7-9 / Laisse libre cours à ton imagination créatrice! Pour les 7 à 9 ans

Tuesday, July 19 / Mardi 19 juillet – 2:30 pm

True North Strong and Free / Le Grand Nord fort et libre

Explore the wild beauty of Canada from coast to coast. Ages 10-12 / Explore la beauté sauvage du Canada d'un océan à l'autre. Pour les 10 à 12 ans.

Dive Right In! / Plongez dans l'océan

Ride the wave of aquatic adventure. Ages 4-6 / Sur la vague de l'aventure aquatique. Pour les 4 à 6 ans. Tuesday, July 26 / Mardi 26 juillet – 10:30 am

Rumble in the Jungle / Grondement dans la jungle

Beware of the creatures hiding in the trees! Ages 7-9 / Attention aux créatures qui se cachent dans les arbres! Pour les 7 à 9 ans Thursday, July 28 / Jeudi 28 juillet – 2:30 pm

Into the Woods / Promenonsnous dans les bois

Take a walk through the wilderness. Ages 4-6 / Balade dans la nature. Pour les 4 à 6 ans Tuesday, August 9 / Mardi 9 août – 2:30 pm

All Things Green & Growing /

Tout ce qui est vert et qui pousse Experiment with colours and patterns in nature. Ages 4-6 / Fais l'expérience des couleurs et des motifs dans la nature. Pour les 4 à 6 ans Tuesday, August 9 / Mardi 9 août – 2:30pm

Everything You Never Wanted to Know About Bugs / Tout ce que vous ne voulez pas savoir sur les insectes

Prepare to be grossed out! Ages 10-12 / Prépare-toi à être dégouté! Pour les 10 à 12 ans Thursday, August 11 / Jeudi 11 août –

2:30pm

Wild & Woolly / Un peu d'extravagance

Be amazed by animals and their wild ways. Ages 7-9 / Laisse-toi émerveiller par les animaux et leur côté sauvage. Pour les 7 à 9 ans Thursday, August 18 / Jeudi 18 août – 10:30 am

Closing Ceremony / Cérémonie de clôture

Join us for the TD Summer Reading Club 2016 wrap-up! / Joignez-vous à nous pour la fermeture du Club de lecture d'été TD 2016! Thursday, August 18 / Jeudi 18 août – 2 :30pm`

starts on June 15. / L'inscription des programmes commence le 15 juin . / Registration for all programs requires a valid OPL library card for each registrant. / Toutes les personnes qui souhaitent s'inscrire à des programmes doivent être titulaires d'une carte valide de la BPO.

The Alta Vista Library is located at 2516 Alta Vista Dr. For more information, please call 613-580-2424, ext.30426. / La bibliothèque Alta Vista est située au 2516, promenade Alta Vista. Pour de plus amples renseignements, veuillez composer le 613-580-2424, poste 30426. activities and crafts. Ages 5-10. Free. / Célébrez les bestioles en famille!

Celebrate bugs as a family! Stories,

Bugs, bugs, bugs! / Les babioles

Thursday, July 21 / Jeudi 21 juillet – 2:30 pm

Be aware of warm weather crime in your neighbourhood

The warmer weather has resulted in a number of break-ins to sheds and garages in our neighbourhood. Sometimes items were stolen. Please increase security around your homes by making sure that your homes, vehicles and property is locked, and adequate lighting is in place such as motion activated lights and/or cameras.

Report suspicious activity to the Police - do not confront the vandals and thieves. If you want increased police patrols in your neighbourhood, please communicate with Councillor Cloutier.

Newshound of the old school writes memoir

Reviewed by Carole Moult

s a young lad William Fairbairn delivered newspapers on the streets of Hawick, Scotland. Now, over 70 years later, and a more interesting life behind him than most could ever have experienced, Bill shares his memoirs in his most recent book, *Newsboy!*

Blending a vivid recollection of war history and remembrance, a fitting collection of verse, and background voices from his time as both printer and journalist, Bill frequently includes his wonderful sense of humour in the telling of a career that spanned not only seven decades, but across three of the seven continents.

He uses the terms "Good luck" and "Good fortune" in the book's introduction. And, while reading his life story, you may frequently ask yourself, 'What was he thinking?' Bill always seemed to escape unscathed in what could have been quite a number of otherwise unfortunate endings. Providence watched over Bill's shoulder in almost every one of the book's fifty-six chapters. Lucky for us he has been able to share his myriad of experiences.

In the beginning

Fate landed Bill his first Scottish newspaper job when his dad bumped into *Jedburgh Gazette* publisher Walter Easton and mentioned that his son was looking for work. "Lucky for me he did!" writes Bill. "My alternative was the local rayon factory imported into Jedburgh by a Canadian industrialist with Scottish connections.

Walter Easton was correcting proofs when Bill arrived for his interview dressed in his grey rayon suit. He had waited in light rain outside the newspaper office for five minutes plucking up courage. After hanging up his wet raincoat and scarf on a rack and introducing himself, Easton's first question was why he wanted to be a printer. "Well, for me, it's a whole lot better than the silk mill or university," he nervously replied.

Walter Easton must have agreed since Bill was hired as an apprentice at the *Gazette*. Over the next three years he liked the big flat-bed printing machine,

Continued on next page





Meat Lovers	12.25	15.25	19.25	24.95	and a
Combination Pepperoni	11.25	14.25	18.25	23.95	-
Hawailan	11.00	14.00	18.00	23.00	
Via 613 Special Mushroom, Onions, Green peppers, Gartic Coriander Tomato sauce, Olive		17.25 Sausage, C		26.95	- Alda
Poutine Pizza	8.95	13.95	16.95	19.95	



Assorted freshly baked traditional pies Cheese, thyme/zaatar, meat, or, vegetarian

Includes rice, garlic, potatoes, salad, humus, garlic & 2 litre pop





From previous page

the cases of metal type and even the odour of ink. He was only 15, but already the world of newspapers had him hooked. It was only for two compulsory years of military national service that saw Bill take a break from the work he loved.

