



Carriage driver Gary Scharf pats horses Grace and Cody.

Corn roast drew record number to Balena Park

Story by Bill Fairbairn,
PHOTOS BY GEOFF RADNOR
Horse drawn carriage drivers Gary Scharf and Alan Argue of Hollybrooke Farms guided horses, Grace and Cody, round Balena Park numerous times carrying children and adult passengers. Some of the adults maybe dreamed they were up hill and down dale in a stagecoach at Confederation 150 years ago, rather than at last month's commemorative Alta Vista Corn Roast.

CONTINUED ON PAGE 14

by Geoff Radnor
Did you get to see the eclipse way back in August? It was a chance of a lifetime if you went to the regions of the US where there was totality. But here in Riverview Park we got about 50% totality.

I was given the job of recording this wondrous event for the readers of this paper. Never having done this type of picture taking before, and with no experience in this type of photography I was at a loss initially to how to do it. We are now all great photographers using our phones for selfies, it is so easy.

But decades ago, before mobile phones and before digital cameras, there was photography using film. It was actually the 35mm film that was used to make movies in Hollywood that I used when I started taking pictures.

Way back over a hundred years ago a Mr Barnack in Germany made a camera that could use the standard 35mm movie film to take

The 2017 Eclipse

pictures. The size of the picture, in a negative form, was very small, about an inch by an inch and a half. His invention was the famous Leica camera. A high quality lens was necessary because the enlargement required to make even a small picture was quite high.

But you may say, what has this to do with taking a picture of the eclipse?

Well I still dabble in film photography although most of my pictures are taken with a digital camera. We were all warned not to look at the sun directly during the eclipse. Special viewers were available to filter the strong rays of the sun.

It just happened that there was some exposed 35mm film on my photo shelf. This is film that had been used but had not been processed and was blank and almost opaque. I thought maybe this could

be used as a filter like those on the special viewers. I cut two pieces of this and taped them together on to the front of the lens of my digital Lumix FZ200 camera.

Then how does one take a picture of the sun if you can't look at it? By keep on trying and clicking away.

Of the many pictures I took only two actually showed the eclipse. But that is the joy of digital cameras. You can keep on clicking away until your memory card is filled with hundreds of images, just hoping that at least one of them will be what you were trying to achieve.

So here it is, my picture of the eclipse as seen from my garden in Riverview Park.



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by Helen McGurrian

A man in a dark suit stands next to large, 3D letters spelling 'OTTAWA'. The letters are white with red interiors. The man is pointing towards the letters. The background shows a modern building with a glass facade.

Love your **WALL**
Love your **SPACE**
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Hydro One: Work continues

Story and photos by Geoff Radnor

It was a year ago that the residents adjacent to the Hydro One power line from Balena Park to Coventry Road received a message from the company. It stated that work would start in April 2017 on the construction of a second power line. To facilitate this, residents were informed that all encroachments (shrubs, trees, bushes, gardens and any structures) were to be removed from Hydro One right-of-way by April 1, 2017 (No fooling!).

In reality, construction work on this project didn't start until May. This entailed test drilling for the foundations of the new towers.

Initially it was planned to have a temporary gravel access road from Balena Park to Coronation Ave. to enable access for trucks, cranes and heavy equipment. However, there was a change of plans made and a temporary wooden road was laid.

The wooden flats came on a truck, some came from PEI, and were placed to make a road about 10 metres wide. This method saw many trees and shrubs, that were destined to be removed, spared. Some cedars hedges did have to be removed as they interfered with access. But it was pleasant to see that “all encroachments” did not have to be removed. The actions of a group of concerned citizens and some kind words from our MPP John Fraser must have had an impact on Hydro One's HO in Toronto.

Several meetings were convened by Hydro One to keep residents aware of the details of construction. The last one was on July 19th when a group of Hydro One staff led by the project manager Temesghen Bzuayehu, met local residents at the Dempsey Centre, where the final plans were shown.

The first real construction started with the holes for the new towers. One was in the Metro warehouse parking lot just north of Coronation Ave. Another followed in the Trainyards close to the Starbucks coffee shop. One more, between Caverley Street and Chomley Crescent was the one closest to the homes, and for a day or so it was difficult to hear oneself talk while the work continued.

All have now been finished and the concrete foundations have been poured and are now maturing, like fine wines, ready to take the new towers. These will be delivered by helicopter, giving local photographers and the TV news cameras lots to enjoy.

I am very pleased so far with the cooperation given by the Hydro One construction team to the concerns of the residents affected.



The cedars had to go but not the apple tree on Bathurst



A tower foundation ready for dropping into its hole



The Hydro One team at the Dempsey Centre led by Project Manager Temesghen Bzuavehu



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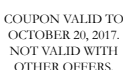
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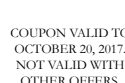
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I decide to stay in Canada (Part 3)

by Sydney Baker

Later, back in Ottawa, one of the Lancasters was registered CF-IMF. It was modified for the installation of SHORAN positioning and air profile recording equipment. During the summer of 1956, this aircraft did survey work out of Coral Harbour on Southampton Island.

Also the company purchased a Douglas DC-3, CF-ICU, and over the next ten years this turned into a multi-purpose aircraft. It was used in the following roles: cargo supply; aerial photo; magnetometer survey; SHORAN positioning and air profile recording. Later a second DC-3, CF-ITH, was purchased and fitted with Pratt and Whitney R-1830-94 1,350-hp supercharged engines which allowed it to operate at higher altitudes.

Late June 1956 saw me off on another tour; two months of which was spent at Pelly Lake in the North West Territories at a very remote spot northwest of Baker Lake. We were flown in on our own DC-3 with equipment and supplies. The sand and gravel landing strip with wooden huts for accommodations and a kitchen was built by Spartan Air Services, even down to a re-



Mosquito Mk 35 belly lands at Pelly Lake after engine failure. Aircraft totally destroyed, crew uninjured.

frigerator which happened to be a tunnel dug inside of a hill! Everything was flown in; including a D8 tractor in a dismantled condition. The air strip had to be dragged due to sand build-up from wind storms.

DC-3 and York aircraft flew in all the gasoline in 50 gallon barrels, all of which had to be hand pumped into the aircraft. A Mosquito held more than 600 gallons, so pumping and handling the barrels and fighting off the live mosquitoes left one a little tired and sore at the end of the day. We soon learned that we were the main target of the mosquitoes. They were vicious and we wore mosquito nets all the time. All the same, it was just about impossible to avoid being bitten.

Two significant incidents oc-

curred while we were at Pelly Lake. Weldy Phipps was flying one of the two Mosquitos we were operating and he experienced an engine failure while flying close to Pelly. He flew several circuits of the base before making a perfect single engine landing. This failure necessitated an engine change; fortunately we had provided for this situation by flying in a spare engine earlier on. We also had an unmodified Mosquito flown in for spares. In spite of the very primitive conditions and equipment the engine change went very well and the Mosquito was soon back on the survey.

The second incident involved a runaway propeller on a Mosquito flown by Al MacNutt. Without control of the propeller, the air-

craft quickly became difficult to handle. Al instructed the camera operator and navigator to bail out, then he flew the aircraft into Pelly for a wheels up landing; the left engine was now on fire. Al escaped through the roof hatch unharmed, but, with no fire-fighting equipment, there was little we could do but watch the aircraft be completely destroyed by fire. Both the camera operator and navigator were picked up uninjured by a floatplane that was operating in the area.

We had a Piper Super Cub (CF-HXA) that had been fitted with large donut wheels. Weldy Phipps flew the plane into Pelly for an extended exploration flight into the Arctic. We serviced the plane and loaded as many ten-gallon drums of fuel on board as we could. Weldy made the flight, planting a Canadian flag at what he believed to be the North Pole. A few days later, with Al MacNutt piloting the Super Cub, we made a short flight to Garry Lake where Father Bouchard lived a solitary life ministering to the sparse population of the area. He told us about the frequent trips he made to Inuit settlements in the area. A few years later, I learned that he did not return from one of these trips and he was never found.



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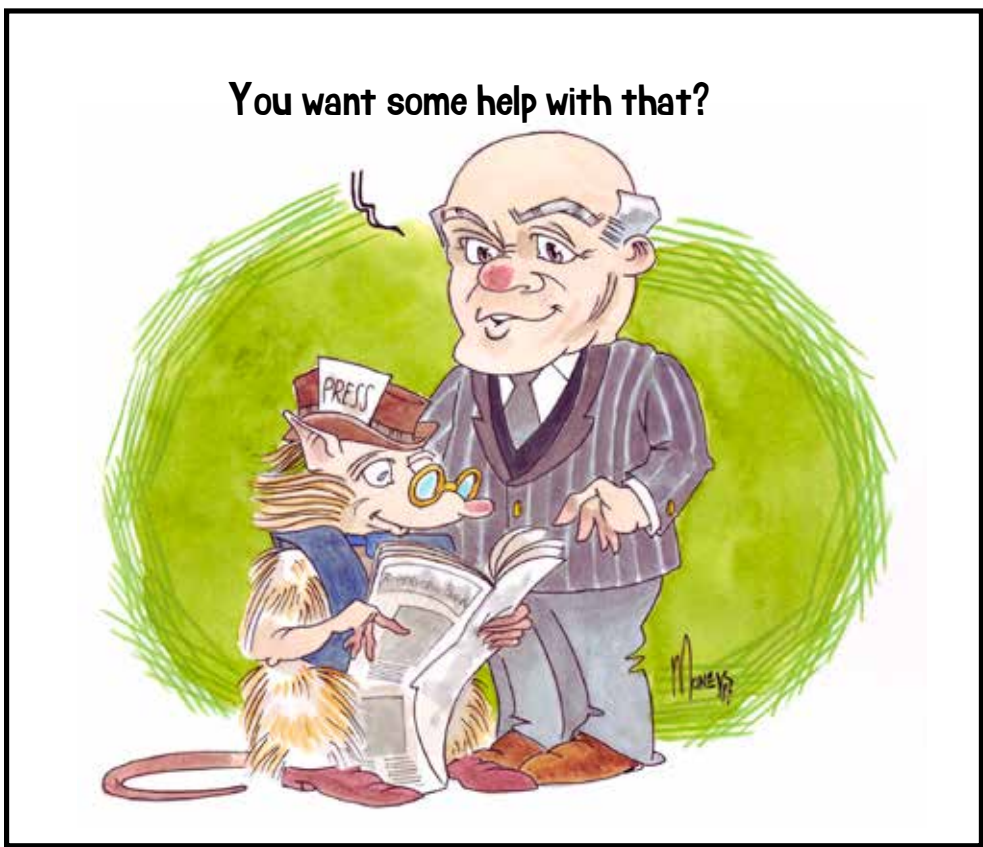
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Sometimes it is good to be small. Certainly for a community newspaper that is the case. Not only can content and production be handled by a small dedicated group of people, but content in particular can be more easily directed to the promotion of the events and people of the community. Local issues thus influence each published edition of this community newspaper.

It seems that larger newspapers that cover metropolitan areas, provinces or nations can't help but be affected by large pecuniary interests. The opinions and editorials of those publications have increasingly come under the influence of political and corporate interests of that nature. In recent years some well known Op/Ed writers (including two, just this year, from the *Ottawa Citizen*) have quit in reaction to being constrained by those controlling interests.

This just goes to show how important, yet failing in almost all national newspapers, is solid investigative journalism. So also does it again show that it is good, and no doubt journalistically easier, to be small and responsible to a community rather than to a country. Fake news is much more visible locally than nationally so constraint against distortions big or small is vital.

The *Riverview Park Review* is lucky compared with the national papers. The *Review* is a not-for-profit publication that for now deliberately and conscientiously limits itself mainly to local interests. Content and judgment focuses on the local community. Next year, with provincial and municipal elections being held, there may be room for a wider perspective. While the *Riverview Park Review* will endeavour to give equal space to all who deserve it, local interests will nevertheless continue to guide the



publication in a testing time. shared values of our community. Submissions that are published This independent newspaper's and advertising that is promoted motto is to write what is right for should and will reflect the true Riverview Park!

About the *RPReview* community newspaper

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

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

Submission formats

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

Got an opinion to share? Please send letters to editor.riverviewrpr@gmail.com. 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.

RPReview is currently seeking distributors. • Contributions by politicians are paid announcements.

RPReview needs volunteers to help with distribution.

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Next deadline for advertising and copy:

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Jean Cloutier, City Councillor for Alta Vista

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As for the 13 stations, they have been designed to be open-concept, well-lit and easy to navigate. Sta-

tions will include safety features like emergency phones, video camera monitoring systems and identified Transecure – OC Transpo’s 24/7 community watch program, with Transit Special Constables and all other OC staff always on the lookout for the safety of the

travelling public, in waiting areas.

Tactile warning strips and inter-car barriers will also be in place at all stations to keep everyone safely away from the platform edge. Arriving customers will find it easier to orient themselves at stations with an inviting, open-concept de-

sign that features abundant glass and open sightlines.

For more information on the O-Train Confederation Line, please visit OC Transpo’s “Ready for Rail” web section at www.oc-transpo.com/ready4rail or contacting my office at 613-580-2488.



LETTER TO THE EDITOR

Dear Editor,

The three undersigned have been caring for the Memorial Bench and Garden and the adjoining Guide Dogs Memorial Pet Patio since their inception. They are in Balena Park at the N.W.corner of the soccer field, adjacent to the hydro lines. We notice that someone has taken an interest in the site as most recently the sod edging the Pet Patio was dug up. Unfortunately this is causing

the bricks to shift. We really would appreciate help with the garden and patio. Anyone who is interested in lending a hand please contact 613-523-4339 or 613-733-1744 so that we can coordinate our efforts. Due to the Hydro One project no work can be undertaken on the garden until their work is completed. Do not let this stop you from calling us!

Pam Clayton,
Orrin Clayton, Chris Mark

SCAM ALERT

Facebook – Free airline ticket scam

by Marian O'Connor

There is a scam on Facebook which claims to offer two free airline tickets (Air Canada, WestJet, or other airlines). To protect your personal information, do not respond, fill in the survey, share with friends or “like” the post. If something sounds too good to be true, it probably is.

Prior to responding or sharing the post, please check with the original source before clicking any link:

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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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15 Rides for Canada's 150th

A Capital Cycling Experience



DAVID CHERNUSHENKO
David.Chernushenko@Ottawa.ca

This summer I had the pleasure of cycling all over Ottawa. I do mean ALL over. On top of my daily commute, recreational rides and standard errands, I embarked on an ambitious plan (more so than I had bargained) to tackle all 15 of the cycling routes recently developed by the City of Ottawa as suggested bike tourism excursions. My goal was to make a Canada 150 project out of riding each route, and to invite friends and family to join me on occasion, then write and post photos chronicling my two-wheeled travels. I did it. I completed all 15 rides, totalling close to 700 km. It took a bit longer than planned, with my final ride of 101 km (always save the best for last!) on September 15. In fact, the last four rides were in September. It was not the best year for riding, as the wet and windy spring weather carried on for much of the summer. Still, with a bit of flexibility in scheduling, I was able to stay

dry most of the time. None of the rides felt like a chore, even when weather was not being friendly. In fact, I enjoyed the venture so much that I feel compelled to share some of what I saw and learned in this column. First, let me point out that these rides are not designed for expert cyclists. While MAMILs (Middle-Aged Men in Lycra!) will enjoy most of them, only a few are at the upper end of endurance and technical difficulty. Most of these itineraries are either very gentle and exclusively on paths, or moderately challenging, with some on-road riding mostly confined to quiet urban, suburban or rural roads. Which brings me to the second point. The rides are almost an equal blend of urban, suburban and country, and some cover two or all three of these geographies. Here's what I learned:

1. Ottawa is big. Very big. On numerous occasions, such as while

sitting at a picnic bench on the Ottawa River at Fitzroy Harbour, I would think, "Really, this is still the City of Ottawa?" It's a quirk of amalgamation, but hey, make the best of it. And there is a lot to make the best of. We have scenery.

2. Ottawa has great bakeries, cafés and (cover your ears) pubs.
3. The cycling infrastructure has improved enormously in the years since I was a young and fit distance rider. There are now so many more routes you can take where you never, or almost never, have to ride on the edge of a road with traffic zooming past you. Until 10 years ago, balancing on that thin white line was the norm. Granted, there are practical, geographical or scheduling reasons that cyclists can't always choose the quietest routes, and there's still a lot of room for improvement, and but there are far more options now.
4. Ottawa has vineyards. Blame it on the changing climate, or credit the skills and entrepreneurial spirit of the wine lovers who pioneered winemaking in the region.
5. You can carry four bottles of

wine in a single pannier, packed carefully. But it's best to bring two panniers — not so much to carry eight bottles, but to help keep your balance.

6. We have great trails along former rail lines. Until taking on this project, I had only heard about the Osgoode Trail in the south, the Prescott-Russell Trail in the east, and the Trans-Canada Trail west to Stittsville and beyond to Ashton. Now I can say that, even on fairly skinny tires, these non-paved paths are a pleasure to ride. Even with young children, like my eight-year-old daughter.
7. Some Ottawa roads have a lot of potholes, and a few are literally falling apart. Beware the Thomas A. Dolan Parkway in rural Kanata.
8. The Black Walnut Bakery in Cumberland has an amazing pear spice pie.
9. Anyone can get out and enjoy this city on a bicycle. There is a route for everyone.

Find out more about the routes and my rides at capitalward.ca/15rides. It may be getting too cold for fair-weather cyclists, but you can start planning now for next year!

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



The day that Revera Alta Vista welcomed Miata car owners...

LEFT: John Jerome enjoyed several spins around the block as a passenger in the Miata of Robin Villeneuve after a delicious BBQ,.

RIGHT: Rolly Beaulne shared his beautiful Miata for many, many neighbourhood trips.

PHOTO CREDIT: CAROLE MOULT





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Research indicates that the posture can affect every function of the human body, including breathing and hormonal production. A 1994 study concluded that Spinal pain, mood, blood pressure and lung capacity functions that are most easily influenced by posture.

Our posture is a crucial factor in good health. Having a spine out of alignment not only causes bad posture but affects the muscles, ligaments, restricts the breathing and hormonal process which might affect the blood pressure, the energy level, the mood and other health problems. This will accelerate the spinal degeneration called osteoarthritis.

Forward head will destroy your health.

A forward head posture will impact the spinal cord and hence the automatic function of the body such as breathing, respiration, heart rate, digestion etc. Try this at home move your head forward and try to breathe you will see that it is harder to breathe with the head forward than with the neck at a neutral position. Head forward creates less oxygen to your body will affect the entire cell. A forward dorsal spine will affect so many aspects like your digestion system, the shoulder and many more. A misalign lumbar spine will affect the back, leg, bladder and the sexual organ etc.

What can the Chiropractor do to help?

If the problem has been there for a while get checked by a Chiropractor. He will do an evaluation, a complete health exam and an x-ray if it is necessary to see if you have a misalign spine or bad posture. If so he will get your health on track. Chiropractic changes and saves lives.

