



# Seen at our new museum

Not only those great locomotives

By Geoff Radnor

Over the years the huge CN and CPR locomotives have long been favourites of the visitors to the Museum of Science & Technology. Their size seems to overwhelm their surroundings, however, just a few steps away is a smaller example of speed.

Produced by the Ford Motor Co. for the 2017 Le Mans 24 hr. race in France it is hardly a metre high but its engine produces 647 bhp. A few racing versions were produced but the regular road version has been made available

to the public.

This is the version that is to be seen at the museum. If you would like to have one in your driveway it will cost you US\$453,750.00 (plus taxes and fees of course). The road versions of the 2018 Ford GT are built by Multimatic Niche Vehicles North America in Markham Ontario. They make only one car a day.

The road going version has a full roll cage which is rare in production cars. And, believe it or not, the road version is more powerful than the racing version. This is due to the racing class regula-



The 2018 Ford GT, powered by a 3.5 litre EcoBoost V6 generating 647 hp is built right here in Ontario

tions applicable to the Ford GT. The racing version production was split between the Multimatic Technical Centre in Markham and the Multimatic Engineering facilities in England. A special racing version sold at auction in

January for US\$2.5 million.

Next to this super car is Canada's very first car. With its four large bright red wheels that are about a metre and a half in diameter, they are larger than the whole **CONTINUED ON PAGE 39**



PHOTOS BY: GREG MCKEAN

## Students back kindness

by Sofian Tarfas, Anthony Gellatly, and Sam Rayment.

Throughout the winter months, Vincent Massey Goals4SOLES has been planning the activities to implement in the Russell Heights community this spring. Our development of a STEM program, has students actively researching opportunities and preparing lessons to inspire the youth.

The sports program is now at the lesson plan stage and will be taught to classes at Vincent Massey to gain feedback. The group was successful in attain-

ing the SPEAKup grant from the Ministry and will be using it to finance these programs.

Goals4SOLES hosted their first "Random Acts of Kindness" activity in the Russell Heights community. This activity included: salting and picking away ice coating stoops and pathways of various units, delivering positive letters into mailboxes and preparing healthy snacks for the local Homework Club. Feedback from the community was positive, and it was wonderful to see all the students feel good about giving back.

**CONTINUED ON PAGE 39**



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# The 2017 Sesquicentennial Time Capsule was installed at City Hall on Heritage Day ...and the RPR is in it

by Carole Moul

The special event was held in Jean Pigott Place, at Ottawa City Hall. The extraordinary experience was when the Time Capsule commemorating the 150th Anniversary of Canada was entombed in a wall at City Hall by Mayor Watson and Members of City Council.

Pages from the April 2017 Edition of the *Riverview Park Review* were part of the artefacts entombed in the Time Capsule on Heritage Day, Tuesday, February 20; parts of our history that had been collected from City Councillors throughout 2017. These represented both the councillors and their communities, and will serve as a reminder to future generations of what it meant to live in Ottawa in 2017.

From the list of items included for the capsule, it was interesting to note the different contributions by the various councillors and City Hall itself. For Ward 18, Councillor Cloutier and his team chose to add laminated newspaper pages from both Vistas and the *Riverview Park Review*. Plus they added an 'Alta Vista Volunteer' enamel pin given to volunteers from Alta Vista Ward.

The *Riverview Park Review's* journey to create its Sesquicentennial Edition of the paper



Sesquicentennial edition of the RPR

began just after New Years, 2017. Long time residents who had moved in during the early days of Riverview Park were approached to see if they had anything to offer for the special edition, the City of Ottawa Archives was visited on numerous occasions, Orrin Clayton's book was checked for many ideas, an historian did research from when our community was part of Junction Gore, and photos were obtained of the Hurdman Brothers' farms that had been

built along the Rideau River. Councillor Jean Cloutier and his team helped the RPR as did Archives des Soeurs de la Charité d'Ottawa. The Ottawa Catholic School Board also assisted when different names and dates were needed for the project.

A number of significant photos were uncovered for the community to both appreciate and enjoy, and many facts were unearthed from the beginnings of Riverview Park in the 1950s. By the end of our Sesquicentennial project over 150 facts were chronologically compiled to share with RPR readers, created not only to bring back many memories, but share uncovered facts for others as well.



The proclamation is "read out" by the Town Crier. PHOTO: CITY OF OTTAWA



This Time Capsule commemorating the 150th Anniversary of Canada was entombed in a wall at City Hall. PHOTO: CITY OF OTTAWA

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# Journalism is no craft for the weak hearted

by Bill Fairbairn

Sixty-eight years ago, when I was a 15-year-old apprentice compositor hand-setting newspaper advertisements and headlines in moveable metal typefaces for the *Jedburgh Gazette* in Scotland, I ambitiously dreamed that I would conquer the world of journalism with those alphabetical 26 soldiers of lead type.

The time for me to switch from printing to journalism came after I had completed both my apprenticeship as a printer and my mandated two years of British infantry national service. Newspapers in the 1950s best covered news by scooping the lion's share of advertising revenue from radio and early television and they were doing well.

Today, those 68 years later, the advertising profits of all newspapers have spiralled downward hit mainly by today's fast news television programs like CBC's *The National* and by Google and Facebook digital advertising. The truth is, that apart from a short respite at the start of the computer age, signs of newspaper closures have been coming or happening for decades. It even makes me wonder if a newspaper doomsday is on its way.

Last autumn saw 36 suburban Ontario newspapers close as giants Torstar and Postmedia consolidated their ownership to protect their national papers from competition for advertising in the Ontario markets. It was a question of the survival of the fittest as owners figured those most valuable were their nationals in a deal that closed their small suburban papers, left some staff in the cold and closed openings to beginner reporters.

## Graduates preferred

University graduates entering journalism had an overwhelming advantage of quick careers over high school leavers. Many graduates made names for themselves on newspapers before moving on to politics. Notable among them is British Foreign Minister and leading anti-Europe *Brexiteer* Boris Johnson. He sits in today's British House of Commons fighting against potential financial and other penalties ranged as terms for Britain leaving Europe.

On the other hand the few high school leavers bold enough to seek journalism jobs had to work their way up. I delivered papers at age eight in my home town in Scotland. At 15, I set up moveable type and printed them. Then, moving south to England, I worked as a reporter on a superb



The long journey of moveable type: Johannes Gutenberg of Germany is widely credited with the invention of moveable type (left photo) He is said to have introduced his system in 1450 when he printed his bibles by pressing inked metal type against paper. Newspapers basically used his system for centuries until a gradual decline in the 20th century. The link between newspaper journalism printed with moveable type from 1450 up to the last century and the way the work of journalists is communicated today on radio, television and the computer is valid.

Of course other Korean and Chinese inventors have claims to the invention but Gutenberg invented a system. PHOTO: (TOP LEFT): BY BILL FAIRBAIRN

twice-weekly paper at Blyth in Northumberland before progressing through an evening paper to a provincial daily in Sheffield.

Ambitiously I took on journalism in Africa for almost five years before being accepted as a foreign desk editor on the staff of the distinguished *Scotsman* in Edinburgh and next as foreign copy taster on the now typographically flamboyant *Sun* in London. I left that paper when the then Australian upstart Rupert Murdoch turned it from broadsheet to tabloid and with bare breasts on page three achieved over the *Daily Mirror* the highest circulation in Britain.

On coming to Canada I had to start from near bottom again. I worked as news editor of the weekly *Williams Lake Tribune* in the British Columbia Cariboo country before teaching journalism and studying French at Cariboo College on a First Nation's Reserve near Kamloops. With that experience of journalism in my new country I joined the editing desks of first the *Montreal Star* then the *Montreal Gazette*. I reported such as the English to French devolution and in subsequent years was helped onward in my career by fulltime experience with CBC's Radio Canada International and Legion Magazine.

Today, after almost 68 years in the business, I

work voluntarily for the *Riverview Park Review* and really do apologise for the hidden notion of having conquered the world. My career has actually gone up and down on three continents on something like 13 different newspapers. Of those 13 I was fired by only the *Ottawa Journal*. Having ignored the advice it sought from me on its future the *Journal* folded a few months later and I carried on elsewhere. So, I'm a survivor of the old school of newshounds.

I have not seen a promised Competition Bureau review of the transaction between Torstar and Postmedia. Carleton University journalism professor Christopher Waddell echoed my thoughts on the closures in saying that the public has no idea how much it costs to produce news. I doubt the Canadian Budget promise last month of a \$50 million subsidy for the media will fix things.

Sixty-eight years onward from my Scottish start in my career I occasionally dream I am at the *Jedburgh Gazette*, hand-setting type, printing the paper, hand folding it and ridiculously imaginatively getting that *Jack the Ripper* story out to shops on publication day! In dreams, I have at my fingertips the now ancient 26 soldiers of lead type, several galleys of the Linotype's silver slugs of hard-metal type news along with a measured length of string to ascertain that there are enough news columns on the galleys to fill the eight-page paper. Elbow power and kerosene to clean shrivelled-up newsprint wrapped around black ink rollers from a bad feed at the table of the flatbed printing machine were also needed by the apprentice printer, who usually took the blame for whatever went wrong. To me that scary machine resembled a shunting locomotive. It still haunts me.

## Delivered free

Today's newspaper craft and technology is producing hard-won results on the computer as I write. In a nutshell, the Riverview Park Review's small staff and its correspondents gather news, take photographs and write articles. Its editor and staff judge news values, position advertisements and proof read before content is sent to our Production Manager for layout. Finally, at the touch of a button, the pages are transmitted to Rictor Web Printing in faraway Brantford before the newspaper is delivered to your doorstep, occasionally even by me if snow and ice do not present clear and present danger.

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# New girls' coach on the ice

by Geoff Radnor

A hockey coach's job is not an easy one. If your team loses a few games you could be out of a job. The Senators have not had a great season and the team is rife with rumors of changes. But there are exceptions. Instead of being an NHL team coach how about dealing with fifteen young girls in your roster?

This is the first season that Matt Fraser, a Riverview Park resident, has been the coach of the Narwhals in the Atom division of the Ottawa Girls Hockey Association. The girls are 9 and 10 year olds. He has coached his team to a Gold Medal in one of their tournaments that went to a sudden death overtime 1-0 defeat of the Ottawa Ice Rockets.

Although this is his first year as coach, for some of the team it is their second year in the Atom division. Not only Matt, but the parents of the girls in the team have devoted much time and energy in getting the team playing every weekend.

Matt originally was just a parent of a player, then he took on extra duties as a driver, to get the girls to the rinks on time. Then when the coach's job came up he had to take

it. Matt has been involved in playing hockey since before his fourth birthday and that was well over 40 years ago. Experience counts.

The Narwhals are one of about 20 teams in girl's hockey in eastern Ontario. When it comes to tournament play it means travel to other parts of Ontario like the last tournament in Oshawa. His team plays about 20 games a season. He is ably supported by Coach Sean Lynch, Anne Capelli and Chris and Lydia Wise.



Rebecca, Mallory and Vivian in action on the ice.



Coach Fraser gives the game plan to Rebecca Lynch.



The Atom Narwhals- Left to right: Zoe Strachan, Avelyn Clark-Becker, Catherine Parsons, Poppy McGrath, Megan Muirheade, Jordana Wycynski, Rebecca Lynch, Naila Jiowa, Madeline Wise, Abrielle Marleau, Erin Fraser, Vivian Capelli, Grace Lockhart, Mallory Wade, Agnes Khoury



Meet Coach Matt Fraser.

PHOTOS BY: GEOFF RADNOR



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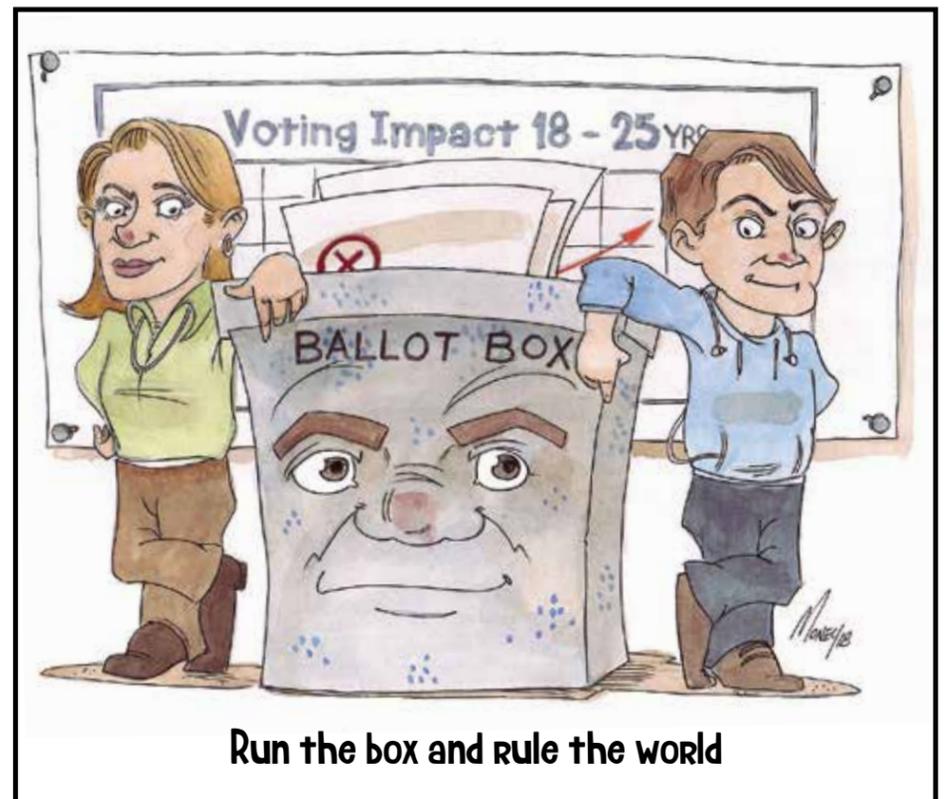
‘N’ext election, we are coming for you...” gained traction in Britain recently as young voters challenged Brexit, and it was repeated recently in Florida. The point was that for emerging voters, elections were going to become personal. While it has been easy to complain about 18 - 25 year olds being lazy, apolitical or willingly uninformed, maybe they just haven’t had the right motivation or conditions in order to get involved.

Arguably the mechanics of voting have been updated to engage young adults, but the biggest impediment has been that the political issues have been largely geared to the older voting public. Older voters vote more often, but do so based on simple issues like health care, and financial stability. Younger voters have many issues of interest, which makes it harder to be a simple platform candidate. Gender equality, education, the environment, student debt and housing are

only some of the issues that Millennials and their younger siblings will want to have addressed.

Over 33% of young voters did not vote in 2015 because they didn’t feel the issues were relevant to them. It will take charismatic leadership to attract this group and keep it interested. Remember, these voters will continue to vote after the current voting group is long gone. Listening to select, traditional voting blocks may not be enough to get elected any more. Acquiring the interest of these voters may not be enough. Maintaining a politically motivated youth base will depend on your party having a platform worth coming to.

Voting is becoming personal, not populist, and it won’t be politics as usual anymore. In fact, the House of Commons Special Committee on Electoral Reform, is hearing pressure to lower the voting age to 16. Like Scotland, Austria and Brazil, Canada would be utilizing, and engaging, an untapped social force. With the social media awareness



campaign “#vote 16”, interest is being motivated from New Brunswick to Vancouver.

The landscape of established political issues will change signifi-

cantly when the youngest cohort of voters realizes that they will be replacing the interests of older voters. They are coming, and we better be ready.

## About the *RPR* Review community newspaper

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# Retirement residents hold their own games

by Bill Fairbairn

With messages from Governor General Julie Payette and Prime Minister Justin Trudeau behind them residents of the Cité Parkway Retirement Residence in Ottawa enjoyed a morning of seniors' games in February.

Friendly competition was the name of the games proving action and laughter work as medicines to stay healthy and active.

The Governor General sent her warmest greetings to everyone taking part in the 2018 edition of the All Seniors Care Seniors Games. "Your enthusiastic participation sends a wonderful message to future generations," she wrote. "When I set out to achieve my dream of becoming an astronaut, I quickly realized how important harmony between mind and body truly is."

