



Prominent in the stem cells award photograph (centre, from left): Kristy Duncan, MP for Etobicoke, Dr. Duncan Stewart, Executive Vice President of Research at The Ottawa Hospital, Dr. Michael Rudnicki, Scientific Director of the Stem Cell Network (and Director of Regenerative Medicine Research at The Ottawa Hospital), David McGuinty, MP for Ottawa South. PHOTO: SUBMITTED BY THE OTTAWA HOSPITAL

# Ottawa-led stem cell trials given \$2.2 million in network awards

Special to the Riverview Park Review

Could stem cells help the body recover from septic shock, heart attack and liver transplantation? Researchers from The Ottawa Hospital and the University of Ottawa are now in a better position to answer these questions thanks to \$2.2 million in peer-reviewed awards from the Stem Cell Network. The funding will support three clinical trials, representing half of the trials funded in this national competition and nearly a quarter of the overall funds awarded.

These and other Stem Cell Network awards were announced by Federal Minister of Science Kristy Duncan MP for Etobicoke and David McGuinty MP for Ottawa South.

## Septic shock trial

Dr. Lauralyn McIntyre of The Ottawa Hospital, the University of Ottawa and colleagues were awarded \$1 million to lead the first multi-centre

CONTINUED ON PAGE 2

# Local young actors break through with roles in *To Kill a Mockingbird*

by Bill Fairbairn

Two Riverview Park youngsters are cast for a play on the acclaimed book, *To Kill a Mockingbird*, at the Ottawa Little Theatre from February 15 to March 4, with matinees on February 19 and February 26.

Meghan DoCanto-Primeau and Jacob Segreto, both aged 11, are thrilled at successfully auditioning to play Scout and friend Dill. They hope to gain experience for future

acting careers from co-starring beside adult actors in a production by Christopher Sergel based on Nelle Harper Lee's book and its Academy Award-winning Gregory Peck movie that is reckoned to be the 25th greatest of all time.

The Little Theatre play depicts Atticus Finch, a lawyer in Depression-era America south played by David Holton, defending both a black man against an undeserved

CONTINUED ON PAGE 3



Thespians Jacob and Meghan take a bow at the Ottawa Little Theatre



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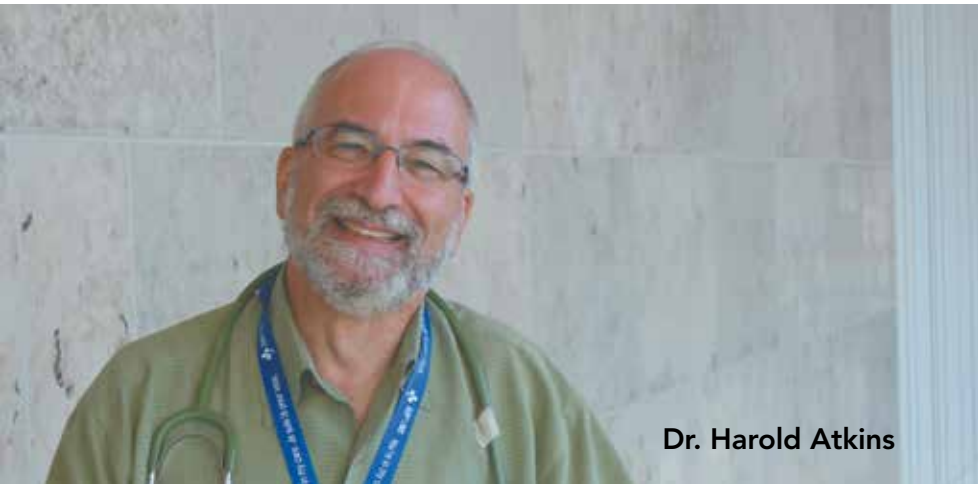
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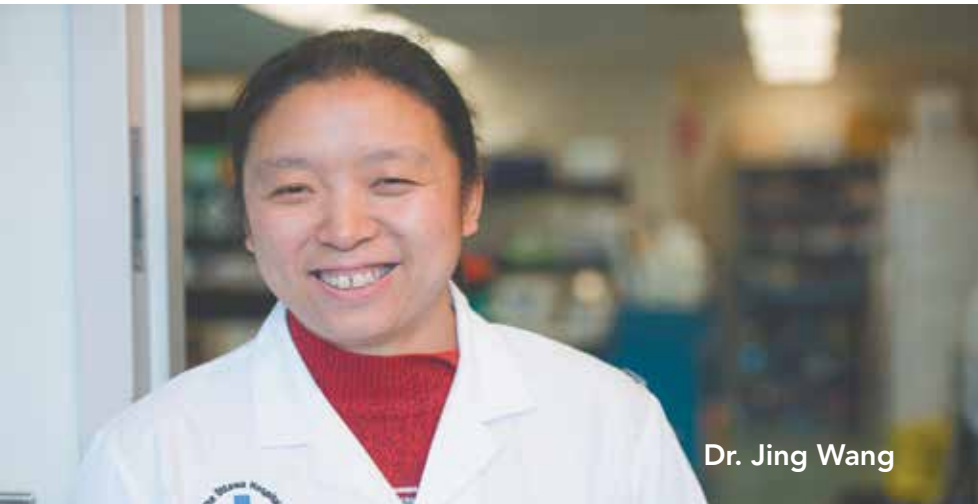




Dr. Harold Atkins



Dr. Lauralyn McIntyre



Dr. Jing Wang

## Stem Cell Trials

CONTINUED FROM PAGE 1

clinical trial of mesenchymal stem cell therapy for septic shock. This deadly condition occurs when an infection spreads throughout the body and over-activates the immune system, causing the heart and other organs to fail. The trial will involve 114 patients at 10 academic hospitals across Canada. Dr. McIntyre and her colleagues recently treated nine patients in a Phase I clinical trial of this therapy. Results will be published in the future.

### Heart attack

Dr. Duncan Stewart and his colleagues were awarded \$1 million to advance their world-first clinical trial of a genetically-enhanced stem cell therapy for heart attack. So far they have treated 29 patients in Ottawa, Montreal and Toronto. The new funding will help them add additional trial sites and treat approximately 70 more patients. Liver transplant

Dr. Harold Atkins and his colleagues were awarded \$216,000 to see if a procedure involving stem cells may be able to prevent organ rejection in people who have had liver transplants. The procedure involves harvesting blood stem cells from a patient, destroying their immune system with strong chemotherapy, and giving them back their own stem cells to grow a new immune system. The hope is that the new immune system will recognize the transplanted liver as part of the body, allowing the patient to avoid the harsh drugs typically required to prevent organ rejection. The trial will involve 10 people. Dr. Atkins and his colleagues have used a similar procedure to treat multiple sclerosis and myasthenia gravis

### Brain repair

In addition, Dr. Jing Wang is a co-investigator on a disease team award that aims to find ways to stimulate stem cells to repair the brain. This project is led by Dr. Freda Miller of SickKids and was awarded \$500,000. There is also a clinical trial component.

“Research at The Ottawa Hospital continues to inspire us and the community we serve,” said Dr. Jack Kitts, president of The Ottawa Hospital. “The support announced for the stem cell program and clinical trials enables us to create new knowledge and offer hope to our patients with the most debilitating and complex diseases.”

“Ottawa has become a world-leader in stem cell research thanks to a unique culture of collaboration between basic scientists



Dr. Duncan Stewart

and physicians, as well as experts in trial design and cell manufacturing,” said Dr. Duncan Stewart, executive vice-president of research at The



Dr. Jack Kitts

“Inspiring,” says hospital president Jack Kitts

Ottawa Hospital, a professor at the University of Ottawa and one of the award recipients. “Today’s funding brings us a big step closer to figuring out how to harness the incredible potential of stem cells to treat devastating diseases.”


“Federal government funding is essential to foster the development of promising health treatments,” said Dr. Mona Nemer, vice-president of research. “Our researchers are demonstrating once again the practical applications of their work, and how it might benefit many Canadians in the near future.”

The Ottawa Hospital is one of Canada’s largest learning and research hospitals with over 1,100 beds, approximately 12,000 staff and an annual budget of over \$1.2 billion.

The University of Ottawa is home to over 50,000 students, faculty and staff, who live, work and study in both French and English.

The Stem Cell Network supports and builds Canada’s stem cell and regenerative medicine research sector.

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LETTER TO THE EDITOR

Editor, Riverview Park Review  
11 December 2016

As a resident of Riverview Park, I always enjoy reading each new issue of the *Riverview Park Review* when it arrives. There are larger print news media in town, but none are quite so thorough in their focus on local issues, as well as local businesses and personalities. The front-page story on “Wartime Spy Becky” by Bill Fairbairn that appeared in your December 2016 issue was an especially interesting read for two reasons. First, I was amazed to discover that a Bletchley Park “outstation” existed south of Ot-

tawa during the Second World War. But second, during a trip this past summer to Ireland and London, my wife and I took the train to Milton Keynes for a day trip to Bletchley. They are in the process of preserving the few remaining buildings – including its signature architecturally quirky manor and a couple of the barrack-like huts – as a Museum dedicated to the code-breakers. It is a fascinating site even today and I would encourage anyone with even a passing historical interest in the Second World War to take the time for a visit. Admittedly, the nature of the work there was often pretty mundane and it was

only after the war that many of its workers came to understand how important their work had been, much like a single piece contributes to the whole picture of a jigsaw puzzle.

It was also a significant opportunity for young women who wanted to do something more than purely domestic projects “for the boys” and the growing number of published memoirs often allude to the liberating nature of the independence that many young women felt at the time, even though they were strictly forbidden to discuss their work. (I recommend especially “My Secret Life in Hut Six”, by Mair and Gethin Russell-Jones

to get a fuller sense of this aspect of life at Bletchley.)

Another regular feature I very much enjoy are the “Riverview... Then” photos you publish showing different parts of this community from often decades ago. As Ottawa and the National Capital Region grow, the necessary concurrent residential and commercial development that has to happen can often wipe out a ward’s history and articles such as these help us appreciate how our neighbourhood came to be. Please keep up the great work!

Sincerely,  
Michael J DiCola  
Avalon Place, Ottawa

Local Young Actors

CONTINUED FROM PAGE 1

rape charge and the lawyer’s two children, Scout and older brother Jem, against prejudice.

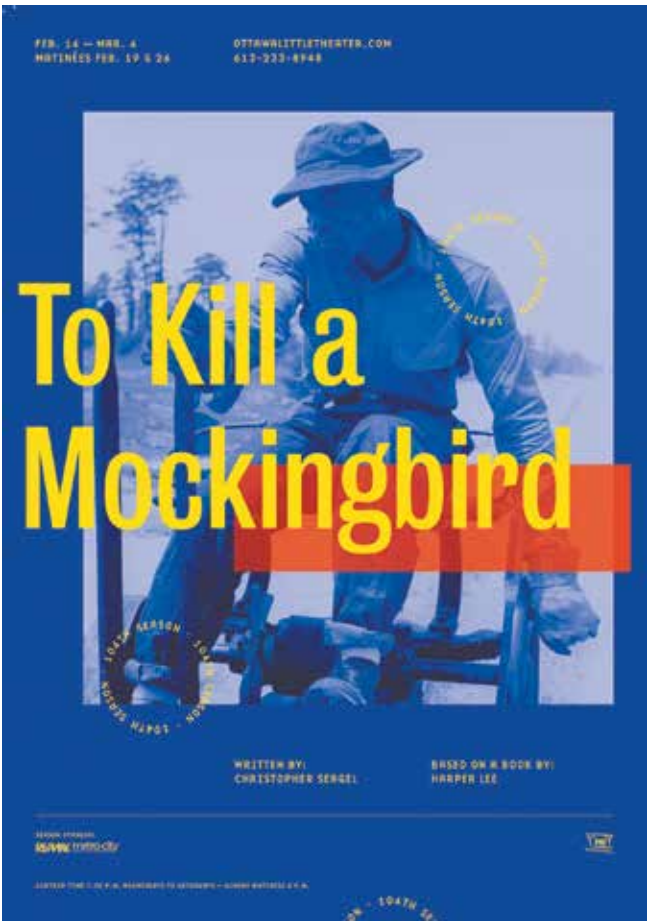
The *New York Times* recently summarized Harper Lee’s book and the subsequent movie as seen from the point of view of the lawyer’s two children and their friend Dill. The Alabama-born author died a year ago. She was aged 89. Her book is still among best sellers.

Suitable for younger audiences?

“You ask me if I think the play is suitable for younger audiences,” director John Collins shoots back firmly in an interview with *The Riverview Park Review*. “It’s not only suitable, I think it (or things like it) should be required reading. The book set in the 1930s was written in 1960 and yet the themes resonate as strongly today as they did then; perhaps even more strongly. Back then, racism in the United States was blatant, segregation was the norm and it was made very clear who was up and who was down.”

Collins believes racism and segregation today is more subtle, more insidious, but for all that more pervasive.

“We need look only to our friends in the American south to understand how close to the surface the ugliness is and how small a scratch



Bold brochure for Mockingbird.

PHOTO CREDIT: SUBMITTED BY OTTAWA LITTLE THEATRE

is required to reveal it. And so it is important that we look past and present squarely in the eye and encourage conversations that are on the high side of the issue. This play does that

effectively. It’s not that it has all the answers, or even any of them, but it does raise many issues quite directly that can be challenging and forces us to at least look at them and ourselves a little bit.”

Collins said 40 rehearsals over three months with a cast of 17 plus extras were contextual, tasteful and appropriate. “What I tried to do was put the cast in the 1930s timework. This story is still taught in schools in Canada and in the northern United States. There is no need to add or subtract.”

Meghan acknowledged she had practised her lines and said she never gives thought to being nervous or messing up on stage. Jacob said he hoped in the future to go to Canterbury School for drama lessons then on to a Montreal acting school.

Both children had roles in *A Christmas Story* at the Little Theatre a year ago.

Meghan’s mother is as excited as her daughter. “They will have access to the costume area and have direction from adult members of the cast. What is more is that they are now members of the Little Theatre. Both of them just want to be famous!”

Meghan’s father Blaine says: “They will find a way. I don’t know if it will pay the bills though.”

Jacob’s mother Tina says their interest in drama is great and that they were now working on and off stage with adult actors.

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RIVERVIEW... THEN

The Ottawa Train Yards

by Paul Walsh

This aerial view, photographed around 1967, shows the spot where the highly successful Trainyards Shopping Centre has emerged.

Near the top of the image, one can see the Rideau River with 5 bridges in operation, starting with the CNR bridge on the left, the CPR bridge, right of it, the Queensway next, then, the original Hurdman Bridge, and finally, the CNR freight bridge which led to the coal sheds near Mann Ave..

Starting out at the RCMP Headquarters, on this side of the River, near the top right of the photo, and taking the road that crosses over the Queensway bridge, travelling left, ones sees another major change from the present. That road, beyond the bridge, ran straight and continued into Alta Vista Drive.

Today's road veers right just under the VIA rail lines bridge, becoming Riverside Drive. Around 1967, this original route ran by the only buildings standing, then, and now...the old CN and CP trucking sheds. One can be seen still, on the former Alta Vista Dr. side, and on Terminal Ave., or, as it was known then, Russell Road!

There is no Post Office yet on the north side of Alta Vista Drive... now called Sandford Fleming Ave., between Terminal and Industrial.

One can plainly see why the Shopping Centre is known as Trainyards.

Near the bottom of the picture, just right of centre, the teardrop configuration of the road is an easily recognizable section...and within the teardrop would be the Wendy's and Tim Horton Restaurants. The bottom end of the teardrop sits on Trainyards Drive and it follows left, over the CNR mainline (follow it south from the CNR Bridge over the Rideau) down to Industrial Ave., just out of view.

The 'New Station' was built over the CPR mainline (find it south from the CPR bridge...now a pedestrian walkway...over the Rideau) and is still under construction at the time of the photo. Keen eyes will notice that mainline having to curve around the Station front doors. Fifty years later, work is underway on repairs and alterations to that structure.



Left: Ottawa Train Yards in 1967.

Thank You

Breakfast with Santa serves up value of community leadership, engagement and connectedness

Webster's dictionary defines a community as; a collective that shares the same social values, attitudes, interests, and a common ownership. All these and more are traits embodied in the annual *Breakfast with Santa*. As in previous years, the 2016 event was no different. Community members braved the cold to enjoy a hearty breakfast and take a photo with the "Man of the Hour".

What began as a small community event with about 250 guests, *Breakfast with Santa* has blossomed into one of the community's highlight events with more than 600 guests is attendance! This growth is due to the contributions and support from sponsors like the Canterbury Community Association, Loblaws Elmvalle, 3 Sisters Bake Shop, Councillor Cloutier and his staff, the many volunteers that work tirelessly and contribute their time to making the event a success; and of course, Urbandale Corporation.

On their 5th year, Urbandale Corporation has been a sponsor of *Breakfast with Santa* since 2012. Through their contributions, community engagement and interest in giving back, they made it possible for the event to grow with the community. They provide stability, ensuring *Breakfast with Santa* continues to thrive and be a staple in Alta Vista's children's memories.

It is such an honour to see a corporation take on social responsibility in such a personal way, and grant a community the chance to



make magical Christmas memories with their neighbours. By sponsoring the event, Urbandale shows its value of social integration – providing a platform for individuals of all different backgrounds and walks of life to come together during the holiday season, to connect and enjoy each other's company.

Urbandale Corporation, the Canterbury Community Association, volunteers, Loblaws Elmvalle and 3 Sisters Bake Shop shows us time and time again that 'to give is to receive'. As they give their time and resources to ensure that the event runs smoothly each year, they

generate goodwill throughout the community and in turn empower the residents to work together towards building a better future.

Without the contributions of the sponsors, partners and community volunteers, this event would not be possible. And for this, the community is grateful to have such passionate community leaders that show us the importance of community involvement and working together.

If you have never been to a *Breakfast with Santa*, it is definitely a 'must-see' event to mark on your calendar for the holiday season.



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Canada is turning 150 years old and Riverview Park folks are well positioned for the birthday celebrations in Ottawa. Being next door to downtown, we residents here can “pop in” to the party and return home easily. Anybody from out of town will not be so lucky. Hotels and motels are booking up fast in the core and places outside Ottawa are getting ready for the overflow.

Main Street is now open allowing car drivers to get downtown quickly without using the highway. Parking may be adventurous so biking would be a great option though Main Street isn’t all that friendly to bikers quite yet. Without Hurdman Bridge open, cyclists may have to take the old Railway Bridge across to Ottawa University, but, festivities of all kinds are bound to amaze. Kind of like a Conklin Brothers Midway, but with better popcorn!

While the sights and sounds downtown will attract us we should remember the basics of a good house party. Those are noise, dirt and clean-up. Ask anyone with campus housing. City Hall is putting a lot into promotion with trains, planes and automobiles. Lots of automobiles! Anyone

frustrated with traffic around Riverview Park may be *really* frustrated in the summer.

Today’s Mayor, campaigning in 2014, said that cleaning up the Ottawa River would be his Number 1 environmental priority if elected. Not much mention was made of the Rideau River running right by Riverview Park. Imagine throwing a party in the nation’s capital while having raw sewage pumped into one of its rivers. In mid-summer it would be nice to swim in one of Canada’s natural wonders in the heart of the capital. But not if the river fecal count goes through the roof like last year.

The Mayor’s office supports the idea that 150 trees will be planted in “150 Groves” in each of Ottawa’s 22 wards. Anyone know where about in Alta Vista Ward 18 that “Grove” will be? After the elms were decimated, the ash trees died off and an ice storm or two broke what was left. So, new trees are a great investment. They will be full-grown in time for our 200th birthday. What a great idea! Clean the air, cool the earth, filter the water. Just not the water in the Rideau.



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



Father Liang showing the audience the plaque presented to Francine Brisebois and the IHM Choir.



Francine Brisebois accepting the honour on behalf of herself and the IHM Choir. PHOTOS: DANIEL CAMERON

THANK YOU RIVERVIEW PARK

by Helen McGurrian  
On behalf of the Immaculate Heart of Mary (IHM) Church Choir, I want to thank Riverview Park residents for their loyal support of the IHM Annual Christmas Concert. This year was the 25th Anniversary of the concert, which started in 1992 under the leadership of IHM Choir Director Francine Brisebois, to support the Heron Emergency Food Centre (HEFC). In recognition of Francine’s work, IHM Pastor Father Stephen Liang presented Francine with a plaque that read: “To Francine Brisebois and IHM Choir on the occasion of the 25th Christmas Concert. Your drive, professionalism and dedication to

the needy has been outstanding. Merci à tous. December 2016”  
This recognition is, in no small part, due to Riverview Park residents who have supported our Choir and this concert over these many years. There are hundreds of residents who could and should be mentioned here but I have singled out a few special unsung heroes:  
Carole Moults, Riverview Park Review Editor, for helping our community know one another; and Marie, Michelle, Carlie, three generations of volunteers, and Marlene and Sandra, two generations, for making the post-concert reception, a most enjoyable feast.

VINCENT MASSEY SCHOOL

Happy New Year Growing SOLEs! We are now in the midst of the planning and developing phase of the project. Our egg carton drive, to support the local Food bank has been very successful and we will continue this initiative for the remainder of the school year.  
Not only are we collecting cartons and grocery bags, but we have begun to collect plastic bottles for dispensing laundry detergent to the community. We continue to rely on the support of the Vincent Massey students with this success.  
Along with the drive, we have begun to brainstorm ideas and make posters and business cards for promotion within the Russell community. We have plans for a

meeting with the women’s group, KIGONI, on January 25. The function of this meeting will be to make a connection and have the group decide on the poster winner.  
Just to recap our programs this year, we have a coding class for budding Computer science keeners, a sports clinic to display new games and skills.  
Along with our budding connection with the KIGONI group, we hope to help beautify the neighborhood, and to run our annual Bike Tune up Day in early May. To keep up to date with our plans, follow us on Instagram @growings.o.l.es and Twitter @Growing\_SOLEs.  
Written by Inara Hemani, Will Smith, and Afra Azad



The demolition of the Canadian Medical Association building on Alta Vista Drive continues. PHOTO: GEOFF RADNOR

Each issue of the Riverview Park Review has its own original masthead artwork. The mouse and the crow are local representatives doing something seasonally specific for those issues. Each masthead represents the kinds of adventures that can be found in Riverview Park, and enjoyed by its residents.

Thoughtful and adventurous, the mouse is constructive and outgoing. The crow on the other hand, thinks he knows better. Whether planting potatoes, or harvesting corn, canoeing, or boiling maple syrup, the crow provides a mischievous counterpoint to the mouse’s common sense.

The mouse is likely to have adventures in the community and then write or read about them in the Riverview Park Review.

The crow... not so much.

You can see past examples of their adventures on the Riverview Park Review website: [www.riverviewparkreview.ca](http://www.riverviewparkreview.ca)

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## DAVID CHERNUSHENKO COUNCILLOR CAPITAL WARD

# Enough predictions. What kind of future do we want?



**DAVID CHERNUSHENKO**  
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In a milestone year like Canada's 150th anniversary, it's tempting to look into the future and try to imagine what the next, say, 50 years will bring.

As with all predictions, this is risky. After all, weren't we supposed to be jetting around in flying cars, living in fabulous capsule homes, eating hi-tech "food" served by domestic robots, and taking vacations in space by now?

Either that, or suffering in soulless cities under a permanent cloud of polluted air and oppression, jammed into streets lined with towering buildings and giant digital screens, and segregated into either protected ultra-rich enclaves or semi-lawless workers' slums, with nary a park or a tree to be found?

Those are the utopian and dystopian views that come to mind when I consult my mental library of books and films set in the near-to mid-future. How wrong and yet how right they were.