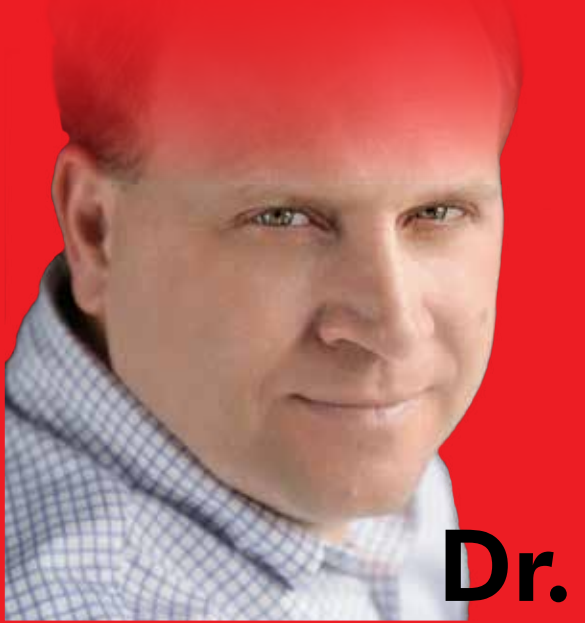
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A Tip from Dr. Stéphane Chillis



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Riverview Alternative School Family Picnic



Benji was checking out one of the RAS Box Gardens.



Look what the face painter created for these two students!



Hot dog time for Riji (C) and parents Riemk (L) and Diewke.



Now the RAS gardens look like this. PHOTOS: CAROLE MOULT

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BOOK REVIEW

The Life of Moshele der Zinger, How My Singing Saved My Life

by Janina Nickus

Did you know that a world-renowned, Jewish “chazzan” and Holocaust survivor has been living in Ottawa for the past 40 years? Cantor Moshe Kraus, 95, lives with Rivka, his wife of more than 65 years, in an apartment in Sandy Hill. His autobiography was published by Baico Publishing Inc. of Ottawa earlier this year.

A cantor, or *chazzan*, conducts the liturgical or musical part of the religious service and sings or chants prayers performed as solos. According to Moshe, “Singing and chanting Jewish liturgy is not for the faint of heart. In truth proper Jewish learning of any kind is both intense and complex, including the requirement to study at least two new languages, Hebrew and Aramaic.” In fact, Cantor Kraus speaks six languages: Yiddish, Hebrew, Hungarian, Czechoslovakian, German and English.

This book tells of Cantor Kraus’ amazing life and career as a chazzan from child wunderkind (singing child sensation), surviving Nazi concentration camps during World War II, then living and performing in Israel, Belgium, South Africa, Mexico, and finally settling here in Ottawa in the late 1970s.

Cantor Kraus was born in Uzhhorod, formerly in Czechoslovakia, now Ukraine, in 1922. He was the oldest of nine children. From age 8 to 13 and beyond, he gave concerts and performed as a soloist around Eastern Europe. In 1942, he became Budapest’s chief cantor and in 1943, he was forced into the first of his two concentration camps, Bor, a forced

labour camp in Yugoslavia, then Bergen-Belsen, in northwest Germany. In Bergen-Belsen, he was known as *Moshele der Zinger* (Moshele the Singer), where his golden voice was used to entertain, sustain and give solace to those fellow prisoners who faced deprivation and death. His singing saved his own life on more than one occasion.

His book is filled with stories, humorous and adventuresome, of his world travels and career. He describes as overwhelming his visit to the Victoria Falls in Africa then

compares it to a visit to Niagara Falls years later when he and his wife were living in Canada. “We were quite excited when we finally got a chance to see Niagara Falls. When we got there, Rivka and I looked at the falls, then at each other. We shrugged and said with our eyes so no one would hear: ‘That’s it?’”

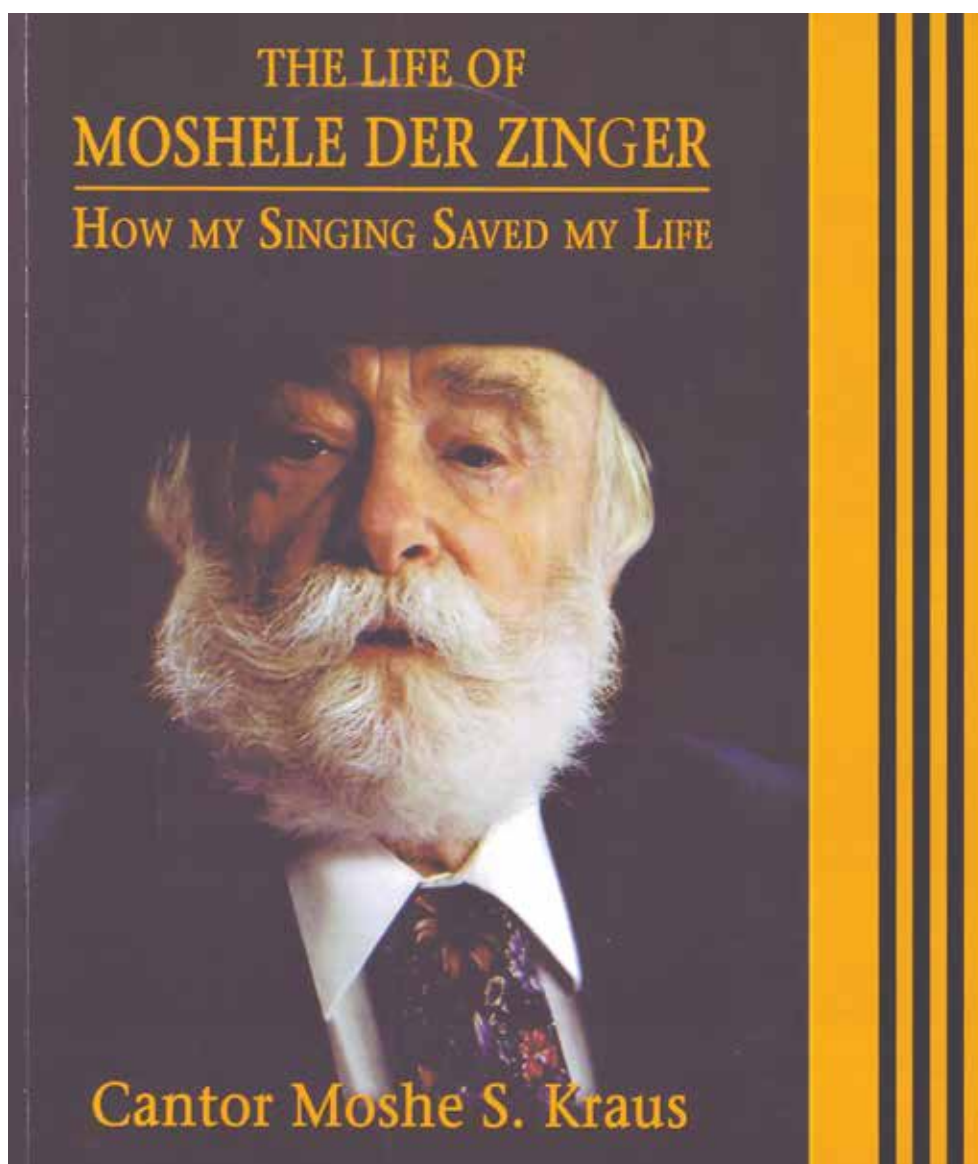
Cantor Kraus recalls a favourite review of his performance at the Empire Theatre in Johannesburg, South Africa, from the late 1950s, because it was both intellectual and positive. The music critic wrote:

“Mr. Kraus’ voice is that of a lyric tenor, warmed with emotion and dramatic colour...his voice never lost quality or sweetness. His style is intimately of the synagogue, but the operatic touch is there too and with it, the catch in the throat that could be either.” Another review in 1985, by Ottawa music critic Jacob Siskind, called *Requiem* by Andrew Lloyd Webber eclectic and cheap and he referred to a cassette Kraus released the same year as “some of the most glorious tenor singing I have had the pleasure to hear.”

In chapter eight, Kraus explains his move to Ottawa in the late 1970s. “When I visited Montreal for the first time, as I was walking down the street, a stranger shouted out to me, ‘Juif’ pronounced Jweef, which is a slur against me as a Jew. In Ottawa, in 40 years, I have never once heard an anti-Semitic comment.”

On May 5, 2016, during the National Holocaust Remembrance Day Ceremony, he says a most wonderful event took place. “The young, dynamic, new Prime Minister of Canada, Justin Trudeau, donned a *kippa* and presented me with the first ever Cantor Kraus Catalyst for Change Award. Just before he handed me the gift, the PM said: ‘I might point out that I have the extraordinary privilege of being the second Prime Minister Trudeau to have the honour to know Cantor Kraus and to have felt blessed, moved and inspired by him and by his incredible gift of song.’”

Kraus said he was practically speechless when presented with a beautiful thick glass plaque, but he managed to thank Trudeau. “Of course I cried.”



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Luxe Anarchy

Recently, 4 Dance, Gym & Cheerios has added a brand new line of clothing Luxe Anarchy for the woman that is all in the detail, non-conformist and versatile in the clothing she wears. It is for a person who likes to highlight her true self. The best thing about this clothing collection is that it is MADE IN CANADA and is very functional with fabrics that are easy to take care of. This collection is very versatile meaning that it can go from relaxation to work attire. It is that comfortable.

The fabrics used are made out of really exquisite polyester combined with elastane that will give you the comfort that one needs for the fast paced life that the working woman or the stay at home mom require.

This first collection by Luxe Anarchy is only available at 4 DGC. It has very well received by women of all ages. It is made of a nice stretch fabric with incredible detail in its cut. One needs to try it on to get the feeling of the fabric.

The tops are made out of a polyester mix with rayon that is so soft



on the skin. It gives the body a form fitted slim silhouette which allows you to look your best. Drop by 4 Dance, Gym & Cheerios and check it out. 4 DGC is located above Figure 8 Skate Specialist, located at 380 Industrial Avenue. Check out the collection on Facebook as well.

Don't wait too long. This collection will be moving fast.



Eastway Gardens, you certainly had some great times in 2017.

One grand event was the Cecil Morrison Park Summer Fun Day held on Tuesday, July 25th at the beautiful park between Avenues N and O. The sun shone brightly and everyone had a wonderful time. There was face painting and games for the kids, a “Touch a Truck” for all ages, plus both the Police and Fire Departments were represented to the delight of all the picnickers. Well done to the Eastway Gardens Community Association and their families and friends.

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World vintage rugby keeps the flag flying in Ottawa

by rugby correspondent John Jerome

Ottawa hosted the eighth world vintage rugby carnival from August 20-27. The vintage game embraces and promotes rugby through competition, comradery and enjoyment. Some team members even played with knee replacements such is their passion for the game.

Eighteen teams from Australia, New Zealand, Bahamas, USA and Canada played games at Twin Elm Rugby Park near Ottawa on Monday, Wednesday and Friday of the week chosen starting at 11 a.m. and continuing through the day.

On the Wednesday carnival participants were hosted by Kitigan Zibi Reserve in Maniwaki, Quebec. Lunch was First Nation traditional fare of moose, beaver, muskrat, bear and bannock bread cooked on an open fire.

On the Sunday the participants and their supporters had attended an afternoon reception at City Hall, where beer, wine and finger foods were served. Host club Bytown Blues has represented the rugby community in Ottawa for 44 years. The chief organizers were Lee Powell, Jim Nordin and Rick Fleming. Volunteers came from eastern Ontario clubs such as the Ottawa Irish, Barrhaven Scottish, Kingston Panthers, Ottawa Senators and the Beaver Banshee.

I was able to get a lift to the Twin Elm Rugby Park with Ken Win Chu, a long-time friend and former president of SARNA, a South African organization in Ottawa. I wore my New Zealand Maori rugby shirt given to me by Maori



John Jerome (right) meets Christine Augusta and husband Rongo Wetere of New Zealand at Twin Elm Rugby Park

elders whom I hosted when the Maori played in Ottawa in 2003.

When we arrived at Twin Elm Rugby Park we were greeted by a charming New Zealand lady named Christine Augusta. We exchanged pins and I gave her a brochure of the Maori Trip to Ottawa, Calgary and Toronto. My interest in Maori culture and sport has evolved since that event.

Christine directed me to her husband, Rongo Wetere. They assured me that their trip to

Canada so far was “fantastic with outstanding hospitality and welcoming hosts.”

Most team players were aged 60 years and over. They played the game with passion. Those wearing red or gold vests or shorts were not to be tackled.

Around 3 p.m. play stopped. The beer flowed and comradery was displayed all round. Those present were given the chance to see the eclipse of the sun thanks to Maria O’Neill and Lee Powell while Ken Win Chu took many pictures.



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Generous donors brought bikes for the South-East Ottawa Community Health Centre to provide for others.



Eating was serious business at the Corn Roast.

Corn roast

CONTINUED FROM PAGE 1

All the while OC Transpo’s senior service administrator Alan Neal and light rail rep Alison Lynch, in a nearby booth, answered questions about a modern form of transport: “O-Train Confederation will start next year and there will be a competition on Oct. 5 to name the trains,” Alison told carnival goers lined up for information on Ready for Rail in Ottawa.

Light rail terminology speaks of an integrated platform enabling Hurdman buses to pull into a fare-paid zone to help passengers connect between bus and train. Together there will be bicycle tracks, special seating locations for mobility aids and strollers and Transecure waiting areas with not only benches but enhanced

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Many happy people checked out Constable Brad Burleau’s vehicle.

lighting and emergency phones at rail posts.

Across the crowded, sun-drenched, Balena Park artist Michelle Lefebvre was creatively putting finishing touches to one of about 200 children’s faces she would decorate. Clearly there was no knowing what Beatrice, aged 3, thought when she saw her new face in a hand mirror. It was all okay with her smiling mother Tina. At a spot next door, the ever popular balloon twister created vivid shapes and colours that also captivated children.

Lost and found

Information on crime prevention, hydro, fire services, police, unwanted sugar and caffeine in sports drinks and much more was available at a host of other booths. HOT 89.9 radio station blared out music but stopped its routine to announce lost boy Matt looking for his father. That did the trick for father and son.

Foodies queued in line for corn, hot dogs, hamburgers and drinks from shortly after the opening at 3 p.m. until the corn ran out half an hour before closure at 6 p.m. Some 600 cobs had been consumed along with a combined 1,000 hot dogs and hamburgers at this 16th annual corn roast.

Felix, aged 4, said he had enjoyed most the bouncing castle and Anouk Berthier agreed with many others that the party was the best ever.

Three children of Yemeni-born parents were in the record breaking crowd of what may have been nearly 900 taking into account consumption of the total ice cream provided by Hydro One. Sam, aged 3, Jad, 4, and Ead, 6, were with their mother Marwah Al-Ahmadi. The pet animal zoo was their favourite show. “Yes, they are enjoying the corn roast but, you know, my native country of Yemen is at war. There are no wonderful events like this there for children. My husband is there now. I hope he comes home soon.”

On Marwah’s mind was the reality of the elsewhere near forgotten religious war between powerful Saudi Arabia and much smaller and virtually ungoverned Yemen. Saudi bombs and widespread disease periodically take hundreds of Yemini lives in the everlasting Shia-Sunni religious enmity and conflict that she said con-

trasted vividly with the peaceful carnival.

The Camp Venderlaad barnyard zoo from Winchester Springs that Marwah’s children and so many others enjoyed featured more than goats, a pony, ducks, sheep, rabbits, guinea pigs and hens. No hen’s egg was laid as once happened at one Alta Vista corn roast.

Welcoming the world

Alta Vista Ward Councillor and corn roast host Jean Cloutier thoroughly enjoyed the fun. He declared the event a grand affair owing to more money being available for the 150th anniversary. “As co-chairman of Canada 150 celebrations here in Ottawa, I believe the Spider and Dragon dramas in streets downtown earlier this year were breathtaking.” Two forthcoming big events listed on the birthday program are at the Chaudière Falls and Lansdowne Park. The Grey Cup final and festival will delight more than football fans. The Chaudière Falls will be illuminated at the end of October with ambient lighting and a rich soundscape to permit a powerful tribute to indigenous people. “Ottawa is welcoming the world to our 150th birthday events,” Cloutier said. With a laugh the councillor declared he had ordered good weather!

Mayor Jim Watson also mingled in the crowd, but I really couldn’t catch up with him for a quote though my photographer partner did for a picture.

Ontario MPP John Fraser said: “It’s absolutely wonderful to bring people of different cultures together like this to celebrate the 150th. Did you know that people from 125 countries, speaking a host of different languages, live in my Ottawa South provincial riding?”

Cowguy Brian displayed magic talents from his post in the emptied swimming pool. He even juggled and ate fire helped by child volunteers from a receptive surrounding crowd.

Trainyards president Marty Koshman, one of the corn roast sponsors, drew raffle tickets from a box. All things ended well for everyone including Logan McGarvie, who had earlier correctly guessed that there were 234 candies in a jar!

MORE PHOTOS ON NEXT PAGE



Combined ball tossing tents housed games that tested throwing skills.



The Merry Dairy ice cream truck and goodies were supplied by Hydro One.



Round and round Balena Park went carriages horses Grace and Cody driven here by Alan Argue.



Checking out each other.



Ottawa 67s mascot fronts a hot music and information stand.



The Vanderlaan Family's Barnyard Zoo is a perennial attraction at the annual corn roast.



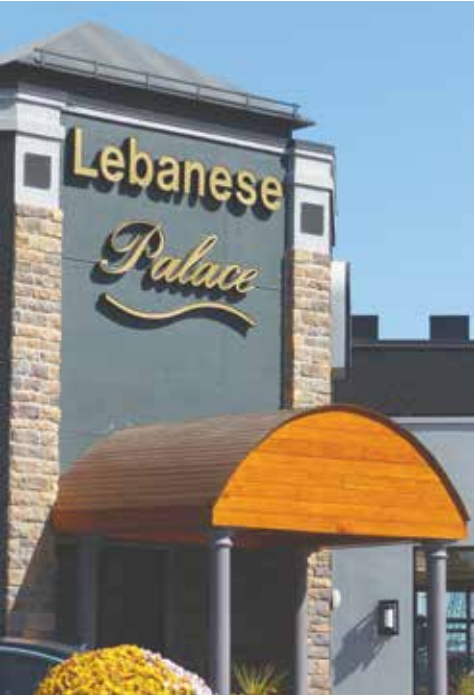
Kids had fun inside the Merry-Go-Round while parents enjoyed watching.



Six hundred corn cobs and a combined 1,000 hot dogs and hamburgers were cooked



Councillor Jean Cloutier (L) and Constable Brad Burleau (R) join Winnie Odumo, Assistant to Councillor Jean Cloutier (C) for a quick pose on a very busy day.



Vision and taste at Lebanese Palace

Story by Carole Moul
Photos by Geoff Radnor

It certainly didn't take long for the neighbourhood to sit up and notice when a transformation began to take place at the corner of Industrial Avenue and St. Laurent Blvd. Previously, a set of chain restaurants had been located at that same spot. Now it was obvious to onlookers that there was going to be a different kind of dining experience happening there soon. This was the summer of 2015.

Opened in December 2015 by Brian Mahmoud, the same owner of Cedars & Co. Food Market and O'Brien's Eatery & Pub in Ottawa South, Lebanese Palace is an upscale restaurant featuring authentic Middle Eastern cuisine. The finely crafted dishes by chefs born and raised in Lebanon show both vision and taste.

This location was the second venture for Brian who first opened Lebanese Palace in the Byward

Market in the 90's. He closed his business in 1996 due to a building development in the hopes of re-opening it one day, and that he indeed did!

This restaurant uses farm fresh local ingredients. The produce is crisp and tasteful.

