



Becky White now resides at The Perley and Rideau Veterans' Health Centre with her husband of 72 years, Arthur.

Wartime spy Becky comes out of the cold

by Bill Fairbairn

A score of books have now been written about Bletchley Park telling us in Winston's Churchill's postwar words that the British Code and Cipher School in Milton Keynes, England, cut the length of WW II by two years in deciphering the military codes and ciphers that secured German, Japanese and other Axis communications. He said the code breakers saved thousands of lives.

Only one booklet that I know of, by Dorothy Robertson, who served in the Women's Royal Canadian Naval Service, also known as the Wrens, tells of the wartime transmissions of German intelligence from No. 1 Station HMCS Bytown.

Entitled *I go (Not) Down to the*

Sea in Ships, Robertson's booklet tells how Wrens, who worked at the Bletchley Park wartime outstation south of Ottawa, moved upward from recruits to wireless telegraphists trained in using Morse code to intercept German U-boat messages when they came up to surface in the wartime Atlantic.

They were coached in the location and in the call signs of the German navy's coastal stations, the make-up and probable meaning of messages and, above all, how to distinguish between the incessant traffic from the shore stations (of little interest) and the infrequent traffic from U-boats in which there was a vital interest.

This secret service spying went

CONTINUED ON PAGE 2

Our lost trees

by Geoff Radnor

Before the Europeans came to Ontario it was almost all covered in trees. Evergreen and deciduous; and they were cleared slowly, but surely, so the immigrant farmers could make a living. Luckily some were left and as the settlements became towns and the towns grew to be cities like Ottawa, trees were planted along the avenues and boulevards, so we had a great looking green city.

Then in the 1970s along came the Dutch Elm disease which, over a period of 10 years or so, killed almost every elm tree in the region. The city replaced those lost elms by ash trees and other species so our streets were again lined with many fine looking trees.

Then in more recent times those emerald ash borer beetles came along and killed most



Is this what is meant by 'clear cutting'?

of the ash trees. Trees have thus had a tough life in Ottawa, as indeed they have in most of the eastern North America. Here in Ottawa, our city forestry department keeps getting on top of things by planting more young saplings to replace the dead trees.

Riverview Park has had its share of tree loss recently. The new road to the hospital from Riverside Drive caused the

loss of many trees. The upgrade of the Hydro One corridor from Balena Park to Overbrook has caused much anguish among local residents as many trees are threatened by removal prior to the construction planned to start in April 2017.

The most recent removal of trees however is now completed, as the clearing of all vegetation

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Wartime spy Becky

CONTINUED FROM PAGE 1

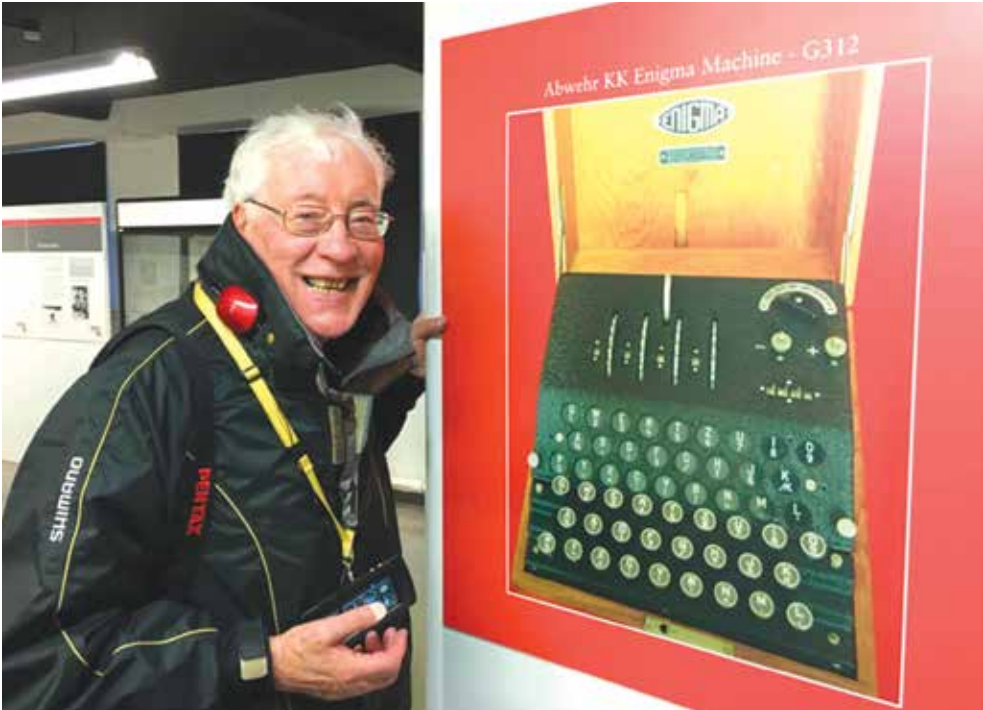
on from 1943-45 in several Canadian outstations while at Bletchley Park, England, codebreakers led by Alan Turing were on their way to breaking Germany's seemingly unbreakable Enigma code and win the war. Did you see The Imitation Game? The movie dramatizes Turing played by Benedict Cumberbatch and Keira Knightley as a Wren faced with the herculean task that the codebreakers of Bletchley Park undertook.

Joined up for excitement

Last month former HMCS Bytown station wireless telegraphist Becky White, aged 93, living with Arthur, her husband of 72 years, was presented with the Bletchley Park Commemorative Badge by a representative of the British High Commission.

"Yes, I was a spy, not allowed post-war to tell even my husband," she said at their Perley Rideau home.

White recalled for *The Riverview Park Review* that her job was to intercept communications between U-boats patrolling the North Atlantic and torpedoing Allied surface shipping en-route mostly to Britain with troops or supplies from North America. She recalls that the Bytown base was replete



Bill Fairbairn with the Enigma Machine during a recent trip to Bletchley Park. PHOTO: JUDITH FAIRBAIRN

with a ship's mast, flags and parade ground, and in particular the Radio Direction Finding building in the middle of a cow pasture, with the farmer discontented at the navy taking over his farmland. There is still a small monument to the base on Regional Road 8 in Gloucester, and a Canadian Legion building sits on the site.

Becky, born on a farm at Sundridge, Ontario, for excitement joined the Wrens at age 19 after a spell with the National Research Council in Ottawa where she met husband Arthur, also an army veteran. Other young women were

also joining the war effort. She had no qualms working as a spy even though in Britain's darkest days of 1943 Germany was seen to be winning the war. "We were pretty confident because we were Canadians," she said. "Wrens took a six-month course at St. Hyacinthe, Quebec, where I was trained for Navy basics, Morse Code, and an advanced level of training as a 'Special Operator'. I wore earphones and was put in the picture of what my naval job would entail."

Back to HMCS Bytown after the course, Becky worked eight-hour shifts at what they called the DF shack (the Radio Direction Finding building). Fearlessly, as befitted a farm girl, she came and went past cows sometimes in darkness ahead of the midnight shift. With a little laugh she eloquently for her age told

of how Wrens would occasionally travel by Liberty Ship to Ottawa to meet boyfriends and go to the cinema never breathing a word of what they were doing at the outstation.

"Otherwise on base we paraded in naval uniform, talked as though we were on a ship though women then were not allowed to serve on ships and I was once confined to barracks for doing something that I don't now remember doing! My grandchildren were surprised by this badge after all those years. I told them I was as surprised as them. I no longer dream of the great time I had meeting people and making friends at HMCS Bytown. We did what we could for the war effort and I think it made a difference."

With her perfectly coiffed hair, bright blue eyes and wearing a soft pink cardigan, it's hard to see Becky as a WW II spy now aged 93.

In Calgary, Marion Booth, aged 88, received the badge for her secret work in WWII and the Cold War. She was a Wren, recruited under-age at 17, having not told the truth about how old she was in order to serve her country. She worked at Bletchley's Victoria outstation from 1944-46. Marion used a Japanese typewriter to type out in English messages she had overheard in Morse code between Japanese battleships in the Pacific

Quotas of grain

Of her Cold War spying on Russia Marion told the *Calgary Herald* that she personally gathered little more than news of five-year quotas of grain.

TIS' THE SEASON TO HEAR BETTER.

A photograph of a young girl with brown hair, wearing a red shirt, kissing a woman on the cheek. The woman has blonde hair and is smiling, wearing a red top. The background is festive with warm lights and white snowflakes.

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Friendship Day at Revera Alta Vista

A photograph of three women sitting around a round table outdoors. One woman is using a laptop. They are all smiling and appear to be enjoying the day. The background shows some trees and a building.

Above: It was Carol's birthday the same day as Friendship Day at Revera Alta Vista. Nicole (L) and Francine (C) drove from Montreal to celebrate both.

Right: Pat Thorpe (L) invited long time school friend, Donna Pim. The two enjoyed the music of Dimitri Degunov (Background).

PHOTOS: CAROLE MOULT

A photograph of two women sitting indoors. One woman is wearing a white top and the other is wearing a dark top. They are both smiling and looking towards the camera. In the background, a man is playing a saxophone.



Bletchley Park, A Victorian mansion 50 km north of London was bought in 1938 by Admiral Sir Hugh Sinclair, head of the Secret Intelligence Service prior to WWII. It was used throughout the war as the centre of the code breaking efforts of Military Intelligence. Now, a museum.



A representative of the British High Commission recently presented Becky White with this *Bletchley Park Commemorative Badge*, inaugurated for veterans of what was called Signals Intelligence.



Becky White, née Brimacombe, in her early twenties, as a Wren.



Other former Wrens who received the badge were Sage German and Joan Powell, both of the Sunnybrook Veterans Home in Toronto. Sage worked on Japanese ciphers. Joan, who served in England at Bletchley Park, always told her husband Bill that she was a file clerk.

The Bletchley Park Museum Badge was inaugurated for veter-

ans of what was called Signals Intelligence. Until its release there had been no recognition of their work. Bletchley Park still rejoices in it probably being Britain’s best-kept secret.

Quoting from *The Secret Life of Bletchley Park*, a book by Sinclair McKay: “The Germans enciphered their messages, then super-enci-

phered them once by using their Enigma machine and the second time by hand using bigram tables. These tables set out substitutions for pairs of letters; and the tables were changed day by day according to a very strict calendar. The task of cracking this was the most formidable challenge Bletchley Park overcame.”







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RIVERVIEW... THEN

by Paul Walsh

This aerial photo is likely from pre-war days, looking south toward the Rideau River in the Hurdman Bridge area, showing the CNR and CPR rails bridges, and featuring the large, very prominent gas tank, by the tracks, on this side of that river. The Lees Ave. site, with several large apartment buildings, now occupies that area, and the Queensway, by 1963, had started to take over the rail tracks and lines that crossed the city from Hurdman Bridge to the west end.

On the far side of the Rideau River, the Grey Nun building, located on the site that now has the 3 Alta Vista Towers apartments, and visible in the middle of the picture, slightly right of centre, is south of the original road, running left-right, which is now known as Alta Vista Drive. The farmers' fields, from the River's edge, are all clear of structures except for those around the first road, paralleling the River... called Riverside Drive...and they were likely houses belonging to railway workers.

Where the Alta Vista Plaza would later be built...in the early 1950's...nothing but farmers' fields appear, although I have been told that the huge vegetable garden for the Grey Nuns, at their Hospital, was on the spot where the parking lot for the Plaza later evolved.

To the left of the Grey Nun building, the field stretches all along what would become Coronation Ave. and Industrial Ave. The CNR mainline passes south through what later became the Trainyards Shopping development, and, to the right of that rail line, stands a lone tree.

When Industrial Ave. was built, the initial route went from Alta Vista, just past that tree, before it turned sharply left, and headed down toward Russell Road, paralleling the tracks.

On that tree site, now sits Maplewood Retirement Community.



Ottawa East Panorama – taken about 1950. Note gas tank on left and agricultural land across the river.

PHOTO: NATIONAL MUSEUM OF TECHNOLOGY – 36285



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It would be wonderful to blame the chronic appearance of the shopping carts in Riverview Park on some migratory imperative. That isn't the case though. People are. It has become easier to cart home purchases from the Ottawa Train Yards than to carry them. It has become even easier to abandon those same shopping carts once near home. Left on the side of the road they are just as easily forgotten, and there they pile up creating an eyesore.

When did it become not just OK, but acceptable to leave shopping carts sprayed about? It has come to the point that the Train Yards actually employs someone to come with a vehicle just to our community to retrieve shopping carts. While this proves to be an employment opportunity, it really points out something peculiar about this particular neighbourhood.

In defense of the Ottawa Train Yards, they are trying to be good corporate neighbours. City By-Laws have determined that it is the business' responsibility to look after their shopping carts. And if the By-Law Officers see that shopping carts are littering public spaces, those carts are to be taken to a storage facility. The owner is then contacted and fined for the cost of pick-up, storage and return of each of those carts - to the tune of \$52.00. Businesses have responded to this financial penalty by putting in electronic guards that lock up wheels. Even this due diligence isn't enough to keep the shopping carts at home.

Train Yards' retailers like Walmart even installed locks on their carts. For the price of a Loonie, customers effectively rented the cart, and got the Loonie back when the cart was returned. Poor Walmart forgot to install the Interac option, because nobody carries coins anymore.

While there was enough complaining such that Walmart disconnected the pay-chain locks, for one glorious week the carts were all in the shopping cart corrals, organized neatly in rows. As soon as the locks were removed, disorder



This little fellow seems lost.
There a reward fer his return?!

set back in, and the carts began to migrate again. Another option would be for retailers to install shopping cart corrals in Riverview Park, so customers could leave them there, and return with them when they next go shopping.

If fines and locks won't work, at least retailers would be able to limit the loss of their shopping carts, and at the same time work in some free advertising.

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.

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

Please note that the opinions published in *Riverview Park Review* are those of the authors and do not necessarily reflect the views of Riverview Park Review.

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Goodbye to this CMA House on Alta Vista



The CMA Headquarters: designed to reflect a balance between tradition and as a strong emphasis on the future. Opening ceremonies, ribbon cutting with a scalpel on October 2, 1970. PHOTO: BARBARA SIBBALD

The interior is cleared out first and shipped for re-cycling. PHOTO: GEOFF RADNOR



Machines are getting ready in place to take down the exterior of the building. PHOTO: GEOFF RADNOR



The main entrance looks like this now. PHOTO: GEOFF RADNOR



The Canadian Medical Association moved out as of July, 1st 2016. PHOTO: GEOFF RADNOR

Be a Santa to a Senior Tree located at Oakpark Retirement Community

Oakpark Retirement Community is excited to be participating in this year’s annual Be a Santa to a Senior campaign organized by Home Instead Senior Care.

This important program began in 2003 to support lonely and financially challenged seniors during the holiday season. Local community partners, non-profits, retails, and volunteers come together to provide gifts and companionship for lonely and isolated seniors.

This will be the tenth consecutive year that Ottawa has participated in this initiative – last year enough gifts were collected to help more than 600 Ottawa area seniors during the holiday season.

This year, Oakpark is partnering with Home Instead Senior Care to offer a Christmas tree supporting the Be a Santa to a Senior program in the Alta Vista area.

The Christmas tree will be set up from November 27 through December 10, and supporting a senior is as simple as 3 easy steps:

- Remove a bulb from a tree placed conveniently in your community.
- Purchase the requested gift listed on the bulb.
- Place bulb and unwrapped gift in the designated box.

Located at 2 Valour Drive, just off Smyth at Alta Vista, Oakpark is a convenient location for anyone living in the Riverview Park community. Stop by between November 27 to December 10 to pick up a bulb and brighten an Ottawa area senior’s Christmas.

For more information, or if you have any questions, contact Oakpark Retirement Community at 613-260-7144.



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Passing our mid-terms at City Hall



DAVID CHERNUSHENKO
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Excuse me, will there be a mid-term exam? How many of us remember asking or hearing that question in school? I know I did, and though my school days may be over, mid-terms remain part of my life.

We’re halfway through the current term of City Council, and with that milestone comes a standard “Mid-term Governance Review.” It’s a way to take stock of how we do things at City Hall, and a chance for us to consider how our processes or approaches might be improved.

Among the dozens of elements reviewed recently, I proposed changes in a couple of areas related to the mandates of the City’s standing committees. First, I was able to add to the Environment Committee’s mandate responsibility for “preserving/promoting biodiversity and protecting/coexisting with urban wildlife, particularly with respect to matters that are not specifically within the mandates of other Standing Committees.”

What this comes down to is that preserving and promoting biodiversity as a policy goal is not specifically named as part of any committee’s mandate. Some committees, such as Planning or Transportation, deal with some specific,

related issues, but not as an overarching objective. That loophole has now been closed.

Somewhat related — not a loophole, but an oddity — is the transfer of “urban wildlife” issues from the Agriculture and Rural Affairs Committee (ARAC) to the Environment Committee. It’s not rocket science, and the chair of ARAC had no desire to fight me over Glebe skunk issues or troubles with raccoons and squirrels in Centretown. So — lucky me!! — as Environment chair, I have now laid claim to urban wildlife issues, including the ongoing need to see bird-friendly policies adopted and promoted so as to reduce the very frequent bird injuries and deaths in the city.

Which brings me to the name of the committee. In February 2016, as part of a far-ranging motion to minimize Ottawa’s contribution to climate change, I suggested adding the words Climate Protection to the name of the committee. I believe this term is a better fit than the similar but more nebulous Climate Change, as argued in my motion:

“... governments ... are making important commitments to reduce emissions of climate-changing greenhouse gases, thereby protecting the

climate from human behaviour and economic activity; and

“... governments ... are already experiencing, and are anticipating considerably more impacts upon built infrastructure and ecological and human health as a result of climate change, and are devoting additional resources towards protecting humans from the negative effects of a changing climate; and

“... adopting the term Climate Protection would serve not only to underline the importance of tackling climate-related issues for the City of Ottawa, but also better describe the dual nature of the challenge before the city, as described in this motion.

On Nov. 9, Council made a symbolic but absolutely important change by approving the committee’s new name: Environment and Climate Protection.

Draft Budget Overview

Also on Nov. 9, the Mayor tabled the city’s 2017 Draft Budget. I am particularly pleased with what I see in several areas that are my declared priorities, and which I know are important to residents based on your input. I collaborated with a number of councillors and community groups in pushing for:

- 1. A more affordable transit pass for those on low incomes. Check!
- 2. Increased funding for social service providers. Check!
- 3. More funding for measures and infrastructure leading to safer and more accessible walking and cycling. Check!

Some citywide initiatives that I have championed received some modest initial funding. There is


a financial infusion to kick-start some projects as part of the Renewable Energy Strategy coming forward in 2017 — now called Energy Evolution. There is money for work recommended in the draft Urban Forest Management Plan (to be debated and finalized in the spring). There is also money for enhanced road safety measures and technology.

There are some specific initiatives and capital projects that benefit Capital Ward residents in particular, which I have listed in my more extensive online commentary at capitalward.ca.

Did we get everything that you (and I) asked for? No. But no budget is perfect, and there are other things I would like to have seen, for the city and for the ward. But in a world of competing priorities and limited means — and little desire for increased taxation — I am pleased to have worked with City staff and the mayor to get these important priorities addressed in the budget. All this was accomplished within the targeted 2% cap on residential property tax increases.