With drones hovering overhead and autonomous cars being tested,

can flying cars and servant-robots be that far off? How about unbreathable air, a privatized water supply, treeless cityscapes, and rich vs. poor enclaves? Maybe not so much in Ottawa, but look at some of the mega-cities of Asia, Africa and South America for signs of dystopia.

Before we get too high and mighty in North America, though, consider real estate prices in Vancouver or San Francisco, the current state of inner Detroit, and the cyber-surveillance to which we willingly submit. If not signs of dystopia, these are troubling trends.

Sorry to be a downer — and just when the horribleness of 2016 was beginning to fade! But as a student of history and politics, I believe good future planning requires a solid grasp of our past and an honest assessment of our present.

With that in mind, instead of predicting the future, let's consider the kind of city and country we want in 2067:

Mobility: Would we rather move people and goods as efficiently as

possible, or move vehicles that occupy significant urban space to drive and to park? Would autonomous cars improve safety and reduce the number of vehicles on the road, or do the opposite? Should we promote more active transportation choices through better levels of service and priority crossings, snow clearing, etc.?

Energy: Is the upfront, financial cost of energy the most important consideration, or should we be more concerned about the quality of our energy sources, taking into account air pollution, greenhouse gas emissions, and generating electricity locally vs. procuring and moving it from a great distance and at considerable risk or loss, subject to factors beyond our control?

Ecology: What place should species beyond our own be given within the urban environment? How much space is required to support biodiversity, and how can it be created/preserved?

Equality: How can we promote increased equality of opportunity (education, employment, health, recreation) among citizens of all origins and income levels? Would a guaranteed annual income be a valuable policy, and would it relieve the administrative burdens of managing existing support programs, as well as the burden and stigma of applying for them?

Compassion/Inclusion: What

constitutes a compassionate city, and what measures (policy, budgetary) might contribute to a truly inclusive Ottawa and, by extension, Canada?

I predict that these questions will provoke some serious thought — and feedback!

Ward update

Here is one prediction I'm willing to make: After three years of heavy construction work on rail lines, bridges and Riverside Dr., as well as the "hospital link", residents of Riverview Park will see most of the heavy work come to and end in 2017.

Not only will this mean less noise, traffic detours, congestion and dust, it will also allow us to move on to the next step: beautification. Landscaping and tree planting will begin along the new and the realigned roadways. Sidewalks will reappear, and multi-use pathways will be reinstated or, in some cases, appear for the first time.

Before the year is out, it should be possible to cross the Rideau River on a choice of bridges, then connect onward to points north and south along a completed Rideau River Western Pathway.

Now, about that LRT ... Soon!

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

## Keeping your feet on the ground....

by Denis Poitras

In the past few years, competitive dance costumes have become more and more elaborate; either by using expensive fabrics or by asking a professional to create the perfect outfit that will require a lot of work to create.

Back in the day when I was dancing, costumes were so simple and decorated by hand. The focus was more on the dance than what you were wearing. Don't get me wrong, the costume always reflected what the meaning of the dance and music was, but just not as elaborate as today. The dance scene has grown so much.

More and more, we see exquisite beaded fabrics that can cost way over \$200 a yard, Swarovski crystals being used like they are sequins, lace with crystals and pearls that are generally used for bridal, yards of silk Douppioni, as well as silk chiffon and so much more.

Being in the competitive season, I am being requested to make more and more complicated clothing. The kids today are influenced by the likes of Beyoncé and Rihanna to name a few. They want to look as powerful on stage such as these artists are when performing their hit singles.

One thing that people need to realise is that



these costumes are not cheap. They range around \$2500 or more depending on who's the designer and who they are creating for. One can only wish to get a call from such an artist but let's come back to having our feet on the ground and deal with the current issues at hand.

Back to the subject in question. As a Designer I have been requested such costumes lately. As much as I am devoted to my customers, one needs to comprehend the cost that is involved without breaking the bank. I usually say to customers, "Keep in mind the following: your daughter will grow up and that costume will not fit in a year; the amount of work to do such a beautiful costume involves over 50 hours of work; the cost of fabric alone will be over \$400 and last but not least, I don't work for \$0.25 an hour like in China." Usually the last line makes them realise that their expectations are way out of their price range.

That being said, recently I made a bodysuit that involved a lot of work and detail without having to use crazy expensive fabrics, but it was very intense labour wise. The cuts had to be precise and sewing stretch fabric is not the easiest thing in the world to work with, but the final result was incredible. Another customer satisfied and ready for competition.

Denis Poitras is a Fashion Designer working out of 4 Dance, Gym & Cheerios (second floor of Figure 8 Skate Specialists) located at 380 Industrial Avenue, Ottawa. Phone: 613-521-2433 Email: dance.gym.cheerios@gmail.com



JISEIKAN AIKIDO – DOJO SYMBIOSIS



Demonstrating Tai Chi

by Rustling Birch

The two kanji characters that make up the Japanese word dojo literally translate into place of the way. The word do itself comes from the Chinese word *dao*, meaning way. In the tradition of the Japanese martial arts, our dojo is where we train and practice the way. The do character is the same one found in Judo, Kendo, Iaido... and, of course, Aikido. But how does a dojo—more to the point, how does our dojo—differ from other places where we might train and practice... say, a gym?

We can go to a gym to train and condition our bodies for any number of reasons, including appearance, overall health and well-being, athletic performance, and even rehabilitation. In a gym, we can isolate and tone those muscle groups that require special attention. In a gym, we get a sense of control and have an opportunity to focus on finite, definite results. We put on our earphones, listen to music, and work out alone, or seek inspiration and motivation by joining classes. We can also work with a trainer who will coach us and help us reach the goals we set for ourselves in the relatively short-term.

In our dojo too we practice, train, and condition our bodies. We are drilled in the art of Aikido, applying and rehearsing techniques over and over again. However, because our dojo also resembles the more traditional Japanese dojo, it is also the “place of the way”, a place where we simultaneously cultivate discipline, determination, and a sense of responsibility, as we seek to become better all-around. There are no definite, immediate results. There is no illusory sense of control; and specific, short-term gain is simply out of the question. The whole experience is, in fact, a process, and it occurs in the long-term.

In that sense, our dojo is also a microcosm of the world we live in.

We are a diverse group of students, hailing from different walks of life, and we bring our own individual belief systems, life experiences, values, and talents. We share our dojo with one another, with a fish-tank full of koi, and with a variety of potted plants and bonsais, and each individual of each species requires care, attention, and respect. We evolve in a variety of symbiotic relationships that manifest themselves at various levels and have many real-world applications, at home and elsewhere.

The word symbiosis can have many meanings, and scientists can't seem to agree on one single definition. I remember learning about tape worms in primary school, and being horrified at how they deprive their hosts of nutrients. That would be an example of parasitic symbiosis, where one party benefits and the other is actually harmed. Commensalistic symbiosis occurs when one party benefits and the other is not hurt: a squirrel nesting in a tree, for example. Mutualistic symbiosis occurs when both parties benefit—Clown fish and sea anemones come to mind. I personally like this definition: “the living together of unlike organisms.” Although somewhat dated, it works at a social, biological, and ecological level, and, as such, has perennial significance, especially in a world facing challenging planetary issues.

As students of Aikido, we are, first of all, in symbiosis with the dojo itself. It provides a space for us to practice, but the responsibility for its upkeep falls upon our shoulders. We leave our shoes at the door, and hang our things in the change room. We clean the mats, the toilets, and the sinks after practice. We sweep, vacuum, and collect the trash. We wash windows, and shovel snow. Once a year, we participate in the Big Clean-Up, removing all the mats and doing some deep cleaning. We share in the preparation of special events and meals, and clean up and wash dishes afterwards. We sometimes bring our talents to special projects.

In a way, each individual practice session also represents a symbiotic relationship, bringing together a variety of students—the young and the not-so-young, coloured belts and black belts—in a collaborative

and respectful environment. Our partners are central to our learning. We focus on building strength, endurance, and flexibility, together, learning from each other as much as from our own selves. We develop empathy and understanding by literally taking turns at being in the other person's place. When I have an opportunity to feel and experience what my training partner feels, I understand the technique better, but I also learn to be non-judgmental and empathetic.

The symbiosis does not end there. As a martial art, Aikido requires us to train mind and the body together, in tandem. It is virtually impossible to execute Aikido techniques without first relaxing and being in the moment. Aikido requires one to neutralize an attack by entering into the attacker's space. This requires total mindfulness and composure: the body and the spirit have to work together. No mulling over problems we might be having at home or at work. No daydreaming. No distractions of any kind. No earbuds.

I bow my way out of the dojo, and return to the world outside, acutely aware that I also live and evolve there with a multitude of unlike organisms, and that we must all strive to co-exist in a mutualistic type of symbiosis. I think of the air I breathe, the water I drink, and the plants and the animals that give me sustenance. I think of global warming and how it is causing, among other things, the

rapid and alarming acidification of the ocean. I think of the consequences of that. I do not want to be a parasite on this planet, always taking, depleting, and never giving back. I think of Maslow's pyramid of needs. In his later years, he added self-transcendence (getting over yourself!!) to the last item on his list, which had been self-actualization. Since then, the word interdependence has appeared. Hmm..., another definition for symbiosis?

The “life skills” we learn at our dojo—determination, discipline, focus, composure, mindfulness—can all be transferred from the dojo to the outside world, at home, at work, and beyond. In times of crises and stress—and those times do come—when we find ourselves under real pressure, mind and body will know how to react as one, in symbiosis: we will be more focused, composed, and prepared to face and manage these situations.

The awareness, acceptance, collaborative spirit, and sense of responsibility that we nurture in our dojo can help us readily see the big picture and realize that we are, in fact, part of a system, that the whole is indeed greater than the sum of its parts. We may become more mindful of our place in the process and better recognize the role we can play, getting actively involved and contributing somehow. This means that instead of pointing a finger, we engage in problem-solving and come up with real, practical solutions (from everyday household issues to the more urgent, complex ones threatening our planet). For example, we might decide to become responsible, conscientious, and judicious consumers, and make sustainable choices. In the true spirit of Aikido we can strive for harmonious relationships with everyone.



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# It's canal time...

## another good reason to stop by Figure 8 & Hockey One

by Carole Moul

The year was 1969 when Douglas Fullerton, recently appointed Chair of the National Capital Commission, proposed to create a recreational corridor around the Rideau Canal, including the winter Skateway between Confederation Park and Carleton University.

Unbelievably, the Ottawa city government of the day had been looking at the idea of paving over the canal in order to make an expressway. Fortunately, the federal government owns the canal and the city was unable to follow through with what would have been a disastrous plan.

It was two years later, as NCC Chair, that Douglas Fullerton sent out a crew with hand shovels and brooms to clear a 5 km ice surface between the National Arts Centre and the Bronson overpass on January 18th, 1971. Fifty thousand people skated on the canal that first weekend, and today it is estimated that each year approximately one million skaters and outdoor enthusiasts enjoy what is now known as the world's largest naturally frozen skating rink.

It was in 1974, just three short years later, that Madeleine Simard, mother of six, also looked at skating in the Nation's Capital. Her children were skaters, however, it didn't take her long to realize that there was another skating niche that needed to be filled; this time it was to provide properly fitting skates for the city's skaters, and in particular, figure skaters.

With the same kind of determination that had helped Douglas Fullerton only a few years earlier with regard to skating in Ottawa, Mrs. Simard first set up shop in her basement, then over time moved to several larger commercial sites where she was able to provide local skaters with excellent quality fittings. Quite suitably, she named her store, Figure 8.

Over the years Figure 8's figure skating focus has never changed, although in April 2002, the store added to its business by creating a new division called *Hockey One Skate Specialists*.

*Figure 8 & Hockey One* continues to be a skate specialist and there is an entire staff of experts to help with the customization of skating equipment for those heading for skating rinks; both inside and out. Jasmin Simard now looks after the 12,000 square foot store.

"It was my Mother and a lady named Edna who worked for *Figure 8* for over 20 years, who

taught me how to properly fit skates," Jasmin Simard has noted. "They told me that the most important thing in fitting skates is to 'listen', address the customers' concerns, provide information, and don't assume they know the answers." Not surprisingly, customers have appreciated this sage advice.

Today, the store also offers professional skate sharpening, replacement blades and mounting, custom blade contouring, heat molding, boot stretching plus skate rentals all under one roof; while the stock lines keep growing, as has the business for over 40 years.

This year marks the 47th year of skating on the Rideau Canal. Jasmin Simard likes to skate, and like thousands of others he enjoys skating on what is now the 7.8 km. Skateway. He also knows the importance of properly fitted skates when on any ice.

It is also the 39th year of Winterlude. Likewise, Jasmin could no doubt tell you better than most about Ottawa's Winterludes, since people of all ages get their skates ready at this family owned store, not only for those three fun-filled weekends but the rest of the season as well.



*Figure 8 & Hockey One* is conveniently located at 380 Industrial Avenue, just south of the 417 and east of the intersection of Riverside Drive and Industrial. You can shop online at [www.figure8.ca](http://www.figure8.ca), telephone 613-731-4007 to speak with knowledgeable staff, or their fax number is 613-736-7747.



Getting canal ready with skate fittings at *Figure 8 & Hockey One*. PHOTOS: CAROLE MOULT



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NEIGHBOURHOOD WATCH

Security and peace is the aim

By Tim Mark

**Making the right call:**  
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**613.236.1222 x7300** - Call Centre – to report a theft, property damage, missing person or stolen vehicle (or online: Ottawa Police Service)

Neighbourhood Watch works for a secure and peaceful neighbourhood through a partnership between a local community and the Ottawa Police Service. Riverview Park is part of the Ottawa South division of the City’s Neighbourhood Watch program. There are three Watches in our area. If you would like to join a Watch or set up a Watch on your street, please call a Coordinator (see the end of this article).

There are several matters to inform you about this month.

**Ottawa Police Service Initiative**  
January 2017 marks the rollout of the Service Initiative. This Project has been underway for the past several months. The aim is

- Managing the growing demands in our city (e.g. rise in high-tech crimes, human trafficking, etc.);
- Assigning our police officers in the community;
- Conducting investigations and solving crime;
- Using crime information to improve public and officer safety; and,
- Handling court processes, such as leveraging technology.

The document is phrased in rather general terms with little operational information. For instance there is no mention of Neighbourhood Watch and its future in the



document. Public meetings will be held across the city in January to discuss and review the initiative. We will certainly represent the interests of Neighbourhood Watch at these meetings. If you would like to consult the document yourself it is on the Ottawa Police Services website under “Service Initiative.”

**Ottawa Crime Mapping Tool**  
Did you know that you can track the incidence of crime in any given area of the city? The statistics are based on police reports. Take a look at:

<https://www.ottawapolice.ca/en/ottawacrimemappingtool.asp>  
To sign up for crime alerts, search for an address or pan the map to the area that you are interested in, and click the “Create an Alert” button. From there, you will be walked through the process of choosing the frequency of your alerts, the name of your alert, and which incident types you would

like to be notified about.  
Please note that the alert you receive will exactly reflect your current view of the map - including how far in or out you are zoomed, which incident types you are currently viewing, and which area of the map you are looking at.

**Crime Prevention Ottawa - plans for 2017**

The Crime Prevention Ottawa Board of Directors approved the 2017 Operational Plan at its January 9 meeting. The aim is:

We will continue our work to make Ottawa a safer city by focusing on our three priority areas: violence against women, neighbourhoods and youth. Our planned activities include:

- Refresh the Ottawa Gang Strategy with a focus on street violence
- Help neighbourhoods through prevention initiatives and supports
- Prevent sexual assault and gen-

der violence through initiatives at mass gatherings, high schools and agencies serving youth  
To learn more about CPO initiatives, visit [crimepreventionottawa.ca](http://crimepreventionottawa.ca).

**Protect Yourself, Protect Your Clients: Fraud, Tax Scams and More!**

This is a subject of interest for most people. It is the subject of the next session of the CPO speakers’ series. Here is a description:

If it sounds too good to be true, it probably is. All too often, vulnerable or isolated people, including those without a lot of money to spare, fall victim to scam artists and fraudsters. Learn how to protect yourself or your clients from the expert.

The keynote speaker is Staff Sgt Stephanie Burns, and the event will be held on Tuesday, January 31, 2017 from 10:00 to 12:00 noon at City Hall. R.S.V.P. to Crime Prevention Ottawa at [cpo@ottawa.ca](mailto:cpo@ottawa.ca) or 613-580-2424 ext. 25393.

**Report It!**  
If you have been a victim of vehicle related theft, do report it. This enables the police to track patterns of criminal behaviour and better assign police resources. (See the top of this page or go online to Ottawa Police Service). All valuables removed warning cards are available from your Riverview Park Neighbourhood Watch Coordinator, at police stations, and by email request at [pia@ottawapolice.ca](mailto:pia@ottawapolice.ca).

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

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# Valentine’s Day, what does it really mean?

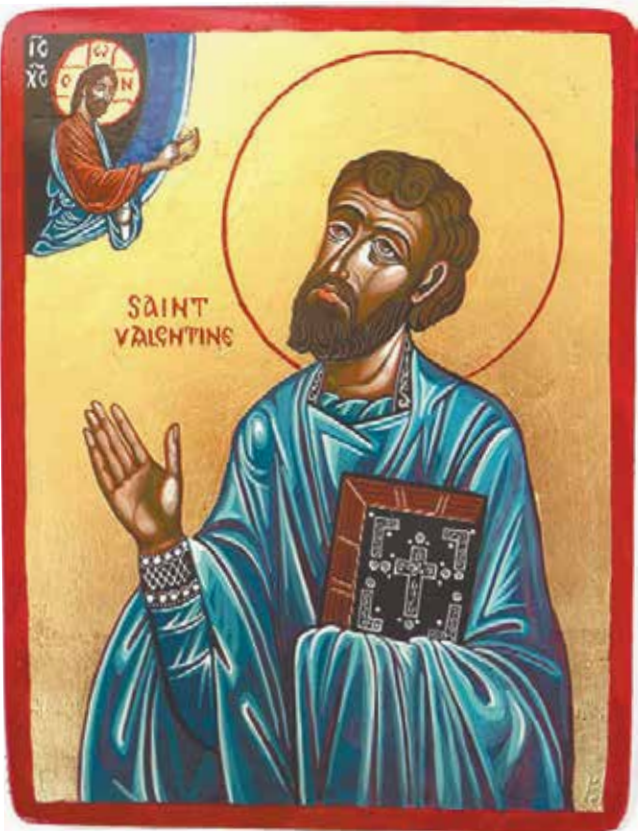
by Laurence Gillieson

Love is in the air ... Or, it would be, if I weren’t single. So, while I can’t experience Valentine’s Day in all its romantic glory, with a dozen red roses and heart-shaped box of chocolates, I can do the next best thing, besides buying and eating the chocolate myself – write about it.

St. Valentine is most commonly known as the Patron Saint of couples, happy marriages, engaged couples and all things love-related. He is additionally the Patron Saint of epilepsy, fainting, bee keepers, plague, and travellers. Now, how’s that for variety?

While the real, present-day connections to romance, hearts and flowers remains vague and mysterious, officially, there were at least three Saint Valentines – all martyrs on the date of February 14: a priest in Rome; a bishop of Interamna (now Terni, in Italy); and a martyr in the Roman province of Africa.

The story behind Saint Valentine of Terni recounts the tale of a Roman saint from the Third Century. In his time, the country was being ruled with an iron fist by Emperor Claudius II, who was having difficulty bringing soldiers together to join his army - possibly, or foolishly, believing that soldiers preferred the company of their loved ones to going to war. To that end, Claudius banned all marriages and engagements in Rome. When Valentine heard this, realizing the unfairness and injustice of the people, he decided to perform marriages in secret. This ul-



While the present-day connection to romance remains vague and mysterious, officially, there were at least three Saint Valentines – all martyrs on February 14.

timately led to his death on February 14 around 270 A.D. Rumour has it that while Valentine was jailed, he wrote a letter to the jailer’s daughter, his friend, and signed it “From Your Valentine.”

In delving deeper into this lovey-dovey occasion, I discovered some even more eye-opening history behind it that, frankly, doesn’t sound all that warm and fuzzy. Much like Halloween and Christmas, Valentine’s Day is based on Ancient Roman Pagan rituals.

The Festival of Lupercalia, honouring Lupercus, God of shepherds, was celebrated between February 13 and 15, to ward off evil spirits and purify the city. The ritual involved sexual excess and nudity, involving groups of priests (“Luperci”) sacrificing goats and a dog, with which they created whips that they used to strike passing women, as they (both men and women) believed that it helped with fertility and childbirth. By 496 A.D., Pope Gelasius put an end to Lupercalia and declared February 14 as St. Valentine’s Day.

Beyond all the history, Valentine’s Day is really just one more day for loved ones, friends and family alike, to express their feelings for each other through any mishmash of red, pink and white flowers, chocolate, and candy. Roses have long since been THE flowers of Valentine’s Day and, unfortunately, with the high demand for roses comes the higher price tag.

And, while I’ve heard people say, “I don’t need a special occasion to buy flowers,” it’s a far better option than imagining the animal sacrifice and fertility treatment by way of bodily harm. Treat a loved one. Treat yourself. Be kind to one another, and Happy Valentine’s Day one and all.

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Alta Vista Councillor

Jean  
CLOUTIER

Keeping our Streets Safe

We have begun working on the 2017 safe streets program based on resident input and suggestions on locations and areas of concern.

With this information as a guide, we are formulating an action plan through the installation of various temporary traffic-calming measures to help keep our streets safe. One of our most effective tools are our digital radar signs that are rotated to identified streets in the ward.

If you have any ideas on where the signs should be placed, please feel free to contact my office at 613-580-2488 or by email at JeanCloutierOtt@ottawa.ca.



Winter Snow and Sidewalk Maintenance

Essential to successful snow removal is an effective winter maintenance program. The City of Ottawa’s program classifies all roads by types and uses this information to prioritize how frequent roads will be plowed, how ice is controlled and how snow is removed.

The City’s Roads Services department crews use standard practices to plow roads in two phases during snow storms.

**Phase one** of the operations is initiated at the **onset** of the snowfall. City crews focus on Highway 174, the Transitway, and major arterial and collector roads.

**Phase two** is initiated **after 7cm** or more of snow accumulation, and entails plowing local residential roads once the priority transportation network is in good condition.

**Bus stops** are cleared within **24 hours of the end** of accumulation.

\*See “What to expect during a winter storm” infographic for more details\*

I encourage you to call 3-1-1 with emergency requests or to submit information regarding areas of the city that need more attention, and remember that grit boxes are available throughout the city for you to apply to problem areas as necessary.

Thank you to City crews who work tirelessly to keep the streets clear of snow, thus allowing the City to function well as if under normal snow conditions.

Bringing City Hall to the people of Alta Vista.

Councillor Cloutier will be holding neighbourhood office hours on **Wednesday, February 22nd** from **6:30-8pm** at the **White Horse Restaurant**, located at 294 Tremblay Rd.



Changing Alta Vista, one step 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 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.



Jean Cloutier

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# Warming up in winter at Aahar

by Carole Moul

It is said that there are many ways to avoid the cold of winter; a trip south, a cozy fire, warm blankets, or even a cup of hot chocolate. A good collection of hats, boots and gloves will also help us get through Canada’s coldest months. Countless sources however include an even better suggestion: eat certain foods that have the ability to raise your body temperature and help keep you warm. As the temperatures outside drop, our appetites seem to perk up at the same time, with the cold days of winter frequently bringing on cravings for comfort foods, hot beverages and spicier dishes than we may have wanted a few months ago. And, while adding on layers of clothing is one way to keep away the outside cold of January, February and March, certain foods actually stimulate heat production more than others and help warm us up from the inside as well.