When I went the first time, I veered toward the Shawarma section which did not disappoint, and as I was exiting, I noticed their very tasteful dining room. My curiosity was peeked, and so I decided to eat there the following week with an old friend.

Helpful staff

The staff was helpful in choosing something that would appeal to us, thus we chose the Mezza's wonderful variety of flavours, textures and aromas. There was Tabouleh, Fattoush, Hummus, Baba Ghanouj, Kibbee Balls, Kibbee Nayeh (tartar beef seasoned delicately with spices and herbs), Phyllo fingers, Labneh Mtawameh

(pressed yogurt with dried mint and garlic) were among our choices. Vegetable stuffed grapevine leaves and then to follow was their charbroiled shish chicken, beef and kafta on a bed of rice with charbroiled vegetables. Did I miss anything? I hope not.

Surprisingly, you share with your guests at your table and interact over the food. Your homemade pita is used instead of a fork for all of your dips. Their use of traditional herbs and spices from Lebanon are easily recognized on your palate. A traditional wine list with Canadian, Australian, Italian, French and Lebanon wines has been incorporated into their menu. The décor sweeps you into the Mediterranean with a beautiful hand painted mural in the buffet room which has a vast variety of authentic and modern Mediterranean dishes, making it a beautiful place to wine and dine.

Lebanese Palace has a generous

selection of fresh vegetarian options. They have recently introduced Karaoke night on Thursdays and Flamenco on Friday and Saturday night aside from their regular entertainment. Their dining area caters to all ages. While dining there I noticed young families, seniors and executives. I also saw a table of friends in an alcove by the window. The server mentioned that they also have a delicious Sunday Brunch.

Their outdoor room turned out to be an outdoor patio. A refreshing waterfall leading to a pond built with natural rock and cascading floral beds was nearby. This was built by hand and by Brian himself. You do not hear the traffic from the corner whatsoever when you gather in this area. It is appealing and relaxing and worth the visit.

The Lebanese Palace was the chosen venue for the Riverview Park Community Association's last fall frolic.



Alta Vista

Jean
CLOUTIER



Happy Thanksgiving!

During this celebration of bountifulness, don't forget those who go without. Help reduce hunger in our community by donating to the Ottawa Food Bank's Thanks for Giving Food Drive at the Elmvale Acres Metro October 8th, 10-4pm.

Discover a new hobby!

Discover new activities; the possibilities are endless at any City of Ottawa facility or at our very own Canterbury Community Complex.

Register for Fall 2017 & Winter 2018 recreation programs in athletics or the arts online at Ottawa.ca or cca-acc.ca.



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Stop by one of the following locations with your questions, comments and concerns, or just drop by for a quick "hello" on **Saturday, October 21st:**



- Tim Hortons (1583 Alta Vista Dr.) from 10-11:30am
- Starbucks (1910 St. Laurent Blvd) from 1-2:30pm



The Jim Tubman Chevrolet SENS Rink is quickly taking shape. Keep an eye out for a notice for the Grand Opening coming your way this December.

See you at Canterbury for the big celebration. Sharpen your skates!

Can't thank you enough...

Thank you to all of our amazing volunteers who work tirelessly and ensure that celebrations around our community run smoothly. Without you, our events would not be possible.

Please call my office to sign up for future volunteer opportunities at **613-580-2488**.

School Zone Safety

We're now one month into the 2017 school year, and I hope students and parents alike are settled into their school routines. Along with new routines, modifications must be made when navigating our roadways, more specifically, when navigating school zones.

School zone safety is about more than just monitoring speed. When on the roadways, always remember to watch vigilantly for children, respect road signage and practice proper driving maneuvers.

By being mindful and following the rules of the road, we can ensure proper traffic flow, improve circulation, ease congestion in school zones, and most importantly, increase safety for our children.

To report traffic violations, please contact the Ottawa Police by calling **613-263-1222 ext 7300** or by reporting online at OttawaPolice.ca.

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Thursday, October 12th

6:00pm -Open House

Receive information and ask questions about your Municipal Services

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Breakfast with Santa!

Keep an eye out for the hot cocoa toting, pancake holding, hat wearing snowman for details of the 2017 Breakfast with Santa !



One of the great volunteers picking radishes. PHOTOS BY ERIN KINSEY

“Growing Stronger,

by Carole Moul

The *Women Warriors’ Healing Garden* has more than prospered in 2017. It has braved the many rainy days of spring and summer, enjoyed some beautiful sunny weather into the fall, and to the delight of everyone, provided an abundance of some of the most nutritious vegetables around. And, with the help of a number of wonderful volunteers, this special garden has provided exceptional produce for so many others to enjoy.

Erin Kinsey, PhD. is the Gulf War Veteran who initiated the *Women Warriors’ Healing Garden* last year. She is also the President of the Board for the WWHG. She said, “What people need to realize is that women have always been involved in warfare—not just as nurses, or support staff, but especially now as soldiers directly in combat. And, they deserve to be treated with the same compassion as the men, and that includes both recognition and healing.”

ciated the grounding that it could provide. They welcomed the tranquility of their garden even though it was not far from a busy thoroughfare, and then delighted in sharing their produce with the drop-in center at ‘The Well/ La Source’.

The gardeners were more than pleased with the success of the garden; however they were somewhat perplexed when the carrots were a ‘no show.’ But most importantly, the group learned that their plan could work.

It was during that first summer that connection was made with Belle Ryan, the Food Services Coordinator at ‘The Well/ La Source’. Belle is now Vice- President of the WWHG Board and smiles with delight each time a new delivery of vegetables arrives.

With a large kitchen at ‘The Well’s’ disposal and a staff of volunteers to process fresh vegetables, it appeared that the *Women Warrior’s* produce and the need at ‘The Well’ were indeed an excellent match.

As a veteran, Erin wanted to do something for other female veterans with post-traumatic stress disorder (PTSD), a brain injury that occurs when people have been exposed to traumatic situations, such as war. Creating a garden, Erin believed, could be of benefit for a certain community of people living with the trauma of war.

In 2016, about five women tended the new garden and produced six to eight kinds of vegetables. The new gardeners saw the value of what they were doing and appre-

Many lessons were learned during 2016,

This year Belle provided additional input as to what she would like to see planted, thus allowing her to prepare different kinds of meals.

“Belle knows how to put things together to have them tasty,” noted one of the volunteers, while another commented, “I just think that it is a wonderful thing that ‘The Well’ is connected with the *Womens Warriors’*, and that it is one great partnership for both.”



Meet another WWHG chick.

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Together”

Experience plus hard work enabled the garden to more than double last year’s yield. As well, a retired Master Gardener also mentored the ladies about bugs, planting procedures, harvesting techniques and basically what a gardener needs to know.

“This year we built our gardens on berms which can have 2-3 different kinds of vegetables on each. We have produced cabbage and kale, cucumbers, tomatoes, Swiss chard, four kinds of squash, beets, and turnips. Currently more than 50 members and volunteers are looking after the garden,” Erin commented recently. “By mid- September, we will have harvested hundreds of pounds of vegetables,” she added.

All produce goes directly to Belle since it is a well known fact that frequently women find it difficult to plan a meal consisting of a well-balanced diet. Belle, with her decades of experience, leads by example, and incorporates the various vegetables to the benefit of all.

What’s new?

Several exciting projects have been added since 2016. A \$950.00 grant enabled the women to not only grow grapes, but build their own grape arbours, while a successful partnership with the Osgoode Legion was initiated in the spring. Both of these were highly valued by the *Women Warriors*, although it was perhaps the sight of the baby pure-bred Rhode Island Red chicks that garnered the most attention from the WWHG volunteers.

Brought to the barn earlier in the year, the young chicks became part of the Adopt- a- Chicken Program of the WWHG. To be used only for laying eggs, and not for slaughter, the young chicks could be adopted after they arrived for \$5.00 a month- covering the naming rights, the chicken’s permanent home in the barn, and the entitlement of one dozen free eggs per month.

Needless to say the fluffy little Rhode Island Reds were adopted quite quickly and even “The Well/ La Source” claimed one from the program. With humour someone named it Xena Princess Warrior, with skull and crossbones on her leg-band, “because she’s a biker chick”.

It was Erin who taught the volunteers how to take care of the chicks, including building nesting boxes, so that the 14 chicks such as Minnie, Matilda, and Rose will



Vegetables arriving for ‘The Well/ La Source.’



Meet Fuzzy, a therapy chicken.

have a good life living in the barn.

Long range planning

It was never the intention for the *Women Warriors’ Healing Garden* to be a place just for plants. Right from the beginning Erin Kinsey’s vision for female veterans and first responders included outreach, workshops, mental health clinics, partnerships, mentorships, and anything that it would take to help other women.

Some members have already been to fairs and festivals giving the message of PTSD awareness along with their fluffy chicken, named “Fuzzy”, including describing the stigma that is attached to women. Others have come together with peers to for Art Therapy in the garden, or simply to sit alone with the chickens in the barn.

Healing is a journey, and each woman has to find her own route, but the *Women Warriors’ Healing Garden* exists to make sure that these women don’t have to walk that journey alone.

If you would like to be involved, funds are now being raised to build a new barn for additional livestock. The women are looking to raise approximately 10,000 dollars in matching funds. Donations are gladly accepted.



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Looking back at Saturday, July 15th. 2017

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- Maplewood Retirement Community
- Rock's Barber Shop
- Shoppers Drug Mart
- Simply Chiropractic
- Sophias Nails Spa
- Subway
- The Ottawa Regional Cancer Foundation Maplesoft Centre
- Vista Mart

Special thanks to:
Councillor Jean Cloutier
The Riverview Park Community Association
Sonja Heikkila



*Already planning ahead for
Saturday, May 12th, 2018...
So mark your calendars*







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A long time resident of Alta Vista, Mark Habib has been practicing law in Ottawa for over 25 years. Fluently bilingual, Mark has extensive legal expertise in the areas of Residential & Commercial Real Estate, Business transactions and Wills & Estates.

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Downsizing?

Think “right-sizing” instead

by Barry Lebow

Time to downsize? You're not alone. This year, thousands of Canadians will make the move from the family home, citing reasons such as retirement, an empty nest, loss of a partner or simply the need to cut expenses. But this won't be our parents' downsizing. Today's older adults are younger – the average retirement age is now 62 – and they're looking to right-size rather than downsize.

I use the phrase “right-size” advisedly. Although they need less house, research indicates that those in the 55+ age group expect to maintain their current lifestyles. Meaning they're opting for more space and more luxury than previous generations. And they have more money than previous generations, enabling them to get what they want. In addition to pensions and savings, many of today's generation have inherited money from their frugal parents. According to one source, the baby boom generation will stand to inherit more than two trillion dollars over the next several years.

While studies indicate this generation of older adults will be healthier longer, some older adults are downsizing for health concerns and this has led to a proliferation of upscale retirement residences (which offer an independent lifestyle to active seniors who do not have serious health problems); assisted living centers (where residents maintain their independence and privacy while taking advantage of limited nursing care and other available services) and long-term care facilities – previously called nursing homes – which are licensed by the Ministry of Health and intended for people who need round-the-clock care.

However, health permitting, the majority of today's downsizers are seeking to maintain an independent lifestyle. So granny flats and in-law suites, with built-in dependency on adult children, are less popular. Instead, older adults want the freedom to continue the activities they've always enjoyed. Their lifestyles demand recreational facilities and senior-friendly parks and trails, as well as malls, access to cities, picturesque scenery and cultural activities.

In response, options are proliferating.

Right-sized doesn't mean small. According to the 14th Annual RBC Home Ownership survey conducted in 2007, 33 percent of home buyers are thinking small compared to 19 percent in 2002. But small, in this case, is relative. The majority of today's buyers are looking for 1,200 to 1,600-sq.ft.-properties. As a result, sales of right-sized single family homes and condos are expected to increase at the expense of more compact options, giving today's buyers room for overnight guests, good storage and spaces for hobbies.

According to one source, the baby boom generation will stand to inherit more than two trillion dollars over the next several years.

As for luxury, large kitchens, spa-like bathrooms and quality finishes are the new essentials. Coming in close second are offices, family rooms and media centers. As well, walk-in closets and laundry rooms with shelves and cupboards (rather than a stackable washer/dryer in the kitchen) are must-haves. Upscale finishes such as granite countertops and stainless steel appliances in the kitchen, brushed nickel hardware, hardwood floor and high-end ceramics offer the luxury today's downsizers require. And, despite our long Canadian winters, outdoor space remains important. That includes everything from full back gardens and large decks to shared outdoor living areas with barbecues, upscale outdoor furniture, water features and sound systems.

Interestingly, older buyers across the country are almost evenly split between condos and single-family homes; however in major urban markets the condo traffic outstrips purchases of

houses. The maintenance free condo lifestyle offers a turn-key solution to older adults who spend large blocks of time traveling.

Adult lifestyle communities built around golf courses or marinas offer a way of living that suits many. Others may be interested in live/work condos (townhouse developments with commercial space on the street level and high-end residential above it). Some welcome the retirement residence lifestyle where they can transition easily to a nursing facility, if required, while another option is a life-equity concept. In this arrangement, older adults purchase the right to live in a high-rise or townhouse community for the rest of their life. The life-lease arrangement offers security, property maintenance, access to health care and recreational activities plus equity; life-lease holders can sell at market value or pass on their life-lease interest to their families.

More futuristic is the advent of “smart” homes, which are specially designed for disabled people or aging baby boomers, or assisted living communities designed by older adults themselves. One New York City apartment building is being designed as a senior's building for elderly women in the arts. Another model is a British project in which several older adults purchased a home together and jointly pay the services of a cook and a nurse.

In the final analysis, older adults are looking to enjoy this third chapter of their lives with the same enthusiasm they enjoyed the first two chapters. And as in the past, their needs and wants will shape our society. So you're downsizing? Don't hesitate. Tomorrow is the first day of the rest of your life.

This information is brought to you by your Accredited Senior Agent, a specialist in the housing needs of older adults. Your ASA is an experienced real estate professional who has graduated from a special education program focusing on the needs of seniors. For information, please contact Sue Vye, Red Door Transitions, Sales Representative for Coldwell Banker Sarazen Realty, Ltd. Office. 613-288-1999, Direct 613-293-7032, email Lsuevye@gmail.com



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ASK A LAWYER

Does separating affect my Will?

by Nizar Ayoub

Let's talk about a difficult topic – managing your estate after a separation. Yes, your relationship with that significant other in your life is ending and I am asking you to think about how to manage your wealth when you die. You made a Will during happier times leaving everything you own to your spouse. Those times have passed; do you want your wealth to

pass to your still married spouse? I highly doubt it. I see this often in my practice, where a client has separated and moved on, perhaps even cohabitating with another partner, but still legally married. Clients often ask me how their separation affects their Will or the distribution of their estate; it does not. As you transition out of your relationship and begin to disentangle joint as-

sets and debts, remember your married spouse has an automatic entitlement to your estate. For some of you this means re-drafting estate documents like your Will and Powers of Attorney and for many others it could mean actually drafting a Will for the first time. For those without a Will, you don't necessarily want to hand your outgoing spouse the first \$200,000 of your estate. Wait, what? You read that right. Dying intestate (without a Will) in Ontario legally entitles your spouse to something called a "preferential share" of your estate. This share could be a portion or all of your estate depending on your worth. Dying without a Will while separated with no children means your entire estate goes to your spouse. But before that happens, your Will is most likely appointing your spouse as your executor and possibly their siblings as alternate executors. Your executor is the person you appointed to carry out the terms of your Will. An additional concern relates to Powers of Attorney for Property and for Personal Care. This attorney is someone you appoint to make financial and health care decisions. If your estranged appointed spouse is your attorney for Property or for Personal Care, terminating the Powers of Attorney is certainly something to consider. So what can you do? Do your best to resist the online sites attempting to offer the same service as a licensed lawyer. Get a proper separation agreement drafted by a lawyer and then get a new Will, powers of attorney, and change your beneficiary designations. For starters, change the designated beneficiaries on your RRSPs, your life insurance and tax free savings account. The laws relating to Wills, divorce (and separation) can have no impact on these beneficiary designations. What happens if your former spouse was named as your Power of Attorney and they are unwilling to act and the alternate attorney, if any, is also unwilling to act? What happens if you become incapable and can't execute new Powers of Attorney due to a lack of capacity? It may then be necessary for a person to apply to become the

court-appointed guardian, which will have the effect of revoking the Power of Attorney, but is a costly and time-consuming process. This is where the separation agreement becomes a great tool. A separation agreement needs to be very carefully drafted to directly exclude the other spouse's presumption of entitlement to your estate. A separation agreement may 'intend' to contract out your separated spouse entitlement to inherit from your estate, but could be ineffective unless it specifically addresses the Will. Your Will executed prior to your separation agreement can still be preferred by the court over your separation agreement. Avoid this possible outcome by drafting a new Will and a separation agreement that expressly excludes your spouse's entitlements from your Will. If you are not divorced from your spouse, they will not only receive their entitlement to equalize property when you die, but they may also receive the residue of your estate left to them through your Will. But what about if I legally divorce? In Ontario, when spouses are legally divorced, the *Succession Law Reform Act* provides that any appointment of the spouse as executor and any provision leaving a share of the estate to the spouse are revoked. If you separated on good terms, you may actually want to leave something to your spouse when you pass away, but at least you have a say in how much. Whether you are separated or divorced, if your Will no longer represents your desires, you should bring a copy in with you for an initial consultation with a lawyer. If you cannot find a copy of your Will or do not have one, a lawyer can work with you to create a Will that properly represents your wishes. Even better, find a lawyer that can help you work through not only your separation and divorce, but the impact of those stages on your estate planning.

Nizar Ayoub is a lawyer at Habib & Associates practicing in Family and Estate law. The office is located at Lancaster Business Park, 16- 2450 Lancaster Road, Ottawa ON K1B 5N3, Telephone: 613-820-8888



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ESSENTIAL HEALTH



ANDREINA (NINA)
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Migraine Headaches

Many people suffer the debilitating effects of migraine headaches. Migraines generally involve painful throbbing on one side of the head, and are differentiated from regular headaches because they can also include nausea, vomiting, disturbed vision, and sensitivity to light, sound and sometimes smells. Migraines can last anywhere from 4-72 hours, and can be as frequent as twice a week.

Although the causes of migraines are not fully understood, there are some common triggers, which include stress, medication, sleep patterns, changes in weather, allergies, food and food additives, and hormonal changes.

There are 4-5 stages of onset that lead from one to the other:

Warning Stage – This stage can last from 1-24 hours. It includes feeling fatigued, cravings for sweet

foods, feeling thirsty, and experiencing muscle stiffness in the neck.

Aura – Not everyone who suffers migraines have auras, so they may not experience this stage. This stage can last 5-60 minutes and immediately precedes the main migraine attack. Auras include

a variety of neurological symptoms including;

- Changes in vision where dark spots, stars or zig zag lines appear in main sight line
- Dizziness and vertigo
- Numbing and tingling
- Overall feeling of weakness

- Anxiety and feelings of fear and confusion
- Speech and hearing may also be disrupted

It is important to note that in adults, aura's usually occur before the main headache, but in children, these symptoms can occur at the same time as the main headache.

Headache – The main event includes deep throbbing pain that is

made worse by standing or moving. The pain is usually experienced on the sides of the head, or in the front, but not usually in the back. Nausea, or vomiting, and sensitivity to light and/or

sound often accompany this stage. This stage can last for 4-72 hours.

