



Wonders to behold at our *new* museum

by Geoff Radnor

Three years ago the Canadian Museum of Science and Technology on St. Laurent closed its door because of problems with its home that used to be a bakery warehouse.

How many youngsters were being denied access to that weird Crazy Kitchen? How many would never see chicks being hatched from their eggs as they watched? When would those huge locomotives once more be wonders to behold for young and not so young fans of the CP and CN railways?

It has taken a long time to remedy problems such as mould in the walls and then asbestos. It has tak-

en three years to put things right and make museum displays more with it and appealing to the more tech savvy young people.

Before the official opening on Friday, 17th November, there was a preview for the local media and the *Riverview Park Review* was there. We had a guided tour of the new displays. ZOOM is a section for the very young; The Crazy Kitchen is still there to make not only the youngest visitors, but parents and grandparents, a little unstable on two feet. It made me feel like I had drank too much wine. A new item is a kind of studio where one can take lessons on how to dance

CONTINUED ON PAGE 3



Helicopter drops hydro wires

by Geoff Radnor, See page 11 for story and photos



PHOTOS: GEOFF RADNOR

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Bird safety a striking sideline at RPCA annual meeting

by Bill Fairbairn

Bird lovers who attended the Riverview Park Community Association's annual general meeting in October enjoyed a rare treat. On the side was an exhibit by the Ottawa Valley Wild Bird Care Centre. Its messages included ways to save birds from flying into windows.

Some viewers who reported having heard or seen birds hit their windows were told that residential buildings make up a major portion of overall bird-window collisions but that it was harder to document this because of access. They were also told that home owners see or hear only a few birds hitting their home windows and don't think much of it.

"However, if you consider how many you don't see or hear and expand that to the hundreds of thousands of houses in Ottawa it adds up to a staggering number of birds," Willow English, a Carleton University student whose work on Arctic-breeding shore birds such as sandpipers, plovers and phalaropes, has made her aware of the declines of many bird species. It has also connected her with Safe Wings Ottawa, which works with the care centre organising transportation for birds that need medical attention.

"Birds don't see glass as we do," she explained at the booth. "In most cases they see trees or



Willow English holds up sapsucker of the woodpecker bird family.

PHOTO: BILL FAIRBAIRN

bushes in the glass, think that these are real and fly to them. While many die immediately of head trauma, others manage to fly away but die later either due to injury or because they

are unable to feed or escape predators. It's estimated that over a billion songbirds a year die in North America due to window collisions and this is highly preventable."

She said one prevention is by monitoring window collisions in areas where this is possible and by outreaching to property owners and building managers to raise awareness and implement solutions. The best solution was to build with bird-safe elements integrated into design as is now mandatory for most new buildings in Toronto. Retrofitting older buildings can be more difficult but very effective.

Homeowners should hang ribbons or strings on the outside of the window, draw patterns on windows with a bar of soap or highlighter pen, mount externally mounted window screens, position birdfeeders or baths near rather than far from the window so birds do not build up enough momentum to injure themselves in a crash and have blinds drawn during the day with slats turned open.

Safe Wings Ottawa urges homeowners to act immediately if they see a bird collide with a window, rescue it or retrieve the body and after placing it in a non-waxed paper bag or cardboard box contact Safe Wings for advice. Dead birds are important to research and to education (www.safewings.ca).

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Our wonderful new museum

CONTINUED FROM PAGE 1

on the ceiling. A greatly expanded display area allows many items, previously in storage, to be shown on Artifact Alley.

A few hundred people lined up early on the Friday morning for the grand re-opening. First in line was a family from Aylmer, Que., Also eager to see the new museum was Cathy Frechette and her children, Nico and Alexa, from Riverview Park. After all it is our local museum.



Cathy Frechette and children, Nico and Alexa, from Riverview Park enjoyed opening day at our new museum. PHOTOS: GEOFF RADNOR

The main entrance features an installation by Philippe Baylaucq that has three huge video screens made of LEDs. This display has hours extended until 11 p.m. each evening. The display is visible from St. Laurent Blvd. The museum itself, however, is in the shadow of a building under construction immediately to the north, which is not going to be open for maybe two years. It will house storage facilities, laboratories and working areas for the staff of three museums, the Farm, the Aviation as well as the Science & Tech. They currently occupy other buildings, including some to the south side. This group of three museums has the new name of *Ingenium*.

The building under construction is costing \$160 million, so with the \$80 million for the new and improved museum we are spending close to a quarter of a billion dollars on the new facilities. Will local residents, the rest of Canadians and the many foreign visitors to our capital city journey out from downtown to see the exhibits? We know that many schools will plan visits during the school year. There are special admission rates for school groups. That's great. But it's a long way from Parliament Hill to St Laurent Blvd., at Lancaster Road, for the casual summer tourist.

Admission fees are \$17 for adults and \$11 for children, so a family would be advised to get a family ticket for \$43 good for a family of two adults and four children. If you, your family and your visitors want to enjoy the three museums in the

Ingenium group there is a membership program. This enables a variety of memberships for residents. For instance if you, like myself, are grandparents, a year's membership permits two grandparents plus up to four grandchildren entry as many times a year to the three museums at a cost of \$96 a year. There are many perks to membership in Ingenium. They include the three museums plus more than 300 museums around the world that belong to the Association of Science-Technology Centres. Members even get a discount on parking at the museums. Regular rates are 30 minutes for \$1. But don't forget all these admission prices do not include the 13 per cent tax. Full details can be found at member@ingeniumcanada.org.

Those that have been to other capital cities around the world may be surprised at these admission fees. For instance if you drive down to Washington DC, you can visit all the Smithsonian Museum and Galleries free. The U.S. federal government funds the Smithsonian to a tune of \$800,000,000 annually. The Smithsonian is a huge institution initially financed by the British scientist James Smithson, who had never been to America. That is a story for another day.

If your travels take you to London you can visit the National Gallery, the British Museum, the Victoria and Albert Museum and many others and pay no admission charge. Even taking the long



trip to Canberra, Australia's capital city, you can visit the National Gallery without having to pay to enter. It costs a bit to get to Australia though! Maybe your travels will take you to Paris and there you might want to visit the wonderful Musée du Louvre. If you are under 18, you get in free. Also free if you are 18-25 and live in another European Union country and are a teacher of various arts programs. Otherwise it will cost you about \$22.50, but at that you get to see Leonardo da Vinci's Mona Lisa, and that is something the Science and Tech doesn't have. In coming to a decision on admission charges to our new museum a survey was done on fees at other museums. But only those in Ottawa. Incredible!

The Heritage department of the federal government budgeted close to a quarter billion dollars for these two new buildings. That's some of the taxes we all have paid over the years, but now we have to pay to go into the building we just paid for. The line up on opening day proved that if you make it worth visiting the cost to go in is not so important.

Line Pivin, Director, Visitor Experience, at the new museum, says that on the first three days more than 10,000 people visited the museum that is more than a whole month in previous years. Sure looks like it was a great hit with the kids, as Friday was a PD day.

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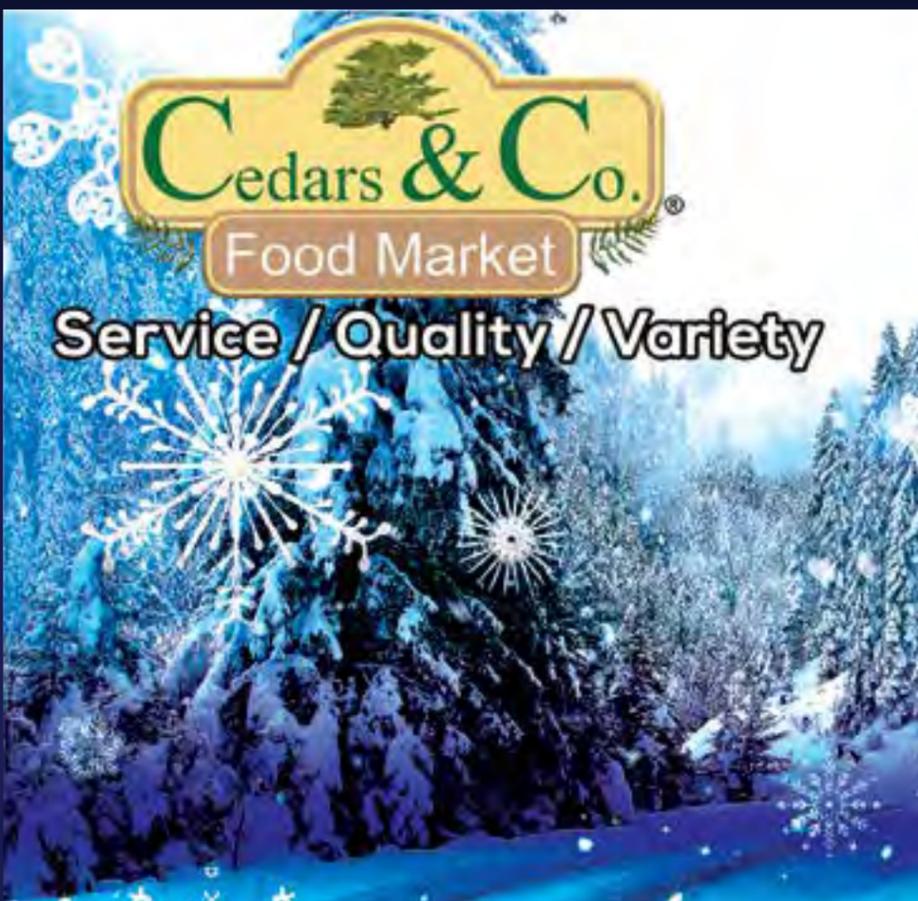
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I love Paris in the Fall

Story and photographs by Mary Bourdeau

In the 20 years that I have been making drawings and taking photographs of Paris Autumn has always been the most rewarding time. Not too many tourists. Just the locals.

What can be most appreciated are the bustling markets alluring little shops, bakeries and fromageries that inspire the wonderful celebration of food that you find on every street in every neighbourhood.

The joy of buying croissants, crusty French rolls and pain au raison is intensified by the crisp cool days. You can sip coffee on a quaint café terrace where you can stay all day if you wish watching people walk by.

Strolling in the Tuileries Gardens beside vibrant autumn flowers and fountains is also a joy.

I must say I love Paris in the spring but the time to feel one is part of this magnificent city is the Fall.



Notre Dame Cathedral at night.



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Staff Writer and Editor Emeritus: Bill Fairbairn 613-737-3212
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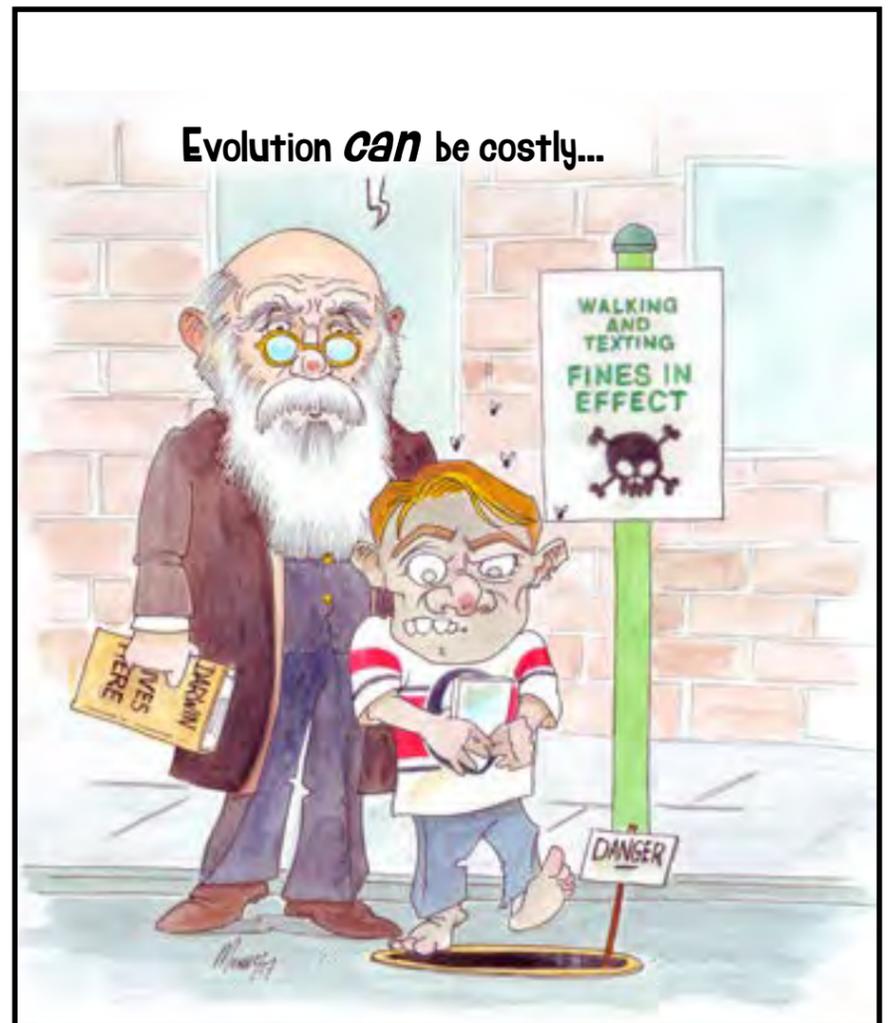
Just how costly is texting and walking?

The City of Toronto is asking the Province to amend the Ontario Highway Traffic Act to implement a so-called “Zombie Law”. Noting that 25 pedestrians died on Toronto streets in the first 9 months of this year alone, due to texting and walking, Toronto City Hall is looking into fines of \$50 for a first offence, with fines going up for repeat offences. Similarly, Montreal has asked the Quebec Government to make it illegal to text and cross intersections. Even Honolulu Hawaii has begun to fine pedestrians \$35.00 for the same misuse of intersections.

It seems that Common Sense isn't so common. And that common sense can be costly. If the City of Ottawa had been the City starting the initiative, the cost would be staggering, even before going to the Provincial level. For example, to review a motion in Council there would be 23 Councillors, each at approximately

\$90,000 per year, plus the Mayor at \$178,000 per year. That is approximately \$2.25 million dollars in salary *before* including City Solicitors, By-Law Management, various other Municipal entities and the By-Law Officials who have to implement this amendment are consulted. Then the Provincial Legislature gets involved.

At just the Municipal level, it seems those are some pretty expensive Zombies. You would think that being hit by a car would be a greater disincentive than a \$50.00 fine, but so far that isn't working. And it shouldn't have to cost the municipal taxpayer \$2,248,000.00 so distracted “Zombies” don't walk out into traffic. If anything, a person hit while texting and walking into traffic should pay for the necessary medical attention, a “Stupid Tax” to help pay back the \$2.25 million to the City coffers, and apologize for wasting City Council's time.



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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*.

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50 Needed to “BRING THEM HOME” to Riverview Park

The ITC application (It Takes a Community Syrian Refugee Action Group) to sponsor a Syrian refugee family of 7 was submitted over a year ago; one major approval hurdle has cleared but the application is still “in process” and it is not clear how much longer it will take.

The family’s finances are depleting quickly. For 2 years, they have been living in a one bedroom apartment in Beirut where it costs \$2100.00 (US) a month just to survive. Refugees are not allowed to legally work in Lebanon, but two brothers are taking odd jobs in the “informal” economy. A third brother, here in Ottawa, is sending what he can afford, which is not nearly enough; the family needs our help and needs it now.

So far the ITC in partnership with Emmanuel United Church and the RPCA has raised over \$55,000.00. This money is being held in trust to settle the family successfully in Canada and cannot legally leave Canada. To help this family until their application is approved, the ITC is organizing community fundraising events. An exciting Art and Photo Sale will occur on December 16th (see p.15).

We are also launching a “Fabulous Fifty” fundraiser, reaching out to find a minimum of 50 generous souls who will donate \$5.00 week-

ly for 12 weeks (total of \$60.00) to cover 3 months rent (Please see beside the article on this page.). By then we hope the family will be either here or on their way. All money raised will go directly to the family, but as the money will be leaving the country it is not an eligible charitable donation.

If you are one of the Fabulous “50”, please donate in whichever manner you prefer (\$5.00 weekly or a one-time contribution of \$60.00) at www.fundrazr.com/itcrefugeeactiongroup or directly by contacting Lynne at mlynneb@bell.net or 613-733-2946 and a member of the Committee will pick up your donation. Alternatively, you can mail a donation to the address below (cheques payable to Lynne Bezanson).

We regret asking again for the generosity of the community and no one regrets this more than the proud Atieh family. 50 is not a big number; \$5.00 a week will scarcely be missed by most of us. How proud we would be of our community if we got many more!

Please be one of the “Fabulous Fifty” and help us keep the family safe and secure until we can “BRING THEM HOME” to Riverview Park.

*ITC Core Committee
1601 Balena Avenue,
Ottawa K1G 0X1*

Did you know that.....

- There are 1.5 million Syrian refugees in Lebanon
- 0.5 % of working age refugees have work permits; they are allowed to work only in agriculture, construction or cleaning; only 12,321 part or full-time temporary jobs have been created as part of the refugee response plan
- 90% of Syrian refugee households are in debt
- 93% of refugee household don’t have enough food
- Families save money by filling up on carbohydrates and avoiding expensive food such as meat and vegetables
- 178,000 Syrian refugee children are under 5 years of age
- 84% of Syrian refugee adolescents are out of school
- 87% of Syrian refugees live in 251 of the poorest localities in Lebanon
- 73% of registered refugees are women and children
- 1 billion USD is the current funding gap for response to the Syrian crisis

**We cannot help them all but we CAN help one!
Join the Fabulous Fifty or more and make a difference
for one family**

(33 Facts on the Refugee Crisis in Lebanon, Issam Fares Institute of Public Policy and International Affairs, American University of Beirut)



After fleeing Syria almost 2 years ago, the Atieh family of 7 are stuck in Beirut. They are surviving in a one bedroom apartment while our application to bring them home is still “in process”.

Their savings are running out.

It Takes a Community Refugee Action Group (ITC) of Riverview Park is fundraising to keep them strong and well until they can be approved to come to our community. The project is seeking a minimum of 50 Fabulous Donors.

You can be one of these Fabulous 50 donating \$5.00 a week – a cup of coffee or two for 12 weeks (or \$60.00 one time) to provide secure housing for three months (\$5.00 weekly for 12 weeks X Fabulous 50 = \$3000.00)

With your help we can keep them secure until we can **BRING THEM HOME**

PLEASE go to www.fundrazr.com/itcrefugeeactiongroup or contact: mlynneb@bell.net (613-733-2946)

*** See also: “50 Needed to BRING THEM HOME” *** for more information

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Ottawa needs cleaner cars, but also fewer cars in future



DAVID CHERNUSHENKO
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There is growing interest in electric and autonomous vehicles in Ottawa. The latter are a little further down the road, so to speak, but electric vehicles (EVs) are here now and are set to play an increasing role in this and every other city.

Electrifying our vehicles has several benefits: cleaner air locally; fewer pollutants from generating electricity, compared with fossil fuels; and less noise from nearly silent moving vehicles that also never idle.

But what won't necessarily change is the number of vehicles on our roads, and all the space we allocate to moving and parking them.

That's why we must take advantage of the potential to reduce the number of vehicles owned by private individuals and as part of corporate or government fleets. If car sharing and mode shifting can significantly reduce the need for vehicles, regardless of power source,

we'll see a major shift in urban and transportation planning.

Our society — and I include my family in this — values transportation convenience, which for nearly a century has meant individual vehicle ownership. Recently, we've seen a shift towards "mobility" as the goal, with more people choosing the most time- and cost-effective way to reach their destination. For some trips, it's a walk or bike ride, for others public transit, and for many it will still be a drive. As long as our needs are best met by having instant access to private vehicles for many trips, we will keep buying, maintaining, storing and driving them.

Still, we're now starting to see a younger, urban generation rejecting the "must" of car ownership, or even a driver's licence. They rely instead on walking, cycling, transit, taxis and car-sharing memberships (Ottawa was an early adopter with

its home-grown Vrtucar). I know many young people choosing to be car-free, and it hasn't reduced their mobility. They live where they want and choose destinations — for eating, shopping, travel, drinking, etc. — according to ease of access.

Now into this mix comes the EV. Whether privately owned or shared, an EV introduces a new set of choices and behaviours. With the range of several models now exceeding 200 km between charges, almost any destination in the Ottawa region is within reach (longer trips might require a recharge for the return). Many people drive for an entire week on a single charge and, as the EV charging network continues to expand, the problem of "range anxiety" continues to shrink.

When our family looked at a map and did the math, we realized just how viable an EV already is. Of our regular trips, only the occasional drive to Toronto would be outside our range. Favourite destinations like Montreal or Kingston are rarely a day trip, so we could charge overnight or even en route. A return trip to Gatineau Park for a ski or hike would be a piece of cake, and there are rapid chargers in Old Chelsea and Wakefield

should someone forget to plug in before the outing.

We're now on the waiting list for several vehicles, and we'll see which model is ready first before making that final decision. Because pent-up demand surpasses available supply, it's nearly impossible to walk into a showroom and take an EV for a test drive, but that should ease next year with the arrival of more new models and a better supply of existing ones. For now, all you can do is get on a waiting list and maybe ask one of Ottawa's keen EV advocates to let you try theirs.