**They’re called warming foods**  
Suggestions vary, but spices are at the top of the list when it comes to foods to incorporate into our daily winter diets. Whole grains provide not only warmth, but the essential carbohydrates that help give us the additional energy that we need, while nuts and seeds, and garlic and honey are also highly recommended to include in a winter menu.

Vegetables that have their edible part growing beneath the surface of the ground are usually a good vegetable to eat in winter. These are often referred to as the warming vegetables.

Unfortunately, when we often think of some of our traditional Canadian winter comfort foods such as mac & cheese or chicken pot pie most of these appear to be lacking in the warming ingredients. Fortunately, numerous delicious dishes from other countries seem ideal to take their place.

Conveniently, a nearby restaurant opened its doors this past year serving up the perfect breakfast, buffet and dinner meals that have as their main ingredients, most of what we need to help raise our body temperature. The name of the restaurant is *Aahar The Taste of India*, 1573A Alta Vista Drive, and the menu has a tremendous number of wonderful offerings for winter.

**Great ingredients make great foods**  
Indian food has been growing in popularity over the years, perhaps because of its adaptability to the tastes of a wide range of diners. At *Aahar*, the fare includes an extensive selection of food items that



One trip around the Luncheon Buffet table can provide you with each of Canada’s Food Groups.



Warm up your winter with Spiced Milk Tea (Masala Chai). PHOTO: CAROLE MOULT



Owen, Quincy, Christine and Matt enjoying Aahar Indian Cuisine. PHOTO: CAROLE MOULT

can be included in a vegetarian diet, although the menu also caters to those who enjoy beef, chicken or lamb as part of their meals.

Rich in taste, texture and deeply satisfying, Indian food is often considered to be one of the healthiest cuisines in the world. Many of the dishes include food from all the food groups, and at the *Aahar* Luncheon Buffet, in particular, the choices provide the diner a broad range of foods that not only help to keep you warm but go far in supporting Canada’s Food Guide.

Many of the guests that visit *Aahar* are initially unfamiliar with the fare that is offered. They know the various menu selections taste wonderful and are very nutritious; however it doesn’t take long for these foods to become recognizable with the help of the restaurant servers.

**Praise for Aahar**  
Repeat customers Amanda and Amir have enjoyed the buffet a number of times, and it would appear that they find *Aahar* a great place to escape from the cold.

“We think that the staff are very helpful. There are a lot of dishes that we might not be familiar with but we’re never disappointed.



PHOTO: QUINCY

There are always new things, and it is baby- friendly for five month old daughter, Neva,” they both agreed.

Two local residents also stepped in from the cold on a recent Saturday night; however it was their very first time to visit *Aahar*. The gentleman, in particular was extremely impressed.

“Finally in this neighbourhood we have a restaurant that radiates human warmth,” he noted, after chatting about the delicious food they had just finished. “I’m not just talking about the warmth from the weather,” he added, but what really amazed him was the ambiance of the restaurant.

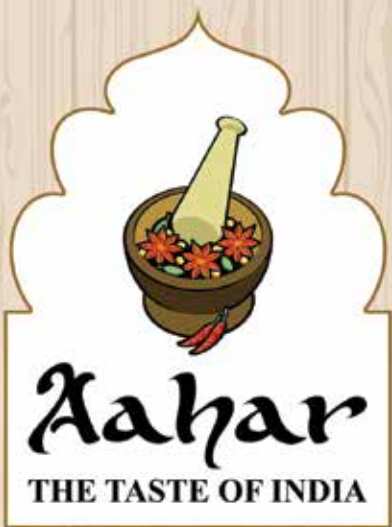
“I can see myself and my wife bringing my son and his wife. This place preserves the intimacy of a family dinner,” he observed as he looked around the room.

**Doing things right**  
Comments like these are important to Rupinder and Jasvir Pal, the owners of *Aahar The Taste of India*, since they have worked extremely hard in order to ensure that their restaurant is inviting.

Yes, it is true that the Pal family is well known for its delicious Samosas, their delicately spiced soups, the over 20 nutritious Vegetarian Dishes on their menu, approximately ten Tandoori dishes, plus countless other wholesome food items that are available in their restaurant to help keep people warm. But, how people feel about their visit to *Aahar* is of equal importance. Thus, when diners mention about wanting to return, this kind of news is greatly appreciated.

So, what will your response be when someone next mentions about trying to escape from Canada’s coldest season? Perhaps you might suggest that warming up at *Aahar The Taste of India* could just very well be the wise thing to do. Then, of course, you might go on to explain that cold weather is not actually a requirement to visit this great local restaurant. That would only be if it’s exceptional Indian food that you are seeking.





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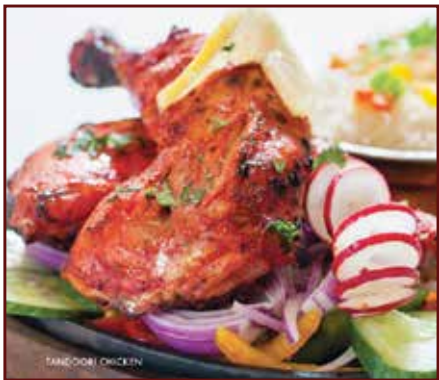
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Erin and Elaine working in the field.



Here’s a tomato basil sauce we use for teaching food security. We cook this up and freeze it into cubes that can be used to add flavour to cheap tomato sauce.



Elaine digging furrows.



Members of The Womens Warriors’ Healing Garden are looking for Mason Jars, rings and lids. Here are some of our last year’s pickles.



Sunflowers grow well in our garden.

# The Women Warriors’ Healing Garden:

## Peer support, community involvement and education

by Carole Moult

It all started with a frustration that womens’ voices weren’t being heard; in particular, the voices of female veterans.

Erin Kinsey is a Gulf War Veteran. She wanted to do something for other female vets with post-traumatic stress disorder (PTSD), a brain disorder that occurs when people have been exposed to a traumatic situation that caused them to fear for their own lives or the lives of others. She understands that while men and women now serve in the same capacity as men, PTSD and trauma affect women differently than their male counterparts, which is why she wanted to create an organization specifically supporting women and creating a physically and psychologically safe space.

Erin had seen for herself the therapeutic value of gardening, and just how it could provide grounding for people. “As a young person, I liked gardening and have fond memories of digging in the dirt, and helping things grow. Thus the idea came to me of having a garden for a certain community of people living with trauma seemed a natural place to start a journey of healing.”

More recently, Erin recalled the tranquility she felt in the garden beside *The Wholesale Outlet*, at 1877 Innes Road. Even though that garden was beside a very busy thoroughfare, it was a very peaceful space. She decided to bring together a group of women with expertise in science and mental health care to discuss the creation of what would become the *Women Warriors’ Healing Garden*.

Erin made the decision to approach the land owners at 1877 Innes Road with her idea. “I just decided to walk in there and ask if they would be willing to donate a space for our garden project. I shared my dream of a space not only to garden, but also to provide peer support to other women as well.”

The woman Erin spoke with at the Innes Road store was Sherry Woodburn, and it seemed that Sherry and her husband, Doug, had been looking to do something for the community with that particular plot of land. And, although the summer of 2016 turned out to be one of the hottest in memory, Erin and her partner Elaine got the go-ahead and began the garden venture in the early spring.

CONTINUED ON NEXT PAGE

A photograph of two women modeling jeans. One woman is wearing a grey and white patterned shirt and blue jeans, while the other is wearing a pink shirt and blue jeans. They are both smiling and posing on a white background.

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# Ridgemont students try to see themselves as others see them

by Judith Lazier and Erin Jamieson

How we see ourselves and how to we want to be seen by others have been questions faced by artists for centuries. It has been the focus of investigation for students at Ridgemont High School. When students were prompted to choose an expression and drawing style that reflect some aspect of their personalities, they soon realized that effective portraits, and especially self-portraits attend to more than just technical realism. Some students reflected on the persona they construct on social media while others looked at themselves in relation to their friends. Still others chose to be more introspective, observing themselves over several days and drawing entirely from their reflections in mirrors.

Students found that drawing their likeness was not the greatest learning challenge. When they were drawing their likeness and observing their reflection for such sustained periods of time, students often fixated on their perceived flaws, flaws which seem amplified by the large scale. As one student notes, “It’s hard to look

at your face that long, because we are so conditioned to focus on our flaws”. In addition, making the colours and marks match the vision they have in their head was at times frustrating. Students were able to eventually silence their inner critic and just immerse themselves in the drawing process. As one student explained “When you get to the point where you don’t

even see your face, you just see colour and shape and light, that’s when drawing is most rewarding”

The work is a nice counterpoint to the more generalized views of adolescents

The body of work displayed at Alta Vista Public Library, in its entirety provides a snapshot of just how varied students are. The work is a nice counterpoint to the more generalized views of adolescents and allows us to look at each individual on her/his own terms. Ridgemont students and staff are thankful for this opportunity made possible by staff members Sandra Hobbs and Evelyn Housch. They have shown students that authentic learning experiences can be gained when collaborating with enthusiastic and professional community members.



The Alta Vista Branch of the Ottawa Public Library encouraged students at Ridgemont High School to display their art. Their works were hung on the walls of the library on Friday January 13th. Staff members Evelyn Housch and Sandra Hobbs were there to welcome the students/artists. The portraits will be there for visitors to the library to view for quite some time. The previous paintings had been there ‘for years’. So do we have a local gallery in competition with The National Gallery?

PHOTO CREDIT: GEOFF RADNOR



## CONTINUED FROM PREVIOUS PAGE Planting was only part of the plan

Over the entire summer, right from the zucchini and peppers up until the highly successful pumpkins, Erin and Elaine worked with the idea in mind of sharing the results of their labour in a variety of positive ways. Only the carrots were a notable ‘no show’, however this did not discourage Ottawa’s two most recent vegetable gardeners from showing up week after week to weed, water, and harvest.

Erin had already looked around for somewhere where the group could share their produce. The drop-in center at ‘The Well/ La Source’ located at 154 Somerset Street, West seemed ideal. At ‘The Well’ there was a large kitchen and a staff of volunteers with the ability to process fresh vegetables. The Well welcomed the involvement of the *Women Warriors* as they had been looking to partner with other Nonprofits to expand their programming. Belle, the Food Services Co-ordinator, at ‘The Well’ knew just what to do with the results of the various foods as each was harvested.

### It’s called outreach

In the fall of 2016, with the garden put to bed and all the seeds collect-

ed, Erin sought to use the *Women Warriors’ Healing Garden* to share the stories of other female vets and first responders living with PTSD, and reach out for help from others. She recruited a board of directors to help her at the same time to incorporate her vision and their combined effort into a registered Nonprofit.

Over the winter, members have been giving back by teaching seedling workshops, canning, and food security; which is to hopefully help women in need make better use of the food resources that they have. The Board of the new Nonprofit has now expanded their efforts to include giving seminars on PTSD and trauma in women to members of the community, as well as to other non-profits and charities.

One of their first projects has been to be to hold a seeding workshop that includes how to make your own growing pot. McDonalds donated the plastic parfait cups and someone else the mugs to hold them; now the hunt is on for donations of Mason Jars, rings and lids for the *Healing Garden’s* next harvest canning workshop. Plans are well underway for this year’s garden, and this is another opportunity to help women who have suffered trauma, to find a circle of support and a space for healing.

[www.womenwarriorshg.org](http://www.womenwarriorshg.org)



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# Sharing comes from the caring at Oakpark

by Pam Maskell

Giving back to the community is something that is important to the residents at Oakpark Retirement Community. Over the years, the residents have been involved in a variety of projects in which proceeds have been donated to local charities.

This past year was no different – residents raised \$540 through various means which was donated primarily to The Ottawa Food Bank.

Led by Activity Director Miriam Dwyer, residents worked throughout the year to make items such as dishcloths and greeting cards which are sold in the Oakpark Tuck Shop. Following the annual art show held each October, some residents donated the proceeds from the sale of their art. Residents collaborate to make knit blankets that are donated to local charities. Knit one square at a time, and made with donated yarn and wool, each blanket is unique and colourful.

The residents have been making these handmade blankets since 2013, and have given away more than 30 blankets since that time. Organizations such as women’s shelters, emergency family shelters, and the Youville Centre are a few places where these blankets have been donated.

During our annual Christmas Bazaar, participating local artisans were asked to make a donation to the Ottawa Food Bank as opposed to paying to set up their tables.

The year ended with a donation box for non-perishable food items, and a draw for a homemade blanket and bottle of wine.

The Oakpark residents continue to inspire that working together as a small community can make an impact on the larger community around us. What a great lesson to be reminded of as we enter into a new year!

For information about Oakpark Retirement Community, please call us at 613-260-7144, or visit our website at oakparkretirement.com.



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SIMPLY CHIROPRACTIC

Tips from your Chiropractor

Dr Stéphane Chillis

These few recommendations could help you to decrease the pain and frequency of your back problems. After all, prevention is better than cure! With today's life and the frantic pace of daily activities and stress, it is not surprising that many people suffer from back pain.

The causes of back pain

The term acute low back pain is used as back pain with sudden onset. The lower back pain can begin after an activity or a trauma like heavy lifting, twisting, bad posture, etc. There are possible causes of sudden low back pain; problems like ligament and muscle strain or disc herniation. Those causes could hide some bigger complications like spinal degeneration or misalignment. For this reason, it is important to see a chiropractor to make sure that the problem will not degenerate with time. The symptoms may consist of severe difficulty in moving, back swelling, or pain radiating down to the buttock. You may have aching, dull or tingling sensations, severe numbness or difficulty in moving the leg.

If any of these symptoms occur, you need to:

- Put cold on your back. Wrap a humid towel around the injured area with ice inside or even peas or corn from the freezer. Do this for approximately 5-10 minutes. Repeat the



- cycle every hour. NEVER put on heat because the inflammation will only increase.
- Do not lie on something soft such as a couch but instead sit on a piece of furniture such as a hard kitchen chair.
- Try to walk and move often according to your pain, but don't force it. Listen to your body.
- Try to keep away from painkillers, if possible, because you're losing the sense of your pain.

Don't wait to have pain before consulting Dr. Stephane, he will advise you in order to develop a preventive lifestyle and a permanent solution to add quality to your health.

Dr. Stéphane Chillis  
Phone: 613-520-0123  
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# ITC: OVER THE TOP!

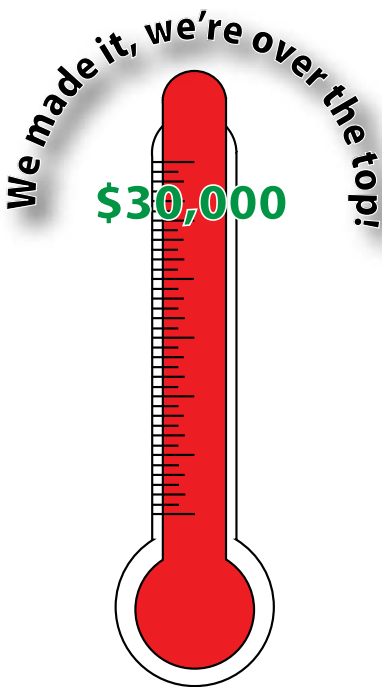
Perhaps you recall seeing this thermometer once before (October, 2016) but looking very different. At that time we were still well below our target, but no more. Thanks to two wonderful events and people with generous hearts, we have now EXCEEDED our goal.

The RPCA Fall Social proceeds were generously split between the RPCA and the ITC Refugee Action Group. This added a most impressive \$2100.00 to our fund. Thank you RPCA!

In late November, we received an early Christmas gift from the Hunt Club Community Organization. President Christine Johnson contacted us to tell us that their efforts to raise funds had stalled and their Hunt Club Syrian Refugee Action Fund had decided to donate the full amount they had raised, \$2547.15 to the ITC Fund. It truly was Christmas in November! Thank you HCCO!

With such generosity we have now raised \$31,114.40. With the contribution from Emmanuel United Church, we are well over our goal of \$50,000.00. Our sincere thanks to each and every donor who made this happen.

That is the wonderful news. The



not so wonderful news is that our application did not make it to the front of the queue when extra immigration officials were in place to screen applications. Refugee 613 has informed us that many groups are facing the same challenges. There are a few things we can do while we are waiting:

- IF you have access to storage space or a contact who might donate storage space (in Ottawa), please do let me know. With a donated space, we could start furniture and clothing drives and not waste funds renting storage space prematurely;



Community Associations supporting each other  
PHOTO CREDIT: SUBMITTED BY THE HUNT CLUB COMMUNITY ORGANIZATION

## Our sincere thanks to each and every donor who made this happen

- If you have household furniture, furnishings, beds, kitchen equipment, clothing that you can store yourself, please do so and let me know so you can be contacted quickly when the time comes. We may only get short notice of their arrival so the more that is at the ready the better;
  - Help support the family of seven through the winter in Beirut. They are living in a one bedroom apartment in Beirut and are not allowed to work. Daily life is very challenging and if we are finding the waiting hard, imagine how hard it is, financially and emotionally, for the Atieh family. Many of us can spare an additional \$10.00 of \$20.00 even if we have already donated. Multiplied by one or two hundred generous hearts, we would have sufficient to help them through until spring.
- Send any donation to my attention: Lynne Bezanson, 1601 Balena Avenue, Ottawa, K1G 0X1 or even easier, donate on our website at [www.fundrazr.com/itcrefugeeactiongroup](http://www.fundrazr.com/itcrefugeeactiongroup). No charitable receipts can be issued through fundrazr but it is a perfect vehicle for small donations.
- You have been most generous over the last year and it is greatly appreciated by us and by the Atieh family. We are where we are because of you. It does take a community, we sincerely thank you AND we still need your support. Happy New Year to all and we look forward to introducing you to the Atieh Family in 2017.
- Lynne Bezanson  
mlynneb@magma.ca  
For the ITC Refugee Action Group*




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'The Squeeze on Terminal Avenue.' Terminal Avenue is full of buses coming and going from the OC Transpo Depot on Belfast Road. Even before all the snow of this winter the many buses squeezed the east bound traffic. The parking on the north side of Terminal Avenue doesn't help. Can this be fixed? PHOTO CREDIT: ELGA RADNOR



# I went to France to learn French... and came back knowing how to cook.

*An interview with Omer Abdallah from Chickpeas in the Ottawa Trainyards*

The story goes back to 2012. I graduated from Carleton University with a Bachelor of Commerce concentrating in Marketing, a minor in Psychology. Obviously, my education had nothing to do with food. After I graduated, I decided to go to Lyon, France. The idea was to learn another language. Very quickly, I realized that Lyon was the food capital of the world and famous for its French cuisine.

As fate would have it, my host father, a proud Frenchman, spent twenty years in New York as a chef. He would cook dinner every night, and with every meal I would think it is the best I have ever had. So I joined him in the kitchen, and from there my passion grew as I saw the beauty of fresh ingredients coming together to create something marvellous.

Fast forward six months later; I was back in Ottawa working as a Project Manager at a marketing firm with wonderful peers and clients. After all, this was my chosen field. Even though I enjoyed the three years I spent there, all I could think about was the wonderful food I had been making in France.

I introspected, and decided to volunteer at various restaurants to help me figure out what I really wanted to pursue. I was at a crossroad. Do I take the bold move of quitting my job to pursue my passion, or do I continue with my marketing career? And if I were to pursue my passion, what food would I make? Childhood memories of summers spent in the south of Lebanon eating falafel and hummus came to mind. So I embraced my fears, quit my job and flew to Lebanon. There I met Fayeze, a very nice gentleman who owned a falafel and hummus shack named “Eat and Be Thankful”, who eventually became my mentor.

I spent a month in his kitchen where he taught me how to handle all things chickpeas from scratch. Seeing this, I realized we have it all wrong in North America. Our food is canned, frozen, and preserved – where flavour is lost in the process. A scratch kitchen creates fresh food and enables you to add the most important ingredient of all, one that simply can’t be found in cans; love.

Fayeze shared with me his recipes, yet I did not want to replicate; I wanted to create. I returned to Ottawa eagerly and began experimenting in my own kitchen. I perfected five hummus flavours: original, avocado, roasted red pepper, black bean and beet, and even came up with two of my own: mango and kiwi. I also created my own falafel recipe, different than anywhere else in the world.

With the support and involvement of my father and brother we came up with Chickpeas. We decided to use 100% organic chickpeas, proudly grown in Saskatchewan because we believe in supporting local business. There were many hurdles but with persistence and perseverance, here we are.

There are several points I believe are important to share:

1) Our entire menu is made from scratch, and though it takes more time – it is worth the



This tasted just as good as it looked: Go Original with black bean hummus and veggies.

- effort.
- 2) I believe in our Canadian values and diversity so I helped by hiring two Syrian refugees and I gained two friends from doing so.
  - 3) After we put the menu together, we realized it was “accidentally” vegan. I am more than glad it turned out this way, because it created an inclusive environment where everyone is welcomed.

*I can certainly say that I find great joy in serving natural and healthy food that puts a smile on people’s faces. When all is said and done, I am blessed to have taken this path.*



Omer Abdallah regularly soaks approximately 30,000 chickpeas overnight to get prepared for the next day’s demand. PHOTOS: CAROLE MOULT





# Celebrating Chinese New Years in Ottawa and around the world:

## The Year of the Rooster

by Carole Moul

The Chinese New Year Festival can be traced back for thousands of years and today billions of people or one-fifth of the world's population honour this special time. It is the most important and longest celebration in the Chinese calendar and its date depends on the phases of the moon or on a lunar or lunisolar calendar. It always falls between January 21st and February 20th. In 2017, Chinese New Year is on Saturday, January 28th. Strangely enough, although it is in winter, it is called, 'Spring Festival.'

### Traditions abound

One Chinese New Year belief is that whatever happens on New Year's Day will influence the rest of the year. On New Year's Eve there is a huge feast, and everyone makes a special effort to return home for a reunion dinner. Families bid farewell quietly to the old year and many stay awake all night to welcome the New Year. Much family visiting takes place, and guests are presented with gifts of sweets and fruits. One travel guide has suggested that 4% of the world's population are on the move at that time.



Older and married people give children and those who are single presents of 'lucky money' in little red envelopes. The colour red is used everywhere because it signifies good luck. It is said that evil spirits fear fire, loud noises and the colour red.

Houses are swept and cleaned before the holiday, then brooms put out of sight. Sweeping is done inwards to keep in good fortune. Washing is considered unlucky on Chinese New Year, since good

fortune might be washed away. New clothes are worn, especially new shoes. Debts are paid and quarrels settled and everyone can begin anew.

### What it means to be a Rooster

Each Chinese New Year starts a new animal's zodiac year. People born in the same year are said to share similar characteristics, while the different animals are reputed to have different attributes. The twelve animals include the rat, ox, tiger, rabbit, dragon, snake, horse, goat/sheep, monkey, rooster, dog and pig.

If you were born in 1921, 1933, 1945, 1957, 1969, 1981, 1993, or 2005, then this is your special year; for 2017 is the Year of the Rooster.

Roosters are said to be hard-working, observant, courageous, confident, talented, frank and honest. Good career choices for roosters are: as a sales person, athlete, teacher, restaurant owner, waiter, dentist, surgeon, soldier, firefighter, security guard or journalist.

John Ke is the owner of 168 Sushi at 1760 St. Laurent Blvd. He was born in the year of the rooster. Staff members, Jack and Patrick agree that John is "capable of working at all positions at the restaurant" and is 'always active, amusing, observant, hard working, resourceful and talented'; all known to be traits of the rooster.

### Community Celebrations

These may include both the Lion Dance and the Dragon Dance. A Lion Dance, performed by two people inside the same costume dancing to a drum, cymbals, and a gong, is to bring good luck and prosperity to the whole community. The Dragon Dance, performed by a larger group can vary in length from just a few metres up to 100.