Resolution – Migraines usually fade slowly. Many people report that sleep in a quiet and dark place helps the most.

Recovery – This stage is less intense than the onset of a migraine,

but can include many of the same symptoms. A general malaise or hung over feeling, fatigue, difficulty concentrating, and decreased energy.

Unfortunately, there is no cure for migraines, and treatments vary person to person. Generally, maintaining some healthy lifestyle habits can be key to preventing the onset of a migraine. These include reducing stress and anxiety, drinking enough water, getting enough restful sleep, avoiding any foods that trigger a migraine, and exercising regularly.

Regular massage therapy can play an important role in reducing the risk of onset of a migraine, and can help address the pain and intensity from migraines that have already started. Massage therapy can relieve muscle tension, increase circulation, reduce stress, ease pain, and help with sleep. If you suffer from migraines, we can help!

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.

If you have any questions about how massage might be able to help you, please email info@essential-health.ca



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JOINING THE SESQUICENTENNIAL CELEBRATION

On Saturday, September 9th, Terry Hunter and Terry Warner were guests at the Canada 150 Village Fair Day held at the Perley and Rideau Veterans' Health Centre. In this photo, on the left is Terry Hunter's 1942 MB "slat grill" Jeep 1st Canadian Parachute Battalion, circa Jun 44. The jeep on the right is Terry Warner's 1974 Pattern ex Canadian Armed Forces M151A2 made by AM General Corp.

LETTER TO THE EDITOR

Dixie's biggest fan?

The recent article from the Riverview Park Review June 2017 (Musical Heritage: Dixie by Brian McGurrin) about the tune, "Dixie" brings to mind the gentleman who may have been one of the piece's biggest and perhaps most ironic boosters.

The evening of the surrender of the Confederate States of America, a huge party took place outside the White House in Washington, D.C.

The military band played several tunes until the President arrived. When asked what he would like to hear, President Abraham Lincoln is said to have replied, "Dixie- it is quite the best song I have ever heard."

Sadly for Lincoln, as recorded in a photo of the event, there stood an actor from an eminent family. This actor, John Wilkes Booth, would murder the President in a few days...

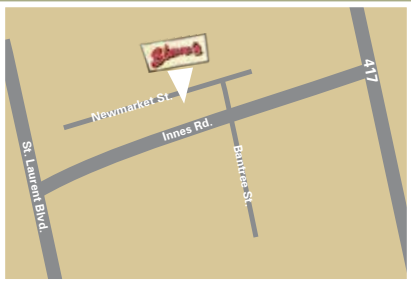
Letter submitted by John Wiebe

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August 9th, 2017



Friends: One of many groups that were all smiles from a fun filled afternoon. PHOTOS: CAROLE MOULT



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Meet Jim. He brought with him some of the wonderful Bearbrook Game Meats. PHOTOS: CAROLE MOULT

Oakpark Retirement Community celebrated our 9th anniversary this summer

by Pam Maskell

Walking through the building you'd never know that we're coming close to a decade of service – the well maintained lobby area, the tastefully decorated common spaces, and the smell of home cooked food, show how well the community is cared for.

Oakpark is the first of the Riverviewstone properties, a locally owned and operated company, catering specifically to Ottawa Seniors who remain young at heart. We are proud of the reputation we've built not only in the Alta Vista area, but throughout Ottawa. Oakpark continues to maintain its high occupancy and we consider it a great honour that the majority of our residents hear about us through word of mouth.

Offering a continuum of care allows residents to remain at Oakpark as their care needs change. Residents often find that they gain independence following a move to a retirement community. Having chores such as grocery shopping, meal preparation, and housekeeping taken care of allows you the



time to simply enjoy life.

A sense of community is felt from the first time you visit Oakpark. The lobby opens into a lovely, spacious lounge that is always seasonally decorated and offers a warm feeling of home. It's surprising how many times a new resident runs into an old friend that they haven't seen for years – neither knowing that the other was at Oakpark. Our wide range of activities offers something for everyone. From exercise classes, to musical performances, card games, guest speakers, and a wide range of various arts and crafts you're sure to find common interests among your



neighbours.

Situated close to Alta Vista and Smyth, tucked away on Valour Drive, our location is ideal for anyone who resides in the Alta Vista area. Close to churches, hospitals, and bus lines allows residents to continue their daily routines while remaining in the neighbourhood where they've built their lives.

A retirement home is an affordable option providing a variety of services ranging from Independent to Assisted Living Care. At Oakpark, families have a great sense of relief knowing that their loved one is not only living in an enriching environment, but also one that

is safe and secure. Living in a retirement community offers a much easier lifestyle, and allows seniors and their family's peace of mind knowing that there is a medical team on site 24/7. The health care team is on site to support and care for each resident, and each resident is seen as an individual. A variety of care services are available and care is customized to each person.

We hear time and time again how helpful the skilled staff are and how often they go out of their way to ensure a resident's safety and comfort. This philosophy is built from the top down; the majority of the management team have been at Oakpark from the beginning and come to the residence with years of experience. Staff and management make a point of getting to know the residents and their families and become like a second family.

Over the years, we have built a great reputation and are proud to say that Oakpark is a tremendous place to live. Call today at 613-260-7144 to arrange a tour and see for yourself why so many people chose to call Oakpark their home.

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A ride on the Preston-Rockliffe Line, Part 2

by Bruce Dudley

This trip will take us from Rockliffe Park back to Norfolk and Carling and we'll start with a nice picture of our car, OTC 814, sitting in the loop at Buena Vista Rd. I have to adjust my front and side scroll signs to display "PRESTON" as our destination, switch my transfer pad to one titled "ROCKLIFFE" and set the cutter to 10:10. Then a notch or two on the controller and we're out of the loop and on our way.

All too quickly we leave the park and that wonderful stone gazebo with the surrounding picnic ground located across from the loop and then we're climbing the slight grade onto Sussex Street. We pass the entrance to Government House on our left and then the beautiful Embassy of France on our right before coming to the Rideau River.

As shown on the map, before we get to the Green Island Bridges we pass the turning loops at Sussex and John Streets on our left. One loop is for the Hull-St. Patrick cars (which I'll describe in a future article) and the other is for short-turning east-bound Rockliffe cars. This loop was installed in 1947 by the OER and is

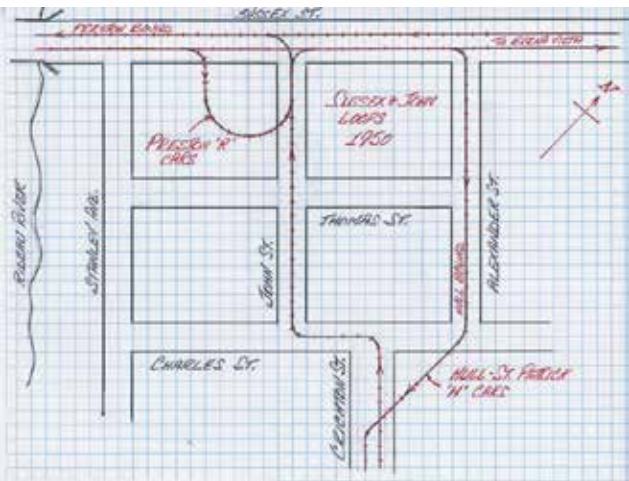
on the property bounded by Sussex, Stanley, Thomas and John Streets. By 1953 all cars leaving Preston were signed "SUSSEX & JOHN" and were turned here as the line to Rockliffe Park was abandoned.

Once over the two bridges we pass the Dominion Bureau of Statistics on our right and then the National Research Labs. After taking the gentle left turn to head south we then pass The Royal Mint, Government Archives and the War museum, all in a row on our right! Then we cross St. Patrick Street eventually going by the market on our left and when we get to Rideau Street we swing right and head for The Plaza and Elgin Street, passing the Chateau Laurier and the War Memorial on our way.

As we enter Queen Street west-bound we go by McIntosh and Watts China Shop on the corner of Elgin and then it's a straight run



PHOTO: WILLIAM BAILEY. BRUCE DUDLEY COLLECTION




to Bank Street where we swing left in front of the Capitol Theatre then a quick right turn in the next block, passing Nettleton's Jewellery store on the corner. As we swing onto Albert Street we take a good look at the Colonial Coach bus terminal, then head west past the OTC power sub station at Kent Street, then the Bus Garage and

the Fire Station at Lyon. Down Albert Street hill we travel, blending onto Wellington Street and passing the long warehouse and the brewery, as we swing left to head south on Preston.

Crossing over Somerset Street and the diamond special track we go by the Rainbow Restaurant and then The Plant Bath on our right, and then the park and finally it's all Little Italy to our destination at Norfolk and Carling. I hope you enjoyed the trip and mind the steps as you leave.

Please note: Correction in the June 2017 RPR article; final paragraph, 2nd last line, '10:40' should read ...10:10...



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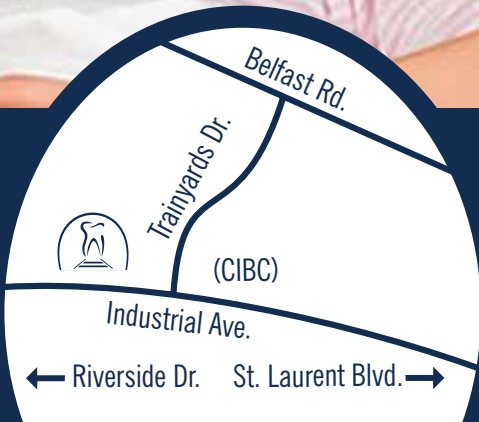
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Apple Mango Strudel

Ingredients
3 medium apples peeled and cut (3 cups)
2 cups frozen mango
1 cup chopped walnuts
1/2 cup sultana raisins
1 tbsp lemon juice
1/4 cup golden or brown sugar
1/2 teaspoon ground cinnamon
1/2 teaspoon ground allspice
1/4 teaspoon ground cloves
1 tbsp flour
1 frozen puff pastry sheet, thawed
1 large egg
pinch of salt
•1 tablespoon coarse sugar

1) Mix first nine ingredients together & lay flat on a parchment lined sheet pan. Bake at 350 for 25 minutes mixing half way through.



DENIS ANALYTIS
Executive Chef,
Riverstone Maplewood



2) Place mixture in a colander to drain excess liquid, and allow mixture to cool off before using. When mixture has cooled mix in 1 tbsp of flour.

3) Roll out puff pastry sheet to half its thickness, were looking for an approximate size of 12" / 16" when rolled out. If one sheet isn't suffi-

cient to create this size, you might have to combine two sheets, depending on the size of the sheets that you purchase. Rolling the puff pastry out on top of floured parchment paper will make it easier to handle and transport to a baking sheet.

4) Place filling to one side of the sheet within 1" of the edge. Tuck in the ends and roll the sheet over to close the strudel, pinch seams to seal.

5) In a small bowl, whisk egg with a pinch of salt, brush over pastry. Sprinkle with coarse sugar. Cut slits on top. Preheat oven to 375 degrees, place onto a baking sheet and bake for 25-30 minutes or until golden brown.

MARK YOUR CALENDARS
“Immaculate Heart of Mary Christmas Concert”
Sunday, December 10, 2017
at 3:00 p.m.

On Sunday, December 10, 2017, 3:00 p.m. at Immaculate Heart of Mary Church, 1758 Alta Vista Drive, come enjoy the music of the season! Again this year, this event will feature local excellent musical groups: the Ottawa Catholic School Board Chamber Choir, the Kanata Choral Society, and the Immaculate Heart of Mary Church Choir, accompanied by the Ottawa Wind Ensemble, a 35-member orchestral group. They will be joined by tenor soloist Dr. Fraser Rubens, for special tributes to the musical season. Interspersed with this will be carol singing for all to join in.

This 26th Immaculate Heart of Mary Concert is held in support of the Heron Emergency Food Centre (HEFC). Admission to the Concert is FREE and there is ample parking. There will be collection baskets for voluntary monetary donations (cheques or cash) to the HEFC so that the HEFC can purchase fresh food and make this a special Christmas for all in our community. Tax receipts will be issued by HEFC for donations over \$25. Those interested in an advance donation or in purchasing advertising in the concert program, or for any further questions, should contact the concert organizing committee at 613-791-9115.

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

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FINANCIAL PLANNER

Harvest Season Offers Lessons to Investors

by Bob Jamieson

It's harvest time again. Of course, harvest season may not mean that much to you if you don't work in agriculture. Nonetheless, you can learn a lot from those who do — especially in your role as an investor.

Here are a few of these lessons to consider:

“Feed” your portfolio. Through the proper combination of fertilizers and irrigation, farmers seek to maximize the growth of their crops. And if you want to give your portfolio the opportunity to grow, you need to “feed” it with the right mix of investments. This generally means you'll need to own a reasonable percentage of growth-oriented vehicles, such as stocks and stock-based securities. Keep in mind, though, that the value of these types of investments will fluctuate, sometimes sharply — and there's no guarantee you won't lose some or all of your principal.

Be patient. Crops don't grow overnight. Farmers know that they will put in countless hours of work before they see the fruits of their labours. And they know that, along the way, they will likely experience setbacks caused by a variety of issues: too much rain, too little rain, insect infestations — the list goes on and on. When you invest, you shouldn't expect to “get rich quick” — and you can expect to experience obstacles in the form of bear markets, economic downturns, changes in legislation and so forth. Continuing to invest for the long term and focusing more on long-term results than short-term success can help you as you work toward your objectives.

Respond to your investment “climate”. Farmers can't control the weather, but they can respond

to it. So, for example, when it's been dry for a long time, they can boost their irrigation. As an investor, you can't control the economic “climate,” but you can make adjustments. To illustrate: If all signs point to rising long-term interest rates, which typically have a negative effect on long-term bond prices, you may need to consider reducing your exposure, at least for a while, to these bonds.

Diversify. Farmers face a variety of risks, including bad weather and fluctuating prices. They can help combat both threats through diversification. For instance, they can plant some crops that are more drought-resistant than others, so they won't face complete ruin when the rains don't fall. As an investor, you should also diversify; if you only owned one type of financial

asset, and that asset class took a big hit, you could sustain large losses. But spreading your dollars among an array of investments — such as stocks, bonds, cash and other vehicles — may help reduce the effects of volatility on your portfolio. (Be aware, though, that diversification by itself can't guarantee a profit or protect against loss.)

Relatively few of us toil in the fields to make our living. But by understanding the challenges of those who farm the land, we can learn some techniques that may help us to nurture our own investments.

If you would like to discuss your investments, and what opportunities could exist for improvement, please give me a call at 613-526-3030.

Bob Jamieson, CFP
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HILLCREST HIGH SCHOOL



Hillcrest High School
continues to impress

Student learning extends beyond the classroom. A critical element in effective learning is to show how knowledge and information can be applied in the world outside of text books and the class. This form of learning enriches the academic experience by stimulating student imagination, and demonstrating how learning can be employed while impressing upon students that learning is a life long endeavour.

A good example of this was participation by Hillcrest students in CSI Day at the University of Ottawa. The Day was organized and sponsored by *Let's Talk Science*, a group of volunteer post-secondary students who deliver science, technology, engineering, and mathematics experiences to local youth.

At the event Hillcrest grade 9 students learned how forensic science works. They gathered evidence at a simulated crime scene, used forensic science tools to analyze their data, collaboratively sifted through the evidence, and formulated a hypothesis as to "who" committed the crime. The Day also included guest speakers from the Ottawa police who specialize in fingerprint identification, computer forensics, and blood pattern analysis.

It was an opportunity to experience the real-world application of science in a fun and exciting way!

Information shared by Jenifer Cepella, Science and Outdoor Education Teacher

Study shows the quicker to emergency surgery the better off you are

Special to the Riverview Park Review

Researchers at The Ottawa Hospital and the University of Ottawa are tackling the often-overlooked issue of delayed emergency surgeries. Emergency surgeries are those needed quickly to treat serious injuries or life-threatening conditions, such as a hip fracture, appendicitis or a burst blood vessel. Emergency surgeries represent 13 per cent of surgeries performed in Ontario, according to the Ontario Ministry of Health and Long-Term Care. Canada's aging population will likely increase demand in the future.

"Delays in emergency surgeries are a problem around the world. Despite this, there's been uncertainty about whether it impacts patient health," said senior author Dr. Alan Forster, Vice-President of Quality, Performance and Population Health and senior scientist at The Ottawa Hospital and a professor at the University of Ottawa. "For the first time we have strong evidence that the sooner you get to the operating room for an emergency surgery, the better off you are, regardless of your condition before surgery."

This study adds to the evidence suggesting that timely access to the operating room is important for both patients and care providers."

Consequences in delay
Dr. Forster and his team published a study that shows there are consequences for both patients and the hospital when emergency surgeries are delayed. Because there are no standards for the timeframe a patient with emergency needs should get into surgery, the researchers set an aggressive scale for the different grades of urgency.

They found that patients whose emergency surgeries were delayed had a 4.9 percent mortality risk in hospital, compared to a 3.2 per cent risk for non-delayed patients. Delayed patients also stayed in hospital after their surgery on average 1.1 days longer, and cost the hospital \$1,409 more than patients who were not delayed.

The researchers looked at data from 15,160 adults who had emergency surgery at The Ottawa Hospital between January 2012 and October 2014. They found that 2,820 of patients, or 19 per cent, experienced a delay.



Research helps The Ottawa Hospital provide world-class surgical care PHOTO SUBMITTED BY THE OTTAWA HOSPITAL

The reasons for delays were known in 39 per cent of cases. The most common reason was that no operating room or operating staff were available.

The researchers spent the first three months of the study collecting data on the demand for emergency surgery at The Ottawa Hospital. In January 2013, when the hospital began using a new method for scheduling emergency surgeries. This included dedicating operating room time specifically for emergency surgeries and spreading elective surgeries more evenly throughout the week. After the hospital implemented this new model, there was a significant increase in the number of emergency surgeries that happened on time.

"There was a massive improvement in patients getting to emergency surgeries on time with this new model," said Dr. Forster. "It might seem counterintuitive, but having unused time in expensive operating rooms could save both money and lives."

This study's findings justify these changes made by The Ottawa Hospital, and justify other health-care institutions focusing on the issue.

Some patients tolerate a wait
The study also showed that the risk of dying after surgery tapered off for patients who waited over 1.1 times their assigned wait time. This surprising finding could mean that some patients need surgery immediately, but others can tolerate the wait.

"If we can find out why these patients can tolerate waiting a bit longer, then we can identify which kinds of patients and surgeries should be prioritized," said Dr. Daniel McIsaac, first author and an associate scientist and anesthesiologist at The Ottawa Hospital and assistant professor at the University of Ottawa.

"Delaying surgery is never a good thing, but this is the first time we've really had the numbers to see what the impact is" said Dr.

Forster "We will continue to work to optimize the system to better meet the needs of patients."

The Ontario Ministry of Health and Long-Term Care has defined wait time standards for patients who require emergency surgery within two to eight hours. The Office of the Auditor General of Ontario found that at three large

community hospitals 38 per cent of the patients requiring emergency surgeries did not receive them within these standard time frames.

Dr. Forster's study was possible because of generous support from the community.<http://ohfoundation.ca/current-priorities/tender-loving-research/research-improve-patient-care>

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RIVERVIEW... NOW



by Paul Walsh

This August, 2017 aerial photograph shows the changes from the 2006 picture we used in our last issue. The image shows the completed overpass on Riverside Drive, to the right, and the finished bridge part of the route over the OC Transpo busway.