EVs are an important piece of the clean, renewable mobility future. But in the end, our choice to walk, cycle, take transit and share our vehicles — autonomous or not — will be the biggest factor in any energy and mobility (r)evolution. If we can own fewer, cleaner vehicles, we'll clear the air, tackle climate breakdown and stimulate a new kind of renewable economy, all while creating quieter, less congested streets.

Councillor
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Al Charron inducted into World Rugby Hall of Fame

Submitted by David Knockaert

On November 10, Al Charron became the third Canadian to be inducted into the World Rugby Hall of Fame, cementing his reputation as one of Canada's great athletes.

Surprisingly to many rugby was not Al's favourite sport growing up at Hillcrest High School. He played hockey for the Hawks in grade 11 before moving on to basketball. He also played organised baseball before giving rugby a shot in his last two years at Hillcrest. At that time, the Hillcrest team was associated with the Ottawa Irish Rugby Club. Following high school Al and other Hillcrest players moved into the Irish club where he developed into one whom the club credits as being "... arguably the most recognizable face in Canadi-

an Rugby". The admiration is mutual, with Al crediting his success in rugby to the Irish and their commitment to "play hard, look to win and then celebrate."

Al earned his first Canadian cap in 1990 and remained with the national team until 2003. He also played professional club rugby for Moseley and Bristol in England as well as Pau and Dax in France.

What truly earned Al entry to the Hall of Fame were his 76 caps with the Canadian national team. He captained Canada 25 times, which remains a Canadian record, and he represented Canada in four Rugby World Cups and in 2007 for a fifth as part of the management team. He played with the Canadian team at the inaugural Rugby World Cup Sevens in 1993 in Scotland. Confirming his international

reputation he was invited on five occasions to play for the British Barbarians.

As a mark of respect for his contribution to rugby not only in Canada but worldwide, Rugby Canada's national training centre slated to open in British Columbia in 2018, will bear his name.

Al is not the only accomplished athlete in the family. His wife, Annette, another Hillcrest alumni, played school soccer, volleyball and basketball and went on to become a First Team All Canadian volleyball player at the University of Ottawa. Their 13-year old son Rylan, now at Vincent Massey Public School, hopes to follow in parental footsteps by attending Hillcrest next year.

Al remains involved as Rugby Canada's manager of player advancement, alumni relations and as a goodwill ambassador.



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Chiropractic Care and Repetitive Strain



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A Tip from Dr. Stéphane Chillis

What is Repetitive Strain?

Repetitive strain injury is typically caused by rapid, repeated use of muscles and joints. Numbness, tingling and burning sensations, swelling and aching pain are among the most common symptoms. It affects a broad variety of people from athletes such as tennis players and golfers to trades people like jack-hammer operators and assembly line workers etc. Video gaming, computer use and even crafts like knitting are all associated with repetitive strain injuries. Common types of repetitive strain include carpal tunnel syndrome, golfer's elbow, tennis elbow and rotator cuff injuries etc. Left untreated, repetitive strain can cause injuries that may not heal without a long break from the cause.

Getting back in action

Chiropractic care can restore healthy function to your spine and the related muscles and ligaments to get you moving again. Chiropractors are specialists in adjustment of the vertebrae of the spine and other joints of the body. Adjustment helps relieve pain and restore normal movement – so you can enjoy your everyday activities again as quickly as possible.

Chiropractors acquire their skills through an intensive four-year, full-time course of study after three years of university education.

Patients play a role

The success of any treatment relies on patients playing an active role. Treating repetitive strain may require making changes to your work station, taking breaks to relax overworked muscles and joints, and exercises to relieve stress and strengthen the affected parts of your body.

When should I consider Chiropractic care?

If you begin to experience pain in your hands, wrists, arms or shoulders etc. consult a chiropractor for an assessment. Most people respond well to treatment and get back to their regular activities faster than waiting it out.

A healing partnership

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SYDNEY BAKER –

Management and ownership changes at Spartan (Part 1)

Edited by Colin Hine

During this time some significant management changes were being made. Mr. D.C. Olson was brought in as maintenance manager and Jeff Northcott as operations manager. Both men had previously held similar positions with Trans-Canada Airways (TCA). Also, Bill Doherty, who had been chief engineer, and Weldy Phipps, chief pilot, left the company and started up an aerial survey group with Bradley Air Services.

For the next five months, I worked on maintenance and modification projects in the hangar. We had recently formed a geophysical survey section and our Anson V aircraft was deployed, towing a magnetometer. In August 1957, I was appointed maintenance foreman with duties to include coordinating all installations being carried out on aircraft. I found this very interesting and a lot of hard work. I also wrote aircraft maintenance schedules for the various aircraft we owned and the type of operations they were used on.

Apart for a few field trips, mainly for trouble shooting, I remained at base in Ottawa until February 1960 when Spartan Air Services was taken over by the Bristol Aeroplane Company of Winnipeg. All major maintenance and modifications were now to be carried out in Winnipeg and aircraft spares and stores were to be moved to Winnipeg. Field maintenance and aircraft crews continued to be controlled from



Sydney Baker celebrating his 102nd birthday with his daughter, Leslie (R) and his niece, Janet (L).

PHOTO: COLIN HINE

Ottawa and the photographic and geophysical laboratories remained in Ottawa.

I was transferred to Winnipeg to coordinate all work carried out on Spartan aircraft. Glen Hall was also transferred to assist with geophysical installations and Ray Allard looked after spares and stores. Some of Bristol's top executive personnel joined the Spartan management team in Ottawa. Initially, I thought this was just what the company needed, a large company for financial and administrative backing with a first class overhaul and maintenance base for our aircraft. How mistaken I turned out to be! I moved to Winnipeg in March 1960; Bristol providing me with a nice office and secretary, but with very little work to do.

Some maintenance work was carried out on aircraft passing through on their way to contract deployments. Bristol purchased a Beech C-45H (twin engine Beech 18) from the United States Navy on behalf of Spartan. The aircraft was in good shape with low flying hours. Bristol did all the modifications required by DoT to obtain a C of A. It was also modified to accept photographic, geophysical and air profile recording survey equipment. Also, a Simmond's fuel injection system was installed to improve high altitude performance. The aircraft was registered CF-MJY.

I never felt too secure in my position in Winnipeg finding it very difficult to obtain direction from either Ottawa or Bristol and I felt isolated from the survey operations. Bristol was interested only in doing maintenance and modification work. I guess this was only natural as they received payment from the survey division for this work.

The period of government-funded high-level photo surveillance contracts was coming to an end. These had been lucrative government contracts and I think that Bristol realized that without them there was no longer the revenue stream from the survey business they had previously been led to believe. On 26 September 1960, I received a letter from Bristol informing me that I was being transferred back to Spartan Air Services in Ottawa who were now under new management control.

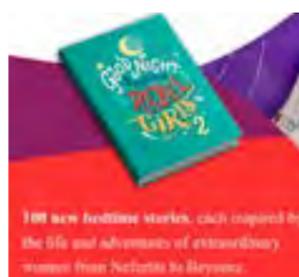
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Helicopter drops hydro wires

CONTINUED FROM PAGE 1

by Geoff Radnor,

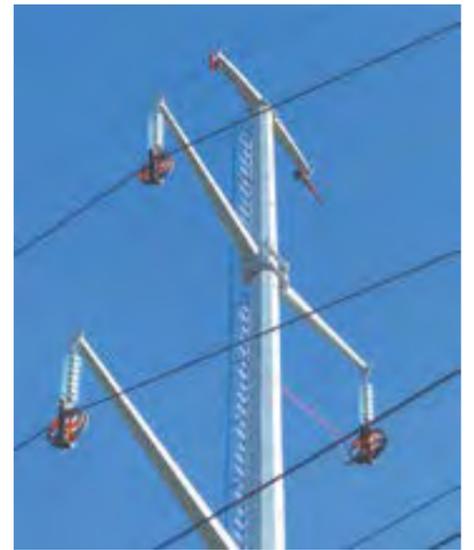
It was over a year ago that many residents of Riverview Park heard of the construction of a new power line. From the initial surprise and shock of the letter from Hydro One that there was to be what was called by some “a scorched earth policy” on the right-of way bordering Chromley Crescent, Caverley Street, Bathurst Avenue, Sonata Place and Coronation Avenue. Things have turned out reasonably well over the last year. Construction has come close to completion and well on schedule. The scorched earth didn't happen. This was due to the combined voices of protest from the concerned residents with help from our MPP, John Fraser, and the subsequent publicity on TV, radio and newspapers.

The construction was to replace the existing lattice pylons that were originally erected in 1943 with taller steel towers to carry the extra conductor wires. These new towers have a life span of 100 years. First off, the location of each of these new towers was to be determined. There are many technical factors concerned with the locations. One new tower is placed in the middle of the Ottawa Train Yards retail development between Starbucks and the Relax Time Spa.

Prior to the erection, the site had been tested, then a large hole was excavated and lined with concrete and a multitude of large bolts embedded ready to accept the steel towers. Each piece of tower was raised by a giant crane and fastened together by workers on a platform on the top of another crane. So now all the towers were ready. But, how to get the wires up there? They are so much higher than before.

Early on the morning of Saturday October 28th, a helicopter picked up one end of a wire on the Metro parking lot on Industrial Ave. This wire had been pulled along on the surface from Balena Park. The helicopter lifted the end of the wire and pulled it up and over Industrial, over the Train Yards, to the first new tower by Starbucks. The pilot had to navigate so the wire could engage on a wheel that was attached to the tower. Quite an achievement. Then the helicopter went on to the next tower and so all the way to the last tower in Overbrook. However to get to Overbrook the wire had to be pulled over the VIA rail tracks and the Queensway.

For security and safety concerns the traffic on the Queensway was stopped in both directions by the OPP. This disruption to many people's travels lasted about twenty minutes each time the helicopter crossed the Queensway. This was to be repeated for each of all the



Hydro One employees, Andri Harasym and Dave Crosbie, stop briefly to answer questions.

eight new wires. However this is not the real wire.

A second wire is attached to the leading end of the first wire in Overbrook and this is then pulled in the opposite direction all the way back to Balena Park. The end of this second wire is then attached to what is the real “conductor wire” and that is then pulled to the Overbrook Transformer. All this was explained to me by a crane operator from North Bay, just one of the team from around the province on the Hydro One team.

As one can imagine, this was a major operation for Hydro One and the project manager, Temesghen Bzuayeha, was on site to see that all went according to plan. The old lattice towers were cut in two and the top portion lifted off. The bottom portion was cut at ground level and that, too, was lifted away for recycling. Work will continue until the weather causes a brief winter break. In the spring the residents all await the return of the park-like setting of the Hydro One right of way. There may even be a return of some vegetable gardens.

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Councillor Jean Cloutier, David McGuinty, MP for Ottawa South, and Kris Nanda, RPCA President, pause for a photo after the RPCA- AGM.

PHOTOS: BILL FAIRBAIRN



Marilyn Minnes discusses the map of the AVTC- Hospital Link with Bruce Kenny, the Lead Engineer for the project.

Treat for gardeners at the RPCA annual meeting

by Bill Fairbairn

If Riverview Park gardeners have taken Fran Dennett's advice in her columns they will have divided their irises, peonies, oriental poppies and any perennials that bloom before mid-June and put their gardens to bed. They will have planted tulips, narcissi and garlic and seeded their lawns.

"How you do your Fall clean-up will depend on what type of gardener you are, how much time you have and on the weather," Fran conceded in a presentation at the Riverview Park Community Association's annual general meeting.

She said one school of thought says to clean up all debris including leaves, flower stalks or anything that looks messy so that there is no place for pests to over-winter. A totally opposite school says to leave it all till spring. The flower seeds will be food for birds, the flower stalks give a place for beneficial insects to lay eggs and you can enjoy the winter effect of stems poking through the snow.

"What you actually will do falls somewhere in between and remember that whatever you decide to do is right for you and your garden."

"Why not let the worms do the



Master Gardener and Guest Speaker, Fran Dennett, and fellow gardener and friend, Denise Kennedy, check out the evening's AGM Agenda.

work by them taking the leaves into the soil for you," she asked. Why not take perennial stalks off to avoid dealing with mushy stems in the spring? If you are blessed with lots of leaves, bag them and save them to use in your compost next summer or as mulch in your perennial border. If you plan a new bed for next year dig the bed now and let the freezing and thawing of winter condition your soil. Then, in spring, just rake it level and it is ready to plant."

She suggested that after work is done enjoy the winter by reading gardening books, perusing plant and seed catalogues, relaxing by making potpourris from flower petals, herbal teas and flavored vinegars.

Fran, who writes for the *Riverview Park Review*, had been introduced to a crowded AGM gymnasium audience at Riverview Public School by Review editor Carole Moulton.

MP David McGuinty reminisced on a visit to Russia made by himself and former NDP leader Tom Mulcair. He said, among other local and international political affairs, that at their hotel they each placed documents in the Russian hotel safes and after a walk returned to find the safes wide open!

Re-elected to the RPCA board were President Kris Nanda; First Vice Bryan Orendorff; Treasurer and Secretary Anne Stairs; and board members at large Kirsten Fraser, Dianne Hoddinott, Marilyn Minnes and Bob Perkins.

Of two newcomers elected David Hood, a pastor with a Masters in a Divinity degree who serves at Southeast City Church, seeks to connect with his neighbours and see neighbours connect with each other; while Liz Smith seeks to ensure that Riverview Park's children have a safe place to call home and that the community continues to strive.

Dianne Hoddinott, reporting for the Communications Committee, which currently consists of herself, said strong communications get more people participating in events such as movie night, park cleanups, winter carnival, the Easter egg hunt. She would welcome more members with time spent averaging three to four hours a month.

Carole Moulton, retiring from the board and from the Parks, Recreation and Environment Committee, voiced a similar welcome to any prospective committee volunteers. She, too, said it would be difficult to run events such as the winter carnival without more community support.

Planning and Development Committee members Kris Nanda (chair), Craig Corner, Bryan Orendorff and Bob Perkins indicated they would continue to look not only at local projects but also at those outside the ward that might directly or indirectly affect the community. Those projects include Trainyards development, the hospital link portion of the AVTC, the proposed redevelopment of the Elmvale Mall, local traffic, LRT and access to paths for pedestrians and cyclists.

The Governance Committee, which governs the nitty gritty of how the board, its bylaws and its committees function, was delivered by Bob Perkins.

Treasurer Anne Stairs reported a bank account balance of \$7,488 and two GICs of \$5,000 each.

Winners of the \$50 RONA gift cards were Marlene Steppan, Sean Donovan, Paul Puritt and Wilson Parks.

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Maplewood, you sure know how to plan great fun!

Submitted by Carolyn Mills, Activity Director

Riverstone Retirement Community has opened their doors to its neighboring community, offering a variety of outings to older adults who wish to rediscover what Ottawa has to offer. These community outings are being offered out of Maplewood Retirement Community to residents of all Riverstone Retirement homes as well as members of the public.

One such outing was the successful boat cruise outing on the Ottawa River with over 30 individuals from both the community and Riverstone Retirement homes. Our next outing will be on January 31st taking us to the National Art Gallery and on February 21st we will be taking a trip to the Diefenbunker. Please enjoy some photos from our Ottawa River boat cruise outing.



PHOTOS: CAROLYN MILLS



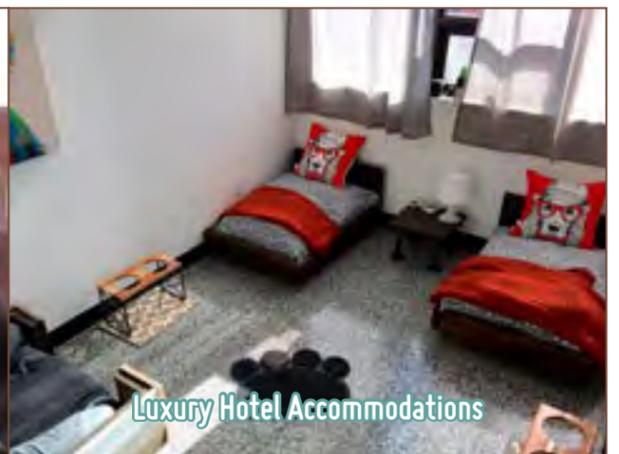
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Seniors versed in protecting their money from scammers

by Bill Fairbairn

Residents of the Revera Retirement Home on Peter Morand Crescent sat transfixed as Ottawa police fraud case manager Sgt. Jamie Ritchie outlined ways for them to keep their money safe from scammers.

“The scammers can be anywhere in the world,” he said in measured tone while displaying graphic illustrations of how Canadians lose millions of dollars to the activities of scammers who bombard people online, door to door, by mail and telephone.

“Scammers,” he said are imaginative and manipulative. “They know how to push your buttons to produce the responses they want.”

He referenced fraud tax scammers who phone saying they are from the Canadian Revenue Tax Agency and that their potential victim is many thousands of dollars behind in tax payments and could be arrested. “Then they offer a deal of a \$3,000 money transfer that will get you out of your tax arrears.”

Sgt. Ritchie made his audience aware that the CRA does not arrest people for tax arrears and that this most common threat should be answered by telling the caller you’ll call the CRA.



Sergeant Jamie Ritchie outlined ways for seniors to avoid scammers.

PHOTO: BILL FAIRBAIRN

Charity scams involve scammers collecting money by pretending to represent a real charity. “Scammers generally can approach you in many different ways—on the street, at your home, over the phone, or on the internet. Often the scammer will exploit a recent natural disaster or famine that has been

in the news. Others play on your emotions by pretending to be a policeman acting for characters that help children who are ill or even your grandson Tommy, who has had an accident or is in prison overseas and needs money.”

Lottery scammers lure people with news of a surprise win and

find themselves sending money to pay tax to claim a fake prize. “Remember never to send money to anybody you don’t know or trust,” Sgt. Ritchie warned. “Ask yourself if you entered the lottery. You cannot win money or a prize unless you have entered the contest yourself or someone has entered it on your behalf.”

Other crimes the sergeant dealt with concerned cruises, mail, identity theft of documents from parked cars, wallet theft and much more.

He encouraged victims to report a scam to authorities, to call financial institutions immediately so they can suspend their accounts, limit the amount of money lost or perform a charge-back to reverse fraudulent transactions if they believe your credit card was billed fraudulently.

The best agency to contact depends on where you live and what type of scam is involved. Sgt. Ritchie mentioned the Canadian Anti-Fraud Centre at www.anti-fraudcentre.ca (phone 1-888-495-850).

He said to contact the Competition Bureau, provincial consumer affairs offices or the Better Business Bureau if you are unsure about a seller at your door.



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So, when you’re in the mood for something different and delicious or you just want to practice your Spanish, come pay us a visit. At Bienvenidos Latin Market, you’re always *Welcome*.





Musical Heritage: American Patrol

by Brian McGurrian

If you're as old as I am, you may remember *American Patrol*, a blockbuster instrumental performance by the Glenn Miller Orchestra in 1942. A great jitterbug tune, but the title is rather vague. What is being patrolled, and by whom (the Coast Guard, a policeman)? You may also have assumed, as I did, that this is a WW2 composition; but as I recently discovered, *American Patrol* was composed over a half-century earlier by a guy named Frank White Meacham.

We don't know much about F. W. Meacham, except that he composed *American Patrol* "for piano" (no lyrics), and it was published in sheet music format in 1885, and continued to be popular through the turn of the century in a piano roll version and also in a recording by the "march king" John Philip Sousa (listen to it on YouTube).

Sousa rips through the song at a pretty brisk march tempo, probably very close to the way Meacham intended it. Sousa was of course, an international superstar of that period. During a European tour in December 1901 he received the Royal Victorian Medal from the recently crowned King Edward VII, after conducting a private birthday concert for his Queen Alexandra. Nice. Maybe I should arrange for a big name to play a few songs at my next birthday party, someone like, oh, I dunno, ... Elton John?

As we listen to Sousa's performance of *American Patrol* we notice that it is actually a medley of three songs. Firstly, there is Meacham's original theme, which later became the focus of the Glenn Miller arrangement. The second theme is a patriotic march composed in 1843 titled *Columbia the Gem of the Ocean*. It once functioned as an unofficial U.S. national anthem, prior to the formal adoption of *The Star Spangled Banner* in 1931.

*O Columbia! the gem of the ocean,
The home of the brave and the free,
The shrine of each patriot's devotion,
A world offers homage to thee... etc.*

"Columbia" was at one time a poetic name for the USA, and is still recalled in names such as Columbia University and the District of Columbia. "Columbia" was also once popular as a female personification of the USA until she was gradually supplanted by the male figure of Uncle Sam and the stirring female icon of the Statue of Liberty.

The third theme incorporated into Meacham's march was a popular minstrel song composed in 1859, titled *Dixie*, which was promptly adopted as the anthem of the Confederate



States when the American Civil War broke out in 1861, and has since been emblematic of the American South.

*I wish I was in Dixie,
Hooray! Hooray!*

*In Dixie's Land I'll take my stand,
to live and die in Dixie.... etc.*

The content of Meacham's patriotic song becomes a bit clearer in the context of the "Patrol" format that was quite popular during the second half of the 19th century, and Wikipedia informs us that, "other compositions of that period bear titles such as "Turkish Patrol," "Ethiopian Patrol," "Owl's Patrol," "Welsh Patrol" and "Arab Patrol." The patrol format was meant to give the impression of a marching military band as it approaches, passes and then fades into the distance. Meacham indicated this in his piano score with standard musical notations for degrees of increasing and decreasing loudness, and he also included explanatory comments such as; "Patrol gradually approaches," and "Patrol passing," etc.