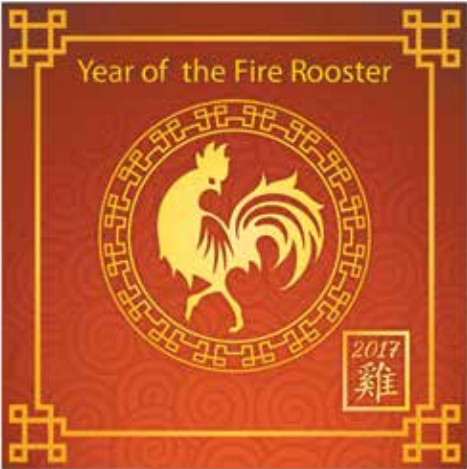
Like the Lion Dance, the Dragon Dancers hope to ward off evil spirits and bring good luck.

Firecrackers are also used to scare away evil spirits. It is said that China produces about 90% of the world's fireworks and that the world's greatest annual fireworks usage is at Chinese New Year.

### Celebrating in Ottawa

In Ottawa, the 2017 special lunar New Year celebration is to celebrate Canada's 150th birthday. It will be held on Somerset Street, Sunday, February 12, 11:30 a.m. to 2:30 p.m.

Here you can meet the King of Good Fortune. As a king that can bring in wealth and prosperity, he is worshiped by many Asians. There will also be Chinese Drummers and the Zodiac Animals. The King of Good Fortune will give away 2017 lucky red envelopes with his best wishes to children whom he meets. Among the 2017 red envelopes will be 150 special gifts from various Chinatown merchants for even luckier winners.



Over the years, traditions like this one have changed or evolved. Formerly, many families enjoyed New Year's celebrations at home; now many go to local restaurants.

In our neighbourhood, families and friends have the choice to gather together at 168 Sushi, 1760 St. Laurent Blvd., where there is a very large dining room and over 180 food choices for Chinese New Year celebrations.

It is estimated that about one in five people around the world celebrate some form of Chinese New Years. What a great way for you to also bring in the Year of the Rooster.

168 Sushi is located at 1760 St. Laurent Blvd., between Smyth Road and Industrial Avenue. Open 7 days a week + holidays. All You Can Order from over 168 items. Order the On-Line Sushi for Take- Out or Delivery. In the restaurant there is iPad ordering right at your table. Telephone: 613-523-1680. 168SushiBuffet.com

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# Do You Suffer From The “Winter Blues”?



**NATE SHAW**  
Registered Massage Therapist

Are shorter, darker days getting you down? You’re not alone!

The Mayo Clinic defines Seasonal Affective Disorder, or SAD, “as a type of depression that’s related to changes in seasons”. Symptoms of this condition generally start in the fall when days start to get shorter and we see less sunshine, and continue through to spring. Symptoms of SAD can range from mild to severe depending on the type of winter we have, and let’s face it; Ottawa winters can be long and nasty!

Sufferers of SAD can experience irritability, low energy, excessive fatigue, oversleeping, difficulty waking up in the morning, difficulty concentrating, food cravings for starchy foods and sweets, feelings of depression, worthlessness, and

even thoughts of suicide.

Some methods for coping with the effects of SAD include:

Light Therapy – which involves sitting in front of a full spectrum light box for 30 minutes per day, (more information can be obtained from your medical doctor), Healthy Diet – maintaining a healthy diet during the winter, which means avoiding starchy and sugary foods

Exercise – staying active helps maintain a positive mood and is good for your health

Another method for dealing with the many of the symptoms of SAD is getting regular massage treatments. There is a growing body of research dedicated to documenting the impact of massage therapy on patients suffering from all forms of anxiety and depression.

Massage therapy can help mitigate the “fight or flight” feelings that anxiety and depression bring on.

Massage therapy can help mitigate the “fight or flight” feelings that anxiety and depression bring on. Massage therapy improves circulation, energy levels, increases sleep ability and concentration levels.

The endocrine system is responsible for hormone production in our bodies. Where anxiety and depression cause an over production of the “fight or flight” hormone cortisol, massage helps restore balance to the body by causing the release of our “rest and digest” hormones. Massage helps the body to increase endorphins, which cause feelings of happiness, as well as serotonin, which play a role in mood, behaviour, body temperature, appetite and sleep cycles.

The best way to manage conditions such as SAD with massage is to come in for regular treatments, especially during the times when SAD most affects you. Generally, booking a series of shorter appointments, but more frequently can help manage and maintain the symptoms, and can maximize the beneficial effects of the massage (30 minute appointments more often vs. 60 minute appointments less often...).

Don’t let the ‘winter blues’ get you down. If you need help to get through the season, speak to your massage therapist or other health care provider and remember, spring will be here in no time!

If you would like to learn more about your body and conditions you have, please subscribe to our newsletter through our website at [www.essential-health.ca](http://www.essential-health.ca).

If you have any questions about how massage might be able to help you, please email [info@essential-health.ca](mailto:info@essential-health.ca)



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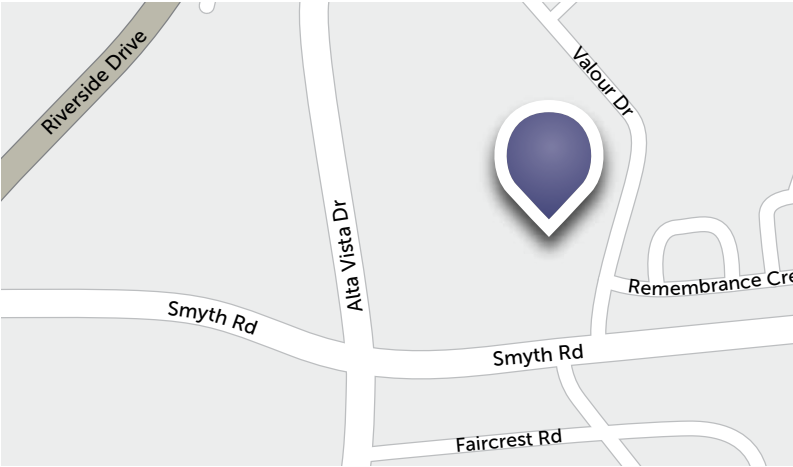
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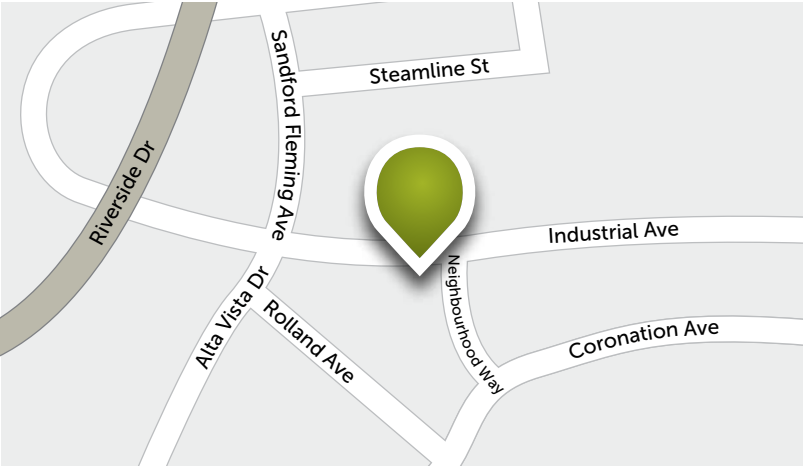


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# Oncologist praises laughter in the clinic

A book review by Carole Moul

Dr. Rajiv Samant did not wait until his retirement to write his first book. In fact, the idea came to him from his work on the front line as a radiation oncologist at The Ottawa Hospital. He saw the need to share the humour, smiles and positivity that were demonstrated to him every day by cancer patients, and with the help of Leah Geller and cartoonist and graphic artist, Joe Ollmann, Dr. Samant's book, *Smiles from the Clinic*, was brought to life by Motivational Press, Inc. on February 12, 2016.

It is obvious from the title that this is not your usual coffee table book. Rather, it is a 28 page paperback with a mix of cartoons, quotes, and short stories that help share not just one, but several messages important to the author.

Likewise, the format of *Smiles from the Clinic* is not what you might expect from a health care professional, since Dr. Samant is after all a radiation oncologist. The book, however, is an excellent medium for being able to give voice to his observations over a long career.

Why he wrote *Smiles from the Clinic*, is simply outlined in the Fore-

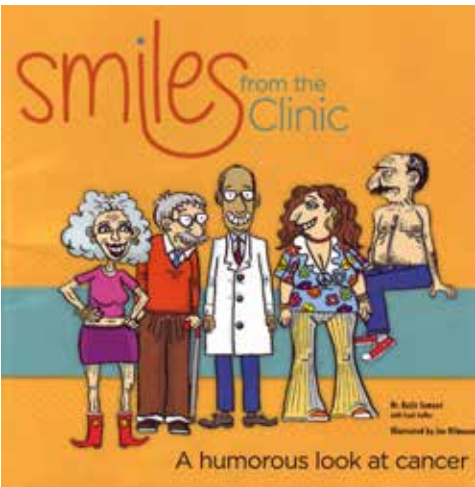
word, probably the most important page of Dr. Samant's book, and the one that should be read first.

Message One. Working with cancer patients is not depressing, but just the opposite. Earlier in an interview Dr. Samant was able to elaborate upon the significance of this statement.

"When people generally think of cancer they think of sadness and death, but the reality is that working with cancer patients is a very rewarding thing to do because you're actually making people feel good."

A second message. Humour helps patients. "Every day, it helps them face their disease, cope with treatment and get on with their lives in a positive and meaningful way." Dr. Samant uses the Foreword to explain just why the pages of the book help turn his belief into a reality.

Thirdly, Dr. Samant discusses relationships between patients and their physicians. Much of the prac-



tice of medicine is about relationships. Good relationships are often filled with humour, he adds. *Smiles from the Clinic* highlights just some of the exchanges that have happened between Dr. Samant and some-

one else.

When asked how he came to write *Smiles from the Clinic*, Dr. Samant responded, "I talked with my friend Leah Geller about writing this book and she was so enthusiastic. We started in February 2015. I tried to pick a variety of stories and we went through them carefully. We also vetted the stories for the book with cancer patients and their families."

In actuality, the stories to which Dr. Samant refers were slips of paper that he has been keeping in a manilla envelope over the past 15 years. Hundreds were of cartoons, often made up, cut out of medical magazines, and kept to share with resident students. Others were from his real life experiences.

"Why don't I collect stories that really happened?" he questioned himself, and thus the idea began to formulate for writing this book.

The choice of Joe Ollmann as illustrator was an excellent one for capturing the expressions on the faces of the various patients. With the cliché, 'a picture is worth a 1000 words' truly suitable for each of the book's cartoons, Dr. Samant was able to share vignettes that would indeed support the decision for choosing the title, *Smiles from the Clinic*.

In an earlier September 2016 interview with Tom Blackwell, health-care reporter of the National Post, Dr. Samant noted that "People have to realize, they don't have to be super serious all the time. I think (humour) humanizes the relationship with the patient. All of a sudden this is not a doctor in a white coat. 'This person can relate to me'."

No, *Smiles from the Clinic* was not what was expected when a friend asked me to review a book written by a respected well known health care professional. It's even better, because you are actually able to understand the message and you realize that others, in fact, are going to feel the very same way. Available on Amazon



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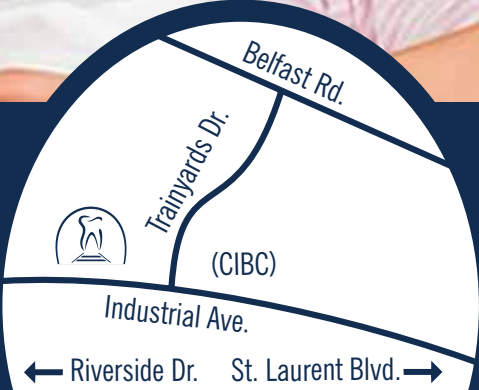
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# Ottawa streetcars at mid-century

## A ride on the Bank–Rideau Line

*by Bruce Dudley*

In 1950, it was the busiest of all six lines of the Ottawa Transportation Commission. This was the preferred means of getting downtown if you lived in Ottawa South and in those parts of the Glebe close to Bank St. I'll be taking you on a trip on this line today; I'll be your Operator, the guy that drives the streetcar, dispenses tickets, advice, transfers, and drops you off as near to your destination as possible.

We'll begin at the southern end of the line with our streetcar on Grove Ave. at the intersection of Bank in Ottawa South. The scroll signs at the front and right side of the car display "RIDEAU" as our destination. The route sign on the roof shows the letter 'B' for "BANK". Our trip to the Rideau St. end of the line will take us about 30 minutes.

It's time to leave and we nose out onto Bank St., swinging left and heading north, climbing the grade to Sunnyside Ave. Then we continue onto the Bank St. Bridge over the Rideau Canal and, to the right, you'll see Lansdowne Park and the old grandstand. We roll down the other end of the bridge passing the old stone gates at Lansdowne, the Coliseum, and run into the 'Avenues' section of the Glebe, crossing Carling (now called Glebe Ave.). Then it's past Strathcona Park before we get to the underpass beneath the CNR centre town rail yards. Up the grade on the other side we can stop at Argyle Ave. where you would get off if you were going to an



event at the Auditorium, just one block to the east. A few more blocks and we're at Gladstone Ave. with the Gospel Tabernacle on our right.

Now streetcar traffic thickens somewhat as Plaza-bound Bronson cars come off of Gladstone onto Bank to join us northbound. We pass the Rialto and Imperial theatres before we reach Somerset St. where Laurier-bound cars come off of Somerset to join us. Now we have streetcars of three lines heading up-town.

The next main intersection is Laurier Ave. West with Eaton's department store on the northeast corner. Moving along we now come to Albert St. where cars from two other lines join the Bank St. traffic (if only briefly), Rockliffe-bound Preston cars and George St.-bound Britannia cars.

We now swing right off Bank onto Queen St.

and head for Elgin, passing the Dominion United Church at the corner of Metcalfe. We cross over Elgin St. and the Plaza, past the Union Station on the right and then we're on Rideau St. As we continue east, the Rockcliffe and Britannia cars turn off onto Sussex, the Laurier cars turn off onto Nicholas St. at Ogilvy's Department Store, St. Patrick-bound cars turn off onto Dalhousie St. and we have the rest of Rideau to ourselves.

Finally, after passing beautiful King Edward Ave. we start the long, gentle climb to Charlotte where we turn south on that street, then stop. I check my time relative to our schedule as we are now at the downtown end of the line. I change my scroll signs to display “BANK” and I’m now ready to take you on the return trip to Ottawa South, in the next issue.

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# SYDNEY BAKER – Hello Canada!

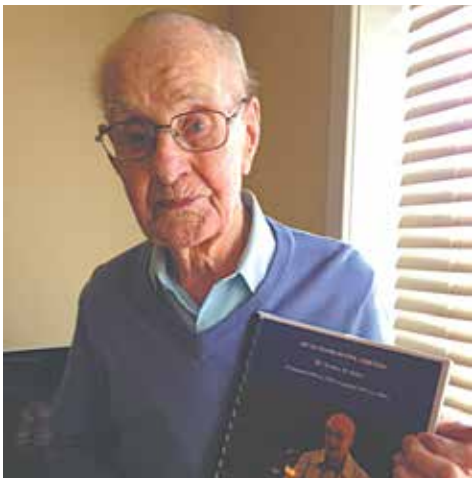
Post war, things were going along smoothly enough at Exeter but I was beginning to feel restless. I think this was due to the fact my work had become very routine and there did not seem to be much possibility of changes on the horizon. Late in 1951 I was brows-

ing through a copy of Aeroplane or Flight magazine (I can't remember which) and saw an advertisement by a company in Ottawa, Canada called Spartan Air Services that required aircraft engineers. A representative of the company was to be available in London to conduct interviews and to provide further details. I thought perhaps this would be an interesting opportunity so I made arrangements for an interview.

Late in October, at the Savoy hotel in London, I met with Mr. Len McHale, an engineer with Spartan Air Services. He detailed all the operations at Spartans; they were in the aerial survey business which involved a lot of field operations and travel.

There would be no assistance provided with passage costs but Mr. McHale assured me that upon my arrival in Ottawa there would be a position waiting for me. These arrangements were not what I had expected and necessitated a lot of consideration on my part. I collected all the information I could on Canada and in May 1952 decided it was at least worth a look. I had incidentally contacted the Canadian embassy; they had no information on Spartan Air Services, but they said I would have no problems finding work as an aircraft engineer in Canada.

I booked a passage on a liner (the name of which I cannot remember)



Sydney Baker at 102 years, sharing his aviation career memoire.

PHOTO: COLIN HINE

and after a five day Atlantic crossing I landed in Montreal and was given landed immigrant status on June 3, 1952. I then took a train to Ottawa and found accommodation for the night in a bed-and-breakfast. The next day with help from one of Spartan Air Services' office staff

I found more permanent accommodations; then I was off to the Uplands Airport where I was introduced to the aircraft maintenance staff.

My first two months working at Spartan Air Services were somewhat disappointing. It was entirely different from what I had been used to. There seemed to be a complete lack of control and direction by the people in charge; most aircraft were out in the field on survey operations.

In the hangar at that time a Lockheed P-38 was being modified with a new nose section and a camera installation. An Anson Mk V was standing by on local aerial photography contracts and a DH 89 Rapide was undergoing a top overhaul on one of its engines.

It appeared that engineers worked on anything they wanted, so I attached myself to the top overhaul of the DH 89 Rapide. This was something I was familiar with and had carried out on many occasions. All the same I found it tough going; there was a complete shortage of spares and specialized tools; gaskets and seals were being used over and over again. This would have been completely unheard of in England. However, I soon learned that you don't tell Canadians how things were done in England, you do it the Canadian way.

Spartan Air Services also operat-

ed a helicopter section. Although isolated from the fixed wing section, it operated from a separate hangar, it exhibited a similar lack of control and direction. I spent a lot of time in this section helping where I could and developing an interest in rotary wing aircraft. The engine overhaul work here was quite similar to work with which I had previous experience. However this came to an end when I was directed to field operations taking place at Sawmill Bay on Great Bear Lake in the North West Territories; places I had never even heard of!

On July 20, 1952 I boarded a Trans-Canada Airlines DC-3 for Toronto, a 1 hr. 30 min. flight. In Toronto I transferred to a North Star for a flight to Edmonton via Winnipeg and Saskatoon. After an overnight stop in Edmonton I boarded a Canadian Pacific Airline DC-3, bound for Yellowknife with stops at Fort McMurray, Beaver Lodge and Fort Smith. After overnighing in Yellowknife I was on my way to

Sawmill Bay in one of Spartan's Anson Vs that was being used to supply the base; Sam Taylor was the pilot.

The base at Sawmill Bay was an abandoned United States military long rang radio station. A landing strip had been cut and levelled out of the flat sandy terrain. There were several quite large buildings, one used as a kitchen. In another there was a diesel generator unit which after a little effort we got working supplying electricity for the camp and lighting for the path to the airstrip. We were operating two Lockheed P-38s plus the Anson to bring in our supplies from Yellowknife which was about 200 miles to the south.

A few days later we made a trip to Norman Wells, about 120 miles to the northwest. Here Esso had a large oil refinery and we were there to arrange the supply of gasoline and the return of empty fuel drums. I was slowly coming to realize that Canada was a very large country, and I was now about 2,300 miles from Ottawa.

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# Our Musical Heritage: *The Streets of Cairo*

by Brian McGurrian

One of the most pervasive and enduring songs of the 20th century originated from the World's Columbian Exposition held in Chicago in 1893, designed as a celebration of the 400th anniversary of the arrival of Columbus in the New World. The song was hastily composed as a simple, oriental-sounding melody to accompany the danse du ventre, charmingly translated as "belly dance" or even "hoochie koochie." The tune is still widely familiar as the "snake charmer" song, but it has also inspired a profusion of adolescent parodies such as: "There's a place in France, where the ladies wear no pants; but the men don't care, 'cause they don't use underwear." (E.g.: check out YouTube clip: "Homer Simpson Drunk Dancing").

According to [britannica.com](#): "The World's Columbian Exposition (Chicago, 1893) marked the peak of the golden age of fairs. It was more spectacular than anything that had preceded it,... Moreover, the exposition introduced the concept of the 'midway', a lively entertainment zone, a feature that soon became a staple of virtually all future expositions."

The Chicago Midway was a mile-long miscellany of sideshows and spectacles and carnival rides, and one of those rides was the original Ferris Wheel, an engineering marvel designed by steel magnate George Ferris. It was 264 feet high and carried 36 large passenger gondolas, each with a capacity of 60 passengers, 38 seated and 22 standing, plus a conductor to answer questions and calm jittery riders. You got to ride for two complete rotations of the colossal wheel, the first involving six stops to allow passengers to exit and enter, and the second lasting for nine min-



utes, non-stop - all this for 50 cents admission! That may not seem like very much nowadays, but in 1893 it was exactly double the price of general admission to the entire Fair with its Beaux-Arts architecture and extensive technological and cultural exhibits (including full-size replicas of the Nina, the Pinta and the Santa Maria, the three ships that carried Columbus to the new world, built in Spain and sailed to America for the Exposition).

Another irresistible attraction of the midway was called A Street in Cairo, which included a scandalous dancer named Little Egypt. "When she dances," cried the barker, "every fiber and every tissue in her entire anatomy shakes like a jar of jelly from your grandmother's Thanksgiving dinner." It is said that when Mark Twain saw Little Egypt strutting her stuff, he almost had a heart attack.

Considering the tightly-corseted fashions of American women of that time, it's hardly surprising that Little Egypt's abdominal undulations would have electrified her audiences. The Society for the Sup-

pression of Vice did its darndest to shut down her provocative display, but succeeded only in triggering a nationwide Little Egypt craze, and pretty soon the "hoochie-koochie" was being performed on vaudeville stages across the entire country. You may recall the words of a pop song composed to celebrate the St. Louis World's Fair in 1904, and revived in a memorable Judy Garland film forty years later: "We will do the hoochie coochie, you will be my tootsie wootsie, if you will meet me in St. Louis, Louis..."

If one man can be credited as the driving force behind the overall financial success of the 1893 Fair with its twenty-six million visitors, and the spectacular midway in particular, it would be a 23-year-old showman and theatrical entrepreneur named Sol Bloom. By 1891, Bloom had been hired to oversee the development of the Midway section of the Exposition, including his Street in Cairo, with its snake charmers, camel rides, and, as described in Bloom's entry in American National Biography Online - "belly dancers whose semi-transparent dress and gyrations made their 'hootchy kootchy dance' in a men-only tent an outrageous hit."

As for the music composed to accompany the so-called belly dance, let me quote from Bloom's memoirs: "Shortly before the Fair opened I was invited to put on a preview for the Press Club of Chicago, and jumping at this fine chance for free publicity, I brought a dozen of my dancers to their rooms.... sat down at the piano and picked out a tune with one finger... The faintly exotic air in a minor key is still played at sideshows offering 'Oriental' specialties, and I believe my failure to copyright it cost me at least a couple of hundred thousand dollars in royalties." (Autobiography of Sol Bloom, Putnam's Sons, 1948)

But let us not be overly concerned about Bloom's loss of royalties. During the six-month Exposition his endeavours earned him an estimated one thousand dollars a week. Afterward, he went on to become a very successful sheet music publisher, and later served fourteen terms in the U.S. Congress representing West Manhattan until his death in 1949.