Prime Minister Justin Trudeau, sending his warmest greetings, wrote: "This event brings together participants between the ages of 75 and 110 in friendly competition... Your enthusiasm and commitment

to a healthy and active lifestyle are admirable. I would also like to commend All Seniors Care for enhancing the quality of life and for promoting a positive aging experience."

One senior resident enjoying activities was Marga Nickus of Riverview Park.

Among Ottawa athletic icons looking after water stations as the seniors walked the halls of the residence was World Rugby Hall of Fame inductee Al Charron, a former Hillcrest High School student, who earned 76 caps with the Canadian national rugby team and more than a score of times as captain.

Charron said: "I was very impressed in the degree of enthusiasm from the staff at Cité Parkway in organising this event to promote the wellbeing and lifestyle of residents. Equally, of course, were the residents in their participation in the events planned. It is important to stay active, healthy and interactive, especially in the dreary winter months of the year. I salute the residents and the organisers for their great spirit. It was great to see this up close."



World Rugby Hall of Famer Al Charron enjoys a group hug with Walking Club members. PHOTO: BILL FAIRBAIRN



Games assistant Pierette Migneault reads aloud message from Governor General Julie Payette. PHOTO: BILL FAIRBAIRN



Games assistant Eugene Bellemere reads aloud message from Prime Minister Justin Trudeau PHOTO: BILL FAIRBAIRN

## Longtime Riverview resident awarded community work

by Bea Vongdouangchanh

Local Alta Vista community resident Raylene Lang-Dion is the recipient of a Leading Women/Leading Girls Building Communities award. Ottawa South MPP John Fraser presented the award at a small ceremony at his constituent office on Saturday, March 10, to Lang-Dion and four others. The award "acknowledges and celebrates women and girls who demonstrate exceptional leadership in working to improve the lives of others in their communities."

Lang-Dion, a long-time volunteer and community advocate, Co-founded Equal Voice's National Capital chapter to promote women in politics. As the national past chair, she also founded a groundbreaking initiative called Experiences to connect young women between 12 and 22 with female political mentors who served as inspirational role models. More than 10,000 young women participated in the program. In her nomination of Lang-Dion for the award, Equal Voice executive director Nancy Peckford said: "As an advocate, Raylene truly walks the talk and is incredibly generous with her time and talents. ... Equal Voice would not be the same without her."

Ottawa Youth Services Bureau



Raylene Lang-Dion (L) receives award from John Fraser, Ottawa South MPP. FROM: RAYLENE LANG-DION

(YSB) Foundation board of directors chair Scott Lawrence, who also nominated Lang-Dion for the award, said: "With her own personal experience, compassion, professionalism, communications expertise, deep roots in her Alta Vista and larger Ottawa community; combined with her vast organizational and leadership skills, she made an immediate and profound improvement."

Originally from Newfoundland and Labrador, Lang-Dion has lived in the Alta Vista neighbourhood of Ottawa for more than 20 years. She currently serves on the YSB board and with a small team, spearheads the organization's Moms for Mental Health Program. "She embodies in all aspects of her life a dedication to providing exceptional leadership in our community - as a volunteer - for the betterment of others," Lawrence said.

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# Saving birds, one window at a time



**DAVID CHERNUSHENKO**  
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As spring returns, so do multitudes of birds migrating back from their wintering grounds. Every year, though, fewer and fewer birds come back. The reasons are many and complex: natural cycles, yes, but also habitat loss, pesticides, predation by cats, climate change and others.

But one of the most devastating human-caused threats is one we all have the power to address: collisions with windows. Believe it or not, glass is thought to kill at least a billion birds per year in North America, tens of millions in Canada, and perhaps a quarter-million in Ottawa.

It's not the birds' fault. They don't understand glass. Where we see reflections of trees, birds see only trees. Where we see the sky through corner windows, birds see only sky. They have no reason to expect that, if they fly towards those trees or sky, they will instead crash into an invisible obstacle.

Most die on impact. Others, concussed and helpless, are killed by predators, or fly away but succumb later to their injuries. Few, maybe 10 percent, survive more than a few hours or days.

And yet, we keep building with glass: big, mirrored office towers, but also ever larger home windows and clear deck railings. As research on bird collisions has grown in the past 40 years, the problem has only gotten worse, because most of us are unaware that beautiful views

can come at such a high cost.

You may not think your windows kill many birds, but nearly half of collisions occur at residences. Most go unnoticed, because we aren't home when it happens, or don't recognize the dull "thunk" of a bird hitting glass. We rarely see the evidence because of the many cats, crows, foxes and other animals on the lookout for an easy meal. Many predators and scavengers actually wait at specific buildings because they know birds will collide there.

Luckily, we have the means to prevent most of these collisions, and a local organization, Safe Wings Ottawa, to teach us how: Make glass visible, by breaking up reflections and see-through effects so birds see not a tree to land in, but an obstacle to avoid.

Since 2014, Safe Wings volunteers have been collecting data on collisions, as well as the victims themselves — perhaps you've seen their annual display of dead birds, held in late February at City Hall. It's a shocking scene, meant to open our eyes and motivate us to take meaningful action.

For me and other elected offi-

cials, that means supporting the development of bird-friendly building design guidelines in Ottawa, so we can catch up to other cities like Toronto, Vancouver and San Francis-

efforts to rescue birds and document collisions.

For residents, it means saving birds one window at a time. To help, Safe Wings has produced a brochure explaining the best ways to prevent collisions at home, and the worst. Don't expect a couple of hawk silhouettes or UV decals to do the trick.

Instead, apply a dense pattern of dots or stripes on the outside of your windows, or use

another proven technique.

And if a bird hits your window? If it's still alive — or you're not sure — don't wait to see if it will fly away. Pick it up as quickly as possible and place it in a suitable container, such

as a plain paper bag (top folded down and secured with a paper clip) or a box with a lid (add some air holes if it's a tight seal). Then,

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or bring it straight to

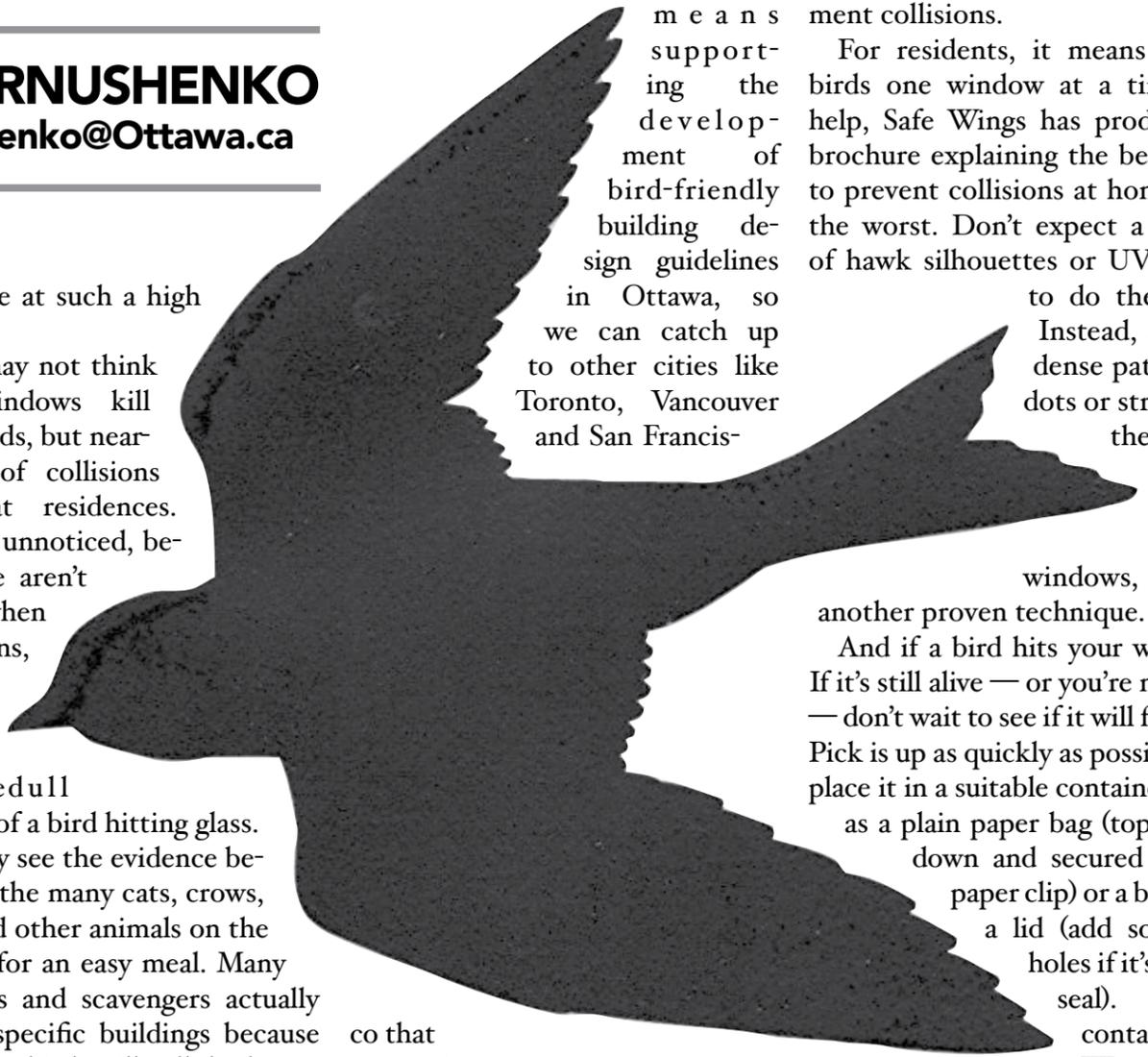
the Ottawa Valley Wild Bird Care Centre on Moodie Dr. If the bird is dead, Safe Wings will want to collect it, along with details of the collision to add to their database.

The new brochure, developed with support from the City of Ottawa, is available at various locations throughout Ottawa, including community centres and other municipal facilities. Or, visit [safewings.ca](http://safewings.ca) to learn more.

co that are striving to make the built environment safer for birds.

For City planners, developers, architects and others in the industry, it means considering how to make new structures bird-friendly with less glass, patterned glass and other techniques to reduce reflections, transparency and light pollution (a major contributing factor).

For owners of commercial buildings, it means retrofitting with window films, reducing lighting, and supporting Safe Wings in their



**Councillor David Chernushenko**

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# Osteoarthritis of the spine

Osteoarthritis of the spine is a breakdown of the cartilage, the joints and discs between vertebrae. The osteoarthritis is also named spinal degeneration. When it is getting severe, osteoarthritis will produce spurs that put pressure on the nerve. This may cause weakness of the arm or leg depending where the degeneration is located.

The cause of the spinal degeneration is due to repetitive bad posture, trauma, spinal stiffness, misaligned spine, overweight, injury etc. Most of them will create repetitive stress on the vertebrae, which degenerate the spine.

Preventative care is the key to fighting back against spinal degeneration. The ideal chiropractic care plan aims to prevent problems before they start. If you missed that opportunity, it's okay. At this point, beginning care as early as possible is important for preventing extreme damage to your body. The deeper you go into spinal degeneration, the more difficult healing becomes.

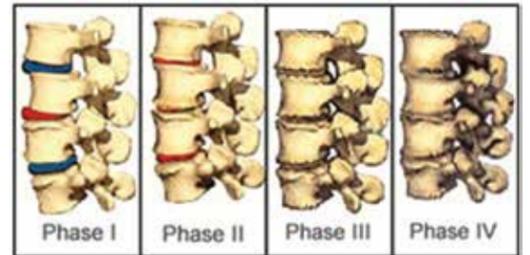


# Simply Chiropractic

A Tip from Dr. Stéphane Chillis

## Spinal degeneration breaks down into four phases:

**Phase 1** – You experience minor degradation of spine balance and curvature. Even at this stage, the areas around your spine, like discs and nerves, will begin to age more quickly. With proper care, you can return to normal, but know that just because you aren't experiencing significant pain (rare for this phase) does not mean that you are safe!



**Phase 2** – The discs in your back begin to narrow and bones might begin to deform. As a result, your posture suffers and your spinal canal narrows, leading to pain, discomfort, and overall fatigue. With the proper treatment, most people recover from this phase.

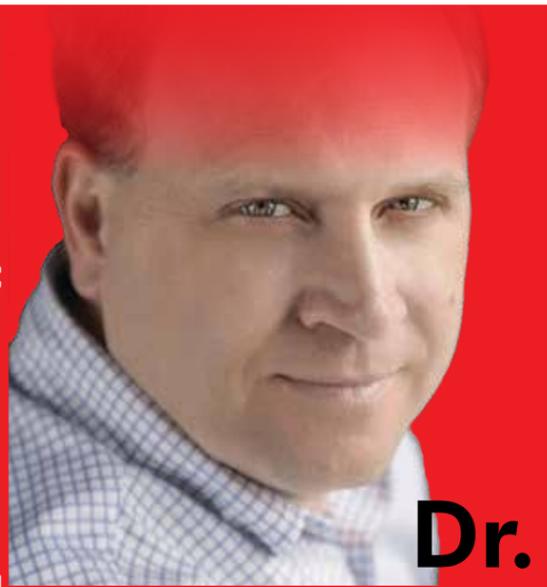
**Phase 3** – The previous problems have worsened to the point that you experience mental and physical impairment from pain and strain as well as potential nerve, bone, and disc damage. Reversal is still possible at this point, though the process is not nearly as efficient as if treatment had begun in phase 1.

**Phase 4** – In this final stage of spinal degeneration, much of the damage is irreversible. You are likely to have scar tissue and extensive nerve damage. Though a total recovery is unlikely, pain management is still an available option.

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



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## TALKING MOVIES BY PETER THOMPSON OF MOVIES 'N STUFF

## Reboots worth checking out

**QUESTION:** Are there any re-boots of movies/series that are worth looking into?"

(*Planet of the Apes*; *Buffy the Vampire Slayer*). "Are there some to avoid?" (*Starsky and Hutch*).

**PETER'S RESPONSE:** The first reboot that comes to mind is the Christopher Nolan *Batman* trilogy, which was spectacular in every single way. He went back to the roots of the comic and he's such a visual director that it was just awesome. Others that are worth watching are the new *Planet of the Apes* series, the *Westworld* TV series, the *X-Men* series starting with *First Class*, *The Departed*, *Fistful of Dollars* which is a reimagining of *Yojimbo*.

Also, make sure to check out the reboot of *Inspector Morse* called *Endeavour*, just wonderful! Same with *Detective Montalbano* out of Italy, there are prequel episodes that chronicle the young life of the detective.

Or, "With the diversity of winners in this year's Academy Awards, is the opportunity there for a greater variety of storytelling and movie making styles? One argument against is that there is less of a leveling of the playing field, and more of a lowering of the playing field. Or will there will be less money for one major, block buster, and more money available for more smaller production movies.

There is always room for a greater variety of storytelling. Every



Small studios aspire to make the next *Shape of Water*.



*Westworld*: a reboot worth watching.

year studios fund small films in the hopes they can get the next *Three Billboards* or *Shape of Water*. There's a definite prestige that comes with Oscar nominations, so there's al-

ways going to be smaller budget films made with emphasis on storytelling, acting and directing. To that point, come in and take a look at our new release area and you'll

Every year studios fund small films in the hopes they can get the next *Three Billboards*.

see equal parts big budget and smaller films.

So, I don't think things will change much. The theaters will be dominated by big-budget movies that will make studios fortunes so they can turn around and fund smaller movies that become major successes critically.

As for this year's awards, it was nice to see movies like *Call Me By Your Name* get major nominations, but at the same time I felt they missed several nominations that could have been really important. A couple that come to mind are *Loving Vincent* getting a nomination for animated film, when it should have been up for Best Picture.

And then there's *Wind River*, that got snubbed because it was the Weinstein brothers last movie, which is a real shame for both that film and the people involved with that film, because it was worth it.

What's very interesting right now is the resurgence of older films, particularly the Criterion Collection, where they take prints of the older movies and clean them up to near perfection and add documentaries and other neat stuff to them.