The guy who created the exciting Glenn Miller version of *American Patrol* was arranger Jerry Gray. Gray had previously spent several years with Artie Shaw, and had contributed an arrangement of *Begin the Beguine* that became a monster hit for Shaw in 1938.

Shaw was quite temperamental, actually a bit of a nutcase, and one day in November 1939 he called his band together to announce that he was quitting and heading for Mexico. Within 24 hours Glenn Miller had snapped up Jerry Gray, and before long Gray was churning out arrangements that still epitomize the Miller sound of the early 40s: *Tuxedo Junction*, *Pennsylvania 6-5000*; *Chattanooga Choo Choo*; *Moonlight Cocktail*; *Elmer's Tune*; *A String of Pearls*....and, of course, *American Patrol*...

I had five older sisters who were teenagers in the 1940s, and

I must've heard that thing played about a thousand times. According to my oldest sister Eileen: "It was an ideal time to be a teenager. There were no drugs, and alcohol was unheard of among our friends. Someone's house was always open to us and we brought our records, cranked up the Victrola, rolled up the rug and danced to Glenn Miller and all the swing bands. The Mums always served soft drinks and snacks, and our parents always knew where we were."

I still have an old wind-up Victrola, and I used to tease the grandkids by asking them to plug it in so I could play my old 78 rpm records.

Didn't take them long to wise up. "Oh, Grand-pa!" And when they would ask "Where's the volume control," I would slowly open those little front doors and let the scratchy old music pour forth.

Postscript: As you listen to Glenn Miller's *American Patrol*, you may notice that, somewhere close to the middle of Gray's arrangement, there's a brief 8-bar quote from another song called *The Girl I Left Behind Me*, a military song dating back to Elizabethan times. And Gray slips it in so neatly that you'll never notice it unless you look for it!

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AIKIDO JISEIKAN – AT THE GASSHUKU

By Lee Ping Lemur
Photos by Joker

As we celebrate Canada's hundred and fiftieth anniversary, the history of Gyokushin Ryu has extended over three centuries. This year the Academy of Aikido Gyokushin Ryu of Montreal, headed by PATENAUDE Christian Sensei, organized a North American GASSHUKU. The seminar was very well attended, and historic. It was led by guest of honour WASHIZU Terumi Sensei from Shizuoka Japan on his first North American tour, assisted by his dedicated students KINZO San and NORIO San. Exceeding fourteen hours of intensive training, it took place at the CEGEP du Vieux Montréal from August 11 to 14, 2017. Participants came from dojos in greater Montreal, Ottawa and the United States. Eleven of us from our Ottawa Jiseikan dojo, with LAU Hiang-Lai Sensei, enjoyed the pleasure and honour of joining in this unique event.

Recalling for us the origins and long history of Gyokushin Ryu, Washizu Sensei stressed the importance of continuous improvement and above all, of sharing our knowledge in order to preserve and expand this art. He demonstrated and explained to us many of the sutemi (sacrifice techniques) which he has studied deeply and which are among the signature techniques of Gyokushin Ryu. As well he showed the kata Ken Tai Ichi (sword-body-one), and he instructed us in a series of arm locks and shime waza (strangulation techniques). The training was flexible and accommodating for



advanced participants and also for those less comfortable with sutemi. Throughout, Washizu Sensei emphasized the importance of being relaxed, actively using the feet, and shifting the body as a whole in order to support the effectiveness of a technique while applying minimum force. He also highlighted the latitude that we can exercise in adapting techniques to the needs of each situation.

The explanations given by Washizu Sensei were in Japanese, translated for us by Kinzo San and by Marc-André of the Aikido Mochizuki dojo of Montreal. The clarity of Washizu Sensei's demonstrations minimized the language barrier, speaking to us directly.

To commemorate the event, Washizu Sensei presented each participant with a cloth banner displaying the name Gyokushin Ryu, in Kanji calligraphed by him personally. Afterwards in a downtown Montreal restaurant we enjoyed the friendly atmosphere of a group dinner.

Besides training us in so many techniques, the event was a wonderful opportunity to recall the story and principles of Gyokushin Ryu. In line with that, it brought out the spirit of camaraderie

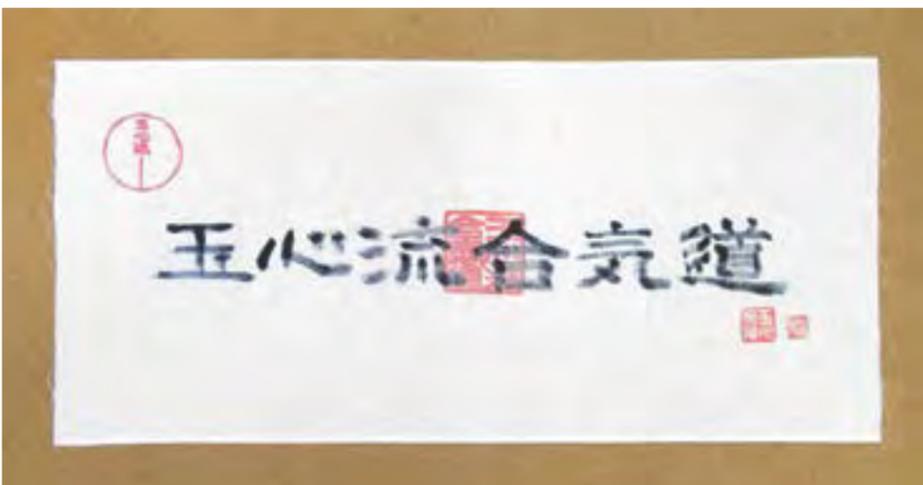


among Aikido students, many of us reconnecting with old friends from years gone by.

We were touched by the warm and humble nature of Washizu Sensei. His sympathetic smile quickly extinguished any misapprehen-

sions, and encouraged a friendly and trusting dialogue.

We sincerely thank Patenaude Sensei and his students for organizing this wonderful event, and for the gracious welcome we received, and for the memories.



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Saturday, Decemebr 9th, from 7:30-10:00am

Please join me and the "Man of the Hour" at the Annual Breakfast with Santa in the Main Hall of the Canterbury Community Centre.

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Presenting the City of Ottawa 2018 Draft Budget

The 2018 Draft Budget was tabled on Wednesday, November 8th and tapped into residents' voices expressed during the Budget Consultation process. With this, the 2018 Draft Budget is focused on investments in: infrastructure renewal -repairs to include road, cycling and sidewalk fixes; social and transit services -introduction of the EquiFare, a new single-ride bus fare; as well as investments in the growth needs of the city -hiring more paramedics and police officers.

The 2018 Draft Budget proposes how Council should spend tax dollars, and sets priorities based on resident feedback heard throughout the year. It seeks to continue Council's long-term vision of an affordable, sustainable and prosperous city.

There's still time for you to submit your input on what you would most like to see in the 2018 Budget. Feel free to call or email me with your feedback and suggestions.

For budget highlights, please visit ottawa.ca/en/city-hall/budget-and-taxes/budget/budget-2018.

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- Transit is free on Wednesdays for seniors 65+, so seniors going through a fare gate will need to use a Presto card set with the senior discount.
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For more information on the O-Train Confederation Line, please visit www.octranspo.com/ready4rail.

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Hungry Canadians:

Your eating patterns are changing

by Carole Moulton

Earlier this year, Nielsen and The NPD Group joined together to provide an unprecedented view of *'Eating Patterns in Canada'* (EPIC). This in-depth report, published from Toronto, March 15th, "gives us a unique look at the motivations behind Canadians' choices about what they eat and drink".

The NPD Group is a market research firm that provides consumer shopping trends, market information and advisory services to retailers and brands in Canada with practice areas including food consumption and food service. Nielsen Holdings is a global performance management company that provides a comprehensive understanding of what consumers watch and buy.

What matters to Canadians when they prepare a meal, reach for a snack, or eat out of their homes is explored in EPIC. What follows in this article, is just how one restaurant might look at an overview of the EPIC report in relation to their business.



"With iPad ordering, there is no room for error," noted co-workers Yvan and Linda. PHOTO: CAROLE MOULTON

"By a margin of four to one, most meals are sourced at home. That said, on any given day, just under half of Canadians source at least one meal away from home'. Thus, with a report such as EPIC, restaurant owners such as John Ke of 168 Sushi, at 1760 St. Laurent Blvd., can be made aware of the

trends to better serve their dining customers.

According to the EPIC Report, lunchtime dining out has risen; with work and school motivating out of home consumption. John Ke agrees that this is true at his restaurant and gives some rationale as to why this might be happening.

The numbers of lunchtime diners does continue to climb, and John attributes it to the fact that more young people eat out at noon. This was certainly evident on a recent P.D. Day, when there were a good number of high school students enjoying the variety of the 168 Sushi Buffet that the group had ordered on the restaurant's iPads.

The EPIC study also took a look at how digital influence is growing. Just as technology has entered every other aspect of daily life, it has entered the restaurant 'universe'. "The use of digital technology to place orders has been growing rapidly for several years and now represents 2% of all foodservice and FMCG orders," according to EPIC. These are Fast Moving Consumer Goods, which in the restaurant business could include soft drinks or grocery items for example. Also, according to EPIC, "digital has become a significant visit motivator: Nine percent of consumers are influenced by a social media platform before making a restaurant choice. Facebook, YouTube and Instagram are the most popular platforms driving this influence."

With his restaurant, John has been at the forefront in Ottawa for dining table digital ordering; since in March 2015, 168 Sushi in-

troduced their over 168 food option photos onto one version of iPad tablets. The younger diners immediately embraced a technology with which they were very familiar and the working crowd soon came to appreciate iPad ordering as "very efficient and with fewer mistakes."

Restaurant managers are also aware that during a person's lunch hour time is very important for customers. With iPad ordering, 168 Sushi can serve meals much faster.

At the same time, John adds, "Take-out ordering, for the most part, is now conducted on phones or over the internet because this saves the customer time."

Does John Ke use digital technology when placing orders? Absolutely! His restaurant ordering is all completed on-line; making both sending and receiving faster.

There is much more in-depth information in the EPIC Report than what has already been noted here, as well the document does address health and wellness as a topic. "Canadians want healthy food options," it says. When asked, John Ke replied that many people believe that by eating Asian foods they are eating nutritiously.

Cooking techniques are typically steaming or stir frying, and vegetables and pulses are a predominant staple. It is a diet low in fat, with emphasis on rice, vegetables, fresh fruit and fish, and little red meat in the great variety of dishes.

Even if you aren't a restaurant owner, a look at *Eating Patterns in Canada* (EPIC) makes for excellent informational reading. It explains why more people are at your favourite spot for lunch, perhaps why your local or favourite restaurant is thinking of introducing or already has digital technology in place for diners, and what we believe makes for healthy eating.

The vast research by both the NPD Group and Nielsen Holdings is much appreciated by many Canadians. Thank you for sharing your expertise.

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



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OTTAWA'S STREETCARS AT MID-CENTURY

A ride on the Bronson Line

by Bruce Dudley

The Bronson Line streetcars always displayed the letter 'E' in the roof-mounted route box and it was something that many riders wondered about in 1950. But if you were old enough to have ridden the line in the 1930s you would have known that the 'E' stood for ELGIN.

Prior to the spring of 1939 the centretown part of the line went south on Elgin Street, under the CNR centretown tracks (now the Queensway), over Pretoria Bridge, east on Hawthorne Ave. to Main Street in Ottawa East where it turned south to the corner of Main and Clegg Streets where a turning loop was located on the south-east corner thereof.

So, in those days if you worked along Elgin, or maybe at the Victoria Museum, if you went to St. Pat's College or if your parents took you to Brantwood Beach on the Rideau River for some Saturday fun, then you took the Elgin end of the Bronson line to get there.

Then in early 1939 the Elgin to Clegg portion of the line was abandoned in time for the unveiling of the War Memorial by King George VI. That abandoned portion of the Bronson-Clegg line was replaced by the Riverdale bus route and thereafter streetcars coming from Bronson went east on Sparks Street to Elgin and were turned on the Plaza; thus right on Elgin off Sparks, wait your time at the island, then right again on Queen Street to head back to Bronson. If you lived along Gladstone Ave. or one of the many streets that crossed it, if you lived in the western part of the Glebe or if you went to Glebe Collegiate or to the High School of Commerce then you used the Bronson streetcar line.

The line had a few quirky aspects that we'll experience as we take a trip from the Bronson Ave. loop, just a block north of the Rideau Canal, to the Plaza loop in centretown, referred to above.

My car today is 841 built by Ottawa Car Manufacturing in 1926. Before leaving the loop I turn my front and side scroll signs to display PLAZA, change my transfer pad to one with a BRONSON heading and I set the departure time on the cutter. After checking for any traffic coming in either direction I pull a couple of notches on the controller and we swing out onto Bronson Ave. northbound.

We crest the hill at Lakeview Ter-



OTC 841 on the Bell St. Bridge. PHOTO: WILLIAM BAILEY, BRUCE DUDLEY COLLECTION

race and start down the other side making our way past the 'Avenues', Fifth through First in that order. Then we come to Carling Ave. with Glebe Collegiate and High School of Commerce on the right together with the Hydro sub-station and the green and white Cities Service gas station on the left.

Now for one of the quirky parts: Passing Clemow and Renfrew Avenues we take a left turn onto Powell Ave. and as we straighten out I check ahead to ensure that there is no Bronson-bound car heading my way because I now enter a section of 'gantlet' track. This section of blended east and west oriented rail extends along Powell past Cambridge almost to Bell as Powell was considered too narrow to handle two full width tracks and still provide room for local traffic.

Now for another quirky part: As we approach Bell St. we leave the gantlet track, take a no-clearance right turn onto Bell northbound, and here we have the Bell St. Bridge to cross. It can't take the weight of more than one streetcar so both tracks run very close to one another with a negligible devil strip there between. As a Plaza-bound car I have the right of way over a Bronson-bound car and if there's one on the other side its operator will see me and hold until I'm over the bridge and past him.

The quirky parts are now over as we continue on to Gladstone Ave where we swing right and head east towards Bank St. On the way we cross Bronson with McNabb Park on the north side thereof and through the residential areas. At Bank we swing left passing the Ri-

alto and Imperial theatres before reaching Somerset where Laurier-bound cars join us.

We've seen the rest of Bank during an earlier trip and after passing the Capitol theatre we swing right on Sparks running through the busy shopping district includ-

ing Bryson Graham's and Murphy Gamble's, Birks and Devlin's Men's Wear until we reach Elgin. I take the right turn onto the Plaza, stop at the Island and change my signs and transfers to get ready to return to Bronson. Mind the step as you leave, please.



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“Be the change you want to be in the world”

Submitted by David Knockaert

While "finding your place in the world" for many of us is a lifetime endeavour, our high school years often represent the formative period. Perhaps the most critical element is discovering how we can make ourselves felt in the world, in a positive and lasting manner.

The Impact Club at Hillcrest High School is a group of students who believe that small actions can have a huge impact on our local and global community. There are three student leaders this year. Their teacher advisor is Nicole Charron,

The students strive to raise awareness of social justice and environmental issues. They do so by organizing fund raisers and awareness campaigns within the school and community. Locally they have adopted Lynda Lane Park and have supported the Ottawa Food Bank, Operation Come Home, and the Ottawa Christmas Hamper Project through Centretown United Church.

As part of the We Schools program the club has raised over \$16,500 for the community of Lullin, Ecuador. Those funds have been used to help build a new school, water tank, and to support health care in the community.

Their annual Walk for Water raises awareness about the lack of clean drinking water around the world. The event also serves as a key fundraiser. This walk was featured in the November 2015 We Day insert of the Ottawa Citizen and in the 2016 We Schools Walk for Water Campaign website and student guide. This year approximately 115 Hillcrest students participated, raising \$685.

From October 24 through October 31st the club organized a Halloween exchange named "Cans for Candy". Students were asked to bring



in food and in exchange students received Halloween candy. This effort supports the WE Scare Hunger campaign. Two hundred cans of food were collected for donation to the Ottawa Food Bank.

As you can see from the preceding, only three months into the school year, the club has already organized/participated in Orange Shirt, Lynda Lane Park clean-up, Walk for Water and its Halloween food collection and donation drive. Furthermore, by the time this article goes to print, the club will have also joined in November WE Day. This is an annual event celebrating participation by youth in local and global events/issues. Admission to WE day is available only to those who have earned it through yearlong participation in action to improve communities. The Hillcrest Impact club this year not only received 30 tickets, but floor seating (typically reserved for the most active WE schools). They were also invited to the We Schools Evening of Inspiration at the Lord Elgin Hotel.

As the year progresses, the club already has plans for:

- December - Holiday Candygrams will be sold to raise money to support a local family in need, as part of the Ottawa Christmas Hamper Project, and in conjunction with the Centretown United Church.
- February 2018 - repeating the success of last year, the Club will again run its Cupid's Cafe, as part of the WE Create Change campaign. Money will go to support Health Care in Ecuador (as per Walk for Water).
- February 2018 - it is expected the Club will organize the Toonie Tuesday event to support the Education Foundation of Ottawa.

Caring, Thinking, Acting. Steps which sound so simple, but are so seldom taken. Yet in seeking inspiration we need look no further than the students of the Impact Club.



PHOTOS: NICOLE CHARRON

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What is a Pivotal-ASA™?

by Sue Vye

When you hire a Pivotal-ASA™, you are hiring a Realtor® whose focus is on counselling, not selling. We have to find out your needs and wants before we can commence our activities as your advisor OR Sales Representative. From taxation to legal issues, a Pivotal-Accredited Senior Agent™ can recognise problems and has the resources to refer outside professional services. There is a lot more than just selling, buying or leasing in real estate. A Pivotal-ASA™ licensee is equipped to work with the client or their family through all aspects of the process. Pivotal-Accredited Senior Agents™ must be of good character, have many years of experience take a prescribed course and pass an examination in order to achieve this prestigious professional designation.

AS A PIVOTAL-ACCREDITED SENIOR AGENT™, I'm not out to "get your listing"; I work as a consultant, side-by-side with you and whatever advisors you want involved. I have only one goal in our relationship; to help you come to the best decision for you! If that decision is to stay in your present home, then that's a good thing for you. I'll help you understand all your options, no pressure.

Yes, I am a Realtor® and my work includes helping people sell and buy houses. My role is never the same for any two clients; you have a smorgasbord of options and services to choose from. Everything I do, from our first chat to the closing of

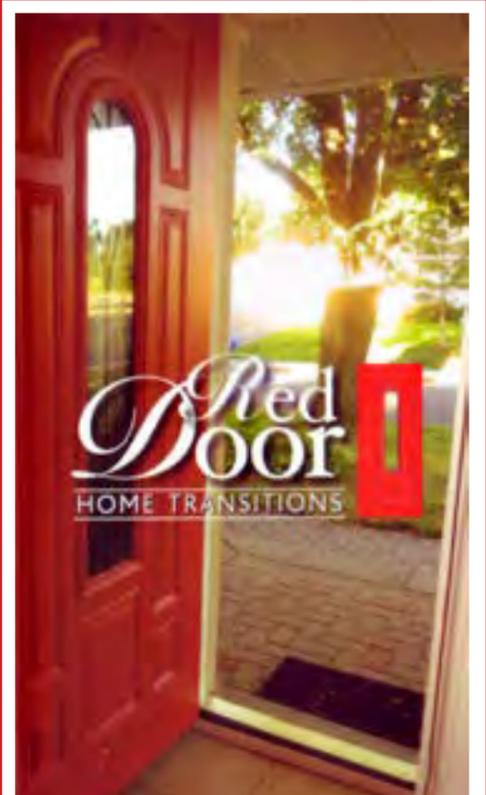
your home sale (if that's the route you decide to go) is in furtherance of my one goal – the best possible outcome FOR YOU.

AS A PIVOTAL- ACCREDITED SENIOR AGENT™ with training in some of the legal questions you may have on ways to release the equity in your home for future living expenses, I have something more to offer – a *Network of Exceptional Specialists*. Over the years, we've found that our clients often need a recommendation to a specialist. There are so many things to think about and it's hard for you to find all those specialists on your own.

AS A PIVOTAL-ACCREDITED SENIOR AGENT™, I can make suggestions on various grants and loans that are in place to help you stay in your place, if that's what you want to do. I know the local retirement homes – I've met the managers of many of them personally, and it would be my pleasure to help you find a new place to call home, whether you buy or rent. I like to say "Hire me; I'm an ASA™" and I'll take the headaches out of your move." It's what I've been trained to do, and it's what I love to do.

If your family is involved in your move, I can help take some of the burden off their shoulders. That's what I'm here for – to handle the unfamiliar or you.