Elsa and Bill

In the 1960s, after experience on newspapers in Scotland and England, Bill spent five years as a journalist in Africa. Chapter 30 brings memories of the popular movie, Born Free.

"Opportunity knocked unexpectedly in 1965 when I flew from Nairobi down to Mombasa for a vacation. I learned that scenes for the movie Born Free were being shot up the coast near Malindi," he notes.

Opportunity, as he saw it, was initially denied him. No matter how hard he tried he seemed thwarted at almost every step in his plan to take the perfect action photograph of the lioness film star, Elsa.

"I introduced myself as being from the Daily Nation newspaper adding that the beach was public and I sought a photograph of Elsa swimming in the sea." Open Road Films of London were having none of that because they sought that photograph exclusively for their billboards. What happened next is vividly brought to life in Newsboy! His eventual newspaper article, after interviewing a very upset Joy Adamson, who had nurtured Elsa and sought the role being played by actress Virginia McKenna, was seen as a scoop. Bill was sure that on account of his story he was happily switched from the editing desk to reporting the news.

"My photograph of Elsa on the beach appeared in Nairobi's Daily Nation under a headline saying the Born Free lioness had never been more a prisoner."

the Vancouver Province. After a Province strike and citizenship problems he was recruited as news editor by the Williams Lake Tribune. A college principal who appreciated his work offered him the post of journalism instructor at Cariboo College on the Indian Reserve across the river from Kamloops. Teaching was definitely a different life for Bill.

"The question that lay back of my mind was not whether I could teach journalism but whether journalism could be taught at all," notes Bill, in his portrait of journalism in a different age. Many were calling the subject communications."

After two years as a teacher there came time to bid farewell again. Cariboo College was about to be moved from the native reserve to a new million dollar location as a university and its administrators were keen to teach more television and less print journalism in what became Thomson Rivers University. Already Bill had been tentatively offered a position on The Montreal Star and he felt that the time was right to make the change.

"I had picked up on Indian studies, improved my French at evening classes and learned a great deal about western Canada and from a distance something of Quebec. I likely would have a teaching testimonial to add to my résumé. I suspected the Star would treat fairly my application for a copy editor's job at a time of crisis in that province and nationally in Canada."

Bill had sensibly seen that embracing academia would sharpen his knowledge and qualifications for a run east where the big newspapers published. And it did!

Star struck

After three days of train travel, Bill arrived in Montreal to begin his next adventure. He felt that the Montreal Star was the best newspaper in Canada, and definitely the best staffed. "I had experience there second there. to none working in both languages and great help from the people I interviewed." The French evening classes in the west indeed

east, and when it came time to do interviews Bill's French was almost there. Almost, but not quite.

At one point, after a news conference where René Lévesque had been fired with a barrage of questions in French, Bill sought him out in a bar to share in English what had transpired. The former journalist Lévesque did this with great kindness, helping to save Bill from returning to the office near midnight with a story-less, doodle-filled, notebook. Chapter 49 is action-packed with interviews of historical value and political reporting of Quebec and of Canada's crisis years over stymied independence. The like of it has not been seen since.

But a strike at the Montreal Star sent Bill seeking alternative employment and he ended up for three years at the CBC's Radio Canada International in Montreal.

On to the nation's capital

When the Ottawa Journal advertised Bill applied, was interviewed, and hired as photo editor. After a series of what could only be described as calamitous events, Bill was given a month's notice. "I was glad to be out of the printer-strike-hit Journal salt mine that I had criticized. Firing me preceded by four months its 1980 demise after 95 years of publication."

Bill next pestered the CBC for his old job back. He thinks management broke down in anguish. A four-month contract job was vacant at CBC Yellowknife and he was asked to reply within a week. Not even the cold sub-Arctic winter was able to deter Bill's sense of humor those months.

"My thoughts for a permanent job next turned to The Montreal Gazette, which had an English language monopoly in the city after the demise of the Star as a result of another strike. The Gazette had moved into the old Star building and I felt there was a good chance I would get work

my former Star colleagues were there but others had fallen by the wayside due to newspaper computer technology they could not master."

Bill moved on successfully and today is one of the few journalists left who reports interviews in Pitman shorthand.

He moved back to Ottawa when Legion Magazine, located in the nation's capital, advertised for an assistant editor. Bill went for an interview, then one week later a Legion welcome-aboard letter arrived confirming details of his new position. The year was 1985. Fifteen years later, in 2000, he wrote his last Legion Magazine feature story. William Fairbairn had decided to retire to voluntary journalism with the Riverview Park Review.

Goodbye, Mr. Chips

Why then did William Fairbairn write his memoir? When drawn into the discussion, he finally acknowledged that the popular 1934 novel by James Hilton influenced his decision to write his fifth book.

Substitute the 83-year-old classics teacher, Charles Edward Chipping, who saw the passing of many monumental world events, and compare his musings with the reflections of an 81-year-old journalist giving sober thought to the times and era of a bygone newspaper world. You are looking at one of the main reasons for writing Newsboy!

Mr. Chips, as he is warmly referred to, recalls his 58 years spent at the same well respected boy's school, while Bill Fairbairn, as he is widely known, brings the world of journalism from his perspective of having worked for 15 different newspapers, a magazine, a radio station and as an instructor on an Indian reserve.

Engage yourself in his story of journalistic peace and strife. To be published soon by Baico, 280 Albert Street, Ottawa, (613-829-5141), this book provides insight into what actually happened around those newshounds of the old school pounding Underwood typewriter keys with little knowledge of the technical revolution ahead.

Bill Fairbairn has always had the exceptional skill of providing the perfect headline for a story.