We've taken a chance (because they're really expensive) and brought in a whole bunch of them, and the reaction has been fantastic. When you watch some of these, you can really see the influence they've had on current films and it begins adding layers to your movie watching that you didn't really know existed in my opinion. You have to have some patience at times, some of these movies can be slow, but you'll usually walk away from them with a sense of satisfaction. I recommend: *Riffi*, *The Wages of Fear*, *Yi Yi*, the transfer of Hitchcock's *Rebecca* and *The 39 Steps* are beautiful,

*Sansho the Baliff* is a must, *Kagemusha*, *The Leopard* with Burt Lancaster. All of these in stock now with more coming every week. Check them out!

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by Carole Moulton

The year was 1995 when Brian McGurrin got a gentle nudge from his wife, Helen, at the National Arts Centre. "You should try that," she said, pointing to the group of men singing in the lobby of the NAC. It was the Capital City Chorus, a men's performing choir.

Brian and Helen had just retired from the Public Service, and it seemed that the time was right for him to more actively pursue his interests in music. And, although he suspected that it was just Helen's strategy to get him out of the house, the suggestion worked to the benefit of many grateful people.

Brian sang with the Capital City Chorus for 15 years before moving on to Aged in Harmony, a 35-member senior men's chorus that rehearses every Tuesday afternoon. The group frequently entertains seniors around the city and they are also the official chorus of the Princess Patricia's Canadian Light Infantry, singing at their memorial service every November 11th at Beechwood Cemetery.

Currently Brian not only sings with Aged in Harmony but also with the choir of Immaculate Heart of Mary Church and Papa's Friends Gospel Chorus, as well as a Barber-shop Quartet that has humorously named itself, 'Three Good Looking Guys'. "There is something intoxicating about learning the craft and then using it to entertain others," Brian noted during an interview.

When recently asked if he had always loved music, Brian quickly replied. "Yes. My earliest memories of music are as a kid in knee-pants, listening to my older sisters playing recordings of Benny Goodman and the Dorseys and Glenn Miller. I bought myself a ukulele as soon as I could afford one, and started working my way through old songbooks with chord diagrams. By the time I was in secondary school I

# If music be the food of life, play on!



Rod McGillivray, Gerry Allen, John Batson and Brian McGurrin call their Barber-shop Quartet: 'Three Good Looking Guys'. Go figure!

PHOTO: RAYLENE MULROONEY

had acquired a guitar and I would entertain at parties with pop songs like Blue Suede Shoes and the Banana Boat Song, and in my college years I played the banjo with traditional jazz groups. I remember that my very first LP purchase was Highlights from Carmen."

## Music minded kids too

When his two boys were in the upper grades at École De-la-Nativité on Drake Avenue, Brian enrolled them in violin lessons and learned to play the cello to accompany them.

"I've always had an interest in music and music history," Brian added. "My kids grew up hearing a lot of music and all of our four children and even our eight grandchildren are exceptionally musical."

Over the past couple of years, and to the delight of numerous audiences, Brian began providing monthly musical presentations at the Billings Lodge Retirement Community on Bélanger Avenue.

After Christmas he also started performing with a similar format at the Good Companions Seniors' Centre on Albert Street. In February, he added the Good Companions' music chat line to his long list of volunteering activities.

"We all have different tastes but we all love music. When I make presentations to seniors I focus mainly (but not exclusively) on "popular" music, not in the sense of a specific genre, such as jazz or folk or classical, but rather any music that is likely to be recognized by a wide cross-section of people, most especially people of my own generation, people who may still remember and, let us say, fondly remember the era of Rock 'n Roll or the Swing Era or the Depression.

"I also usually focus on a theme, such as, for example, the music of 1920 (illustrating the beginning of the Jazz Age and Prohibition), or a genre, e.g., March music (ranging from Mendelssohn's *Wedding March* to

Glenn Miller's *St. Louis Blues March* and Vaughn Monroe's *Sound Off*). If I touch upon a topic like musical form, I might show how one of Chopin's Nocturnes is constructed much like the familiar song, *Five Foot Two*. If I introduce a wonderful piece of music such as *The Entrance of the Queen of Sheba* (from a Handel Oratorio), most folks will exclaim: "I know that piece! What is it?" - because it's part of our popular culture; they've heard it on *Downton Abbey* or *Last Tango in Halifax*."

## Smiling faces

One different example of a theme was the week before Valentine's Day when the McGurrins visited Billings Lodge and Brian gave a presentation he called 'Something Wonderful'.

In his opening remarks Brian talked about St. Valentine's Day and some of its traditions, then he continued by sharing background stories of songs he had selected for that morning. He spoke about the many varieties of romantic experience, both the wonderful and the not so wonderful, and as each song was introduced Helen McGurrin looked after the music on the computer. Song sheets, created by Brian, enabled many to happily sing or hum along.

In summarizing his volunteering experiences with music, Brian notes, "Preparing presentations leads me to research so many things that I am pleased to learn for myself; and as a retired librarian, I delight in the advance of information technology that allows me to range across the internet from the comfort of my La-Z Boy."

Well Brian, judging from the obvious pleasure of the smiling faces in your audiences, it is indeed time very well spent in that special motivational chair, and we look forward to hearing the results of your continued enthusiasm in providing pleasure for others.

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## RPCA PRESIDENT'S REPORT

# Taking the time to get it right



**KRIS NANDA**  
RPCA President

*"Slow down, you move too fast. You got to make the morning last."*

Simon & Garfunkel

*"Enthusiasm without knowledge is not good; impatience (acting hastily) will get you into trouble."*

Proverbs 19:2

**C**onfession. I sometimes can be impatient and want to get things done quickly. I get so focused that I assume I know what is best and feel I do not need to hear what others think. But I am not alone in that regard (though that is small consolation).

The consequences of acting in haste and moving too quickly can be bad enough when it is just one person who is the actor – but hasty actions and decisions are worse when they involve larger groups or institutions. As frustrating as it may be to have to wait longer than you would like, sometimes it is better to just take that extra time (even if the delay is forced on you). Whether it is as an individual, a community, a group (including community organizations) or government (municipal, provincial or federal), the record is full of examples of bad consequences from moving too quickly. (No, I am not advocating procrastination!)

A current example that comes to mind involves problems with the implementation of the Phoenix pay system for federal employees that

has been headlined in the news. In fact, some political pundits have started using "phoenix" as a verb to describe implementing a program or policy to meet an artificial deadline – even though it may not be ready to operate properly and important issues still need to be resolved. There are fears in many circles that the cannabis legalization program (due to be rolled out this summer), may suffer the same fate, with lots of unresolved issues that could be properly addressed if the implementation date was delayed.

While this pattern of moving ahead too quickly (in the eyes of many) has also often been the case with the City of Ottawa, it is heartening that there are some recent examples at the local level where proponents of a development plan have stepped back to hear what the local community says. (The fact that these events were held following requests by community associations – including the RPCA – demonstrates the value that our organizations play serving as the voice for neighbourhoods.)

Whether it is at having public sessions for the proposed Herongate development that have been taking place over the past few months or the March 19 Open House where nearly 80 Riverview Park residents were able to get more information and ask questions about the planned high-rise residential complex in the Ot-



tawa Train Yards – ordinary citizens are at least having a chance to share their thoughts. Though these events are unlikely to fully address the concerns of many residents, at least they represent a step in the right direction. Hopefully, the recently announced delay (at least 6 months) in the opening of Ottawa's Light Rail (LRT) system will give those in charge more time to work out kinks and, for example ensure contingency plans are in place should there be an emergency shutdown of the LRT, and a smoother transition to using light rail rather than buses.

Similarly, the RPCA Board is interested in hearing what Riverview Park residents may have to say as we move forward ahead of our Fall Annual General Meeting. It is not too early to let us know if you have

priorities you would like us to address. (We are also in the process of reviewing our existing By-Laws and Constitution in advance of the AGM so if you have comments, feel free to contact me and I will make sure they are shared with the right people on the Board)

As the weather finally gets warmer and with spring now here, I hope you will join me in trying to be a better listener and more patient – and that you find time to "stop and smell the roses" (once they bloom).

*For more information, you can check out our website at [www.Riverview-Park.ca](http://www.Riverview-Park.ca), drop me a line at [krpp1415@gmail.com](mailto:krpp1415@gmail.com) with your questions or thoughts, and/or come to an RPCA Board meeting. Look for the RPCA table at upcoming community events too!*

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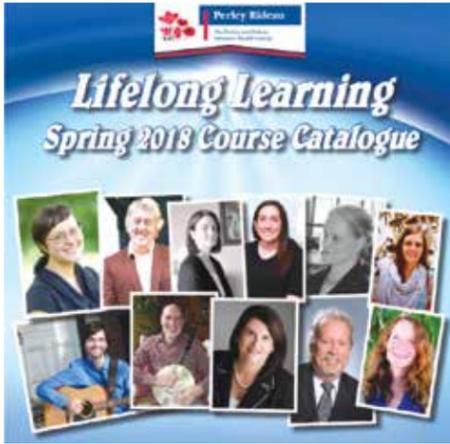
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The Spring catalogue of Perley Rideau Lifelong Learning is now available. Perley Rideau Lifelong Learning, offers a wide variety of courses for learners of all ages including courses on memoir writing, art history, family photo archiving, the music of Hollywood films and more. Find out more and register by visiting [www.ActivePerleyRideau.com](http://www.ActivePerleyRideau.com).

## Learn, socialize and stay active

Celebrate the start of Spring by registering for a course with the Perley Rideau Lifelong Learning Program. Built on the philosophy that learning has no age limit, the program offers in-person classes and studio sessions in a welcoming, collaborative learning environment at the Perley and Rideau Veterans' Health Centre. Participants are encouraged to stay active, to connect with new friends and to learn from engaging instructors who are experts in their fields. Ranging from lecture-based courses on Ottawa's history and Indigenous art to painting lessons and creative writing classes, registration is open to anyone in the community with a passion for learning.

Registration is now open for the Spring session of Perley Rideau Lifelong Learning, which offers a dynamic assortment of six-week, four-week and one-time courses, including courses on memoir writing, art history, family photo archiving, the music of Hollywood films and more. To view the Spring Course Catalogue and register for a course, visit [www.ActivePerleyRideau.com](http://www.ActivePerleyRideau.com) and select Lifelong Learning.

Lifelong Learning can be accessed through the new Perley Rideau Active Seniors website ([activeperleyrideau.com](http://activeperleyrideau.com)), a new website offering free activities and resources to support seniors and their caregivers. Created by the members of the Perley Rideau's Therapeutic Recreation and Creative Arts Programming team and their vast network of experts, the website's motto is "Stay active! Stay healthy!"

## Community singing for home-based seniors

by Lyse M. Côté

Do you remember the greatest hits of the 70s, 80s and 90s? What about those from the 40s, 50s and 60s? Those are the songs that connect seniors who are aging naturally and those living with cognitive challenges to a time when they felt vital and young.

Hearts in Tune, a singing community of home-based seniors and their caregivers has been making music together since the fall of 2014 when the group was known as Minds in Song. Originally sponsored by the Alzheimer's Society of Ottawa and Renfrew County, Hearts in Tune is now run by Musi-

cal Wellness, an Ottawa-based, independent, therapeutic music business, owned and operated by Nigel E. Harris, a graduate of the Music department at the University of Ottawa and a lifelong music facilitator, choir leader and composer.

By singing familiar songs, participants reminisce and stimulate their long-term memory and are transported to a happy time from their youth.

A typical session flies by quickly. Voice warmups, tambourines, drums and singing, with a coffee break, resource table and guest speakers on various topics.

The session closes with a meditation led by Lyse M. Côté (for-

mer Riverview Park resident-Penhill Ave.), an Energy Healing/Reiki practitioner and owner of Anahata Healing.

If this sounds like music to your ears, we invite you to join us at Hintonburg Community Centre (1064 Wellington St. West). You'll find us singing and having fun together every Saturday from 2:00 to 3:30pm in the La-roche Room. No prior musical knowledge or audition is needed. An activity fee is charged and receipts are provided. For more information please go to: [www.musicalwellness.com](http://www.musicalwellness.com) or contact Nigel at 613-728-5305, or Lyse at 613-355-9234.



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# Welcome to the difference at Cyril Pharmacy

by Carole Moul

Before he ever became a pharmacist Nader El-Zayat would wonder how his father remembered not only the names of all his patients but also every single medicine that the person had taken. After all, his father at the time had been a pharmacist for over 30 years and his son had frequently assisted him at his work.

“He told me that once I had my own pharmacy this would also happen to me,”

said Mr. El-Zayat recently, “and it did.” Mr. El-Zayat also prides himself on the level of service that he is able to provide at his 1795 Kilborn Avenue pharmacy.

“Patients or customers know that they are going to see the same face when they require a prescription to be filled or seek some advice for over-the-counter medicine, and they truly appreciate that this can still happen so very quickly,” Mr. El-Zayat noted recently.

“This is the difference between a big and small pharmacy,” he added and gave one example of something that happened this past New Year’s Day. “I just happened to check my voice mail at home and there was this frantic message from one of my patients. The man



Pharmacist, Nader El-Zayat, has an extremely well-stocked pharmacy, with an exceptional memory for knowing both peoples’ names and their medicines. PHOTO: GEOFF RADNOR

was out of his insulin and I knew that this could be life threatening. I called him back right away, went into the pharmacy, got the insulin, and drove it immediately to his house. Needless to say, the man was extremely grateful for what I had done.”

You don’t have to be someone who is out of medicine however to appreciate the attention provided from this Pharmasave loca-

tion. Younger patients, in particular, welcome the ability to be able to use a quick result application through Pharmasave when leaving their doctor’s office. The app allows them to take a picture of their prescription, send it to Cyril Pharmacy, and then find it ready for pick up just minutes later.

When asked what other ways technology has impacted pharmacy over the years Mr. E Zayat’s re-

ply was with regard to how they are linked in to OHIP and the private insurance companies for billing. “The first time someone comes in for a prescription I always ask if they have a private insurance provider. Their name is put in the system and then billing is direct from then on.”

“Why does someone choose pharmacy as a profession?” Mr. El-Zayat responded that his whole family is in some type of medical field, and it also helped that science including chemistry and biology were his favourite subjects in school.

It was on June 2nd, 2015 that Cyril Pharmacy opened. “We used to live in this neighbourhood, and I had always wanted to be in this plaza, however I had to wait two years for a space to come up,” he said. And, although there are long hours when you own your own pharmacy; helping people to good health, making certain that medications are correct, and giving proper advice is of paramount importance to Nader El-Zayat. People may check the internet or even say that they heard something from Dr. Oz, but it is the familiar face at Cyril Pharmacy that has them return when invaluable help is needed.

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# Trinity Community Garden Making eating locally a little easier

by Bernadette Bailey

Much has been written about the benefits of eating locally and many are familiar with the idea of the 100 mile diet. Adhering to this can be a challenge, but one of the things one can do to make it a little easier is growing one's own vegetables.

This was one of the reasons for the creation of Trinity Community Garden which will soon begin its seventh season in the heart of Riverview Park. It is located on the grounds of Trinity Church of the Nazarene at the corner of Avalon and Braydon. In 2011 the Church congregation decided they wanted to make better use of some of their vacant land and the idea of a Community Garden was born.

Soon after, with the assistance of the Riverview Park Community Association and A Rocha, a committee was formed. The following year, with the support of the Community Garden Network, the Garden was opened and plots were made available to members of the community.

Here, gardeners can rent a 20' by 4' plot of ground to plant, care for and harvest their own vegetables. Gardeners become members for



Produce from the garden last fall.

PHOTOS: BERNADETTE BAILEY

a variety of reasons, but for many, one of these is a desire to eat locally grown food. Growing ones own produce has personal benefits. Apart from the therapeutic and physical health benefits of the act of gardening, there are also nutritional benefits.