You can find the full draft budget document at ottawa.ca/budget2017, and you will have the opportunity to comment in a number of ways in advance of budget discussions at various committees, leading up to the final debate at Council on Dec. 8.

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



Lost and Found Pet Recovery Network

We all miss our pets when they become lost. A missing pet is a stressful situation for both the guardian and the animal.

Orrin and Pam Clayton have set up a confidential e-mail list of pet owners (and those who care) in Riverview Park. If you wish to participate, please e-mail letterit@rogers.com with your e-mail address, postal address and phone number.

When letterit@rogers.com is notified of a lost pet, all participants will be sent a confidential e-mail 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.

Your participation may result in a lost pet being returned to their grateful owner.

Support for Environmental Rights

by Peter Schmolka

Across the country, Canadians believe in our right to a healthy environment: to clean air and water, safe food, a stable climate and a say in decisions that affect our health and well-being. People across Canada are standing up to say this right should be recognized and protected.

This growing movement of people calls upon local communities to pass municipal declarations respecting people’s right to live in a healthy environment. Indeed, it has already happened in Ottawa, when City Council passed a resolution to this effect on May 25, 2016.

As more communities across Canada adopt such declarations; provincial and federal decision-makers will follow suit and pass environmental bills of rights. An effort is under way in Ontario now to enhance this prov-



ince’s Environmental Bill of Rights.

The ultimate goal is to have the Canadian Charter of Rights and Freedoms recognize the right of everyone here to a healthy environment: clean air and water, safe food and a stable climate. Many countries around the world already recognize this right for their citizens.

More information is available from the Blue Dot movement on their website, www.bluedot.ca.

TAI CHI PILGRIMAGE



by Whispering Pine

Just back from our 2016 ‘Wu-dang Pilgrimage’ to various China Taoist Temples in different locations. This was my third journey led by Zhou Sifu. You can check out Sifu’s Daoist-Gate website.

The trip was made possible with the help of my wife and senior students, who took care of running the dojo, and the cooperation and understanding of all the students. It gives me peace of mind to know things are in good hands.

On this trip, as with my previous two, we visited temples on famous Taoist mountains. On Yu Mu Shan we stayed in the temple and shared in their vegetarian meals. The temple cook was excellent and we polished off all the various dishes. We challenged each other to finish what was on the table, even when our bellies felt full. It is a good practice not to let food go to waste.

For me the biggest challenge was the weather. According to the locals, it was a record-breaking heat and the worst drought seen since a long, long time. I am not used to daily temperatures of thirty-six to thirty-eight Celsius. My face would be dripping with sweat even when

I was sitting quiet. Adapting to circumstances, I would drink lots of liquid, stay calm and have many cool showers a day. The temple people did not seem to complain about it; rather, it is just another fact of life, living with what nature dictates. The Taoist way.

Luckily for me, I was able to sleep well, even drenched in sweat. We had a fan running continuously in our room, moving warm air.

At five AM, I was already on the practice ground, ‘warming up’ for the sunrise TaiChi. Being on the mountain, surrounded by forest, we were treated to a symphony of singing insects and, at about five-thirty, that would switch over to the songs of distant roosters and morning birds. It was such a pleasant atmosphere. It is etched into my memory. At seven, we would have breakfast, and then another hour of training. Usually



the locals who train at the temple also arrived for their practice with Huan Sifu, the head of the temple. They were very friendly people, showing great interest and seriousness in their study. At times, there were also other groups who came up to the temple ground to train, as it was even hotter down in the valley.

We were treated to the local abundance of red and yellow watermelon and grapes. It was delicious and so enjoyed.

After dinner, around seven, we would have our evening practice. We could continue with the TaiChi or join in the kung fu training with the temple group. In the kung fu group, we tried many different ways of kicking, some representing much difficulty for older and stiffer pilgrims.

At sundown, we would head back to our shared room, a cool refreshing shower, and rest for the

night, accompanied by the singing of the night insects.

So much more to share and tell. Much to digest and more time for reflection...

by Winking Owl

Who would like to have a job lugging big bags of gravel up and down mountains?

A workman supports a carrying pole diagonally across his shoulder. For the mountain stairways he takes a staff along. Held over his other shoulder and under the pole, it shares the weight. Its top is like a Y so he can prop his load across it to stop and rest.

To prepare for our trip, I made sure my 3D camera rig was ready. Over months I changed it and carried it, checking it and getting used to it. It has filters so I can photograph with infrared light.

In China I took thousands of shots. Some I like a lot. The camera was a bit of trouble though, so I’ve been making more improvements to it. That is a habit from the dojo. Martial arts training is not for some goal of perfecting techniques, but for developing my ability to practice the improvement habit.



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RIVERVIEW PARK COMMUNITY ASSOCIATION

The RPCA awards three well-deserving recipients for Volunteer Extraordinaire at the October AGM

A volunteer is a person who freely offers to take part in an enterprise or undertake a task. The three individuals that the RPCA honoured on Wednesday, October 26th exemplify the people that the Riverview Park Community Association had in mind, when back in 2002 the Volunteer Extraordinaire Award was initiated.

This award is to honour individuals from our community who have graciously given back to make it a better place to live

The RPCA salutes Dianne Hoddinott

Dianne Hoddinott first joined the Board in 2012 and has been a stalwart member since then, gradually expanding her role and stepping in where needed. As Communications Committee Chair the past few years, Dianne has worked behind the scenes conscientiously updating the RPCA website with the links and information people send to her; and is always looking at ways to enhance the RPCA's presence on-line. She has stepped in willingly to serve as Secretary for our Board meetings when needed, and is an example of a person whose efforts are often unseen but without which, the Riverview Park community would not be the same.

The RPCA thanks Paul Puritt

Paul Puritt has been an active volunteer since joining the Board in 2011, serving in various capacities. Locally, these range from being Vice-President, to participating as an active Planning and Development member, a volunteer with park clean-up, plus assisting with the Holiday Carol sing-along. Paul has also attended external meetings with other Community Associations and elected officials on behalf of the RPCA, while his sense of humour and wry observations have kept Board members and politicians alike on our toes and smiling at the same time. Quick to host RPCA meetings, Paul's dedication to the community includes the active role he is playing in the ITC Refugee committee.

RPCA recognition is given to Lynne Bezanson

Lynne Bezanson's participation over the past few years in the RPCA- AGM is just one example of her volunteerism; always professional and always quick to agree to help. She frequently comes to the aid of the RPCA as part of the team helping clean our parks, and with the ITC Syrian Refugee Action Group, Lynne Bezanson, took the



Congratulations are given to Dianne Hoddinnot, second left, from (L-R) Councillor Jean Cloutier, Ward 18; David McGuinty, MP, Ottawa South; and OCDSB. Trustee, Chris Ellis. PHOTO: GEOFF RADNOR



Several of the AGM guests included: Susan Scott, Executive Assistant, Office of Councillor Jean Cloutier; Councillor Jean Cloutier, Ward 18; Martha Lush, CSW Landscape Architects Limited; and Bruce Kenny, Project Lead for the AVTC. PHOTO: GEOFF RADNOR



Paul Puritt, second left, accepts congratulations from (L-R) Councillor Jean Cloutier, Ward 18; David McGuinty, MP, Ottawa South; and OCDSB Trustee, Chris Ellis. PHOTO: ANNA NITOSLAWSKA



Lynne Bezanson, second left, receives congratulations from (L-R) Councillor Jean Cloutier, Ward 18; David McGuinty, MP, Ottawa South; and OCDSB Trustee, Chris Ellis. PHOTO: ANNA NITOSLAWSKA



Meet your new RPCA Board of Directors: (L-R, Back row): Bob Perkins; David Knockaert; Kirsten Fraser with her young son Fraser Starr; Craig Cormier; Alan Landsberg; Kris Nanda, RPCA President; Bryan Orendorff, and Dianne Hoddinnot. Front row (L-R) Carole Moulton; Anne Stairs; and Marilyn Minnes. Missing: Claudine Giroux. PHOTO CREDIT: GEOFF RADNOR

lead on the Syrian family's behalf; a goal which is to bring a family of seven to our community. Lynne has convened community town hall meetings to gather support on the ITC Committee's behalf for the resettlement project, attended innumerable meetings, and written countless letters. Her support for our last two Fall Socials has also been amazing.



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The veterans who make their home at Maplewood: Front row - Left to right: Mr. Gray, Mrs. Malone, Mr. Doucette, Mr. Becker. 2nd row - Left to right: Lt. (N) Ian McKay, Mr. Watson, Mr. Fouchard, Mrs. Fouchard, Mr. Monroe, Mrs. Nancekivell & Mr. Bailey



Guest Lieutenant Ian McKay shared his story on the big screen for Remembrance Day.

Remembering at Maplewood

November 11, 2016

PHOTOS: NATHALIE BARTLETT



Photos of the veterans were on display. Can you guess who they are?



Their war year's memorabilia was shared by the Maplewood Retirement Community veterans

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Our Lost Trees

CONTINUED FROM PAGE 1

on the new development site on Industrial Ave. adjacent to Coronation Blvd, started on the last weekend in October. The city forestry services were interested in this operation undertaken by the contractors for the Train Yards.

There is a city regulation about tree removal and it was uncertain at the time if the removal of trees on the site was covered by a permit. The residents of that section of Coronation Blvd are rightfully most unhappy with the removal of the screen of trees and bushes that has shielded them from the rear of the commercial properties on Industrial.

The plans for the two retail buildings show that loading docks and the garbage containers face onto Coronation Blvd which is supposed to be a residential street. One resident, Imtiaz Khan, met with Shawn O’Neil from the city forest services at the scene of the tree destruction. He asked why this work was done on a weekend. Why was there no safety fence along the edge of the earth works? (There is now.)

Can we, as residents, be assured that Train Yards, like Hydro One, will act like good neighbours and replace the trees taken down with a comparative planting of trees and shrubs to return Coronation Boulevard to its residential splendour?

The avenue of Scotch Pines planted, I would assume, in 1953 to celebrate the Coronation of Queen Elizabeth is still thriving, although some trees have not survived the entire 63 years, The dreaded big red cross has marked several for removal by city crews.

It is unfortunate that even some of the recent



A welcome sight!



At work on Industrial Avenue.



Riverview Park gets less green. PHOTOS: GEOFF RADNOR

replacement trees, planted in the last few years, have not all survived. Is this due to lack of care and maintenance by the city or its subcontractors? We trust that this will not continue with any future plantings whether by the city or by the Ottawa Train Yards. Trees are such wonderful things and must not be left to die unnecessarily.

As next year Canada is celebrating our 150 anniversary, the city has taken a most enlightened approach to increasing the number of trees in the city. It is called the **Canada 150 Groves**

Project. Each city ward (we are in Alta Vista Ward) has an opportunity to plant a grove of 150 native Canadian species, mostly sugar, red and silver maples.

If you know of a good location for some nice young trees, they will be about 5-7 feet tall and 10cm diameter; contact Councillor Jean Cloutier. The trees can be planted on city property; however the city will work closely with others to find suitable sites. More about this is available from Tracyschwets@ottawa.ca.

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Jean CLOUTIER

Santa Claus is Coming to Town!

Breakfast with Santa

December 10th from 8-10am

Mark your calendar and join me at the Canterbury Community Centre!

Many thanks to the Urbandale Corporation, the Canterbury Community Association and all our faithful sponsors.

Volunteers are always welcome! To get involved, please email: JeanCloutierOtt@ottawa.ca or call: 613-580-2488

Mayor's 16th Annual Christmas Celebration

December 3rd 2-6pm

Spread holiday cheer and celebrate the season skating on the Sens Rink of Dreams, enjoying holiday treats, making crafts, wagon rides and ofcourse; meeting "the man in red"!

Location: Ottawa City Hall 110 Laurier Avenue West
Admission: a non-perishable donation to the Ottawa Food Bank.

Councillor Jean Cloutier, the Canterbury Community Association and Urbandale Corporation present:

Breakfast with Santa

Enjoy a free pancake breakfast and pose for photos with Santa!

SATURDAY, DECEMBER 10TH, 8 - 10AM
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Calling All Artists!

Want to showcase your work on the "big stage"? Artists are invited to "work their magic" and add a creative flare to the upcoming Canterbury covered outdoor rink.

The artwork will cover the interior roof of the rink, and the chosen artist will be awarded \$23,000, plus HST, to cover the costs of design, development, storage, transportation, installation and engineering.

All submissions must be made by **December 13 at 4pm**.

For details visit:
ottawa.ca/en/public-art-canterbury-covered-rink



A Perfect Kick-Off to Canada's Sesquicentennial Celebration

With less than a month left to Canada's 150th birthday, it is my great pleasure to invite you to join the New Year's Eve Celebrations at City Hall December 31st, 2016.

This early-evening, family-friendly celebration will include the lighting of a spectacular cauldron at Ottawa City Hall. The sparking of this special landmark will cue hundreds of Ottawa-area students to form a human chain, weaving a line of youthful optimism through downtown Ottawa streets.

The evening will be crowned by a musical show and fireworks on Parliament Hill.

The Ottawa 2017 Bureau is working closely with school boards and indigenous community to recruit the participating students.

To learn more about the events scheduled visit Ottawa2017.ca.

Changing the world, one smile at a time!

After many discussions with the community and City staff, I'm pleased to announce that a new PXO (pedestrian crossing) on Russell Road near the Perley Rideau has been secured and will be installed by July 1st, 2017. This installation will allow the residents of the Perley and surrounding areas to have a much safer and convenient commute.

Councillor Jean Cloutier - Alta Vista

It's not just your usual buffet

It's an Aahar-Lunch Buffet we're talking about here

by Carole Moul

Buffet is a term that could mean several things. It could stand for a piece of furniture or sideboard for holding china or silver, or it could be a wonderful banquet set out separately from where diners are eating. Food historians tell us that the word 'buffet' as it pertained to dining appeared first in France, then England, in the 18th century, although Indian Buffets are said to have begun centuries earlier.

The benefits of eating at a buffet are many: you are able to view the various dishes, immediately select what you wish to eat, and then usually decide the right-sized portion to add to your plate. Taste testing works especially well if a food is unfamiliar.

The advantages of adding an Indian buffet to your diet are even better. There are a great variety of dishes from the different regions of the country, each with its own distinctive style and taste. The superb selection of food accommodates vegetarian diners, while the vast assortment of fresh spices adds a healthy component to your meal. Indian cuisine is as diverse, rich and ancient as the country itself.

Enjoying great food

Those of us who have already eaten at an Aahar: The Taste of India buffet know that it offers an exceptional buffet lunch. There are both hot and cold foods and delicious desserts for different taste buds. Naan bread is a staple that diners seem to truly enjoy eating with their meals.

For your main course, names such as butter chicken, lamb curry, vegetable korma, ratia, and salzi are written on the glass above the buffet table, while the savory aromas of these and other choice foods greet guests as they enter the dining room. For people who don't always know the various foods of the buffet offering, staff are always ready with an answer to help.

Theresa's first time enjoying an Aahar Buffet was this past month. She lives outside of the area. Almost from the first bite she was declaring herself as a soon-to-be repeat customer.

"It's delicious!" she remarked. "The flavours are awesome and the spices a great blend. Service is excellent too. And points for serving good Canadian wine," she added.

Celebrating a Festival

A few weeks earlier on October 30th, Linda and Daniel just happened to be at the 1573A Alta Vista Drive restaurant location where a special all day Diwali Buffet was being held. Previously these two customers weren't aware of the meaning of Diwali or its significance to millions around the world; however, this special celebration was soon explained.

Diwali or Deepavali is known as The Festival of Lights. This celebration revolves around the triumph of good over evil, purity over impurity, and light over darkness. It is one of the most important festivals in India. Lights are everywhere and there are huge firecracker displays in large cities.

At Aahar, on Diwali, candles and small diva lamps were sitting on tables that were holding many delicious sweets for the guests to enjoy.



A lot of work went into making the Diwali Buffet a special one.



The spices were just right for colleagues Scott and Theresa.



Butter chicken is front and center on the plates of many diners.

Another set of lights was strung to mark this autumn-held Festival. .

"There is a great selection. Everything was very flavourful," commented Linda as she enjoyed her food from the Diwali Buffet."

"No time for quotes," laughed Daniel, as he continued to enjoy his lunch.

Behind the scenes

What makes an Aahar Buffet special is that everything is made from scratch; with owners Jasvir and Rupinder Pal making certain that there is freshness in every bite.

Preparation begins each morning while breakfast is being served, and according to Jasvir Pal, butter chicken and vegetarian korma are the two dishes at lunchtime that need to be refilled the most. The different spices in both recipes add layers of delicious flavours, and it certainly isn't unusual to see guests return to the buffet table several times.

India is a country inhabited by people renowned for their wise use of spices when preparing their meals. Fortunately, those of us in Ottawa do not need to travel the distance of over 11,000 km or 7,000 miles to arrive at a great restaurant that serves not only delicious breakfasts and dinner but the Indian buffet as well. We have Aahar: The Taste of India right on our doorstep.

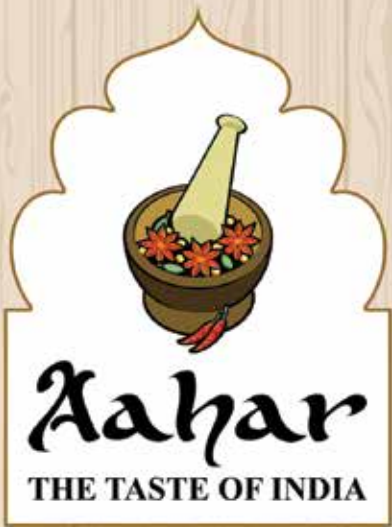
The buffet lunch is available from 11:30 a.m. to 2 p.m. And, as it is with other diners who have already visited the Alta Vista Drive restaurant, this too could soon become your favourite place to stop by for a meal that is not only mouth watering, but positively nutritious as well. Enjoy!



Sweet foods are traditionally eaten and exchanged during Diwali.



Daniel and Linda praised the wonderful buffet choices.



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On the front line or in the front line: fighting cancer one step at a time

by Carole Moul

They're called donors and they make a difference; a huge one. Synonyms for the word 'donor' are the terms, backer, benefactor, supporter, sponsor or friend. The Ottawa Hospital Cancer Centre certainly has a great number of these, and in a very positive way they all help change or alter how things are done.

Reporting back to us

In *The Ottawa Hospital Overview 2015-2016* it notes that the 'Donor Funded Projects' are: Cancer care and cancer research, Regenerative medicine research, Breast Health Centre, Molecular Oncology Diagnosis Laboratory, Hospital departments and equipment plus Other priority projects.

The same overview also states that the donor community includes Corporate/ Private Foundations (49%), Individuals (24%), Bequests/ Estates (10%), Community Events (16%), and Lottery Proceeds (1%).

'The Ottawa Hospital Cancer Centre. is the only cancer care centre in the region that delivers all aspects of treatment options. More than 80 percent of all cancer-related surgeries take place at our hospital,' notes the same report.

In the Annual Report for 2015-2016, it states that, 'At the Cancer Centre alone, an average of 180 cancer-related clinical trials are coordinated annually, with about 60 trials recruiting patients at any given time.'

In 2015-2016, The Ottawa Hospital saw 222,129 cancer visits according to the Foundation Impact Report, and once again these numbers are astounding.

The choice is ours as to how we may wish to support improvements and make an impact in patient care, groundbreaking research or the purchasing of state-of-the-art equipment.