Sun struck

While working in Africa Bill had freelanced for the Sun in London so his first stop after returning to England was at the Sun's doorstep. The prospective sale of the newspaper seemed to Bill to be a sign to move on from the Sun. Thus, in the early 1970s, after a stint on The Scotsman and putting a pin in a globe to find where next, he sailed to Canada to work first as a journalist with

"The usual editing test I had experienced a half dozen times was administered and soon I had moved onto my old newspaper did help his journalism in the floor as a desk editor. A few of



COMMUNITY BULLETIN BOARD

Art Lending of Ottawa..... We lease, lease to purchase and sell quality, original fine art at reasonable prices. Local artists only. RA Centre, 2451 Riverside Drive, (Outaouais Room), best available at the East Entrance. Saturday, June 4th from 10:00a.m. -5:00pm. For more details and an opportunity to view the Gallery of member artists' work www. artlendingofottawa.ca

Perth Classic Theatre Festival tickets for sale. Our community park is participating in a fundraiser by selling tickets to "An Inspector Calls by J.B. Priestley" in Perth on Saturday Aug 27, 2016 at 2pm. Tickets are \$34. If anyone is interested - pm me. Also feel free to share with others. (Eastway Gardens & Cecil Morrison Park) Available from: Kim Lamont, 613-741-1283

Trinity Community Garden: Plant Sale Fundraiser Saturday June 11, 9.00 - 2.00 1641 Alta Vista Drive Come and choose from a variety of **Perennial and annual plants**

Open Garden Day Saturday June 18, 10.00 - Noon 480 Avalon Place Official Activity as part of the national Garden Days Meet the members, tour the garden and learn about how we grow our food.

June 5 from 10 am to 4pm Friends of the Farm will assist researchers in greeting the public at Doors Open Ottawa - Central Experimental Farm, a free fun educational event for all ages. 613-230-3276 www.friendsofthefarm.ca/events.htm

June 11 Friends of the Farm Preston Lilac Tour 2pm, Donation. Take a guided tour of the Isabella Preston Lilac Collection with the Friends' Lilac Team. Ms Preston bred lilacs at the CEF in the 1920's and produced the first Canada-hardy hybrids. Meet at the Friends' shed in the CEF Ornamental Gardens, park in Ag Museum lot, follow the signs, donations kindly accepted. 613-230-3276 www.friendsofthefarm.ca/events. htm#garden

June 11 Friends of the Farm Peony Tour 9am to 12 noon, Donation. Take a guided tour of the CEF Peony Beds with the Friends' Peony Team. Get tips on what works best in your garden and ways of keeping your peonies happily blooming. Meet at the Peony Beds in the CEF Ornamental Gardens, park in Ag Museum lot, donations kindly accepted. 613-230-3276 www. friendsofthefarm.ca/events.htm#garden

June 18 & 19 Friends of the Farm "Books for Blooms" Book Sale from 10am to 4pm, Free. Literally the best used book sale in Ottawa, choose from thousands of titles. It's a two-day book sale for a reason! Bldg 72, CEF Arboretum, east exit off Prince of Wales roundabout. 613-230-3276_

www.friendsofthefarm.ca/events.htm#events

June 26 Guided Tree Tour at 2 pm Bldg 72 How Trees Get Started. Trees have found many ways to reproduce and ensure survival of their kind. Come learn how it works, free and open to the public, register at info@ friendsofthefarm.ca, donations kindly accepted http://www.friendsofthefarm.ca/events.htm#trees https://www.facebook.com/ **FCEFOttawa**

July 12 to 15 "Three Spectacular Gardens" Bus Tour- now sold out! Wait list only, \$625/pp double occupancy, 613-230-3276 www.friendsofthefarm.ca/events.htm#bus

August 7 Friends of the Farm Victorian Tea from 2pm to 4pm Classic tea is served on the lawns of the Arboretum. Dress in full Victorian garb, (optional), listen to live music, enter the best hat and costume contest. Formal Tea \$10 at Bldg 72, CEF Arboretum east exit off Prince of Wales roundabout. 613-230-3276 www.friendsofthefarm.ca/events. htm#events

August 13 Friends of the Farm Art on the Farm from 10 am to 4pm, Rain Date August 14, Free. Artists working in various media will display and sell their original work under the trees at the Arboretum. Bldg 72 CEF Arboretum, east exit off Prince of Wales roundabout. 613-230-3276 www. friendsofthefarm.ca/events.htm#events

Parking lot sale and BBQ on Saturday, June 11. Mark this date down on your calendar. 8 am to 1 pm. St. Thomas the Apostle Church, 2345 Alta Vista Drive (beside Firehall). Spaces available for \$20 - includes table. Call Jim at 613-523-2487 or Church office weekday mornings at 613-733-0336.

Rideau Park United Church, 2203 Alta Vista Drive, Activities and Events, June - August 2016 For more information, call the 613-733-3156 ext 229 (M-F 9-4) or go to www.rideaupark.ca

COMMUNITY BULLETIN BOARD

On Sat. June 4, 7:30 pm, come to "Tales and Tunes" featuring stories by Stephen Leacock, as told by the Ottawa Story Tellers with music by North Winds Brass at Rideau Park.

Tickets available at the door: \$20 (Adults), \$15 (Seniors & Students), \$10 Children 12 and under).

Garage Sale, Book Sale and Barbeque - Sat. June 11, 8 am -1 pm: While scouting the Alta Vista Garage Sale, please stop by Rideau Park and enjoy: -Garage Sale: Peruse many household items all in one spot. Or, rent a table to sell your "stuff." For rentals, call: 613-733-3156 ext 229 (M-F 9-4) by June 9.

Book Sale: for your summer reading; Barbeque: Have a rest with some refreshments - hamburgers, sausages & drinks!

Camp Awesome 2016, August 8th - 12th: This Christian day camp program by the Ottawa Presbytery of the United Church takes place at Rideau Park, and serves children 4-12 years. Led by trained staff, activities include games, crafts, drama, singing, water fun and learning about important topics. The Camp runs from 10 am - 3 pm. Children bring their own lunch. Cost per camper is \$70 if you register by June 14 and \$80 thereafter. Childcare is available before and after the Camp for an additional fee. For more information & to register online, go to the Camp Awesome link at www.rideaupark.ca.