Because purchased produce usually travels long distances to get to us, it is often picked before it is fully ripe to make it more durable in transit. Allowing produce to ripen naturally increases the nutritional value as well as enhancing taste. Many vegetables such as broccoli, green beans, kale, red peppers and tomatoes lose nutritional value after they are picked, so



On average, imported food travels 2,500 km before it reaches our plate. The international agricultural process is responsible for 44% to 57% of global greenhouse gas emissions with transportation contributing to a large portion of that. By reducing the need for food transportation, our gardeners are contributing to the health of our world. It is easy to minimize the impact of one person eating a little locally grown food during a small portion of the year, but surely many people doing the same can create a change.

The number of community gardens in the city has almost tripled since Trinity Garden's conception with there now being approximately 60 gardens in the city.

The Community Garden Network is one of the Projects of Just-Food, which is an organization dedicated to improving Food Security for the Ottawa Region through the production and consumption of local food.

the sooner they are eaten after being harvested the better. It is very satisfying therefore to go to the garden on a summer afternoon, pick some vegetables, then bring them home and serve them to your family for dinner.

Eating locally is also recommended because of its beneficial impact on the environment. It reduces greenhouse gas emissions and thus lowers our overall carbon footprint.

*If you are interested in becoming a member of Trinity Community Garden, or would like more information, please contact us at [trinity.garden@rogers.com](mailto:trinity.garden@rogers.com) or check us out on Facebook.*

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We carry all the necessary products for you to make home made empanadas, tacos, burritos, quesadillas, nachos. Not sure what to make or how to make it? Don't be shy, let us know and we'll gladly assist you and give you suggestions.

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.*



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# Working together to mitigate residential flooding

## The importance of reporting and mapping

By Alta Vista Councillor Jean Cloutier

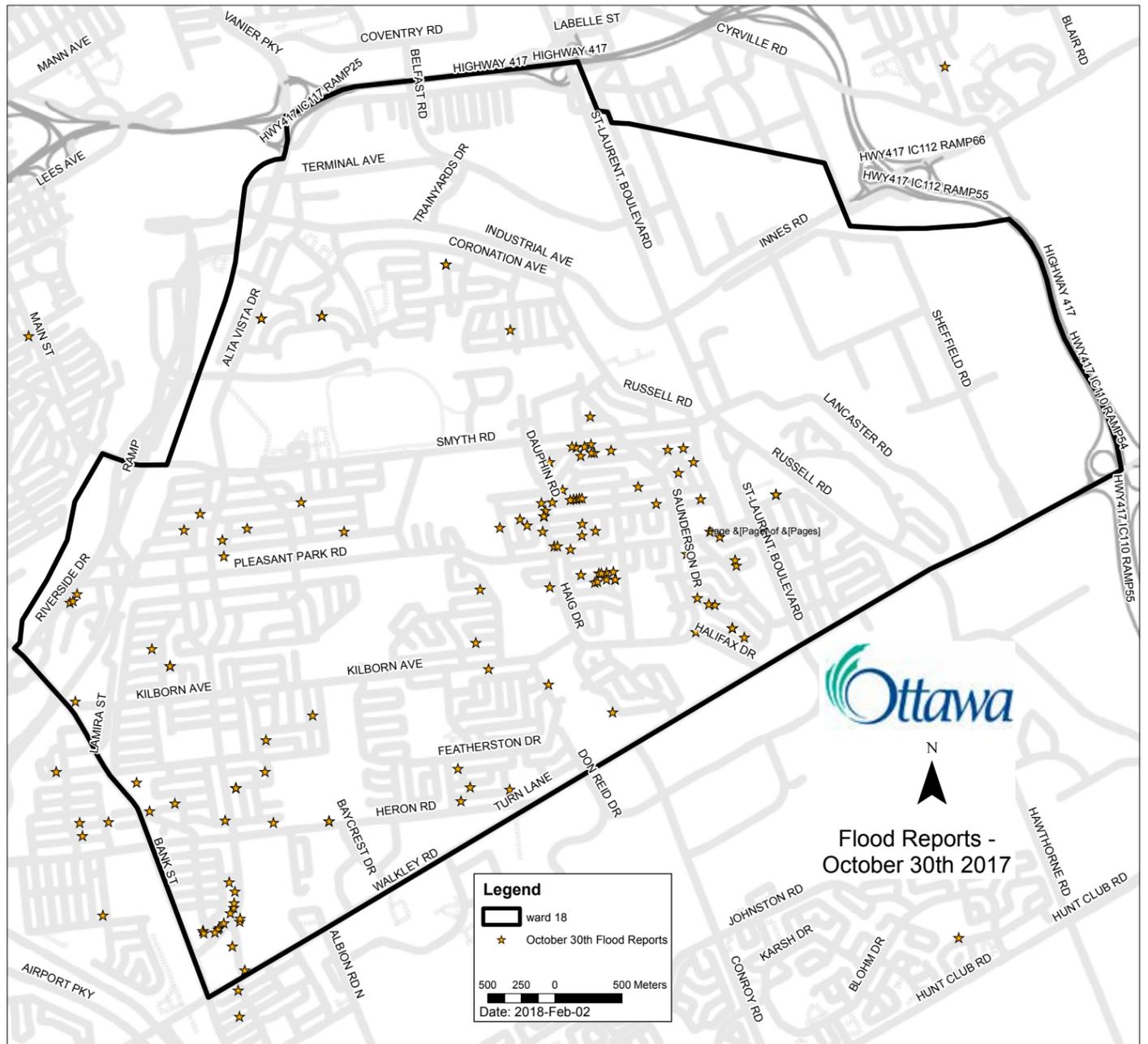
As many residents are aware, homes across Alta Vista experienced flooding due to the extremely heavy rainfall that we experienced in October 2017.

I saw firsthand the volume of water that accumulated across the Ward, and worked with neighbours on several streets to clear catch basins in an effort to reduce the impact of the storm. Community support, such as the efforts made by the Elmvale Acres Community Association (EACA), was evident everywhere. Neighbours supported neighbours, working tirelessly together to clean up the damage caused by the flood. I am thankful for those who could lend a hand, and my heart goes out to those who are still dealing with the worry and the lost memories caused by the flooding event.

The City of Ottawa records and maps all reported flooding incidents. Calls to 3-1-1 and my office allowed for mapping that clearly shows Elmvale Acres was one of the neighbourhoods hardest hit, and identifies other areas of concern.

I have been working closely with all community associations and city staff since last October to understand the conditions that resulted in so much flooding in our ward. City staff prepared detailed flooding and maintenance data, which was shared with the EACA. At its March 4 meeting, the community association delivered a high-level overview to a group of Elmvale Acres residents. I arranged for city staff to join me at this meeting to listen to the concerns, answer questions and provide clarifications as needed.

As this critical information is relevant to other neighbourhoods beyond Elmvale Acres, I hosted a community meeting on March 28 at St. Geneviève Church on Arch Street. I brought Infrastructure and Environmental Services staff out to present in detail the data gathered following the October 2017 storm, as well as information obtained from years of studying flooding patterns in Alta Vista. It was important to provide opportunity for homeowners to learn about the city's sewer backup and basement flooding services. It was also an opportunity for residents to learn about the regular infrastructure maintenance and inspections undertaken by the city. The maintenance work, including cleaning sewer lines and pipes, assessing general conditions, repairing abnormalities, and diligent record keeping, is key to addressing identified deficiencies on



The stars on this map represent homes that were flooded in Alta Vista following the large volume of rain that fell on October 30, 2017. Flooding occurred throughout the City, but Alta Vista was the hardest hit, particularly in Elmvale Acres. Of the total 440 reports of flooding across the city, Alta Vista reported 123. Other wards that were significantly impacted by this event include Ward 8 (College), with 92 homes affected, and Ward 7 (Bay), with 80 homes affected (based on data collected by 3-1-1).

### The first of two phases of what will be a very complex job will begin this fall.

a proactive basis.

Residents received tips on what they, as homeowners, can do to help prevent basement flooding and they heard about the importance of reporting flooding to the city as soon as it happens. Knowing where flooding occurred feeds into the prioritization process for future water, sewer and integrated infrastructure improvement projects.

I am pleased to confirm that the city is moving forward with some significant infrastructure improvements in Alta Vista. A strategic piece of sewer work is the rehabilitation of the Valley Drive storm sewer trunk. This project will have a direct benefit to the local area, not only by replacing aging infrastructure, but also by improving perfor-

mance, lowering flooding risk and ultimately, protecting residences. The first of two phases of what will be a very complex job will begin this fall. Once complete, improvements to sewer systems that feed into this vital trunk can then proceed.

Along with the rehabilitation of the Valley Drive storm water trunk, my ongoing discussions with city staff and analysis of the October 2017 data have brought Chapman Boulevard forward as the next major piece of reconstruction work in Elmvale Acres. Originally scheduled to begin upwards of five years from now, the design phase will now begin in 2019, with construction in 2020 and 2021.

For those who were able to attend the March 28 meeting, I hope

you walked away with a greater understanding of the coordinated efforts to mitigate flooding in our communities. The city and residents each have a part to play in flooding prevention.

If you missed the meeting, please take a few minutes to review the staff presentation, the display boards and other information available on my website at [JeanCloutier.com](http://JeanCloutier.com). There you can also link to valuable resources found on the city's website, including the Residential Protective Plumbing Program.

Finally, I cannot stress enough how important it is to report flooding to the city so that staff can capture a true picture of the impacts, and better plan mitigation work in your neighbourhood. If your home was flooded and you have not yet called the city, please do so. If you know anyone who has experience flooding, but may not have reported to the city, please encourage him or her to do so as well by calling 3-1-1.



# Jean CLOUTIER

Alta Vista

## GROWING OUR TREE CANOPY

This spring, join me in planting **200 trees** in the Kilborn Park Woods!

It's been said that "April showers bring May flowers". Let's seize the moment by taking advantage of spring's optimal planting conditions and sow the seeds to a healthier, greener community.

Help beautify Kilborn Park Woods:

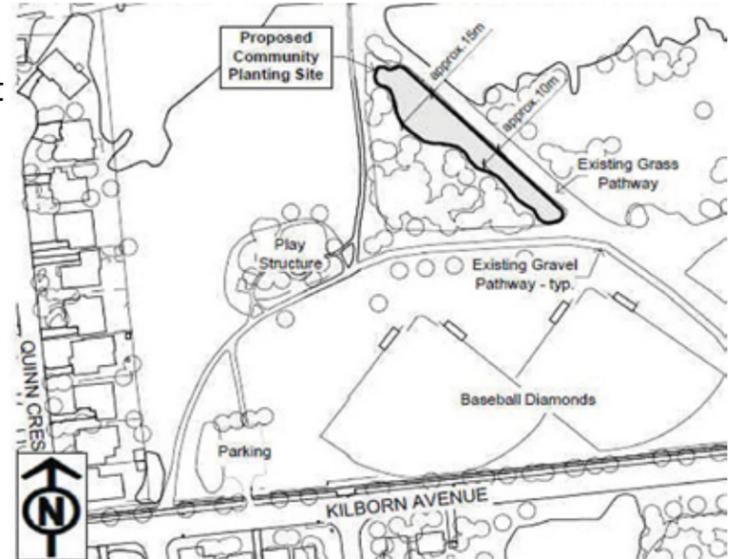
**Saturday, May 5th, 9:00am, \*rain or shine\***

**Kilborn Park Woods, 1609 Kilborn Ave.**

Planting supplies will be provided.

Please dress for damp conditions and bring your own work gloves.

To join the Planting Team, call or email my office: **613-580-2488** or **JeanCloutierOtt@Ottawa.ca**.



## Neighbourhood Office Hours

*Bringing City Hall to the people of Alta Vista*

Stop by with your questions, comments and concerns, or just drop in for a quick "hello" on:



**Monday, April 9th | 6:30-8:00pm**

**White Horse Restaurant | 294 Tremblay Rd.**



Celebrate Earth Day by taking part in the 2018 GLAD Cleaning the Capital Campaign.



To register your project, call 3-1-1. If you need supplies, remember to request your project starter kit and to select your desired pickup location.

## Spring Transit Changes

Spring 2018 transit service changes that will start on **Sunday, April 22** include:

**School trips** – School trips will increase on Route 649 to Hillcrest High School and École secondaire catholique Franco-Cité.

**Changes to post-secondary school service** – Frequency will be reduced on Routes 4, 104, and 111 and O-Train Line 2, the Trillium Line, serving Carleton University; on Route 85 serving the University of Ottawa; and on Route 129 serving the main campus of La Cité. There will be no change to the times of the first or last trips.

**Rack and Roll Program** – Bicycle racks on buses will be re-instated this spring, running through to the fall. The Rack and Roll network consists of Routes 12, 61, 62, 85, 88, 91, 94, 95, 97, 98, 99, 101, and 106.

For more information visit **octranspo.com** or call the **OC Transpo Customer Service Centre 613-741-4390**.



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# Raising funds for cancer

by Carole Moul

The ticket itself may look simple enough. You can buy these at any dollar store or even a party supply depot. What they often represent however can be something far more significant than what looks like a small 4 x 2 cm piece of cardboard with numbers.

Sherry Woodburn of The Wholesale Outlet has been purchasing many rolls of these tickets for the best of causes and has been doing so almost twice yearly since about 2006. She uses the tickets for the *Fashion with Compassion Show* held at her 1877 Innes Road store; with the guests at the event truly appreciating the reason for having them available.

## Caring equals sharing

On Saturday, April 7th it will be Sherry's 21st time to not only buy even more rolls of tickets, but once again host this most unusual and very upbeat free fashion show.

How far can buying just one little ticket at the *Fashion with Compassion Show* go toward helping a deserv-

ing cause you might ask? Well, the answer could be that when you buy even just one or more of these tickets for a number of draws you are actually helping cancer research and the amazing results that come out of The Ottawa Hospital Cancer Centre.

How does this work you might want to know? Well, generous individuals, businesses and suppliers donate thoughtful items, gift certificates or even art for the draws at the *Fashion with Compassion Show* event. Then the guests at each show decide how many of the individual tickets they wish to purchase toward the various prizes that they hope to win.

Random guests pull the tickets out of pink bags, with anticipation high until the very last winner is called. The money raised becomes part of the funds sent to cancer research, along with 25% of all sales receipts of the day; while Victoria's Quilts Canada also receives a generous donation from the *Fashion with Compassion Show* proceeds.



PHOTO: GEOFF RADNOR

## Giving back

And, as Sherry Woodburn often notes, "We see the results of what cancer research can do when we look at our models walk across the floor since all of the ladies in the fashion shows are cancer survivors. We also see the positive results of many of the trials that are carried out at our local cancer centre since a number of TWO Models have participated in these over the years as well.

Being in the fashion show is just one way that the models enjoy giving back, while each has her own story to tell."

Former Mayor, Jacqueline Holzman, has been one of the many TWO Models over the years, and recently shared her experience with cancer plus the *Fashion with Compassion Show*.

"It was 1998 and I had my regular mammogram. I had been doing these since 1985 when my mother died as a result of breast cancer metastasizing to other organs and bones.

"The call came to tell me the bad news and the good news... the 'bad' that I had breast cancer and the 'good' that it was DCIS...a form of breast cancer easily treated if found early. It's fair to say that I wasn't surprised at the diagnosis because of my mother in 1985 and because of my age.

"I was aware of resources available because, as Mayor of Ottawa, I had participated at the opening of Breast Cancer Action where I went immediately to get information. I was referred to the Breast Health Centre for further diagnosis where I had also been part of the opening ceremonies.

"I was fortunate that a mastectomy with the removal of most of the lymph glands did not require either follow-up radiation or che-



motherapy.

"The publicity generated by my diagnosis and treatment had a number of positive results... the mammogram clinics couldn't keep up with the demand from 'first-timers' wanting to be tested. The second result was that my daughter Ellyn was challenged by the Ottawa Citizen to run 10K in the 1998 Race Weekend. The Citizen would contribute \$1,000 and would encourage others to donate to the Ottawa Hospital Breast Clinic. Ellyn and I continued to support the Clinic and TOH until recently, Ellyn by running and both of us from raising funds.

"Along the way I supported many initiatives which raised funds for the Centre. One of the most fun-filled events was modeling in Sherry's *Fashion with Compassion Show*. All those wonderful women wearing and purchasing Sherry's beautiful clothes and accessories, all in support of the fight against breast cancer...what could be better."