Ways we give

Busy schedules can easily influence as to how people are able to give, and often it works better for us to check a box on a pamphlet and sign up to provide a monetary donation. For others, being on the front line for a race or other community event is how they choose to provide their help.

Golf tournaments, garage sales, or a gala, BBQs, bowling, or breakfasts, hair donations or dinners; these are just some of the ways that we rise to the challenge and accept that there is a need for our help.

Closer to home and twice a year,



The Wholesale Outlet models are all cancer survivors; giving back to their community, one fashion show at a time. PHOTO: CAROLE MOULT

cancer survivors are the models who participate in the *Fashion with Compassion Show* at The Wholesale Outlet, 1877 Innes Road. In the spring of 2016, \$2,000.00 was sent to The Ottawa Hospital Cancer Centre for cancer research, and just this past fall another \$1,500.00

Five hundred dollars from each show was also passed along to Victoria's Quilts Canada. Their mission is to provide homemade quilts to people living with cancer in Canada, and they have now delivered over 50,000 quilts since 1999.

Indeed, it is truly rewarding to see how people choose to be a donor.

Then we give even more

Fifteen other participants who chose to donate in support of the *Fashion with Compassion Show* for cancer research included: Lise Butters who provided a beautiful painting, Lynn Morris who gave a Memorable Gift Basket, Bernadette Alcock who once again provided a sculpture from Garden Inspirations, and Malcolm Park who gave roses. Dominique gifted the show with one of her unique pillows, while FDJ French Dressing Jeans, Renuar Fashions, Katherine Barclay Fashions, Yest European Fashions, Cielo Blu, Bali Canadian Designs, "J", Libra Fashions, Focus Jackets (USA) and Jewel-98.5 all helped the fashion show in a variety of ways.

Yes, they're called supporters for a very good reason. They run the race; they cross the stage and they participate in community events for the best of causes. They write cheques as well, because they believe in the wonderful work taking place for and in our community.

And, don't you just sometimes wonder what clever ideas these donor champions will come up with next? They are truly the ones who have earned the term, 'friend'.



Fifteen year old Carlie McLellan began helping raise money for good causes when she was in a stroller. By the time she was 6 she was running with a team. Most of her walking, running or biking has been to help find a cure for cancer. She truly appreciates the meaning of the runs and participates in countless events each year.

PHOTO: MICHELLE MCLELLAN

FDJ

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The Ottawa Hospital Cancer Centre is the only cancer care centre in the region that delivers all aspects of treatment options. PHOTO: CAROLE MOULT

Friends of the Farm launch their celebration of Canada’s 150th Anniversary

by Carole Moulton

You don’t have to be a gardener to appreciate the amazing book *Blooms: An illustrated History of the Ornamental Gardens at Ottawa’s Central Experimental Farm*.

Recently completed by Richard Hinchcliff and published by Sanderling Press, this 304 page treasure will not only place the reader in the midst of a collection of very spectacular photos, but likewise provide an in-depth insight into one of Ottawa’s most significant heritages. The Central Experimental Farm is after all very integral to Ottawa’s past.

In 1998, the entire Central Experimental Farm was declared a National Historic Site, a place ‘of profound importance to Canada’. The history of the Farm dates back to 1886. This book is the Friends of the Farm’s contribution to Canada’s 150th anniversary. Its release also highlights the 125th anniversary of when the first director of the experimental farm, William Saunders, planted the first rose garden.

Judy Dodds is the President of Friends of the Farm. In the Foreword to *Blooms* she writes, “After living here a few years, I learned about the Friends of the Central Experimental Farm and that it was possible to volunteer and actually work in these wonderful gardens. It was also through Friends that I met Richard Hinchcliff and came to appreciate the great passion he has for the gardens and how they came to be here.”

Today the Ornamental Gardens take in many different gardens, named after either the plants within them or the people important to them. And, as Judy Dodds adds, “The Ornamental Gardens are one of the iconic features of Ottawa, one that has been in the centre of our city for decades.”

Photo tributes to the floral collections of the past and present gardens are dramatically presented throughout *Blooms*; including roses, lilacs, crabapples, peonies and irises that originated in Ottawa from the efforts of dedicated researchers.

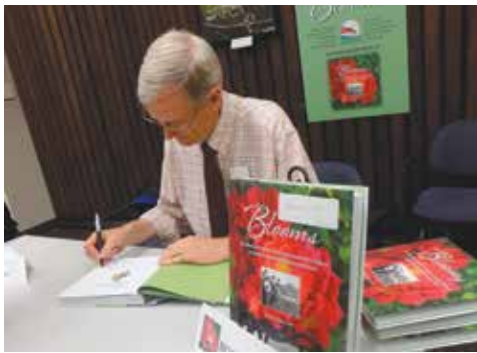
Alison Hall, Creative Director of Sanderling Press, Ottawa was the book designer in collaboration with Friends of the Farm. “I think that there is a rich history that most people in Ottawa aren’t aware of,” she noted at the book’s launch October 18th in the K.W. Neatby Building, located at the Central Experimental Farm.

Ms. Hall was just one of the



Above: Richard Hinchcliff, Bloom’s author, joins Alison Hall, Book Designer for Sanderling Press, at the October 18th Book launch.

Right: Richard Hinchcliff, author of Blooms, signing books at the Central Experimental Farm where the launch took place.



many guests at the evening launch who also frequently heard words such as ‘exciting’ incorporated into the accolades given to this beautiful book. Friends of the Farm volunteers received praise as well for the dedication they provide in maintaining not only the Ornamental Gardens, but also the Arboretum, and other public areas of the Central Experimental Farm.

Denise Kennedy, who was at the event, is a Friends of the Farm Team Leader for the Macoun Memorial Garden. W. T. Macoun was a Dominion Horticulturalist who died in 1933.

As a Friends volunteer Denise notes, “Every Monday morning,

from early May to the end of September a team of Friends’ volunteers come together under the guidance of Agriculture Canada’s staff gardeners to maintain the Macoun Memorial Garden. The photo on page 259 is typical of the grace and serenity we witness each week, under the shade of the Giant American Plane Tree that was sent to the Farm as a seed in 1896 from Kew Gardens and planted as a twig by Dr. Macoun. Our Monday team is followed each day of the week by other volunteer teams elsewhere in the Ornamental Gardens.”

The ‘Friends of the Central Ex-

perimental Farm’ began their volunteering in 1988, and should now be considered to play a significant role in the Central Farm’s story. Fortunately, to help the Friends make their vision for *Blooms: An illustrated History of the Ornamental Gardens at Ottawa’s Central Experimental Farm* a reality, generous donors contributed a total of \$35,000 to pay for the printing.

These included: the Community Fund for Canada’s 150th (a collaboration between the Community Foundation of Ottawa, the Government of Canada, and extraordinary leaders from coast to coast), Doherty and Associates, Mr. E. Neville Ward, the Harold Crabtree Foundation, and the Ottawa Field-Naturalists’ Club.

To obtain your own copy of the book or buy it as a gift: Visit the Friends office in Building 72 weekdays Monday through Wednesday from 9am to 2pm and purchase *Blooms* with cash, cheque, or credit and take it home. (Closed statutory holidays) Purchase it here online with credit and pick up *Blooms* at the Friends’ office in Building 72 (hours listed above) or have it shipped to a location of your choice. Local bookstores selling *Blooms* include Perfect Books, Books on Beechwood, Octopus Books, Singing Pebble Books, Chapters on Rideau, and Lee Valley Ottawa. Call 613-230-3276 or email: boutique@friendsofthefarm.ca *Blooms* is certain to provide you with many marvellous hours of idyllic reading.



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Simply Chiropractic: Helping people to get better one spine at a time

by Dr Stéphane Chillis and Carole Moul

Dr Stéphane Chillis is a Riverview Park chiropractor who graduated from the Memorial Canadian Chiropractic College in Toronto in 1995.

“The reason that I am a chiropractor is because I am passionate about helping people take their lives to the next level and helping make them fully alive; not just surviving,” Dr. Chillis said recently. “I choose to care for the person, not just the disease, and I choose to search to correct the cause, and not just its effect.

I also know that when we realign the spine to a proper position the body will heal by itself due to the nervous system. For me, everybody should start with a conservative treatment like chiropractic first before going the route of drugs or surgery.”

And, what always amazes Dr Chillis is how people obtain results with chiropractic care. One example is that of a 44 year old who came to his office with a walker because of weak legs.

“Her pain was so severe, plus, she was also asthmatic and epileptic,” he noted “Four years later she was free of pain, and did not need the walker anymore. Her breathing was better so her medical doctor reduced her medication, for not only the pain, but, her asthma and epilepsy as well. She is now able to drive her car, which she couldn’t do before, and as a result is more alive than ever.”

At Simply Chiropractic, people of all ages are helped. With babies, we will check them after the birth process to make certain that the spine is not suffering from birth trauma. If left uncorrected, this trauma might continue to impact the spinal growth and development of the child.

Most spinal damage however is due to repetitive bad posture, stress, and heavy lifting. Bad posture will create a lot of stress on the spine, which can result in problems in the neck, and back, or cause numbness, migraines etc.

When people consult Dr. Chillis he does a full examination. This consists of finding out about the person’s history, doing a physical examination plus taking an x-ray, if necessary.

The history is to see if there is a correlation between every symptom the patient has, because a lot of problems are often due to the same area of the spine.

The examination is to find out if there is a spinal misalignment, and if the patient qualifies for chiropractic care. Then the x-ray is to see more of the spine and as to whether there is spinal damage.

After that, Dr. Chillis will meet with the patient to explain the cause of the problem. He will also describe the damage, to make certain that the patient understands what is wrong and how it can be helped with chiropractic care.

The patient will receive an assessment of the frequency of treatment required and the doctor will provide exercises to help correct the problem.

As the treatment progresses the chiropractor will do some re-examinations to determine how the patient is progressing. Then finally an x-ray will be taken to see progress and changes. Dr

Chillis considers the whole process as teamwork.

Dr Chillis, also give talks to companies and retirement communities. He goes to schools to explain how to prevent spinal degeneration and spine problems, and talks with students about a good desk evaluation and proper exercises. He also describes correct backpack adjustment; providing this service with no charge.

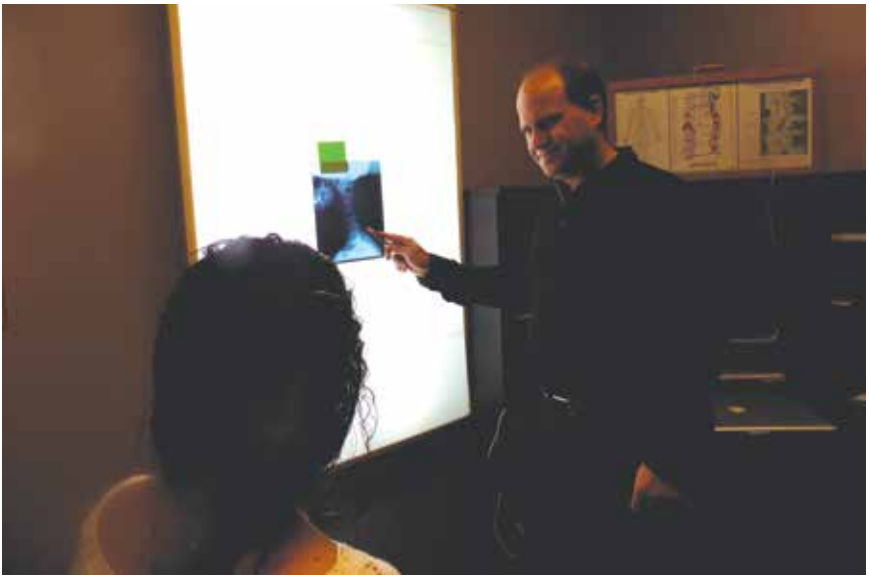
“This is a very friendly community and I enjoy being here-totally,” Dr. Chillis commented recently. In return, the residents of Riverview Park were extremely pleased to see the Simply Chiropractic sign go up in the Alta Vista Centre almost two years ago.

According to the Ontario Chiropractic Association, almost 2 million patients in Ontario rely on chiropractic care every year to help them live healthy, active lives. Fortunately for

this neighbourhood, and those who visit it, Dr. Stéphane Chillis chose to have his second chiropractic clinic in this excellent location.

Simply Chiropractic is located at 1569 Alta Vista Drive, Ottawa, ON. K1G 0E9.

Dr. Chillis may be reached at 613-520-0123 and would be very pleased to meet with you



Above: Dr. Chillis uses an x-ray to help a patient better understand what is going on with her spine.



Left: At reception, Manon is doing a follow up with a patient.



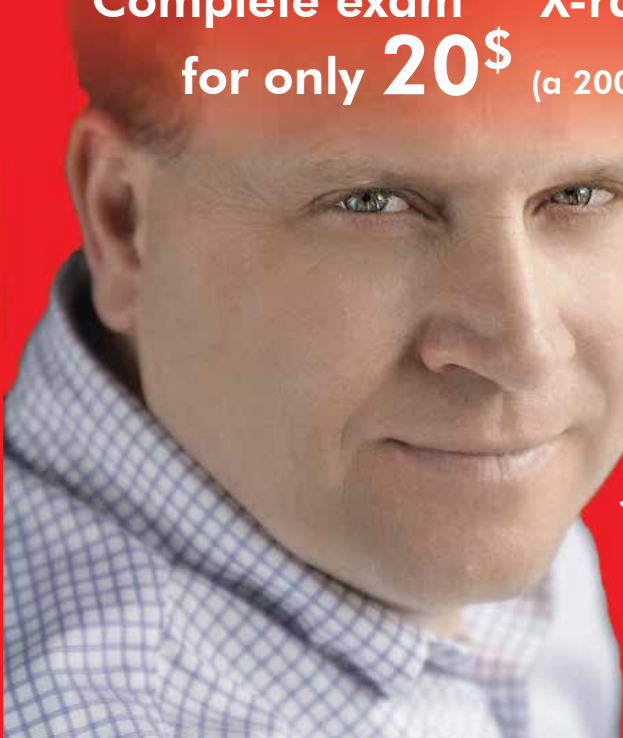
Dr. Chillis works on a patient. PHOTOS: CAROLE MOULT



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SYDNEY BAKER- The Early Post-War Years – Part 2

I found the work at Exeter very interesting and relaxing. Mr. Parkhouse and Mr. Dann were wonderful people to work with. There was no pressure to complete a project by a certain time. The work routine became very enjoyable.

A complete overhaul of a Tiger Moth is particularly interesting, especially the reassembly process after all units have been overhauled. The process begins by levelling the fuselage longitudinally and horizontally on trestles. At this stage the landing gear is also installed, making the fuselage unit mobile. Correct rigging of the centre section by adjusting the struts and bracing wires is critically important as the rigging of the main-planes depends on the centre section being properly rigged. The centre section also supports the nineteen gallon fuel tank.

Boxing of the wings involves standing the top and bottom main-planes on their leading edges and installing the inter-plane struts, jury struts, incident flying and landing bracing wires. The boxed units are then lifted into place and the attachment bolts are installed.

The fuselage is checked once again to ensure it is level in both axes. Rigging can then be started



Sydney Baker behind the lens

A complete overhaul of a Tiger Moth is particularly interesting, especially the reassembly process after all units have been overhauled.

using an inclinometer or rigging boards with a high quality spirit level. My personal preference is to use the inclinometer as this enables one to accurately read off the degrees and minutes. The inclinometer I use is an old military unit, Clinometer Field Mark III, manufactured by C.S.I. Co. Ltd. Cambridge, No. 6913 ↑ 1915. (In 2012 Sydney Baker donated this clinometer to the Canada Aviation and Space Museum



Sydney Baker's Clinometer Filed Mark III No. 6913, Circa 1915 Mfr. CSI Co. Ltd. Cambridge.

PHOTO CREDIT: COLIN HINE

um where it can be used by museum aircraft restoration staff. It is pleasing to see this device put to practical use rather than simply being displayed as a static artifact.)

Rigging can be extremely tedious and time consuming but it is always rewarding when a pi-

lot returns from a test flight and tells one that it flies “hands off.” Changing of either the incidence or the dihedral inevitable changes the other and likely the stagger as well. Stagger is the distance the top main-plane is forward of the bottom; measurement is taken at the outer inter-plane strut. The correct measurement for the Tiger Moth is 7.25 inches. We always try to get within 15 minutes of the desired angle for incidence and dihedral before an aircraft is test flown.

Flying controls, ailerons, elevators and rudder are adjusted for correct movement and the cables for correct tension. The engine is now installed and connection is made. The aircraft is then subjected to a final inspection as well as dual inspection of flying and engine controls. The plane is test flown and adjustments are made in accordance with the pilot's report.

Night flying exercises were carried out on one night of each week; this was always interesting. A flare path would be laid out using goose-neck flares in the form of a T or an L, depending on the number of aircraft to be flown that night. A battery operated glide-slope was used; the aircraft navigation and instrument lights were also battery operated.

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Whose table is that being called next for dinner?



Who won this draw? Bryan Orendorff (R) holds the ticket bowl while Councillor Chernushenko and his daughter pull out a winning name. PHOTOS: GEOFF RADNOR



Caught in the act of enjoying delicious food: Jasmin Simard (R), owner of Figure 8, and Denis Poitras.

Lebanese Palace excels in hosting best fall social ever

by Paul Puritt and Alan Landsberg

The numbers don't tell the whole story, but they are impressive. We had one hundred and twenty-five guests at the Lebanese Palace for this year's Fall Social. There were five door prize draws, each comprised of several attractive items, drawn from a bowl at various points throughout the evening. There were close to seventy fabulous donations from local businesses and individuals which were provided for a silent auction that went on from the opening of the

doors to the end of the meal. The meal itself was a delicious smorgasbord of Middle East delicacies. There was live music and vocals provided by the duo that goes by the name "Joe Goodie" (comprised of local residents Craig Cormier and Gilles Gaudet) throughout the evening. The RPCA vice-president, Bryan Orendorff, emceed and introduced two speakers: Kris Nanda, our president who welcomed everyone, and Lynne Bezanson, the coordinator of the It Takes a Community Syrian Refugee Settlement

Project. Lynne told us how much we've raised to date showing that we're much closer to our goal, but certainly enough to support our Syrian family of seven for at least their first year here. She also introduced our two special guests, Feras and Lama Atieh, the brother and his wife of the Syrian family we're expecting. We pleased to have some politicians present; Jean Cloutier, Councillor for Alta Vista Ward, John Fraser, MPP for Ottawa South, David Chernushenko, Councillor for Capital Ward and Michael Qaqish, Councillor for Gloucester-South Nepean Ward. It was a lively evening. Besides the great food and music, there were enthusiastic shouts of delight from the recipients as runners ran around the large hall to deliver the door prizes and winnings from the silent auction. Our local businesses and friends who contributed so generously are to be congratulated (and patronized) for their support. The staff and owner of the Lebanese Palace were exceptionally generous and efficient. They even moved the buffet so that we could access the delicious smorgasbord from both sides to speed up the process. The staff donated their tips for the evening to our refugee resettlement project and the owner, Brian Mahmoud, announced that he was personally donating \$250.; plus he purchased \$50.00 worth of 50-50 draw tickets with the proviso that if he won he would donate the proceeds to the ITC Syrian Refugee Action Group. Proceeds from the evening will be divided between the Riverview Park Community Association and the ITC Refugee Action Group. Attendees seemed delighted that they could spend such an enjoyable and delicious evening and at the same time support their community association and a truly worthy charitable initiative.