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Councillor Jean Cloutier at the podium (R) sharing information with the audience; joined by Constable. Burleau, Riley Carter and Robert Charbonneau. PHOTO: JEFF CRAY

Teaming together to make Coronation Avenue safer

On October 30th, Councillor Cloutier and staff from the Transportation Services and Temporary Traffic Calming departments, and our community police officer, Constable. Burleau, met with residents of Coronation Avenue and surrounding streets to discuss traffic and safety on Coronation. Speeding along Coronation Avenue is an ongoing issue, which has been brought to the attention of Councillor Cloutier by residents of the street. Councillor Cloutier is committed to finding practical, long-term solutions. Action items arising from this community meeting are: traffic counts at intersections along Coronation to assess the potential for all way stop control; a feasibility

review for a pedestrian crossover (PXO) on Coronation; and increased police enforcement. Councillor Cloutier's team has also proposed a Temporary Traffic Calming (TTC) measures proposal to be installed in spring 2018.

Ensuring that residents have peace of mind when enjoying our great neighbourhood is vital to the growth and development of our community. You are encouraged to report any traffic violations to the Ottawa Police Service (OPS) by calling 613-236-1222 ext 7300, or online at <https://www.ottawapolice.ca/en/contact-us/Online-Reporting.asp>. These reports are considered when deciding where increased patrols should be focused.

Magnanimous Man or “The Merchant of Death”

Which one was Alfred Nobel?

by Maria CampbellSmith

How would you like to be remembered?

Suppose you were a European polyglot with a passion for literature and science. Additionally, you're a millionaire inventor, holding 355 patents, with factories all over the world. Further still, you never married and had no children. How would people describe such a person? How would he be remembered?

In 1888, Alfred Nobel found out. He was confronted with his legacy when he read an incorrect newspaper headline in Paris. His older brother Ludvig died, and the newspaper accidentally confused Ludvig with the more prominent *Alfred* Nobel. The obituary was titled “Le marchand de la mort est mort”. “The merchant of death is dead.”

Within a few years, Alfred Nobel had drawn up an entirely new will. He left the bulk of his massive fortune to establish five prizes to recognize and reward global achievements in Chemistry, Physics, Physiology (or Medicine), Literature, and Peace. He reconstructed his legacy and the next year he died.

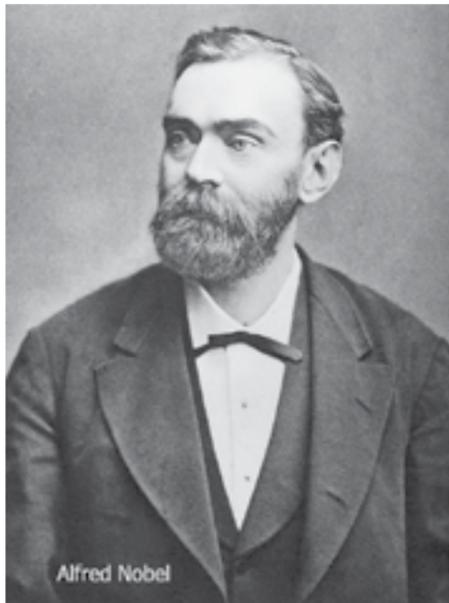
The first Nobel Prizes were awarded in 1901. The 2017 prizes will be awarded this December.

Why was he called “the merchant of death”?

Alfred Nobel was born in 1833 to Swedish parents Immanuel and Caroline. During Alfred's youth, his family moved repeatedly, as his father was an engineer and inventor who produced weapons for Russia during the Crimean War. Immanuel made sure that Alfred and his three brothers Robert, Ludvig, and Emil, had private tutors for languages, literature, and science. Alfred was also sent to study in France and America as a young man.

It was in Paris, working with Italian chemist Ascanio Sobrero, that Alfred Nobel first learned about nitroglycerin. Most scientists considered the liquid explosive far too volatile to work with. Alfred, however, became obsessed with it. By 1862 he had returned to Sweden and was experimenting with nitroglycerin in family factories with his father and younger brother Emil. There were numerous, catastrophic explosions as he pursued his research. One even killed Emil.

Eventually, Alfred Nobel combined nitroglycerin and a fine sand (kieselguhr) to produce a commercial explosive paste that was shaped into sticks or rods. He also invented a detonator (blasting cap) that could be set off by lighting a fuse.



These sticks of explosives could be inserted into drilling holes and allowed for more precise and controlled explosions. Nobel had invented dynamite! At the end of the 1800s, as train travel and tunnels, canals, bridges, and roads were being constructed around the world – dynamite was the perfect tool. He became a multi-millionaire.

Alfred Nobel went on to establish over 90 factories in 20 countries. He continued experimenting with chemicals, inventing new explosives and devices. He also created synthetic rubber, leather, and silk. In the 1890s Alfred Nobel bought an ironworks and began developing weapons and projectiles for Sweden's arms industry.

The power of explosives, coupled with Nobel's detonating inventions, was irresistible for weapons producers and war-mongers around the world. Despite his 355 patents, competitors repeatedly stole his inventions and processes – sometimes successfully, other times with disastrous results. He amassed an incredible, personal fortune rooted in *dynamite* and its destructive capacities. Herein lies his legacy as “the merchant of death”.

Why the five Prizes?

As a chemist, engineer and inventor himself, it stood to follow that Alfred Nobel would want to reward major discoveries and inventions in the fields of Chemistry, Physics, and Physiology. His lifelong admiration of poetry and plays ensured a Nobel Prize for Literature as well.

The irony of a dynamite and munitions tycoon sponsoring a prize for peace perplexed many. It may be root-



ed in the only significant relationship Alfred Nobel had with a woman.

In Paris, in 1876, he placed an ad for a “well-educated secretary and household manager”. The Countess Kinsky, previously a teacher for the von Suttner family in Vienna, answered the ad and got the job. Bertha and Alfred got on very well and discussed many topics, but her employment was short-lived. She was

betrothed to the family's son Baron Arthur von Suttner and returned to Vienna to marry him. If Alfred Nobel loved Bertha, it was unrequited and he never pursued another romance.

Baroness Bertha von Suttner went on to become a novelist and a leader and writer for the Peace League. Her 1889 book, “Lay Down Your Arms” promoted world peace and inspired many, including Alfred Nobel himself. He wrote to the Baroness before he died to tell her of his plan for the Peace Prize. She would go on to win it herself in 1905.

There is actually a sixth Prize. In 1968 the Swedish National Bank celebrated its 300th anniversary and gave a large donation to the Nobel Foundation to establish a new prize in Economic Sciences in memory of Alfred Nobel.

What does a Nobel Prize entail?

From 1901 to 2017, 585 Prizes have been awarded to 923 different Nobel Laureates (Prizes are sometimes shared by more than one recipient). The Peace Prize is presented in Oslo, Norway and the other 5 Prizes are presented in Stockholm, Sweden, all on December 10th – the anniversary of Alfred Nobel's death.

In his will, Alfred Nobel left 31 million Swedish Krona to fund the Prizes (a US \$265 million value). These funds are invested and managed by the Nobel Foundation and continue to grow in value. A separate Nobel Committee collects nominations and announces the award winners each October. Nobel Prizes cannot be awarded posthumously.

Prize winners receive a unique diploma and a gold medal featuring Alfred Nobel's portrait. They also receive a cash prize. For the 2017 winners, it is valued at over US \$1 000 000! Nobel Laureates are expected to give a public lecture related to their field, and many donate the prize money to scientific or humanitarian causes.

Each year in early December VIPs travel to Stockholm. There are special exhibits at the Nobel Museum, a grand banquet for 1,300 guests at Stockholm City Hall, and a gala concert. The Prizes are awarded December 10 and the Nobel Laureates give their personal lectures.

The Nobel Prizes have become the most prestigious awards on Earth. The list of Laureates in Chemistry, Physics, Medicine, Literature, Peace, and Economics reads as a record of modern genius, leadership, and humanitarianism. It is not a flawless list, but it has forever altered the legacy of its visionary – *Alfred Nobel*.

Some Nobel Prize oddities:

Only 2 individuals have been awarded Nobel Prizes in 2 different fields. Marie Curie earned the Physics Prize in 1903 for her work on radioactivity and also won the Chemistry Prize in 1911 for isolating radium. Linus Pauling earned the Chemistry Prize in 1954 for research into chemical bonds, and the 1962 Peace Prize for his anti-nuclear weapons activism.

Organizations can receive a Nobel Prize, and the International Red Cross has earned the Peace Prize a record 3 times (in 1917, 1944, and 1963).

The *youngest* Nobel Laureate was 17 year old activist Malala Yousafzai. She won the Peace Prize in 2014 for her brave stand against the Taliban and her fight for girls' rights to education. In 2007, 90 year old Leonid Hurwicz won the Prize for Economic Sciences, and 88 year old Doris Lessing won the Nobel Prize for Literature, making them the *oldest* Nobel Laureates.

There are surprises, biases, and omissions in the long history of the Nobel Prizes. Jean-Paul Sartre was awarded the Literature Prize in 1964, but he refused it. Mahatma Gandhi never did win a Nobel Peace Prize. Stephen Hawking has never won a Prize. Leo Tolstoy, Mark Twain, J.R.R. Tolkien, and James Joyce never won the Nobel Prize for Literature.

This December twelve more names join the list of legendary Laureates and it is bound to change the way that *they* will be remembered.

ESSENTIAL HEALTH



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With the pending turn-over of another year, we all feel a renewed dedication to exercising more, eating healthier, taking up a new hobby, or learning a new skill. Unfortunately, we all know how the challenges of day-to-day life can take its toll on those commitments.

We are much better at keeping to our commitments when we schedule the time. Kid's hockey practice? On the calendar. Dentist appointment? On the calendar. In fact, I'm sure most of us make sure to schedule that next cleaning before we even leave the dentist's office!

Why then, wouldn't you schedule time to care for your body a little more? Preventative health care is just that - preventative - taking steps and getting treatments with the goal of heading-off problems before they become chronic. It's really no different than your regular, preventative dental check-ups. Put

regular massage on your calendar as well. It will help you stick to your commitment of maintaining that consistent, preventative healthcare.

We use our bodies every day in the form of daily routines, sleep patterns, work, exercise, and so much more; but what do we do for recovery and recuperation? Regular visits for massage therapy can help manage or reduce pain from injury, repetitive strain, or daily stressors. There are the psychological benefits of stress reduction and management, and improved sleep. It can improve circulation, which helps the body distribute oxygen and nutrients to our muscles and helps remove toxins from the body. Massage also helps increase the activity of the immune system.

If you enjoy employer provided

or other private health care benefits that cover some of your treatment costs, scheduling your appointments ahead of time will also ensure that you spread your benefit dollars out over the entire calendar year. Every December, here at Essential Health Massage Therapy we see clients calling to get last minute appointments in order to use up their benefits - scheduling your appointments across the calendar in advance will save you from the mad December scramble.

One of the questions that our massage therapists get asked frequently is; "How often should I come for massage?" Which approach is better for your health, monthly massages or more closely spaced sessions?

Well, here are a couple of ways to decide:

- 1) Do you like to come in for relaxation massages, treatments to help with your cycle, maintenance of chronic conditions, or an overall "tune-up"? Then monthly or regular pre-scheduled longer treatments are for you.
- 2) Do you have a complicated or

acute issue that needs short and more direct, possibly more uncomfortable, treatments? Then we may suggest your treatments are scheduled more closely together to benefit from repeated shorter massages.

- 3) Do you like to be more flexible with your bookings but dislike when your therapist is completely booked when you want to come? Then booking a regular visit monthly with shorter "tune-ups" interspersed between may suit your personality and needs.

Any way you like your massage, monthly or more frequently, it is advisable to book your sessions well ahead to ensure you get the time, and the treatments, that you want and need. Stay on track to get the most from your body, and your benefits!

See you soon!

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

Why wouldn't you schedule time to care for your body a little more?



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COMPUTER TIPS & TRICKS

Smartphones and Tablets – Android or Apple?

by Malcolm and John Harding
of Compu-Home.

Recently a client sent us an email asking which family of smartphones we preferred. Since all of us in Compu-Home have a different phone and there are both Apples and Androids, the question generated quite a bit of lively discussion. As usual, we are going to weasel out of a direct answer, but here are a few of our hotly-debated observations:

Some of us have phones with the Android operating system, which is a Google product and generally gets customized by each phone manufacturer differently for their own phones/tablets. As a result, there will be a lot more variety among the options with Android. Among those models, the most fervent opinion is Malcolm's preference for his HTC brand. It seems to him that whenever he has been in the market for a new phone, HTC seemed to have the best in the lineup at the time.

iPhones and their iOS certainly have their positive aspects too. For one, they are really a standard unto themselves. They are so hugely popular that there is an entire



industry of accessories for them. If you need a case, charging cable, car mount, they are readily available and tend to be reliable. Also iOS has been standardized for a

generation or two of their phones and tablets. That means that if you buy into the Apple lifestyle, things tend to work well together. For example: if you have an iPhone and an iPad and a Mac computer, they tend to sync your data across devices very well and logically. John would be the example of the iPhone aficionado. . . never owning anything else.

There is definitely a price to pay for that "lifestyle." Apple products are generally the most expensive, and so are their accessories. (They all have to be certified by Apple and have a "Made For iPhone" badge on them, and Apple takes a share of the profits). That being said, once they have joined the family, people tend to love them.

An issue with iDevices and Apple in general is that they work great together but are difficult to get to co-operate with any competitor's devices. A prime example is the synchronization mentioned above, which works seamlessly with any Apple device and is notoriously flaky with Windows computers or any other manufacturer's tablets and phones.

This fall, both Apple and Google have released new "Flagship" phones. Apple's new offerings are the iPhone 8 and iPhone X, (tenth anniversary of the first iPhone). Google's phones are called Pixel. There is a Pixel 2 and the Pixel 2 XL. You'll have to look at the marketing buzz for each of them to see what features of each you

care about. With each, it breaks down to a smaller, cheaper one and a larger more expensive one. The higher-end ones of each also have a bigger, better screen, more storage, better cameras, and other bells and whistles.

Both Apple and Google's new phones are still verrrry new and can be difficult to get for a while after their release. You can pre-order and wait, or get the "lesser" option. However, whenever a new flagship comes out, it's also a good time to jump on deals for the previous model. After all, the iPhone 7 was a perfectly fine phone a month ago and so it would still be very satisfactory for most people. The wireless carriers usually offer the best deals on the one-generation-older models, and among these, Samsung's offering, the S8, is a great phone that checks all the boxes for most people and will be reliable for years to come. With Apple, on the other hand, you could get a great deal on a contract from most cellular providers for an iPhone 7 and it will also be just fine for the foreseeable future.

There is a very important win-win in this discussion, and that pertains to ease of use. All of the manufacturers have been extremely skillful at steadily improving the details of their equipment to make it as user-friendly as possible.

A store like Wireless Wave (with three outlets in Ottawa) might be a good place to get an unbiased opinion and be able to appraise all of the various options. They aren't a provider themselves, so they carry many brands and models and can also set you up with a cellular plan with most of the major carriers. We often recommend that our clients start at a place like that when they are in the hunt for something new.

This is our last column for this year and we certainly hope that all of our readers enjoy a nice holiday and a great start to the New Year. See you in 2018.

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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Hospital researchers honored at gala night

Special to the Riverview Park Review
Leaders from all corners of the Ottawa community celebrated the best and brightest Ottawa Hospital researchers at a gala in the Westin Hotel.

Most importantly the hospital gala, presented by Nordion, recognized three researchers for their innovative accomplishments in their respective fields.

Marc-Olivier Deguise received the Worton Researcher in Training Award for his outstanding work on spinal muscular atrophy.

Dr. Xiahui Zha received the Chretien Researcher of the Year Award for her breakthrough in understanding why our cells make more cholesterol and fat after a big meal.

Dr. Michael Schlossmacher received the Grimes Research Career Achievement Award for his pioneering research on Parkinson's disease.

Tim Kluge, president and CEO of the Ottawa Hospital Foundation, acknowledged that support from not only residents, but also businesses, plays a key role in the success of the hospital researchers.



Winning researchers (from left): Marc-Olivier Deguise, Dr. Xiahui Zha and Dr. Michael Schlossmacher. SUBMITTED BY THE OTTAWA HOSPITAL

“Thanks to our community’s commitment this year, the Foundation transferred more than \$11.7 million directly to research. Our Tender Loving Research campaign, which is going into its final year, has raised \$38.2 million, closing in on our goal of \$50 million.

Kevin Brooks, president of Nordion (Canada) Inc., declared: “Nordion understands the important roles that research and innovation play in ensuring the safety of health care and the wellbeing of patients both at home and around the world and we are proud to have

been a sponsor of the gala for more than a decade.

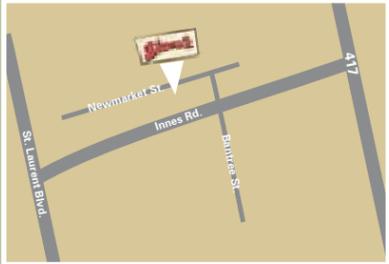
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A tribute to Mother Bruyère

and the amazing volunteers who came after her

by Carole Moul

It is a beautiful story; one filled with courage, determination and total selflessness. Written by Casey Hurrell, PhD., to coincide with the 35th Anniversary of the Friends of The Ottawa Hospital- General Campus, this well-researched book is dedicated to Élisabeth Bruyère, The Sisters of Charity, Ottawa, and The Thousands of Volunteers at The Ottawa Hospital- General Campus.

Rich in facts of times past, right up to 2015, this wonderful narrative, *The Friends of the Ottawa Hospital- General Campus, A HISTORY* chronicles the evolution of the commitment and devotion of the amazing volunteers in the medical institutions of Ottawa from the mid 1800s to 2015. It integrates pages from annual reports and memos into its quotations and engages the readers throughout the 75 pages of both English and French; with firsthand oral accounts from members of les Amis/ The Friends.

In their forewords to the book, both Dr. Jack Kitts, President of The Ottawa Hospital, and Mr. Terrence LeBlanc, President of the Friends of The Ottawa- General Campus, aptly share the meaningfulness in recording this important part of past to present.

Dr. Kitts writes, "I welcome the opportunity to recognize this wonderful document that traces the history of volunteers in the medical facilities in Ottawa from the mid-1800s to 2015, the 35th Anniversary of the Friends at The Ottawa Hospital- General Campus." Then he concludes as to how the fund-raising efforts by Les Amis/The Friends have made significant financial contributions to the facility.

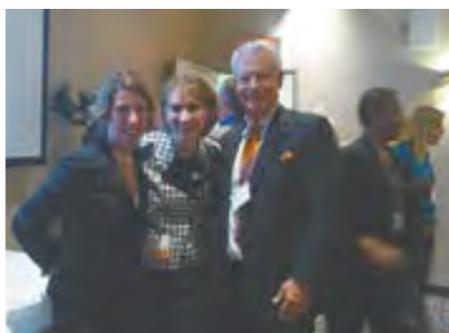
Mr. Terrence LeBlanc writes, "This document is a celebration of the thousands of hours of volunteer work in our community from the work by Mother Élisabeth Bruyère in the 1850s to our work today in the Ottawa community." In conclusion, he suggests that perhaps by documenting the fine work of our predecessors it may inspire others to become involved in the work of The Friends.

The first book was presented to Sister Rachelle Watier, General Superior of the Sisters of Charity, Ottawa. At the book launch she graciously thanked The Friends of the Ottawa Hospital- General Campus and Les Amis de L'Hôpital d'Ottawa- Campus Général for the honour bestowed upon the Sisters.

Then, in a heartfelt speech, Sis-



Sister Rachelle Watier, General Superior of the Sisters of Charity of Ottawa (R), and her guests are greeted by Suzanne Larivière, Coordinator of Volunteer Resources at the General Campus. PHOTOS BY STÉFAN MAYER



Andrea Timlin, Development Officer of TOH Foundation (L), joins Heather MacLean, Vice-President, Development and Corporate Philanthropy, and Phil Smith, member of The Friends Board of Directors plus the project's Managing Editor.

ter Watier spoke of the remarkable young Mère Elisabeth Bruyère after her arrival by sleigh in Bytown via the Ottawa River on a cold winter day in February 1845.

"The values and mission of the General Hospital are rooted in the heart of this audacious and bold young woman. Mother Bruyère is really the foundress of the Hospital. Her charism of compassion, her values of integrity live on in this great institution. You have beautifully put forward her values at the core of your mission as caregivers. Thank you for taking on her legacy and making it shine bright."

Those reading this story will come to appreciate the lives and stories of the thousands of volunteers whose legacies have been preserved in this well-documented book, which had as its Managing Editor, the dedication and effort of Phil Smith, member of The Friends Board of Directors.

Readers gain significant insight into a Ladies Auxiliary that continued throughout the two World



Dr. Jack Kitts, CEO and President of The Ottawa Hospital, presents the first book to Sister Rachelle Watier, Sisters of Charity, Ottawa.



Casey Hurrell, PhD, is author of the well-researched book, *The Friends of the Ottawa Hospital- General Campus, A HISTORY*



Tim Kluge, CEO and President of TOH Foundation with Paula Doring, Vice President, Clinical Programs and Regional Cancer Program- General Campus



Terrence LeBlanc, President, The Friends of TOH- General Campus with Sue Daugherty, Volunteer and Board of Director of The Friends.

Wars, the great work that the volunteers have performed in providing new or specialized equipment, and why the name changed in June, 1980, to reflect the times. On page 35, the vast areas of hospital life and services performed by Les Amis/ The Friends are just too comprehensive to do justice here.

Yes, we have every right to be

grateful that right from the time when there was a small hospital opened up in Bytown on St. Patrick Street to this day, the spirit of the volunteers has continued undiminished, and has been brought to life with the printing of this book.