*the Wholesale Outlet's*  
**Spring Fashion Show**  
*Saturday, April 7<sup>th</sup> - 10 am*  
 in support of cancer research

**THE WHOLESALE OUTLET**  
 1877 Innes Road  
 (between Blair & Cyrville Rd.)  
 Ottawa K1B 4C6

613-748-6605

free admission

wholesaleoutlet4women@outlook.com

**THE WHOLESALE OUTLET**  
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 SUPPORTING THE FIGHT FOR THE CURE

# with fun & fashion

## Changes over the years

Originally, the fashion shows were started to help cancer patients in a variety of ways. These included the 'Look Good, Feel Better Program', Run for the Cure or even more explicitly for Breast Cancer Research such as at the time when Ms. Holzman participated. Over the years, however, the money raised at the fashion shows became directed more toward cancer research in general at The Ottawa Hospital Cancer Centre.

In 2009 the cancer centre underwent a major expansion; an expansion that featured a cancer research lab, eight radiation machines plus a standby machine, and three clinics and a total of 50 chemotherapy chairs.

Today, The Ottawa Hospital Cancer Centre at the General Campus is the only cancer centre in the region that delivers all aspects of treatment options with more than 80 percent of all cancer-related surgeries taking place at The Ottawa Hospital.

## By the numbers

The numbers for cancer patient and treatment statistics are staggering. According to a Publication Officer with The Ottawa Hospital Foundation, for the fiscal year 2016-2017, there were 226,711 cancer care visits, 72,725 radiation treatments, 40,588 chemotherapy treatments, 96,040 psychosocial visits, 88,554 visits to outpatient clinics and 7,215 new cases of cancer discovered.

'Cancer is something everyone is touched by with The Ottawa Hospital Cancer Centre playing an important role in the lives of people in the Ottawa region. The Cancer Centre is the second largest outpatient can-



cer centre in Ontario and cares for more than 24,000 patients.'

By being in the *Fashion with Compassion Show*, the models have chosen just one more way to give back to their community. They understand the importance of sharing their journey with others, and participate because they appreciate the tremendous importance of cancer research.



Former Mayor, Jacqueline Holzman as a TWO Model.

PHOTO: SUBMITTED BY THE WHOLESALE OUTLET

ABOVE: Emcee Lise Butters (R) with another happy set of TWO Models.

RIGHT: Lynne is a real pro at the Fashion with Compassion Show and always shares her story

PHOTO: CAROLE MOULT.



Bringing in spring are TWO Models (L-R): Jackie, Carolyn, Manja, Linda, Susan, Karen, Jackie, and Denise. PHOTO: SUBMITTED BY THE WHOLESALE OUTLET

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## PARATROOPER WAS ON PATROL IN HALIFAX

**George Grubb faced victory riots but not WWII**

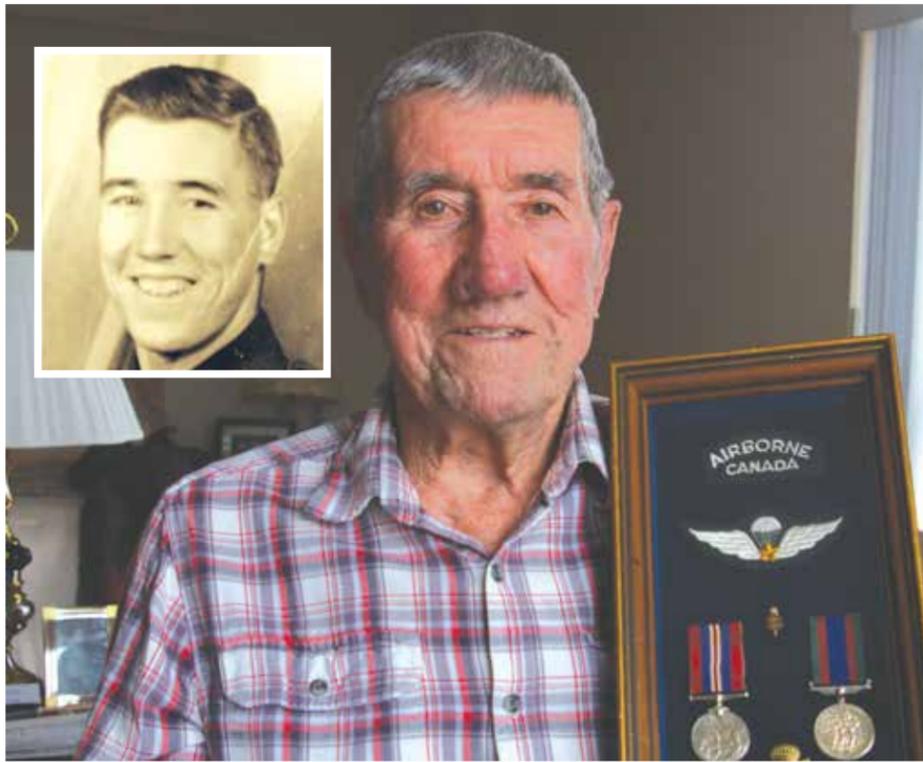
by Bill Fairbairn

**P**ubs and liquor stores across Canada are locked up tight on VE-Day 1945. As much as they would like to celebrate with a drink most Canadians shrug and carry on. But many of the thousands of sailors stationed in Halifax, and not a few civilians, decide they would like beer with the victory cheer.

Riots come after a fireworks display on that VE-Day evening of May 7. Most civilians had headed home. But the celebrating sailors, normally stationed in city billets or on ships in Halifax harbour, take advantage of authorised “open gangway,” (holiday) and are free to come and go. The riots start with sailors taking over control of a tram car, breaking its windows and setting it on fire. Keith’s brewery is quickly breached and then, with alcohol flowing, vandalism and looting quickly follow.

The *Toronto Star* front page report on the riots described Halifax like London after the blitz and that two sailors had died. A federal inquiry blamed naval authority.

On patrol on Halifax streets, among hundreds of other mili-



**INSET:** The Grubb family has countless wonderful photos from many years ago. This picture shows George Grubb at only 17. **SUBMITTED BY THE GRUBB FAMILY. MAIN PHOTO:** George Grubb, now 90, with his military memorabilia at Landmark Court. **PHOTO:** BILL FAIRBAIRN

tary called out to keep order, was 17-year-old paratrooper George Grubb, now aged 90 and living at Landmark Court Retirement Home in Ottawa. In an interview he played down the seriousness of the riots nevertheless saying he

guarded the streets for three days while still assigned to sail to Britain to fight in the war but at the last moment not needed there because peace had been declared.

George was disappointed missing out on Britain. He had been born in Coventry, England, had relatives there and in 1929 had come as a toddler to Canada with his mother Violet and older brother Ted on the *S.S. Letitia*. His father, also Ted, had come to Canada earlier to secure lodgings for them on arrival. After a short stay in Montreal and two years in Ottawa, George’s father Ted purchased a farm at Edwards, near Ottawa, where Violet and he lived for the rest of their lives.

On completing his riot patrol duties in Halifax in 1945, Para George Grubb was posted back to CFB Shilo, in Manitoba, where he had first joined the Parachute Regiment by telling what he says was “a little lie” at the recruiting desk. “I was aged 17, but I said I was older to get in. The recruiters signed me on without question.” He actually had gone to Manitoba originally to help with wartime harvesting but the army attracted him. He did five months of basic military training at Shilo, parachuting from a plane seven times and coming down numerous times from a 300-foot tower.

The rookie paras at Shilo took leave on social occasions to travel to Brandon, 25 kilometres away, or to Winnipeg, even farther away.

One confrontation at Shilo came after 10 o’clock lights out. George and his barrack room buddies were in bed when the barrack room cor-

poral entered to find one soldier breaking the late night smoking ban. “This corporal was a tough nut,” George said. “The lights were switched on and he ordered us all to dress for a run. He led us for five miles and back as punishment. The whole squad paid the price for one man smoking.”

When the parachute regiment at Shilo was disbanded George was posted to Ontario, as a private soldier. He landed up at a camp near Port Arthur, now Thunder Bay, again guarding German prisoners of war. Former soldiers from WWI were being replaced as guards. “I personally guarded a German military doctor. The doctor had a little house of his own. I was lodged with truck drivers in a bunkhouse. The doctor ate with the big wigs. I with the truck drivers.”

A pulpwood supply company ran a woodcutting business at Long Lac and paid the German prisoners \$1 a chord of cut wood that they used for cigarettes or candy bars. “I’m sure no prisoner tried to escape since we were deep in the bush,” George said.

Next for George were more German prison guard duties at a Ste. Jean, Que., churchyard with the guards posted with rifles on top of the walls above the prisoners in the yard below.

After he was demobbed George met and married Mae Mawson and they had six children. George and Mae had wed in her native Winnipeg. She had come to Ottawa during the war to work in telecommunications for the federal government. And after marriage they lived on George’s father’s farm for a year before he bought a farm of his own a short distance away at Edwards. Because of bad weather and a growing family, George couldn’t support the farm so he went to work at Ottawa Airport stripping layers of white paint from military planes. Flights over salt water had caused the planes outward body to deteriorate.

Next he worked for Spartan Air Services and then as a helicopter mechanic for Transport Canada. He travelled up north at times as mechanic for a helicopter on an ice-breaker carrying goods to remote communities and oil to light-houses.

George also lived in Honey Gables on River Road to be close to work at the Uplands Airport hangar. Today he enjoys his retirement at Landmark Court and what he calls beautiful views from his windows.



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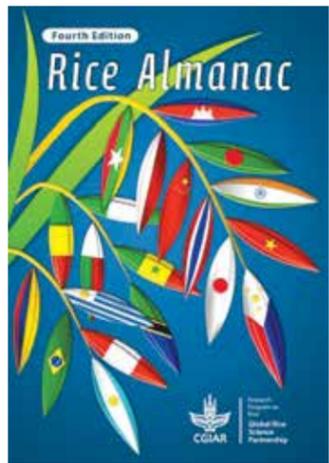
# With rice on the menu... there's plenty to talk about

**Rice is...**

- the staple food for the largest number of people on Earth
- the staple food of more than half of the world's population – more than 3.5 billion people depend on rice for more than 20% of their daily calories.
- eaten by nearly half the world's population
- still sometimes used to pay debts, wages, and rent in some Asian rural areas.
- the single largest food source for the poor.
- the source of one quarter of global per capita energy.
- synonymous with food throughout Asia
- the most important food grain in most of the tropical areas of Latin America and the Caribbean, where it supplies more calories in people's diets than wheat.
- nearly all (90%) produced in Asia.
- an annual plant that is harvested once a year. The cultivation of rice is suited for countries with low labor costs and high rainfall as it is very labor intensive and requires large amounts of water for cultivation. Small rice seedlings are hand planted into rice paddies that are then filled with water. The seeds draw nutrients from the paddy's water, which is also the same water. \*



**And ...**



- Rice production is one of the most important economic activities on Earth.
- Rice farming is the largest single use of land for producing food.
- Thousands of varieties of rice are farmed.
- Only 7% of all rice production is exported from its country of origin.
- Rice farming is about 10,000 years old.
- Rice cultivation was once the basis of the social order and occupied a major place in Asia's religions and customs.
- Rice, wheat, and maize are the world's three leading food crops; together they directly supply more than 42% of all calories consumed by the entire human population.
- Rice is the most important food grain in most of the tropical areas of Latin America and the Caribbean, where it supplies more calories in people's diets than wheat, maize, cassava, or potato.
- Honda means 'the main rice field.'

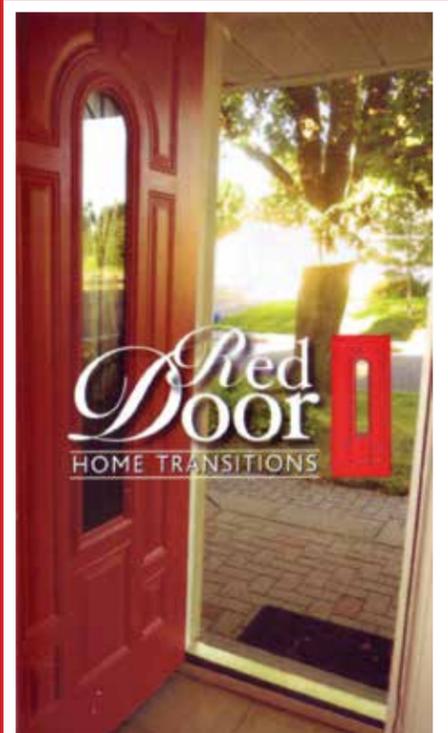
- Toyoda (now Toyota) means 'bountiful rice field'.
- Rice is the world's second most important cereal crop following only corn.
- With a production volume of over 210 million metric tons in 2017, China was the world's leading paddy rice producer, followed by India.
- The United States was also ranked among the leading global rice producers in 2017. The nation's rice production value amounted to some 2.37 billion U.S. dollars in 2016. Leading U.S. states in rice production were Arkansas, California, and Louisiana. The United States was also ranked among the leading five rice exporters worldwide, primarily shipping this commodity to Mexico, Japan and Haiti.
- Other major rice exporting nations include India, Thailand, and Vietnam with around 10.3, 10 and 5.8 million metric tons, respectively.
- The largest rice importers were China and Nigeria in 2016/2017.
- Workers built the Ming dynasty sections of the Great Wall about 600 years ago by mixing together a paste of sticky rice flour and slaked lime, the standard ingredient in mortar (Dr. Zhang Bingjian)\*\*
- At a local restaurant such as 168 Sushi where there are 200 seats and they remain open 365 days a year they use 400 pounds of white rice per week. Their rice comes via the Fun Woo Trading Company, Toronto from Korea.\*\*\*

**RICE ALMANAC 4th Edition.** By Jay Maclean (Editor), Bill Hardy (Editor) and Gene Hettel (Editor): GRiSP (Global Rice Science Partnership). 2013. Rice almanac. 4th edition. Los Bafios (Philippines): International Rice Institute.

\*Hawaii RiceFest 2018:

ricefest.com/all-about-rice/facts-about-rice/ \*\* The Telegraph. www.telegraph.co.uk. Malcolm Moore in Shanghai, May 2010 \*\*\* John Ke. Owner, 168 Sushi, 1760 St. Laurent Blvd. Information collected by Carole Moulton 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 iPad ordering is right at your table. Telephone: 613-523-1680. **168SushiBuffet.com**



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# Spring across the city

**IODE** Laurentian Chapter's 57th Annual House and Garden Tour on May 12th features 6 interesting homes and gardens of varying styles across Ottawa that will appeal to people who love house tours.

Amongst the homes to see is a charming property nearby on Balmoral located on a large, treed lot which was designed and built by the owners in 1996. The house is filled with a mixture ranging from antiques and family heirlooms to thrift store purchases and curb side finds making the house both interesting and easy to live in. The gardens are large and fairly natural for both ease of care and to attract wildlife.

There are two new builds one in Westboro and one off of Prince of Wales – one modern and one traditional. There are three homes, two in the East and another in Westboro that have seen great renovations, additions and upgrades.

At the Rockcliffe Retirement Residence tour guests will have a

chance to purchase baked goods, listen to speaker David Jeanes, and enjoy a Barbershop Quartet.

The focus recipient for the funds raised is the Youth Services Bureau of Ottawa. IODE Laurentian Chapter is partnering with them to support their Mattress Program which will ensure homeless youth have a safe place to sleep.

Tickets are \$35 and will be available as of late March at retailers across Ottawa or online at [laurentian.iode.ca](http://laurentian.iode.ca). For updated news about our tour visit our website or call Jo at 613-842-5304



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*Hello to the Riverview Park Community!*

*My political life arose out of membership on a community association, and the issues we faced. I have the greatest respect for the RPCA, the RPR review team, your busy Councillors, and the value of the volunteerism that binds you.*

*Please read my Wikipedia entry and website. I do believe that it is time for change in Ontario: I ask for your vote on June 7.*

*Sincerely,  
Karin Howard*

**KARINHOWARD.CA**

Authorized by the CFO of the Ottawa South PC Association.