Generous donors to the RPCA Fall Social 2016 included:

- Aahar: The Taste of India
- Alta Vista Dry Cleaners
- Anna Nitoslawska
- Asian Buffet
- At Home Restaurant
- Beer Store
- Bicycle Craft Brewery
- Bridgehead Coffee
- Campbell Leasing
- Canadian Museum of Science & Technology
- Capital Granite
- Catherine Etherington
- Celadon Spa
- Champions Baseball Team
- Chuck's Deli & Convenience
- Compact Music
- Cora's
- Cyco's Bike
- Danny Dear
- David Chernushenko
- David Stevenson
- David's Tea
- Diane Schmolka
- Eagle Auto
- Employees of KLPS
- FIDO
- Figure 8
- Gervais Electronics
- Hasty Market
- Hillary's Dry Cleaners
- Home Hardware
- Innes Dental
- Jean Cloutier
- Jim Watson
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- Psychic Diana
- Rainbow Cinema
- RBC
- Red Lobster
- Robbie's Restaurant
- Roger's Bistro
- Rock's Barber Shop
- SAIL
- Salon Elégance
- SGA Awards
- Shepherds
- Shoppers Drug Mart
- Sophia Nails Spa
- Speedy Car Wash
- Sportek
- Starbuck's
- Stella Luna
- St. Hubert BBQ
- Surplus Warehouse
- Tammie Winsor
- The Wholesale Outlet
- Three Sister's Bake Shop
- Tim Horton's
- UPS
- Valerie Roos
- Wine Station

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Calorie counts will soon be on the menu of many Ontario restaurants



On January 1st, 2017, even these menus will require calorie counts posted. There are more than 20 or more franchises or restaurants of this brand in Ontario.

by Carole Moul

Did you know that the *Healthy Menu Choices Act, 2015*, and its regulations will be in effect in Ontario by January 1, 2017? This is the legislation requiring food service premises with 20 or more locations in Ontario, selling prepared ready-to-eat food, even alcohol, to post the calorie counts of all of the foods on their menus.

This calorie count must be printed the same size as the cost of the food or drink item, and even includes water, ice cubes and condiments in any prepared food. Trying to hold back on the mustard or relish may not be of much help when the facts are out there.

Also, to be posted on every page of a hard copy menu or takeout will be the number of calories recommended per day. This statement will read, “The average adult requires 2,000 to 2,400 calories a day.” The format, size, placement and prominence is covered by the regulation as well, so come January, many of Ontario’s 7.5 million restaurant diners per day will have no excuse for overindulging.

While the term menu includes a hard copy handed to the diner, the Act also pertains to drive-through menus, menu boards, on-line menus and menu apps, plus paper advertisements. Any promotional flyers that a business might distribute will likewise need the calorie count to be included, with the intent of the legislation to help customers make informed and, hopefully, healthier decisions.

Some establishments are exempt. These include correctional institutions, food service premises in schools and child care centres. Likewise, premises that operate for fewer than 60 days in a calendar

year and franchises with less than 20 locations in Ontario are also currently free from the legislation.

When asked, John Ke, of *168 Sushi*, noted, “There are only seven 168 Sushi franchises.” His restaurant at 1760 St. Laurent Blvd. will be exempt, although several fast food chains, also on St. Laurent Blvd., aren’t so lucky.

According to a *Toronto Star* article, July 9, 2016, by Lisa Wright, one of the goals of the Act is “to help prevent skyrocketing obesity rates that cost the health care system an estimated \$4.5 billion annually”. The exceptional variety of choice of menu items at *168 Sushi* already ensures that diners wishing to make wise choices and consume fewer calories are able to do so.

Today, six out of 10 Canadian adults are overweight or obese as are one third of children. According to Health Canada four out of five Canadians risk developing heart disease, Type 2 diabetes and certain cancers, leading causes of death that are largely preventable by making positive lifestyle choices such as eating a healthy diet.

Megan Ogilvie is a health reporter at the *Toronto Star*, where she writes the popular column, *The Dish*. “If you can see the individual ingredients in your meal, as you can with most sushi rolls, you are off to a good start,” she noted in a February 16th, 2012, column.

For those responsible for food service premises with 20 or more Ontario locations, calorie counting and, the ramifications of the Act are not quite so simple. Wright notes in her article, “*Calorie counts on menus a costly headache and source of confusion for eateries,*” although she adds that major chains expect to be ready by the January 1st, 2017, deadline.



Stephanie with a regular menu and Angelica using iPad ordering won’t be seeing menu calorie counts at this restaurant. There are only 7 franchises. PHOTO: CAROLE MOULT

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ESSENTIAL HEALTH

Achieving a Work – Life Balance by Managing Stress



CINDIE HELMER
Registered Massage Therapist/
Owner of Essential Health
Massage Therapy in Riverview Park

Achieving a work-life balance means effectively managing work responsibilities, and lifestyle development, including family, pleasure, leisure and personal health care. The definitions of various lifestyle items differ for each person, but the balance between work and life-style can be challenging.

Health Canada estimates two thirds of Canadians work 45 or more hours a week, and many take work home on top of hours spent in the office. The overload from work takes time away from life-style causing overwhelming feelings of anxiety.

The 2015 Sanofi Canada Health-care Survey reports that 46% of employees in Ontario feel overstressed because of work.

The effects of stress can be devastating to both workers and employers. Feelings of guilt and the

development of illness render a person incapable of performing some of the smallest tasks.

To assist in managing a work/life balance, many employers offer extended health care benefits that cover some of the costs of complementary, preventative and alternative health care options such as massage and physiotherapy.

When under heavy stress, the body produces excessive amounts of the stress hormone cortisol, which creates a “fight or flight” response in the body. Excessive levels of cortisol, caused by prolonged periods of stress, can have a very negative impact on the body. It can negatively affect thyroid activity, increase blood pressure, affect blood sugar levels (particularly dangerous for diabetics), weaken the immune system and cause increased systemic inflammation

throughout the body, as well as sleep disruption.

Regular massage can decrease the levels of cortisol in the system by as much as 50 percent! Through manipulation of the soft tissues of the body, massage can relieve pain, increase blood flow, and cause the release of serotonin and dopamine, the “rest and digest” hormones, which work to counter the activities of cortisol; improve blood pressure, increase immune activity and fight systemic inflammation.

Technology is changing how we book and pay for our complementary healthcare. Booking online has become the norm in most clinics, and insurance companies are starting to allow direct billing. Progressive clinics are going paperless, with secure online health histories and charting, and emailed receipts. These elements help streamline the process of booking and paying for your insured treatments: book online, bill direct and check your email for your receipt!

(Please note that some employers do not allow direct billing. Check our website for participating insurance companies: www.essential-health.ca)

Health Canada reported that more Canadians call in sick trying to find much needed down time while suffering from health issues caused by stress. They report that stress in the work place results in:

- 19%** of all absenteeism
- 40%** percent of turnover rates
- 55%** percent of Employee Assistance Plan contacts
- 30%** percent of short/long term disability claims
- 60%** percent of workplace accidents
- 10%** percent of drug plan costs, BUT this number is expected to rise to 25 percent in the next 5 years thanks to the increasing number of people who are being prescribed anti-anxiety/anti-depression medication.



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CHEF DENIS ANALYTIS

Christmas Leftovers Turkey Pizza

Leftovers never tasted so good. When you're done eating this pizza, you're going to wish you cooked a bigger turkey.

Ingredients:

- 1 pound pizza dough
- All-purpose flour, for dusting
- 2 teaspoon extra-virgin olive oil
- 1 cup shredded mozzarella cheese or more
- 1 cup stuffing
- 2 cups chopped turkey
- 1/2 cup cranberry sauce
- 1/2 cup gravy

Directions:

- Preheat oven to 450 degrees F.
- Stretch the pizza dough into a 12-inch round on a floured surface.
- Brush a pizza pan with 2 tsp of olive oil, and place dough on pan.
- Spread the gravy onto the pizza dough.
- Roll tablespoonfuls of the stuffing into 1-inch balls to look like meatballs and spread over pizza dough.
- Then top with the chopped turkey & spoon the cranberry sauce over the pizza.
- Sprinkle cheese over pizza et voila we're done!!
- Bake in preheated oven for 15-20 min or until crust is golden brown.

*Flat Bread or Puff Pastry Sheets can be used in place of pizza dough.

Just a note: I couldn't resist taking a few bites out of that slice of pizza before getting a picture taken!!

If you would like to know more about me, or for more recipes visit my website: denisanalytis.com



DENIS ANALYTIS
Executive Chef,
Riverstone Maplewood



REMEMBRANCE WEEK

I am proud to announce that on November 2, Bill 55, the Remembrance Week Act, passed with unanimous consent in the Legislature. I co-sponsored the Legislation along with PC MPP Jim Wilson and NDP MPP Cheri DiNovo. The Bill expands the scope of the Remembrance Day Observance Act, 1997 to proclaim the week preceding Remembrance Day in each year as Remembrance Week.

Introduced by MPP Wilson on October 27th, Bill 55 moved quickly through the House with the support from all three parties. The swift and collective passing of the Bill speaks to the importance of recognizing veterans, and that the sacrifices they made transcend partisan lines.

The Remembrance Week Act proclaims the seven-day period in each year that begins on November 5 and ends at the end of November 11 as Remembrance Week. A list of upcoming Remembrance Week events and activities across

Ontario can be found on the Veterans Affairs Canada website.

I firmly believe that on Remembrance Day we must honour and pay tribute to all the brave Canadian men and women who made the ultimate sacrifice, in wartime and in peace, at home and abroad. The Remembrance Week Act helps to ensure that our recognition of that sacrifice is not limited to one day. We will remember them.

Here to Help

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



John Fraser
MPP, Ottawa South

1828 Bank St., Ottawa, ON K1V 7Y6
Tel 613-736-9573 | Fax 613-736-7374
jfraser.mpp.co@liberal.ola.org



FINANCIAL PLANNER

A Life Insurance Primer

by Bob Jamieson

Life insurance is a basic ingredient of successful financial and estate planning. When you die, insurance can provide financial security for your family. But with so many types of policies available, how do you choose?

The first thing you should know is that life insurance is divided into two broad categories: term insurance and permanent insurance. Both pay beneficiaries a tax-free death benefit if you die while the policy is in force.

Term life insurance provides coverage for specified periods, while permanent life insurance provides coverage that can last a lifetime. Here's a look at how these policies can be used, and some of the variations in each group.

TERM LIFE INSURANCE

Term life insurance is often used to cover temporary insurance needs over a specified period. Examples include mortgage and debt elimination, education funding for children, and most income replacement needs while your family is young and dependant on you. Term life insurance is typically available for terms of one to twenty five years. It may also be available until a certain age, often 80 or 85. The death benefit is paid only if you die during the term. Premiums are usually constant during each term, but increase if you renew. There is usually no cash value. This type of insurance is generally the least expensive.

PERMANENT LIFE INSURANCE

Permanent life insurance is typically used to cover insurance needs that will exist throughout a lifetime, even after debts and worries about dependants are a thing of the past. Examples include final expenses upon death, emergency funding and funds to offset potential tax liabilities on registered assets and capital gains in an estate. There are three main types of permanent life insurance:

Whole life: With this "traditional" life insurance you pay a fixed regular



premium for a specified death benefit. Coverage never expires.

A whole life policy has a cash value, which is returned if the policy is cancelled. While the policy is in force the cash value is used to fund the policy, and policyholders have no control over how it is invested.

Some whole life policies pay dividends, enabling policyholders to benefit from the performance of its participating fund.

Universal life: This type of policy has insurance and investment components. Premiums are partly used to provide life insurance coverage, with the remainder going to the investment component. Returns generated by the tax-exempt investment portion grow sheltered from income tax.

Universal life policies offer a number of fixed and variable investment options, and you can top up the investment component with additional payments. You may also be able to direct more toward the life insurance component, to increase the death benefit.

You can withdraw money from the investment portion, borrow against it, or use it to pay premiums. When you die, your heirs receive the face value of the policy's insurance and in some cases the investment portion as well.

Term-to-100: This provides lifetime protection, usually at a lower cost than other types of permanent insurance. Premiums are generally paid until age 100, but policies typically have no cash value and pay no dividends.

Within each category of insurance you'll find many variations. Give me a call at 613-526-3030 about what policy-or combination of policies-suits your needs.

Bob Jamieson, CFP
www.edwardjones.ca/bob-jamieson
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SUNDAY DECEMBER 11, 2016 at 3:00 p.m.



On Sunday, December 11, 2016, 3:00 p.m. at Immaculate Heart of Mary Church, 1758 Alta Vista Drive, come enjoy the music of the season! Three choirs, the Ottawa Catholic School Board Chamber Choir, the Kanata Choral Society, and the Immaculate Heart of Mary Church Choir, are accompanied by the popular Ottawa Wind Ensemble, a 35-member orchestral group. They will be joined by tenor soloist Dr. Fraser Rubens, for special tributes to the musical season. Interspersed with this will be carol singing for all to join in.

This 25th Immaculate Heart of Mary Concert is held in support of the Heron Emergency Food Centre (HEFC). Admission to the Concert is FREE and there is ample parking. There will be collection baskets for voluntary monetary donations (cheques or cash) to the HEFC so that the HEFC can purchase fresh food and make this a special Christmas for all in our community. Tax receipts will be issued by HEFC for donations over \$25. Those interested in an advance donation or in purchasing advertising in the concert program or for any further questions should contact the concert organizing committee at 613-791-9115.



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



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VINCENT MASSEY PUBLIC SCHOOL

Growing S.O.L.E.'s

by: Jadon Griffith & James Shabeen

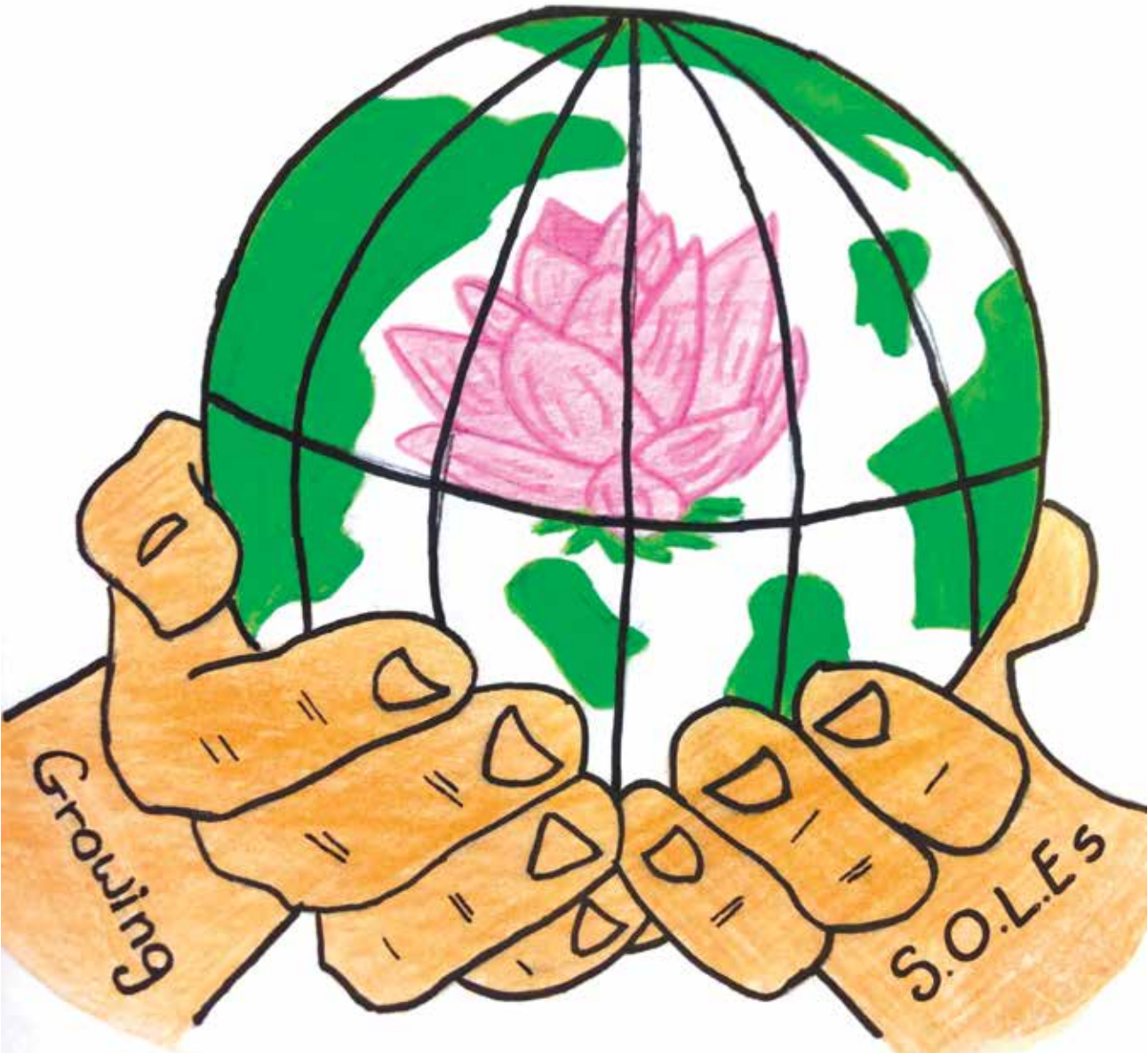
This year the grade 8 students in the class of R8A at Vincent Massey Public School are forming a youth lead philanthropy group called "Growing S.O.L.E.'s". (Students On The Leading Edge). We are working with the community of Russell Heights to organize programs based on the needs of the community.

This year our ideas include running a computer and technology course to teach kids how to code and to use a computer in everyday life. Our goal is to inspire future software developers.

Running a sport's program continues to be of great interest. The "Bike Tune-Up Day" is an event where we help the community with bike maintenance to ensure the bikes are safe to operate. This is an event we successfully hosted last year, and are excited to do it again.

The main focus for the year will be working to beautify the neighbourhood. We intend on collaborating with the KiGoNi (Kigoni) group. The KiGoNigroup is a group of women who have taken the responsibility of beautifying the neighbourhood to promote a sense of pride for the community. We hope to work with the group to plant flowers among the homes in the community.

Lastly, we are also collecting egg cartons and plastic bags to help the Food Bank prepare for the family food requests. We as grade 8 students have the time and the talent, and we are very excited to use them to better their community.



Logo created by Alayna Horsham PHOTO: GREG MCKEAN



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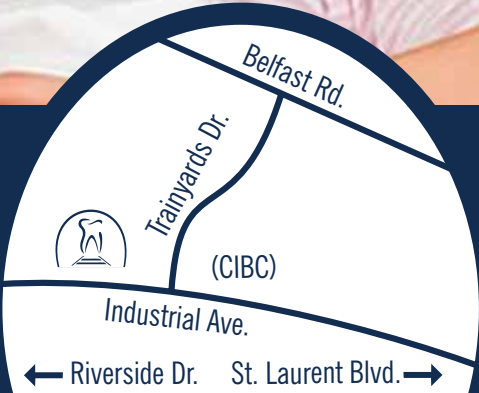
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by Maria CampbellSmith

Weeks and months of snow and ice get many of us longing for a holiday escape. Hot sand, tropical breezes, water sports... doesn't that sound nice? However, for some brave souls, winter is their passion and they will travel even further north to play and sleep on ice!