If Bloom was correct about the value of the royalties, then they would certainly have accrued to songwriter James Thornton (a Vaudeville stand-up comic who also composed When You Were Sweet Sixteen) who added lyrics to Bloom's tune in 1895 and titled it, "The Streets Of Cairo, or The Poor Little Country Maid," weaving a story about an innocent (or maybe not so innocent) country girl being engaged to appear on the Midway each night, "in abbreviated clothes." Check out the YouTube performance by Samuel Stokes, or even the vintage performance by Dan Quinn from 1895.

*I will sing you a song,  
And it won't be very long,  
'Bout a maiden sweet,  
And she never would do wrong,  
Ev'ryone said she was pretty,  
She was not long in the city,  
All alone, oh, what a pity,  
Poor little maid.*

**Refrain:**  
*She never saw the streets of Cairo,  
On the Midway she had never  
strayed,  
She never saw the hootchy, kootchy,  
Poor little country maid.*

*She was engaged,  
As a picture for to pose,  
To appear each night,  
In abbreviated clothes,  
All the dudes were in a flurry,  
For to catch her they did hurry,  
One who caught her now is sorry,  
Poor little maid.*

P.S.: Forty-six countries had pavilions at the Exposition, and of course, Canada was among those represented. As reported in the Ottawa Citizen of September 30, 1892, "Canada will send to the Chicago World's Fair a cheese ... [that] will form the base of Canada's dairy exhibit... The cheese weighs 22,000 pounds and contains the curd of a day's milk from 1,000 cows." The 11-ton cheese was manufactured in Perth, Ontario, and was subsequently cut up into one-pound pieces and sold in Chicago and elsewhere. The *Ottawa Citizen* does not inform us who cut the cheese. (Sorry about that.)



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Chicken Stuffed with Caramelized Onions, Feta & Sun-dried Tomatoes

Ingredients:

- Olive oil for cooking
- 2 medium onions, cut in half lengthwise and thinly sliced
- 3 cloves garlic chopped
- 1/4 cup white wine
- 4 skin on or skinless boneless chicken breasts
- 4oz small cubed or crumbled feta
- 1/4 cup sun-dried tomatoes sliced thinly
- Salt and pepper

Method:

In a large skillet set over medium heat, heat a drizzle of olive oil and saute the onions for about 20 minutes, stirring often, until they turn deep golden brown. Add the garlic, sun-dried tomatoes and wine and cook for a few more minutes, until the liquid evaporates. Set mixture aside to cool, after mixture has cooled, incorporate the feta cheese.

Place the chicken on a cutting board, and cut a slit horizontally along the thicker edge of the breast, cutting nearly to the opposite side but not all the way through.

Season the breast with salt and pepper.

In a non stick pan set over medium-high heat, heat a drizzle of olive oil and sear the top of the breast or skin side until a golden brown color is achieved 4-5 minutes. Let chicken cool for 5 or so minutes.

Preheat oven to 350F

Stuff each breast with about a quarter of the mixture and place breast on a baking sheet or dish and place them in the oven.

Bake for 20 minutes, or until chicken is no longer pink.

Serve with a side of your favorite pasta, rice, potatoes or vegetables.



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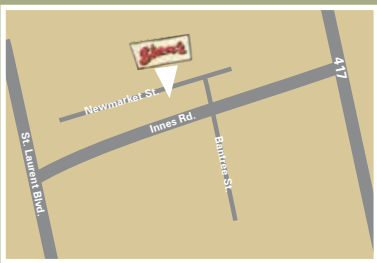
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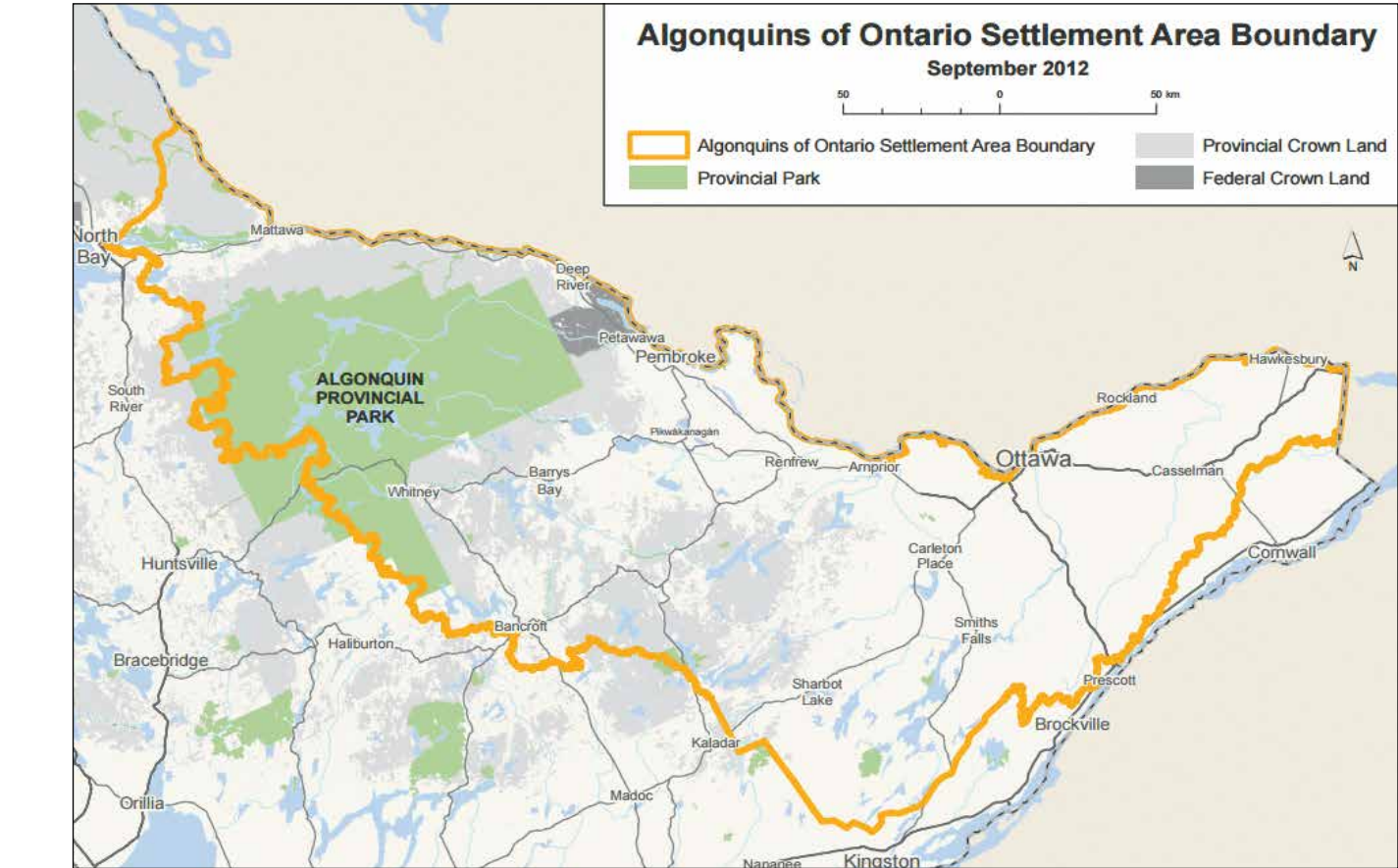
# Whose land is it anyways?

by Bruce Ricketts

Recently I was asked by a friend to explain the situation in Eastern Ontario where the Algonquin Nations (nine in Ontario and one in Quebec) have been raising the issue of “ownership” of the areas north, south and west of Ottawa. Why do they claim ownership and what about the people who bought and paid for the land upon which they live within the area claimed by the Algonquin?

The situation is fairly simple, while the solution may not be.

Few people argue with the fact that First Nations peoples were here before the mass immigration by western Europeans and others. Across other parts of Canada, various First Nations negotiated treaties with the crown and the federal government to cede territory in return for special considerations for the First Nations. (The government and the Crown has vastly under-delivered on its end of the bargain in many cases but that is a story for another day.) For example, there were seven treaties negotiated between the Crown and the Indigenous people in western Canada be-



tween 1870 and 1877. In 1899, Treaty 8 was signed ceding the area north of Edmonton. It took until 1975 before any additional land settlement agreement was made when the James Bay and Northern Quebec Agreement was signed.

The lack of a well-defined land claims agreements can result in

chaos or worse. Look no further than the OKA crisis of 2000 to understand this fact. So, what does this mean for the residents of greater Ottawa and Ontario?

Back in the mid 1980s, the Algonquin formally submitted a land claim to Canada and Ontario rightly claiming that the Crown never entered into a treaty with the Algonquin. Thus, the land was considered to be unceded. In 1992 the federal and Ontario governments agreed to enter negotiation with respect to the claim.

The claim is quite easy to understand. The Algonquin assert that they have Aboriginal rights and title that has never been extinguished, and have continuing ownership of the Ontario portions of the Ottawa and Mattawa River watersheds and their natural resources. The area in the claim consists of 36,000 square kilometres and has a population of about 1.2 million persons.

Land claims agreements are never easy to negotiate. The 10,000 people of Algonquin descent are represented by a committee drawn from representatives of ten separate communities: some large, like Ottawa and Greater Golden Lake, and some small like Bonnechere and Snimikobi. The Ontario government team is made up of representatives from four separate ministries. The federal government is represented by Indian and Northern Affairs but it is supported by at least six separate ministries.

It has taken almost forty years for an acceptable treaty framework to be produced. The framework includes recommendations that:

- 117,500 acres of Crown Lands be transferred to Algonquin ownership;

- \$300 million as settlement capital be provided by Canada and Ontario; and

- Algonquin rights related to lands and natural resources be well defined.

Further,

- no new reserves will be created;
- Algonquin Park will be preserved for the enjoyment of all; and
- land will not be expropriated from private owners as a result of the settlement.

The negotiations have been broad; encompassing lands, parks and harvesting of natural resources and wildlife. The land transfers, for example has three fundamental goals:

- the restoration of historically significant sites to Algonquins;
- contribution to the social and cultural objectives of the Peoples; and
- provision of a foundation for economic development.

The framework was made into an Agreement-in-Principle and was ratified and signed in 2016 on behalf of all parties.

That is not to say, however, that the job is complete. It will take several more years, including additional consultations and negotiations before a formal treaty can be signed. In the meantime, the 1.2 million current residents of Eastern Ontario still live in an unceded territory.

You can find more about the process and the Agreement-in-Principle at: <https://www.ontario.ca/page/algonquin-land-claim>.

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

When asked to describe Susan Teichroeb’s distinctive Cyberlily Design Studio, clients quickly answer with words like “exemplary”, “creative”, “reliable”, “collaborative”, “customer-focused”, and “on time”. A true professional with over 30 years of design experience, Susan has re-invested herself in her field by staying current in trends and industry-standard applications like InDesign, Illustrator, Photoshop, Shopify Liquid, WordPress and the range of software tools needed to be the principle owner at cyberlily.ca, her own design enterprise.

Susan has worked with literally hundreds of clients while at the Ottawa Citizen for 23 years and broadened her client base since by working with dozens of small businesses seeking an attractive brand identity developed to match their commercial needs. Susan’s Cyberlily Design Studio plans, analyzes and creates visual solutions to communications problems, specializing in print and web design and provides a wide range of services and products to clients, including brand identity, logo design, business cards, annual reports, magazine and online advertisements, websites, vehicle and store signage, and brochures.

Susan holds a diploma from Algonquin College in Graphic Arts and a recent Small Business certificate from the Self Employment Assistance (SEA) Program at St. Lawrence College.



# Bletchley Park

## Poland, France and Britain break the code.

By Geoff Radnor

We must have learned a lot more about the work of the WRNS in that long-ago World War II from the story by Bill Fairbairn in the last edition. We owe a lot to the WRNS who worked at HMCS Bytown helping the allies to victory. Bletchley Park was a nice country house that became the headquarters of the British Government Code and Cypher School (GC&CS) (Some School!) The work there is said to have hastened the end of WW II by years. General Eisenhower said it was “decisive”.

The story of that school and its leaders were the subject of the movie about Alan Turing, who went to work at Bletchley Park on the day following the declaration of war in 1939. There are many books available that tell more about the work at Bletchley Park.

However the story of the ‘code breakers’ goes back several years and many miles from the story that Bill Fairbairn told, of all places it goes back to Poznan in Poland.

In 1929 at the university there, a 24 year-old mathematic’s student, Marian Rejewski, took a secret course on cryptology given by the Polish Cipher Bureau. Poland as well as Britain was investigating the ability to read and decrypt messages on the German Enigma machine. This was most important to the Polish Military.

Marian joined the Bureau three years later to assist in this work. He and two colleagues, worked on the problem. After only a few weeks research he deduced the complicated codes and the workings of the Enigma machines. His work was assisted by a spy working in Germany for the French Deuxieme Bureau who had obtained codes for the Enigma machines for two days in September 1932. Enigma machine settings were changed daily by the Germans.

Many years later Rejewski wrote about these codes obtained from the spy in the German Cryptographic Service, Hans-Thilo Schmidt, “the conclusion is that the intelligence material furnished to us should have been decisive to the solution of the machine.”

In July 1939, prior to the outbreak of World War II, Rejewski with his two co-workers gave a presentation of this success to the British and French intelligence representatives who had been summoned to Warsaw. After the invasion of Poland by the German army the three Poles left for France. However, as the



Alan Turing at age 16

Germans advanced they ended up in Britain by way of Spain, Portugal and Gibraltar. In Britain, Marian enlisted in the Polish army and worked on lesser challenging cypher work. It wasn’t until he was 62 that his secret work on the Enigma machine became known.

Historian David Kahn writes of Rejewski’s work, “The solution to the problem was Rejewski’s own stunning achievement, one that elevates him to the pantheon of the greatest cryptanalysts of all time.”

In 1967 the Polish military historian, Wladyslaw Kozaczuk, in his book *Bitwa o tajemnice* (The Battle for Secrets), first revealed that the German Enigma had been broken by Polish cryptologists before World War II. Kozaczuk’s disclosure came seven years before F W Winterbotham’s *The Ultra Secret* changed conventional views of the history of the war. The 1979 Polish film *Sekret Enigmy* (The Enigma Secret) was generally a fair, if superficial, account of the Cipher Bureau’s story.

Twenty-two years later, the 2001 Hollywood film *Enigma* was criticized for its many historical inaccuracies, including omission of Poland’s fundamental work in Enigma decryption. Poland has never forgotten Britain’s official omission of the role that Rejewski and his Polish colleagues played in breaking the Enigma codes.

The British representatives at the meeting with Rejewski and his two colleagues in Warsaw took the work on the Enigma machine back to Bletchley House. Alan Turing who had spent two years at Princeton University working on mathematics and cryptology returned to Cambridge University in 1938. He worked partly for the GC&CS working with Dillwyn Knox (Dilly) a senior code-breaker.

The day after the declaration of war September 3 1939, Alan Turing reported to Bletchley Park. In Hut 6 at Bletchley he worked on



Enigma machines were used in the early-to mid twentieth century to protect commercial, diplomatic and military communication. They were a series of electro- mechanical rotor cipher machines. The underlying principle of an Enigma machine was that of ‘letter substitution’.

the German Navy’s Enigma codes. Later he also proposed marriage to one of his co-workers in Hut 8, Joan Clarke. He told his fiancée about his homosexuality and he decided not to pursue the marriage plans further. Joan Clarke continued to work on the codes and was awarded an MBE for her

contribution to the war effort. There were other women among the code-breakers such as Mavis Batey, Margaret Rock and Ruth Briggs and they played important roles working on the Enigma codes. There was a huge group of researchers at Bletchley totalling over 7,000 and 75% of them were women.

Along with many other workers solving the codes used by the Enigma machines, Alan Turing stands out as the greatest of many brains at Bletchley. He even tried to design a chess program on a computer that did not exist.

Much has been written about Alan Turing plus the movie based on his work at Bletchley Park. He is regarded as the father of computers and it is said that every time we look at our phones, our iPads, our tablets or computer screens we are using the results of his genius.

Your next bank card could have better security by using codes similar to those on the Enigma machines in the 1940s. Codes will replace those 3 digit CVV numbers on the back of your bank card. Again we have to say ‘Thank You’ to Alan Turing.

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# ‘Tender Loving Research’ succeeds at Ottawa Hospital

**H**ow and when did research become such a big deal at the Ottawa Hospital? Was any single person instrumental in the success? Bill Fairbairn asked the questions and Jennifer Gannon, Hospital Director of Communications and Public Relations, provided answers.

“When The Ottawa Hospital was founded in 1998 (through a merger of the former Civic, General and Riverside campuses), there were pockets of research excellence, but there were also a lot of gaps.

Things really began to take off in 2001 when the Ottawa Hospital Research Institute was formed to unite all the basic and clinical research activities across the three campuses. Since this time, our research funding has doubled, and we are now ranked as the 5th largest hospital in Canada for research. We have more than 1,800 clinicians, scientists, trainees and staff involved in research and 600 active clinical trials. Last year, more than 15,000 patients were enrolled in these trials.

It would be impossible to attribute our success to a single individ-



ual, as research is a true team effort. But I think it would be fair to say that the following milestones played an important role in setting the stage for The Ottawa Hospital to become a leader in research.”

**1992:** Dr. Ian Stiell develops the Ottawa Ankle Rules to improve emergency care for ankle injuries and reduce unnecessary x-rays. These rules are now used around the world, and The Ottawa Hospital has become a leader in developing these kinds of tools to improve patient care.

**2000:** Dr. John Bell (of Riverview Park) discovers that many kinds of

cancer cells have defects in a certain molecular pathway that make them more susceptible to infection with viruses. This opens the door for a whole new area of research on cancer-fighting (oncolytic) viruses. Dr. Bell also becomes a pioneer in translating lab discoveries into clinical trials, and many others eventually follow in his footsteps.

**2001:** Dr. Ronald Worton founds a national network for stem cell research at The Ottawa Hospital (the Stem Cell Network). This sets the stage for further growth of stem cell research in Ottawa.

**2001:** Dr. Harold Atkins and Dr. Mark Freedman treat the first patient in a ground-breaking clinical trial of stem cell therapy for multiple sclerosis. The results, published in 2016, have garnered attention around the world, and led Dr. Atkins to apply this technique for other diseases.

**2006:** Dr. Dean Fergusson launches the Ottawa Methods Centre as a one-stop shop to help clinicians and scientists throughout the institute design high quality clinical research studies that can truly make a difference for patients. The Methods Centre has played a role in many of our most important clinical studies.

**2007:** Dr. Duncan Stewart is recruited from Toronto to lead the research activities of The Ottawa Hospital. Dr. Stewart is a pioneer in stem cell research and launching world-first clinical trials. He helps put the pieces in place to allow more of our researchers to continue in this tradition.

**2008:** The Ottawa Hospital is awarded \$32 million from the Canadian Foundation for Innovation to build world-class facilities to help translate laboratory discoveries into new therapies. This includes special labs to manufacture viruses and stem cells for clinical trials in patients.

“Of course, much has happened since then, but I won’t go into too many details. As you know, we’re currently leading world-first clinical trials of stem cell therapies for heart attack, septic shock and liver

Patients and donors are very supportive of research through our Tender Loving Research, but there is a great need for further support.

transplantation, as well as the virus therapy for cancer. Also lots of important research is going on looking at established therapies, how best to use them, and how to make sure that patient care is based on the best available evidence.”

### Is the public responding?

“Yes, our patients and donors are very supportive of research through our Tender Loving Research, but there is a great need for further support.”

### What does the future hold?

“It is an incredibly exciting time for research at The Ottawa Hospital. As mentioned above, we’re leading several world-first clinical trials with cancer-fighting viruses and stem cell therapies, so we’re eager to see how these turn out. We’re also doing a lot of work in personalized medicine, which includes things like drugs that are tailored to an individual’s genetic makeup, as well as clinical decision rules or algorithms to determine an individual’s disease risk and the appropriateness of certain tests or treatments. Digital health and medical apps are another big area of research. We’re also working hard to engage patients in our research, and get their ideas for studies and how to conduct them.

Of course, the new Civic Campus is also an extremely exciting opportunity on our horizon, and research will certainly be a big part of that.”

### Is the hospital being rewarded with fair media presentation?

“I think that when our researchers make a big discovery, local media usually give us good coverage. But I’m not sure that people really see the big picture of how innovative and important The Ottawa Hospital is when it comes to research. We’re leading the world in many areas, and we need to do a better job of telling our stories.”

### Anything else you can think of?

“I’d like to recognize and thank all the patients who participate in our research studies, as well as all the donors who support us.”

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FINANCIAL PLANNER

By Bob Jamieson

A map can be invaluable when you're preparing for a journey, especially one you've never taken before. It can help you avoid wrong turns that can cost precious time and cause needless headaches.

This common-sense approach to travel also applies to planning your retirement – which itself is quite the journey. Although the word “retirement” may mean something different to everyone, the better the road map, or strategy, the more likely you can live the retirement lifestyle you've dreamed of.

As a starting point, you might want to write down answers to two basic questions that will underpin your strategy: What do I want in retirement? And how will I pay for it?

In answering the first question, you need to take a careful look at not just the day-to-day expenses you expect to incur, but other retirement goals you may have, such as funding your grandchildren's education, helping support other family members, or paying for extended annual travel.

Then you need to see if your finances will get you where you want to go. It helps to detail all your sources of income, including government retirement benefits and pensions from work. You also need to consider if there will be part-time employment income you expect to earn in the early years of retirement. And of course, you'll have to tally up your assets. This encompasses all of your savings and investments, including stocks, bonds, mutual funds and GICs, within both

your registered (RRSP, TFSA) and non-registered accounts.

Then you need to itemize your retirement expenses. These can be broken down into two categories: necessities and discretionary expenses. Necessities include your mortgage, utilities, groceries and taxes, while travel and entertainment are considered discretionary. The closer you are to retirement, the more accurate you are likely to be. And don't forget inflation.

This analysis can help determine if your sources of income can cover your retirement needs or whether there are shortfalls that must be addressed. For example, if you determine that you can pay for all your necessities with outside sources of income, such as pensions, that may give you more flexibility with discretionary items. On the other hand, you might determine that working part time or delaying retirement is needed to boost your income so you can pay for those discretionary expenses while in retirement.

Remember, if you don't know where you're going, you could end up going nowhere or, even worse, heading in the wrong direction. A written strategy can start your retirement on the right path and help keep you there.

If you would like a 2nd opinion on your retirement strategy, or help in getting started on one, please give me a call at 613-526-3030.

Also remember: the RRSP deadline for the 2016 tax year is Wednesday, March 1st, 2017.

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



SCAM ALERT

Email: Traffic Infringement Notice

By Marian O'Connor

An email scam regarding traffic violations has been going on in the Ottawa area.

The Police advise that the scam email directs you to an Internet link to pay the fine as well as supply personal information.

Ottawa Police do not issue traffic violation notices by email, therefore if you receive an email for the payment of a traffic fine – it is fake. Do not respond to the email, simply delete it.

Of note, many email scams contain spelling and grammar errors. You can report scam attempts to Ottawa Police by calling 613-236-1222 ext 7300, or to the Canadian Anti-Fraud Centre online at: www.antifraudcentre-centreantifraude.ca or by calling 1-888-495-8501.