Via Rail is still having construction done on

their mainline to Smith Falls and beyond, but the roadway underpass appears to be ready to go.

The intersection on Alta Vista Drive, by Immaculate Heart of Mary Church, is surprisingly well advanced and progresses daily.

That is Smyth Road on the top part of the image and it is quite pleasing to see a huge section of forest, adjacent to it by Alta Vista Drive,

still in its original state after all these years.

The rest of the route through the Hospital Lands would seem to be less onerous to build, and one can certainly see significant initial progress on that section too.

Many thanks to M. Moore for this edition's photo, and his previous one of the Industrial/ Alta Vista/ Trainyards area, used in our June publication!

The gardens of Riverview Park

by Geoff Radnor

In the late 1950s and early 60s when most of Riverview Park was developed for residential housing the new houses sat on lots of up to 60 feet frontage and 100 or more feet deep. These lots gave the new residents space to plant some flower gardens, both on their street frontage and hidden away in the back yards. Many of the houses built more recently have only 20 feet of frontage and are only 50 feet deep. This has prompted the newer residents to be more creative in planning their gardens.

So as I walked around a few streets recently in my neighbourhood I couldn't miss some gorgeous flower gardens that have been grown in both sizes of gardens.

So as you walk to the bus stop or to your local Tim's stop and "smell the roses" you will see that some residents make it all worth it. Thank you to all of them.



Back again by popular demand!

It was Saturday, September 9th when Canterbury Recreation Complex went to the dogs, the four-legged kind, that is. The name of the day was called *K9s on the Katwalk Fashion Show for Dogs*.

It was hosted by the Kiwanis Club of Rideau in partnership with Boots4Pups and you didn't have to own a dog to enjoy the event. Proceeds from the afternoon were to help fund Kiwanis programs for children and youth in our community, plus help support the Citadel Canine Society that provides service dogs for Veterans and First Responders who are dealing with PTSD.

Prizes were awarded for the Best Dressed Dog, the Most Imaginative Costume and the Most Enthusiastic Pooch. The ways of the pets were very cute and they totally entertained both spectators and participants. Later, a professional dog training demonstration showed a very clever German Shepherd and some of the various skills service dogs learn.

The Silent Auction began at 12:30 with just about everything up for bidding that a dog owner could want. A delicious BBQ also began at the same time, with the main event at 2:00PM

Thank you to the Kiwanis Club of Rideau for allowing us to share in this very upbeat experience.



A very happy group celebrated with some of the winners. PHOTOS: CAROLE MOULT



Tracy and Chiko took a break between walks.



Yilissi and twin brother Ronnie were just great with their Maltese named Mimi,

Vision Testing for Children

The start of another school year is upon us and together, we want to make sure our children are set up for success. Vision problems can prevent children from achieving their full learning potential. Most children do not receive a routine eye examination before the age of six even though vision accounts for 80% of learning.

Eye examinations for children are important for identifying health problems and conditions that may be treated successfully only if they are found early in a child's life. These include conditions such as Amblyopia (also called lazy-eye) which can otherwise adversely affect a child's development and future learning.

OHIP covers a routine eye examination for any individual under the age of twenty, as well as follow-up assessments that may be required.


I encourage all parents to ensure that their children's vision has been tested so that they can continue to thrive as healthy and confident learners.

Here to Help

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

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Province temporarily halts school closures

The Ottawa-Carleton District School Board (OCDSB) Accommodations Review for Alta Vista and Hunt Club elementary and high schools scheduled to take place this year has been suspended due to a provincial moratorium on school closures across the province. The provincial government says it wants to overhaul the process school boards use to review schools. Many speculate that the province will wait until after the June 2018 provincial election to re-start the school closure process.

I agree that the accommodation review process can and should be improved. However, the forces driving the move to larger elementary and high schools will remain as long as the “carrot and stick” approach is used in provincial funding. I believe the province should consult on what communities want in the way of community schools and revise the school funding formula. The consultations that now take place during school board accommodation reviews have no chance of influencing real change as communities are unable to address and challenge the underlying principles at the provincial level.



CHRIS ELLIS
Chris.Ellis@ocdsb.ca

“...the forces driving the move to larger elementary and high schools will remain as long as the ‘carrot and stick’ approach is used in provincial funding.”

The most that can be hoped for is some tweaking: close this school instead of that one or save one school from the many proposed to close.

The OCDSB also has responsibility to address enrolment trends more proactively. Many of the issues leading to enrolment imbalances - some schools over capacity and neighbouring schools under capacity - have been developing for decades; others, such as Hillcrest and Canterbury, have happened relatively quickly. The board often doesn’t address such issues effectively

until things become dire and school closures become the default position.

A current trend is the streaming that takes place at elementary schools. As 70% of grade one registration is now in French Immersion, those in the English stream are disproportionately newcomer, special education, low income and racialized students. The allocation of resources (teachers and funds) to address the challenges posed by the needs of English stream students is minimal. Some of the responsibility for lack of funds to address this

can be laid at the feet of the Province. The amount it allocates for Special Education in the majority of school boards is less than boards actually spend and targeted money to address issues around low income has fuzzy criteria and is not adequate.

Accommodation decisions are needed to address enrolment issues in the Alta Vista area. One of my goals this year is to get resources to address the needs of schools in the Alta Vista area and to prepare folks for when the Alta Vista/Hunt Club Accommodation Review starts.

Other Upcoming Issues of Note

- Sept. - Update on the implementation of the Two-Year 50/50 Bilingual Kindergarten Program
- Oct. - Measuring Progress on Learning
- Dec. - Plan for the Geographic Model for Gifted Program
- Feb. - Strategic Plan Measurement Report: Equity
- May - Strategic Plan Measurement Report: Well Being

Chris Ellis, Trustee Zone 6 Alta Vista & Rideau-Rockcliffe of the Ottawa-Carleton District School Board, www.SchoolZone6.org 613-818-7350

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MYSTERIES OF CANADA

From the author of Mysteries of Canada:

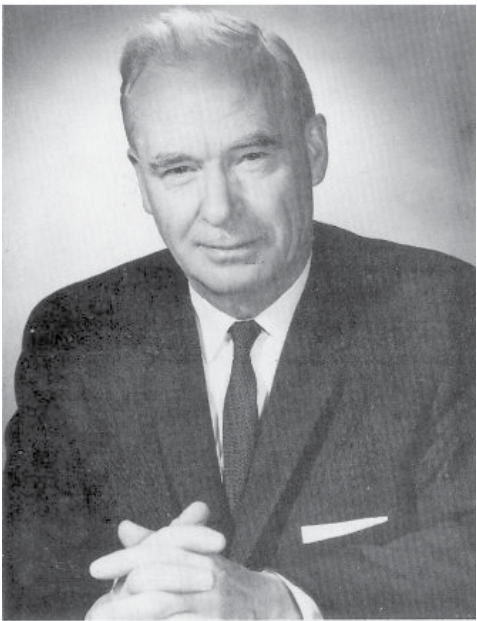
I got to thinking the other day...

by Bruce Ricketts

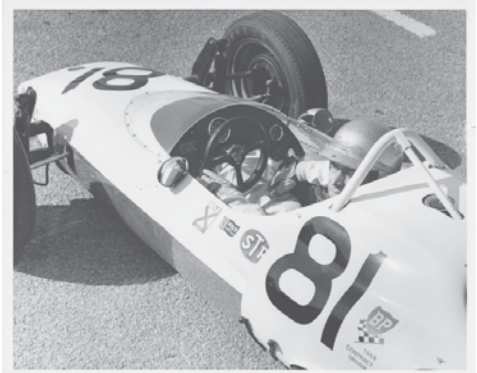
I don't often write about myself. I find the rest of the world interesting enough to keep me occupied. But the last issue of the Review had extensive articles on Hillcrest High School—a place about which I know a lot.

My family, parents, four boys and 12 dogs (that's another story) moved from Trenton, Ontario to the Ottawa subdivision of Hawthorne Meadows. I was 14 and entering grade 9 at Hillcrest. New city, new school, new friends... what more could you ask for. My parents debated about buying a home in Manotick but decided against it because of the lack of bus service. With four growing boys, two working parents and only one car, it seemed more logical to live in the city. For those of you too young to appreciate the problems of living in Hawthorne Meadows in the mid 60's let me paint you a picture.

We lived on Melfort Street which is a long, curved street (a continuation of Joliffe Street) running between St. Laurent Boulevard and Walkley Road. It was a nice place. For a kid who grew up on Airforce bases across Canada it was unique to live in a house that wasn't the regular cookie-cutter we had been used to. There was a small school up the street with a huge playground. We played baseball in the summer and hockey in the winter... from dawn until well after dusk. The south side of Walkley Road, where the Giant Tiger is now, was an open field where we used to tramp down the weeds to create bike-racing paths. To the east, where the 417 now runs, was mostly wooded where we camped on the shores of the mighty Green's Creek in both summer and winter.



Principal B.L. Bradley



Formula V car racer named Wayne Kelly.

Sounds like an ideal spot for kids and it was. But it had one major drawback.

Remember why my parents decided not to live in Manotick? Well, guess what? The bus service in Hawthorne Meadows was no better. It wasn't too much of a problem. After all we had our bikes. But we were not allowed to take our bikes to school, so we had to hoof it. I challenge anyone to go onto Google Maps to find a convenient path from our home to Hillcrest High School that is less than 2.9 kilometers. In good

weather, the walk took 30-40 minutes, depending on your route and the number of books you were carrying (back packs were for nerds). In rainy weather or extreme heat, the pace slowed a lot. In winter, especially on snowy or very cold days, it took forever because you had to stop often to count your toes and fingers to make sure they hadn't fallen off.

There were two main stopping points on the route. The owner of the Golden Eagle gas station at the corner of St Laurent and Tawney was a Formula V car racer named Wayne Kelly. He'd give us sanctuary for ten minutes and no more. (By the time I was 16 I was working for Wayne as a pump jockey.) The second haven was the convenience store in the middle of the Elmvale Shopping Centre. Elmvale at that time was a strip mall. If we bought a pack of gum, the manager allowed us to linger inside—just don't touch the magazines. Once feeling had returned to our feet we set out on the final leg of the trek up Hamlet Road to the school. We were close to exhaustion by this point. Salvation was so close. There was a reason why the school was called Hillcrest. And no matter how small that hill upon which it was perched, it looked like Everest as we approached it. Oh, there were doors at sea-level but we were not allowed to use them. We had to scale the heights to the main door and climb four seemingly huge stairs to find refuge. Once inside, there to greet us was B.L. Bradley, our kindly old Principal, who would smile and tell us to "Move along quickly." And so, we did. Funny thing was that the walk home never seemed as arduous.

I am not going to bore you with the antics we got up to at HHS.

But I did want to highlight some of the personalities I knew back then.

There was Principal Bradley, a man whose place in heaven always seemed to be pending. (It can look that way to a 14-year-old. My grandkids probably say the same thing about me today.) John Thysen was both home room as well as the drafting teacher and to this day I cannot stand to listen to Madame Butterfly! "Lumpy" Lemaire was my high jump coach. During the winter months, I practiced in one corner of the gym right next to the girls' gymnastic team. Tough life. We learned how to play Boyman Ball, a game named after two of our phys-ed teachers who invented it. Dave, 50,000, Watts was our celebrity. Dale Potter, a future CFL star, taught me the value of a helmet during my brief period on the football field. Then there was George Tutt who was proof that wrestling technique trumped size and strength. I ran into him years later in Banff, Alberta, where he ran a sports shop. "Granny" Thomas was my English teacher. I really liked her. But my favourite was Norm Sheehan. Norm was my guidance counsellor and science teacher and he was amazing while doing magic tricks with a piece of chalk. (Funny the things you remember.)

I bet you that a lot of high school valedictory speeches include the phrase, "Remember your years at high school and the friends you have met. The memories will stay with you for the rest of your life." And if they don't include that... they should, because it is true.

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

A color photograph of two real estate professionals. On the left is a woman with blonde hair, smiling. On the right is a man with grey hair, also smiling. They are both wearing dark suits.

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THE ARTS IN RIVERVIEW PARK BY DIANE SCHMOLKA

An interview with Isabelle Cassey

Welcome, Isabelle, to our home. Thanks to my being in the same aquafit class as your husband, I was able to learn that you are one of our artists, who is becoming better known

My first question is what compelled you to become a visual artist, rather than a sculptor, ceramicist, muralist, or multi-media artist?
I love to play with color, using a palette knife. I love the feel of it. My mother painted all her life, and I always saw her painting.

2. What have been your major influences?
My family has been very influential, and my high school focused on visual art. The high school was Notre Dame de Bellevue. When I attended CEGEP, I focused on Visual Art.

3. You have sent me several of your paintings as attachments. I'd like you to tell me more about each one. (A, B, C, D)
A: It is one of three portraits of beautiful African women with head gear. I wanted to paint the colours and shape of their beautiful faces with the scarf and I did a series of three women with other head gear similar to this one. In order to authenticate their clothing, I googled "headgear," and chose a few, then printed them as a 'study'. It was the first one I did. B: "Rising Tide" I used palette knife, and what compelled me was the shoreline. The tide was two hours past Quebec City. I saw the tide coming in. The sky was moving quickly and the color of water was changing constantly. C: "Pond in Gatineau": The reflections magnetized me. I was walking through the woods and was touring with a friend on her bicycle. The sun was very bright in the beginning of October. D: "Moutons with Mountain" This was in the Eastern Townships near the border of Vermont and Quebec. I was amazed at the light, and I looked at the light in the painting.

4. Where have you exhibited and where are some of your works now?
I've had two exhibitions at the Old Chelsea Gallery. I've exhibited in Les Imagines in Sutton, Quebec, and at the Heron Road Community Center. I've won People's Choice Awards for two oil paintings at the Dempsey Center in Ottawa.

5. What do you have planned for the future? Please tell us your website, and your Facebook page, and any other avenue of reaching you.
In the fall I will be exhibiting at the Black Walnut Cafe in Cumberland. My contact info. is: www.IsabelleCasey.ca, and my phone number is: 613-736-0016

Thank you for allowing me to interview you today.

Diane Schmolka

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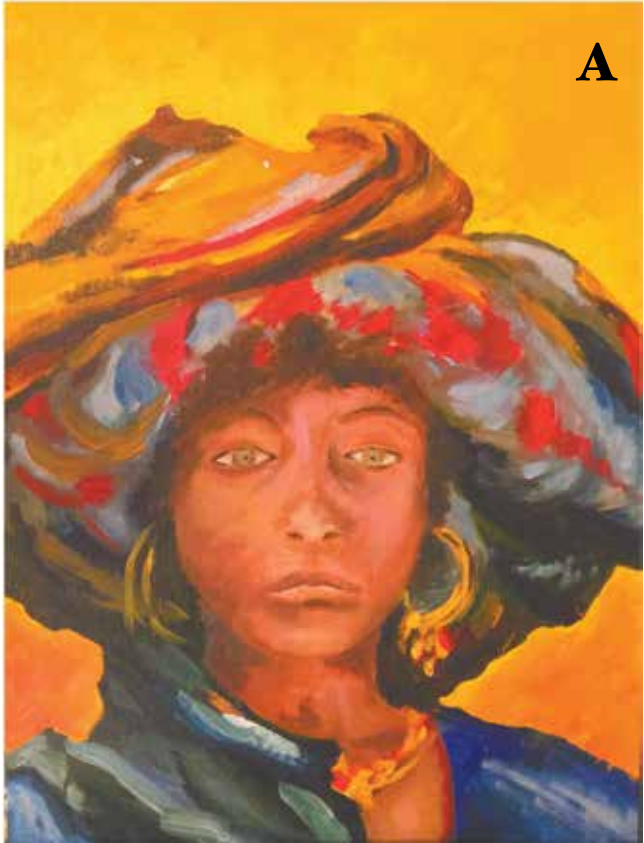
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These movie goers arrived early at Balena Park.

Did they find Dory at Balena Park?

On a beautiful August night over 150 people of all ages gathered together at Balena Park for Movie Night. A huge inflatable screen had been set up earlier in the day so that the enthusiastic crowd could watch *Finding Dory*. The event was organized and hosted by Southeast City Church, a new church starting up in the Alta Vista ward. “We just wanted to provide a fun event that would bring the neighbourhood together.” David Hood said later about the evening. “We were supported by our partner church, Sequoia Community Church in Barrhaven, who supplied

all of the equipment and licenses.” The Riverview Park Community Association secured the permit for the park with credits from the Adopt-a-Park program, and helped with food costs. “We were able to give away tons of candy, popcorn, and chips for free.” added Mr. Hood. And, against all the weather predictions, the rain held off. Over \$200.00 was raised for the refugee family, now in Lebanon, that the ITC Refugee Action Group and Emmanuel United Church hope to bring over to Canada from Lebanon as soon as possible.



Let the show begin! PHOTOS: BILL FAIRBAIRN



Well done to the amazing team of (Back row) Susan, Taffy, Phil; and David; (Front row) Hannah, Diana holding young Jonah and Rachel.



It was a family first for Liya and her Grandmother, Miriam.



Father, Carlo and Mother, Maris enjoyed Movie Night with daughter Martina and son Ezra.



Behind the popcorn table, Councillor Cloutier (Second R) is joined by William, David, Sue, Ashley and Hannah.

COMPUTER TIPS & TRICKS

YouTube – an underrated gem

by Malcolm and John Harding, of Compu-Home

Even in an age when technology explodes instead of simply growing, the 12-year history of YouTube is quite dazzling. The 2016 statistics alone contradict the unimpressive official description of a “video-sharing website”: 1,325,000,000 regular users; 4,950,000,000 videos viewed daily; 300 hours of content uploaded *every minute*; broadcast in 54 languages; 3,250,000,000 hours of videos watched per month. . . small wonder that YouTube is now the second most popular Internet search engine after Google, and the third most popular website after Google and Facebook. In fact, YouTube has long outgrown being a repository of videos of cute kittens and has become a modern out-of-the-box encyclopedia that makes Wikipedia look nervously over its shoulder. (All statistics from www.statisticbrain.com/youtube.statistics)

Perhaps not surprisingly, music is the most popular subject on YouTube. Your tastes have to be pretty esoteric indeed for you not to be able to find at least one and often many versions of tunes, from symphonies to silly 1940s novelties (Mairzy Doats, anyone?). One feature that we find interesting is the recent trend of uploading entire albums and the 2017 equivalent of mix-tapes of compatible music, so that with a little searching and one click, your computer could be entertaining you for an entire evening, sometimes with original accompanying videos. For those who might find it convenient, it is

possible to download and record videos, and it is also quite easy to record the audio only, if you don’t need the video.



Some of the additional nuggets you can find include:

- Live concerts are often available, both music and comedy.
- Lectures and speeches, both contemporary and historical.
- Do-it-yourself guidance, for construction, renovation, auto and appliance installation and repair.
- Brief nuggets of the best of last night’s television programs.
- Entire series of old favourite television series. Settle down for an evening of “LA Law” or “You Can’t Do That on Television”.

. . . sometimes it seems like quite a challenge to identify something that you CAN’T find on

YouTube. All of the above involves simply going to YouTube.com anonymously and entering your search terms in the box. People who want to take advantage of even more features can sign up for a free YouTube account. Just part of that list would include:

- Uploading your own videos.
- Downloading and saving favourite videos.
- Creating playlists.