The book, *The Friends of the Ottawa Hospital- General Campus, A HISTORY*, is available to purchase at TOH Boutique.

You know it's got to be great when...

The e-mail invitation said Driveway Dining on Caledon Street. The date was Saturday, November 4th, and the time from 4-7. "It's a competition so bring your best dish. It can be anything from smoked ribs..." the e-invite continued. Thus, you knew all the stops would be pulled and delectable recipe plans would be in full force; and they were. Competition was fierce, but in the end and after great debate, Jim came first with his famous chili, Mike second, with Bob and Kate tied for third. Well done to all the great cooks.



Charlotte, Norah, Jen and Sharon are all smiles after a delicious meal.



Jim (in the background), Diana, Carlie and Nadia all contributed to the wonderful event.



Bob Perkins (R) successfully promoted his award winning 'Poutine' to Albert Lozier.

PHOTOS: CAROLE MOULT



Françoise Lozier's Salsa Pulled Pork was a real success.



Actually dining in the driveway, and not in the garage, were Bruce (L) and Laurier



Hostess Marie (R) was praised by Mike for a great party.

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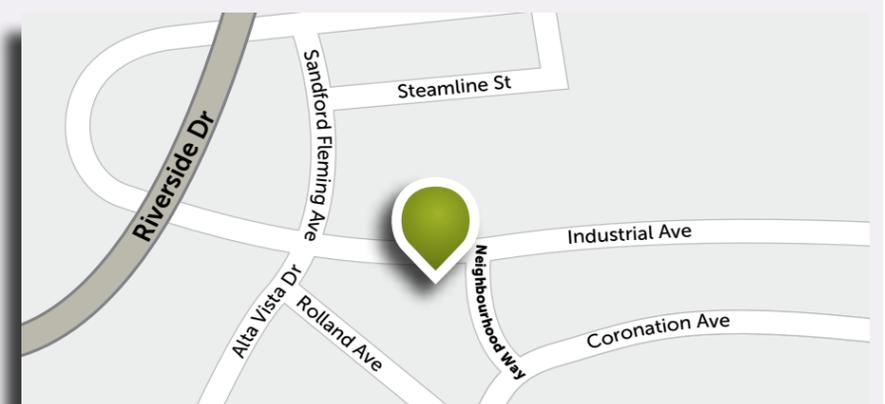
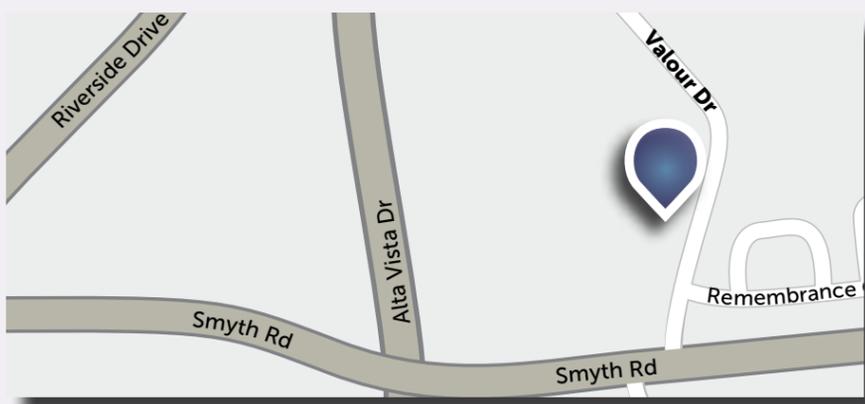
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What's in a name? Sandford Fleming Avenue

by Carole Moul

In the spring of 2006 a short street off Industrial Avenue was renamed from Caledon Place and was called instead after Sandford Fleming. Situated on that street is the Canada Post Ottawa Mail Processing Plant. What's in a street name, you might ask? It appears there's a lot of meaning behind those shiny blue and white signs in the north part of Alta Vista, Ward 18.

There are few Canadians who have had such a far reaching influence on our country as has Sandford Fleming. A well-known surveyor, draftsman, cartographer, civil engineer, and college chancellor, Sandford Fleming is also widely considered to be the father of standard time. He plotted the route of the Intercolonial Railway through the wilds of Eastern Canada to connect the Atlantic provinces with Ontario and Quebec, and as a young man, at the age of 24, designed Canada's first postage stamp, the "three-penny beaver". This stamp was to be the first official stamp in the world to be issued with an animal on it instead of a person.

The year was 1851, and the British Crown transferred authority to the Province of Canada for the



management of its own postal system. Canada's move was immediate to issue postage stamps so as to give solid evidence to its new authority. Thus, it was only two days after being instructed to totally reorganize the Post Office that James Morris met with the young Sandford Fleming in Toronto on February 24th to discuss the details concerning a postage stamp illustration.

Sandford Fleming's first Canadian postage stamp was definitely a break with tradition since including a monarch was the custom. Fleming, however, believed it was important to feature an animal, essential in the development of Canada, thus on this stamp there was a beaver.

The proposal was daring, but Fleming felt that the beaver was totally appropriate, since this animal was known for its' industriousness,



its skills in building and its tenacity'. Fleming also believed that this was the perfect representative of a young nation occupied with building its future in a land that was still virtually undeveloped.

Fleming was successful in convincing James Morris to use this indomitable animal on the first stamp, and only two months after the initial meeting of Fleming and Morris a three-penny postage stamp for domestic mail was issued. Its central motif was the beaver at work building a dam near a waterfall in its natural habitat.

The monarchy is still in evidence on the stamp, since it also features the royal crown of England on a cushion of heraldic flowers: the English rose, the Scottish thistle and the Irish shamrock. The VR monogram of Queen Victoria overhangs the representation of the beaver.

Sandford Fleming created two other postage stamps that same year for international mail. These were a six-penny stamp with the image of Prince Albert and a twelve-penny bearing the portrait of the Queen. It has been recorded however that Canada's postmaster general had truly wished to have Queen Victoria appear on the first Canadian stamp.

Only 250,000 of these stamps were issued, and in 2010, according to the Unitrade Specialized Catalogue of Canadian Stamps, a three pence beaver in 'Very Fine' condition with 'Original Gum' was worth \$120,000 Canadian. This special three pence beaver stamp was made of 'laid paper' and was the first adhesive stamp in Canada.

So, what's in a name you might ask? For the many Canadians who have benefitted from the work of Sir Sandford Fleming, it would seem there's quite a lot. For those who own the three pence beaver on laid paper, these people are holding one of the rarest stamps in the world.

And, for those who live on Caledon Street, far fewer strangers are now losing their way looking for Ottawa's very large sorting plant a few blocks away.



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Creativity in the heart of a child

by Denis Poitras

I recently had the pleasure of working with Makin' Moves Children's Dance Theatre, a school in Old Ottawa South founded by artistic director and creator Michelle Priel. As I walked in, I was introduced to all the staff and judging by the environment, it reflected the attention to detail that Michelle gives to each and every one she is contact with. I felt at ease and took great pleasure in discussing the future of the school with she and her husband Neil.

Makin' Moves is not a competitive dance school but a dance theatre that cultivates young artists. It allows little ones to grow in confidence, expressing themselves in a space where they experience the joy of dance and learn to harness their inner artist. Michelle has developed a program where a child's creativity evolves in an environment that is nurturing and disciplined. Through the study of classical ballet as a base, every child learns the proper technical skills necessary to dance. Through learning different styles of choreography, and performing in two annual recitals, each child feels part of a supportive group, a group in which they play an integral role.

Along with a strong foundation in

classical dance, the child participates in costume design, development of performance themes and even gives input into the choreography. It is a unique program that builds confidence and artistry within a warm physical environment and establishes a life long love for dance.

I was amazed that such a concept was being offered in the city. After spending an hour and a half with Michelle, I realised that her love of dance and her creativity are a huge plus for the children attending her dance theatre school. Not everyone is made to become a prima ballerina but allowing a child the ability to express themselves in an environment that nurtures their development makes for well-grounded artistic children in the future.

I am honoured that I could be part of this eye-opening lesson in life as my company was asked to imprint crests on white t-shirts for Makin' Moves. That is one service among others that 4 Dance, Gym & Cheerios offers many schools and clubs around town. Do not hesitate to call for more information at 613-521-2433. 4DGC is located on the second floor at 380 Industrial Avenue, just above Figure 8 Skate Specialists.



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The Orkin Man will rid you of unwanted guests

by Carole Moulton

Often the telephone call to Orkin begins when an unhappy homeowner wants to have the re-location of unwanted visitors to an attic. Perhaps it's a squirrel or a raccoon family, but the request is always the same, "Please remove these unwanted guests." The caller wants them gone and wants them gone quickly.

Fortunately, Rob Caron, Branch Manager and his team of 33 technicians plus office staff are right here in Ottawa, at 850 Industrial Avenue, Unit 1, where Rob oversees the largest Orkin Branch in Canada. Five trained Wild Life Specialists are part of the team so when expertise is required for removing animals larger than mice or rats Orkin has the capability. Each season has its share of pests be they insects, rodents or even mammals.

For the first visit, the Orkin Man will perform an inspection, and then design a customized treatment plan for home or business. A full inspection of the outside for entry points will be undertaken before the Orkin technician even enters for an inside inspection. The amount of droppings or other evidence will tell how long or what animal has been living there.

Crack and crevice treatments and baits to target pests where they live and breed will also be incorporated, using these responsibly and with regard for people and their pets.

In the case of an animal such as a squirrel or raccoon, a one-way door will be installed at the entry point for the adult animal to exit. The entry is blocked, and should there be babies Orkin even has heated baby boxes to place the young ones outside near the one-way door so when the mother returns she can relocate her family. She cannot, however, re-enter the building.

"Owners have actually watched a mother raccoon return and take her family with her," Rob noted recently.

Too many droppings and Orkin's large vacuums suck up anything in the attic. Technicians then sanitize and deodorize where the animals have been.

It was several years ago when Rob saw the connection between attic pest control and providing attic insulation as a follow up. A technician himself for seven years, before his 18 years as manager, Rob began providing attic restoration and insulation in the fall of 2015.

He chose Thermo-Cell Industries in Vars as their supplier, not only because it is local but it is the leading Canadian manufacturer of eco-friendly thermal cellulose insulation. Manufactured from 100 % recycled newsprint, and treated with borates, a class one fire retardant that doesn't release any harmful emissions, this cellulose insulation is resistant to mold, mildew and rot, as well as the mice and other vermin that we dread.

And, thanks to Rob Caron's innovativeness, just this fall he won top honours of the President's Club Award for the Best Run Branch in all of Canada. "I get up every day and just love coming to work," he commented recently as he gave high praise to his whole Ottawa team.

Orkin uses the popular slogan, 'Pests Never Rest so neither does Orkin'. Well done and thank you to everyone for making this happen.



Rob Caron shows us the President's Club Award for the Best Run Branch in all of Canada.



The Ottawa Branch of Orkin is the only one in Canada to offer insulation installation. PHOTOS: CAROLE MOULTON

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FINANCIAL PLANNER

What Can Vacations Teach You about Investing?

by Bob Jamieson

The holiday season is here—which means many Canadians are planning to travel somewhere warmer. You may be looking forward to “getting away from it all,” but, as you know, vacations actually require a fair amount of planning. And it might surprise you to learn that some of the efforts required for successful vacations can impart some valuable lessons in other areas of your life—such as investing.

Here are some vacation-related moves that you may want to transfer to the investment and financial arenas:

- Secure your home. If you’re going on vacation for a week or so, you may need to take some steps to safeguard your home: stopping your mail and newspaper, putting on a timer to turn on lights, alerting your neighbours that you’ll be out of town, and so on. But while it’s important to secure your home today, you will also want to help ensure it will be there for your family in the future, should anything happen

to you. That’s why you’ll want to maintain adequate life and disability insurance.

- Know your route. If you are driving to your vacation destination, you will want to plan your route beforehand, so that you can avoid time-consuming delays and detours. And to reach your financial goals, such as a comfortable retirement, you will also want to chart your course — by creating an investment strategy that is designed to help you work towards those goals based on your specific risk tolerance, investment preferences and time horizon.
- Keep enough gas in the tank. As you set out on a road trip, you need a full tank of gas in your car, and you’ll have to keep refueling along the way. And to “go the distance” in pursuing your financial goals, you will need to have sufficient “fuel” in the form of investments with reasonable growth potential.

You’ll want to maintain adequate life and disability insurance.

Without a reasonable amount of growth-oriented vehicles in your portfolio, you could lose ground to inflation and potentially fall short of your objectives — so, over time, you may need to “refuel” by adding new funds regularly, reviewing your portfolio and rebalancing as required.

- Protect yourself from getting burned. If your vacation plans include a stay at the beach, you’ll need to protect yourself and your family from the hot sun — so make sure you’re all using sunscreen. When you invest, you can also get “burned” if you are not careful — especially if you are inclined to chase after “hot” investments. By the time you hear about these so-called sizzlers, they may already be cooling off, and, even more importantly, they just might not be appropriate for your goals and risk tolerance. Instead of becoming a “heat-seeking” investor, focus your efforts

on building a diversified array of quality investments appropriate for your needs. If you only own one type of financial asset, and a downturn hits that asset class, your portfolio could take a big hit. But by diversifying your holdings, you can help reduce the effects of volatility. Keep in mind, though, that diversification, by itself, can’t guarantee profits or protect against loss.

As we’ve seen, some of the same principles that apply to creating a vacation may also be applicable to your investing habits. So, put these principles to work to enjoy a pleasant vacation — and a potentially rewarding investment experience.

While I don’t offer vacation planning advice, I can help you plan to reach your financial goals with a well thought out investment strategy. Please give me a call at 613-526-3030.

Bob Jamieson, CFP

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Eggnog Fudge

Ingredients

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Ingredients

1/2 Cup Butter
3/4 Cup Eggnog
2 Cups White Sugar
2 Cups White Chocolate Chips
(1) 7 Ounce Jar Marshmallow Cream
2 Teaspoons Vanilla Extract
1/2 Teaspoon Nutmeg, Grated

Instructions

1. Spray a 9x9 pan with non-stick cooking spray.
2. In a medium sauce pan, combine butter, sugar, and eggnog. Bring to a boil.
3. Cook until the temperature



reaches 234 degrees on a candy thermometer.

4. Remove from heat. Stir in white chocolate until melted.
5. Stir in marshmallow cream, vanilla, and nutmeg.
6. Evenly spread into prepared pan.
7. Allow to cool completely.
8. Garnish with more grated nutmeg if desired.

*If you’re looking to take it up a notch, add up to 3oz of your favourite rum to the recipe.

A troubling message from the forest

The art of Drew Mosley

by Carole Moulton

To say that Drew Mosley's work is incredible would be an understatement. Emmanuel Simon, at the Artist Opening of "A Rebellious Nature", referred to the large pieces of Drew's art as "very vibrant". When he spoke of the smaller 3-D dioramas, he used terms such as "quite captivating" to express how he felt.

On opening night, November 4th, at the Wall Space Gallery in Westboro Village the many guests in the various rooms seemed to concur: Drew's art is, indeed, unique.

Emmanuel Simon had seen some smaller pieces of Drew's work at another exhibition. When he discovered through social media that Drew Mosley was about to have his first solo exhibition at the Wall Space Gallery, Emmanuel knew that this was one art show that he didn't want to miss.

Karen, a neighbour of Drew's, felt the very same way. "I'm looking at the detail of the 3-D aspect in the dioramas," she commented, "and in general, the characters and their captured expressions are protective, wise, but also foreboding. The work is incredibly distinctive, one of a kind, and a work that only Drew can do."

Perhaps it is Drew Mosley's background that is partially responsible for their natural habitats when he paints the animals.

Drew is a carpenter by trade, building custom homes with timber frames. He took his apprenticeship in British Columbia for timber framing. He is an environmentalist, and with his building, Drew tries 'to use sustainable practices, building houses that will last'.

He is very concerned about the displacement of the animals as their habitats continue to be destroyed by roads, urban sprawl and commercial development. Ironically, and most unfortunately, his art studio is the victim of road expansion and the widening of the Queensway, and he too has been looking for a new studio location for several months.

When asked about the tech-



nique he uses, Drew notes that it is all done in acrylics by layering, with many washes of colour to achieve an almost effervescent effect. He strives for a high contrast and depth in atmosphere, ultimately trying to achieve this with the size of the painting. Most large pieces, he explains, are 4' x 6' because he wants the viewer to be ensconced in the image.

With the smaller 3-D dioramas, most begin in wooden bowls, with natural elements foraged and picked such as eucalyptus or moss that will dry the same as when it was growing. Quail or goose egg shells are also collected, and friends will even gather dried bugs and beetles. The frames are vintage; further lending to the inspiration. The show itself at the Wall Space Gallery resembles a walk through of an enchanted forest.

Henriikka Pättiniemi, who was visiting from Finland, and enjoys going to exhibitions in Helsinki, had never been to one where Drew's unusual technique is used.

"How is this done?" she asked, as she looked at the 3-D dioramas. "There is the whole theme of the animals protecting the habitat. The characters are calming," she continued, and then pointing to one she suggested that "There is 'an ingredient of 'humoristic thought' plus, within the diorama it is incongruous with what you're



expecting," she added.

To Drew, the characters are almost pop culture. As a young person growing up he truly enjoyed the art work in children's literature such as that of Maurice Sendak and 'Where the Wild Things Are' plus material such as 'Jim Henson's Labyrinth: The Novelization'. Today, with a five month old son, Gray, Drew wants to spark wonder and

create pleasing images for his own little one, such as those that shared a personification of animals, sparking his imagination as a young lad.

Will Gray share his father's love of art? Time will tell. Drew began drawing with pencil and coloured pencils in his early primary years. Maybe Gray will have this artistic drive so early on as well.

And will Drew someday share the story with his son of how there were hundreds of guests who were there to capture the wonder of his father's paintings at his first solo show on that cold November night?

Maybe later, but what we do know now is, that Drew Mosley's forest dwelling characters, so exquisitely brought to life, are each in their own right special and distinctive. While at the same time, are all unified in the powerful message that they hope to share.

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					thinkkitchen	



Coming Soon:



The Ottawa Train Yards is located just off Industrial Avenue, close to the junction of Highway 417 and Vanier Parkway. The site also enjoys easy access from St. Laurent Boulevard either by Belfast Road or Industrial Avenue.

The Ottawa Train Yards
Industrial Avenue at Trainyards Drive
Ottawa, ON

www.ottawatrainyards.com



RIVERVIEW... NOW

Aerial Photograph of the Future Train Yards Shopping Centre

by Paul Walsh

This 2006 aerial view of the future Train Yards Shopping Centre helps us see how many changes to the site have taken place in the decade since.

Using the Post Office building as anchor, near the top of the image, on this side of the Rideau River, you will note Industrial Avenue running from top to bottom, on the left, and Terminal Ave. on the right of the Train Yards site. Even further right, the Queensway is visible too.

One can make out Terminal Avenue as one of the routes used to gain access to the large warehouse building which would house the first business in the complex... Walmart.

Trainyards Drive, connecting Belfast Road and Industrial Ave. is still as it was, and eagle eyes will make out the bluish-green roofed Wendy's Restaurant, adjoining the Tim Horton outlet, where Terminal meets Trainyards Drive. Coronation Ave. is parallel and to the



left of Industrial, curving left, while Belfast curves sharply right over the Via Rail tracks and heads toward the Queensway.

There is no other business being constructed, yet, on the developing site... Walmart being the first... although the roads in the Centre appear to be marked out as they would later exist. No stores appear

to be started, nor are the two 10 story office buildings on Terminal Ave. even in their initial stages.

So many changes have occurred around the Ottawa Train Yards since 2006. The LRT...tracks and terminal...is nearing completion, with the summer of 2018 being cited as the potential opening target date. The 2nd and 3rd phases of

Train Yards are finishing up, and further construction on Terminal Ave., near the high-rise buildings, is well into the planning stages.

The western side of Industrial Ave., from Alta Vista Drive to St. Laurent Blvd., is also undergoing a makeover, and the aerial photos from 2020 should be 'wonderful to behold!'

Ontario's Fall Economic Statement

While Ontario's economy has grown faster than Canada's and those of all other G7 nations for the past three years, the government recognizes that the numbers do not tell the whole story. Many people are facing uncertainty and challenges. The Fall Economic Statement responds to this uncertainty and helps create greater fairness and opportunity for all by supporting the right conditions for families and businesses to succeed.

This includes a plan to increase the minimum wage and create more fair and secure working conditions, free tuition for hundreds of thousands of students, easier access to affordable childcare, and free prescription medications for everyone under 25 through the most significant expansion of medicare in a generation.

Ontario is also boosting supports for seniors to ensure they are able to access the services they need at every stage of their lives. Aging with Confidence: Ontario's Action Plan for Seniors includes a \$155-million investment over three years and commits to creating 5,000 new long-term care beds by 2022 and more than 30,000 beds over the next decade. These new beds are in addition to the 30,000 existing beds in Ontario that are currently being redeveloped. The government will also increase the provincial average to four hours of direct care per long-term care resident per day when fully phased in.

The province is investing in improving care for all patients, with an additional \$618 million for hospitals this year to provide faster access to procedures, new programs and digital technology. In order to support a smooth transition for patients discharged from hospital, the government is investing an additional \$40 million to help patients receive care at home.