A new millennium trend in winter tourism and novelty hotels is the growing ice hotel or commercial igloo resort. Have you heard of these? There are more out there than you might think.

Nearly 200 kilometres above the Arctic Circle, in the Western part of Finnish Lapland, is **Finland's** Snow Village Resort. This winter village is redesigned and reconstructed each year, using millions of kilograms of snow and 350,000 kilograms of ice. 2016-2017 marks their 16th year of operation. They have built a 30-room snow hotel and an ice restaurant, as well as tunnels and sculptures carved in snow. They also offer log cabins, ice go-carting, and reindeer-drawn sleigh rides. Finland's Snow Village offers guests a unique winter adventure.

Even further north, 300 kilometres above the Arctic Circle, Finland has created the Kakslauttanen Igloo Village. This winter resort, near the Finnish city of Ivalo, dots a snowy landscape with igloos made from frost-resistant thermal glass. Guests here sleep out in an icy world, watching the night's stars and Northern Lights over their heads and beds. Travellers to the Kakslauttanen Igloo Village can also visit Santa's house and reindeer farm!

Finland also has the Kemi Snowcastle. This is an ornate castle of ice offering frozen hotel rooms, ice tables at a huge restaurant, a snow stage for shows, and a snow chapel for special marriages and christenings. The Finns are clearly big fans of winter.

Norway is another country expanding the winter holiday world. Their Kirkenes Snow Hotel opened in 2006. Airport transfer is by huskies and sled, and your abode is one of 20 Arctic-themed rooms. The Kirkenes Snow Hotel uses Chinese ice artists and over 15 tonnes of ice to sculpt structures and wall murals – different each year. Each "snow suite" has icy artwork and beds framed with ice blocks. Snow walls act as excellent insulators, so even if it is -20 or -30 Celsius outside, guests inside feel only -4 or -5 Celsius. Hats and mitts stay on day and night, and everyone is fine.

The world's most northern igloo hotel is Norway's Sorrisniva Igloo Hotel, near Alta. Winter enthusiasts have come here since 2009 to experience their own frosty igloo with ice block beds, reindeer skins, and sleeping bags to keep warm.

Ready for an Igloo Holiday?



The ice chapel and restaurant are features of several ice hotel resorts (Quebec City and in Europe) and get redesigned and rebuilt each year, so people should not expect the exact same one in a particular location.

Sorrisniva also offers snowmobile safaris, ice sculptures, and panoramic views for tourists who are passionate about winter.

The world's most pricey ice hotel is in a different nation – **Sweden**. Jukkasjärvi Ice Hotel is 200 kilometres north of the Arctic Circle, in Swedish Lapland. Each year the Jukkasjärvi Ice Hotel is rebuilt with ice made from the Torne River. Guests can sleep "warm" or "cold" – in cabins or in ice caves. Ice block beds are covered with reindeer skins, down pillows, and Arctic sleeping bags. Cold food at the hotel restaurant is served on ice plates. Guests can take classes with ice sculptors by day, and take in the spectacle of the Northern Lights at night, but prices at this particular ice hotel are over \$1000 CAD a night!

A more rugged, less expensive winter adventure awaits at Slovenia's mountaintop Eskimska Vas

– or Eskimo Village. Reaching the 20 snow-covered igloos of Eskimska Vas requires a cable car ride up a mountain and then a snowshoe hike to the village. The accommodations are very cold. Snow block beds are covered with sheepskins and sleeping bags. There is a snow patio and an ice bar, and while you've likely gone sledding before, have you ever gone "snow biking"? Bicycles here are equipped with skis instead of wheels.

In **Romania** there is yet another ice hotel option. The Ice Hotel at Balea Lac is located in a village near a glacial lake, over 6,000 feet above sea level, in the Carpathian Mountains. This is an exotic winter holiday palace. Using 4 foot long slabs of ice, they construct dozens of rooms, ice block furniture, an ice lounge, and an ice church. Doorways are decorated with snowy sculptures.

Hot meals are served in dishes; cold food is served on ice plates.

If the idea of *embracing* winter's snow and ice appeals to you – there is also a world-famous ice hotel much closer to home. You need not fly to Europe. You need only drive 4 kilometres north of Quebec's capital.

Quebec's Hotel de Glace is a 10 minute drive from downtown Quebec City. Since 2001, they have constructed a new hotel of ice block walls and snowy bunkers each winter. The rooms look like vaults of snow and ice. The Ice Bar offers furniture and cocktail glasses made of ice. Rooms at the Hotel de Glace cost \$300+ (per person, per night) with queen-sized ice beds. There are also themed rooms like the Jazz Suite or the Hockey Suite, with corresponding ice artwork and snow statues. Hotel de Glace even builds premium ice bedrooms with private fireplaces!

As with most ice hotels or igloo resorts, when outside temperatures are -20 or -30 Celsius, the rooms within Hotel de Glace stay a much more bearable -4 or -5 Celsius. Guests sleep in Nordic sleeping bags, with their favourite toque as a nightcap. They also have the option of changing their minds and sleeping indoors in a modern, heated hotel room as well. Outdoor hot tubs, saunas, and ice carving workshops add to this wintery Canadian adventure.

Precise dates and rates vary from resort to resort, but in general, the season for ice hotels and igloo resorts runs December to April. Perhaps you will *not* head south this year. If you *really love winter* you might join the daring tourists headed even further north. Is this the year you holiday in an igloo or an ice hotel!?

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by Ashley Duarte and
Stephanie Grenon

Andrew Fleck Child Care Services' Riverview Program was invited by the Riverview Alternative School Council to be their community partner for a garden project; we were all very excited to participate! While classes were closed during the summer our program remained open and responsible for tending to the garden's needs.

First we needed to learn about worm composting; the children discovered interesting facts about worms and the important role they play in a healthy garden. They are now mindful of what can and cannot be composted and the importance of reducing our carbon footprint.

In April, we began digging up and turning the sod to prepare the ground for the garden beds. The children worked in teams after school, using shovels and gardening gloves:

"I enjoyed digging...I found lots of grubs!" -Sebastian 7

"I did the digging, and Lilly did the flipping, and then we switched." - Makaila 11

"We had to shovel out all of the bad dirt and flip it upside down." - Eric 9

Once that was complete, we needed to fill the beds with the new soil that had been delivered:

Little gardeners, big harvest

"Well, I liked running back and forth to the garden from the big dirt pile. Packing (the wheelbarrow) up with soil, and moving it to the garden back and forth... shoveling." - Sophie 7

Then the children created a survey and polled their peers to decide what they wanted to grow. They ended up planting eggplant, peppers, tomatoes, and zucchini and much more.

All summer we were able to incorporate our produce in our menu planning with the children helping wash and cut vegetables. They made salads, eggplant muffins, pickles, zucchini bread and vegetarian pizzas.

Most memorable for the children were:

"Eating! Beans and peas... and we got to bring vegetables home." -Salma 11

"Watering the plants and spraying the teachers with water" - Nhyira 7

"When we made salads." -Allysia 7

And what they learned:

"I like to do plants...like tomatoes. Tomatoes look red, but sometimes if they're not really red, that means they're not

ready yet to get picked out."-Saja 6

"It's fun and it's hard work. You can plant them and water them. I liked the beans and tomatoes." - Allysia 7

Our next task will be helping to put the garden beds to sleep for the winter. The children have demonstrated great interest and knowledge in gardening since this project

began; they are very proud to know where some of their healthy foods are coming from, and that they are very capable of preparing them to make delicious snacks. We are looking forward to next year!

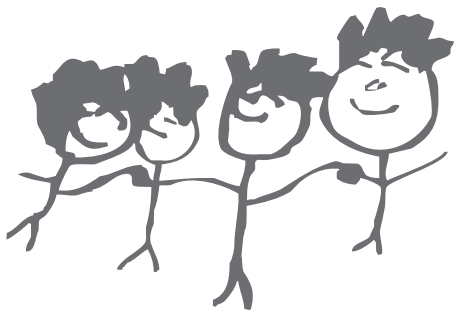
Andrew Fleck Child Care Services is Ottawa's leading family-oriented charitable multi-service early learning and family support organization since 1911. Since 1998, they have been privileged to partner with Riverview Alternative School to offer an Extended Day Program offering licensed child care and engaging learning opportunities to students before and after school.



Harvesting: Ella, age 5, picks a ripe tomato



Watering: Fidana and Saja, both age 6, help take care of the garden



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The Ottawa Women’s Canadian Club: helping build futures from a long and impressive past

by Carole Moul

The iconic Chateau Laurier was opened on June 12, 1912. Over the years famous guests have included Shirley Temple, Marlene Deitrich and Nelson Mandela.

The Ottawa Women’s Canadian Club held its first meeting in January, 1910. Over the years, it too welcomed famous guests such as The Lady Baden-Powell, (The founder of Girl Guides and Brownies), The Shah of Iran, Pierre Burton, and more recently, Carol Anne Meehan, Nancy Greene Raine, and Craig Oliver.

And just how are the Chateau Laurier and Ottawa Women’s Canadian Club intertwined for this Canadian story? The answer lies between the pages of a book written by Rowena Cooper to honour the club’s 100th Anniversary. Its title, simply enough is, Ottawa Women’s Canadian Club, 1910- 2010.

Rowena Cooper was an archivist in her professional career. In her retirement, she put her wonderful skills to work, researching the past, and sharing with the present members a detailed history of the Ottawa Women’s Canadian Club.

In introducing the book, two 1910 news items were from headlines of ‘The Ottawa Evening Citizen’, thus providing the backdrop for the time period when the Club was first initiated. Mr. Winston Churchill was running as a member of the Liberal Party in the British elections and a New Canadian Club was formed in Ottawa, with the object of the club “the promotion of patriotism.” Quite generously, the Ottawa Evening Citizen: January 18, 1910 concluded that ‘its membership need not necessarily belong to the smart set.’

Today, ladies from all walks of life enjoy the monthly meetings from September to May. “This is so much more than just a women’s club,” Communication’s Chair, Jenna Lacharity noted during a meeting last month. “It’s not just lunch. It’s about giving back.”

Everyone is welcome, and members and guests alike frequently make positive comments about what the Club accomplishes. One example is when two Grade 12 students are chosen from different City of Ottawa High Schools and introduced at selected monthly luncheons of the Ottawa Women’s Canadian Club. Guests are truly amazed at the competence of these young ladies, and the acknowledgement of their accomplishments is appreciated by them.

“What impresses me is their community involvement,” Executive Secretary, Judy Paré said recently. And, those in attendance at the luncheons would be in total agreement.

The Ottawa Women’s Canadian Club also holds capital funds at The University of Ottawa, Carleton University, and Queen’s University. The interest earned from these funds is available for scholarships and bursaries for deserving students. The allocation of the awards is made by the Office of Student Aid at each of the universities. In January the winners are invited to attend the luncheon, and as the Spring Newsletter, 2016 from Past President, Elaine Hickey includes, ‘We are very proud of this worthwhile aspect of the Club.’

High praise should also be given to the committee members, who over the years have been



One of a series of images by the Topley Studio in Ottawa taken in 1919 to commemorate the War work done by club members. The ladies on the verandah are the Ottawa Women’s Canadian Club Board members of 1919. For the 100th Anniversary of the Club, 1910-2010, Rowena Cooper used this image on her commemorate book. PHOTO: COURTESY OF LIBRARY AND ARCHIVES CANADA. PA-800004

able to find the exceptional selection of luncheon speakers that it has.

‘The speakers are giving back of their time,’ commented current President Loreen O’Blenis. Then she further explained, “We invite speakers to promote Canadian culture and diversity.” The excellent mix includes medical, educational, authors and entrepreneurs, among others.

Originally ‘founded to promote Canadian patriotism by holding lectures, social occasions and luncheons’, the Ottawa Women’s Canadian Club did do its part during both World Wars. Then, as recorded by Rowena Cooper, when the members no longer had the need to raise funds for wool for knitting, Christmas parcels for troops overseas, magazines or cigarettes; the Club ‘returned to its original mandate in the 1950s’.

The technological changes over the one hundred year existence of the Ottawa Women’s Canadian Club would have been some of the greatest in history. In the Club’s earliest days, communicating dates and times of upcoming meetings was probably done through advertisements in newspapers, by telephone for those who had one, or by regular post, with memberships costing \$1.00 a year.

Today, the Club has an informative website, and the norm is for members to communicate via e-mail, text, or sometimes cell or landline phones. There is still a yearly membership, however one hundred years later the cost is only \$60.00 + HST.

Yes, the Chateau Laurier and the Ottawa Women’s Canadian Club have seen many changes together over the years. They have been through two World Wars, the Great Depression, and much, much more.

What has not changed however is the enduring link between the two, and the profound significance of each to our community. May both institutions continue to prosper together, with each in its own way successfully promoting this great country of ours.

For more information, please contact: Judy Paré, Telephone: 613.523.0098 or e-mail: info@owcc.ca



Guests joining President Loreen O’Blenis (R) at the October 20th, 2016 luncheon included (L-R) St. Mark Catholic High School students, Emily Sandre and Dianna McAllister, Guest John Gibbons, and Guest Speaker, Staff Sergeant, Isobel Granger; whose insightful speech was on ‘Adversity to Advantage’. PHOTO CREDIT: CAROLE MOULT

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BOOK REVIEW

If you're Irish this is the book for you!

by Bill Fairbairn

In Ireland *banjacked* means to be broken, ruined or rendered inoperable. In this entertaining book by Leonard Bernier, his ancestor hero, Duff, a rafts man, fighter, lover, barber and bootlegger is, as the title indicates, *Banjacked!*

The writer states: The concept was to create a story of the life of some of my Irish and Canadian ancestors in the context of a few known facts folded into the history of their time and seasoned with a dash of fiction sprinkled here and there. I leave to the reader to contemplate as to where fact or fiction reside, keeping in mind that truth is very often stranger than fiction.”

And, oh, how Bernier succeeds despite needing a proof reader or editor to correct the typos.

Chapter one starts with his great, great grandmother in Northern Ireland in the year 1849. MaryAnn O'Brien's life, her experience with the horror and absurdities of the Potato Famine and with her English overlord force her to leave Ireland for Quebec in a tall ship but enjoy a shipboard romance.

The story comes down to Bernier's grandfather, Canadian Adolphe Rang-

er, known as Duff, and his adventuresome life starting in Bouchette, Quebec, and rafting down the Ottawa River to end up in Sudbury. From there he travels to Montreal to the barber's college to fix himself up with a haircutting degree despite not being able to read and write.

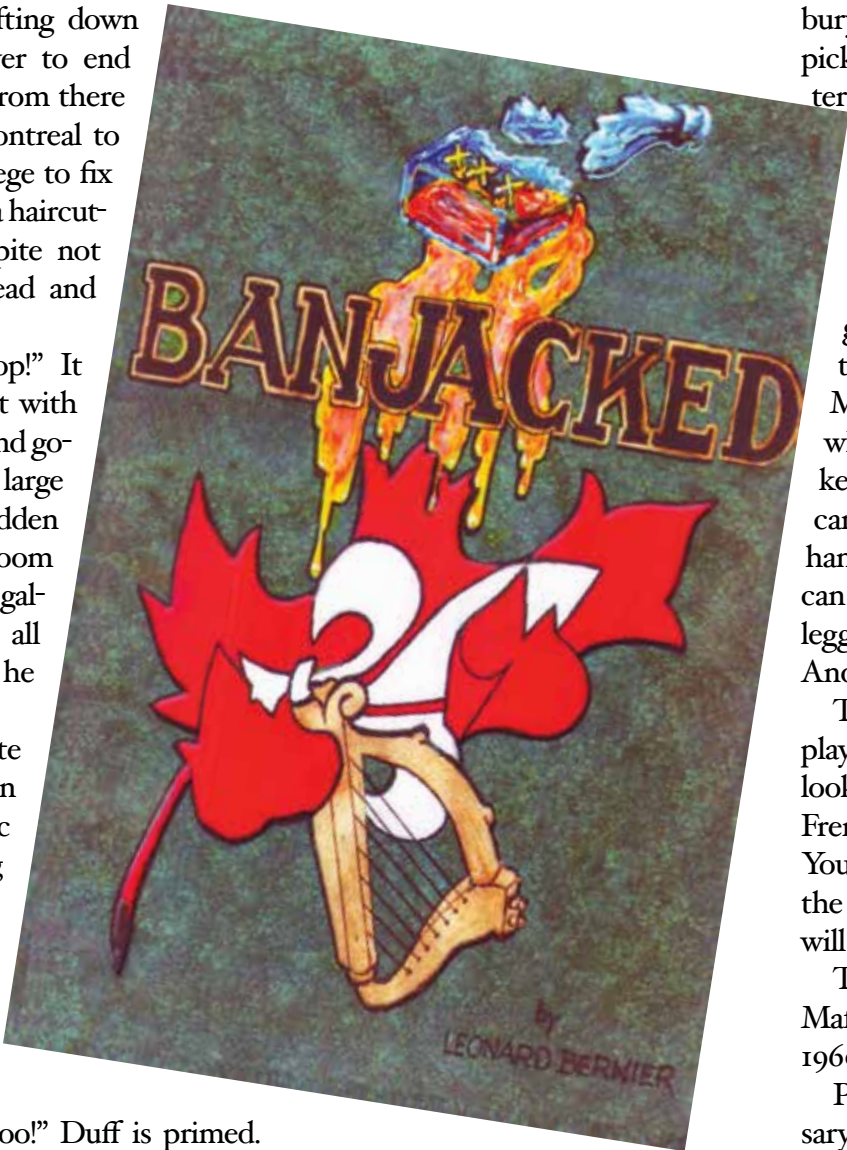
“A barber shop!” It would be perfect with people coming and going and stock in large liquid bottles hidden in the back room and delivered in gallon sized boxes all very innocent,” he is quoted saying.

His dynamite duo partner in the whisky blanc bootlegging project is Jake Frederick.

“We have a run tonight. You up for it?” Jake asks.

“You bet, yahool!” Duff is primed.

Everything is falling in place and the pick-up and delivery go like clockwork.



With their barber shop and back room set up on Mountain Street, Sudbury, their secret night-time whiskey pickups and deliveries go even better and their bootlegging enterprise prospers and grows. The city's gentlemen at the same time pride themselves on having their hair cut by Duff.

Then come adventures with Algonquin chief Running Deer and the tribe's Shaman or Medicine Man. Their mantra is keeping the white man out of the of the whiskey network. Duff handles that. But can he, as a bootlegging competitor, handle the Mafia? And as a Canadian can he handle Montreal's other bootlegging rival, the Irish Brotherhood? And, how about the RCMP?

The mafia Don tells Duff he's playing with the big boys now: “You look like an Irishman, you talk like a Frenchman, you think like an Italian. You confuse me and intrigue me at the same time. If you deceive me I will kill all of your family.”

The author says Duff survived the Mafia to die of colorectal cancer in 1960 due mainly to alcoholism.

Published by Baico with a fine glossary of Irish words.