(L-R) Murray Sands, Treasurer, Bonnie Cheung, Reunion Chair, former OBE trustees, Elda Allen, Jane Dobell and Mary Lou Fleming, presented the donation cheque to Chris McGarvey, Executive Director of the Education Foundation of Ottawa on January 30, 2018.

## OBE Reunion donates to the arts

**T**he Way We Really Were was the theme of the September 23rd. Ottawa Board of Education Reunion. Over 220 former OBE staff members gathered for an evening of entertainment and reminiscing. The special live auction of the iconic Pierre/Justin Trudeau photo donated by Rod McIvor was sold for \$1,350.

The fifth OBE Staff Reunion wrapped up as a resounding success and \$ 7,500 of the funds raised went to the Marjorie Loughrey Artists in the Schools Program. Since 2010, The Staff Reunion has donated \$ 20,000 to the Marjorie Loughrey Artists in the School Program. Donations made in previous years have funded projects in the arts at these former OBE schools: Regina Street P.S.; First Place Alternative Program;

Arch Street P.S.; Hawthorne P.S.; Pinecrest P.S and General Vanier P.S.

A panel of five adjudicators convenes in early June to assess applications received. Criteria include the following:

- How the proposed project enriches and reinforces the curriculum
- How the project will be introduced prior to the arrival of the artist selected
- The number of students involved and how they will be impacted
- The number of staff involved
- How the project will be timetabled
- Schools with higher needs may be given preference over schools with easy access to extra funding

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this paper.**

**ESSENTIAL HEALTH**



**NATE SHAW**  
RMT

# Concussions

The brain is made up of soft tissue that is surrounded by fluid that protects it within the skull. A sudden injury caused by contact sports, car accidents, or falls can result in the brain being sloshed around the inside of the skull. This type of brain injury is called a concussion.

A concussion is an injury characterized by an abrupt, but temporary, loss of consciousness (from seconds to hours), disturbances of vision, and problems with equilibrium. It is caused by a blow to the head or the sudden stopping of a moving head (as in a car accident) and is the most common brain injury. A concussion produces no obvious bruising of the brain. (Totora and Derrickson: Principles of Anatomy and Physiology).

Concussions are fairly common injuries, but signs and symptoms may not appear right away. Sometimes, they can take hours or days to appear, depending on the severity of the injury. Also, some symptoms may be more prevalent than others depending on the area of the brain that was injured. The negative effects of concussions are cumulative. There is an increased risk for serious injury if multiple concussions occur.

Immediate symptoms can include headaches, confusion, drowsiness, dizziness, vertigo, nausea, vomiting, ringing in the ears, slurred speech, delayed response to questions, or post-traumatic amnesia (not remembering the moments prior to injury). Other symptoms may be delayed, such

as; difficulty concentrating, irritability or mood changes, increased sensitivity to light or sound, difficulty sleeping, depression, loss of balance. When three or more symptoms persist more than three weeks after the injury, the condition is then referred to as Post Concussion Syndrome.

So what should you do if you think you have a concussion?

Go see a doctor immediately. A doctor will assess your strength, balance, coordination, reflexes, sensation, as well as your memory and problem solving capabilities. If a concussion is the doctor's diagnosis, then treatment begins.

In the days and weeks following a concussion diagnosis, it is important to remember that even if you feel better, your brain will still need time to recover. Treatment protocols include; sleep, avoiding physical activities that may cause a reoccurrence of injury, possible changes to work or school schedules, and depending on the severity of the injury, a patient may need permission from a doctor before driving, or operating heavy machinery.

Massage therapy can play a key role in recovery. One of the biggest challenges that deters people

from seeing a massage therapist post concussion is the idea of laying flat, which can exacerbate dizziness, vertigo, or balance issues. Discuss this with your therapist so that alternatives can be used, such as using a massage chair, or doing side laying massage.

Effective techniques include anything that promotes the use of the parasympathetic nervous system (rest and digest). Massage releases endorphins, which cause the body to relax naturally. This also helps relieve the pressure of headaches that can occur as the result of concussions. Massage can also reduce muscle soreness that can occur after sudden physical injury to the body, especially the muscles in the neck, shoulders, head and face.

The effects of concussions can be long lasting. Talk to our team of professionals if you have any questions or concerns. We can help!

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

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



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# Observing World Lymphedema Day

by Stephen Kelland

This past March, “**World Lymphedema Day**” was observed around the globe including across Canada. Recognition took the form of special illumination tributes of Niagara Falls, the CN Tower, the Canada-U.S. Peace Bridge and Bridge 13 of the Welland Canal, among significant landmarks. Teal colours that symbolize lymphedema figured prominently.

Other gestures included proclamations by supportive communities, notably, in Canada’s capital. Since becoming the first-ever municipality, anywhere, to proclaim “**World Lymphedema Day – 6 March 2016**”, Ottawa has annually renewed its supportive gesture. The reason for this annual day of growing global recognition, in Canada and beyond, lies with an advocate for lymphedema resident, within the Riverview Park area.

Most Canadians have never heard or read of “lymphedema” or even lymphatics much less lymphatic diseases. Canada, unfortunately, is not alone in this ignorance. It was (is) with this sobering reality in mind that advocates are seeking



Ottawa Mayor Jim Watson, Elaine McArdle, spouse of Stephen, represents the support of loved ones within the **Lymphedema Community**, and Stephen Kelland, representing those within the **Lymphedema Community**, who are afflicted with lymphedema, plus in his capacity of **LE&RN: Canada Chapter, Chair**.

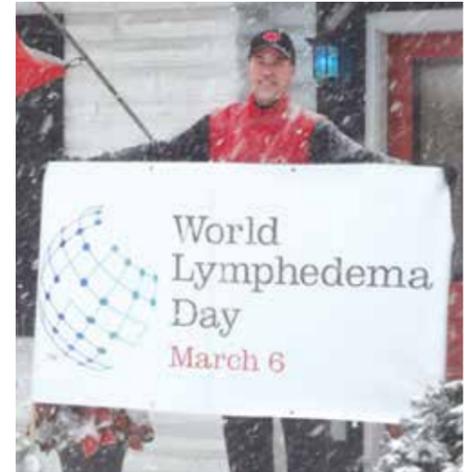
to make changes for the benefit of those living with this scourge, i.e. the **Lymphedema Community**. Stephen Kelland of Riverview Park, Ottawa, is such an advocate.

So what is lymphedema? Lymphedema (LE) is an accumulation of high-protein lymphatic fluid that

causes swelling in the legs, arms, genitals, trunk, head and/or neck. It impairs mobility and function, plus can cause pain, significantly impact quality of life, and lead to severe infection or the loss of use of limbs for the affected person. LE does not discriminate on the basis of gender or age and infection complications such as cellulitis or lymphangitis can require hospitalization for immediate care.

Lymphedema is a progressive, chronic, oft-debilitating and socially stigmatizing disease for which there is no cure. LE is categorized as either hereditary (“primary”) or acquired (“secondary”). Essentially, primary lymphedema presents at birth or manifests itself later in life, from genetic malformation or defect of the lymphatic system. Secondary lymphedema is developed as a result of a bodily trauma such as cancer treatment, radiation therapy, major surgery, severe burns or other injuries. Although LE can and does impact male/female bodies, of either variety of primary or secondary, the lioness’ share of LE is secondary and affects females that have undergone breast cancer and treatment thereof. It is the risk of secondary LE of the upper extremity(ies) arising from breast cancer that has led to the bulk of societal awareness of lymphedema of any kind.

Advocates of LE voice that the disease needs and merits attention. An estimated approximately 1,000,000 Canadians live with LE. Another approximately 10 million Americans live with LE. Plus, according to the World Health Organization, there are an estimated 300 million individuals afflicted with LE, globally.



Stephen Kelland – LE&RN: Canada Chapter, Chair, celebrates “**World Lymphedema Day – 6 March**” with the appropriate banner and illumination of his Riverview Park home with the signature LE colour of teal.

PHOTO: ELAINE MCARDLE

To paint a vivid picture of the magnitude of this situation, in the U.S. alone, this 10 million figure represents more than the number who suffer from AIDS, ALS, Muscular Dystrophy, Multiple Sclerosis and Parkinson’s ...combined! Despite these staggering and sobering figures, studies in Canada and the U.S. have found that aspiring doctors, throughout the course of their medical school curricula and training/education, receive a scant average of 15 minutes to three hours of instruction dedicated to human lymphatics during their medical school education. Citing that old adage that “doctors treat what they know”, there is small wonder that those living with LE remain largely un-/under-/mis-diagnosed for long periods of time...sometimes throughout their entire lives.

For anyone wishing to know more about lymphedema (LE), please visit the World Lymphedema Day website at - <https://lymphaticnetwork.org/wld/>.

To connect with Stephen for interest in joining LE&RN: Canada Chapter and/or in supporting lymphedema advocacy, please contact – [CanadaChapter@LymphaticNetwork.org](mailto:CanadaChapter@LymphaticNetwork.org) or [LymphCanada@gmail.com](mailto:LymphCanada@gmail.com).

This year, Mayor Jim Watson renewed the *Proclamation of 6 March as World Lymphedema Day in Ottawa*. This marked the third ceremonious recognition from Canada’s capital. In 2016, Ottawa became the first-ever municipality, anywhere, to formally observe and recognize *World Lymphedema Day*. Since its inception, *World Lymphedema Day – 6 March* is becoming observed and recognized more and more throughout Canada and the world to increase public attention, awareness and action related to this serious, chronic and progressive disease.

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# OTTAWA'S STREETCARS AT MID-CENTURY – PART 7

## A ride on the Holland – Laurier Line

by Bruce Dudley

Commonly known by operators as the “Somerset” line after its main service corridor, Holland cars ran from the Central Experimental Farm in the city’s west end through old Hintonburg, little Italy, Chinatown, Centretown, Lowertown and Sandy Hill to Charlotte Street and it’s intersection with Rideau. This was a true west to east trip from, in those days, one end of the city to the other.

We’ll start our trip from the turning loop on that part of the Experimental Farm across Carling Avenue near Melrose. As shown on the map, this part of the streetcar line ran south of, and parallel to, Carling Avenue from Holland eastward to the loop near Melrose Avenue. In addition to the loop itself there were two stops on this part of the line, one for the Civic Hospital and one for Parkdale Avenue. To a great extent, the ‘Farm’ line was hidden from Carling by a thick row of trees on the south side thereof.

This track on the ‘Farm’ was private Right-of-Way and quite dark at night so all Somerset cars had roof-mounted long-range headlights for extra illumination in this area. In the 1950s all the Holland cars were from the first two series of the 800 class built in 1925 & 1926. Today, you’re riding in 839, a long-serving unit on Somerset. Before we start I set my front and side scroll signs to display LAURIER and I put a pad of HOLLAND transfers in the clamp and set the cutter to our departure time. Then, with brakes released, doors closed and a notch or two on the controller we slip smoothly out of the loop and we’re on our way downtown.

Leaving the Farm, we swing right to cross Carling and head north on Holland. We run under the CNR overpass and past Fisher Park High School before coming to Holland Avenue junction at Byron Avenue, then it’s on to Wellington Street and a right turn there at Joynt’s Drug Store as we head east through old Hintonburg passing the Elmdale Theatre, the Parkdale Market and then the Grace Hospital. A few minutes later we come to the ‘Y’ at Wellington and Somerset and our track takes us onto the latter and then past D. Kemp Edwards lumber yard as we climb onto the Somerset Street Bridge. Coasting down the other side we approach Preston Street with the

Rainbow Grill on our left and the Plant Bath on our right.

There’s a west-bound Holland car on the other track and we pass with a wave or a nod as we both cross the diamond track with our car taking the long climb up-hill though Chinatown past the Rexy theatre, then we cross Bronson Avenue and a few blocks later Dundonald Park is passed on our right. As we approach Bank Street we pass the Somerset Theatre on our right and Bordens Dairy on our left. Remember the Mello Roll ?

Now we turn left onto Bank, heading north, joining other cars from the Bank and Bronson lines, seeing Eaton’s store at the corner of Laurier west and National Bakery on the left, then we pass the Odeon Theatre and the Diamond BBQ before Albert Street. We pass the Capitol Theatre as we swing right onto Queen Street heading for Elgin. Now we come to and cross the Plaza where you can get off if you are going to Parliament, the Post Office, War Memorial, Union Station or the Chateau Laurier. Then I head down grade on Rideau past the Frieman, Caplan and Ogilvy department stores and swing right onto Nicholas Street. From this we turn left onto Laurier East past Ottawa University, Laurier House and Strathcona Park, then left onto Charlotte Street as we go by the Embassy of the USSR, stopping at

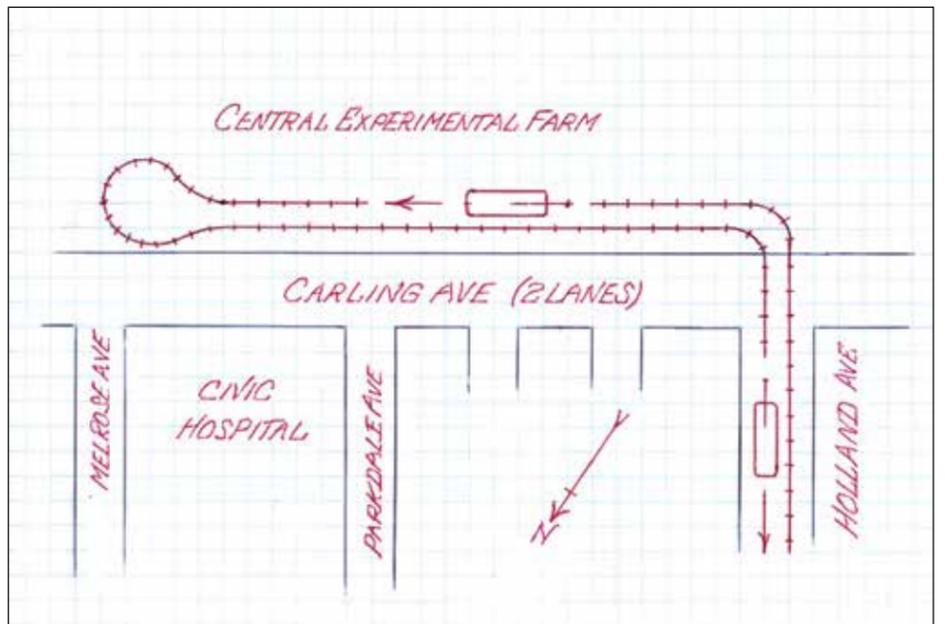


Rideau, our ‘end of line’.

I change my transfer pad to one titled LAURIER, set the cutter for our departure time and change my scroll signs to HOLLAND. The two route deviations on our return trip are, first, now heading west on Rideau, past Imbro’s Italian restaurant, then the Nelson Theatre and

Laroque’s store at Dalhousie Street and, second, taking Sparks Street west to Bank instead of Queen. From here we reverse our route back to Holland Avenue and the loop at the ‘Farm’.

*I hope you enjoyed your trip and I’ll see you again.*



# Family Fun Day

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- Activités pour enfants
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**Saturday, May 12th 2018**  
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# Beating the winter blues at Oakpark Retirement Community

by Pam Maskell

We've had a blast this winter at Oakpark Retirement Community with a variety of different activities to keep away the winter blues. Richard Hanna joined the residents for a puppet making workshop. Over the course of a couple of weeks, he walked us through the steps of creating these beautiful characters from nothing more than felt and fabric. It was incredible to see the creativity from each resident, and how they were able to give such individual personalities to their characters. The residents plan on writing a puppet show to display their works of art, and we're interested to see how Mozart and a crocodile find themselves in the same place!

The Oakpark Choir started practicing again after a short hiatus - it's lovely to hear them working on perfecting their voices in the lounge area on Monday afternoons. We cheered on the Canadian

Olympians by having our very own Olympic games, with competitions such as table curling, bean bag toss, and billiards. We may not have had as much at stake as the Olympian's competing in South Korea, but we definitely had just as much fun! We of course celebrated Chinese New Year, Shrove Tuesday, and Valentine's Day with tasty treats made right here in the Oakpark kitchen - our dietary team is always creating something delicious.