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/petremembrance-patio-in-balena-park/ or call 613-523-4339

LOSTAND 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@rogis notified ers.com 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.



More healthy options, less junk food at The Ottawa Hospital

Special to the Riverview Park Review

f you're at The Ottawa Hospital and go looking for a snack between treatments or while visiting a loved one, you may notice some changes: fewer chips and chocolate bars, more healthy options, and the deep fryer at the General Campus gone.

That's because all 20 hospitals in the Champlain Local Health Integration Network (LHIN) have agreed to work together through the Healthy Food in Hospitals Initiative to offer healthier meal choices.

Hospitals are changing what they serve to staff, visitors and patients in their cafeterias, gift shops, vending machines and franchise operations. The goal is to make it easy to choose healthy foods and reduce rates of chronic illnesses such as heart disease, stroke and cancer.

Although removing the deep fryer might come as a major change at the General Campus, the Civic Campus hasn't had one in four years.

"We know it will take time to adjust to the change, but we also know people are looking for healthier options," said Cafeteria Manager Guy Girard. "Part of our strategy is to support healthier populations and this initiative does that."

Hospitals in the region can achieve bronze, silver or gold status, with increasing requirements for healthy options and restrictions on junk food at each level. The Ottawa Hospital will reach the bronze status in January, which means offering smaller soft drink, chocolate milk and juice sizes and more whole-grain products. "Our team has been sourcing new products that fit the guidelines and testing new preparation methods-for example, chicken fingers or fish that taste great baked," said Girard.

Franchises within the hospital will also make changes to offer healthier menus. Volunteer-run convenience stores at The Ottawa Hospital, for example, now offer soups and sandwiches in the evenings so that staff or visitors have access to healthy meals after the cafeterias close. Tim Hortons franchises are working with hospitals across the LHIN to tailor their menus to the initiative.

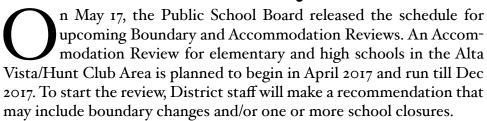
In the end, it's about giving people options, not forcing them to eat any particular food, said Girard. "We want to offer people a balance. We'll still have French fries- but now, they'll be baked instead of fried."



Food services staffer Sarah Linder (left) and Somphone Sauksanh demonstrate how once fried French fries and chicken fingers will now be baked *Photo credit:Bill Fairbairn*

OCDSB Trustee Chris Ellis

School Boundary and Accommodation Reviews



There are a number of factors leading to the review of elementary and high schools across the public board. On top of financial pressures related to the way school boards are funded, the province has recently made changes to the funding formula that penalize boards for having underutilized schools (schools with excess instructional space). With these pressures, stable or declining enrolments and the changing makeup of neighbourhoods set up school closure scenarios. In particular, there are several high schools in the board that have such low numbers that it is becoming problematic to provide all the courses that students need for graduation without timetabling conflicts. As you can see on the table below, current enrolment at Hillcrest HS is 469 students. High School Principals have indicated that 800 to 1,000 students are optimum to be able to program courses for all three educational pathways (university, college, workplace) to be strong. Enrolment at Brookfield High School is also on the low side. Canterbury, which draws students from across the district for the Arts Program, is over capacity.

Cap: Capacity of school; Por: Portables in use; Enrol: Number of full time equivalent students at school; UF%: Total Enrolment/Capacity; Surplus: Number of surplus spaces.



Zone meeting

You are invited to a meeting of Zone 6 constituents (Rideau-Rockcliffe and Alta Vista) on Thursday, June 9 from 7:00 pm to 9:00 pm at Hillcrest High School (1900 Dauphin Rd, at Smyth Rd) to hear and consult about the Secondary School Program Review and Boundary and School Accommodations.

Trustee Chris Ellis- www.SchoolZone6.org -Email Chris.Ellis@ocdsb.ca - 613-818-7350

High School	Cap	Portables	Enrol	UF%	Surplus
Canterbury	1134	8	1278	112.73%	-144
Hillcrest	1164	0	469	40.31%	695
Ridgemont	969	О	766	79.03%	203
Brookfield	1116	0	581	52.06%	535
Total	4383	8	3094	70.60%	1289



Oakpark loves our volunteers!

by Pam Maskell

e are so fortunate at Oakpark to have an extraordinary group of volunteers. Both residents and community members are extremely generous with their time. We cannot thank our wonderful volunteers enough for all that they do.

Resident volunteers help with a variety of activities and goings on at Oakpark. From running the Tuck Shop, facilitating reading groups and card games, to assisting with our weekly game of bowling – none of these things would be successful without all of the time and effort they put in.

Everyone welcomes the community volunteers with open arms. We all look forward to Monday evenings when Ottawa Therapy Dogs Rufus and Zippy, the miniature labradoodles visit with Martin and Robert. The residents

even celebrated Rufus' birthday last year to show him how much he means to them.

We are privileged to have made great connections with the local churches over the years. Many of the residents are parishioners of Rideau Park United, St. Thomas the Apostle, and Resurrection of our Lord Churches. We're honoured that so many people from these churches donate their time to lead weekly and monthly services. We also look forward to seeing some local church choirs who occasionally visit and grace us with their beautiful voices.

At Oakpark, we offer a broad range of entertainment, some of which wouldn't be possible without some very generous people sharing their talent free of charge.



Mrs. Helen Curtis (left) and Mrs. Irene Tammadge (right) volunteering at the Oakpark Tuck Shop Photo credit:Pam Maskell

High school and University students get involved in a variety of ways to assist in the Oakpark community. Helping to prepare for upcoming activities, providing one on one visits, playing piano, and helping with special occasions are just a few ways that these students provide a much appreciated helping hand.

A great time was had by all at our volunteer appreciation tea on May 19th. David's Tea provided a delicious sampling menu allowing all of these wonderful people to be at Oakpark at the same time and for us to thank them for all the hard work they do and the difference that they make in all of our lives.

Thank You from the bottom of our hearts to all of our wonderful volunteers who help to make Oakpark the great place that it is! We couldn't do what we do without you!