Ottawa City Council tables its 2017 Draft Budget

by Jean Cloutier
City Councillor, Alta Vista

The Draft Budget 2017 is a balance of community services and the desire to maintain an affordable city for all residents. It proposes a 2% tax increase cap and includes an increase in funding to social programs such as a transit pass for low income residents beginning April 2017, a 10-year Housing and Homelessness Plan, Childcare modernization, social housing repairs, and increases the number of police officers and

paramedics to keep our streets safe.

This budget brings welcomed news to the residents of Alta Vista as it focuses on delivering core municipal services. There is renewed funding for community priorities such as road resurfacing, storm water infrastructure, sidewalk restoration, parks and building refurbishment, as well as transportation, traffic and transit services

The City will invest in sustainable transportation budgeting \$8 million in cycling infrastructure through the Community Connectivity Program,

the Transportation Master Plan, the Cycling Strategic Initiative and an investment in paved shoulders, thus adding more than 38 km of cycling facilities to the City's network, linking the cycling network to public transit networks.

Highlighting safe streets initiatives, the Draft Budget 2017 offers \$40,000 annually for Strategic Initiatives for temporary traffic calming measures, and up to \$40,000 annually (depending on the type) for the installation of PXOs (pedestrian crossings).

It allots \$9.25 million to enhancing transit services in our community. The transit-related projects cover transit system integration, transitway and O-Train station's ongoing rehabilitation and accessibility improvements for all customers, transitway and O-Train safety and security measures, and other measures of support.

There will be over \$5.7 million in funding to community expansion programs like the Canterbury Cov-

ered Outdoor Refrigerated Rink, Sharel Park Splash Pad, Featherstone Park and the Alta Vista Public School play equipment improvements.

In addressing the environment, the draft budget will provide \$15,000 to plant a grove of native Canada Maple trees in Alta Vista as a legacy project for Canada's 150th anniversary.

The 2017 draft budget offers us the means to accomplish our goals of keeping our streets and kids safe, investing in our streetscapes and parks, turning public spaces into successful and usable community places, and making the LRT work for our community.

To find out more about the 2017 Draft Budget, I invite you to visit ottawa.ca/en/city-hall/budget-and-taxes/budget-2017.

If you have any comments, questions or concerns feel free to call my office at 613-580-2488, email me at jeancloutierott@ottawa.ca or visit me at community office hours December 7th from 6:30-8pm at Mandy's Cafe -1791 Kilborn Ave.

This budget brings welcomed news to the residents of Alta Vista as it focuses on delivering core municipal services.



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MS breakthrough allows immune system repair

Special to the Riverview Park Review

A clinical trial suggests chemo and blood stem cell combination therapy should be considered for people with early aggressive multiple sclerosis. The trial published in *The Lancet*, a top medical journal, shows that an intensive procedure that completely wipes out the immune system and then regenerates a new one using blood stem cells can eliminate all signs of damaging brain inflammation in people with early, aggressive MS, and facilitate lasting recovery.

Led by Dr. Harold Atkins and Dr. Mark S. Freedman of The Ottawa Hospital and the University of Ottawa, the trial included 24 participants who were followed for up to 13 years. The \$6.47 million trial was funded by the MS Society of Canada and its affiliated Multiple Sclerosis Scientific Research Foundation. The research was also supported by The Ottawa Hospital Foundation, The Ottawa Hospital Department of Medicine and Canadian Blood Services.

“Our trial is the first to show the complete, long-term suppression of all inflammatory activity in people with MS,” said Dr. Atkins, a stem cell transplant physician and scientist at The Ottawa Hospital, and associate professor at the University of Ottawa. “This is very exciting. However, it is important to note that this therapy can have serious side effects and risks, and would be appropriate only for a small proportion of people with very active MS. People with MS who have had significant disability for a long time would likely not benefit.

Convincing results

This procedure should be considered as a treatment option for people with early, aggressive MS,” said Dr. Freedman, a neurologist and senior scientist at The Ottawa Hospital and professor at the University of Ottawa. “Although this trial was relatively small, it was intensive, with the longest prospective follow-up of any such treatment group to date, and that is what makes the results so convincing. However, this is a very complex procedure that should be performed only at very specialized centres with expertise in both the management of MS patients and blood stem cell transplantation.”

MS affects approximately 2.3 million people around the world, causing symptoms that range from blurred vision to extreme fatigue to partial or complete paralysis. It occurs when the immune system—which normally protects against foreign disease-causing organisms—mistakenly attacks the body’s own central

nervous system, which includes the brain, spinal cord and optic nerve. Early in the disease, people often experience temporary episodes of worsening symptoms accompanied by active inflammation in the brain (called relapses), whereas later on, disease progression is inevitable.

The trial evaluated a treatment called immunoablation and autologous hematopoietic stem cell transplantation (IAHSCT). The procedure begins by giving a person medication to coax their hematopoietic stem cells to migrate from their bone marrow into their blood. These stem cells are then collected from the blood, purified and frozen. Then, high doses of chemotherapy drugs are used to eliminate

the person’s diseased immune system. The stem cells are then transplanted back into the same person, so that they can give rise to a new immune system that has no “memory” of the previous pattern of attacking the central nervous system.

Dance and ski!

The trial included 24 participants with aggressive, relapsing MS. They were followed for anywhere between four and 13 years after treatment. After the treatment not a single participant experienced a clinical relapse (zero relapses in 179 patient-years), whereas before treatment, the participants experienced an average of 1.2 relapses per year (167 relapses in 146 pa-

tient-years).

Not a single new active inflammatory lesion could be detected in the brains of any of the participants (zero lesions on 327 MRI scans) whereas before the treatment, participants had 188 lesions on 48 scans.

“Before my transplant I was unable to walk or work and was living in assisted care at The Ottawa Hospital Rehabilitation Centre,” one woman said. “Now I am able to walk independently, live in my own home and work full time. I was also able to get married, walk down the aisle with my dad and dance with my husband. I’ve even gone downhill skiing. Thanks to this research I have been given a second chance at life.”





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THE ARTS IN RIVERVIEW PARK

From isolated troubadour to discounted hag

Ageism's effects on women in the arts

by Diane S. Schmolka,
Arts Reporter for
Riverview Park Review

I have chosen to re-visit the issue of women in the arts, which I first investigated for a magazine dedicated to women in the arts, once also published in Ottawa, but now defunct. I discovered that this issue was not only salient, but had not been openly investigated, and the statistics not published in popular media. When, in 2005, the furor over the firing of a female BBC broadcaster resulting in a court case much broadcasted, would have brought more imminent attention, the issue of ageism died.

Why are we talented middle aged and senior women still having struggles getting published, exhibitions, gigs, concerts, roles, and more? I am also questioning why we have not tried to become more actively open in our fight for recognition and fame, when it is our inalienable human right. From my quick preliminary survey, we seem to choose to fume within ourselves, rather than reach out to many others via social media and other strategies. It is obvious that ageism is integrally tied to sexism. We must fight this as much as those once aristocratic medieval artistic women boldly fought their families, and left their comfortable castles to live like gypsies.

Isolated, but courageous medieval women musicians

At the dawn of the Middle Ages these *Trobairitz* courageously conquered male, cultural and family domination to live their own diverse artistic lives; even travelling to distant countries. They defied laws of the time. (see Salic Law), that stated that women were prevented from inheriting except where males were unavailable. In such cases, their property became their husband's when they married, along with the right to pass it on.

To date, there are only about twenty or so *Trobairitz* whose names and works we know. There must have been many more. I've performed songs written by *Trobairitz* who defiantly proclaim freedom from cultural and legal tyranny.

Although all *Trobairitz* wrote about romantic love, their languages and perspective, are very different from that of their male colleagues. Their language is much more direct, and many songs are simple, direct, with a refined and quietly expressed passion. In songs written by *Trobairitz*, men are not worshipped, but loved and accepted for who they are as persons. These women do not wish to be adored either.

Why is there much more information on

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Florence Dunne on violin with Diane Schmolka on piano entertaining. PHOTO: PETER SCHMOLKA



Diane performing an improvisation after singing several songs for her 71st Birthday Concert PHOTO: THERESA BEHM

male troubadours but not on female ones? They performed and lived in every type of dwelling, from castle to hut, convent to cairne, performing not only for the nobility, but also for any group who might listen, feed, and shelter. After the *Trobairitz*, there is merely a trace of information about women in the arts.

After women were declared legally persons in most parts of the world by the mid-20th century, most women still did not consider themselves free enough or worthy enough to create freely in any artistic discipline. In the 60's, Feminism reborn, rejuvenated explosions of female creativity.

Sexism and Ageism Inextricably Linked

However, when these women reached middle age, they were not heard from or publicized nearly as much, as their male counterparts. I have approached several media organizations about this issue since 2005. I've also approached Canada Council

The questions I asked, and ask now are: what structures of management are you still using, which enable antiquated and prejudicial policies to govern your decision making as to grants, bursaries and awards? How many awards, bursaries and /or grants have you awarded to female artists in any and all fields, to those over fifty? How many awards and other acknowledgements have you given to new artists who are fifty and over?

To research organizations that investigate, survey and study statistics in all the artistic fields, I have asked for statistics in surveys of mature female artists. I have not received any answers to any of these questions. They are determined to remain blind to this issue.

Why, when we are at the highest creative levels of our lives, we are not much more published, exhibited, filmed, casted, shown, employed, broadcast and more? Most of us have raised families, and put much time into our



Cover of Diane's first publication of her poetry (Chelsea Books) 2008. PHOTO: IRENA GEORGEIEVA

communities. It seems that our male counterparts, and even those men who've been politicians or diplomats, professional sports figures, high -tech gurus, who never wrote a book before, nor painted, photographed anything, suddenly get published, and are on all the talk shows, while launching their biographies in every bookstore.

I could continue for many pages, but I really want to hear from you.

If you are in any artistic field, or in a multi-media artistic discipline, and are now fifty or over, I would like you to write me, phone and/or e-mail me, about your experiences, from when you first began being considered a 'professional' to the present. What battles are you facing now, to be or remain professionally recognized?

It is obvious to me that we have become the hag invisible, but present, in the hallowed halls within each and all of the arts.

Many of us were born just before, during, or after World War 2, when women were to be housewives, or, if we wished to have a career outside, it would be typist, bookkeeper, a nurse, teacher or stewardess. Those of us who showed prodigious talent from toddlerhood, or revealed exceptional talent in our youth, became isolated women, often not thought marriageable. If we married, we were often persuaded to cease any artistic activity after creating children. We have struggled long and hard. Many of us are creating our greatest work, and are performing at our highest levels, but we are still isolated, and thought to be foolish to continue to seek public recognition.

We must conquer this prejudice.

Women are the best models of stamina, courage and the future of the arts. We're evolving in new artistic creations, from new perspectives. Without recognition, generations Y and Z will not have any enlightening models. Our community-ness needs us.

Will you help me make this happen?

Our Musical Heritage: The Bach-Gounod Ave Maria

by Brian McGurrian

My brother-in-law Val more loved his martinis, which he always called “personality changers.” Whenever he would say, “Time for a personality changer,” we knew he was about to get out the gin and vermouth. During his final hours, ravaged by multiple myeloma, unresponsive and refusing even a sip of water, we moistened his lips with a “personality changer” and he lapped it up. Probably not recommended by medical practitioners, but I have to believe that Val died happily.

However, as much as I enjoy the occasional martini, my favorite “personality changer” is non-alcoholic. It’s a piece of music that, for me, works even quicker than a martini. It’s only two minutes long (perhaps a bit less for the more impetuous keyboardists), a little gem from J. S. Bach’s Well Tempered Klavier, Book 1, titled Prelude #1 in C major.

It may sound peculiar to talk about a piece of music being a personality changer, but there’s something powerful and magical in the way music can interact with the human brain. It’s like a drug, but without side effects.

For example, we know that soldiers will sing while they march



J.S. Bach Painting by Elias Gottlob Haussmann, 1748 (The Scheide Library, Princeton)

because it somehow lightens their steps! And people with advanced cases of Alzheimer’s disease, who fail to recognize even their own children, may nevertheless respond to a piece of music and even sing all the words! How does that work? I have no idea.

Bach modestly described his Well Tempered Klavier as being nothing more than a series of finger exercises, composed, “for the profit and use of musical youth desirous of learning.” And Prelude #1 consists of nothing more than a series of upsweeping chords played as arpeggios – that is to say, each chord played as a sequence of single notes rather than simultaneously. The plan could hardly be

simpler; but the effect could hardly be more sublime.

So, next time you need a personality changer, do yourself a favor, find a quiet corner and call up, say, Johan Kraftt’s introspective keyboard performance of the Prelude #1 on Youtube, and let yourself be transported to a parallel universe of serenity.

But how does French composer Charles Gounod come into the story?

Well, if Bach’s Prelude, composed in 1722, sounds at all familiar to you, that may be because of the way it was “recycled” 130 years later, by Gounod, who revered Bach, and for whom The Well-Tempered Klavier was, “the unquestioned textbook of musical composition.”

One evening in 1852, when Gounod was visiting the home of his fiancée, he entertained her by improvising a melody which made use of Bach’s Prelude #1 simply as a background accompaniment. He dismissed his song as une espièglerie, a little joke, but his fiancée’s father, also a professional musician, was thrilled by the felicitous coupling of the two pieces, and he persuaded Gounod to publish it under the title Méditation sur le Premier Prélude de Piano de J.S. Bach.

Of course, the Méditation was

still, at that time, a song without words, but several years later an acquaintance suggested that Gounod should combine his Meditation with the words of a traditional Latin prayer based on the greeting of the archangel Gabriel to the Virgin Mary in the Gospel of Luke.

Of course that prayer is the Hail Mary, and that is how the Bach/Gounod Ave Maria was created in 1859.

Gounod considered this Ave Maria to be an insignificant part of his life’s work, not worth even a mention in his autobiography. True enough, it’s a brief, minor work in comparison with, say, his St. Cecilia Mass or his opera Faust, and yet it became his best known opus during his lifetime (probably much to his chagrin) and even to the present day.

There are hundreds of vocal and instrumental versions of this song available for your listening pleasure, but if I were asked to name a personal favorite it would be from the 1986 album A Christmas Celebration, exquisitely performed by soprano Kathleen Battle. (Yes, it’s listed on iTunes.)

And, as you listen, please take notice of the sublime background originating from the quill of Johann Sebastian Bach in 1722.

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RPCA PRESIDENT’S REPORT

Volunteering – making your community better by doing things freely (both in terms of finances and your will). The key is that it is an activity that you do to benefit others without anyone forcing you do so or in other words “from the heart.” As the 2016-17 Riverview Park Community Association (RPCA) Board begins its term, I am pleased that the members – both new and returning – all carry this spirit of community service. (We are, after all, “volunteers.”)

As I have noted in previous President’s columns, however, the Board cannot do everything on our own – we need help from others in the Riverview Park community for our endeavours to be successful. Nowhere has this been better demonstrated in the successful Fall Social& Silent Auction Fundraiser held November 6 at the Lebanese Palace restaurant (which you can read about elsewhere in this issue of the paper).

Many community members from outside of the Board stepped in to help us with all facets ranging from selling tickets, to soliciting donations, arranging the set up of tables and displays of donations, arranging the program schedule, selling 50-50 tickets, and serving as “runners” and “writers” and ca-



KRIS NANDA
RPCA President

“Volunteer - from Latin velle (to wish, will), from Indo-European “root” wel (to wish, will). That which is VOLUNTARY, done with VOLITION, is of the “heart”

shiers at the end of the evening. Without their help, the event would not have been the success it is – raising about \$4000 for the RPCA to continue to serve local residents and the community - with approximately \$2000 of the total going towards supporting a family of Syrian refugees preparing to come to Ottawa next year. The system of paying for donations and the cashier lines in particular went smoother than expected thanks to a large team of volunteers.

We still need more hands to help with some of our ongoing activities like serving on some of our Committees – Communications, Membership, Parks & Recreation, and Planning & Development or volunteering to be responsible for cleaning up one of our local parks twice a year. With a view to a smoother

functioning system, the Board will be looking to better organize our volunteer and membership databases so people can be matched with the areas of interest and need. In the meantime, there are some activities such as the annual Carol sing at the Cancer Survivors’ Park that will not take place this year because not enough people stepped forward to lead.

What can we do for you?

To borrow from a radio jingle from a local business, “there’s a lot we do, what can we do for you?” The RPCA Board and our volunteers remain active on your behalf. We monitor local developments, communicate community concerns from your and your fellow residents to elected officials and city staff, host and attend Open Hous-

es, organize fun activities, support a local soccer program and have an informative website.

But, at the first meeting of the new Board in November, members felt that it was important to canvass you as local residents to see what activities you would like us to do for Riverview Park. As there is only so much we can do it is important that our efforts and energy is focused on things that the community wants – and not spend precious time on activities that are not of interest. So please feel free to contact me at the email below (or talk to another Board member) if you have ideas. (That does not commit you to actually helping out, though we would certainly welcome more volunteers)

With your help, even though dark clouds may potentially loom South of the Border and elsewhere in the world, we can still work together to continue to make Riverview Park and our broader community a bright spot and an even more desirable place to live. Let us remember this thought and seek to make our little corner of the world even better as we approach the Christmas season with its message that sacrifice, voluntary gifts and service are a reminder that good shall ultimately overcome bad.

Happy Holidays .. Joyeuses Fêtes



Member of Parliament | Député

David McGuinty

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- » Immigration Matters
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- » Canadian Passport / Consular Affairs
- » Business Opportunities / Grants & Funding
- » Student Loans / Taxation Issues

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

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

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

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

David McGuinty, MP | Député

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COMPUTER TIPS & TRICKS

Protect Yourself Against Ransomware

By Malcolm and John Harding,
of Compu-Home

WHO IS THE ENEMY?

A relatively new and very pernicious form of virus is the latest scourge of all computer users, from private individuals to large institutions. Usually the virus infects your computer as a result of you having clicked on a link or downloading an attachment, in a bogus email. The malware installs on the computer hard disk and “encrypts” (scrambles) your data files, making them unintelligible and useless. The publisher of the ransomware then sends you an email, offering to sell you a code that will un-encrypt your files. This is usually a very short-term offer and you must make a decision to pay the ransom or to lose your data, within a day or so. Any sort of data, from documents to images to music to spreadsheets to tax records, is vulnerable. A previous form of ransomware a couple of years ago was quickly crushed by a consortium of anti-virus publishers and the FBI, but the version rampant at this time has so far proved invulnerable.

WHAT IS THE PROBLEM?

First is the utter frustration of having been victimized and facing the fact that you are go-



ing to have to pay an exorbitant amount (often more than \$1500 US) to get your data back, or to lose all of that personal and/or business information. Second is the actuality that you cannot be sure that you are dealing with a “legitimate” crook who will really send you the code to unencrypt your files, or an “unscrupulous” villain who will simply cut and run with your money.

WHAT TRADITIONAL PROTECTION DOESN'T WORK?

Anti-virus utilities are not foolproof, either because they are not up-to-date or because the malware does not have the characteristics of a traditional virus. The usual insurance, backing up one's data automatically on an external device or into an account on the cloud is futile, because the ransomware infects any device that is connected to the computer, and the backup data on the external device or the folder on the cloud, will be corrupted also.

WELL THEN, WHAT DOES WORK?