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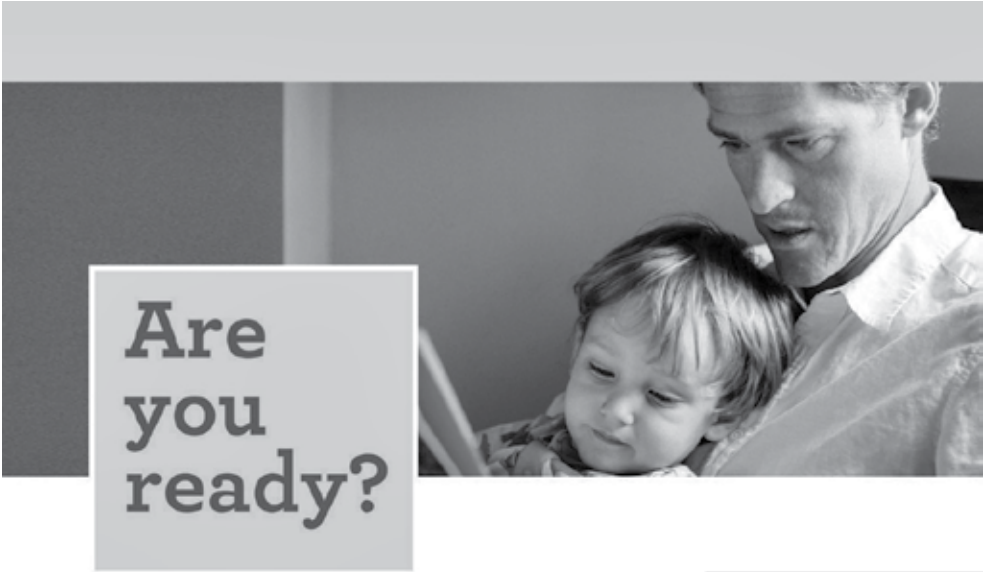
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An Edward Jones Advisor can help you take simple steps today to help you get ready for the future, and develop a strategy to achieve your goals. Also, remember the RRSP deadline is Wednesday, March 1st, 2017.

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by Carole Moulton

Clarence is a nine-year-old Spinone Italiano who loves the snow, and thoroughly enjoys walks with his owner, Mary Lou Trappitt. In particular, he likes to be out in the bushes near the hydro corridor. He also takes pleasure in stopping along the trails with his best friend, Puma, sniffing out Ginny, Max, Tupak and a great variety of other four-legged friends; just what you would expect from your usual happy canine.

In the house, he appears to take immense pride mangling the numerous toys that have been given to him over the years, and he thoroughly enjoys the attention of his owners.

Clarence, however, is not your regular pet. From the age of seven weeks he has been in training, so to speak, to be an invaluable Ottawa Therapy Dog. Riverview Park has been his home since his family brought him here from a kennel in Windsor in 2007.

As a young dog, Clarence took two levels of obedience classes and did extremely well at these. Then, when he was six years of age, he and Mary Lou succeeded in completing the Ottawa Therapy Dog evaluation and assessment: a stringent set of 13 test requirements that ensure both the dog and his partner are the right fit to participate in animal assisted therapy.

This assessment is undertaken in a group setting. There, some of the things expected of Clarence were to have one of the group, i.e., a stranger brush him, play with his feet, or even make like they are going to brush his teeth. The dogs have to be able to walk through a crowd and be under control at all times. And, of course, acclimation to infirmities demonstrate the dog's confidence when exposed to people walking with an uneven gait, shuffling, or even coughing or wheezing, among other distractions in a facility. Clarence and Mary Lou passed with flying colours and in 2012 they were ready to begin their first placement.

"When we got Clarence I was still working, but when I retired I went to the assessment at Ottawa Therapy Dogs. I had seen therapy dogs in action before I retired after 36 years as an administrative assistant in the Department of Surgery at CHEO and I had always wanted to join."

#### Off to work

Clarence and Mary Lou now have three placements not far from home. The first one they received was in 2012 at the Loeb Centre, 161 Donald Street. This day program, run by The Ottawa-Carleton Association for Persons with Developmental Disabilities, is for adults with a developmental disability who are 21

# Meet Mary Lou and Clarence



Mary Lou Trappitt and Clarence prepare for an OCTC visit.

PHOTOS: CAROLE MOULTON



Rhonda Turner with Puma and Mary Lou with Clarence, enjoying a sunny day winter walk.

years of age or older. Photos from his times working there over the years on Wednesday mornings show a large group of very happy adults with Clarence front and centre.

"Just before Christmas in 2012, a placement was needed by the Ottawa Therapy Dogs for the Ottawa Children's Treatment Centre and I said that we would try it," Mary Lou noted recently.

This additional placement was ideal. Only minutes from home, OCTC/CHEO has been an exceptional match, as the young students, many with mobility issues, take turns walking Clarence and holding his leash. Mondays are his days to go to 395 Smyth Road, and it is al-

most as if he knows when this is.

It is also a wonderful treat for everyone when the children and staff see Clarence arrive at OCTC along with his working bag; something like a knapsack for kids as they head off to school. In his bag he has two leashes, his schedule, his wipes, his lint roller, and his special badge that says, 'I am an Ottawa Therapy Dog.' Mary Lou is recognizable as well in her red Ottawa Therapy Dog vest.

Clarence and Mary Lou took on a third placement in CHEO's Steps to Success program which is through the M.F. McHugh Education Centre at St. Luke's, Ottawa. It is here that the two of them sit on a blanket and visit with two students at a time

every Thursday morning, trying to get the Kindergarten to Grade 8 age students to communicate. Each session then ends by walking the students back to class. There are a lot of stairs, but they handle these well.

Several years ago Mary Lou and Clarence qualified to become a R.E.A.D. Team. This means that they qualified for Clarence to be part of the Reading Education Assistance Dogs® program, a unique literacy initiative where struggling readers read to a registered, insured therapy animal whose owner/handler volunteer in schools and libraries as reading companions for children.

Again, Clarence did extremely well in a gym full of children, however, currently his very full volunteer time-table keeps him from using his skills for R.E.A.D.

#### Hard work has paid off

On November 26, Clarence was honoured at 4 Dog Night: A Musical Dogumentary. Along with their handlers, he joined Shadow, Rufus, and Ceilidh as special guest therapy dog ambassadors to be recognized for the wonderful work they do as Ottawa Therapy Dogs throughout the National Capital Region. The four dogs mixed and mingled with their partners throughout the evening, while all were recognized for the extraordinary contributions they make.

For Clarence, his special song of the evening was, 'Walking the Dog' by Rufus Thomas, an appropriate title in particular because of his exceptional participation at OCTC/CHEO. Prior to the event, someone had shadowed and created a video of Mary Lou and Clarence at OCTC, and as their theme song played, the guests could see the enthusiastic young children taking their turns 'walking the dog.'

Today there are nearly 100 therapy dog teams who regularly visit over 1,000 clients in 60 local health care and education facilities across the city.

Ottawa Therapy Dogs can come in all breeds and sizes, but no matter the breed they must be confident, friendly, patient and gentle in all situations. They must also be between the age of 2 and 11 years old. Clarence at nine and with his beautiful temperament is perfect for the invaluable responsibility of being a registered therapy dog.

From his perspective, little does Clarence know that all his friends do not go to work three mornings a week such as he does, nor does he realize that he was aptly named after a guardian angel from the 1946 movie classic, 'It's a Wonderful Life.'

And, for Mary Lou's part, she sums it up this way, "It is a volunteer job, very rewarding, with double the reward because you get to be with your best friend."



# Alta Vista Revera has become part of the history of enjoying Afternoon Tea

by Carole Moul

The history of tea drinking is a long one and the most popular legend is said to date back to 2737 B.C. in China with the Emperor Shen Nung. And while it is of course impossible to know whether there is any truth to this oft told tale, it is a whimsical one that many sources repeat.

According to this myth, the Emperor was relaxing in the shade of a carmellia tree when one of its leaves dropped into his cup of hot water. Shen Nung, a renowned herbalist, liked the sweet and enticing scent, and thus decided to try this infusion that had accidentally been created. Later, we would call this unexpected mishap, ‘tea’, which became the world’s second most popular beverage next to water.

### Not in Britain, you say?

Tea drinking is often thought to be a British habit. It was only in the latter half of the 16th century however when there was mention made of tea in an advertisement in a London newspaper of September 1658. And, according to the UK Tea and Infusions Association, *Tea-A Brief History of the Nation’s Favourite Beverage*, 2016; tea as a drink was also only briefly noted among Europeans, also in the latter half of the 16th century.

Some Portuguese traders and missionaries who had lived in the East may have brought back samples of tea to their native country, however it was the Dutch who first established a trading post and in 1606 shipped the first consignment of tea from China to Holland. Thus tea soon became a fashionable drink not only among the Dutch but also other continental western European countries, although because of its high cost it remained a drink only for the wealthy.

### Now in Britain

Catherine of Braganza is actually the one recognized for originally making tea drinking in Britain the popular pastime that it has become. Raised in Portugal, and used to drinking tea (some reports saying she was addicted to it), Princess Catherine was said to have arrived in Britain to marry Charles II in 1662 with a casket of tea. And, because of her love of the drink, tea soon became the fashionable beverage, first at court, and then among the wealthy classes.

It was also because of the British love of tea that the British East India Company, who had a monopoly on importing goods from out-



Above: Tom Carini, Gerald Riopelle, Jeannine Riopelle and Anne Riopelle (L-R) enjoyed the wonderful refreshments.



Left: Walter Terentiuk’s favourite was the salmon sandwiches, while his daughter, Anne Rounding, especially liked the scones.

PHOTOS: CAROLE MOULT

side Europe, saw the advantages and began to import tea into Britain. Unfortunately, taxation on tea made it much too expensive for anyone but the middle and upper classes to enjoy.

Eventually duties on tea became much more moderate over the years, but were actually only abolished in 1964. In *The History of Tea*, Thomas Lipton is given credit by his company for turning tea into a drink of the people by making it affordable to everyone when he established the Thomas J. Lipton Co. in 1893. In 1898, he was knighted by Queen Victoria, for this accomplishment.

### The Afternoon Tea Party

The custom of taking afternoon tea, as we know it, has been credited to Anna Russell, 7th Duchess of Bedford.

The English aristocracy or upper classes had been used to drinking tea since the 1660’s, however it was not until the 1840’s that the ritual of enjoying light food with one’s tea during the afternoon came into existence.

Prior to this time, the Duchess of Bedford and no doubt many others had good reason to complain of a ‘sinking feeling’ in the middle of the afternoon. Only two meals a day were served at that

social event in England but a tradition as well.

### Across the pond.

This British tradition of afternoon tea has continued around the world for over 175 years, and on a recent Wednesday afternoon, Alta Vista Revera offered up this wonderful afternoon ritual to both residents and guests of 751 Peter Morand Crescent.

Mouth-watering sandwiches, scones with clotted cream and strawberry jam, plus cheeses, sweets and of course teas were offered to those enjoying the delicious refreshments and the entertainment. Both guest Gerald Riopelle and resident Walter Terentiuk were quick to praise the salmon sandwiches, while others, such as Mr. Terentiuk’s daughter, Anne Rounding, commented about the delightful experience of having freshly-made scones with clotted cream and jam.

“Did I ever pass up any food,” laughed Mr. Riopelle, “but I really liked the salmon sandwiches.”

No matter the favourite food of the mouth-watering choices on that Wednesday afternoon everyone became part of a Canadian tea statistic since Statistics Canada has reported that Canadians drink over 10 billion cups of tea each year or on average.

It was a wonderful way to join all the others that help make up such a large number of tea drinkers in this widespread country of ours. Wouldn’t it be great now if afternoon teas such as the one we just enjoyed became part of the traditions at our local Alta Vista Revera?

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# The Alta Vista Shopping Centre:



Anjana, Alta Vista Dry Cleaners.  
PHOTO: GEOFF RADNOR



Rock Lalonde, Rock's Barber Shop. PHOTO: GEOFF RADNOR



Opening of Clover Farm Market.  
PHOTO: OTTAWA JOURNAL, APRIL 11, 1956



Notice of Imperial Bank of Canada (later CIBC) opening at Alta Vista Plaza.  
PHOTO: OTTAWA JOURNAL APRIL 16, 1956



Rendering of Alta Vista Shopping Centre PHOTO: OTTAWA JOURNAL, SEPT. 20, 1955

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Ontario can afford to cut this tax because the province is on track to balance the budget next year. We have carefully managed our books, and we know that families like yours should be the first to benefit.

We are continuing to provide additional support for low-income households through the Ontario Electricity Support Program (OESP). The OESP reduces the cost of your household electricity by applying a monthly credit directly to your bill. The amount of the credit you may be eligible for depends on two factors – the number of people living in the home and your combined household income.

To apply for the OESP, please visit [OntarioElectricitySupport.ca](http://OntarioElectricitySupport.ca). Once you complete the application located on the website's home page, print and sign the consent form and mail it to the address provided on the website. If you are eligible, the credit will appear directly on your electricity bill in about 6 to 8 weeks from the date of approval.

The Ontario Trillium Benefit (OTB) is another initiative aimed at helping low income households by lowering energy costs and providing relief for sales and property tax. It combines three tax credits into one single payment: the Ontario energy and property tax credit, the Ontario sales tax credit, and the Northern Ontario energy credit. To find out if you are eligible, please visit <http://www.fin.gov.on.ca/en/credit/otb>.

These three initiatives are part of our government's commitment to provide affordable access to energy, including providing support for low-income families; expanding the availability of natural gas to more communities and connecting remote First Nations communities to the grid.

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# A Brief History



Danny Dear, (now at 850 Industrial Ave.)  
PHOTO: GEOFF RADNOR



24TH May Celebration with RPCA and Clover Farm Market.  
PHOTO: OTTAWA JOURNAL, MAY 22, 1956



Alta Vista Drive Apartments 1958.  
PHOTO: IMAGE GEOOTTAWA



tions and Best Wishes  
Fruit Supply Ltd. on the Opening of Their New Warehouse  
Opening of Ottawa Fruit Supply Ltd. Warehouse (Metro) at 400 Industrial Ave. – Nov. 9, 1957. PHOTO: CHRIS RYAN

by Geoff Radnor

Riverview Park was developed in the 1950s on 333 acres of land that was sold by the Grey Nuns to the City of Ottawa in 1951. It was proposed to consist of mainly single family homes. However two parcels of land, sections “A” and “B”, on the NE and SE corners of Alta Vista Drive and Dorion were left until 1954 when the city said it would allow shopping centres, gas stations and apartments in the new zoning regulations.

The Palef family, living in Ottawa for many years, and seeing the development of single family homes in the new subdivision of Riverview Park, decided to invest in developing a convenient shopping centre for the new residents. It would be within walking distance of Blair, Dorion and the streets on the west side of Alta Vista Drive such as Dale and Caledon.

Reuben Palef, secretary of Ottawa Fruit Supply with his brother Sam and others set up Alva Invest-

ments and built the 7 apartment blocks on the south-east corner of Dorion and Alta Vista Drive which was section “A”.

As construction of those apartments went on, the Palef family purchased section “B” from the city in June 1955 for \$33,200. There they built the Alta Vista Shopping Centre comprising 12 stores on the north-east corner of Dorion and Alta Vista.

The Palefs opened a Clover Farm Market in the north end of the mall on April 12th 1956. In 1957, Clover Farms built a warehouse close by at 400 Industrial Ave. to serve the growing number of stores in the area. That building still exists as part of Metro supermarkets. When it was built it was the largest food warehouse in the city and employed over 100 people. The Palefs went on to build MacDonald Manor on Augusta Street which is now part of Ottawa Housing.

Ottawa Fruit Supply was bought by Steinbergs of Montreal in 1958. Now, the residents of Blair and Dorion Streets along with all the

then current and future residents of the expanding sub-division, had a place to buy their groceries. The Imperial Bank of Canada (CIBC) opened in the Alta Vista centre and was the first bank in the district. The CIBC moved out a few years ago. The Clover Farm supermarket site, after going through many iterations in its 60 year history, is today, a Shoppers Drug Mart. Shoppers Drug Mart is owned by Loblaws, so the local residents are once again able to shop for their basic grocery needs in the old Clover Farm building. There are still 8 stores in the mall plus Shoppers Drug Mart and Tim Hortons. The Clover Farm name is now used by a franchised chain of smaller convenience stores in Atlantic Canada.

A gas station was at the south end of the Alta Vista Shopping Centre when the mall was built. The first owner was Gus MacDonald when it was a BP station. Danny Dear took over in the 80’s when it became a Petro Canada, later to become Tim Hortons.

Today we have the Alta Vista Dry Cleaners owned and operated for the past seven years by Anjana and her husband

Next door is the famous Rock’s Barber Shop, where Rock has been cutting and trimming since April 29 1978. Hardly anything has changed inside since that day, except there may be a few more grey hairs on his customers. Before Rock there was Louis who opened the first barber’s shop in 1956.

Over the past few years, the face of the Alta Vista Shopping Centre has changed to welcome 613 Via Pizza, Aahar: The Taste of India Restaurant, Sophia’s Nail Spa, Simply Chiropractic, Subway, Hasty Market and Shoppers Drug Mart.

The vision of the Palef family has served this community well, and now sixty years later the Alta Vista Shopping Centre has become the hub of Riverview Park.

A sincere thank you to Chris Ryan for the archival photos from the Ottawa Journal



Rohyn at Hasty Market. PHOTO: GEOFF RADNOR

  
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THE ARTS IN RIVERVIEW PARK

Interview with Kit Fynn: Short Story Writer

by Diane Schmolka

**K**it, we first met in '91 or '92 in a Women's Spirituality Group at First Unitarian Congregation. Several years later that group disbanded and we lost touch. An Art's Night reacquainted us when you were the literary presenter, whereupon you told us that you also became a fitness trainer for 50+ for those 50+.

**What connection is there between your writing short stories and your instructing fitness for seniors?**

I seek a balance with mind-body-spirit, so my writing is a balance of my spirit. It is very important for me.

**You are now in mid-life. Has your writing changed since your began writing creatively?**

I was a diarist from the age of nine and have written poems during the interces of major life changes. My short stories began when, in 2008, I took my first writing course. They were totally fiction, but were primarily memoirs, based in real events. I believe my writing has become more sophisticated. Because I moved almost every one-and-a half years on average growing up, my basis in English was too often disrupted. Essay planning became a challenge. Because I had to keep all my emotions silent within me as a child and teenager, I had to learn how to express them in literature to cope with them. *The Glass Castle* by Jeannette Walls really inspired me to write professionally.

**When we first met, Feminist groups were focused on the origins of early human civilization's societal development, where much of it was matrilineal and matriarchal. Your Celtic background is similar to mine. Is there conscious connection to it and your fictional structures and characters?**

I didn't think so, but then I wrote a short story, *Returning Home*, that sparked a deep connection with my roots and faith. I was in Ireland with my Great Uncle and Aunt ('94 and '88'). The occasion was a wedding of a third cousin. I wanted to facilitate their journey to remind my uncle where his mother was born. The ruins were there. Two weeks of Ireland with them changed my energy. I became much more empowered. My writing is now much stronger.

**When I was young, I enjoyed reading short stories. In the 80's, I noticed many short stories centred around death and loss. I became disappointed with short**

**fiction. What makes your works more enjoyable for your readers?**

I don't follow a formula. I just completed one called: Even though there are traumas, it begins positively and hopefully. I like to leave the reader hopeful.

**Your offspring are now adults. Do you have grandchildren? Will you write children's stories?**

I have a step-grand daughter, Ruby, who'll turn one in January, so anything is possible!

**The creative life is very meaningful for me, but it is also a lonely one. You are in a creative writers' group. Can you tell me more about it?**

I'm a member of the Canadian Author's Associ-



Kit Flynn sharing one of her short stories at The Unitarian Art's Night.

PHOTO: NORM ST-GEORGES.



Jane Adams receives wonderful one-on-one attention.

PHOTO: MACKENZIE PROCTOR KING

ation. Within that group I'm part of a writers' circle. I'm still developing my skill set, therefore grateful for the constructive, thoughtful critiquing support. It's called "The Wheel House", (a spin studio 'stationary bicycle').

The CAA meets

once a month in the MacNabb Community Center, Bronson and Gilmore. All writers are welcome to join. There are several writers' groups.

**Thank you, Kit, for sharing your creative self with us. I look forward to having many more discussions about creative writing, over cups of tea.**

You can reach Kit Flynn at Kit Flynn & Associates: [www.kitflynn.ca](http://www.kitflynn.ca); also: [Afpottawa.com](mailto:Afpottawa.com)

Trinity Community Garden an enjoyable experience

by Bernadette Bailey

**T**rinity Community Garden is preparing for its sixth season and is very pleased, not only with the food it produces but also with the sense of community which has developed. Each member rents their own plot and harvests it. They also volunteer to make the garden successful, assisting in keeping the water barrels filled, the weed growth in common areas controlled, maintaining the compost system, caring for the communal herb garden, or making donations to those in need in our community. The plot fees, as well as funds raised during our annual plant sale are used to purchase mushroom compost each spring, to reimburse the church for the cost of the water used, and to buy tools or equipment for the gardener's use. If you are interested in becoming a member please contact us at [trinitygarden@rogers.com](mailto:trinitygarden@rogers.com).

Our gardeners come from a variety of backgrounds. Rhonda Turner became a member several years ago, and her enthusiasm and commitment to the garden is appreciated. Here, she reflects on her gardening experience.

"My background in gardening goes way back to when I was about 14. My mom and



Rhonda, centre with Anna in the Trinity Community Garden.

dad had an acre of property and they developed a very large garden plot in the back yard. I didn't do anything in helping, but, when it came time to harvest I was called upon to help by assisting my mom in preparing the Scarlet Runner beans for the freezer. I can remember sitting on the deck with a turkey roast pan full of beans. We sat for hours slicing up the beans while chatting and reminiscing.

It wasn't until I was 35 and had moved up to the NWT when I attempted a garden on my own. Fortunately a local had a small rototiller and helped me out. I gardened there for 3 years. The garden season was very short. Planting began about June 25 and the complete harvest of everything, tomatoes included, finished the first week in August. We experienced near 24 hour daylight during the summer months and the plants never stopped growing.

Many years have passed and it wasn't until I was on vacation down south and saw a little window box at a local restaurant that was full of veggies that gave me the urge to garden again. I knew a friend that had a plot at the Trinity Community Garden and the next year I signed up and got to work. My plot had never been used before, therefore; it took a lot of backbreaking work turning over and loosening up the soil for planting. I have been at Trinity for at least 4 seasons now and intend to carry on for quite some time. It is nice to socialize with many of the gardeners, discussing who has planted what. I like that the Trinity Community Garden donates to a local food bank. I would encourage you to start gardening. It is so satisfying when you pick something that you have grown and have it with your dinner."

Diane Schmolka B. Mus., B.A.  
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COMPUTER TIPS & TRICKS

Have I Reached the Party to Whom I Am Speaking?

by Malcolm and John Harding,  
of Compu-Home

With the old “Phone Book” gone the way of the Polar Ice Cap, you often turn instead to the computer when you need the telephone number of a business to call for help. On the surface, this would seem to be a quick, convenient and up-to-date way to access a number and sometimes you can even save some time by distinguishing the various departments or locations that you might need to reach. Another time you look up a site is when you want to download some little utility that you need, such as Adobe Acrobat Reader, or maybe the free version of an anti-virus utility.

Google or other search sites are quick and efficient for these purposes, but you must be wary of a couple of complications. First is the possibility of clicking on a link that is not the genuine site that it appears to be. If you want to talk to Rogers, or Bell, or Hewlett Packard, or Microsoft, etc., it is very easy to be waylaid into an imposter site that looks just like the real thing, but is in fact a call centre run by crooks who will offer worthless advice and charge an arm and a leg for it. Always be sure that the web address (the <http://www.etc.>) is the real company, and while you are at it, give yourself a head start by seeing if there is a Canadian (.ca instead of .com) version.