FINANCIAL PLANNING

Give your Investment Portfolio a Spring Cleaning

by Bob Jamieson

it's time to tidy up your investment portfolio. Here are three financial spring cleaning tips you might want to consider.

<u>Get rid of what you no longer</u> <u>need</u> – When you clean your home thoroughly, you end up disposing of all kinds of things – some of which you may have even forgotten you own. The same principle might apply to some of your investments. Speak with your financial advisor to see if you still have some holdings that are no longer appropriate for you and are best removed from your portfolio.

<u>Trim back your duplicates</u> – If you went through your house carefully, you might be surprised at how many items serve the same purpose. For example, do you really need two toasters? There may be similar redundancies with your investment portfolio. For example, you may have two stocks issued by different companies that sell similar products. Instead, you might find it's much better to exchange one of those for a different company in a different sector to boost your diversification. While diversification cannot guarantee a profit or protect against a loss, it may help reduce the effects of market volatility.

storage sheds because over time we've haphazardly tossed item after item into them. There may not be anything that has to be thrown out, but a good clean-up is needed to organize everything properly. Similarly, your portfolio may need a good spring shake-out. For instance, you could have too much of one investment and too little of another. This could mean you are taking on too much risk or, conversely, that your holdings have become too conservative to provide the growth you need. Some investments may be better suited to an RRSP, or to a TFSA. As a result, some important re-balancing could be required to get your relative weightings back in tidy order, especially in light of the stock and bond market changes we have seen

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To Help You Manage Unexpected Change, We'll Consult with an Expert — YOU.

Changing markets and our changing lifestyles can send a once-balanced portfolio into disarray. That's why it's so important to take advantage of our portfolio review at least once every year. Together, we'll assess how changes in the markets, your career and your goals can impact your investment plan, and we can make adjustments to help keep you on track. Though we may be knowledgeable on the markets, no one knows your life better than you.

Call or stop by to schedule your portfolio

in recent months.

By working with your financial advisor for your portfolio's spring cleaning, you can help make sure your investment holdings are upto-date, appropriately suited to your needs and well-positioned to help you make progress toward your long-term financial goals. If you would like another opinion to help you with this clean-up, please give me a call at 613-526-3030.

<u>Put things back in order</u> – Many of us tend to have messy closets and

Bob Jamieson, CFP <u>www.ed-</u> wardjones.ca/bob-jamieson

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MAKING SENSE OF INVESTING

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Sydney Baker - flying clubs and the outbreak of war - part 1

Edited by Colin Hine

n February 20th 1939 I was flying Hillson Praga registration G-AEYM at 1,500 feet about five miles east of the aerodrome at Ipswich when suddenly without warning, following a sharp crack and severe vibration, the propeller went spinning away to the left. It was my natural reaction to shut off the engine which eliminated the vibration.

At this point I sighted the aerodrome away in the distance and I felt pretty sure that by flattening my glide I could reach the field. The landing was quite normal but unfortunately it was downwind and a little too fast. I trundled on stopping just short of the boundary marker. One annoying part of this was that no one saw me land so I had a long walk back to the hangar. At this time I had just completed 10 hours of solo flying.

Subsequent inspection of the engine revealed that the crankshaft had sheared just forward of the first bearing. The propeller was found later on the banks of the Orwell River a few miles south of the aerodrome at Ipswich.

1939 started as a busy year for flying clubs, the civil Air guard was becoming very popular. We increased our fleet of four Hillson Pragas adding two Piper Cubs, G-AFTC and G-AFGM; one DH 82 Tiger Moth,

G-AFSU; and one Miles Whitney Straight, G-AERC. This latter aircraft was built by Miles Aircraft after Whitney Straight approached George Miles to design and build a side-by-side seated aircraft for dual instruction. Powered by a Gypsy Major engine, this airplane was very popular. I believe that some 50 of them were built.

other Miles Whitney One Straight registration G-AFBV based at Ramsgate crashed at Ipswich on the 15th June 1939. The pilot, Mr. C. Almond along with a pupil had flown in from Ramsgate on a cross-country training flight. Upon departure the pilot did several low tight circuits of the aerodrome and on the last circuit the aircraft's wing struck a wind-sock mast shearing off a section of the wing. The plane then climbed a little before crashing to the ground. Sadly both pilot and pupil were killed. Mr. Almond had been one of my instructors while I was training.

The amount of maintenance and servicing of aircraft was now increasing. Monday was always a nonflying day enabling us to catch up on servicing activity. By now I had been given assistance in the form of an apprentice and a helper; the latter did all the refuelling and cleaning of the aircraft.

In mid-1939 a new larger hangar was constructed at Ipswich for a reserve flying training school of the Royal Air Force (RAF). This school started using Hawker Hind and Fury biplanes. These were large high performance aircraft powered by Roll Royce Kestrel engines. The pilots of these aircraft treated us to some wonderful displays of aerobatics. I remember seeing a Fury take off from one side of the aerodrome and complete a slow roll before crossing the boundary on the other side of the field.

However, war clouds were on the horizon and in early September 1939 war against Germany was declared bringing with it drastic changes to all our lives. All private flying in the U. K. was shut down. The last duty of the staff of Straight Corporation at Ipswich was to camouflage the hangars using large brooms and buckets of paint. The aerodrome was divided up into small fields by spraying black paint to represent hedges, while some of the "fields" were dusted with yellow to represent corn.

At this point all Straight corporation employees merged into one company, Western Airways Ltd. at Weston-Super-Mare in Somerset. On September 8th 1939 I left Weston as crew member engineer on DH 89 (Rapide) G-AFSO with Mr. Chatia as pilot. We were assigned to the RAF station at Tangmere where we became a part of a group called National Air Communications (NAC). This group was formed by the Air Ministry, from passenger aircraft that had been impressed. Our flight orders were issued by the RAF station commander.