We have been listening to small business owners. One-third of all workers in Ontario are employed by small businesses. The province is helping to build a dynamic and competitive business environment by providing more than \$500 million over three years in new initiatives to lower costs for small businesses and promote growth. This includes the proposed 22 per cent cut to the Corporate Income Tax rate for small businesses. Along with recent measures, such as lowering Workplace Safety and Insurance Board average premium rates and other business-focused initiatives, this would result in \$1.9 billion in provincial support for small businesses over three years.

Our government pledges to balance the budget this year, as well as the next two years. A balanced budget means more funding for the programs and services people rely on most, such as health care, education and infrastructure.

Holiday Pancake Breakfast

We are hosting our annual Pancake Breakfast on Saturday, December 16 from 8-11 am at the Albion-Heatherington Community Centre located at 1560 Heatherington Road. Come join us for some holiday cheer! Please RSVP by phone or email.

Here to Help

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



John Fraser, MPP
Ottawa South

1828 Bank Street, Ottawa, ON K1V 7Y6
T: 613-736-9573 | F: 613-736-7374
jfraser.mpp.co@liberal.ola.org

MYSTERIES OF CANADA

Canadian heroes in Sicily and Italy

by Bruce Ricketts

With the permission of the Riverview Park Review, I am using this entry of my column to ask for your help with a project that is near to my heart and which serves to honour the soldiers, sailors and airmen who paid the ultimate price during a phase of World War 2; the memory of which has been, for so many decades, left in a dusty corner of Canadian history. I am referring to the period of July 10, 1943 to May 2, 1945 when Canadian, British and American forces stormed the beaches of Sicily to open a new front in the war. The campaign through Sicily and Italy, commonly referred to as the “soft underbelly” of Europe, was designed to eliminate Italy, which was allied with Germany, from the war and to draw as many German troops and their equipment as possible out of France, thus improving the odds for a channel crossing (Operation Overlord) in 1944.

While there were some who derided the Italian front as a simple cake-walk for our troops, tell that to the 320,955 Allied soldiers, airmen and sailors, from seventeen



countries, who were casualties (killed, wounded and missing) of the conflict. They were called D-Day Dodgers, an insult that turned into a badge of honour for the brave. And let us not forget that 658,339 Italian and German troops and countless thousands of civilians, men, women and children, were also casualties of this “cake-walk”.

We wear poppies on November 11 and offer a minute or two of si-



lence to those Canadians who died for our freedom, but what do we know of

the struggles and perils of the souls we commemorate?

I have started an online project (canadiansatwar.ca) to “map” the path of Canadian troops, and their allies,

from their landing in Sicily, through the movement to the Italian mainland and north to Rome and Tuscany before being shipped to France. The map will be populated with a database of detailed movement maps, locations and descriptions of major battles and locations of the seventeen Canadian cemeteries, with lists and details of the 5764 force members who were Killed In Action during the campaign.

This is a massive project which will draw on volunteers to create databases, populate the maps and plan for the roll-out in late 2018. It will also include the assistance and contribution from companies who support this endeavour. And it needs your support through contributions to our funding campaign (<https://www.gofundme.com/new-book-about-canadians-kia-in-ww2>). If you can offer up a contribution you will be helping to keep alive a part of our history. And anyone who reads my columns will know I am all about keeping history alive.

Thank you.

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

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Happy Holidays

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Above: Mitchell Webster of Worldview Studio and Gallery of Fine Art shared his fine work with the guests.

Left: Janet K. MacKay, of Worldview Studio and Gallery of Fine Art, chose these vivid paintings for her input celebrating Canada's 150th.

PHOTOS: CAROLE MOULT



Left: A room with many views.

Right: Ma Gi created these beautiful masks out of clay after a trip to the Yukon and Alaska.



Oakpark celebrates Canada's 150th at its Annual Art Show

by Carole Moul

It was the 9th Annual Art Show at Oakpark Retirement Community and the guests were enjoying not only the wonderful art work around the library and lounge but the delicious refreshments at the Friday evening Vernissage as well.

Previous to the show, each artist had to produce a work and give a reason why it represented Canada to them. Alison Fowler was the featured guest artist, although the creative and beautiful works of others, including a number of Oakpark residents, were also on display.

The theme for the weekend show was, 'Canada My Home' Alison Fowler, a local Ottawa artist not only exhibits regularly but works in a variety of mediums. During that same show, others who joined the two guests included Helen Inglis with her stained glass and Mitchell Webster and Janet Mackay of 'Worldview Studio and Gallery of Fine Art' who exhibited some of their views of Canada as seen through their sculptures and paintings in cast bronze and oils.

Another art show artist, Linda Dabros, who also works in oils, joined this year's show, while Louise Heroux shared collages and Gisel Dallaire displayed her mixed media work to the guests. Inuit masks, created by MaGi, after a trip to Yukon and Alaska, were also on display in the library along with her contemporary art, while Activities Director, Miriam Dwyer, with her work in acrylics, had a number of paintings for both residents and guests to enjoy.

Roy Cotte, an Oakpark Retirement



Oakpark resident, Elisabeth Dempsey, cleverly painted a diptych for a scene from her Papineau Lake cottage.

Community resident, gave a live watercolour demonstration on the Saturday afternoon as well as showed his work during the exhibition. He was joined by Lily Tobin, Elisabeth Dempsey, Lucy Burton and more who also call the 2 Valour Drive Retirement Community their home.

Music during the Vernissage was by Noel Dimaranan and to the delight of a number of the residents and guests; he gave them the go ahead to join him in song.

The Oakpark Retirement Community is well known for the inspirational art exhibits it holds each year, and in honoring Canada's Sesquicentennial Year all the contributors to the art show did indeed rise to the occasion of our country's special birthday.

Congratulations to everyone on a job well done. What an exceptional way to join in celebrating Canada's 150th.

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THE ARTS IN RIVERVIEW PARK BY DIANE SCHMOLKA



Main photo: Jakob Fichert explaining the work he is about to perform. PHOTO: DIANE SCHMOLKA.

Inset: There were happy smiles from Henry Beissel, Diane Schmolka and Jakob Fichert after both his performance and the interview. PHOTO: RICHARD THAIN

An interview with Jakob Fichert

Famous Concert Pianist, Teacher and Master Class Coach

Several years ago I met Jakob Fichert through Henry Beissel, poet, playwright and friend. Jakob Fichert is his godson. Jakob wanted to give his godfather a special birthday gift of his performance of *Annee de Pellerinage* by Franz Liszt. Henry and I decided that our piano was the best, so I had a wonderful 'gift' of this well-known marvellous musician performing in our home in April.

1 It is a great joy for us to have you perform a concert here in our home. You have come all the way from England to do this! It is to celebrate Henry's birthday and also to have some meetings in New York State and Vermont for further projects.

2 When did you know that you wanted to be a concert pianist, and what spurred your decision? At 8 years of age, hearing my parents perform as puppeteers with a pianist: "Babar and the Elephants" music by Francis Poulenc.

3 When you begin learning new repertoire, what do you approach first with

it? First, I plan the fingering, then memorize, and then focus on everything else later.

4 What in your repertoire has changed in the last five years? It is in the very many diverse and different styles. I am presently doing much more contemporary work.

5 Some performers actually enjoy the recording studio more than live performance. What do you prefer? I like both, but, after all, I enjoy the live performance more. I have a few CD's out.

6 Do you teach as well? I teach Master Classes, University of York at Leeds, in their College of Music.

7 Many of the pianists in Ottawa are also collaborative pianists. What collaborative work have you performed? I have performed with a violinist and clarinetist. I also play with a trio contemporary classical repertoire.

8 Do you like it as much? Why or Why not? I enjoy it very much In fact, I like it just as much as performing solo repertoire.

9 Being a Musician can be lonely. Do you have colleagues who are also friends? Yes, very much so. It is sometimes nice to have those who are not in the musical world.

10 What hobbies do you enjoy? I really enjoy reading books, hiking when I have the time, and gardening.

11 In what countries have you performed and how often have you performed in them? I've performed all over Europe many times, China, four times, Mexico, once.

12 What venues do you enjoy the most? I enjoy the big halls, but what I most enjoy are the more intimate venues: 900-2000, people.

13 Where can you be reached in order for those of us who would like to have you perform and /or teach a Master Class? School of Music, University of Leeds, Leeds, LS2 9JT, UK, Telephone: +44 (0)113 343 2583 and Email: music@leeds.ac.uk. www.piha-international-entertainment.com/about-us/contact: Phone +44 (0) 333 123 1976

Thank you again, for performing for us. It has been a 'peak experience' in my life as a musician. I look forward very much, to your returning again as soon as you can, to give Master Classes, Concerts, and opening us up to new great performances with new exciting repertoire.



VOLUNTEER EXTRAORDINAIRE AWARDS 2017

ANNE STAIRS

Anne Stairs, along with her husband George, is a long-time Riverview Park resident who first joined the Board of Directors for the Riverview Park Community Association in 2013.

It was not long after George and Anne Stairs retired from owning the UPS Store on St. Laurent Blvd., that Anne was approached to join the Board and she has been a stalwart member since then –both as Secretary and then as Treasurer (sometimes wearing both hats at once)

For many years beforehand, Anne and George had supported the local community newspaper by taking out an advertisement for their store, and when handouts were needed quickly for some event, it was their UPS Store that made certain the RPCA had their material as promptly as was at all possible.

Since joining the Board, Anne has been very busy behind the scenes conscientiously putting together our minutes, and then with the help of Alan Landsberg made certain that the Treasurer's portfolio was au courant. Anne has also continued to voluntarily step in on several occasions when the regular Secretary was unable to attend a meeting and served as our notetaker.

Anne has volunteered to help out on RPCA Board activities beyond those of her Treasurer/Secretary portfolio, attending countless outside meetings such as the Federation of Citizens As-



Councillor Jean Cloutier (L) and Kris Nanda, RPCA President (R) congratulating Anne Stairs.

sociations (FCA) all across the City on behalf of the RPCA when nobody else was available. Within the community she has participated in many Riverview Park events and has been good at recruiting neighbours for the Board. Fortunately for George, as President of the Ottawa East Lion's Club, Anne has been able to help him over the years as well.

During park clean up for the City of Ottawa Adopt a Park Program, both Anne and George plus the family dog Snowy, could be found at various parks and on many occasions picking up the debris for the spring and fall cleaning. For the

Winter Carnival, not only did Anne and George help give out the hot chocolate and snacks, but for the 2016 carnival Anne drove over to the Woodroffe Avenue Fieldhouse to not only pick up but return all the heavy equipment. As well, the two made certain that everything was left in perfect condition after the last Winter Carnival guest went home.

Anne has helped carry the RPCA flag many times, with she and George helping with the RPCA Carol Sing at Maplesoft, with Anne making cookies for those attending the event (It seem like whenever there is an RPCA activity, Anne is there.)

It was in the fall of 2016 when Anne was approached to become the Treasurer of the RPCA because of her background in banking and Board members as well as the RPCA have expressed appreciation for the professional manner and diligence in which she carries out her role.

Anne is the Business Manager for the *Riverview Park Review*, and again she is to be commended for the work she has accomplished while supporting the paper, including the delivery of the RPR to many houses.

Anne Stairs, it is an honour to give you this Volunteer Extraordinaire Award for the countless hours you have spent in helping the Riverview Park Community. We thank you on behalf of the RPCA and look forward to working with you in the upcoming years.

MARLENE STEPPAN, SEAN DONOVAN, MARC AND SANDRA

In the year 2000, two Riverview Park couples received the Mayor's Community Service Award. In February 2002, Orrin Clayton, who with his wife was one of the recipients of these awards, proposed to the Riverview Park Community Association that the RPCA have a Volunteer Extraordinaire Award for residents of our community. The motion was passed, and since then various people who have truly made a difference to Riverview Park have been honoured with the Volunteer Extraordinaire Award at the Annual General Meeting held in the fall.

This year will be the first time that a whole family has received one of the awards, and this well-deserved honour belongs to Marlene Steppan, her husband Sean Donovan and their two children Marc and Sandra.

Sean and Marlene moved to Riverview Park in 1998 and it wasn't long after Marc and Sandra were born that the Steppan-Donovan Family began making their exceptional contributions to not only their new community, but also to the community at large. Thus, what began as cupcakes and baking for class parties and helping with oth-

er school events, soon grew to be wonderful contributions for many worthwhile causes.

From 2009-2011, Marlene became Parent Council Chair of Riverview Alternative School and the whole family could be seen helping with the RAS Fun Fairs and other events. Earlier, in the mid to late 2000's, Marlene was on the Board of Directors of Children At Risk Ottawa, and again she had the support of Sean, Sandra and Marc in the various activities. The four were also actively involved in Cycle for Autism when Marlene was on the Planning Committee, while at the same time she worked over several years on the Planning Committee for the Ottawa Children's Treatment Centre yearly fundraising gala.

Right from the early days of the Balena Park Corn Roast, the Canterbury Breakfast with Santa, the Dale Park Clean up, Riverview Park Review delivery, as well as being volunteers for the RPCA Winter Carnival, Sean, Marlene, Marc and Sandra could be found helping in numerous capacities.

For the past four years, the family was extremely active in volunteering for the Hillcrest High School Mu-



RPCA President, Kris Nanda (L) and Councillor Jean Cloutier (R) congratulate the first family ever to win the Volunteer Extraordinaire Award. The family from L-R: Marc Donovan, Marlene Steppan, Sandra Donovan, and Sean Donovan. PHOTOS: GEOFF RADNOR

sic Program where Marc Donovan played several musical instruments both with the band and solo, and at in-school events and out in the community. In June 2017, at Hillcrest High School, Marc won an award from the Governor General's Award for his contributions as a volunteer. He is now a student at Carleton University.

Sandra Donovan is in Grade 11 at de la Salle High School and has already done more than her share of volunteering. While visiting grandparents in Nova Scotia, she helped at a Retirement Home for two weeks during a couple of summers, both in the dining room and with recreation. For several summers she has also spent time as a volunteer in the dining room at Red Pine Camp near Golden Lake. When Sandra was a young dancer with the Katherine Robinson School of High-

land Dancing from 2004-2014, all the family participated in multiple events to support the school. Currently, Sandra belongs to the Humanitarian Club at de la Salle High School, and has for a number of years now joined her mother and neighbours in helping at the Immaculate Heart of Mary Carol Sing, where money is raised for the Heron Emergency Food Centre.

Sean, Marlene, Sandra and Marc, your generosity to those around you has been significant. This Volunteer Extraordinaire Award was indeed created for people such as yourselves, and the Riverview Park community thanks each of you for your many hours of helping others. May you all continue to enjoy the benefits of volunteering, and may your example be a positive one for the good of others.

Works in wax: The art of Tanya Kirouac

by Carole Moulton

When an artist uses a 2000 year old painting technique to share their inspirations, it is fascinating to listen to the story as to how such an old process has been revisited. Such was the case recently when Tanya Kirouac, told about her work as an 'encaustic artist'.

It was about 15 years ago when Tanya saw paintings in Toronto that used this ancient process. She loved the results, saw the many possibilities, and soon began the technique herself. Now the labels for her paintings include, 'Encaustic on panel' to indicate the technique that Tanya has applied.

"It is becoming quite popular as a medium," Tanya noted at the afternoon opening of 'Excavations', her art exhibition at Wall Space in the Ottawa Train Yards. "You don't see it a lot, they didn't teach this technique at school, and it is quite specialized," she explained.

Encaustic is the name for both, a medium of pigmented wax, and the process involving heat, by which the medium is applied and secured.

At the artist opening, Tanya described how she uses a pancake griddle to heat the beeswax and synthetic wax, then works with a 'real hair' paint brush and other tools to spread the wax. The



'Encaustic artist', Tanya Kirouac, stands in front of *Passing Day*, one of her amazing paintings in wax.

molten wax is at a temperature of 200 degrees Fahrenheit. Generally there are multiple layers of wax.

"You need a studio with lots of ventilation," Tanya added in sharing her story, and, as one can imagine, she humourously admitted, "The process is also very messy."

Her inspirations, Tanya relates come from nowhere in particular. "The abstract landscapes emerge



Frosted, an 'Encaustic on panel' painting by Tanya Kirouac will be on exhibit at Wall Space- Ottawa Train Yards until December 9th. PHOTOS: CAROLE MOULTON

from lingering memories and impressions of places, real or imagined. I paint with the hot wax, layering on the bright, dark and light, over and over, intuitively deciding when to begin removing what I have just put on. Slowly moving over the surface I 'excavate' a small amount of wax at a time. The challenge is not always knowing what I will find, often removing most of the wax that I have applied and then repeating this again. The process creates a curious texture, each piece revealing only some of its secrets hiding beneath the surface."

The names that Tanya Kirouac gives to her art shows are often different versions of the word 'excavation' because of the scraping through layers which is the basis for the technique. Other art exhibit titles have included variations of the word 'Sur-

facing' or 'Forgotten Places'.

Originally from Montreal, and after spending many years in Toronto, Tanya currently has a studio in Spring Grove, Illinois.

A chance meeting at 'Art in the Park' in the Glebe with the people from Wall Space Gallery- Westboro Village led to her association with the gallery many years ago. Now, she displays her work in Art Fairs across the United States, having already completed ten shows this past year. Here, in Canada, Tanya notes, she mostly works with art galleries.

Guests to the gallery have already used adjectives such as 'captivating', 'landscape rich', and 'heavy in texture' to describe Tanya Kirouac's encaustic paintings. There is still time to appreciate the exhibit, 'Excavations' on display until December 9th at Wall Space.

Happy Holidays .. Joyeuses Fêtes



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Web Site | Site Web: www.davidmcguinty.ca

BECKY WHITE OBITUARY

I spy with my little eye

by Bill Fairbairn

Becky White may be spying on us from up in heaven after her death at the Perley and Rideau Veterans Health Centre last month.

Becky, who died aged 94, held the Bletchley Park Commemorative Badge for intercepting communications between German U-boats patrolling the North Atlantic and torpedoing Allied shipping en-route mostly to Britain with troops or supplies from North America during World War II.

Her spy messages, from No. 1 Station HMCS Bytown, contributed to the all-round success of the British Code and Cipher School at Bletchley Park, Milton Keynes, England, which broke into the formidable German Enigma code machine and cut the length of WWII by what Winston Churchill said, was maybe two years. From our Ottawa corner of the war is recorded her name on Bletchley Park's roll of honour.

Becky was born Mary Rebecca Brimacombe, in the township of Strong, Ontario. She was born and grew up on the family farm. For excitement, at age 19, she joined the Women's Royal Canadian Naval Service after a spell with the National Research Council in Ottawa, where she had met her husband Arthur. She told The Riverview Park Review in an interview just over



a year ago that she had had no qualms working as a spy over the Atlantic from WRCNS Station Bytown in Britain's darkest days of 1943, when Germany was seen to be winning the war.

She recalled that the Bytown base was replete with a ship's mast, flags, parade ground, and the Radio Direction Finding building in the mid-

dle of a cow pasture and a farmer discontented at the navy taking over his farmland. There is still a small monument to the base on Regional Road 9 in Gloucester.

"We were pretty confident there because we were Canadians," she said. "I had learned Morse Code, wore earphones and was put in the picture of what my naval job would entail. Yes, I was a spy, not allowed to tell even my husband," she said.

Becky worked eight-hour shifts at the Radio Direction Finding building. She came and went past cows sometimes in darkness ahead of the midnight shift. On leave, Wrens would travel by "Liberty Ship" to Ottawa to meet boyfriends and go to the cinema never breathing a word of what they were doing at the naval outstation.

They were released from secrecy by Whitehall when Becky reached her nineties. Her family members were as surprised as she was when the British High Commission presented her with her badge last year.

Arthur, also a veteran, and she were married for 73 years and had lived in Ottawa for 25 years. They had enjoyed square dancing together into their nineties.

Becky is survived by Arthur, sons Arthur, Norman and Steven, five grandchildren and four great grandchildren.



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Children's Programs/ Programmes pour Enfants

STORYTIMES / CONTES

Babytime / Bébés à la biblio

Stories, rhymes and songs for babies and a parent or caregiver. 0-18 months. No registration required. / Contes, rimes et chansons pour les bébés et un parent ou gardien. 0-18 mois. Aucune inscription requise.

Session 2

Mondays, November 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.

*Session 1

Mondays, January 8 to February 12, 10:30 a.m. to 11 a.m.

Les lundis du 8 janvier au 12 février de 10 h 30 à 11 h.

Family Storytime

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

Session 2

Tuesdays, November 7 to December 5, 10:30 a.m. to 11 a.m.