This column comes with a homework assignment, should you choose to accept it. We challenge you to make yourself familiar with YouTube (if you aren’t already) and jot a list of the purposes and ways that you use it. Send that list to us at info@compu-home.com, and we will include the most interesting, innovative and helpful examples in a future column. We won’t use your name unless you specifically mention that it would be okay.

Now start watching!

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



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RPCA PRESIDENT’S REPORT

Get and Give - Why Not Join the RPCA?

*“There are those that look at things
the way they are, and ask ‘why’?
I dream of things that never were,
and ask ‘why not?’”*
Robert F. Kennedy
(1925-1968)



KRIS NANDA
RPCA President

With headlines about natural disasters, violence and sabre-rattling, it is very tempting to want to ask the “why” question and wonder if you can make a difference and whether it is even worthwhile trying. The short answer is “yes” you can do something, and where better than right here in your community? You may not solve the world’s problems, but you can have a positive influence in your neighbourhood. Many of your neighbours are actively doing just that and one vehicle for making a positive difference is the Riverview Park Community Association (RPCA)

In my ten years on the RPCA Board, I can reflect on many hours spent working with other dedicated volunteers to help make our

neighbourhood more of a community – in ways both big and small. While we have given much of our time, we have gotten a lot out of it as well, in terms of friendships and a sense of satisfaction – even in a small way. These people are serving in a variety of ways – not just at our board meetings.

Riverview Park residents have played a role in traditional activities right from winter carnivals and the RPCA fall social fundraiser to cleaning up parks and new activities such as providing support for the Riverview Park Soccer Program, starting a community garden, sponsoring Syrian refugees, speaking up for our local schools, or providing funds to help plant

trees in community housing when nobody else would step forward with money for new trees.

Many of these initiatives have come from and been spearheaded by RPCA members who asked “why not?” Take the Riverview Park Soccer Program started around a kitchen table almost ten years ago. Or the It Takes A Community refugee action group formed by Riverview Park residents, including several RPCA Board members, who saw the need to help families devastated by the Syrian civil war. Or, in other cases where Board members asked “why not” have sidewalks along much of Industrial Avenue, then successfully pushed to have the City fund them.

Other initiatives envisioned by RPCA board members (e.g. Carol Sing at Cancer Survivor Park) have lapsed due to lack of new volunteers to take them over while the RPCA’s role in Park Clean-ups almost had to be abandoned this year due to lack of volunteers to pitch in (even though our parks are used regularly by hundreds if not thousands of Riverview Park residents).

Which brings me to my point – our community needs more people to step up and help out – even if it is just for a few hours each year with a park clean-up or helping out at a winter carnival. (Of course, we would welcome those of you who are able to devote more time and play a more substantial role – but every little bit helps) Our dedicated core of volunteers cannot do it all – but with your help we can do a lot more. A simple step is to join the RPCA (for \$10 you get a RONA Discount card and access to free Champions Baseball tickets).

I encourage you to come to the

CONTINUED ON PAGE 48



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OCTOBER 2017/
OCTOBRE 2017
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■ Children’s Programs/
Programmes pour
Enfants

(Closed on October 9 and November 11 /
Fermée les 9 octobre et 11 novembre)

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, September 11 to October
2, October 16, October 23, 10:30
a.m. to 11 a.m.

Les lundis du 11 septembre au 2
octobre, 16 octobre, 23 octobre de
10h30 à 11h.

Session 2
Mondays, November 6 to December
4, 10:30 a.m. to 11 a.m.
Les lundis du 6 novembre au 4
décembre de 10 h 30 à 11h.

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

Session 1
Tuesdays, September 12 to October
24, 10:30 a.m. to 11 a.m.

Session 2
Tuesdays, November 7 to December
5, 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 inscrip-
tion requise.

Session 1
Thursdays, September 14 to Octo-

ber 26, 10:30 a.m. to 11 a.m.
Les jeudis du 14 septembre au 26
octobre de 10 h 30 à 11 h.
Session 2
Thursdays, November 9 to Decem-
ber 7, 10:30 a.m. to 11 a.m.
Les jeudis du 9 novembre au 7
décembre de 10 h 30 à 11 h.

■ Special programs /
programmes
speciaux

**Halloween Party /
Fête d’Halloween**
Come join us for a spooky adven-
ture! Bring your costume and have
some fun! All ages. No registration
required. / Amenez votre costume et
joignez-vous à nous pour une aven-
ture effrayante de plaisir! Pour tous
les âges. Aucune inscription requise.
Friday, October 27, 2 p.m. to 3 p.m.
Le vendredi 27 octobre de 14 h à 15h.

Lego Block Party / Ca dé « bloc »
Create and build with Lego. Ages
6-12. No registration required. / Ar-
chitectes en herbe, à vos Lego! Pour
les 6 à 12 ans. Aucune inscription
requisse.
Friday, October 6, 2 p.m. to 4 p.m.
Le vendredi 6 octobre de 14 h à 16h.
Friday, November 24, 2 p.m. to 4
p.m.
Le vendredi 24 novembre de 14 h à
16 h.

**Reading Buddies Program / Co-
pains de lecture**
The program aims to help children
practice and improve their reading
skills! Children will receive indi-
vidualized reading help and encour-
agement. Ages 6-12. Registration
required. / Ce programme contribue
au développement de la lecture chez
les jeunes en favorisant l’accompa-
gnement comme moyen privilégié
d’apprentissage et de partage. Pour
les 6 à 12 ans. Inscription requise.
Session 1
Tuesdays, September 19 to October
24 from 5 p.m. to 6:30 p.m.
Les mardis du 19 septembre au 24

octobre de 17 h à 18 h 30.
Saturdays, September 23 to October
28 from 12:30 p.m. to 3:30 p.m.
Les samedis du 23 septembre au 28
octobre de 12 h 30 à 15 h 30.
Session 2
Tuesdays, November 7 to December
5 from 5 p.m. to 6:30 p.m.
Les mardis du 7 novembre au 5
décembre de 17 h à 18 h 30.
Saturdays, November 18 to Decem-
ber 9 from 12:30 p.m. to 3:30 p.m.
Les samedis du 18 novembre au 9
décembre de 12h 30 à 15 h 30.

N.S. Registration for programs starts
on September 6. L’inscription des pro-
grammes commence le 6 septembre. Reg-
istration 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.

**PD DAY: Game On! / A vos jeux!
(Congé pédagogique)**
Roll the dice, pick a suit or grab a
nunchuk! Come play cards, board
games or Wii with us! No registra-
tion required. Joue aux dés, choisis
ta couleur ou saisis un nunchuk.
Viens jouer aux cartes, à un jeu de
société ou au Wii avec nous. Aucune
inscription requise.
Friday, November 17, 2 p.m. to 4
p.m.
Le vendredi 17 novembre de 14 à
16h.

■ OCTOBER -
NOVEMBER TEEN
AND ADULT
PROGRAMS

TEEN PROGRAM

Zombie Preparedness
Could you survive the zombie
apocalypse? Many of the skills used
to survive a zombie outbreak would
be the same skills needed for other
disasters. Come see if you have what
it takes. No registration required.
Friday, October 27, 4 p.m. to 5 p.m.

BOOK CLUBS

Book Banter
Share the enjoyment of good books
in a relaxed atmosphere. Join us for
discussions on the first Thursday of
every month from 2 to 3 p.m.
Thursday, October 5, 2017
My Name is Lucy Barton by Elizabeth
Strout
Thursday, November 2, 2017
The Japanese Lover by Isabel Allende

**Sleuth Hounds Mystery
Book Club**
Share the enjoyment of good mys-
teries in a relaxed atmosphere. Join
us for a discussion. 6:30 p.m. to
8:00 p.m.
[http://www.deborahcrombie.com/
index.php/the-books](http://www.deborahcrombie.com/index.php/the-books)
Thursday, October 19, – *The Dead
Man* in series by Michael Pearce

[https://en.wikipedia.org/wiki/Mi-
chael_Pearce_\(author\)](https://en.wikipedia.org/wiki/Michael_Pearce_(author))
Thursday, November 16, – Any Fina
Ludlow book by Ingrid Thoft
<http://www.ingridthoft.com/>

Infusions littéraires
Partagez avec nous le plaisir des
livres dans une ambiance détendue.
Joignez-vous à nous pour une discus-
sion. De 14 h à 15 h.
Le lundi 16 octobre, 2017
L’amant japonais, d’Isabel Allende
Le lundi 20 novembre, 2017
Les noces fabuleuses du Polonais par
Fouad Laroui

CONVERSATION GROUPS

***Groupe de conversation en
français – débutant / French
Conversation Group – beginner**
Améliorez votre français parlé et
rencontrez des gens dans une am-
biance conviviale et décontractée.
Aucune inscription requise. / Prac-
tice your French language conversa-
tion skills and meet new friends in
a relaxed and friendly environment.
No registration required.
Session 1
Mondays, September 18 – December
11, 4:45 p.m. to 6 p.m.
Les lundis 18 septembre au 11
décembre de 16 h 45 à 18 h.

***Groupe de conversation en
français (intermédiaire) /
French Conversation Group
(intermediate)**
Improve your spoken French in a
relaxed setting. This group is for
those at an intermediate level. No
registration required. / Améliorez
votre français parlé dans une ambi-
ance décontractée. Ce groupe est
de niveau intermédiaire. Aucune
inscription requise.
Session 1
Tuesdays, September 19 – December
5, 6:30 p.m. to 8:00 p.m.
Les mardis 19 septembre au 5
décembre de 18 h 30 à 20 h.

***English Conversation Group
(Monday) / Groupe de conversa-
tion anglais (lundi)**
Practice your English language
conversation skills and meet new
friends in a relaxed and friend-
ly environment. No registration
required. / Améliorez votre anglais
parlé et rencontrez des gens dans un
milieu décontracté. Aucune inscrip-
tion requise.
Session 1
Mondays, September 18 – December
11, 6 p.m. to 7:30 p.m.
Les lundis 18 septembre au 11
décembre de 18 h à 19 h 30.

***English Conversation Group
(Tuesday) / Groupe de conversa-
tion anglais (mardi)**
Practice your English language
conversation skills and meet new
friends in a relaxed and friend-
ly environment. No registration

CONTINUED ON NEXT PAGE



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required. / Améliorez votre anglais parlé et rencontrez des gens dans un milieu décontracté. Aucune inscription requise.

Session 1
Tuesdays, September 19 – December 12, 12 p.m. to 1:45 p.m.
Les mardis 19 septembre au 12 décembre de 12 h à 13 h 45.

Family Law: The Basics – Law at the Library
Do you have questions about family law? This session will be an interactive discussion of basic legal information relating to family law in Ontario. Join Rebecca Bromwich, lawyer and law professor, to learn an overview of Divorce, separation, child custody, access, support, and adoption law in Ontario. Come with your questions.
This session is part of Ottawa Public Library’s new Law at the Library Series, partnering with the Ontario Bar Association. Registration is required.
Wednesday, October 18 in the program room @ 6:30 p.m. (90 min.)

Planning for Retirement on a Low Income: What You Need to Know
You need to know how to get the most from income security programs such as Old Age Security, Guaranteed Income Supplement, Canada Pension Plan and Ontario Disability Support. Many financial advisors are unfamiliar with these programs and how they may interact with each other and financial products such as RRSPs and Tax Free Savings Accounts. Learn to navigate

the system in two plain language information sessions presented by John Stapleton, Open Policy Ontario, and/or other members of The Council on Aging of Ottawa’s Experts Panel on Income Security. Whether you are a current senior, approaching retirement, assisting your family or just concerned about the future, join us. Registration is required.
Saturday, October 21, 2 p.m. to 4 p.m.

Who’s the boss – You or your camera?
Take your photography to the next level by getting your camera off “Auto” to achieve the creative affects you want. Learn how to tell your camera to capture what you see - don’t let it decide for you. Topics covered will include an understanding of aperture, shutter speed and ISO which can be applied to any camera that has a dial for selecting exposure settings (e.g. “A” or “Av”, and “S” or “Tv”). Registration is required.
Wednesday October 25, 6 p.m. to 8 p.m.

Immigration Law: Law at the Library
Are you a new immigrant? Or do you have questions about immigration and visiting Canada? Then don’t miss this great opportunity! In this special presentation by Toronto/Ottawa Lawyer Sherif Rizk, you’ll find out important information about:

- Applying for visitor visas into Canada

- Applying for permanent residency in Canada
- Applying to become a citizen of Canada
- And more!

Come find out what your legal rights and responsibilities are, and how a lawyer can help! Registration is required.
Wednesday, November 1 in the program room @6:30 p.m.(90 min.)

Make a Will - Law at the Library
A lawyer from the Ontario Bar Association with expertise in wills and estates law will talk about:

- Why you need a will.
- What will happen if you don’t have a will.
- What are powers of attorney; and why they are important.

Join us to learn how having a will and powers of attorney can help you and your family.
This session is informational only and does not include legal advice. It is part of a new Law at the Library Series at Ottawa Public Library. Registration is required.
Wednesday, November 15, 6:30 p.m. 8:00 p.m.

Cloud computing 101
The “cloud” has become a ubiquitous term in the modern computing vernacular. In a nutshell, cloud computing is merely the practice of using an Internet hosted server to store, manage or process data rather than relying on a local network server or personal computer. Jeff Dubois, Publicity Chair, Ottawa PC Users’ Group, will examine a number

of cloud-based practical applications, services and features that may be of interest to the consumer market. Registration is required.
Wednesday, November 22, 6 p.m. to 8 p.m.

HEALTH

Prenatal Classes – Ottawa Public Health
Prenatal Class offered by Ottawa Public Health (OPH). A public health nurse will lead this mini-series of three small group sessions. Only one parent must register but both are welcome.
Session 1.
Birth Basics-Confidence & Comfort.
Session 2:
Breastfeeding Basics-Tips & Techniques.
Session 3:
Baby Basics-Preparing for Parenthood.

Thursday, October 5, 12, 26; 6 p.m.- 8:00 p.m.
Saturdays, October 14, 21, 28; 10:15 a.m. to 12:15 p.m.
Thursday, November 2, 9, 23; 30, 6 p.m.- 8 p.m.
Saturdays, November 4, 18, 25; 10:15 a.m. to 12:15 p.m.

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

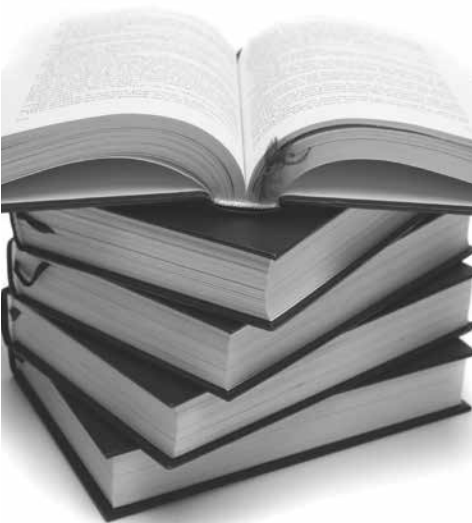
Programs at the Elmvale Acres Branch
1910 St Laurent Blvd
October 2017 – November 2017

Children’s Programs

Family Storytime
Wednesdays – 10:15 am
Stories, rhymes and songs for children of all ages and a parent or caregiver. Drop-in program.

Bilingual Family Storytime / Contes en famille bilingue
Thursdays – 10:15am / Jeudi – 10h15
Stories, rhymes and songs for children of all ages and a parent or caregiver. Drop-in program. / Contes, comptines et chansons pour les enfants de tous âges et un parent ou gardien. Programme portes ouvertes.

Babytime/ Bébés à la biblio
Thursdays – 1:30pm / Jeudi – 13h30
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.

Reading Circle / Groupe de lecture
Saturdays – 12:00pm / Samedi – 12h00
Practice your reading in English or in French, and meet new friends in a relaxed and friendly environment. For children. / Améliorez votre lecture en français ou en anglais, et

rencontrez des gens dans une ambiance conviviale et décontractée. Pour enfants.

Library Mystery! / Le mystère à la bibliothèque !
Saturday October 7 – 2:30pm / Samedi le 7 octobre – 14h30
Can you solve the Canada 150 library mystery as a family? Family event. Free. / Menez votre propre enquête en famille à la bibliothèque ! Pour les familles. Gratuit.

Remembrance Day through experiences / La journée du souvenir à travers des expériences
Saturday November 25th – 2:30pm / Samedi le 25 novembre – 14h30
Celebrate Canada 150 and Canadian experiences as a family! Stories, activities and crafts. Free. / Célébrez Canada 150 et des expériences des canadiens en famille! Contes, activités et bricolage. Gratuit.

Adult Programs

Mystery Book Club – Monday Nights are Murder
Mondays - 6:30pm

Oct 2, Nov 6
Share the enjoyment of good mysteries in a relaxed atmosphere. Join us for discussion.

English Conversation Circle / Groupe de conversation en anglais
Tuesdays – 7pm
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.

Baby Talk
Thursday October 5th – 2:00pm
Babies communicate from the day they are born. Join us for an interactive session on how your baby communicates and what you can do to everyday to build their speech and language development. Learn about speech and language milestones and where to turn for help should you need it. For parents and their baby. Ages 0-12 months.

THE PLANNING AND DEVELOPMENT UPDATE

The Riverview Park Community Association (RPCA) tracks local developments, most notably work on the Hospital Link of the Alta Vista Transportation Corridor (AVTC) Hospital Link road between Riverside Drive and the Ottawa Hospital Ring Road, developments related to the Light Rail (LRT) project, activity in the Trainyards, traffic congestion, and increasing infrastructure for pedestrians and cyclist, including a potential overpass between the Via Train Station/Tremblay LRT and Terminal Avenue. These items will be reflected in the RPCA's budget presentation to City Council later this Fall. Details on issues of interest to the RPCA and Riverview Park residents include the following items:

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 have now been postponed until at least 2018, which means that there will be no more school closures for now. Prior to the June 2017 announcement of the delay, the RPCA had expressed support for keeping both Hillcrest and RAS open and endorsed the idea of an invigorated "community school approach" to encourage more students to walk to their local schools. The RPCA and parents at RAS had circulated a petition to keep the school open – that garnered nearly 200 signatures before the review was postponed.

Alta Vista Transportation Corridor (AVTC) – Hospital Link
Construction activity on the AVTC road is slated for completion by December 1, 2017 with final landscaping scheduled for 2018. Work continued over the summer



KRIS NANDA
Chair, RPCA Planning & Development Committee

near the intersection between the AVTC and Alta Vista Drive which has resulted in changes to traffic patterns. Road and new AVTC Tintersection is underway and the well-used sledding hill near the co-generation plant (the "plumerator") has now been torn down.
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 the Alta Vista Hydro Corridor.

Hydro One Overbrook to Riverview (Balena Park) Transmission Line Upgrade
Hydro One has begun work on the Overbrook to Riverview (Balena Park) Transmission Line Upgrade project and hosted two pre-construction Public Information Centres (PIC) and a walk-through for local residents this summer. Construction of the project has now begun with completion and corridor restoration in Riverview Park due by Spring 2018. The existing hydro towers in the corridor are slated to come down by the end of 2017 with the planned in-service date of Spring 2019 for the entire corridor.