For the next three months we did flights to most of the aerodromes between LeHavre and Arras. On these flights we carried spares and supplies that had been requested by Number 1 and 73 RAF Squadrons which were now stationed in France.

We completed a total of 54 round trips during this period. On these flights we had no protection; if we were challenged in any way while flying we were told to fire off a Very light of the designated colour of the day, information that was given to us in daily orders. Fortunately all our flight proceeded without any serious problems. Our only concern was knowing where we were going to eat and sleep; many nights were spent sleeping aboard the aircraft. Other aircraft I crewed during this period included DH 84s (Dragon) G-ACMT, G-ACJT, G-ACLE, DH 89s (Rapide) G-ACTV and G-ADDD. This latter plane was previously owned by HRH the Prince of Wales. My last flight with NAC was on December 18th 1939 from Amiens to Tangmere. NAC was disbanded in early 1940.

It Takes a Community Riverview Park Refugee Action Group (ITC)

the second community meeting of the It Takes a Community Riverview Park Refugee Action (ITC) was held Group at Riverview Alternative School. Jon Jones, refugee co-ordinator

ITC On Wednesday, April 27th of Emmanuel United Church and Feras Atieh, brother of the family of seven being sponsored, were there to answer questions from the participants.

> On Friday, June 17th, the Riverview Park ITC Refugee



fundraiser at Emmanuel United Church, our partner at 691 Smyth Road. The Shout Sister Choir will be the entertainment. Doors

Action Group will be holding a open at 6:30 p.m., the Show is at 7:00 p.m. and Admission is \$15.00, Children 10 and under are admitted free.



Councillor Jean Cloutier meets Feras Atieh and Jonathan Jones at the second Community Open House of the Riverview Park ITC Refugee Action Group. Photo credit:Carole Moult

Doors open 1830 Show starts 1900 Emmanuel United Church 691 Smyth Road, Ottawa

Tickets \$15.00

Children 10 and under free Available from Dempsey Community Centre or at the door

> More information: Shout Sister Choir www.shoutsisterchoir.ca

It Takes A Community Refugee Action Group: https://fundrazr.com/itcrefugeeactiongroup



Pippa and Greg: part of the first-rate Dale Park Team



Alan Landsberg (in red) put together the great team of Chris Khoury with son Thomas in front, Paul Puritt, and Tim Mark.



Chantal Bourget had some wonderful help with children Émile and Charlotte at Hutton Park

Spring cleaning in Riverview Park

by Carole Moult

The annual park clean up over the years has resulted in hundreds of children and adults joining together to help make the Riverview Park community the beautiful one that it is. This year, the event was shared with Blair Court Community House and neighbours to help clean Coronation Park on Friday evening, May 13th.

Alda Burt, Balena, Dale, Hutton, and Riverview Park were cleaned over the weekends of Saturday, May 7th, Saturday, May 14th and on Thursday, May 19th. in the evening. Thank you to everyone who came out to help.



One of Bryan Orendorff's helpers, Evelyn, asleep on the job at Riverview Park



Snowy and Anne Stairs took excellent care of Alda Burt Park





We all dug in to clean Coronation Park.

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 28

SUDOKU

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

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Our musical heritage: Hello Ma Baby!

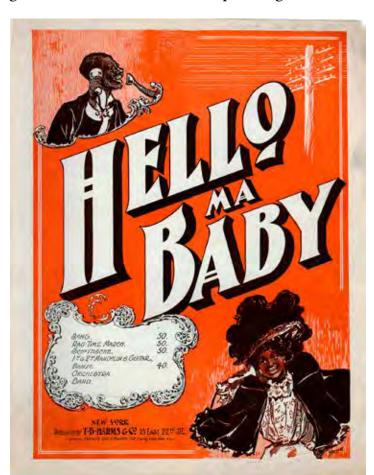
by Brian McGurrin

like to tell the story of singing to my thirteen-year-old granddaughter - singing an old ragtime tune called Hello Ma Baby! The refrain goes like this:

Hello ma baby, hello ma honey, hello ma ragtime gal, Send me a kiss by wire; baby, ma heart's on fire; you'll If refuse boney, you me, lose then left alone; me, you'll be Oh baby, telephone, and tell me I'se your own.

And my granddaughter laughed and said, "I know that song!" And I said: "That's a song from 1899! That's the year your great grandfather was born! How come you know that song?" And she said that she remembered it from a cartoon show where it was performed by a froggie with a top hat and cane, doing the cakewalk. Ok, maybe my granddaughter didn't actually know that he was dancing the "cakewalk" ... but, how amazing and delightful, that she was familiar with a popular song from 1899!

It seems that Hello Ma Baby! is one of those songs that keeps getting revived, so the refrain has become embedded in our cultural memories. When Edna Ferber wrote her famous novel, Showboat, in 1926, she included a scene where the heroine auditions for a job in a sleazy Chicago cabaret, with a black Gospel song, Go Down



Hello Ma Baby! Historic American Sheet Music, David

Hello Ma Baby! is a rhythmically intoxicating composition from the husband/wife team of Joe Howard and Ida Emerson who once performed together in vaudeville. The verses describe a hip kind of guy who's making use of the latest communications technology to do some long distance romancing. There's no suggestion of love or tenderness here - he's never even met this gal face to face and he just learned her name "this morning," but having somehow made contact, he's now in hot pursuit via the telephone. He's a skirt chaser and a ladies' man, and clearly undesirable as a suitor - perhaps a lot like Joe Howard himself (who married no less than nine times).