In addition to all that's been taking place inside, we have managed to brave the snow and get out for some fun as well. We thoroughly enjoyed a visit to the Canadian Museum of Nature Butterflies in Flight Exhibit at the beginning of March, and were happy to be enjoying a more tropical climate, if only for the morning. Trips to The Brigadoon in Oxford Mills, and Osgoode to The Red Dot Café for lunch were both a big success in February - getting out for a drive in the winter weath-

er can be an enjoyable experience when you're not the one driving!

With spring just around the corner, the building is getting decorated for a spring trip around Europe. Residents have been working hard on creating some iconic tourist sites such as Big Ben, and the Eiffel Tower as we travel through a different part of Europe each day leading up to a stop in Ireland on St. Paddy's Day.

There's never a dull moment at Oakpark, we've had a great winter keeping busy, and look forward to getting outside more with the impending warmer weather!



*If you or a loved one are interested in learning more about Oakpark, please contact Pam at 613-260-7144, or visit us online at [OakparkRetirement.com](http://OakparkRetirement.com) to view floor plans and see all that Oakpark has to offer!*

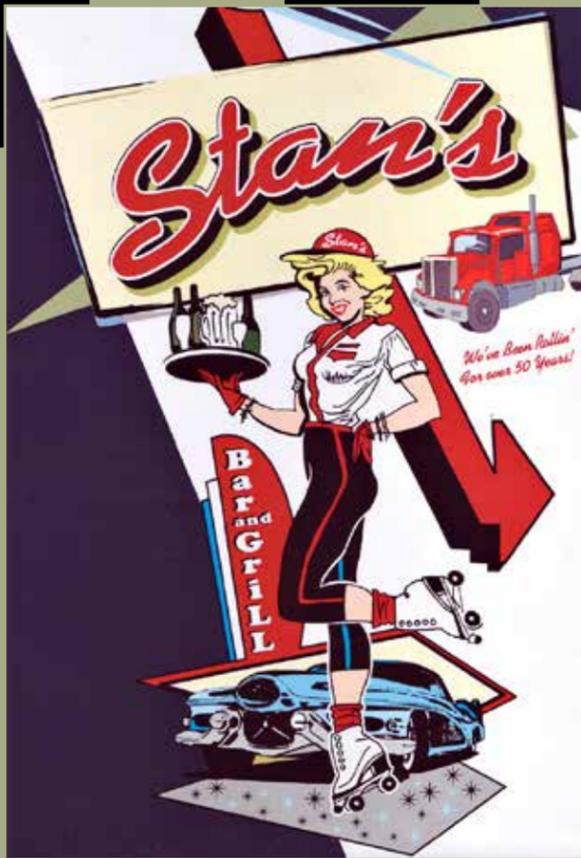


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by Carolyn Mills

# Out and about with Maplewood

The final two community outings organized through Maplewood Retirement Community were met with great success! In January, the group explored the National Art Gallery followed by a tour of the Diefenbunker in February. Both residents and community members were excited to have been given the opportunity to explore places in Ottawa they have never been or have not been to in years.”



Enjoying the beautiful National Art Gallery.



Taking an interesting trip to the Diefenbunker. PHOTO: CAROLYN MILLS



## #1Door4Care

On March 15, I was pleased to join Premier Wynne and many others to announce an investment of \$105 million in the #1Door4Care project with CHEO-OCTC.

This project has been ten years in the making. Its goal is to bring eight locations in the City of Ottawa under one roof and to create a single door for better access and care. Every extra door adds to the burden on already overburdened families. While different programs may be under different funding silos, families' lives are not organized that way.

This new, integrated, state-of-the-art building will create an integrated treatment centre that provides customized supports. Bringing services together under one roof means better access, better care and shorter waits and making life easier and services better for those families. The hub will include:

- Mental Health Services
- Autism Program of Eastern Ontario
- Intensive Behavioural Intervention
- Applied Behavioural Analysis
- Early Intervention
- School Support Program of Eastern Ontario
- Rehabilitation Services including Occupational Therapy, Physical Therapy, Speech Language Pathology and Social Work
- Blind-Low Vision Program
- Respite Services for Children and Youth with Autism
- Seating and Mobility

Creating this hub will also allow community organizations to be on site, offering additional support to children and families.

A big thank you to everyone who has worked so hard to bring #1Door4Care closer to completion. It will make a huge difference in the lives of families with vulnerable children.

## Here to Help

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



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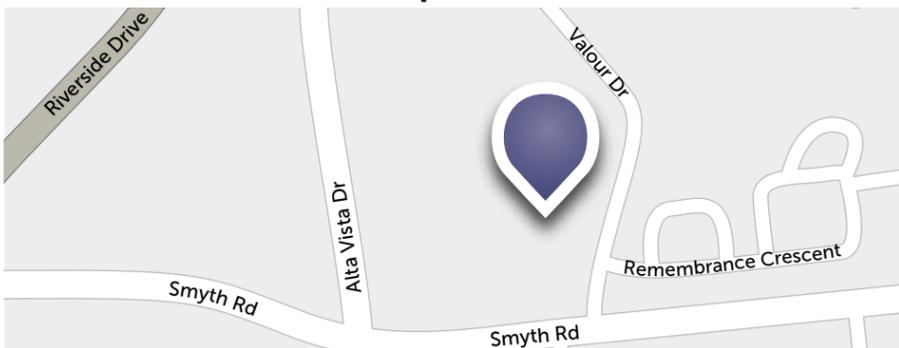
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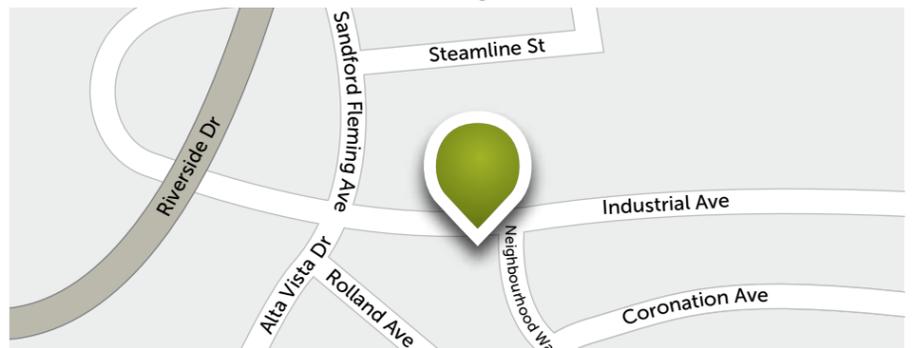
  
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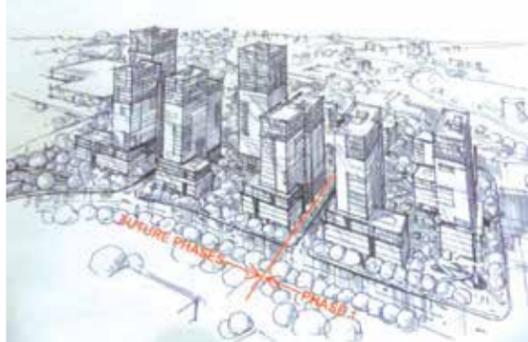


[RiverstoneRetirement.ca](http://RiverstoneRetirement.ca)

# The Ottawa Train Yards proposed residential high-rise rentals



On Monday, March 19th, Riverview Park residents were invited to an Information Open House to see the plans for a proposed development on Streamline Street, off Sandford Fleming Avenue and across from the Post Office. Marty Koshman, President of Controlex, used presentation boards to share the many positive features of the plans with local residents.



Construction of the first phase, consisting of two buildings (15 and 20 storeys respectively) and totaling over 400 units is expected to start in fall 2018 with a 2020 completion date. The proposed Site Plan envisages erecting seven high-rise rental apartment buildings; The entire complex would ultimately have nearly 1900 one- or two- bedroom rental units. There will be underground parking.

The Open House was the result of a request by RPCA President, Kris Nanda to Councillor Jean Cloutier who made the arrangements. Maplewood Retirement Community provided the venue and refreshments and Figure 8 Skate Specialists made available their parking lot. Many positive comments came out of the meeting. City Planner Sean Moore was in attendance to answer questions, as was Controlex staff. PHOTOS: GEOFF RADNOR



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# COMPUTER TIPS & TRICKS

## Voice activated digital assistants – aren't they cute?

by Malcolm and John Harding, of Compu-Home

Some people think of them as robots, and others simply as a replacement for their keyboard. Some affectionately call them by name: Alexa, Siri, Assistant or Cortana, while others would be much happier if they could be sure these spies weren't lurking anywhere in their house.

A bit of history: Microsoft's Cortana, Amazon's Alexa, Google's Assistant and Apple's Siri have been living in our smartphones, tablets and computers for a few years now and voice recognition has pretty much got over being the clumsy stumbling block it once was, to become a truly useful tool. In the past year all four of these big players have upped the ante by introducing smartspeakers that sit on your coffee table and pair up with the digital assistants to do everything from changing the TV channel, to adjusting your furnace, to tweaking the oven, to telling you who is that guy co-starring in the movie you're watching. You start by saying a word that triggers the attention of the system, and then issue your commands or questions from your armchair. The smartspeakers are pretty similar in their capabilities and the fact that one brand won't work with another company's system, and that they all have cute names.

<https://tinyurl.com/ybz64wzu> is a good place to start if you are looking for an overview of the capabilities of VADA. Chiel Hendriks

You didn't think that the big four were bringing out all of this innovation without some sort of profit motive, did you?

from Google Canada paints a very positive picture (not surprisingly) of current and potential conveniences and shortcuts, and provides some insight on how helpful and ubiquitous these systems are poised to become.

**But not so fast!** You didn't think that the big four were bringing out all of this innovation without some sort of profit motive, did you? Studies in both Canada and the USA have exposed some evidence in this area that causes quite a bit of concern.

**Consumer Watchdog** in the United States has done some digging into the patents related to this technology, with results that that produce some worry. We think that most people who read <https://tinyurl.com/yb25gkr6> will wind up paying much more attention to this subject in the future – and avoid planning a bank robbery in the same room with their smartspeaker.

By now most of us have encountered that spooky sensation when we have searched online for information about something and for the

next several days advertisements somehow related to that subject have been incessantly appearing in our email or Facebook pages. Without being able to put a specific finger on it, we know that somebody or something has been monitoring our data and is using that information, and probably making a few bucks out of the process.

Digital assistants and their smartspeaker henchmen just may be carrying that intrusion another step. Remember a few paragraphs ago when we referred to "trigger the attention of the system"? It now seems possible that no trigger is needed – at least not from you.

We recommend two reports from CBC Manitoba: <https://tinyurl.com/y87p5mwk> and <https://tinyurl.com/ycz95d4q> deal with the subject in a lighthearted and breezy but intelligent manner. In addition, CTV has a report with more information, at <https://tinyurl.com/ycozx4ys>

Paranoid? Maybe. Worth careful study and informed judgement? Definitely!

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

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# AIKIDO JISEIKAN IN THE YEAR OF THE DOG



We stuffed ourselves, many thanks to the incomparable Marie-Claire.

by Winking Owl

On the first day of this Chinese lunar new year of the Earth Dog, our dojo celebrated with a fondue dinner. Veggies and moose meat and mushrooms and salmon and shrimp and delicious noodle salad.

We sang the New Year Song:  
*In every street and laneway,  
 On everybody's lips,  
 The first thing we say is,  
 "Good wishes, good wishes."*

*Good wishes, good wishes,  
 Good wishes to you, yeah!  
 Good wishes, good wishes,  
 Good wishes to you!*

*Winter has come to an end,  
 That is such good news,*

*A warm spring breeze is  
 Blowing to wake up the earth.*

*Good wishes, good wishes,  
 Good wishes to you, yeah!  
 Good wishes, good wishes,  
 Good wishes to you!*

*The icy snow has melted,  
 See the plum tree blossom!  
 The long night is past,  
 I heard the cock crow.*

*Good wishes, good wishes,  
 Good wishes to you, yeah!  
 Good wishes, good wishes,  
 Good wishes to you!*

*After so many difficulties,  
 Such bad tempers  
 So many children in their hearts,  
 Look forward to the news of Spring!*

*Good wishes, good wishes,  
 Good wishes to you, yeah!  
 Good wishes, good wishes,  
 Good wishes to you!*

A few of us knew the tune. A few knew the words too, though not in English. That didn't matter, because we were reading them in pinyin, for the first time, singing them in Chinese. Here is the first verse and chorus:

Měi tiáo dà jiē xiǎo xiàng,  
 měi ge rén de zuǐ lí,  
 jiàn miàn dì yī jù huà,  
 jiù shì gōng xǐ gōng xǐ

Gōng xǐ gōng xǐ gōng xǐ nǐ ya,  
 Gōng xǐ gōng xǐ gōng xǐ nǐ



During the chorus, we made the greeting sign with our hands clasped one over the other, awkwardly holding the song sheets. It was up-beat and hopeful. Not slow and looking-back like that plaintive Scottish song of old, about a Chinese guy:

*I know a man, his name is Lang,  
 And he has a neon sign.  
 And Mister Lang is very old,  
 So they call it Old Lang's Sign*

Before New Year's Day, one evening we made our banner for the occasion, just like we do every year. Paper, scissors, glue, and graphics with a North American heritage. Mostly students from the senior class and some of the kids. Martial Arts and Crafts. Good times.

*Gōng xǐ gōng xǐ gōng xǐ nǐ!  
 Good wishes, good wishes,  
 Good wishes to you!*



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## FINANCIAL PLANNER

# Become familiar with wealth transfer strategies

by Bob Jamieson

To retire comfortably, you need to save and invest regularly using an effective savings and investment strategy. Maximizing RRSPs, TFSAs, or other retirement accounts will likely be essential to realizing your retirement goals. Once you retire, you'll need to "switch gears" somewhat and begin considering wealth transfer strategies.

An effective wealth transfer strategy can help you accomplish a variety of goals, such as distributing your assets the way you choose, avoiding probate fees and reducing estate taxes. You can explore a variety of wealth transfer tools, including the following:

- **Gifting**— Gifting your assets to your adult children can help minimize the size of your estate, reducing the tax burden at death. This could also potentially lower probate, executor and legal fees. Be careful when gifting property (including cash and securities) to a spouse or minor child, as income attribution rules may apply, causing income

earned on the gifted property to be taxed in your hands.

If you donate securities with a capital gain to a registered Canadian charity then there is no tax payable on the capital gain, and you get full credit for the donation, up to the standard charitable deduction limit.

- **Will** — A will is simply a plan for distributing your assets to family members and other beneficiaries. If you were to die intestate (without a will), provincial laws would determine how your assets should be distributed — and there's no guarantee that the end result would be what you would have chosen. However, a will does not override, and should not conflict with:
- **Beneficiary designations** — Many of your financial assets — including life insurance policies, RRSP/RRIFs and TFSAs — allow you to name a beneficiary. Upon your death, your beneficiary will automatically receive these assets, avoiding

the sometimes time-consuming, expensive (and public) process of probate. It is essential that you periodically review these designations to make sure they reflect your current wishes and that they do not conflict with the terms of your will.

- **Trusts** — Different trusts can help you accomplish a variety of wealth transfer and estate planning goals. For example, an inter vivos trust can help you leave assets to your heirs without going through probate. You can also structure the trust to stagger payments over a number of years, rather than all at once, or include other restrictions or incentives.

As you can see, trusts are versatile instruments — but they are also complex. Consequently, you'll need to consult with your tax and legal advisors regarding your particular situa-

tion.

- **Permanent Life Insurance** — When building an estate for your heirs, you have typically considered both registered and unregistered investment accounts as your principal sources of accumulating wealth. Permanent life insurance can be used to pay taxes on the estate, but also to effectively accumulate wealth and pass it along to children or grandchildren, typically in a very tax-efficient manner.

All the wealth transfer techniques we've looked at will require some careful thought and preparation on your part — so don't wait too long before getting started. Time has a way of sneaking up on all of us — but it's especially sneaky when we're unprepared.

If you would to discuss the above strategies in more detail, please give me a call at 613-526-3030.