Pedestrian and Cycling Connection
The RPCA has continued to advocate for the City to pursue the idea of an overpass between Terminal Avenue and the Via Station, (the \$6.3 million Westerly option) as an excellent candidate for tri-partite infrastructure funding. A recent City study indicating that the Tremblay LRT station (near the Via Station and the proposed northern terminus of the overpass) ranked

as the most car-centric and least pedestrian and cyclist friendly stop on the new Confederation Line
This project would help provide an active transportation route between the soon-to-open LRT, the refurbished Train Station and the Trainyards Office and Retail Complex. It would also fill in the missing pedestrian/cyclist gap between Alta Vista and the northern side of Hwy 417 (e.g. Coventry Road, Baseball Stadium, and St. Laurent businesses) and is part of the City of Ottawa's long-term Cycling and Pedestrian Plan network.

The RPCA and other Community Associations on both sides of Hwy 417 are communicating with Councillors to try to get the overpass proposal included in the City's list of projects being submitted for federal government infrastructure funding. Both MP David McGuinty and Provincial MPP John Fraser have expressed interest in the proposed overpass which has received support from Ottawa Champions President David Gourlay and several other Community Associations (on both sides of Highway 417).
Although Controlex (Trainyards) CEO Marty Koshman has claimed there may be insufficient demand for the overpass, Councillor Jean Cloutier remains supportive and has been asked to try to work to try to take advantage of potential funding from other government levels.
Councillor Cloutier has sought funding for a more in-depth study on the cost and details for an overpass (the Westerly option). He spoke to the issue at Planning Committee September 12 and has met with City staff. The City will begin the study in 2018 that will examine more closely overpass bridge location options, connections, crossing alignments and costing.

Trainyards Developments and Tree Planting along Coronation Boulevard
Final work on the interior of the 9-storey office building at 405 Terminal Avenue has been completed, though a tenant still has not been confirmed. Meanwhile, Kettleman's Bagels and Pet Valu stores are now open next to M&M Meat Shop and Bulk Barn.

The RPCA has asked the City to consider an advance left green light at entrance to Farm Boy/LCBO

from Industrial (across from the 628 Industrial site – former lumber yards). Three buildings are under construction on that site: (1) At 650 Industrial, right at the signalized intersection, Figaro Coffee, which will have various coffees and pastries is expected to open by the end of 2017; (2) At 610 Industrial, Nordstrom Rack will take possession in early 2018, and open in the spring; and (3) At 590 Industrial is a multi-tenant retail store, whose occupants have not yet been announced.

A sidewalk, trees, grass and some planting beds will be installed on Industrial Avenue later this year. In addition, on the southern side (facing Coronation Boulevard), tree planting has begun along the South property line (along Coronation) to give a living hedge effect. The new pedestrian connection between Coronation and Industrial Avenue (behind 628 Industrial) is expected to open this Fall. Meanwhile, an application has been submitted to the city for the multi-family residential part of a development mostly on the site of the warehouse and cross dock building at 1435 Sandford Fleming Drive, that is currently under demolition.

Proposed "Temporary Rezoning" for Parking Lot at 1867 Alta Vista Drive
The RPCA Submitted comments to the City and Councillor Cloutier in July 2017 expressing opposition to "temporary" rezoning to allow parking for up to 116 vehicles on grounds of 1867 Alta Vista Drive, the site of the former Canadian Medical Association (CMA) Building torn down in 2016), that would be used by employees working at the MD Financial Services building across the street at 1870 Alta Vista. (When the demolition of the CMA building at 1867 Alta Vista was covered in the June 2016 *Riverview Park Review*, there was no indication or mention of the parking lot issue.) The RPCA and several other local community associations expressed concerns about safety (jaywalking) and congestion (due to people crossing the street and additional in-out traffic), the fact that parking facilities already exist and are being used, including at the nearby Immaculate Heart of Mary church. However, Councillor Cloutier had indicated his support for the project, but was seeking some changes to reduce its impact.

The application was scheduled for presentation to the City Planning Committee on September 26. Prior to the Committee meeting, Councillor Cloutier had been negotiating with the proponent to re-

CONTINUED ON PAGE 45

Chris Ellis

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

www.SchoolZone6.org

613-818-7350 - Chris.Ellis@ocdsb.ca

Trinity lawn chair service survived the rainy weather

by Pastor Franklin Chouinard

After a quieter summer the ministry programs of Trinity Church have resumed. Unfortunately weather affected some of the church’s planned summer activities. For example, while the congregation met for their yearly lawn chair service (an outdoor service on the front lawn of the church), the pool party and barbeque which were to follow was cancelled. With the fall, though, there is hope that the full slate of activities which has resumed will proceed as planned. This year there are new church programs as well.

Activities resumed with the annual “Welcome Back” family fellowship. Again this year an outdoor movie night had been planned – a “cinema under the stars”. Rain during the day forced the event inside, but those who attended enjoyed “Homeward Bound”. Treats were provided by the youth group.

The youth group began meeting for their Friday night activities the following week. Mathieu Charlebois continues to direct the teen gathering Friday nights at 7:00. From the tame to the wild, teen night activities are an excellent alternative to Friday evening boredom at a minimal cost. As well, this year the church will open the church to young people the second and fourth

Wednesday evenings of the month as a place for them to “escape”: a place of quiet, a place to visit with others, a place to do homework, a place to... whatever. The fellowship hall and upstairs area will be open from 6:30 p.m. as a “YouthSpace”.

The community garden continues to thrive! Although it was a wet summer many crops did quite well. To celebrate the end of the growing season the church held a “Harvest Fellowship” potluck after its September 17 service as the congregation and a number of gardeners met together. The garden has been a successful church initiative. A volunteer board of directors coordinates and leads the garden. Although there is a waiting list for plots for next year, those interested in finding out more about the garden can contact Bernadette Bailey at trinity.garden@rogers.com for more information.

Again this year a number of the young people of the church participated in a trip to El Salvador and were involved in children’s events in that country. They will participate in the October 1 church service and tell of their experiences there. On October 15 Cosmos Mutowa, the Field Director and Compassionate Ministries Director of the South Africa region of the denomination, will be at Trinity



A Harvest Celebration of the Community Garden

Church to share what is happening in that area of the world.

Christmas activities in the church include a celebration meal December 3 following the morning service, a musical celebration during the December 10 service, and a Christmas Eve candlelight service December 24 at 7:30 p.m.

The congregation is looking forward to their anniversary year. 2018 marks 50 years Trinity Church has been serving the Riverview Park community from 480 Avalon Place, and 75 years that the Church of the Nazarene has been in Ottawa. Plan-

ning is underway for a number of events that will take place through the year. Current and former friends of the church will be welcome to participate in the celebratory activities.

More information about the activities of Trinity Church can be found at the church web site [www.ottawatrinity.ca] or Facebook page, by following Pastor Frank on Twitter @TheFrankPastor; by e-mailing the church at ottawatrinity@rogers.ca, by calling the church at 613-731-8926 or by joining the congregation in worship Sunday mornings at 480 Avalon Place [at Braydon].

CONTINUED FROM PAGE 44

duce the number of spaces allowed and to have a provision in the approval of the application to require a site plan for new building at 1867 Alta Vista to be submitted within one year.

Elmvale Shopping Centre Redevelopment Proposal

The RPCA provided comments on RioCan’s plan to redevelop the Elmvale Shopping Centre over several years, including converting the indoor part of the mall and adding high-rise residential towers with rental units. Following considerable discussion with local stakeholders including the Elmvale Acres Community Associations, the redevelopment was approved by City Council in July. RioCan will now work on an application to redevelop an initial part of the parcel (most likely near the current location of Kelsey’s restaurant) that is expected to be submitted in 2018.

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 in Fall 2017. The \$8.9 million project includes installation of transit lanes and raised cycling track next to the sidewalk along St. Laurent.

Light Rail Construction Project Update

The Hurdman bus loop has moved to a new facility near its old location. The actual testing of trains between Blair and University of Ottawa stations (including across the Rideau River Bridge) is expected to begin in Fall 2017. While the Multi-use Path (MUP) connection over the Rideau River Bridge is currently scheduled to remain closed until revenue service begins in 2018, the City continues to monitor for any opportunities to re-open earlier (following requests from the RPCA and others), although there are some challenges to doing so.

Information on some project proposals can be found at the City of Ottawa website at:

http://www.city.ottawa.on.ca/residents/planning/index_en.html. The RPCA welcomes your input on these proposals and any other

potential developments in the area.

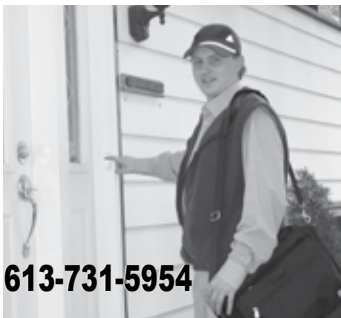
If you are interested in joining the RPCA P&D group or would like further information, you may contact the Committee Chair, Kris Nanda at

krpp1415@gmail.com. For more information on this and other activities in Riverview Park, please see the RPCA website at <https://rpca.wordpress.com> The contact email for RPCA is: info@riverviewpark.ca

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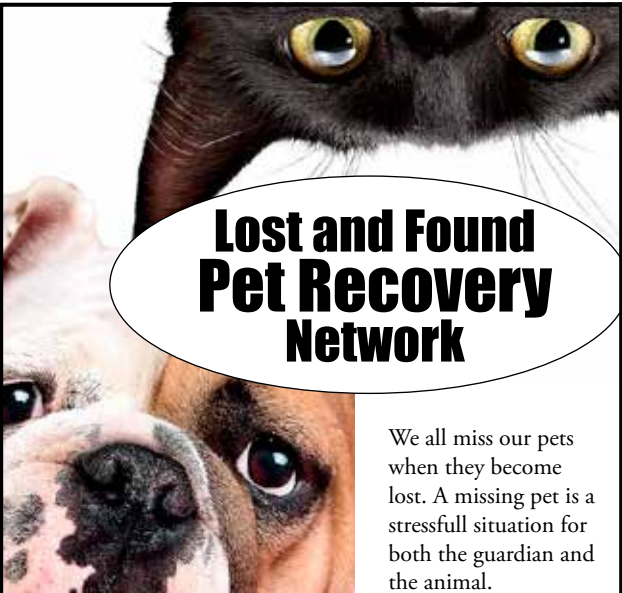
COMMUNITY BULLETIN BOARD

■ **Rideau Park United Church**
2203 Alta Vista Drive,
Church office: 613-733-3156 ext 229
(Mon-Fri 9am-4pm)
or www.rideaupark.ca

50+ Fitness Group: Tues. & Thurs. 9 - 10am, Oct. & Nov. All levels of fitness (men & women). Fees are \$60. for 20 classes & can be prorated, payable by cash or cheque at your first class. Drop-in fee \$8. More info, Lisa Sadler, 613-523-9101.

Gentle Yoga - Two Sessions: Wed, 5:30 - 6:30pm, (10 classes), OR Fri. 9 - 10am (10 classes), Oct. & Nov. A gentle flow mat class. Choose one or both classes. More info & fees, Lynda Spalding, 613-422-3565.

Fall Nearly New and Book Sale: Fri. Oct. 13, 6 - 8:30pm and Sat. Oct. 14, 9 - 11:30am. It's all second time 'round. Pick clothes for the whole family. Choose from a large array of books at great prices. Proceeds to the work of the church.



Lost and Found Pet Recovery Network

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

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

When letterit@rogers.com is notified of a lost pet, all participants will be sent a confidential e-mail with a description of the lost or found pet. When a pet is found, Orrin and Pam will notify the owner and arrangements can be made for the pet to be returned.

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



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

Enjoy Afternoon Tea on Sun. Oct. 15, 2pm, listen to a string quartet and savour tea and sweets. Tickets (\$15.) at the church office (M-F 9-4) or call 613-733-3156 x229. Proceeds to the Refugee Committee.

The Harmony Club for Seniors 60+ meets on Wed. Oct 25. Lunch, 12 noon (\$6., register by Oct 18). From 1-2pm, Navin Parekh will speak about CanUgan, a non-profit group that provides assistive devices to Ugandans with physical disabilities. All seniors welcome.

Christmas Treasures Bazaar: Sat. Nov. 4, 1 - 4pm, offers something for everyone, from meat pies to homemade baking, jams and relishes. You can peruse the Christmas decor collection, the Ladies' Boutique, cross-stitch gifts, and the garden centre. Search out the Book Alley for a great read and the General Store for household and sporting goods. Drop by the children's toys, games and electronics, and make a bid at the Silent Auction. After shopping, stop by the Tea Room for refreshments.

The Harmony Club for Seniors 60+ meets on Wed. Nov. 22. Lunch at 12 noon (\$6., register at church office by Nov 15). From 1-2pm, there will be a presentation of interest to seniors in the community.

Roast Beef Dinner: Fri. Nov 24, 5pm or 6:30pm Join us for an old fashion roast beef dinner with all of the trimmings. Tickets at the church office in November (M-F 9-4) or call 613-733-3156 x229.

“**Ringin In Christ-**

mas” Concert: Sun. Dec 3, 7pm, features the five handbell & chimes ensembles at Rideau Park playing the popular & sacred music of Christmas. Freewill offering.

■ **Art Lending of Ottawa Winter Show** will be held at the R.A. Centre (Outaouais Room), 2451 Riverside Drive (east entrance) on Saturday, December 2nd 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.artlendingofottawa.ca to find further Art Lending details and to visit the artist's gallery to enjoy some displayed work.

■ **St. Thomas the Apostle Anglican Church**
2345 Alta Vista Drive (by firehall) November 4, **ANNUAL BAZAAR** - 9:30 am to 1:30 pm. Lunch from 11:30 to 1pm. Bake room, Clothing and Jewellery Boutique, Handicrafts, New to You, Books/CD's, Plant room, The General Store.

■ **St. Aidan's Anglican Church**
934 Hamlet Rd. Church office 613-733-0102 or E-mail: staidans@bellnet.ca. St. Aidan's Church **Yuletide Bazaar** will be held Saturday, November 4, 10:00 a.m. - 2:00 p.m. Start your Christmas shopping early with our home baking, jams & jellies, crafts and ladies' boutique. Take part in our silent auction and enjoy lunch in the Celtic Café. We are located at 934 Hamlet Rd., near Smyth and St. Laurent. For more information, call 613 733-0102.

■ **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.

■ **Maplewood Retirement Community,**
340 Industrial Ave., 613-656-0556 or e-mail: dcharlebois@riverstoneretirement.ca: FALL: **Maplewood's Farmers' Market** Sunday, October 29th, 10 a.m. - 2 p.m.

Pacesetters
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.

■ **Friends of the Farm**
January to December 2017 - Friends of the Farm's contribution to Canada's 150th celebration is their beautiful new book **'Blooms'** about the Ornamental Gardens at Ottawa's Central Experimental Farm. It is a wonderful gift for anyone who loves gardens and flowers, as well as a treat for those interested in Canadian history. Available at www.friendsofthefarm.ca and local bookstores.

September 17 - Friends of the Farm **Tree Tour** at 2pm Bldg. 72. Non-green Parts of Trees: Bark, Branches and Roots. Delve deeper into a tree's sturdy counterparts. Free event, register at trees@friendsofthefarm.ca, donations gratefully accepted 613-230-3276 friendsofthefarm.ca/arboretum-tree-tours/

October 15 - Friends of the Farm **Tree Tour** at 5pm Bldg. 72 Photography on the Farm Explore how light tells the story of a landscape such as the Farm. Free, register at trees@friendsofthefarm.ca, donations gratefully accepted 613-230-3276 friendsofthefarm.ca/arboretum-tree-tours/

October 21 - Friends of the Farm **Used Book Drop Off** from 10am to 3pm. Save your books and re-gift them for a great cause. Please note we do not accept magazines, textbooks, or encyclopedia. Drive up to Bldg 72 CEF Arboretum, east exit off Prince of Wales roundabout. 613-230-3276 friendsofthefarm.ca/fcef-annual-events/

Nov 16 to Nov 24 - Friends of the Farm **'Fall Frenzy' Online Silent Auction.** Going, going, gone! Bid on great holiday gifts and services without leaving home, use PayPal, cash or cheque, pickup at Bldg 72 Arboretum, east exit off Prince of Wales roundabout. 613-230-3276 friendsofthefarm.ca/fcef-annual-events/

OUR MUSICAL HERITAGE

Enrico Caruso and the Great San Francisco Earthquake

by Brian McGurrian

In 1903, Enrico Caruso began his long association with the NY Metropolitan Opera, and in 1906 he took up residence at the brand new Knickerbocker Hotel on the corner of Broadway and 42nd Street. Of course he also continued to give recitals and operatic performances in Europe and Canada, as well as in a large number of cities across the United States. And, so it was, that on the evening of Tuesday, April 17, 1906, Caruso appeared at the Grand Opera House in San Francisco.

As Will Rogers once remarked, San Francisco was, “the city that was never a town.” In the America of the mid-1840s, President James Polk had been elected on the premise that the U.S. had a “manifest destiny” to spread itself across the continent to the Pacific Ocean. He provoked a war with Mexico, newly independent from Spain only since 1821, with the result that Mexico was compelled to cede about one-third of its territory, including nearly all of present-day California, Utah, Nevada, Arizona and New Mexico, for a payment of just \$15 million. At the same time, the discovery of gold in California led to a large influx of Americans and Europeans and Chinese. The Oxford English Dictionary pinpoints San Francisco as the originator of the term “Chinatown” in 1857. (It was the Chinese, after all, who did most of the grunt work in the completion of the first transcontinental railroad in 1869).

By that time the old Spanish mission of San Francisco had exploded from a village of 500 to a town of 150,000, and continued to grow like Jimson weed in a pile of compost, as they liked to say down there - with cable cars enabling settlement even on the 30-degree slopes of its steepest hillsides. By 1890, San Francisco was already the eighth-largest city in the U.S., and by 1906 the population had swollen to 400,000.

San Francisco was a city known for its flamboyant style, ostentatious mansions on Nob Hill, and a thriving arts scene (to say nothing of, “sexual services on a titanic scale – the Hotel Nymphomania, for example, offered 150 cubicles on each of its three floors,” says Simon Winchester). This was San Francisco at the time of the great earthquake.

The Grand Opera House built in 1874, seated more than Ottawa’s present NAC concert hall (seating a mere 2300). On the evening of April 17, 1906, all of the well-to-do were in attendance, the women showing off their glittering jewels and finery and all the men in white tie and tails, thrilled to hear the world’s greatest



“But what an awakening! ... I wake up about 5 o’clock, feeling my bed rocking as though I am in a ship on the ocean...”

tenor performing the role of the naive young soldier, Don José in the opera Carmen. Caruso was not pleased with his leading lady, the 200-pound Swedish-American mezzo-soprano, Olive Fremstad, and it is said that the rehearsals did not go well. You can savour the experience if you look up Caruso’s big aria (on Youtube), “Air de la Fleur,” in which Don José pledges his undying love to Carmen (but after she dumps him for a bullfighter, he flies into in a jealous rage, and stabs her to death – a lover’s quarrel, opera style.) But I digress.

The following morning Caruso was awakened at 5:13 a.m., as the San Andreas Fault slipped more than ten feet, unleashing a massive earthquake later estimated at 7.8 on the Richter scale. As he later recalled: “I was stopping at the [Palace] Hotel, where... I had a room on the fifth floor, and on Tuesday evening... I went to bed feeling very contented. ... But what an awakening! ... I wake up about 5 o’clock, feeling my bed rocking as though I am in a ship on the ocean... Then, I get up and

go to the window ... and I see the buildings toppling over, big pieces of masonry falling, and from the street below I hear the cries and screams of men and women and children

“Then I call for my valet. He comes rushing in, quite cool, and without any tremor in his voice, says: “It is nothing.”