*Session 1

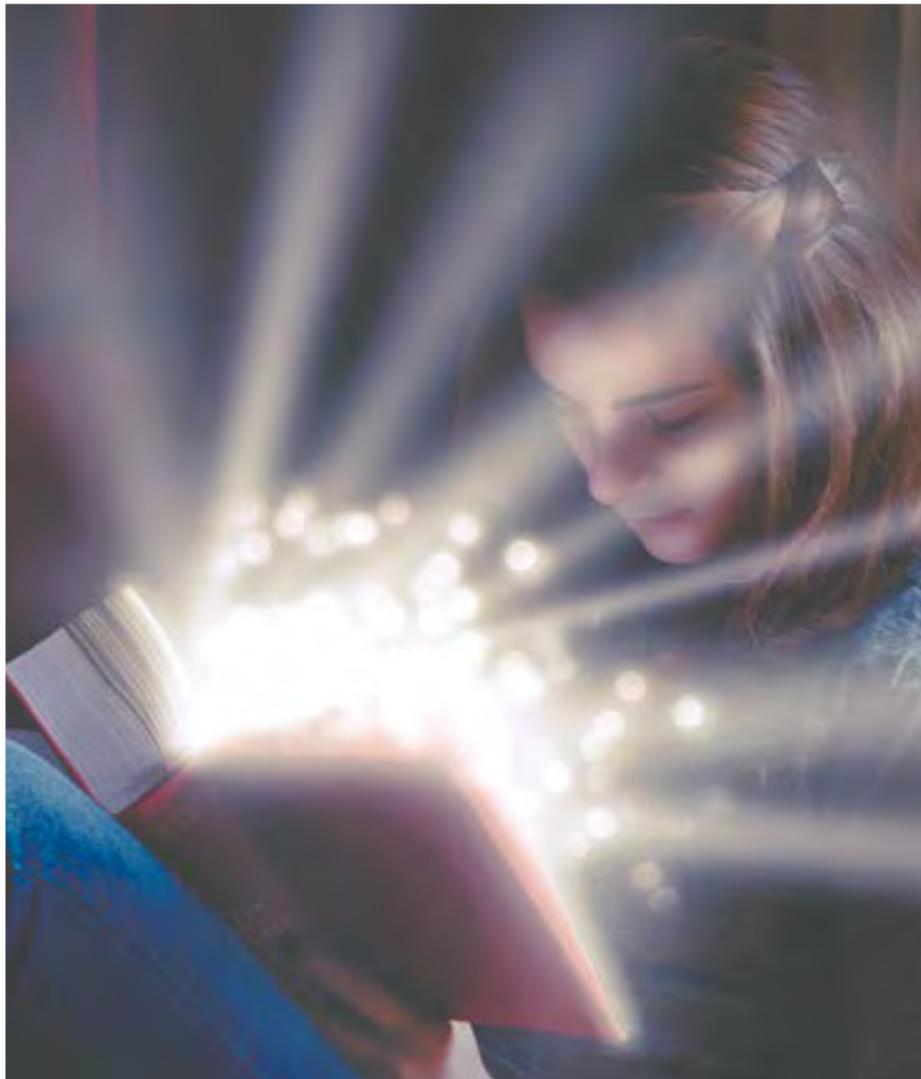
Tuesdays, January 9 to February 13, 10:30 a.m. to 11 a.m.

Toddler time / Tout-petits à la biblio

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

Session 2

Thursdays, November 9 to Decem-



ber 7, 10:30 a.m. to 11 a.m.

Les lundis du 9 novembre au 7 décembre de 10 h 30 à 11 h.

*Session 1

Thursdays, January 11 to February 15, 10:30 a.m. to 11 a.m.

Les jeudis du 11 janvier au 15 février de 10 h 30 à 11 h.

SPECIAL PROGRAMS / PROGRAMME SPECIAUX

Holiday Party

Come join us for some fun! Stories, crafts and activities. Ages 5 to 12. Registration required. / Joignez-vous à nous pour du plaisir! Des histoires, des bricolages et des activités. Pour les 5 à 12 ans. Inscription requise.

Friday, December 15 from 2 p.m. to 3 p.m.

Le vendredi 15 décembre de 14 h à 15 h.

Lego Block Party / Ca dé "bloc"

Create and build with Lego! Ages 6-12. No registration required. / Architectes en herbe, à vos Lego! Pour les 6 à 12 ans. Aucune inscription requise.

Wednesdays, January 10, 17, 24 and 31 from 5:30 p.m. to 7 p.m.

Les mercredis 10, 17, 24 et 31 janvier de 17 h 30 à 19 h.

Game On! / À vos jeux!

Roll the dice, pick a suit or grab a nunchuk! Come play cards, board games or Wii with us! / Joue aux dés, choisis ta couleur ou saisis un nunchuk. Viens jouer aux cartes, à un jeu de société ou au Wii avec nous.

Friday, January 26 from 2 p.m. to 4 p.m.

Le vendredi 26 janvier de 14 h à 16 h.

Saturdays, January 13, 20 and 27 from 3:30 p.m. to 4:30 p.m.

Les samedis 13, 20 et 27 janvier de 15 h 30 à 16 h 30.

Reading Buddies / Copains de lecture

This program aims to help children practice and improve their reading skills! Children will receive individualized reading help and encouragement. Ages 6 to 12. Registration required. / Ce programme contribue au développement de la lecture chez les jeunes en favorisant l'accompagnement comme moyen privilégié d'apprentissage et de partage. Pour les 6 à 12 ans. Inscription requise.

Session 2

Tuesdays, November 7 to December 5 from 5 p.m. to 6:30 p.m.

Les mardis 7 novembre au 5 décembre de 17 h à 18 h 30.

Saturdays, November 18 to December 9 from 12:30 p.m. to 3:30 p.m.

Les samedis 18 novembre au 9 décembre de 12 h 30 à 15 h 30.

*Session 1

Tuesdays, January 9 to February 13 from 5 p.m. to 6:30 p.m.

Les mardis du 9 janvier au 13 février de 17 h à 18 h 30.

Saturdays, January 13 to February 17 from 12:30 p.m. to 3:30 p.m.

Les samedis du 13 janvier au 17 février de 12 h 30 à 15 h 30.

Kids Book Club

Come and talk about books, make new friends and enjoy fun activities! For ages 8 and up. Parents and/or caregivers are welcome to accompany their child. No registration required.

Monday, January 22, 6 p.m. to 7 p.m.

TEEN PROGRAMS / PROGRAMMES POUR ADOS

Teen Holiday Hangout

Winter Break is here, and it's time to get out and have fun! Bring a book you've already read for a New Year's book swap, complete with games, treats and hot chocolate. No registration required.

Wednesday, January 3, 1 p.m. to 3 p.m.

Exam Cram! / Études intensives

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

Affrontez le stress des examens en toute quiétude à la bibliothèque.

Questions? Demandez au personnel – il nous fera plaisir de vous aider!

Pendant les Études intensives des ados à la Bibliothèque Publique d'Ottawa, nous mettrons de côté nos chambres comme un espace d'étude spécial, juste pour vous.

Bon succès lors de tes examens!

Exams: Thursday, January 25 to

Wednesday, January 31.

Examens du jeudi 25 janvier au mercredi 31 janvier.

ADULT PROGRAMS / PROGRAMMES POUR ADULTES

BOOK CLUBS / CLUBS DE LECTURE

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 p.m. to 3 p.m.

Thursday, December 7

The Golden Son by Shilpi Somaya Gowda

Thursday, January 4, 2018

The Conductor by Sarah Quigley



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ALTA VISTA PUBLIC LIBRARY

Sleuth Hounds Mystery Book Club

Share the enjoyment of good mysteries in a relaxed atmosphere. Join us for a discussion. 6:30 p.m. to 8 p.m.

Thursday, December 21, -
Christmas Party & Planning Event
Thursday, January 18, 2018.
Title not yet chosen.

Infusions littéraires

Partagez avec nous le plaisir des livres dans une ambiance détendue. Joignez-vous à nous pour une discussion. De 14 h à 15 h.

Le lundi 18 décembre, Babylone
par Yasmina Reza
Le lundi 15 janvier, 2018, Vi
par Kim Thuy

CONVERSATION GROUPS / GROUPE DE CONVERSATION

*Groupe de conversation en français – débutant / French Conversation Group – (beginner)

Améliorez votre français parlé et rencontrez des gens dans une ambiance conviviale et décontractée. Aucune inscription requise. / Practice your French language conversation skills and meet new friends in a relaxed and friendly environment. No registration required.

Mondays, October 30 to December 11, 4:45 p.m. to 6 p.m.
Les lundis 30 octobre au 11 décembre de 16 h 45 à 18 h.

Mondays, January 8 to June 25, 4:45 p.m. to 6 p.m.
Les lundis 8 janvier au 25 juin 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 ambiance décontractée. Ce groupe est de niveau intermédiaire. Aucune inscription requise.

Tuesdays, November 7 to December 5, 6:30 p.m. to 8 p.m.

Les mardis 7 novembre au 5 décembre de 18 h 30 à 20 h.

Tuesdays, January 9 to June 19, 6:30 to 8 p.m.

Les mardis 9 janvier au 19 juin de 18 h 30 à 20h.

English Conversation Group (Monday) / Groupe de conversation anglais (lundi)

Practice your English language conversation skills and meet new friends in a relaxed and friendly environment. No registration required. / Améliorez votre anglais

parlé et rencontrez des gens dans un milieu décontracté. Aucune inscription requise.

Mondays, November 6 to December 11, 6 a.m. to 7:30 p.m.

Les lundis 6 novembre au 11 décembre de 18 h à 19 h30.

Mondays, January 8 to June 25, 6 p.m. to 7:30 p.m.

Les lundis 8 janvier au 25 juin de 18 h à 19 h 30.

*English Conversation Group (Tuesday) / Groupe de conversation anglais (mardi)

Practice your English language conversation skills and meet new friends in a relaxed and friendly environment. No registration required. / Améliorez votre anglais parlé et rencontrez des gens dans un milieu décontracté. Aucune inscription requise.

Tuesdays, October 3 to December 12, 12 p.m. to 1:45 p.m.

Les mardis 3 octobre au 12 décembre de 12 h à 13 h 45.

Tuesdays, January 9 to June 26, 12 p.m. to 1:45 p.m.

Les mardis 9 janvier au 26 juin de 12 h à 13 h 45.

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.

Thursdays, November 30, December 7, 14; 6 p.m. to 8 p.m.

Saturdays, December 2, 9, 16; 10:15 a.m. to 12:15 p.m.

Thursdays, January 4, 11, 25; 6 p.m. to 8 p.m.

Saturdays, January 13, 20, 27; 10:15 a.m. to 12:15 p.m.

Registration for all programs requires a valid OPL library card for each registrant. / Toutes les personnes qui souhaitent s'inscrire à des programmes doivent être titulaires d'une carte valide de la BPO. Registration for January 2018 children's programs starts on January 3rd. / L'inscription des programmes pour enfants pour janvier débute le 3 janvier.

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

Dec.7, 14 and Jan. 18, 25 / 7, 14 dec et 18, 25 jan

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
Dec.7, 14 and Jan.18, 25 / 7, 14 dec et 18, 25 jan

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

Dec.2, 9 and Jan.13, 20, 27 / 2, 9 dec et 13, 20, 27 jan

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.

Geography through experiences / La géographie à travers des expériences

Saturday December 2nd - 2:30pm / Samedi le 2 décembre - 14h30

Celebrate Canada 150 as a family! Stories, songs and crafts. Free. / Célébrez Canada 150 en famille! Contes, chansons et bricolage. Gratuit.

ADULT PROGRAMS

Mystery Book Club - Monday

Nights are Murder

Mondays - 6:30pm

Dec 4th

Share the enjoyment of good mysteries in a relaxed atmosphere. Join

us for discussion.

English Conversation Circle / Groupe de conversation en Anglais

Tuesdays - 6:30 pm

Dec.2, 9 and Jan 9, 16, 23, 30

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.



Programs at the
Elmvalle Acres Branch
1910 St Laurent Blvd.
December 2017 - January 2018

Children's Programs

Family Storytime

Wednesdays - 10:15 am

Dec.6 and Jan.17, 24, 31

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

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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), the Hospital Link road between Riverside Drive and the Ottawa Hospital Ring Road, developments related to the Light Rail (LRT) project, activity in the Ottawa Train Yards, traffic congestion, and increasing infrastructure for pedestrians and cyclists, including a potential overpass between the Via Train Station/Tremblay LRT and Terminal Avenue. These items were reflected in the RPCA's budget submission to City Council this fall.

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

Alta Vista Transportation Corridor (AVTC)-Hospital Link

The Hospital Ring Road/AVTC T-intersection has been completed and the well-used sledding hill near the co-generation plant (the "plumerator") has now been torn down.

The site for a replacement sledding hill (just south of the bottom of Knox Crescent) is being worked on (and built up) in response to requests from the RPCA so that local residents can use it use this winter.

The AVTC Hospital Link is slated to go into service in mid-December, provided there is favourable weather, with final landscaping (including for the berms in the Corridor) in 2018. The last layer of asphalt will be added in the spring along with the green thermoplastics pavement markings at the intersection with Alta Vista Drive.

Once the Hospital Link is opened, the RPCA will be monitoring the new road and any complaints or concerns that residents may have as a result of the new traffic patterns.



KRIS NANDA Chair, RPCA Planning & Development Committee

In light of recent flooding and water pooling near the AVTC underpass at the VIA Train Tracks, the RPCA has asked the City for details about what contingency plans are in place to deal with future flooding events.

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

Work on the Overbrook to Riverview (Balena Park) Transmission Line Upgrade project has continued through the Fall and the new conductors (wires) on the transmission structures between Overbrook Transformer Station (TS) and Balena were strung in late October and November. Hydro One estimates that corridor restoration in Riverview Park should be completed by spring 2018 with the planned in-service date of the overall project in spring 2019.

OCDSB School Program Review and Boundary and School Accommodations

While the Ottawa Carleton District School Board (OCDSB) Boundary and Accommodation Reviews for elementary and high school in the Alta Vista area are now on hold until at least 2018, the Province is holding on-line consultations and collecting feedback on proposed changes to the parameters for the Pupil Accommodations Review Guideline (PARG) and Community Planning and Partnerships Guideline (CPPG) that could affect the way in which individuals and community groups can offer input into decisions about potential school

closures. Comments with the subject line "Revising the PARG and CPPG" can be sent until December 6 to infomation.met@ontario.ca.

The RPCA has expressed support for keeping both Hillcrest High School and Riverview Alternative School (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.

Pedestrian and Cycling Connections

The RPCA and several other community association have advocated for the City to pursue the idea of an overpass between Terminal Avenue and the Via Station, (the \$6.3 million Westerly option) is an excellent candidate for tri-partite infrastructure funding, especially since the City ranked the Tremblay LRT station (near the Via Station and the proposed northern terminus of the overpass) 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 Train Yards 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.

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 (Ottawa Train Yards) 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 sought funding for a more in-depth study on the cost and details for an overpass (the Westerly option). He has confirmed that a study in 2018 will examine more closely overpass bridge location options, connections, crossing alignments and costing.

Trainyards Developments/Industrial Avenue/Tree Planting along Coronation Blvd.

Three buildings are under construction on the Industrial Avenue site across from the signalized entrance to Farm Boy/LCBO where the RPCA has asked the City to install an advance left green light to improve traffic flow. The structures are: (1) At 650 Industrial, right at the signalized intersection, Figaro Coffee, which will have various coffees and pastries and is expected to open by the end of 2017; (2) At 610 Industrial, Nordstrom Rack will take possession in early 2018, and is expected to open by mid-2018; 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 are to be installed on the south side of Industrial Avenue, near this parcel of land. A multi-use pathway is also being built along the frontage of the property. In addition, some tree planting has taken place along the south property line (along Coronation Boulevard). The new pedestrian connection between Coronation and Industrial (behind the former 628 Industrial site) is essentially complete, but construction and public safety concerns need to be "all clear" before it can be opened.

The City of Ottawa 2018 Budget also includes cyclist improvements along Trainyards Drive as well as a pedestrian facility for Industrial Avenue and Neighbourhood Way. The RPCA has asked whether the work at the intersection of Neighbourhood Way and Industrial Avenue could include adding a right-turn lane onto Industrial to promote traffic flow and reduce cars using Coronation Blvd. as a cut-through.

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 crossdock building at 1435 Sandford Fleming Drive that is currently under demolition. The target for beginning construction is mid-2018

An application has just been received to construct a Dymon Storage facility at 851 Industrial Avenue, opposite the NAPA parts store and between the OC Bus Storage Facility

CONTINUED ON NEXT PAGE

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

Predatory journals are a global problem

Special to the Riverview Park Review

An investigation shows that a majority of papers in suspected biomedical predatory journals are from high or upper middle income countries with many from prestigious institutions.

Largely unknown a decade ago, there are now an estimated 8,000 predatory journals collectively publishing more than 400,000 research studies each year. These journals offer to rapidly publish research findings, typically at a lower cost than legitimate journals, but do not provide controls such as peer-review. Predatory journals are also difficult to search, meaning that health-care providers and researchers can rarely learn from the data in these journals.

Researchers from The Ottawa Hospital and the University of Ottawa analyzed 1,907 research papers published in 220 suspected biomedical predatory journals. The journals were randomly selected from well-known but controversial lists compiled by University of Colorado librarian Jeffrey Beall.

They found that the top countries publishing in these journals were India (27 per cent), the United States (15 per cent), Nigeria (5 per cent),

Iran (4 per cent) and Japan (4 per cent). The U.S. National Institutes of Health was the most frequent funder mentioned among the very few articles that credited a funder.

“Our research debunks the belief that predatory journals are only a problem in low income countries,” said author Dr. David Moher, a senior scientist at The Ottawa Hospital and associate professor at the University of Ottawa in Canada. “Predatory journals publish research from scientists around the world, including those based at prestigious high income institutions.”

Validity hard to gauge

The authors note, however, that their results should be interpreted in the context of the overall scientific output for each country and institution. For example, the United States publishes more research than any other country, and the vast majority is in legitimate journals.

The researchers also attempted to judge the quality of the suspected predatory journal papers using adapted versions of widely accepted reporting guideline checklists.

“While quality can be patchy even in legitimate journals, we found that it was far worse in sus-

pected predatory journals,” said Larissa Shamseer, a PhD student at The Ottawa Hospital and the University of Ottawa and co-author of the study. “For example, clinical trials published in predatory journals are much less likely to provide information on research ethics approval, trial registration and randomization into treatment groups. These details are essential for other researchers to be able to gauge the validity of the results.”

Undetectable by readers

“We estimate that data from millions of patients and animals may be tucked away in predatory journals,” said Dr. Manoj Lalu, associate scientist and anesthesiologist at The Ottawa Hospital, assistant professor at the University of Ottawa and co-author of the study. Most of this work is undetectable by readers, including by health-care providers looking for research on patient care.

The researchers also made a list of the top institutions publishing in their sample of suspected predatory journals and attempted to contact the corresponding authors. Of 87 emails sent, 18 were responded to. Only two of the authors said they were aware that the journal they published in was potentially predatory.

Planning and development update...

ity and Centennial Glass. A sign is being posted on the property, and there will be an opportunity for residents to provide comments.

There is still no tenant identified for the now-completed office building at 405 Terminal Avenue, though Trainyards officials are speaking with several potential occupants.

Proposed “Temporary Rezoning” for Parking Lot at 1867 Alta Vista Drive

Concerns were raised earlier this year about the proposed “temporary” rezoning to allow parking for up to 116 vehicles on the site of the former Canadian Medical Association (CMA) Building at 1867 Alta Vista torn down in 2016 – to 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 asked for some changes to reduce its impact. The zoning application to allow temporary parking was approved at Council in

October, but Councillor Cloutier indicated that the number of spaces allowed was reduced to 55. The Councillor has also strongly encouraged the CMA to submit a site plan for their new building at 1867 Alta Vista as soon as possible, hopefully within the next year or two.

Coronation Boulevard Traffic Concerns

Councillor Cloutier hosted a meeting on October 30 for local residents concerned about traffic volume and speed along Coronation Blvd and traffic cut through and speeding on secondary streets. Following the meeting, City staff requested traffic counts at the intersections of Chomley, Botsford and Weyburn to reassess the potential for All Way Stop Control (AWSC) and to determine whether a Pedestrian Crossover (PXO) might be feasible somewhere along Coronation Avenue.

Roadwork on St. Laurent Boulevard

Work to upgrade the current four lane section of St. Laurent Blvd between Smyth and Industrial/Innes Road has now been completed. The project included installation of transit lanes and raised cycling track next to the sidewalk along St. Laurent.

Light Rail Construction Project Update

The actual testing of trains between Blair and University of Ottawa stations (including across the Rideau River Bridge) has recent-

ly begun. 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. The RPCA and the Old Ottawa East Community Association are among the groups asking that the re-opening be expedited, especially since safety barriers and fences along the LRT line on the Bridge are already in place.

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

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

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

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COMMUNITY BULLETIN BOARD

■ ITC Syrian Refugee Resettlement Fundraiser

Original Art & Photo Sale, at WALL SPACE FRAMING, 505 Industrial Ave., (Ottawa Train Yards behind Bouclair). Saturday, Dec. 16, 10 am - 4 pm

■ Rideau Park United Church

2203 Alta Vista Drive, Church office: 613-733-3156 ext 229 (Mon-Fri 9am-4pm) or www.rideaupark.ca December 2017 - January 2018

“Ring in Christmas” Concert: Sun. Dec. 3, 7 pm, features the five handbells & chimes ensembles at Rideau Park playing the popular & sacred music of Christmas. Free-will offering.

The Harmony Club for Seniors 60+ Christmas Party is on Wed. Dec. 6. Lunch at 12 noon (\$6. register by Nov. 29). From 1-2pm, enjoy a musical program with a

Christmas Carol Sing-along, led by Iain Macpherson and accompanied by Andrew Ager. All seniors welcome.