The best (and for now the only) strategy is to back up the old fashioned way – manually. You connect your backup device to your computer immediately before running the backup software, and then disconnect it as soon as the backup is complete. This frustratingly defeats some of the convenience of the software that comes with modern backup devices. We have become used to being able to designate the data folders that are to be backed up on a daily, weekly or monthly schedule, and then simply to spot-check periodically to be sure that the backups are happening as expected. Instead you now have to remember to do the backup manually, and to disconnect and set aside the device when the process is complete.

On the other hand, this strategy keeps an additional copy of your data separate from your computer system(s) and you do have the security of knowing that everything is secure and that you will be \$1500 richer if the crooks do come calling.

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@compu-home.com



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Session 2
Mondays, November 7 to December 5, 10:30 a.m. to 11 a.m.
Les lundis du 7 novembre au 5 décembre de 10h30 à 11h.

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

Session 2
Tuesdays, November 8 to December 6, 10:30 a.m. to 11 a.m.

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

Session 2
Thursdays, November 10 to December 8, 10:30 a.m. to 11 a.m.
Les jeudis du 10 novembre au 8 décembre de 10h30 à 11h.

STORYTIMES / CONTES
The library is closed on Monday, February 20.
La bibliothèque est fermée le lundi 20 février.



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Session 1
Thursdays, January 12 to February 16, 10:30 a.m. to 11 a.m.
Les jeudis du 12 janvier au 16 février de 10h30 à 11h.

■ SPECIAL PROGRAM / PROGRAMME SPECIAL

PD Day: Game On! / À vos jeux! (Congé pédagogique)
Roll the dice, pick a suit or grab a nunchuk! Come play cards, board games or Wii with us! / Joue aux dés, choisis ta couleur ou saisis un nunchuk. Viens jouer aux cartes, à un jeu de société ou au Wii avec nous.
Monday, January 30, 2 p.m. to 4 p.m.
Le lundi 30 janvier de 14 h à 16 h.

■ Adult and Teen Programs

BOOK CLUBS
Book Banter
Share the enjoyment of good books in a relaxed atmosphere. Join us for a discussion.
Thursday, December 1 2016, 2:00 - 3:00 p.m. - The Time In Between by David Bergen
Thursday, January 5 2017, 2:00 - 3:00 p.m. - The Sisters Brothers by Patrick deWitt

Sleuth Hounds Mystery Book Club
Share the enjoyment of good mysteries in a relaxed atmosphere. Join us for a discussion.
Thursday, December 15 2016, 6:30 - 8:00 p.m. - Planning meeting & Yearly wrap up
Thursday, January 19 2017, 6:30 - 8:00 p.m. - The murder bag OR The murder man by Tony Parsons

Infusions littéraires
Partagez avec nous le plaisir des livres dans une ambiance détendue.

Joignez-vous à nous pour une discussion.
Le lundi 19 décembre 2016, de 14h00 à 15h00. - Un arc-en-ciel dans la nuit de Dominique Lapière
Le lundi 16 janvier 2017, de 14h00 à 15h00. - Une vie entre deux océans de M.L. Stedman

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 2 – Hobbs, Melville, Smith, Shakespeare and Kierkegaard, and more.
Tuesday, December 13; January, 3, 17, 31; 7:00 – 8:30 p.m.

CONVERSATION GROUPS
French Conversation Group / Groupe de conversation en français
Improve your spoken French in a relaxed setting. No registration required. / Améliorez votre français parlé dans une ambiance décontractée. Aucune inscription requise.

Beginner - Mondays, December 5 – 19; January 9 – 30, 4:45 – 6:00 p.m.
Intermediate - Tuesdays, December 6 – 20; January 10 – 31, 6:30 – 8:00 p.m.
Beginner - Wednesdays, December 7 – 21; January 11 – 25, 4:45 – 6:00 p.m.

English Conversation Group / Groupe de conversation anglais
Improve your spoken English in a relaxed setting. No registration required. / Améliorez votre anglais parlé dans une ambiance décontractée. Aucune inscription requise.
Mondays, December 5 – 19; January 9 – 30, 6:00 – 7:30pm.
Les lundis 5 au 19 décembre; le 9 au 30 janvier, de 18h00 à 19h30
Tuesday, December 6 – 20; January 10 – 31, 12:00 – 1:45 p.m.
Les mardis 6 au 20 décembre; le 10 au 31 janvier, de 12h00 à 13h45.

N. B. The Alta Vista Library is located at 2516 Alta Vista Dr.
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Dec.- Jan.

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Jan 9, 16, 23, 30
Contes, comptines et chansons pour les enfants de tous âges et un parent ou gardien. Programme portes ouvertes.

Family Storytime

Wednesday – 10:15 am
Dec 7
Jan 11, 18, 25
Stories, rhymes and songs for children of all ages and a parent or caregiver. Drop-in program.



Babytime/ Bébés à la biblio

Thursday – 1:30pm
Jeudi – 13h30
Dec 1, 8
Jan 12, 19, 26
Stories, rhymes and songs for babies and a parent or caregiver. 0-18 months. Drop-in program. / Contes, comptines et chansons pour les

bébés et un parent ou gardien. 0-18 mois. Programme portes ouvertes.

Adult Programs
Dec.- Jan.

Mystery Book Club – Monday
Nights are Murder
December 5th – 6:30 pm
January 2nd – 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. December featuring Ellery Adams’ Books by the Bay series. January featuring Cara Black’s Aimée Leduc series.

English Conversation Circle
/ Groupe de conversation en anglais

Tuesday – 7pm
Dec 6, 13
Jan 10, 17, 24, 31
Practice your English language conversation skills and meet new friends in a relaxed and friendly environment. / Améliorez votre anglais et rencontrez des gens dans un milieu décontracté. Programme en anglais seulement.

That’s my Pointe

by Denis Poitras

Being that there are different styles of dance one can take at a young age, it is always a huge challenge and dream for one little girl to be able to make it all the way to the top of all levels; in ballet it is dancing in pointe shoes. It is a style that is viewed as a privilege for those able to move on a sizeable stage and do it well. When a ballerina walks to the stage in pointe shoes she is usually the main attraction in a ballet.

At this time of year, we are lucky to have seen presented some beautiful ballet productions. The Canada Jorgen Ballet offered us the beautiful and intriguing Swan Lake at the Centrepointe Theatre, the National Arts Centre was at full capacity for Giselle by the Shanghai Ballet, and in December we will be able to go, in large numbers, to see a traditional yearly production of the Nutcracker.

For those of you who love ballet you can only imagine the work that goes behind the scenes in preparation of the sets and the costumes.

In pointe, supporting ones full body weight on the tip of your toes by wearing very structured shoes called “pointe shoes”, takes a long preparation requiring determination and intense training. I will spare you the years of terms and hours of training it takes and will concentrate more on the beautiful art of creating the perfect tutu.

As for 4 DGC, now is a busy time of year creating beautiful costumes to let a young girl accomplish her dream in wearing a decorated tutu and bodice that will replicate her dream of being on pointe. As I said, it is an accomplishment that is not attained by many.

It is important for a designer to get the most information out of the dancer, as well as the choreographer, to be able to construct the vision of what the audience would like to see, to hear and to feel for what the dancer is projecting. Many different aspects are needed in creating such an elaborate costume.

For instance, last year I had the pleasure of



A Harlequin Tutu PHOTO: ARTIST AND PHOTOGRAPHER, TANIA GERVAIS

working with a young dancer whose dream was to be dancing on pointe in front of an audience, in a costume that represents her, the music and the choreography. It was a very detailed tutu with a bodice to match that would allow her to enhance her presence on stage.

The first thing was to create the top layer of the tutu that would complement the bodice of her costume. A lot of precision was required to be able to replicate the diamond shape in various colors. One can’t just throw them on and hope for the best. The size was important as well. It was like working with a puzzle and adjusting the pieces or making new ones.

The bodice was done to complement the top layer of the tutu. The colors were radiant and the shapes minimized so that they could be

placed at various areas that would not interfere with the dancer’s moves.

The costume was created with great passion for a result that was much appreciated. It allowed the dancer to get in the moment and become a harlequin; which was the goal of this costume. Her mother even mentioned that when she wore it, her face, her attitude and her motivation were very inspiring; due to one essential element to represent her dance number well; and that was her pointe.

Denis Poitras is a Fashion Designer who works out of 4 Dance, Gym & Cheerios located on the second level of Figure 8/Hockey One Skate Specialists at 380 Industrial Avenue, Ottawa, Ontario 613-521-2433. Hours of operation are on Facebook at 4 Dance, Gym & Cheerios.

THE PLANNING AND DEVELOPMENT UPDATE

The Riverview Park Community Association (RPCA) tracks local developments, most notably work on the controversial Hospital Link of the Alta Vista Transportation Corridor (AVTC) road between Riverside Drive and the Ottawa Hospital Ring Road. More recently, the RPCA has been involved with concerns raised by local residents regarding the Hydro One Upgrade between Balena Park and Overbrook. Other issues the RPCA is monitoring include developments related to the Light Rail (LRT) project, activity in the Trainyards, 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 matters of common interest through organizations like the Federation of Citizen's Associations (FCA), and communicate with local councillors on planning and development issues of concern.

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

Alta Vista Transportation Corridor – Hospital Link
Construction work continues on the 1.7 km Hospital Link section of the AVTC between Riverside Drive and the Hospital Complex; the approved Eastern terminus link at the Hospital Complex Ring Road (just east of sledding hill) as well as the VIA Rail diversion behind Abbey Road. The AVTC road is slated for completion by 2017



KRIS NANDA
Chair, RPCA Planning & Development Committee

with final landscaping scheduled for 2018.

Due to adjustments in the construction schedule, the popular sledding hill just north of the Ring Road has been spared for another year and will be available for use by local residents this winter. Councillor Cloutier's website has more details on the AVTC project at: <http://jeancloutier.com/hospitallink/>

City staff provided an update at the RPCA AGM on October 26 where local residents had a chance to see the latest plans and provide comments and ask questions on landscape design, including location of a proposed pedestrian crossover of the roadway. The RPCA has asked for a public update on the project and final design in early spring 2017.

In addition, a new pathway is expected to be placed along the Ring Road towards Roger Guindon Drive to link up with the AVTC rather than out in the Alta Vista Hydro Corridor. The agreement will be finalized this winter and construction for the new pathway is expected to start in Spring or Summer 2017.

Implications from Light Rail Construction Project
Construction of the structure of the new Hurdman Transit Station

is expected to be complete by year's end. The Hurdman bus loop is slated to be ready to move back to a new facility at its old location in 2017. Portions of the track east of the Belfast Yards are being electrified so testing of Light Rail vehicles can begin.

The RPCA has asked the City to consider widening the sidewalk on the west side of Riverside (between Industrial Avenue and Tremblay) to accommodate the increased pedestrian and cyclist traffic due to detours from closure of the Hurdman Transitway.

Hydro One Overbrook to Riverview Transmission Line Upgrade

At the October RPCA AGM, Hydro One presented an overview of the project consultation plan and a summary of feedback received during the Public Information Centers (PICs) in September 2016. Hydro One also explained the next steps in the Class Environmental Assessment process, including responding to the questions/feedback forms received at the PICs. In the next few weeks, Hydro One will send responses to the residents who submitted questions on their PIC comment forms. A summary of the consultation program and feedback from stakeholders will also be included in draft Environmental Study Report (ESR).

In early 2017, Hydro One will be sending out a notice of completion of the draft ESR to residents located within the project area informing them of the 30 day public review period. The notice of completion will also be published in the Ottawa Community News, and posted on the Hydro One project website. The notice will include information on how to access and submit comments on the draft ESR. Upon completion of the Class Environmental Assessment process, construction of the proposed project is expected to commence in 2017.

Coach Houses/Secondary Dwelling Units
In October 2016, Council approved zoning changes to permit secondary dwelling units (Coach Houses), self-contained living units either attached to or on

the same grounds as a detached or semi-detached home, duplex building or townhouse. The guidelines were revised following comments from the public so structures are now only one-story and the overall maximum permitted square footage is reduced

Pedestrian and Cycling Connections

Earlier this year, the RPCA and other stakeholders were able to view and discuss initial designs for a link (either a tunnel or overpass) between Terminal Avenue and the Via Station. This link is required as per the original Trainyards Complex project approval in 2001. These design plans are expected to be completed by fall 2016 and the RPCA has requested a follow-up briefing. The RPCA is also supportive of the proposal to install a Pedestrian Crossover on Russell Road near the Perley-Rideau Veterans Hospital Centre.

Trainyards Developments and New Retail

Construction on the 9-storey office building at 405 Terminal Avenue should be completed in early 2017. A tenant has yet to be confirmed. Kettleman's Bagels is to open by year's end in the same building as M&M Meat Shop and Bulk Barn.

Work is underway at the former lumber yard lands at the south of Industrial Avenue (628 Industrial) across the street from the Pioneer Gas station to construct two retail buildings plus a small coffee shop. One tenant will be a Nordstrom's outlet.

A sidewalk, trees, grass and some planting beds will be installed, following comments received from the RPCA and others about aesthetics and safety. All these plantings are chosen to be sustainable, with no need for a separate irrigation system. The ivy will grow up the fence along the southern property line to give a living hedge effect.

Elmvale Shopping Centre Redevelopment Proposal

The RPCA provided comments on RioCan's plan to redevelop the Elmvale Shopping Centre, including converting the indoor part of the mall and adding high-rise residential towers with rental units. Members also took part in the September 2016 visioning exercise for the project. Additional stakeholder consultations were scheduled for November 2016. The Master Concept Plan / Secondary Plan will be completed by January 2017 and the

CONTINUED ON PAGE 47

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■ Rideau Park United Church

Rideau Park United Church, 2203 Alta Vista Drive, Activities and Events, December 2016 - January 2017
For more information on these activities, please call the church office at 613-733-3156 ext 229 (Mon-Fri 9am-4pm) or www.rideaupark.ca

“Ring in Christmas” Bell Concert, Sunday Dec. 4th, 7 pm, features the five handbell and chimes choirs from Rideau Park playing the popular and sacred music of Christmas. Freewill offering.

The Harmony Club for 60+ Seniors’ monthly meeting is on Wednesday, Dec. 7th. From 1:00 to 2:00 pm, enjoy a musical program with a Christmas Carol Sing-along, led by Stuart MacKinnon and accompanied by Dianne Ferguson. All seniors welcome.

Annual Christmas Pageant: Join us on Sunday Dec. 11th, 10 am, for the presentation by more than 60 children and youth of the story of Christmas through theatre, music and some humour, Everyone is invited. Freewill offering.

You are invited to a **Christmas Celebration Concert** on Sunday Dec 18th at 1:30 pm, featuring the Chancel Choir, the Joyful Noise Childrens Choir and the Touch of Brass Handbells. All are welcome. Freewill offering.

December 24th, Christmas Eve Services: All are invited.
- 6:30 pm Lessons and Carols by Children and Youth
- 8:30 pm Christmas Reflections: A service with readings and music
- 10:30 pm Candlelight Communion Service

50+ Exercise Group: Tuesdays & Thursdays, 9 am-10 am from Jan. 10th to March 16th. Fees are \$60 for 10 weeks (20 classes), payable at the 1st class. Drop-in fee \$8. All levels of fitness (men & women) are supported by Faiza, our experienced Seniors’ Fitness Instructor (SFIC).

Gentle Yoga: Wednesdays, 5:30-6:30 pm (starting Jan. 11th) -OR- Fridays, 9 am-10 am (starting Jan. 13th). Fees are \$50 for 10 wks (1 class per wk) or \$100 (2 classes per wk). Drop-in fee \$8. Our certified instructor, Lynda Spalding, will lead beginner to advanced students (men & women) through a gentle flow mat class.

The Harmony Club for 60+ Seniors’ monthly meeting is on Wednesday Jan. 25th. From 1:00 to 2:00 pm, Bob & Margo Roden will present high-

lights of their trip to Iceland, Norway & Sweden. All seniors welcome.

■ St. Aidan’s Anglican Church

St. Aidan’s Anglican Church Community Carol Sing and Concert, Thursday, December 15, 7:00 pm. Refreshments to follow. St. Aidan’s Anglican Church, 934 Hamlet Road. Freewill offerings will be gratefully accepted and divided between the Heron Emergency Food Centre and St. Aidan’s ministries. 613 733 0102, www.staidans-ottawa.org

■ Friends of the Farm

November-December, 2016 - Friends of the Farm’s beautiful new book ‘Blooms’ about the Ornamental Gardens at Ottawa’s Central Experimental Farm is a wonderful gift for anyone who loves gardens and flowers, as well as a treat for those interested in Canadian history. It is the Friends’ contribution to the country’s 150th anniversary in 2017. Available at www.friendsofthefarm.ca and local bookstores.

■ St. Thomas the Apostle Church

Exercise classes for those 55+ at St. Thomas the Apostle Church, 2345 Alta Vista Drive (by the fire station) starting at 10 am on Fridays. The one hour classes include gentle cardio, with an emphasis on muscle strengthening, stretching and balance. Certified instructor. Bring your own hand weights. \$6 per class. FREE first tryout class. For info, drop by or call 613-733-0336 weekday mornings for info.

■ Pacesetters

The Pacesetters Club at Billings Bridge Shopping Centre is the place to go, if you want to walk indoors during the winter months. Open year round from 7:30 to 10 am, it is more than a walking club. You can work on jigsaw puzzles, read, knit blankets for CHEO, and meet others over coffee and juice. Located in the basement of the Tower in the north west corner of the Mall. Drop in or call 613-521-6740 during open hours.

■ Art Lending of Ottawa

Art Lending of Ottawa will be held at the R.A. Centre (Outaouais Room), 2451 Riverside Drive (east entrance) on Saturday, December 3, and 10:00am to 5:00pm. This is Art Lending of Ottawa’s winter show where one may purchase, lease, and lease to purchase quality fine art from local artists. In addition to the regular show and in response to the festive season, there will be some smaller pieces, for sale only, all priced at \$100.00 or less. One may visit www.artlendingofottawa.ca to find further Art Lending details and to visit the artist’s gallery to enjoy some displayed work.

■ Emmanuel United Church

Emmanuel United Church, 691 Smyth Road, Advent and Christmas at Emmanuel United Church. For more information: 613-733-0437
Theme: What Time is It?
Saturday, Nov. 26 – Family Night – 5-7 pm – Dinner, crafts, play, worship!
Sunday, Nov. 27 – Worship – 10 am - Time for Hope – Communion

Wednesday, Nov. 30 – Candlelight Worship – 7-7:30 pm
Saturday, Dec. 3 – Just Gifts Market and Coffee House
Sunday, Dec. 4 – Worship – 10 am – Time for Peace – Soup & Buns Lunch to follow
Wednesday, Dec. 7 – Candlelight Worship – 7-7:30 pm
Sunday, Dec. 11 – White Gift Sunday – 10 am – Time for Joy
Sunday, Dec. 11 – Sing Noel! – 2 pm – A Variety of Musical Groups
Wednesday, Dec. 14 – Candlelight Worship – 7-7:30 pm
Sunday, Dec. 18 – Worship – 10 am - Time for Love – Making Gingerbread Houses to follow
Sunday, Dec. 18 – Journey in the Light Worship – 2 pm – A Service for those who struggle at Christmas
Wednesday, Dec. 21 – Candlelight Worship – 7-7:30 pm
Saturday, Dec. 24 – Family Christmas Eve Worship – 5 pm
Saturday, Dec. 24 – Christmas Eve Communion – 7:30 pm
Sunday, Dec. 25 – Worship – 10 am - Christmas Day
Sunday, Jan. 1 – Worship – 10:30 am – New Year’s Day – Combined Service at Southminster United

■ Maplewood Retirement Community

Maplewood Holiday Bazaar. Thursday, December 1st from 10 - 2. 340 Industrial Ave., (corner of Neighbourhood Way), There will be 14 vendors. Visit Garland Maple Farm from Vars, the Muscular Dystrophy Association selling Christmas ornaments, Epicure, Jewellery, knitted and home made goods- to name a few.