But all the same he advises me to dress quickly and go into the open, lest the hotel fall and crush us to powder. By this time the plaster on the ceiling has fallen in a great shower, covering the bed and the carpet and the furniture... I make my way to Union Square, where... my valet succeeds in getting a man with a cart, who [takes] us to the Oakland Ferry... We pass terrible scenes on the way: buildings in ruins, and everywhere there seems to be smoke and dust.”

A third-person account of the event gives a somewhat different impression. Yes, Caruso ran from the hotel, clasp his, “autographed photo of President Theodore Roosevelt.” But the death and destruction did not impair Caruso’s healthy appetite. He walked over to the modern and luxurious St. Francis Hotel, clad only in his pajamas and a fur coat, coolly sat down to a breakfast of bacon and eggs – and was composed enough to clean his plate and tip the waiter \$2.50. However, he vowed never to return to the City by the Bay – and he kept his word.

Later estimates placed the number of deaths at 3,000, although the majority of these were not killed by the quake but rather the uncontrolled fires in the aftermath. By the time the fires were finally extinguished, over 80 percent of the city was destroyed and 225,000 of the 400,000 population were left homeless. The event is remembered as one of the worst and deadliest natural disasters in U.S. history.

Footnote: Later that same year, Caruso was charged with an indecent act allegedly committed in the monkey house of New York’s Central Park Zoo when the police accused him of pinching the bottom of a married woman. Caruso argued that it must have been a monkey who did the bottom-pinching, but he was nevertheless found guilty as charged and fined ten dollars.

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Riverview Park Alternative School Gardens

by Denise Kennedy

In the fall of 2015 I noticed the school gardens needed attention so I asked the principal if I could help. Her enthusiastic response was an indication that this would be a very good idea. The teacher who had been tending the gardens had retired a few years before and no one stepped forward to replace her. I love gardening and this challenge made my creative juices flow.

We started with a dream to create a fall garden and a spring garden. I asked for bulbs; and tulips, daffodils and grape hyacinths were planted in the fall of 2015. The soil seriously needed replenishment as well. I proceeded to mulch leaves from my trees and my neighbours' trees and delivered this "food" to the gardens by pulling a large garbage bin on wheels up the street very early on Sunday mornings. I had become a "bin lady"! What a delight to see flowers in the spring of 2016. Peoples' comments on the rejuvenation and the colour became music to my ears. Can't stop now...I thought!

Words of encouragement can go a long way, and so I donated a few plants such as dwarf monarda and lungwort to add colour to the meagre show after the spring bulbs had died down. We gardeners never know when to stop, do we? Then came hostas and cranesbill geraniums and of course a few mums! The drought of 2016 was a challenge but we managed to survive.

While on volunteer office duty one day with the *Friends of the Farm* I received a phone call from a Good Samaritan who was offering us a truck load of pine mulch and he could deliver it that afternoon! The *Friends* could not accept such a generous donation but I knew who would. I gave him the school address and it was delivered that afternoon. Little by little I spread it over the beds and more bulbs were planted in 2016, particularly the Canada 150 tulips. Aster seeds were sown and more plants were moved from my garden to the bor-



ders. I just could not stop...!

Along the way I called on Fran Dennett (ASK FRAN column in RPR) for suggestions on design and care of existing plants. My work as a volunteer with the *Friends of the Farm* allows that I have access to very knowledgeable people. I asked my friend Jean Currie who is a lilac team and Dominion Arboretum team volunteer to come with her trusty pruning saw and assess the lilac and the trees around it. This developed into two day's worth of clearing evil and dead scrubby shrubs which is hard work for seniors our age.

Another *Friends of the Farm* volunteer came to help tie up the limbs and clean up the leaves etc... Donna found the work so invigorating that she offered to join our team! I do not want to miss mentioning Natasha; another *Friends* volunteer who on several occasions helped clear low growing and dead branches all around the school. That is an

ongoing project, I am writing about the hedge along the East wall, past the Administration door. It has been trimmed, top and sides, still a lot of old growth left to clean out underneath. Natasha is currently on vacation and she promised to finish the job later in September. I have a team!

While visiting a Gloucester Horticultural Society member's garden I was offered more plants that will give a good show next spring. Our aim was to spruce up the gardens before the beginning of this school year. That is not the end of it; we are planning a peony garden for the bed just south of the Administration door. First the burdock, the invasive lemon balm and company need to go. A fellow member of the Ottawa Horticultural Society has donated a few peonies for this "new" garden. We need a lot of good garden soil before we plant anything there. Rome was not built in a day nor will this garden

be! I am very resourceful, but now I need help, do I hear any offers?

As of September 17, 2017 I have been informed that new ideas are coming to the gardens with Teacher Katie and her Grade 3 students. Stay tuned! It makes a great deal of difference when volunteers are supported by staff and students and vice versa. What pleasure and satisfaction! Old and new getting their hands in the dirt, can it get better than this?

If you have compost and plants to share and/or if you would like to join us please contact Denise Kennedy at 613-738-9724. Many hands make light work, and we are an equal opportunity group!

Denise, Jean, Donna and Natasha.denisekennedy@rogers.com

Volunteers with *Friends of the Farm*, and Denise is a member of the Gloucester Horticultural, and the Ottawa Horticultural Societies.

RPCA President's Report...

CONTINUED FROM PAGE 41

October 25 Annual General Meeting where you can find out how you can help (and where you have a chance to win a \$50 Rona Gift Certificate). Perhaps you have your own "why not" idea of an issue or activity that you would like to share.

The RPCA is there to help - we can do far more as a community

association than we could as individuals - and we can serve as an umbrella to provide assistance or sponsor new programs. As a community association, we have regular access and communications with our City Councillors, city staff and other elected officials, and have a chance to voice our opinions and be heard when we might not otherwise be able

to do so. The more members the RPCA has, the stronger our voice will be and the better we will be able to speak for you as Riverview Park residents, and the more capacity we will have to sponsor and put on events that bring the community together.

So, ask yourself, "why not" join the RPCA and come to our meeting on October 25. You may find

that you "get" a lot more than you "give" (including perhaps a \$50 RONA gift certificate!)

For more information, check out our website at www.RiverviewPark.ca, drop me a line krpp1415@gmail.com with your questions or thoughts, and/or come to our RPCA Board meeting on October 11 or our Annual General Meeting on October 25.

VINCENT MASSEY SCHOOL

Vincent Massey’s student philanthropy group, Growing SOLES, finished up another successful year working with the Russell Heights community. Our Sports activities engaged many of the youth in new opportunities and our students responded by saying that they enjoyed working with the kids by teaching them new games. Our Coding class was also a success. With six weeks of training on code.org our classes learned and implemented some of the basic coding skills to build applications. Our major project involved fundraising \$1500 to plant perennials in the community. These flower and plant beds were installed in the Russell Heights neighborhood in four different communal locations with members tending them during the summer months. By mid June the class had learned that they were successful in securing the CEPGP environmental grant of \$5000 from the City of Ottawa. This is to be used on a larger scale in the community to develop gardens. Congratulations to Growing SOLES for an amazing effort and commitment! Our incumbent class R7/8 will be working with community members and OCH staff to determine how this grant will be implemented. We are very excited to be starting of the new year with a major project already in motion.

Greg McKean
Grade 8 Teacher



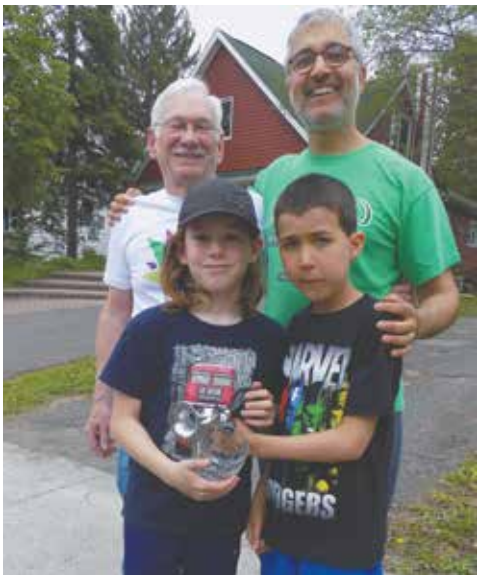
Mouth-watering burgers stole the show

The first annual CAD (Caledon, Alta Vista and Dale) BURGER CONTEST was held on Saturday, June 3, 2017. The rules were simple: Submit a fully dressed burger for a panel of judges, the burger was to be meat or vegetable, and there was to be one burger submission per person. Im-

partial judging began at 6pm. It was a high five to everyone who entered, and after much tough deliberation, first place went to Michelle, Second to Bob, and Third to Susan. Everyone agreed that this was a superb idea and that all contributions were absolutely scrumptious.



Some contest entrants had signs like this one shown by Ethan, Amare, Norah and Charlotte.



Yes. This was first prize and it was being held by Ethan and Amare. Jim and Sami were also protecting it.



A new version of a food truck was shared by Declan.



Ishtar, Tim and Carole-Anne arrived early for this inaugural contest.

JISEIKAN AIKIDO – THE CIRCLE



by *ensō*

Growing up, I was not the fastest kid, not the strongest or the wisest. I would normally keep to myself, and was quite content to remain within my own imagination. This of course led me to be a target for bullies, and that further pushed me into isolation. I was an outsider in school, and recreation activities. I lived in the periphery of all those around me. What does this have to do with Aikido?

My parents seeing what was happening tried to help; my father told me stories of his Judo training while in university. Throwing larger opponents like dolls over his shoulders, and walking tall knowing that he didn't need to be afraid. I was inspired, though for the wrong reasons, to learn Judo. I wanted to train in order to hurt those who had hurt me, and reach a belt level higher than my father, to prove that I was better. A purely selfish ideal, but it was motivation to get me to start learning.

Yet again on the outside, I began my first lessons at a local community center – where I learned the basics. Rolling, falling, how to put on my gi and of course my first couple of throws. There weren't that many students, but I was vicious in my application of the techniques. No real attention made to proper execution, but fierce determination to floor

my opponent. My need to progress completely outweighed my well-being, the well-being of my partners, and learning the techniques properly. I didn't want to be one that got picked on, like how I was in daily life.

After a few months, my parents noticed that I wanted to continue with this training and as such moved me to another Judo school. This was my first real experience with humility when it came to Judo. I thought I knew what I was doing, until randori (sparring)... then suddenly I felt it. Judo, as I often heard it described, is finding the biggest rock we can, and using it against our opponents – The biggest rock is the earth itself, and we put our oppo-



nents into it. I was thrown, in a way I didn't even know existed, straight into the floor. I was winded, couldn't stand up, and an instructor had to get me help and bring me to the side. We were both white belts, but clearly, we were not at the same level. Sitting up against the wall, looking at everyone else practicing during randori, I very much felt like I didn't belong there. Again, I was an outsider. I picked myself up, returned to the mats, and continued to get thrown and pinned. I was out of my league, and certainly felt like

I didn't belong there.

Then it happened, one day at the end of class while we were all lined up ready to bow out, my instructor called out my name and asked me to step forward – I don't think I've ever been as nervous as I was then, a nine-year-old, being told to stand in front of some thirty kids, all with colored belts. The instructor then calls out for a yellow belt to come out, and meet me in the middle of the mats. I am instructed to perform certain throws. One after the other, O'Goshi, Osoto Gari, Uchi Gari, and then a round of randori, where I was thrown more than I threw. We concluded, and my instructor told me to get back

in, day out. I took my green belt, tied it with pride, and promptly got smacked into the mats. Everything I thought I knew, was nothing compared to what I didn't.

If you were to put all of your knowledge into a circle, it would be represented as a specific size. As your knowledge grows, the circle gets bigger and bigger – But there is another effect that happens. The periphery of the circle, the line between what you know and what you don't know gets bigger.

At the new dojo, I lived in the periphery. I practiced, I learned new techniques, I got thrown, and threw others. Maybe I was too young, too naïve, too focused on wrong reasons to realize it.

I stopped my Judo training at the age of twenty-three. School life, then work, and other responsibilities forced me to leave. For years, I wanted to get back into martial arts, and for years I was given the chance to reflect on my past choices, and desires for training. I spent my time researching, reading, watching about all sorts of martial arts. I knew that Judo wasn't for me anymore, though I will always love doing it – It wasn't what I wanted to learn. I thought back to some of the martial arts I had seen in the past, Karate, Tae Kwon Do, Brazilian Jiu-Jitsu, and Aikido. I discovered Morihei Ueshiba O Sensei and his philosophies and principles of Aikido. A martial art, that to me was very much an outsider itself to all others.




A harmony of energy, unification of all, and a desire for self improvement. The goal is to be kind? The paradox intrigued me. Everything I had known was to take your opponent and put them into the ground. The more I would read, the more confused I got about what Aikido is. Learning about it's roots in Daito Ryu Aikijujitsu – Aikido, a system built upon a foundation designed to kill on the battlefield, with the goal of protect and love all.


Living within the outside, acknowledging my ignorance and my naivety, to embrace new ideas and new ways of thinking. I've come to accept and realize that I may never know what Aikido really is. What I have discovered, what is important to me, is to stay focused on the periphery, on that line of what I do not know, and learn. If you stay in the center, your attackers can take advantage of your narrow view and ultimately take you down; but if you stay and work the periphery, expanding your gaze to not just what you know, but to what you don't know – You can adapt, change, learn, and improve yourself in all facets of life.

Aikido to me, is the Circle

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Renovating a Herbaceous Border

The reasons why a herbaceous or a mixed border of shrubs and evergreens becomes overgrown and stops blooming are:

- the soil is depleted of nutrients, tired and needs amending.
- choice or short lived perennial have died out and vigorous perennials have taken over.
- clump forming ones have grown too large and died out in the middle.
- in the beginning the border was a full sun border but the trees and shrubs have matured and are now creating shade and root competition.
- you just don't like them any more and want something new and different.

Make a new plan
Over the years you have learned a lot about gardening. Put it to use. Incorporate the following information in your plan:

- what type of light does your garden now have.
- consider replacing shrubs 20 years or older.
- hard landscaping projects (such as, a change in pathways, patio or deck addition, or a water garden feature) need to be added to your plan.
- list what plants to keep, discard or relocate.
- make a wish list for new varieties.
- finally, and most important, plan to amend soil with lots of compost and organic matter.

There are two general rules regarding renovating a border:

1. Every 5-6 years a border should be renovated. Spring or early September are both good times as the weather is pleasant.
2. Perennials that bloom before mid June should be divided in the fall and those that bloom after mid June should be divided in spring.

As with any rule there are exceptions.

1. The following plants should be divided or transplanted at the time indicated.
 - divide or move irises in August or September.
 - if needed, peonies should be divided in September.

- oriental poppies in September.
 - liliu in late October.
 - divide perennial phlox and Michaelmas daisy in spring.
2. Perennials that dislike transplanting usually have a taproot and should not be moved as they may die. e.g. Dictamnus, Anchusa, Alyssum, Gypsophila, Platycodon.
 3. Avoid sick soil syndrome by not planting the same perennial back in the same place, even if it is a new cultivar. Over time, plant roots build up relationships with the microorganisms – bacteria and fungi – in the soil which do not transfer to a new plant of the same species. The new plant struggles, weakens and dies. Essentially, this is crop rotation practiced by food growers and the theory should be applied to perennial growing. This especially applies to perennial that are in the ground for a long time, e.g., peonies and roses.

How to renovate a border

1. Dig and discard any plants you don't want. Dig up the rest, label, wrap in wet newspaper place in shade and keep wet by spraying frequently and cover lightly with plastic to keep evaporation down.
2. After all plants are removed, dig deeply and work in lots of organic matter – compost, manure – level and tamp down to settle the soil. If time allows, water the area to settle the soil, but don't plant when the soil is very wet. Settling of the soil may take up to two weeks. Use your own judgment as to which you do. Plants may heave in the spring if the soil has not settled sufficiently around the roots.
3. Replant new plants according to your new plan. In general, tall ones are at the back, medium ones in the middle and the short ones at front edge. To avoid the step look, plant some of mid height toward the front and some shorter ones toward the middle. You want to create movement with highs and lows. Work quickly to keep plant from drying out. Set plants at the same depth as before making the hole big enough to spread out the roots.
4. Leave spaces for new purchases,

- hardy spring bulbs and lilies.
- 5. Water well.

Dividing Perennials

1. Peonies are starting to reach their stride in 5 years. If the site was chosen well with good sun they should not be moved or divided unless the site becomes too shady and they are not blooming. Some remain in same place for 50 years, as found in farm gardens. That is why it is important to prepare the site well. Remove the foliage, divide the root so each piece has at least 2-3 eyes (like a sprouted potato eye), some crown and some root. Plant new division such that the eyes are no more than three inches below the soil level. If deeper, your peony will not bloom.
2. Oriental Poppies bloom then die down, rest and send up new plants in late September. This is when they should be dug up divided and replanted. If this is done any other time it usually isn't successful, because it is at this time that the roots produce the new rosette of leaves for winter. Dig up the thick rhubarb-like roots and cut into sections. Mark with a V-cut to tell the top from the bottom, place pieces in drills for one season. The following September plant them in their permanent site. Plant in well-drained soil. Plant each root in a deep hole with at least three inches of soil to covering the crown.
3. Irises are best divided every 4-5 years. After resting for a month, irises start producing the flower bud for next year. Lift the clump, cut away old and diseased rhizomes and discard. Select rhizomes from the outside of a clump that are 3-4 inches long with at least one fan of leaves and one or more flower buds. Wrap the new rhizomes in plastic and store in shade. Amend the site, water

well, and allow the soil to settle for at least 3 weeks before adding new plants. This settling of soil helps prevent newly planted rhizomes from heaving out of the ground in springs. Plant rhizomes in groups of 3-5 fans all facing the same direction on small hills with roots hanging down the side of the hill. Place soil over roots and tamp, but do not cover rhizome. Water well. Irises rhizomes like to freeze in winter and bake in summer after they are established.

4. Daylilies can be divided any time of the season, spring being the best. Whenever the clump gets too big, pull the clump apart into new plants. New cultivars are not as invasive as old cultivars.
5. Delphiniums should be divided every 3 years or when the center dies. Dig up old clump and divide into new clumps that are roughly 20% of the original clump sizes that have 5-7 strong stems per clump. Always divide when actively growing. Fertilize just when the buds are showing above the leaves.
6. Hardy Phlox should be divided every 3 years as the clumps can become very woody, and susceptible to rusts and mildews. Select and remove young plants from the outside of the clump and discard the center. Dead head as seeds revert to the magenta color.

In spring, remove the weakest shoots of delphiniums and hardy phlox. When the stems are tall enough remove and discard all the leaves from the bottom six inches to give good air circulation and keep down powdery mildew.

Fibrous rooted plants are just separated into new plants.

The internet has good pictures if you need a visual of how to divide perennials.

Good luck if you plan to renovate an old herbaceous border. A word of caution: renovate a small area at a time so you achieve your goal.

- Master Gardeners of Ottawa-Carleton (MGOC) check our website for gardening information <http://mgottawa.mgoi.ca>.
- 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, a monthly online guide for those who wish to grow their own food.
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