Next is when you are looking for a website that offers a download of something that you need (Adobe Acrobat Reader, for example again)



and you find what appears to be your source, but it turns out not to be owned and operated by the actual publisher of that software. Adobe is a long-established and reputable company and you are quite safe in downloading software from the real Adobe website. The problem is that if you search for “Adobe Acrobat Reader Download” you will find pages upon pages of alternate locations from which you can download Reader and many of them may not be legitimate, because they will lead you to the same old scams, or fly-by-night “alternatives” to the software you really want.

Another time to be careful is when you are downloading and installing the program. Lots of very handy little utilities are out there, available at no charge. (One example that we recommend constantly is “Irfanview” which is a free program for very simple editing of photos.)

These publishers have to pay the rent and so instead of charging for their program, they sometimes enter into agreements with one another, and there will be an unobtrusive little checkbox during installation that bundles in another program that might have been useful to you in some circumstances, but perhaps not right now. A common example might be an anti-virus program and you certainly don’t want that if you already have one working on your computer – and so you have to watch out for those little boxes!

Finally this month, this is just a brief heads-up to our loyal Compu-Home customers in the neighbourhood that our computer workshop has moved, to 3841 Albion Road South. This move was long overdue and now we have a more suitable space and facilities to work on equipment when it cannot be fixed at your premises. Our telephone number, website and email address have not changed, and the new workshop is actually only a few minutes away from our old address.

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



Member of Parliament | Député

David McGuinty

Ottawa South | d’Ottawa–Sud



HARD WORK, DEDICATION, PUBLIC SERVICE | TRAVAIL ACHARNÉ, DÉVOUEMENT, SERVICE À LA POPULATION

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

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

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

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

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

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

David McGuinty, MP | Député

Constituency Office | Bureau de Circonscription

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Web Site | Site Web: [www.davidmcguinty.ca](http://www.davidmcguinty.ca)



RPCA PRESIDENT’S REPORT

Protecting the Interests of Riverview Park

The time to act is NOW to save our schools!

Protecting and speaking out on behalf of a community’s interests is a primary “raison d’être” for community associations – not just in terms of safety, but also in terms of threats to liveability, greenspace, and sound development. The Riverview Park Community Association (RPCA) Constitution sets out six purposes for the RPCA, the first of which is to “promote and protect the interests of the community with respect to the planning and future development of the area encompassed by the Association.” (i.e. Riverview Park)

I write this because a valuable asset and feature of Riverview Park – the ability for many residents to walk or cycle short-distances to nearby schools – is now being threatened by the current Ottawa Carleton District School Board (OCDSB) Accommodation Review. This initiative is reviewing current programming and could lead to boundary changes and school closures. This Alta Vista area Accommodation Review runs from April to December this year and could result in the closure of Hillcrest High School (HHS) and Riverview Alternative School (RAS) – two long standing institu-



KRIS NANDA  
RPCA President

tions which have played an important part in the lives of Riverview families and the broader community for more than 60 years.

Although the OCDSB Review has been mentioned before – including in previous issues of the Riverview Park Review – the school closure issue has been under the radar for most citizens in the Alta Vista Ward. I have been working with presidents of other Community Associations in our Ward to be proactive and raise public awareness of the issue to give local residents to provide input to the Board before the review process formally starts in April.

The Hillcrest HS situation affects students from several neighbourhoods around Alta Vista (including ours) and the impact of an RAS closure would be felt especially hard by the Riverview Park community and create a vacuum. Based

on the results of previous school closures in Ottawa, local residents would lose a major hub – both in terms of a well-used building, and adjacent greenspace – and there would no longer be a centrally located public school in Riverview Park. Many students in our neighbourhood (especially elementary pupils) would lose the option to walk or bike to school – something that has proven to be beneficial to children’s health.

There is evidence that smaller size schools can be more beneficial for students as are local community-based schools which students can walk or bike to easily. Now is the chance to let the OCDSB know why you value these schools and what programming you would like to see (e.g. French Immersion) and what you think would attract more local students or other pupils to keep the schools viable. Long-

term demographic changes in our neighbourhood – both in terms of turnover in home-ownership to younger families and new housing that is expected to be built in the next ten years or so and result in more children in Riverview Park – would make shuttering HHS and RAS a bad decision.

It is up to Riverview Park residents to step up and help make the case for keeping these schools open. The RPCA and its counterparts are working to promote keeping school locations and facilities that best serve the children in our area of Ottawa – but we cannot do it on our own. We need you to come out to public meetings, communicate with School Trustees and staff and our Councillor – and set out the reasons why these schools benefit Ottawa and Riverview Park families and should not be closed.

**Stay tuned--at least one public meeting is being planned for the February-March period. Check out our website at [www.RiverviewPark.ca](http://www.RiverviewPark.ca) , drop me a line [krpp1415@gmail.com](mailto:krpp1415@gmail.com) with your thoughts, or show up to a future RPCA Board meeting – our next two meetings are on February 8 and March 8.**



### 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](mailto:letterit@rogers.com) with your e-mail address, postal address and phone number.

When [letterit@rogers.com](mailto: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.



This beautiful great horned owl was spotted by a gentleman on Devon Street last Sunday afternoon. My husband and I were thrilled to have had the opportunity to see it. PHOTO SUBMITTED BY SYLVIE LEFEBVRE



Notice of Completion  
Draft Environmental Study Report  
Overbrook to Riverview Transmission Line Upgrade

Avis d'achèvement  
Rapport préliminaire d'étude environnementale  
Modernisation de la ligne de transport d'électricité  
d'Overbrook à Riverview

Hydro One Networks Inc. (Hydro One) has completed a draft Environmental Study Report (ESR) for the proposed Overbrook to Riverview Transmission Line Upgrade project. The purpose of the undertaking is to ensure an adequate and reliable supply of power to meet the growing electricity needs of central Ottawa. The proposed project consists of upgrading the existing 115 kilovolt transmission line between Overbrook Transformer Station on Coventry Road and Balena Park in the Riverview neighbourhood.

The project need was identified in the *Integrated Regional Resource Plan* for the Ottawa area, developed by the Independent Electricity System Operator, Hydro Ottawa and Hydro One. This project is subject to the provincial *Environmental Assessment Act* and is being planned in accordance with the approved Class Environmental Assessment for Minor Transmission Facilities (Class EA) process. Subject to the outcome of the Class EA, construction could begin in spring 2017.

HOW TO PROVIDE YOUR INPUT

In accordance with the Class EA process, Hydro One is providing notice of its intent to proceed with the project. The draft ESR will be available for a 30-day public review and comment period from January 12, 2017 to February 10, 2017. The draft ESR can be viewed on Hydro One's website [www.HydroOne.com/Projects/OverbrooktoRiverview](http://www.HydroOne.com/Projects/OverbrooktoRiverview)

A copy of the draft ESR is available at the following locations:

**Ottawa Public Library**  
Elmvale Acres Branch, 1910 St. Laurent Boulevard  
Alta Vista Branch, 2516 Alta Vista Drive  
(Infoservice) 613-580-2940

**Overbrook Community Centre**  
33 Quill Street  
613-742-5147

**Dempsey Community Centre**  
1895 Russell Road  
613-247-4846

**Ottawa City Hall (Customer Service Counter)**  
110 Laurier Avenue West  
613-580-2424

Written comments and questions on the draft ESR must be received by Hydro One no later than **4:30pm on Friday February 10, 2017**. Please address your correspondence to:

Jennifer Trotman  
Environmental Planner  
Hydro One Networks Inc.  
483 Bay Street, North Tower, 14<sup>th</sup> Floor  
Toronto ON, M5G 2P5  
Email: [Community.Relations@HydroOne.com](mailto:Community.Relations@HydroOne.com)

Hydro One will respond to and make best efforts to resolve any issues raised during the review period. If no issues are raised during the review period, Hydro One will finalize the ESR and file it with the Ministry of the Environment and Climate Change (MOECC). The project will be considered acceptable and may proceed as outlined in the ESR.



The *Environmental Assessment Act* has provisions for interested parties to ask for a higher level of assessment if they feel that outstanding issues have not been adequately addressed. This request is called a Part II Order and must be addressed in writing to the Minister of the Environment and Climate Change and the Director of the Environmental Approvals Branch. Part II Order requests must be received by **4:30 pm on Friday February 10, 2017** at these addresses:

Minister of the Environment and Climate Change  
77 Wellesley Street West, 11<sup>th</sup> Floor, Ferguson Block  
Toronto, ON, M7A 2T5  
Email: [Minister.MOECC@ontario.ca](mailto:Minister.MOECC@ontario.ca)

Director, Environmental Approvals Branch, MOECC  
135 St. Clair West, 1<sup>st</sup> Floor, Toronto, ON, M4V 1P5  
Email: [EAASIBgen@ontario.ca](mailto:EAASIBgen@ontario.ca)

Please note that a duplicate copy of a Part II Order request must also be sent to Hydro One at the address noted.

For more information call 1-877-345-6799 or visit our website: [www.HydroOne.com/Projects/OverbrooktoRiverview](http://www.HydroOne.com/Projects/OverbrooktoRiverview)

Hydro One Networks Inc. (Hydro One) a compl  t   un rapport pr  liminaire d  tude environnementale sur le projet de modernisation de la ligne de transport d  lectricit   entre Overbrook et Riverview. Le but de ce projet est de r  pondre aux besoins grandissants en   lectricit   du centre d'Ottawa en veillant    fournir un approvisionnement ad  quat et s  r. Le projet consiste    moderniser la ligne de transport de 115 kilovolts entre le poste de transformation Overbrook sur le chemin Coventry et le parc Balena dans le quartier Riverview.

Il r  pond    des besoins dont fait   tat le Plan de gestion int  gr  e des ressources pour la r  gion d'Ottawa con  u par la Independent Electricity System Operator, Hydro Ottawa et Hydro One. Le projet est sujet    la *Loi sur les   valuations environnementales* de la province, et sa planification est conforme au processus municipal d  valuation environnementale de port  e g  n  rale visant les installations de transport d  lectricit   secondaires. Sous r  serve des conclusions de l'  E de port  e g  n  rale, les travaux d  buteront au printemps 2017.

COMMENT TRANSMETTRE VOS COMMENTAIRES

Dans le cadre du processus de l'  E de port  e g  n  rale, Hydro One a inform   le public de son intention de mettre le projet en   uvre. Le public peut acc  der au rapport pr  liminaire d'  E pendant 30 jours, soit du 12 janvier 2017 au 10 f  vrier 2017. Le rapport pr  liminaire d'  E est affich   sur le site web d'Hydro One : [www.HydroOne.com/Projects/OverbrooktoRiverview](http://www.HydroOne.com/Projects/OverbrooktoRiverview)

Des copies du rapport pr  liminaire d'  E sont aussi disponibles dans les   tablissements suivants :

**Biblioth  que publique d'Ottawa**  
Succursale Elmvale Acres, 1910, boul. St Laurent  
Succursale Alta Vista, 2516, chemin Alta Vista  
(Infoservice) 613-580-2940

**Centre communautaire Overbrook**  
33, rue Quill  
613-742-5147

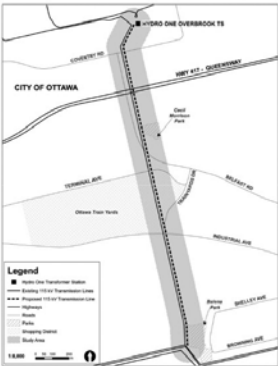
**Centre communautaire Dempsey**  
1895, rue Russell  
613-247-4846

**H  tel de Ville d'Ottawa (service    la client  le)**  
110, avenue Laurier Ouest  
613-580-2424

Vous devez soumettre vos commentaires et vos questions relatives au rapport pr  liminaire d'  E au plus tard le **10 f  vrier 2017    16 h 30**. Veuillez adresser votre correspondance   

Jennifer Trotman  
Planificateur environnemental  
Hydro One Networks Inc.  
483 Bay Street, 14<sup>th</sup> Floor  
Toronto (Ontario) M5G 2P5  
Courriel : [Community.Relations@HydroOne.com](mailto:Community.Relations@HydroOne.com)

Hydro One vous r  pondra et fera tout son possible afin de r  soudre les questions soulev  es pendant la p  riode d'examen. Si aucun probl  me n'est signal   pendant la p  riode d'examen, Hydro One finalisera le rapport d'  E et le pr  sentera au Minist  re de l'Environnement et de l'Action en mati  re de changement climatique (MEACC). On jugera le projet admissible et il sera r  alis   conform  ment au rapport d'  E. La *Loi sur les   valuations environnementales* pr  voit que les parties int  ress  es peuvent demander une   valuation plus pouss  e du projet si



elles estiment que Hydro One n'a pas r  pondu ad  quatement    toutes les pr  occupations mises de l'avant. Le cas   ch  ant, elles doivent adresser une requ  te   crite appel  e arr  t   pr  vu    la partie II au ministre de l'Environnement et de l'Action en mati  re de changement climatique et au directeur de la Direction des autorisations environnementales. Les arr  t  s pr  vus    la partie II doivent   tre re  us au plus tard le **10 f  vrier 2017    16 h 30** aux adresses suivantes:

Ministre de l'Environnement et de l'Action en mati  re de changement climatique  
77 Wellesley Street West, 11<sup>th</sup> Floor, Ferguson Block  
Toronto (Ontario) M7A 2E6  
Courriel : [Minister.MOECC@ontario.ca](mailto:Minister.MOECC@ontario.ca)

Directeur, Direction des autorisations environnementales, MEACC  
135 St. Clair West, 1<sup>st</sup> Floor, Toronto (Ontario) M4V 1P5  
Courriel : [EAASIBgen@ontario.ca](mailto:EAASIBgen@ontario.ca)

Une copie de l'arr  t   pr  vu    la partie II doit aussi   tre envoy  e    Hydro One    l'adresse indiqu  e.

Pour obtenir plus d'information, appelez le 1-877-345-6799 ou consultez notre site web: [www.HydroOne.com/Projects/OverbrooktoRiverview](http://www.HydroOne.com/Projects/OverbrooktoRiverview)



# ALTA VISTA PUBLIC LIBRARY

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

## ■ Children’s Bilingual Programs

Feb- March  
**STORYTIMES / CONTES**  
**Babytime / Bébés à la biblio**  
Stories, rhymes and songs for babies and a parent or caregiver. 0-18 months. No registration required. / Contes, rimes et chansons pour les bébés et un parent ou gardien. 0-18 mois. Aucune inscription requise.

**Session 1**  
Mondays, January 9 to February 13,  
10:30 a.m. to 11 a.m.  
Les lundis du 9 janvier au 13 février  
de 10h30 à 11h.  
**Session 2**  
Mondays, March 27 to April 17,  
10:30 a.m. to 11 a.m.  
Les lundis du 27 mars au 17 avril  
de 10h30 à 11h.

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

**Session 1**  
Tuesdays, January 10 to February 14,  
10:30 a.m. to 11 a.m.  
**Session 2**  
Tuesdays, March 28 to April 18,  
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 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.  
**Session 2**  
Thursdays, March 30 to April 20,  
10:30 a.m. to 11 a.m.  
Les jeudis du 30 mars au 20 avril  
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.  
Friday, February 17, 2 p.m. to 4 p.m.  
Le vendredi 17 février de 14 h à 16 h.

**MARCH BREAK / LE CONGE DE MARS**  
**Picture Imperfect / Gribouillages**  
Raid the craft cupboard and create a visual story. Ages 4 – 6. Registration required. / Dévalise l’armoire à bricolage et crée ta propre histoire. Pour les 4 à 6 ans. Inscription requise.  
Monday, March 13, 10:30 a.m. to 11:30 a.m.  
Le lundi 13 mars de 10h30 à 11h30.

**Storytelling Lab / Lab d’histoires**  
Visual storytelling through flip books or other

artistic experiments. Ages 7 – 12. Registration required / Expérimente le folioscope et découvre d’autres manières d’animer une histoire. Pour les 7 à 12 ans. Inscription requise.  
Monday, March 13, 2 p.m. to 3 p.m.  
Le lundi 13 mars de 14 h à 15 h.

**Happy Birthday Canada / Bonne fête Canada**  
Celebrate Canada with stories, rhymes, and songs for children of all ages, and a parent or caregiver. Family program. No registration required. / Célébrez le Canada en contes, comptines et chansons pour les enfants de tous âges et un parent ou gardien. Programme familial. Aucune inscription requise.  
Tuesday, March 14, 10:30 a.m. to 11:15 a.m.  
Le mardi 14 mars de 10h30 à 11h15.

**Adventures in storytelling / Aventures au pays des contes**  
Tell stories through games and play. Ages 7-12. Registration required / Viens écouter, raconter et jouer avec des histoires. Pour les 7 à 12 ans. Registration required.  
Tuesday, March 14, 2 p.m. to 3 p.m.  
Le mardi 14 mars de 14h à 15h.

**Tactile tales / Contes sensoriels**  
Stories that you can taste, touch and smell. Ages 4 – 6. Registration required. / Des histoires à sentir, toucher et goûter! Pour les 4 à 6 ans. Inscription requise.  
Wednesday, March 15, 10:30 a.m. to 11:30 a.m.  
Le mercredi 15 mars de 10h30 à 11h30.

**A is for ART! with the Ottawa Art Gallery/ A pour ART! avec la Galerie d’art d’Ottawa**  
No ordinary story! || Pas d’histoire ordinaire! Inspired by Annie Pootoogook drawing, participants will learn how to draw a very ordinary moment or their own domestic life and turn it into a great illustration, They will learn how to use ink on paper and to how to make the best choice of colour to illustrate their personal story. Offered by the Ottawa Art Gallery. Ages 8 to 12. / Registration required. Inspirés par un dessin d’Annie Pootoogook, les participants apprendront à dessiner un moment très ordinaire de leur propre vie domestique et à le transformer en une formidable illustration. Ils seront initiés à l’encre de Chine sur papier et apprendront l’importance de leur choix de couleurs dans l’illustration de leur histoire personnelle. Offert par la Galerie d’art d’Ottawa. Pour les 8 à 12 ans. Inscription requise.  
Wednesday, March 15, 2 p.m. to 3 p.m.  
Le mercredi 15 mars de 14h à 15h.

**Mini SciencExplore Storytime with the Canada Science and Technology Museum / Heure du conte Mini SciencExplore avec le Musée des sciences et de la technologie du Canada**  
Follow the adventures of a boy named Sasha and his dog Lulu on a winter day and help Sasha problem-solve as the story progresses. Ages 3-6. Registration required. / Suivez les aventures d’un

garçon nommé Sasha et de son chien Lulu lors d’une journée d’hiver et aidez Sasha à résoudre des problèmes au fil de l’histoire. Pour les 3 à 6 ans. Inscription requise.  
Thursday, March 16, 10:30 a.m. to 11:30 a.m.  
Le jeudi 16 mars de 10h30 à 11h30.

**Move your body, tell a story! / As-tu le sens du rythme?**  
Explore storytelling through music and movement. Ages 7-12. Registration required. / Agite-toi, remue-toi! Découvre comment raconter une histoire en mouvement et en musique. Pour les 7 à 12 ans. Inscription requise.  
Thursday, March 16, 2 p.m. to 3 p.m.  
Le jeudi 16 mars de 14h à 15h.

**Lego® Block Party / Ça dé “bloc”**  
Create and build with Lego®! Ages 6-12. No registration required. / Architectes en herbe, à vos Lego®! Pour les 6 à 12 ans. Aucune inscription requise.  
Friday, March 17, 2 p.m. to 4 p.m.  
Le vendredi 17 mars de 14h à 16h.  
N.S. Registration for programs starts on February 15. / L’inscription des programmes commence le 15 février. / Registration for all programs requires a valid OPL library card for each registrant. / Toutes les personnes qui souhaitent s’inscrire à des programmes doivent être titulaires d’une carte valide de la BPO.

## ■ Teen Programs

**Harry Potter Book Night: The Professors of Hogwarts**  
Join us for an evening of Harry Potter themed activities all in celebration of the professors at Hogwarts. Ages 12-18.  
Registration recommended.  
Thursday, February 2, 6:00 – 7:30 p.m.

**What a Beautiful Mess!**  
Join us for some messy crafts. Sparkles, dough, and bubbles galore! Registration recommended.  
Wednesday, March 22, 4:00 – 6:00 p.m.

■ **Book Clubs**  
**Book Banter**  
Thursday, February 2, 2:00 - 3:00 p.m.:  
*Indian Horse* by Richard Wagamese  
Thursday, March 2, 2:00 - 3:00 p.m.:  
*The Juggler’s Children* by Carolyn Abraham

**Sleuth Hounds Mystery Book Club**  
Thursday, February 16, 6:30 - 8:00 p.m.: The Mickey Haller series by Michael Connelly  
Thursday, March 16, 6:30 - 8:00 p.m. : TBA

**Infusions littéraires**  
Le lundi 27 février, de 14h00 à 15h00 : *Eldorado et Le soleil des Scorta* de Laurent Gaudé  
Le lundi 20 mars, de 14h00 à 15h00 : *L’eau de vie* de Daniel Marchildon

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



ELMVALE ACRES PUBLIC LIBRARY

**Programs at the Elmvale Acres Branch**  
1910 St Laurent Blvd  
February 2017 – March 2017

■ **CHILDREN'S PROGRAMS**  
**Contes en famille**  
Lundi – 10h15  
Feb 6, 13  
Mar 27  
Contes, comptines et chansons pour les enfants de tous âges et un parent ou gardien. Programme portes ouvertes.

**Family Storytime**  
Wednesday – 10:15 am  
Feb 1, 8, 15  
Mar 29  
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  
Feb 2, 9, 16  
Mar 30  
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.

**Storytelling through experiences / Raconter à travers des expériences**  
Saturday February 4th – 2:30 pm  
Samedi le 4 février – 14h30  
Celebrate Canada 150 and Canadian experiences as a family! Stories, activities and crafts. Ages 5-10. Free. / Célébrez Canada 150 et des expériences des canadiens en famille! Contes, activités et bricolage. Pour les 5 à 10 ans. Gratuit.

**Images and Words / Images et mots**  
Saturday March 4th – 2:30 pm  
Samedi le 4 mars – 14h30  
Celebrate Canada 150 as a family! Stories, painting and crafts. Free. / Célébrez Canada 150 en famille! Contes, peinture et bricolage. Gratuit.

**March Break Programs:**

**Puppet palooza / Marionnettes en vadrouille**  
Monday March 13th – 10:15 am  
Lundi le 13 mars – 10h15  
Bring your story to life with your own puppet creation. Ages 7-9. drop in

Program. / Viens créer ta propre marionnette et fais lui vivre toutes sortes d’aventures. Pour les 7 à 9 ans. Programme portes ouvertes.

**From poutine to Superman! / De la poutine à Superman!**  
Monday March 13th – 2:30 pm  
Lundi le 13 mars – 14h30  
Take a journey through exciting Canadian moments, inventions and discoveries. Ages 7-12. Drop-in program / Fais un voyage dans le passé, explore le Canada et découvre des moments excitants, des inventions surprenantes et des découvertes époustouflantes. Pour les 7 à 12 ans. Programme portes ouvertes.

**Happy birthday, Canada / Bonne fête, Canada**  
Tuesday March 14th – 10:15 am  
Mardi le 14 mars – 10h15  
Celebrate Canada with stories, rhymes, and songs. For children of all ages and a parent or caregiver. Family program. Drop-in program. / Célébrez le Canada en contes, comptines et chansons. Pour les enfants de tous âges et un parent ou gardien. Programme familial. Programme portes ouvertes.

**Stories with Anne of Green Gables**  
Tuesday March 14th – 2:00 pm  
Join friends from the Cumberland Heritage Village Museum as we act out and illustrate some of our favourite stories from the Anne of Green Gables books. Create your own props and take them home share the story with your family. Ages 7 to 12. Register online.