■ Nativity Parish Food Bank

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

■ Trinity Church of the Nazarene

Trinity Church of the Nazarene, 480 Avalon Place, 613-731-8926
Christmas activities are:
Worship Services for Advent, Sundays at 11:00
December 11 at 11:00, Christmas music celebration with congregational participation
Christmas Eve Candlelight Service at 8:00 pm
Christmas Morning, celebration service at 11:00 am
Information can be found on the web site: www.ottawatrinity.ca

■ Oakpark Retirement Community Morning Concert Series

Thursday mornings in the main lounge from 10:30-11:30.
December 15th:
“Sounds of the Season”
Elsa Later, flute; Dave Sale, oboe; Angela Blackwell, clarinet; Bob Brown, french horn; Gordon Slater, bassoon
January 12
“Muskox”
Evan Runge, violin; Raphael Weinroth-Browne, cello; Nathanael Larochette, guitar
February 9th
Joan Fearnley & Frederic Lacroix
Soprano & piano duo

Balena Park Pet Memorial

To commemorate a loved pet while supporting the Canadian Guide Dogs for the Blind, purchase a brick for the Pet Memorial Patio in Balena Park.

For full details go to the RPCA website:
<http://rpca.wordpress.com/page-1/pet-remembrance-patio-in-balena-park>
or call: 613-523-4339

Focus on Fall

Park clean up



On behalf of the Secular Franciscans of Immaculate Heart of Mary Church, Michel David cleaned up Dale Park in spite of the rain. St. Francis of Assisi is Patron of the Environment



George and Anne Stairs plus assistant, Snowy, looked after Alda Burt Park.

PHOTO: ANNE STAIRS



Hutton Park's great clean up team consisted of Gilles Bourget, Émile and Charlotte.

PHOTO: CAROLE MOULT



Alan Landsberg (L) rounded up Team Balena, consisting of Paul Puritt; Anna Nitoslawska; Marilyn Minnes (front) and Lynne Bezanson.

PHOTO: CAROLE MOULT

Crock Pot Driveway Dining Event



With their dinner eaten, Sean and Ishtar can now relax.

PHOTO: CAROLE MOULT



Helen McGurrian, Marie Perkins, & Françoise and Albert Lauzier enjoy great food and camaraderie.



Carlie McLellan (L) with her adorable pup, Monty, and grandmother, Marie Perkins.

Planning and Development Update

CONTINUED FROM PAGE 44

report will go to Planning Committee in February

Main Street Renewal and McIlraith Bridge Construction

Main Street between Riverdale and Clegg was scheduled to be re-opened by December 2016. Landscaping and final work on the McIlraith Bridge rehabilitation is slated for completion by spring 2017. The Bridge itself was scheduled to be fully open (4 vehicle lanes + 2 bike lanes) by the end of 2016. Construction will shut-down for the winter and will resume in the spring for landscaping and minor work

OCDSB School Program Review and Boundary and School Accommodations

The Ottawa Carleton District School Board (OCDSB) Boundary and Accommodation Reviews for elementary and high school in the Alta Vista area will take place in

2017 and may lead to some school closures. Zone 6 School Trustee Chris Ellis provided an update on the process at the RPCA's October 26 AGM. Hillcrest High School and Riverview Alternative School (RAS) are among the facilities that will be looked at. There has been a decline in enrollment due in part to boundary rule changes (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 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. Information is available at www.SchoolZone6.org

Information on some project

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

If you are interested in joining the

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

Chris Ellis



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

www.SchoolZone6.org
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DEAR FRAN

Flowering Shrubs for City Gardens



FRAN DENNETT
dearfrangardener@gmail.com

A common question from city gardeners with an average city lot is, “what flowering shrubs can I plant that are in proportion to my lot size?”

Once you have the answers to the usual questions—hardiness, amount of sunlight, your microclimate (a protected area), moist or dry soil, desired mature size, color of flower, blooming time and anything else you can think of—then you can start your hunt for the right shrub.

Deciduous flowering shrubs come in various sizes, so knowing what height and spread, the flowering time, and the flower colour will help to narrow your search.

Also, what type of gardener are you? A plant it and forget it type or who one who willing to do the extra TLC for something spectacular. This modus operandi can push you toward or away from a particular shrub. But you did your homework and you know what you want! Right!

A final point, and this can make your garden exceptional rather than average, your flowering shrubs should not all bloom at the same time. Yes, it would look spectacular but then it is all over and you would have nothing to look forward to. So chose flowering shrubs so there is bloom through the season in your garden.

The following is a partial list of shrubs I have enjoyed, in some cases for many years. A few are still on my wish list. I have listed them in order of blooming time.

1 Daphne mezereum (February daphne) zone 4, 4’h x 4’ spread, pink flowers appear before the leaves in April (in Ottawa). Propagation is by seed so let them drop and germinate and you will always have a supply of February daphne.

2 Magnolia stellata (star magnolia), zone 5, 8’h x 8’spread, acidic soil, sun, white flowers in early spring. Only remove dead branches. Never prune. I know of several specimen Stellatas growing in the open, unprotected and having no problems. Suggested cultivars: ‘Centennial’ and ‘Royal Star’

3 Forsythia suspensa (Northern Gold) was developed at the Experimental Farm for bud hardiness in this zone. Prune forsythia

after flowering and keep it to the size that fits your garden. ‘Northern Gold is the only reliable cultivar to bloom in this zone.

4 Daphne x burkwoodii (Burkwood daphne) zone 4, 4’h x 5’spread, fragrant white flowers with variegated green and white leaves in June. The fragrance alone makes this plant a must. To keep an upright form, an A-frame should be used, otherwise the weight of snow makes it sprawl. Suggested cultivar: ‘Carol Mackie’.

5 Syringa (lilac) forms the largest group of flowering shrubs. The flowers are in the pink, purple, white and bicolour range. Some form suckers and others do not. The height is 6-10 with a spread from a single stem to a large area with the suckering forms. The American lilac is (common lilac x S. oblata) the earliest to bloom and resembles the French lilac. Cultivars: ‘Ester Staley’ and Pocahontas’. The Preston lilacs, developed in Ottawa by Isabella Preston, have scented flowers and bloom after the French lilac. Suggested cultivars: ‘Coral’ and ‘James Macfarlane’. The new repeat blooming lilac, ‘Boomerang’, has a 4’h x 4’spread, pink flowers that bloom in spring and again in late summer until frost. Other lilacs to check out are Rouen (Chinese) lilacs, Dwarf Korean lilac, Korean lilac, Persian lilacs and late lilacs.

6 Clethra alnifolia (summer sweet) zone 4b, 6’h x 5’spread, white fragrant flowers bloom in July. This eastern seaboard native, thus making it salt-tolerant, is usually in a moist forest setting, but is adaptable to drier home gardens. Good for city street planting. Suggested cultivars: ‘Paniculata’, ‘Pink Spire’ and ‘Rosea’.

7 Hydrangea another large group with various species. Most are hardy and have white, pink or blue flowers and bloom in August. The blue colour is due to acidic soil and the pink colour is due to alkaline soil. There has been a lot of research done on the hardiness of H. macrophylla (Big Leaf Hydrangea) which in the species form blooms on old wood which means that the stem and bloom buds would freeze in our Ottawa winter. The ‘Endless Summer’ series and others similar series were developed to address this problem resulting in



The past days of summer when Elga Radnor enjoyed their beautiful hydrangea PHOTO: GEOFF RADNOR

bloom on both new and old wood. I treasure these in my garden in August.

H. arborescens (Smooth Hydrangea) has a 5’h x 5’or more spread. The white flowers can be flat as in the old cultivar ‘Grandiflora’ or rounded as in the improved cultivar ‘Annabelle’. This hydrangea should be pruned to about six inches in the fall or spring.

H. paniculata ‘Grandiflora’ (Pee-Gee Hydrangeas) is available in the shrub or standard form. The whitish-pink coned shaped flowers bloom on new growth. This means removing winter killed branch tips and pruning for shape in the spring. The tree form may grow to 15’, if

not pruned yearly. The shrub form has a large spread and can be seen in public plantings.

There are many more new cultivars of hydrangeas well worth investigating.

This is an incomplete list of flowering shrubs for the Ottawa area. There are many others to discover, so check out your local nursery. If you do not find what you want, ask the nursery to order what you want. If you enjoy challenges and are willing to provide protection and TLC, you can try shrubs with a zone 6 rating.

Best wishes for a Very Merry Christmas and a healthy and prosperous 2017.

- Master Gardeners of Ottawa-Carleton (MGOC) check our website for gardening information <http://mgottawa.mgoi.ca>.
- If you would like to receive TROWEL TALK, our free monthly electronic gardening newsletter, contact : <troweltalkeditor@rogers.com> to be added to the list.
- Check out THE EDIBLE GARDEN, our monthly on line guide for those who wish to grow their own food.
- Phone Help Line: 613-236-0034, Wednesday and Thursday only, 1-3pm. Year round.
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Get to know more famous Canadians

by Geoff Radnor

Ottawa has been our family home since 1976, and in my earlier days I lived in London UK. My London-based uncle and aunt must have wanted me to appreciate art and culture since I was taken on many visits to the museums and galleries in the capital during my school holidays and on my many trips to my relatives in London.

The Imperial War Museum, close to where they lived, the National Gallery and its neighbour, the National Portrait Gallery were just three of the many that we visited. Despite this sort of cultural upbringing I was never to become an artist, neither do I play a musical instrument. I can't even sing, but I can listen to music and read books and look at pictures.

After a few years living in Ottawa my wife and I decided to become members of the National Gallery of Canada. We went to see the grand opening exhibition at the new gallery in May 1988. We are not hockey or CFL or baseball fans, so the gallery was our next best option.

Our annual fee gives us unlimited access to all exhibitions plus discounts on parking, purchases at the gallery store and the restaurant. We can even take our eight year old granddaughter to the free 'Artissimo' program for kids on weekends. This fee was equal in dollar value to one good seat at a Senators game. We think we made a wise decision. The current National Gallery of Canada is in a fine building on Sussex Drive that opened with a wonderful exhibition of the works

of Edgar Degas.

I was on Wellington Street on Friday May 16th in 2008 when Paul Dewar, then an MP, and about 250 others gathered below Parliament Hill to urge the Federal government to locate a planned National Portrait Gallery in Ottawa. We had a group picture taken that appeared in the Ottawa Citizen the next day. The headline that day was "Portrait Gallery of Canada one step closer to reality". It has taken almost eight years for this headline to become more relevant and meaningful.

Our new federal government is now taking another look at the empty former American Embassy building at 100 Wellington Street as a possible site for a National Portrait Gallery. It is located opposite the Peace Tower on Parliament Hill.

I attended a public meeting recently to hear from the NCC what options there are for that old US Embassy building. They listed six alternatives, one being 'a gallery'; note the omission of the words 'National' and 'Portrait'.

Previously, in 2008, there had been proposals from both Calgary and Edmonton as possible sites for this national gallery. Another proposal by Claridge Homes of Ottawa was to have it located where the new downtown Sobeys's store is now. However IMHO the site on Wellington Street looks to be ideal; it is a great location and the current building is quite imposing.

We have all witnessed the media coverage of the two proposals for LeBreton Flats, with their love-



Nine Canadians, but who are they? Numbers 1 - 9, left to right, top to bottom. Send your answers to geoff.radnor@bell.net

PHOTO COLLAGE: GEOFF RADNOR

ly colourful artistic promotional material. Besides the ubiquitous hockey arena, we are promised, in the next twenty years or so, all kinds of additional civic facilities.

A new central city library is one; "an automobile experience" is another. We could also get a new primary school and another Y. Some are just fanciful dreams of the developers; we can hardly wait to see them as finished structures. This writer and some of our readers may not be around to see the completed structures.

Around the world there are some very popular National Portrait Galleries (NPGs) in Washington DC and in London. I could have added those in Canberra Australia, Wellington NZ, Edinburgh and in Gripsholm Castle in Sweden. The latter was the first ever portrait gallery, established in 1822; it now has close to 5,000 exhibits. There is a National Portrait Gallery listed in Ottawa but only as a defunct plan from about 10 years ago. Library & Archives Canada has a Portrait Portal, but you have to sit in front of your computer to use it. I have never tried.

The purpose of a portrait gallery is not only like those other art galleries that show off the great works of art by painters such as Rembrandt, Van Gogh, Degas, Picasso, Monet and the Canadian Group of Seven, but also to show likenesses of all manner of people.

Most cities of size have an art gallery; be it tiny or huge. But it seems that there are only the six portrait galleries mentioned above. The pictures hanging in these galleries are not there necessarily because of the fame and ability of the artist. They are there because of the person portrayed, be they famous or

unknown. There are many famous and infamous Canadians who have had their picture taken, painted, printed or drawn that we have never seen. So, you can be unknown but have had your portrait done by a famous artist, or be famous and have your picture done by anyone.

We may not yet have a NPG but we do have lots of pictures of Canadians. Over the river in Gatineau, in a multi million dollar concrete building built by the federal government, are housed close to a million pieces of art works, photographs and other Canadian memorabilia.

But nobody can go and see them. They are kept in a temperature and humidity controlled environment so they do not deteriorate over the years. But there is no place to show them.

Much of the contents are pictures of Canadians, the famous and the not-so-famous, the rich and the poor, the men and the women, the Algonquins, explorers, doctors, hockey players, musicians, pioneers, businessmen, criminals, politicians and many lesser known Canadians. Shouldn't we have a Canadian Portrait Gallery in Ottawa to add to the list of attractions that bring visitors to the capital? And a public space to show off these hidden treasures?

This lack of a proper building was reinforced when I read of Ted Grant in a recent article in the Ottawa Citizen. He is a recipient of the Order of Canada for his outstanding career as a photojournalist. Where can we see samples of his work?

Ottawa was the home of the studio of one of the world's most famous portrait photographers, Yousuf Karsh. Except for a display

CONTINUED ON PAGE 51



These Portrait Galleries await you. Clockwise from top left: Washington, D.C.; London, England; Stockholm, Sweden; and Edinburgh, Scotland.

PHOTO COLLAGE: GEOFF RADNOR

CONTINUED FROM PAGE 50

in the corridors of CHEO and in the reading room of the Chateau Laurier, there is nowhere we can see more of his great works. All his prints and negatives are stored in that bunker in Gatineau and his photographic and dark room equipment is stored in the Museum of Science & Technology, which is closed until further notice.

William Notman may not be a familiar name to all but he was a great photographer and business leader in Montreal. He was born in Paisley, Scotland in 1826 and arrived in Montreal when he was 30. Even then, he was a keen amateur photographer. He started up his photography business in Montreal by documenting the construction of the Victoria Bridge in Montreal. His studios were fixtures in many Canadian cities and he expanded into the US with a dozen or more studios.

His photos of early Montrealers show many of the founders of commerce and industry in that city, plus many ordinary citizens, politicians and personalities in those early days of Montreal. But where are any of his pictures on show to the public in Ottawa?

We are very fortunate in having the McCord Museum of Canadian History in Montreal that has most of the photographer's work in its care. This runs into the thousands of negatives and prints including many of the founding fathers of modern Montreal.

There is so much evidence that Canada deserves a National Portrait Gallery. It seems to me that it should be an absolute essential component of any capital city just as the Museum of Science and Technology on St. Laurent Blvd. showcases Canada's contribution to the advancement of scientific knowledge worldwide (when it re-opens).

A few years ago the NPG in London had an exhibition titled 'She Bop' featuring photographic portraits of female singers from around the world. The publicity for it used a photo of kdlang. It was the Canadian singer's picture that was important and nobody really knew the photographer. Maybe that picture of kdlang will be on view one day here in Canada.

Along with those with names such as Eaton and Birks, we also have Bethune, Lancaster, Gretskey, Horton, Ryerson, Weston, Purley, Rogers, Dressler, Bruyere, Durbin and thousands more. It should be stressed that it need not be a portrait of a Canadian but of someone known in Canada or who could have had a relationship with our country in some way.

When asked "What is Canadian culture?" maybe one day we will be able to give a more authentic answer.



OTC car 654 west-bound on Wellington St., near Preston, on its way to Britannia, 6 June 1948.

PHOTO: E.A. TOOHEY, B.DUDLEY COLLECTION

Ottawa Streetcars at mid-century

by Bruce Dudley

In view of the on-going restoration of OTC streetcar No. 696 and the coming of light rail transit to the City in 2018, I thought the readers of this fine publication might find some enjoyment in looking back more than sixty years at the streetcar routes of the Ottawa Transportation Commission as they existed in 1950. This period was just before the OTC expanded to provide bus service to the suburbs within the enlarged, new city boundaries, recently pushed outwardly into Nepean and Gloucester townships.

Rural bus companies had been active in these areas for several years, bringing people into the fringes of the city from the new suburbs and connecting with the existing OTC bus and streetcar lines. After the city limits were extended the services provided by these companies were merged into the OTC. These companies included the Eastview Bus Lines that ran into the City as far as the Plaza; Nepean Bus Lines that came into the west end and the Bowesville Bus Lines that came in as far as Bank and Grove Streets in Ottawa South.

In 1950 there were six streetcar lines, as they were called in those days, and each streetcar had a large route sign on the roof above the front doors and angled somewhat outwardly of the right side of the car so that the car's route would be clearly shown to passengers waiting for on-coming streetcars. The signs were illuminated at night and a single letter in the sign identified each route or line.

The lines and their identifying signs were as follows;

'A' was the Britannia – George St. Loop line, the 'A' signifying the car's travel along Albert St.
'B' was the Bank – Rideau line, the 'B' obviously standing for Bank St.
'E' was the Bronson – Plaza line, the 'E' standing

for Elgin St., which was part of that line until it was shortened to the Plaza in 1939 prior to the visit of King George VI and Queen Elizabeth for the unveiling of the Canadian War Memorial.

'H' was the Hull – St. Patrick St. line.
'R' was the Preston – Rockcliffe line, and
'S' was the Holland – Laurier line.

The busiest lines, by way of ridership were Bank, Somerset and Hull as they brought a high density of passengers from the Glebe and Ottawa South, the west end including Hintonburg as well as Hull and New Edinburgh to and through the main shopping areas of Bank St., Sparks, Dalhousie and Rideau Streets. They also served the numerous Federal Government buildings in the uptown and downtown areas. The other three lines, Bronson, Preston and Britannia carried lighter passenger traffic. The Bronson line came to the Plaza only, never going 'downtown' and the Preston cars slipped down Sussex St., skirting the west side of the market on their way to Rockcliffe. The Britannia cars, heading downtown, swung left onto Sussex St. and then immediately turned right onto George St. ending in the Market at George and Mosgrove Streets.

In the next issue we'll take a close look at, and a ride on, the Bank St. line.



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Fri - Sat: 11:00 am - 11:00 pm (Last call at 10:30 pm)

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