You are invited to a **Christmas Celebration Concert** on Sunday Dec. 10, 2pm, featuring the Chancel Choir, the Joyful Noise Children's Choir and A Touch of Brass Handbells. All are welcome. Free-will offering.

Annual Christmas Pageant: Join us on Sun. Dec. 17, 10am, for the presentation by more than 60 children and youth of the story of Christmas through theatre, music and some humour, Everyone is invited. Free-will offering.

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

Gentle Yoga - Two Sessions: Wed. 5:30-6:30pm, starting Jan. 10 (10 classes), OR Fri. 9-10am, starting Jan. 12 (10 classes). A gentle flow mat class. Choose one or both classes. More info & fees, Lynda Spalding, 613-422-3565.

“I Have A Dream” Service with guest speaker, Mohammed Jebara, Sun. Jan. 21, 10am. All are welcome.

The Harmony Club for Seniors 60+ meets on Wed. Jan. 24. Lunch at 12 noon (\$6. register at church office by Jan. 17). From 1-2pm, Kristie Marr will speak about her working trip to Lesotho in southern Africa, in spring 2017. All

seniors welcome.

■ St. Aidan's Anglican Church

934 Hamlet Rd. Church office 613-733-0102 or E-mail: staidans@bellnet.ca
Christmas Carol Sing and Concert starting at 7:00 p.m., Wednesday December 20. Featuring the Vyhovskyi Strings, Tea Mamaladze and Friends, Refreshments to follow. Freewill offerings to support the Heron Emergency Food Centre and St. Aidan's ministries will be gratefully accepted. Information: 613-733-0102

■ Emmanuel United Church

691 Smyth Road, 613-733-0437

December 3 **1st Sunday of Advent Service** - 10 am
Lighting the candle of Hope. Holy Communion.

December 6 **Advent Evening Service** - 7 - 7:30 pm

December 10 **2nd Sunday of Advent Service** - 10:00 am
Lighting the Candle of Peace
Sing Noel at 2:00 pm. Come and join choirs, Emmanubells and other musicians for an afternoon of singing much-loved Christmas carols. Refreshments will be served. There will be a free will offering to support

December 13 **Advent Evening Service** - 7 - 7:30 pm

December 16 **Messy Church** - 5 - 7:00pm
Messy church includes a meal, crafts, activities, and a short interactive worship.

December 17 **3rd Sunday of Advent** - 10:00 am
Lighting the candle of Joy
Journey in the Light 2:00 pm. A service of prayer, carols and candle lighting followed by light refreshments in the lounge. This is a time to remember those we are missing, to receive words of hope and support, to be together. We are not alone. God is with us.

December 20 **Advent Evening Service** - 7 - 7:30 pm

December 24 **4th Sunday of Advent Service** - 10:00 am
Lighting the candle of Love

December 24 - **Christmas Eve Services**
5:00 pm - A service of story and song designed for children and their families. 7:30 pm - A service of lessons and carols

December 25 **Worship Service** - 10:00 am
Celebrate Christmas!

December 31 **Joint Service** - 10:30am @ Riverside United
Shared by the congregations of Emmanuel, Southminster, Riverside, and Rideau Park, hosted by Riverside United Church

■ 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 children's lunches and canned tuna or meat are especially appreciated.

■ Maplewood Retirement Community

340 Industrial Ave., 613-656-0556 or Please RSVP to: cmills@riverstoneretirement.ca
Maplewood Senior Outings for Residents & The Public: The National Art Gallery-Wednesday, January 31st, Departure: 1:30 pm. Return: 4:30 pm; Diefenbunker-Wednesday, February 21st, Departure: 1 pm. Return: 5 pm.

■ 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.

■ St. Thomas the Apostle Anglican Church

2345 Alta Vista Drive (by firehall)
Harmonia Choir of Ottawa and the **Ottawa Wind Ensemble** are having a concert “Of Winds and Voices” on Saturday, December 16 at 7:30 pm at St. Thomas the Apostle Church, 2345 Alta Vista Drive. Tickets \$25, free for children and youth.
www.harmoniachoir.com

■ Nativité-de-Notre-Seigneur-Jésus-Christ

(355, rue Acton), **Célébrons Noël en français.** À l'église de la paroisse Nativité-de-Notre-Seigneur-Jésus-Christ (355, rue Acton), il y aura une seule messe de Noël, à 10h15, le lundi 25 décembre. La veille, qui est un dimanche, l'eucharistie dominicale sera célébrée à l'heure régulière, 10h15.



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.

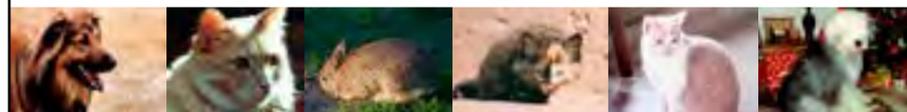
When letterit@rogers.com is notified of a lost pet, all participants will be sent a confidential e-mail with a description of the lost or found pet. When a pet is found, Orrin and Pam will notify the owner and arrangements can be made for the pet to be returned.

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



Balena Park Pet Memorial
Commemorate the life of your best friend - your pet!
For details visit the RPCA Website, or call 613-523-4339

Support the Canadian Guide Dogs for the Blind by purchasing a brick engraved with your pet's name.



RPCA PRESIDENT'S REPORT

Blessed are those who share

When you are harvesting in your field and overlook a sheaf, do not go back to get it. Instead, leave it for the alien, the fatherless and the widow so that the Lord your God may bless you in all the work of your hands. When you beat the olives from your trees or harvest the grapes from your vineyard, do not go over them again. Leave what remains for the alien, the fatherless and the widow"

Deuteronomy 24:19-21



KRIS NANDA
RPCA President

By and large, Canada is a land of plenty for most (but certainly not all) who live in this country. With that in mind, this relatively unfamiliar passage from the Old Testament contains an important message for us to remember as the holiday season approaches, regardless of one's religious beliefs. It calls on us to be thankful for what we have and avoid greed and getting things that we do not need at the expense of those in need – instead we should think about and actually do something to share with the less fortunate and we will be blessed in turn.

With the Christmas holiday season upon us, one way to avoid overconsumption (something that I know I need to be better at myself) is to be honest and ask, "Do I really need this (*fill in the blank*)? - If so, how much do I really need? Am I buying things for someone that they really do not need or necessarily want?" Of course gift giving in

and of itself is good and important – we all like to be treated special and should be encouraged to think beyond ourselves. But at the same time, perhaps we need to think about the needy as well when we are buying food for ourselves and our families or presents for others.

Perhaps when you are doing your holiday shopping consider how you can help someone in need. When you are choosing a present (such as a sweater, toy or game), consider buying a second one and donating it to a local charity that looks after the needy. Or, maybe you could donate the equivalent in funds to an organization that looks after the "aliens, the fatherless and the widows" in our community. You could even choose to spend less on your presents and use the extra money to give something for the less needy – in which case you are helping someone else out without stretching your own budget!

And when it comes to food, ask whether you really need to buy so much (A recent US study by the food waste coalition ReFED to eat found American throw away 27 mil-

lion tons of uneaten food each year – which clogs up landfills, creates tonnes of extra greenhouse gases and costs the US economy an extra \$144 billion annually.) The waste rate is likely similar for Canadian residents so divide the US figures by 10 and you will probably get a fairly good idea of how much we waste in Canada – instead of eating the leftovers (Confession – I threw out/composted several bags of rotten vegetables and containers of spoiled leftovers today from our fridge so this message applies to me as well) Just think what you could do if you bought less food for yourself and instead used the extra money to support someone less fortunate either by donating to a foodbank or, charity, giving a street person a piece of fresh fruit or treating someone less fortunate to lunch. (FYI The RPCA's Carol Sing on December 15 will be collecting items and donations for the food bank at the Naiveté Church right here in Riverview Park)

Donations need not be limited to those who live in Ottawa. For example the *It Takes a Community* (ITC) Action Group is raising

funds to help support the Iteah family of Syrian refugees who are still waiting to immigrate to Canada (there is a more lengthy article on page 7 in this month's RPR profiling the ITC's efforts) On behalf of the RPCA Board, I encourage residents in Riverview Park and the wider community to consider donating to the ITC's efforts to help the Iteahs during this period of financial and emotional hardship while they must remain in Lebanon where they are not permitted to work.. Hopefully, this additional help will only be needed for a short period of time and we can welcome the family to their new home in Ottawa in 2018

Let us remember that we can make a difference - even a small one - to ease another person's burden or pain in keeping with the Christmas message that sacrifice and gifts are a reminder that good can and shall ultimately overcome.

If you have some thoughts and/or are interested in helping organize an event or activity, please to drop me a line krpp1415@gmail.com) or show up to a future RPCA Board meeting – our next two meetings are on December 13 and January 10. During the upcoming year, we will also be looking to update our Constitution and By-laws for the first time in over 10 years

Check out our website at www.RiverviewPark.ca



The Alta Vista Hospital Link is almost ready. PHOTO CREDIT: GEOFF RADNOR

VINCENT MASSEY SCHOOL

An update from Goals4SOLES

by Sofian Tarfas, Samuel Rayment and Anthony Gellatly, Dated November 13, 2017

For the past 2 months, the Vincent Massey based student-body known as Goals4SOLES has resumed their presence in the surrounding community, particularly in the area of Russell Heights. Goals4SOLES is a student-driven group that focuses on empowering and teaching students core life values, particularly the concept of philanthropy; the act of giving first and benefiting from others in return.

Ottawa Community Housing partnered with Goals4SOLES in an effort to improve the quality of the surrounding green space in the Russell Heights community. Students were given access to tools and mentorship from the incredibly helpful individuals employed by OCH. The prime opportunities of the trip included a chance to learn basic greenskeeping skills and an environment for their creativity to flourish.

Within the community of Russell Heights, Goals4SOLES is interested in launching a variety of programs, most of which centered on youth development. After-school homework clubs geared

to spark the minds of children and specialized sports programs aimed at introducing new sports to the community are just a few of the soon-to-be-implemented programs. Some programs that stand out include STEM (a mathematics and science based initiative designed to interest and educate children in the subjects they will require heavily throughout their lives) and the Russell Heights-based Bike Tune Up program (a bicycle workshop for students, in which Goals4SOLES will repair numerous bicycles).

Goals4SOLES will be anticipating to launch their biggest project yet. This will be a planting project that is to take place in Russell Heights. With the help of a \$5000 grant acquired by GrowingSOLES from the City of Ottawa (the precursor to Goals4SOLES) trees will be planted in the commons area of Russell Heights. "I look forward to the future projects Goals4SOLES plans to implement," says Libert Banderembako, a member of the STEM program and a resident of Russell Heights. "These projects have immense potential, and the Russell Heights Community Center is glad to work in conjunction with GOALS4SOLES"



Photos: Greg McKean, Teacher





Mary Reid (L), owner of the Green Thumb Garden Centre, pictured in the Green Thumb Garden, as she generously donates 3 Little Lime hydrangeas to Denise Kennedy for the RAS gardens. PHOTO: DIANE MCCLYMONT-PEARCE

School gardeners await the buds of spring

by Denise Kennedy

The students of Riverview Alternative School are done planting and are waiting for spring! We wish to thank the RPCA who donated a cubic yard bag full of lovely garden soil. It was magic to coordinate the spreading of the soil with little pupils and their little buckets and Miss Hicks coordinating their participation.

Then Mrs. Diane, the breakfast program supervisor, pitched in by directing the children as to where to dump their little buckets in the gardens.

We also wish to thank Mary Reid, owner of Green Thumb Garden Centre, who donated three lovely Little Lime hydrangeas and then topped her involvement with the gardens by coming to the school with boxes of free daffodil bulbs for the pupils to plant.

On "planting day" Mary gave a quick lesson to Grades One to Three pupils on bulbs and how to plant them. Every child had a chance to plant bulbs and mark the area where planted. Come spring I can just see them watch for "their daffodil" to surface. How exciting is that!

A neighbour on Knox Crescent donated several dozen bulbs of the Canada 150 tulips. A friend whose west end condo garden is being threatened donated nine plants to this effort. She also helped to plant the tulips on a lovely sunny afternoon.

The peony garden now has nine peonies to regale all in the spring. Bags of leaves were mulched and spread over the beds. We even involved a senior lady on Shelley Avenue who raked her golden leaves for us to mulch and toss onto the gardens. She was particularly proud to help, neighbours helping neighbours, that's what it is all about.

First snow fall today (Nov.19th) will cover the beds, and now we wait... We are done and waiting for spring!



PHOTOS: GEOFF RADNOR

It was a great summer for the garden!

by Bernadette Bailey

There were many people who were less than thrilled with the weather this past summer, especially those who wanted to spend time at cottages, or other outdoor activities. One place where you wouldn't hear many complaints, however, was at Trinity Community Garden. The gardens flourished with all the rain, and although it meant that the members had to spend a little more time controlling the weeds, they spent a lot less time watering their plots.

Some of the heat loving vegetables like tomatoes, peppers and eggplants did not thrive as they often do, but leafy plants which do well in cooler temperatures, such as lettuce, kale and chard, provided vitamins aplenty throughout the growing season. It was also a great year for water loving plants such as the squash and cucurbit families and most root vegetables.

At Trinity Community Garden, each member pays a small fee for their plot; planting, maintaining and harvesting it themselves. Although, each year there are a couple of gardeners who do not return, there are always a few new gardeners who join us, and for the most part, once they are here they are eager to return year after year. As the gardeners gain experience and learn from each other, they become eager to try their hand growing a larger variety of vegetables, and trying different methods of gardening.

Andreanne planted turnips this year for the first time and had a great harvest. Marcelle remembered her mother using a table

spoon or two of grated black radish with a little bit of salt and lemon to quickly stop a stomach ache, so she decided to try her hand at growing them and had a bumper crop. Many gardeners reported fine harvests of carrots, parsnips, beets, and potatoes. Anna experimented by planting some garlic at home and some in her plot, and found that those planted at the community garden were considerably bigger than the ones at her home, motivating her to do some research on soil conditions.

Two gardeners had success growing a 'Three Sisters' garden for the first time. "According to Iroquois tradition, corn, beans and squash are three inseparable sisters who only grow and thrive together. This method of inter-planting them in the same mounds, widespread among Native American farming societies, is a sophisticated, sustainable system that provided long term soil fertility and a healthy diet to generations.

Growing a Three Sisters garden is a wonderful way to feel more connected to the history of this land, regardless of our ancestry. According to the tradition, corn must grow in community with other crops rather than on its own – it needs the beneficial company and aid of its companions.

Corn provides a natural pole for bean vines to climb. Beans fix nitrogen on their roots, improving the overall fertility of the plot by providing nitrogen to the following year's corn. Bean vines also help stabilize the corn plants, making them less vulnerable to blowing over in



Segrid with zucchini grown in her Three Sisters Garden.

PHOTO: JUSTIN STEFANIK.



The Three Sisters Garden: a tremendous success.

PHOTO: JUSTIN STEFANIK.



The black radishes are ready! PHOTO: MARCELLE SAINT-ARNAUD.

the wind. Shallow-rooted squash vines become living mulch, shading emerging weeds and preventing soil moisture from evaporating, thereby improving the overall crops' chances of survival in dry years. Spiny squash plants also help discourage predators from approaching the corn and beans." From: http://www.sixnationsfarmersmarket.com/gardening_three_sisters_gardens.php

Melanie has had a plot at the Community garden since our first year. She was motivated by her daughter's love of corn on the cob and her inability to find a good source of organically grown corn. Her garden had a great yield and she plans to use this method again next year.

This was Justin's first year at the

garden and the first time planting according to the 'Three Sisters' Tradition. With his young daughter Sigrid's help, he planted Corn, Pole Beans, Canadian Crook necked squash, Cucumbers and Zucchini. He told me that everything yielded well and tasted great too!

If you are interested in growing the vegetables you love to eat, or want to learn about something new, please get in touch. Whether you are an experienced gardener or have never grown anything, Trinity Community Garden would welcome you. We may have a limited number of plots available for the 2018 season. If you would like to rent one or would like more information please contact us at trinity.garden@rogers.com.

MARK YOUR CALENDARS

"IMMACULATE HEART OF MARY CHRISTMAS CONCERT"

SUNDAY, DECEMBER 11, 2016 at 3:00 p.m.

On Sunday, December 11, 2016, 3:00 p.m. at Immaculate Heart of Mary Church, 1758 Alta Vista Drive, come enjoy the music of the season! Three choirs, the *Ottawa Catholic School Board Chamber Choir*, the *Kanata Choral Society*, and the *Immaculate Heart of Mary Church Choir*, are accompanied by the popular *Ottawa Wind Ensemble*, a 35-member orchestral group. They will be joined by

tenor soloist Dr. Fraser Rubens, for special tributes to the musical season. Interspersed with this will be carol singing for all to join in.

This 25th Immaculate Heart of Mary Concert is held in support of the Heron Emergency Food Centre (HEFC).



Admission to the Concert is FREE and there is ample parking. There will be collection baskets for voluntary monetary donations (cheques or cash)

to the HEFC so that the HEFC can purchase fresh food and make this a special Christmas for all in

our community. Tax receipts will be issued by HEFC for donations over \$25. Those interested in an advance donation or in purchasing advertising in the concert program or for any further questions should contact the concert organizing committee at 613-791-9115.

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



FRAN DENNETT
dearfrangardener@gmail.com

My second daughter taught in Columbia for two years. On one of her sightseeing trips she came across an area of flowers with large blooms and snapped a picture (no digital cameras then) and sent it home. What are they she wrote on the back of the photograph? Amaryllis, I sent back in their native location. She was on her Christmas vacation trip.

Christmas is the time of the year the Amaryllis bulbs appear in the store. They come in many colours – usually the red to pink to white and bicolours. The flower's size is huge to small. The hybridizers have had a great time developing new colours and bigger blooms.

There are three kinds of Amaryllis:

- large flowering - flower is 25-30cm across, 2-3 stems per bulb and up to 60cm high.
- double flowering - flower is 25-33cm across and have from 3-6 flowers per bulb and up to 50cm high.
- dwarf amaryllis has up to 12 smallish blooms per bulb and 45-55cm high.

The bulbs are graded by their circumference. The greater the circumference, the more expensive the bulb.

A new Amaryllis should be planted in a pot such that there is about 2.54cm between the bulb and the side of the pot. Amaryllis do not like large pots. The all purpose potting soil should be damp, and about two thirds to half of the bulb should be showing above the soil. Water well only when new growth starts appearing. The flowers will appear in about 7-11 weeks depending on the type of Amaryllis and the cultivar. Sometimes leaves will appear first and then the bloom, other times the bloom stem appears first, either is fine. The first time is fool proof. To convince an Amaryllis to re-bloom is the tricky step.

The secret to persuading Amaryllis to re-bloom is rejuvenating the bulb after flowering, sufficiently, so that the bulb has enough energy (food) to produce next year's flower embryo.

After flowering the bulb shrinks as much as 50%. That is how much energy is needed to produce the many blooms. For the bulbs to re-bloom all that energy must be syn-

Amaryllis enjoys being outside in the summer.

thesized in the bulb through regular fertilizing and light. You should actually see the bulb increasing in diameter as it grows. Your success will be measured with how many blooms you have the next year.

Follow these directions: remove the spent blooms as soon as the flower loses vigor. Leaves will start to grow if they did not grow when first potted. Place the pot in bright light, not direct sunlight, fertilize regularly – every 2 weeks with fertilizer for flowering plants – and give it plenty of water. Also, the Amaryllis enjoys being outside in the summer in a filtered light location. Remember to regularly feed and water it outside. You will be rewarded with large flowers and two to three stems when they re-bloom.

Around the first of August stop fertilizing, and then 1-2 weeks later stop the watering. In late August or early September the leaves begin to wither and turn yellow, remove them. This is a sign the plant is entering its resting period. If the plant is outside bring it in. Remove all yellowed leaves and allow the soil to dry out, then store in a cool dark place, (e.g. under a bench, in a fruit cellar, etc.) with the pot on its side. Check every few weeks and when you see a green tip emerging from the bulb – usually within 6 weeks – it is time to repot. Shake off the old soil, remove dried up dead-looking roots (live roots are white and plump), soak only the basal plate (where the roots come out) in a shallow saucer of water for 2 hours, then repot either in the same pot or a pot one size bigger as described above. Water and place in a cool, bright place – not direct sunlight. Wait to see how your TLC will be rewarded.

Over the years I have had Amaryllis that have re-bloomed for as many as ten years. After many years of forcing a bulb to bloom, it gets tired and needs to be replaced.

Try these colourful blooms that brighten our winter at Christmas time. Hope you find this information helpful.

'Tis the season to seek out Amaryllis bulbs



- 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.
- Phone Help Line: 613-236-0034, Wednesday and Thursday only, 1-3pm. Year round.
- Email Help Line: mgoc_helpline@yahoo.ca



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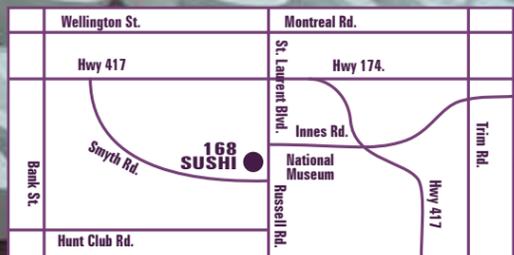
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