**Different Times, Different Lives**  
Wednesday March 15th – 10:15 am  
Life in the past was a lot different than it is today. Or was it? Explore historic household objects, toys and photographs to discover stories of the Billings family. Create your own story about life in early Ottawa as you make an animated flipbook. Ages 7 to 12. Register online.

**Tactile tales / Contes sensoriels**  
Wednesday March 15th – 2:30 pm  
Mercredi le 15 mars – 14h30  
Stories that you can taste, touch and smell. Ages 4-6. Drop-in program. / Des histoires à sentir, à toucher et à

goûter! Pour les 4 à 6 ans. Programme portes ouvertes.

**Animation Nation / Nation animation**  
Thursday March 16th – 10:15 am  
Jeudi le 16 mars – 10h15  
Explore Canadian comic books and make your own! Ages 10-12. Drop-in program. / Explore la bande dessinée canadienne et crée la tienne! Pour les 10 à 12 ans. Programme portes ouvertes.

**Storytelling Lab / Laboratoire d’histoires**  
Thursday March 16th – 2:30 pm  
Jeudi le 16 mars – 14h30  
Visual storytelling through flip books and other artistic experiments. Ages 10-12. Drop-in program. / Expérimente le folioscope et découvre d’autres manières d’animer une histoire. Pour les 10 à 12 ans. Programme portes ouvertes.

**Movie effects with Mad Science / Effets de film avec Sciences en folie**  
Friday March 17th – 2:00 pm  
Vendredi le 17 mars  
Movie Effects gives children a chance to sit in the director’s chair and discover why science is the real star on the big screen. Exciting demonstrations and hands-on activities allow children to discover the science behind the amazing sound and weather effects from their favorite movies. Children investigate 3-D technology, and experience how this effect can make them feel like part of the action. Motion pictures come alive with a spinning praxinoscope. Ages 7 to 12. Register online. / Placez-vous dans la chaise du réalisateur et découvrez pourquoi la science est la vraie vedette derrière le grand écran! Démonstrations et expériences vont permettre aux enfants de découvrir la science derrière le son et la technologie 3-D. Ils pourront aussi comprendre comment un praxinoscope fonctionne! Pour les 7 à 12 ans. Inscription requise.

**Lego® Block Party / Ça dé « bloc »**  
Saturday March 18th – 10:15 am  
Samedi le 18 mars – 10h15  
Create and build with Lego®! Ages 6-12. Drop-in program. / Architectes en herbe, à vos Lego®! Pour les 6 - 12 ans. Programme portes ouvertes.

■ **ADULT PROGRAMS:**  
**Mystery Book Club – Monday Nights are Murder**  
February 6th – 6:30 pm  
March 6th – 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. February featuring Tami Hoag’s Cold, Cold Heart. March featuring Sophie Hannah’s Closed Casket.

**English Conversation Circle / Groupe de conversation en anglais**  
Tuesday – 7pm  
Feb 7, 14, 28  
Mar 7, 14, 21, 28  
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.

**Basic Photo Editing**  
Wednesday Feb 1st – 6:30 pm  
It is easy to take dozens or hundreds of photos with your digital camera. But then what? Chris Taylor, President of the Ottawa PC Users’ Group will help you discover some easy ways of fixing up your photos to correct many basic flaws so you will be proud to display them. Register online.

**Fraud Protection for Seniors / Protection antifraude pour les aînés**  
Wednesday March 1st – 6:30pm  
Mercredi le 1er mars – 18h30  
Learn the various reasons why seniors are particularly vulnerable to fraud, and how to protect yourself. We will discuss how different types of fraud work, what fraud looks like, how to recognize signs of being victimized, what to do if you’ve fallen victim. Understand from real-life examples what criminals want, how you can be prepared, and what steps to take to be in control. Presented in partnership with CPA Canada. / Découvrez pourquoi les personnes âgées sont particulièrement vulnérables à la fraude, et apprenez à vous protéger contre ce fléau. Nous aborderons les différents types de fraude, les aspects qu’elle peut adopter, les signes indiquant qu’on en est victime et les mesures à prendre le cas échéant. Vous apprendrez, grâce à des exemples concrets, ce que les criminels veulent obtenir, comment se préparer et les étapes à suivre pour gérer ces situations. Séance présentée en partenariat avec CPA Canada.

Alta Vista Public Library CONTINUED FROM PAGE 42

■ **Conversation Groups**  
**French Conversation Groups**  
Practice your French language conversation skills and meet new friends in a relaxed and friendly environment. No registration required. (Closed Monday, February 20.)  
Beginner - Mondays, January 9 – March 6; March 27, 4:45 – 6:00 p.m.  
Intermediate - Tuesday, January 10 – March 7; March 28, 6:30 – 8:00 p.m.

Beginner - Wednesdays, January 11 – March 8; March 29, 4:45 – 6:00 p.m.  
**English Conversation Groups**  
Practice your English language conversation skills and meet new friends in a relaxed and friendly environment. No registration required. (Closed Monday, February 20.)  
Mondays, January 9 – March 6; March 27, 6:00 – 7:30 p.m.  
Tuesday, January 10 – March 7; March 28,

12:00 – 1:45 p.m.  
■ **Adult Programs**  
**Heart Smart Cooking at the Alta Vista Library**  
Spend some time with Chef Christian Auger from Alta Vista by Revera learning about Heart Smart Cooking. Bring your friends, enjoy some samples, and learn how to make your heart happier.  
Wednesday, February 8, 11:00 a.m. - 1:00 p.m.



THE PLANNING AND DEVELOPMENT UPDATE

The Riverview Park Community Association (RPCA) tracks local developments, most notably work on controversial Hospital Link of the Alta Vista Transportation Corridor (AVTC) road between Riverside Drive and the Ottawa Hospital Ring Road. 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, traffic congestion, and increasing infrastructure for pedestrians and cyclists.

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

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. Work on the AVTC road is slated for completion by 2017 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 is being used by local residents this winter. The exact location of the replacement hill will be finalized



KRIS NANDA  
Chair, RPCA Planning & Development Committee

later this year. Councillor Cloutier's website has more details on the AVTC project at: <http://jeancloutier.com/hospitallink/>

The RPCA has asked for a public update on the final design in early Spring 2017 and has invited the lead project engineer and landscape designer to the February 26th Winter Frolic at the sledding hill.

In addition, a new pathway is expected to be placed along 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 with an expected Spring or Summer 2017 construction for the new pathway.

Hydro One Overbrook to Riverview (Balena Park) Transmission Line Upgrade

Hydro One has now completed the draft Environmental Study Report (ESR) for the Overbrook to Riverview Transmission Line Upgrade project and has been made available for public comments until February 10, 2017. The project to upgrade the existing 115 kilovolt transmission line between the Overbrook Transformer Station on Coventry Road and Balena Park is governed by the provincial Environmental Assessment Act and the approved Class Environmental Assessment for Minor Transmission Facilities (Class EA) process. Subject to the outcome of the Class EA, construction could begin in spring 2017.

Hard copies of the draft ESR are available on at the Ottawa Public Library, Overbrook Community Centre, Dempsey Communi-

ty Centre and Ottawa City Hall. A digital version can be found at: [www.HydroOne.com/Projects/OverbrooktoRiverview](http://www.HydroOne.com/Projects/OverbrooktoRiverview).

The RPCA is reviewing the ESR report, in particular regarding the extent to which Hydro One plans to minimize the impact from the project construction on the vegetable and flower gardens and other greenery that local residents have planted in the Hydro One right of way with the utility's knowledge.

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. Hillcrest High School and Riverview Alternative School (RAS) are among the facilities that are at risk of potential closures. Both schools have seen 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 keeping both Hillcrest and RAS open and has endorsed the idea of 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](http://www.SchoolZone6.org)

The RPCA has been working with several neighbouring Community Associations in the Alta Vista Ward to put together a public event where residents to provide input on this issue before the OCDSB releases a draft report and recommendations in April. This event is likely to take place in February. Further details will be available on the RPCA website and elsewhere.

Pedestrian and Cycling Connections

At the request of the RPCA, Councillor Cloutier hosted a meet-

ing with City planning officials last year to view and discuss the 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. The RPCA has requested a follow-up briefing on the plans that are expected to be finished this winter.

The RPCA has asked the City to widen 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 Hurdman Transitway.

Later this year, the City will be installing a pedestrian crosswalk on Russell Road just south of the entrance to the Perley-Rideau Veterans Hospital Complex. The RPCA and other have long called for this feature to improve safety for Perley staff, residents and visitors.

Trainyards Developments and Tree Planting along Coronation Boulevard

Construction on the 9-story office building at 405 Terminal Avenue should be completed before Spring 2017, though a tenant has yet to be confirmed. Meanwhile, Kettleman's Bagels is expected to open in late February in the same building as M&M Meat Shop and Bulk Barn.

With new businesses now open in Trainyards (and increased traffic volume), the RPCA has asked the City to look into an advance left green light at entrance to Farm Boy/LCBO from Industrial (across from the 628 Industrial site). The 628 Industrial construction site will have two retail buildings (including a Nordstrom's Rack) plus a small coffee shop.

A sidewalk, trees, grass and some planting beds will be installed on Industrial Avenue in following comments from the RPCA and others about aesthetics and safety. Trainyards CEO Marty Koshman has stated that all these plantings were chosen to be sustainable, with no need for a separate irrigation system. In addition, on the southern side (facing Coronation), trees will be planted give a living hedge effect.

In the meantime, the RPCA asked the City to look into the possibility of tree planting the adjacent municipal property on Coronation to mitigate the visual changes that resulted from the tree cutting that took place in 2016 – to supplement the trees that the Trainyards will

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Chris Ellis

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

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





A winter moon over Balena Park. PHOTO: GEOFF RADNOR

*Planning and Development Update* CONTINUED FROM PAGE 44

be planting to replace those lost in connection with the 628 Industrial site. However, the RPCA Board was recently informed by Councilor Cloutier that this proposal to plant trees on municipal land along Coronation was not feasible..

**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 unit. Release of the Master Concept Plan / Secondary Plan originally scheduled for completion in January 2017 has been delayed. A follow up Open House will be held before the report goes to Planning Committee in March or April.

**Roadwork on St. Laurent Boulevard**

Work to upgrade the current four lane section of St. Laurent Blvd between Smyth and Industrial/Innes Road is expected to be completed by November 2017. The \$8.9 million project will see installation of transit lanes and raised cycling track next to the sidewalk along St. Laurent.

**Light Rail Construction Project Update**

The Hurdman bus loop is slated to be ready to move to a new facility at its old location in 2017. Testing of Light Rail vehicles has begun on portions of the track east of the Belfast Yards

**Main Street Renewal and McIlraith Bridge Work**

Main Street north and the McIl-

raith Bridge have now been fully re-opened to traffic with Bridge rehabilitation 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 has been shut-down for the winter and will resume in the spring for landscaping and other minor work.

**Street Name Changes**

As a result of a policy in place since amalgamation of Ottawa to eliminate duplicate street names, effective March 13, 2017, Blair Street’s name will be changed to Neighbourhood Way and the portion of Botsford that intersects Smyth will be called Botsford South.

**Other Developments in the City**

The RPCA along with many other Community Associations and organizations such as Book Mark the Core had urged the City to locate the new Central Library in the downtown Core, rather than the recently announced location just east of Lebreton Flats.

The full report is available for public review and comment on the recommendations page before the OPL Board meets on January 31, 2017 to discuss and make decisions on the recommendations. The public can comment on the staff recommendations via email ([centrallibrary@ottawa.ca](mailto:centrallibrary@ottawa.ca)) and the Ottawa Central Library website.

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](http://www.city.ottawa.on.ca/residents/planning/index_en.html). The RPCA welcomes your input on these proposals and any other potential developments in the area.

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



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**Back by popular demand**

**Saturday**  
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**for the**  
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**Reunion**  
**2017**

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COMMUNITY BULLETIN BOARD

■ **Rideau Park United Church**  
Rideau Park United Church,  
2203 Alta Vista Drive,  
Activities and Events,  
February 2017 - March 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](http://www.rideaupark.ca)

**50+ Exercise Group: Tuesdays & Thursdays, 9 am-10 am, to March 16th.** All levels of fitness (men & women) are supported by Faiza, our experienced Seniors' Fitness Instructor (SFIC). Spring session to follow. More info, call Lisa Sadler at 613-523-9101.

**Gentle Yoga: Wednesdays, 5:30-6:30 pm (starting Jan. 11th) -OR- Fridays, 9 am-10 am (starting Jan. 13th).** Our certified instructor, Lynda Spalding, will lead beginner to advanced students (men & women) through a gentle flow mat class. Spring session to follow. More info, call Lisa Sadler at 613-523-9101.

**Valentine Coffee Party, Thurs. Feb. 9th, 9:30 - 11:30am.** Enjoy coffee, tea and fruit breads while choosing from the Bake Table, perusing the Potpourri Table and checking out the quilts. Children welcome. Freewill offering accepted at the door.

**A Vimy Revival Showcase will be hosted on Sunday Feb. 12th, 5:30pm,** by Andrew Ager with The Friends of the Canadian War Museum to commemorate the effort and sacrifice of Canadian Service Personnel. Enjoy a "Bangers & Mash" Dinner followed by an evening of music, song and stories, including excerpts from the "Unknown Soldier" and WWI era music. The cost is \$20.00 for the Dinner & Entertainment, or \$10.00 for the Entertainment only (6 pm). Please RSVP for the Dinner by February 5th to Mark Shulist at: [markshulist@gmail.com](mailto:markshulist@gmail.com).

# 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



**The Harmony Club for Seniors 60+ meets on Wed. Feb. 22nd. From 1-2pm,** Claire Marshall will speak about OrKidstra, a program designed to empower low-income children and build community through learning and playing music together. All seniors welcome.

**Winter Dinner, Friday Feb. 24th:** Join us for a delicious dinner of chicken cordon bleu, rice pilaf and green beans followed by fruit cobbler with maple syrup. Two sittings at 5pm and 6:30pm. Tickets available on Sundays after the service (11 am), or from the church office (M-F 9-4). Adults: \$18.00, Children 6-12 years: \$10.00, Children 5 and under: free.

**Shrove Tuesday Pancake Supper, Tues. Feb. 28th, starting at 5:30pm,** hosted by the 28th Ottawa Scouts, with a menu of pancakes, sausages, veggies, and dessert. Tickets - Adults: \$8.00, Children: \$5.00, available on Sundays after the service (11 am) and from the church office (M-F 9-4).

**The Harmony Club for Seniors 60+ meets on Wed. March 29th. From 1-2pm,** Melanie Morin, will speak about, "Time To Connect," the Growing Issue of Seniors' Isolation in the City of Ottawa, and explore the programs available to seniors. All seniors welcome.

■ **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, March 4th. from 10:00am to 5:00pm. This is Art Lending of Ottawa's show where one may purchase, lease, and lease to purchase quality fine art from local artists. One may visit [www.artlendingottawa.ca](http://www.artlendingottawa.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. The EUC Men's Club presents **The Annual Shantymen's Dinner** - A tradition begun in 1987. Hearty Fare!! Music by the Emmanuel River Boys!! Friday, March 31st, 2017. Sittings at 5:00 and 6:45 p.m. Tickets: Adults \$15.00, Children (under 12) \$5.00, Family \$40.00. Proceeds to the Revitalization Fund. (Jeans and Lumberjack Shirts Encouraged!). Tickets and Information 613-733-0437

■ **St. Aidan's Anglican Church**  
**Pancake Supper, Shrove Tuesday, February 28th, 5 - 7 p.m.** 934 Hamlet Road. Tickets: adults \$10.00, children: under 12 yrs. of age \$5.00. Info: 613-733-0102, e-mail: [staidans@bellnet.ca](mailto:staidans@bellnet.ca)

■ **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.

**St. Thomas the Apostle Anglican Church's annual Shrove Tuesday Pancake Supper, Tuesday, February 28.** 2345 Alta Vista Drive beside fire station. Two sittings at 5 pm and 6 pm. Pancakes (including gluten free), sausages, ham, beans, ice cream. \$10 for adults, \$5 for children, and free for children 3 and under. Advance tickets available at Church office weekday mornings. 613-733-0336.

■ **Oakpark Retirement Community**  
**Morning Concert Series.** Thursday mornings in the main lounge from 10:30-11:30. February 9th. Joan Fearnley & Frederic Lacroix Soprano & piano duo

■ **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.

■ **Friends of the Farm**  
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](http://www.friendsofthefarm.ca) and local bookstores.

**April 8 - Friends of the Farm Volunteer Recruitment Orientation at 9:30am** Come and meet garden team leaders and event coordinators at the Volunteer Recruitment Orientation on in Bldg. 72 CEF Arboretum, east exit off Prince of Wales roundabout. [friendsofthefarm.ca/fcef-annual-events/](http://friendsofthefarm.ca/fcef-annual-events/)

**April 11 - Friends of the Farm Master Gardener Lecture from 7 to 9pm.** "Pruning: the Good, the Bad, and the Ugly" with Laura Moses. Participants will gain knowledge to perform proper pruning. FCEF members \$12, non-members \$15, Bldg 72 CEF Arboretum, east exit off Prince of Wales roundabout. 613-230-3276 [friendsofthefarm.ca/master-gardener-lectures/](http://friendsofthefarm.ca/master-gardener-lectures/)

**April 25 - Friends of the Farm Master Gardener Lecture from 7 to 9pm.** "Gardening for Beginners" with Mary Reid. Participants will look at the real basics of gardening. FCEF members \$12, non-members \$15, Bldg 72 CEF Arboretum, east exit off Prince of Wales roundabout. 613-230-3276 [friendsofthefarm.ca/master-gardener-lectures/](http://friendsofthefarm.ca/master-gardener-lectures/)

■ **Pacesetters**  
**Do you want to get rid of the winter blues? Come and join the Pacesetters Walking Club at Billings Bridge Shopping Mall.** Activities include walking with your friends, social gathering, knitting for charities, puzzles, library. Located in the basement of the Tower at the northwest corner of the Mall. Open from 7:30 to 10 am. Low cost of \$10 per year covers our expenses. Call 613-521-6740 during open hours for information.

■ **Riverview Alternative School**  
Riverview Alternative School Family **Movie Night, Friday, February 10th** 260 Knox Crescent. Admission \$2.00 per person. Doors open at 6 p.m. for dinner. (Music video pre-show) Feature film: DreamWorks Trolls. Starts at 6:45 pm. Pizza, baked goods, juice, coffee & tea, popcorn and glow sticks available for purchase. All funds go to supporting student activities.



DEAR FRAN



FRAN DENNETT  
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# Edible Flowers

For years I have been eating certain flowers especially in salads. Little did I know I had been doing what the Romans, Greeks and many other civilizations have been doing for centuries—adding flowers in their foods. This does not mean people were sitting down to bowls of flowers as their main meal, but they did use certain flower parts as flavourings, garnish or decoration. This custom is enjoying a resurgence, not just among the foodies, but everyone who wants their food to look inviting as well as taste delicious.

Here are few points to remember:

- eat only flowers grown without pesticides
- eat only the petal though other parts are edible, they may be bitter
- taste them to see how they taste and if you like them and they agree with you
- collect in morning when the flavour is the strongest
- once collected, flowers can be placed between damp paper towels; place in a baggie and refrigerate ready for using. Some wilted flowers can be revived by floating them on water
- lastly, check to make sure the flowers you are about to eat are really on the edible flower list

Most of the edible flowers are annuals, some biennials, herbs, vegetables and some perennials and, of course, a few weeds—dandelion. Remember the common variety, as opposed to a new cultivar, usually has more intense flavour.

Edible flowers — an incomplete list

Perennials:

**Monarda didyma** (Bergamot or bee-balm) the red, purple/pink petals can be used in cakes, drinks and salads. Bergamot gives Earl Grey tea's characteristic flavour. *Monarda* is a bee and hummingbird magnet.

**Lavender** is an intense flavour, so use sparingly in chocolate cake, iced champagne and other savory dishes or desserts.

**Dianthus** (pinks) have pink, red or white flowers. The petals taste of cloves and need to be cut away from the bitter base of the flower. Use in salads and desserts.



**Rose** petals are perfumed, but their taste is more softly fruity. Again, only organically grown roses should be eaten and you must remember to cut away the bitter white base of the petal. Never eat commercially grown roses as they are treated with pesticides.

Annuals

**Centaurea cyanus** (annual cornflower) blue petals give a light sweet, slightly spicy flavour. Add them to salads, teas or fancy drinks.

**Tagetes tenuifolia** (signet marigold, e.g. Lemon/Orange Gem) flowers have a citrus taste and can be added to salads. Other marigolds may have a bitter taste, so taste them first to see if you like them.

**Calendula** (pot marigolds, another favourite) have yellow, gold or orange petals and lend a faint peppery flavour to salads. Some use it as a substitute for saffron.

**Nasturtium** (my favorite) has a peppery flavour. Use the yellow,



PHOTOS: GEOFF RADNOR

orange or red flowers and leaves in salad and the seeds can be pickled and used as a substitute for capers.

**Viola** (pansy), especially Johnny-jump-ups, can be used to decorate cakes, salad and drinks.

Herbs

**Agastache rugosa** has licorice flavoured leaves, and flowers and can be added to salads. The nectar of this perennial is a major source of spring nectar for the Skipper and other butterflies.

**Basil** once it flowers, the leaves start losing their potency; however, the blossoms can be used as decoration on pasta.

**Borage** (another favorite) has star shaped blue flowers that look great in salads and have a cucumber flavour. Separate the individual flowers from the cluster in order to use. Also, decorate cakes, cheese plates and drinks with borage.

**Matricaria chamomilla** (chamomile) fresh or dried leaves and

flowers are used to make tea. They can also be used in salads and soups. The flavour is similar to apples.

**Cilantro** is edible in all its forms—the tiny white flowers, leaves roots and seeds. You know the seeds as coriander. It is another beneficial insect's magnet.

**Dill** has a strong flavor prized in making dill pickles, salmon, potato salad and salads. The tiny yellow flower umbels open and quickly go to seed.

**Garlic** and chive flowers are pink to white and are great in salads. Place about 30 blooms in a quart jar, cover with white wine vinegar or white vinegar, and store for a month in the dark; strain the flavoured vinegar, and decant into pretty bottles for Christmas presents.

**Mint** is an invasive perennial, but oh so useful. There are many different flavours—peppermint, spearmint, chocolate and apple. Find one you like and grow it contained. Use the flowers and leaves in salads, teas, mint sauce and jelly. Another bee magnet.

Sage, a hardy bush, has blue flowers which give interest to salads and poultry dishes.

Vegetable

**Squash blossom**, both male and female, can be sautéed or used as decoration.

**Scarlet runner bean** flowers are red. Use the flowers in salads soups and as a garnish. Their nectar is also a hummingbird magnet.

**Pea**—the garden pea and NOT sweet pea—have lovely flowers that are great in salads. Do not eat either annual or perennial ornamental sweet pea as they are poisonous.

Almost any flower that is not poisonous can be eaten. You have to taste it, decide if you like it, and that you experience no side effects. This is why it is importance to check that the flower is on an approved edible flower list. The internet is awash with information on this topic because it is so popular with the culinary crowd.

Be adventurous, but in a cautious way. Bon appétit!

N.B. In researching this topic, I discovered <westcoastseeds.com> as a supplier of organic flower and vegetable seed. Their free catalogue is full of great growing information.

- Master Gardeners of Ottawa-Carleton (MGOC) check our website for gardening information <http://mgottawa.mgoi.ca>.
- A garden workshop may be offered in April. Check our website for the announcement.
- 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.
- Email Help Line: [mgoc\\_helpline@yahoo.ca](mailto:mgoc_helpline@yahoo.ca)





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