Verse

I'se got a little baby, of but she's out I talk to her across the telephone; sight, I'se never seen ma honey, but she's mine, all right, so take my tip, and leave this gal alone; Ev'ry single mornin', you will hear me yell, "Hey Central fix me up along the line,"

He connects me with ma honey, then ah rings the bell, and this is what I say to Baby mine: (refrain)

Verse

This morning, through the phone, she said her name was Bess. and now I kind of know where I am at; I'm satisfied because I've got my babe's address, here, pasted in the lining of my hat. I am mighty scared, cause if the wires get crossed, 'twill separate me from ma baby mine, Then some other coon will win her, and my game is lost, and so each day I shout along the line: (refrain)

As you may have noticed, this guy speaks in dialect: for example, saying "ma" instead of "my", and "I'se" instead of "I've"; and in verse two he actually refers to himself as a "coon," when he frets that if he loses telephone contact with Bess, "some other coon will win her" (which, by the way, directly contradicts his earlier insensitive warning that she'd better not refuse his advances or she'll be all alone). You may also have noted an unpleasant hint of aggressiveness: "she's mine all right, so take my tip and leave this gal alone." "Coon" is a racial slur that was once in general use to describe African-Americans, but that's a topic for another day.

Music critic Richard Crawford has commented that in an era when pop songs tended to idealize, sometimes even spiritualize romantic attachments, songs like Hello Ma Baby! allowed audiences and buyers of sheet music to glimpse a realm of less flattering male-female relations that went beyond the fake Victorianism of Tin Pan Alley lyrics. Maybe that's just another way of saying that songwriters of that period still shrank from injecting any level of realism into popular songs about white folks! Hello Ma Baby! has been recorded many times. One of the earliest recordings was by vaudevillian Len Spencer in 1899, but, sad to say, it has such poor sound quality that it's almost unintelligible, so you may prefer to listen to a more modern artist such as Joan Morris. Check it out on Youtube.

I.

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Moses (go down Moses, let my people go!), but the manager is unimpressed: "Listen sister. Your songs are too much like church tunes, see? How about singing me a real coon song? You know, Hello Ma Baby, or somethin' like that."

And if we skip forward a few more generations, we find Hello Ma Baby! appearing, for example, in a Mel Brook's film, Spaceballs in 1987, and again in a 1993 episode of The Simpsons where Homer performs it with a barbershop quartet. And, so it goes. It seems that some songs refuse to die, even when they're a hundred years old. How come?

P.S.: If you're interested, you can also see that 60-year-old Warner Bros. cartoon on YouTube: it's titled One Froggy Evening. Steven Spielberg called it "the Citizen Kane of animated film."

RIVERVIEW PARK MARKET UPDATE

YEAR OVER COMPARISON SPRING 2016 (MARCH & APRIL) Number of Homes Sold 12 Average Days on Market 54 Average List to Sell Price 98% Average Sale Price \$414,216

SPRING 2015 (MARCH & APRIL) Number of Homes Sold 12 Average Days on Market 82 Average List to Sell Price 96% Average Sale Price \$410,083

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Dear Fran

dearfrangardener@gmail.com

Hydrangea macrophylla—Bigleaf Hydrangea

by Fran Dennett

n our zone 5b, Hydrangea macrophylla is usually given as an Easter plant. It comes in blue, pink and white. This hydrangea is usually listed as a Canadian zone 6 plant, but given the right TLC can be encouraged to grow and bloom repeatedly here in zone 5b where it is at the limit of its hardiness.

Within this genus there are cultural differences between species which can cause confusion.

What are these differences? Hydrangea macrophylla blooms on SECOND year wood and therefore must NOT be cut down as you would H. grandiflora 'Annabelle' or H. paniculata 'Pee Gee' which blooms on new wood. Prune H. macrophylla only to shape immediately after blooming, or just cut off the spent bloom heads leaving the stem with next year's bloom buds forming on the stem at the leaf nodes. Should you prune to the ground you may not have blooms on that stem next year but will the following year. In order to guarantee blooms on the second year wood or old stem, these stems must be protected.

Here are two suggestions to protect H. macrophylla in zone:5b. The object is to try and keep the old wood from freezing too hard and thus killing the flower bud.

I. In late fall when the stems are still supple, tie them together; slit open the end of a large garbage bag to make a tube; place the tube over the plant and anchor the base of the bag with bricks; back fill the bag with oak leaves which

stay fluffy and do not mat down H. macrophylla happily blooming like maple leaves, then tie the top shut. Shovel snow around the base and over the top through the winter. In April remove the protection in stages as the weather warms up.

2.In late fall when the stems are still supple, tie them together; wrap in white winter wrap and place a Styrofoam dome over all. Shovel snow around the base and over the top through the winter. In April remove the protection in stages as the weather warms up.

Over ten years ago, I planted a species pink H. marcophylla (from my aunt's garden in southern Michigan USA zone 5) at the back of my house against the foundation facing east, and it usually has fifteen or more blooms on it every year. I use option two as described above for protection. My hydrangea is still alive. Up until the last few years our Ottawa winters have been quite mild (yes they were!). These last few years when the temperature dipped to -29°C, the previous year's stems, which would be the blooming stems, were winter killed. However, the root survived and new stems were produced, so I am hoping for blooms this year.

I believe the reason my H. marcophylla does so well in this zone is because it is against the foundation and I protect it. Also because it has survived for so long it may have developed some hardiness for this zone.

So you do not want go to all this trouble, but still would like to grow M. marcophylla. You are in luck, as the people of Bailey Nurseries in St. Paul, Minnesota discovered a

in a USA zone 4 garden. But the most wonderful part of the discovery was that it bloomed on both new and old growth. This was the start of the successful story of the 'Endless Summer" series. These are really lovely plants.

Hydrangeas as a rule like an acid soil. This can be accomplished in several ways; use an acid fertilizer (Miracid), or scratch a handful of sulfur into the soil in spring or water in a cup of vinegar around the root zone and be sure to dump your leftover tea or coffee and their leaves and grounds around the plant. (Pouring my leftover tea on my hydrangea over the years has changed the pink color to a mauve colour on about half of the plant.).

The best place to plant this H. macrophylla is in morning sun or a site that would give protection from hot noon day sun. Developing a warm microclimate is crucial for blooming of this hydrangea in our zone 5b. It is the protection of the flower buds which will guarantee blooming the next summer. Why would you grow a plant and not have it bloom, do the extra work by protecting this plant, and then enjoy the fruits of your labour!

Remember the blue/pink colour is a result of their genetic makeup and not due to adding chemicals to the soil. By changing the pH from alkaline to acid, you can temporarily change the pink colour to bluish, but as soon as the pH becomes alkaline the pink color will return. Which bring me to aluminum

sulfate which is sometimes recommended to keep certain



plants blue. This is not true and furthermore aluminum sulfate is highly toxic in the soil and should be avoided at all costs!

In conclusion, I hope you will find a place in your garden to try Hydrangea macrophylla, as I know you would enjoy them. Also if you have any questions or would like to see a particular garden topic discussed in this column please let the editor know of your wishes and she in turn will let me know. Happy gardening...

Master Gardeners of Ottawa-Carleton (MGOC) check out our website http://mgottawa.mgoi.ca for information.

If you would like to receive TROWEL TALK, our free monthly electronic gardening newsletter, contact :

<troweltalkeditor@rogers.com> to be added to the list.

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Photo credit: The Radnors



Photo credit: The Radnors

Élizabeth Bruyère Continued from page 37

The JDU was renamed the Communications Research Centre (CRC) in July 1946. Still housed in the La Salle Academy on Sussex, the CRC formed the core of the Communications Branch of the National Research Council upon its creation in September 1946.

After the end of WWII the Rideau Military Hospital was no longer needed and the Grey Nuns did not return, so they offered it as a rental property. This was just right for the increasingly large number of staff required by the CBNRC during the cold war era. So they took it over and renamed it the Rideau Annex. The CBNRC stayed there until about 1961 as the building was getting old, it was built in 1915, it had no air conditioning, security was extremely difficult, and the gradual increase in the amount of "spying" caused the total staff to grow.

At the time CBNRC moved to the site, the Rideau Annex was surrounded mainly by farmland. Located east of the Rideau River near Hurdman Bridge on Alta Vista Drive (which was then Churchill Drive in Gloucester), it was nicknamed "the Farm" by those in the know.

In June 1961, the whole department moved to the new Sir Leonard Tilley building out on the corner of Riverside Drive and Heron. The old Grey Nuns building was left derelict.

The whole location was eventually sold to a real estate developer and the Alta Vista Towers now occupy the site.

So next time you pass the Shoppers Drug Mart at the Alta Vista Centre and the adjacent three apartment towers, remember the history of that corner of our community, from nursing the sick to spying on any threat to Canadian security.



Trinity Community Garden invites you to their Plant Sale, And Ottawa's Garden Days Event

by Bernadette Bailey

Trinity Community Garden will be holding it's Annual Plant sale at 1641 Alta Vista Drive on June 11 from 9:00 until 2:00 during the Alta Vista Community Garage Sale. We will be selling a wide variety of Perennials and some annual plants that our gardeners have donated from

lunch. Each gardener prepares, plants, maintains and harvests their own plot. In addition they volunteer to perform one of the required tasks, filling the water barrels, managing weed growth in the common areas or maintaining our compost system. This year we will have a team growing food in designated plots for the purpose nity Garden is located behind the Trinity Church of the Nazarene at 480 Avalon Place.

"This three-day program of activities and events is for gardening enthusiasts, families, schools and tourists alike. Garden Days is an opportunity for Canadians to enjoy their own garden, visit or take part in their favourite garden experience, get inspired at their local garden centre or travel to a nearby destination to enjoy their favourite garden."

If you would like to learn more about Garden Days, visit <u>garden-</u> <u>days.ca</u>. We hope to see you in the garden.



New and returning gardeners getting acquainted *Photo credit:Bernadette Bailey*

their own home gardens. The pro- of donating to those in need in



Enjoying a potluck lunch *Photo credit:Sarah Musavi*



Preparing the plots Photo credit:Bernadette Bailey

ceeds will be used to help cover the cost of obtaining compost and water for the members use as well as purchasing tools or other necessities for the garden.

A new gardening season has re begun and the gardeners at <u>tra</u> Trinity Community Garden have eagerly begun to plant in their ho plots. We welcomed our new na gardeners at our annual Garden ty Preparation Day on April 30th th where they became acquainted be with returning gardeners while th turning their soil, adding compost, ga and sharing a delicious pot luck gr

our community. We also plant and maintain a common herb garden. We still have a very small number of plots available for this season. If you are interested in renting a plot, please contact us at <u>trinity.garden@rogers.com</u>.

The Community Garden will be hosting an activity as part of the national Garden Days. Community members are invited to come to the garden on Saturday June 18th between 10 a.m. and noon to meet the members, have a tour of the garden, and learn about how we grow our food. Trinity Commu-

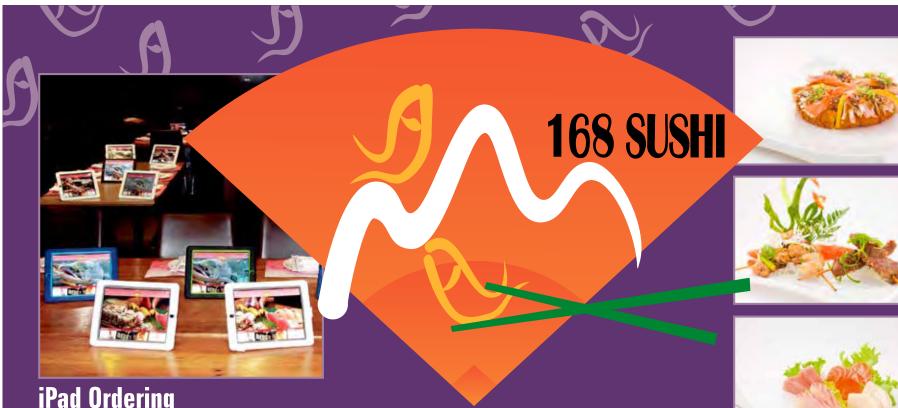


Plant Sale

in support of Trinity Community Garden

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

Saturday, June 11th, 9am - 2 pm 1641 Alta Vista Drive



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> (5-7 years old) \$8.95 (3-4 years old) \$4.95 ** Kids under 3 eat free

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