**Bob Jamieson, CFP**

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## An invitation to graffiti

by David Knockaert

Although the sight of teenagers with spray cans is normally cause to call the Vice-Principal, such was not the reaction the other day at Hillcrest H.S. A guest artist from South Africa visited Art class and initiated a collaborative graffiti project with the students. Discussions revolved around "Truth and Reconciliation" as well as shared concerns with South Africa's own experience with TRC in the 1980's and 90's.

The word in the painting says UBUNTU, This was an important term used in South Africa during their own TRC. It is often translated as "humanity towards others", but is used in a more philosophical sense to mean "the belief in a universal bond of sharing that connects all humanity". Using stencils and spray cans, students were encouraged to spray various symbols over and within the word UBUNTU.

# Nigerian Labour Congress honours Paul Puritt

A resident of Riverview Park, Paul Puritt, former Riverview Park Community Association board member, was recently invited to Abuja, Nigeria. He was there for the 40th anniversary of the Nigeria Labour Congress along with 1800 other participants.

There he was presented with a plaque which reads, "To comrade Paul Puritt in recognition of your meritorious contribution to the Nigeria Labour Congress in its struggle of the working people".

Paul is remembered in Nigeria as a Canadian Labour Congress staff member who led workshops throughout West Africa to strengthen trade unions in Nigeria, Ghana, Sierra Leone and the Gambia. He also led workshops in the Middle East and Asia.

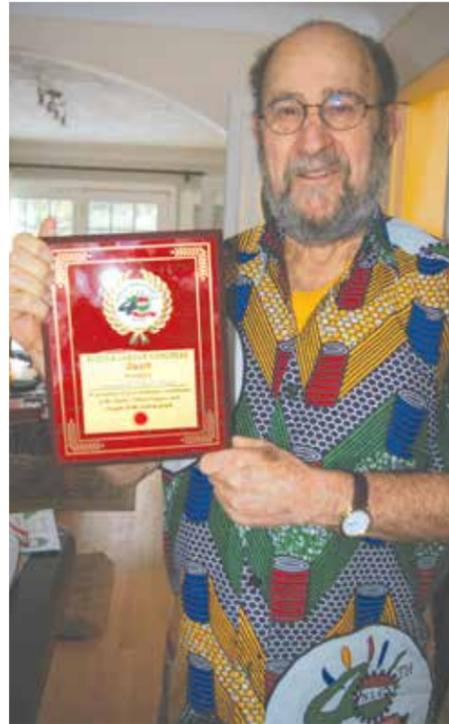
Previously he had worked for OXFAM-Canada planning humanitarian projects for the liberation movements of southern Africa. He



Paul Puritt (R) and Steve Faulkner at the Nigerian Labour Congress Celebration. Comrade Faulkner worked with Paul on the West Africa workshops in the 1990s.

met with Nelson Mandela on eight occasions and attended his inauguration as president in 1994.

Paul had previously lived in Tanzania for six years (1964-70) where he did PhD research on Mount Meru and taught at the University of Dar es Salaam. He contributed a chapter to the book, *One Party De-*



The Nigerian Labour Congress honored Paul with a plaque and a shirt at their 40th anniversary gala dinner. PHOTO CREDIT: BILL FAIRBAIRN

mocracy, on Tanzania's first democratic elections in 1965.

After teaching at several universities in Canada and the USA, he joined OXFAM-Canada as director for the Ontario region and later as a project officer. And in 1986 he joined the international department of the Canadian Labour Congress.

Today Paul suffers from dry macular degeneration. He visits CNIB-Low Vision Canada who sold him a CCTV which projects a page onto a screen which enlarges type. He also listens to audible books and was amazed to learn that he can borrow free audio books on CD from the Ottawa Public Library on a Victor reader on loan from the library. His main problem is to find his place after falling asleep while listening to the book and forgetting where in the book he fell asleep.

When the Nigerian Labour Congress learned of his condition, they went out of their way to ensure that he had a safe visit to and from Nigeria.



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## Bourbon glazed ham

### Ingredients:

- 8-10 pounds ham, fully cooked, bone-in
- 1/2 cup brown sugar, firmly packed
- 1/4 cup Dijon mustard
- 1/2 teaspoon clove, ground
- 1 teaspoon cinnamon, ground
- 1 large orange, zest
- 1/4 cup maple syrup
- 1/4 cup bourbon whiskey

### Directions

1. Preheat oven to 350 degrees. Remove any plastic packaging or netting from the ham. Trim away the rind, any excess fat, leaving about a 1/4-inch layer all over. Score the ham diamond shaped, going no deeper than a 1/4 inch. Put a cup of water in the bottom section of a large broiler pan. Add rack and place ham cut side down in pan. Set the ham aside to rest at room temperature for 30 minutes.

2. Combine ingredients 2-8. Mix well. Brush half of the mixture all over ham. Cover ham first with parchment paper, then tightly with aluminum foil and bake for 45 minutes. Brush the remaining mixture all over ham and bake uncovered for an additional 20 minutes or until internal temperature is 160 degrees and the ham has caramelized. Let the ham rest 15 to 20 minutes before slicing. Serves 16 to 20 people.

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# A great Ottawa success story coming to Riverview Park

by Geoff Radnor

**T**rainyards started with the opening of the Walmart store in early 2007, it has taken another eleven years for it to reach its current level of retail stores.

Within the next twelve months we will see further expansion with Rack by Nordstrom and three other adjacent stores (currently not leased) plus the new coffee house experience 'Figaro'.

Walmart, along with Bed Bath & Beyond, Designer Shoe Warehouse (DSW) and buybuy Baby are prominent American owned companies. Two of the Canadian success stories at Trainyards are the Dollarama and Farm Boy stores. Dollarama was originally a Montreal company owned by the Rossy family, (anyone remember the Rossy store in Gatineau?) however it is now 80% owned by the US Bain Capital. Dollarama has over 1,000 stores in Canada.

Farm Boy was started in Cornwall in the early 1980s by the Bellemare family with a small fresh food grocery store. A larger store followed on Sydney Street in Cornwall. Now there are over 25 stores in Ontario, one of the latest opened in Ottawa's downtown Rideau Centre. Some stores now also sell wine and beer. Two great success stories for Canadian retailers.

The newest company to announce its entry into the Trainyards is not actually in the Trainyards but further down Industrial Ave. occupying the former site of Budget car rental. Dymon is calling their new location Trainyards.

Dymon rents space that is full of air. It awaits your articles to be stored in that space.

The first Dymon location opened in 2006 on Coventry Road opposite the Canadian Tire store. The company was started by Brent Wilson and Glen Luckman, two Ottawa businessmen who started off buying up old poorly maintained buildings, renovated them, brought in good tenants and then sold them. Two buildings that were re-invented have now become the two retirement residences, the Lord Lansdowne on Bank Street and the Duke of Devonshire close



Steve Creighton in the truck entrance to Dymon at Walkley. PHOTO: GEOFF RADNOR



Another area success story: Farm Boy, Cornwall, 1984. PHOTO: FARM BOY

to the Civic Hospital. Both were eventually sold to Chartwell.

The company used to be called Drive-in Self Storage. That name really was not good enough for Wilson and Luckman to use for their new company and its product. So Self Storage got scrapped, and Drive-in was usually associated with the movies in your car, so that went too, which just left Drive, that became Dymon. Note the close relation to a high quality jewel.

Dymon entered the storage business when they saw an opportunity to provide a better product with much better service to the customer. Previously self-storage facilities were located on the outskirts of town or in an industrial park and were built basically with concrete blocks surrounded by a chain link fence for security. You had your key and you drove out to the storage and unlocked your unit. Most



Inside Dymon Storage on Walkley Road. PHOTO: GEOFF RADNOR

likely the unit was not lit or heated and not supervised. So Wilson and Luckman saw the opportunity.

The quality range of storage facilities is compared to the hotel industry. There is Lou's Motel at the low end and the Chateau Laurier close to the top. Some modern hotels worldwide are pushing up that top end considerably; compare some hotels in London, New York and Dubai that are mini palaces. This is what Dymon wants to be, the top end.

On a visit to the Dymon facil-

ity on Walkley Road, which was an older building that received the Dymon refit treatment, one can see that the aim is to provide customers with a first class environment. The outside of the building is beautifully landscaped, the truck entrance is spotlessly clean, and there is a Zamboni machine to keep it that way. All the access points for the customers' storage units are lit and have piped music. Security cameras are on 24 hours a day. The sections are named after

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Every Dymon storage facility will have solar panels covering their roofs. PHOTO: SUBMITTED BY DYMON STORAGE



Farm Boy's 24th store: Farm Boy Rideau opened December 2017.

PHOTO: FARM BOY



A rendering of the proposed Trainyards Dymon Storage on Industrial Avenue. PHOTO: SUBMITTED BY DYMON STORAGE

local streets so that you could rent a unit on the street with the same name as the street where you live. The Walkley facility has Featherstone and Grace. Suggestions for the Trainyards location could be Browning, Smyth and Knox.

Humidity and temperature are controlled. You can access your storage 24/7. There is a complete range of storage sizes from quite small to enormous.

As modern families move into smaller apartments and condos the need for space increases. If you only want to use your canoe during the summer months then you can store it for the winter. Your garden furniture can be stored over the winter, so too your golf clubs. It is not only families that need storage. Businesses are becoming big users of the facility. They can store merchandise that is used occasionally for sales' demonstrations. Sports teams can store equipment in the off season.

Dymon found that a large proportion of their clients were women. Women want a clean attractive environment and this is just what Dymon provides. There is not only storage at Dymon; there are board rooms for your business meetings with all your meeting needs supplied. Local community associations and sports groups



Storage upgrades at Dymon's initial building on Coventry Road.

PHOTO: SUBMITTED BY DYMON STORAGE

are welcome to use these facilities. Dymon are supporters of Canadian charities one of which is Shoe Bank Canada, who collect and distribute new and lightly worn shoes to those in need. CHEO and the Food Bank are also on Dymon's list of charities they support.

The long term plans for the company are to create the Dymon Foundation with a 50% share of the company's profits. Its aim will be to assist in the construction of affordable housing for seniors. Seniors are the fastest growing segment of the population of Canada so the need for housing for them is growing exponentially.

Every Dymon storage facility will have solar panels covering their roofs. This energy is then sold to the Ontario power grid and Dymon pays for the electrical energy used.

This lowers the carbon footprint of each facility. A few little extras that Dymon provides are Dymon-Shred that shreds your documents, just drop them off. If you feel that you would like to dispose of some of things in storage Dymon will list it online for buyers and sellers. Dymon provides an in-house moving service to help you store your belongings. Your things are also covered by insurance for \$10,000.

With 8 locations in Ottawa and more under construction Dymon now controls about 80% of the storage market in Ottawa. With this success the company seeks to expand into the greater Toronto area. There are plans to construct the largest storage facility in the world. Wilson and Luckman are looking at perhaps 80 locations in the GTA, nine are currently in the planning or construction stage. That's not bad for a local Ottawa company. Ottawa has been known for its hi tech companies but now one of the leading businesses is storage.

We are assured by Steve Creighton, Senior Vice-President of Dymon that the planned location on Industrial Ave. will be a perfect example of Dymon's modus operandi, with optimum client service together with being a good Riverview Park neighbour.



The Ottawa Regional Cancer Foundation is hosting a Flea Market and Food Truck Social on May 20 2018 at 1500 Alta Vista Drive AND we are looking for vendors!

Turn Spring cleaning into Summer dollars by collecting gently used goods and selling them to help ensure every cancer patient and their family have access to care close to home.

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\$25: bring own table  
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# Trinity Church's 50th events in store for the community

by Pastor Franklin Chouinard

The words "the church" can be interpreted in many different ways. When some think of "church" they think of a denomination or style: Catholic or Protestant, main-line or evangelical, traditional or contemporary, liturgical or free. Others think of a building or a place to meet for a service. Still others think of the people that attend a service. The answer, of course, is "yes". Most "churches"—Trinity Church included—fit within all three definitions.

Trinity Church is part of the Church of the Nazarene—a church with a deep church history. The denomination comes out of Wesleyan-Methodism, which came from the Church of England (Anglicanism), which itself came from the Roman Catholic Church, which traces its foundation to the beginning of Christianity.

The building is situated on the corner of Avalon Place and Braydon Avenue. This year it celebrates 50 years of ministry from that location. It is a well-used facility: the Alta Vista Cooperative Nursery School operates Monday through Friday during the school year "at Trinity Church" (before and after school care is available as well as nursery programs running through the day); an Hispanic congregation meets Saturdays and Sundays; a community garden continues on "the church" property; and the Trinity congregation is itself quite active with services each Sunday and community activities through the week.

Trinity congregation meets for their "church service" each Sunday morning at 11:00. It is an open "church"—everyone is welcome to attend and to participate in the celebration of God's goodness. Services are a mixture of traditional hymns and contemporary songs sung by the congregation led by a team of talented young people. Biblically based messages that encourage and challenge are shared by Pastor Frank Chouinard, who has been part of the congregation since 1994.

The community focus of Trinity Church is compassion. A *FreeShare* depot (the sharing of gently used goods and clothing) was established in 2010. It still operates on an occasional basis; recently Trinity Church has been part of "The Big Give", an across-Ottawa event in which churches unite in a unified day of giving, each from their own location. This year's Big Give is June 2. The Trinity congregation supports a congregation in Cuba and is involved in a child sponsor-



Join the congregation in worship Sunday mornings at 480 Avalon Place at Braydon. PHOTO CREDIT: GEOFF RADNOR

At the forefront of the life of the church is meeting the needs of those who are searching for a deeper spiritual life. The congregation meets for a time of worship – for "church" – Sunday mornings at 11:00.

ship program.

Trinity Church also provides land for a community garden. The garden operates arms-length from the church with its own volunteer board. Over 40 plots are available for local gardeners. The community garden's annual meeting will take place in April; the gardening season will soon be here!

An active youth group meets each Friday evening. Under the direction of Matt Charlebois, activities for teens range from the tame to the wild. Teen night activities are an excellent alternative to Friday evening boredom at a minimal cost. The building is also available to young people of all ages the second and fourth Wednesdays of each month for "YouthSpace"—a time set aside for teens and young adults to get together. As well, the teens are planning for a youth-led and themed service in the middle of June (which will follow an all-night year-end party), and a number of the group will again head to Central America to work with children in August.

Plans for the church's 50th anniversary continue. Along with various events that will take place

through the year, two weekends are being emphasized for the celebrations.

September 7-9's celebration will focus on the local community. The annual "cinema under the stars" will kick off the celebration Friday evening September 7. A family movie yet to be determined will be shown from the front yard of the church at dusk. Popcorn and snacks will be available. All are invited to bring a lawn chair or blanket and join with others from Riverview Park and the church for a fun family time.

On Saturday afternoon of September 8 the church will hold an open house and family fun day. All are invited to meet with members of the congregation and tour the building to see what is happening in the life of this local community church and how it is involved in Riverview Park. The staff of the Alta Vista Cooperative Nursery School will be on hand as well as members of the Hispanic congregation and the community garden. A mini-carnival will be set up for children.

Sunday, September 9, is the annual Harvest Celebration with the community garden. A harvest potluck meal will follow the morning

church service as the gardening season nears its end. Weather permitting, the potluck will be held outside.

October's celebration activities will feature a banquet meal held Saturday the 27th in Kanata, at Trinity's daughter church. Many who were previously associated with Trinity Church will be part of this time of remembrance, including Rev. Bill Coulter, founding pastor of Trinity. The activities will conclude with the Sunday morning worship service with National Director of the Church of the Nazarene in Canada Dr. Ian Fitzpatrick speaking.

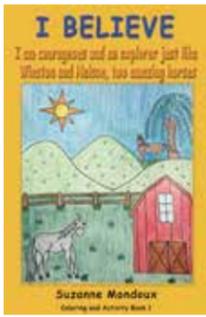
At the forefront of the life of the church is meeting the needs of those who are searching for a deeper spiritual life. The congregation meets for a time of worship—for "church"—Sunday mornings at 11:00. Holy Week services (March 26-29) will alternate between the Bridlewood and Trinity churches. Services will begin each evening at 7:00; prayer, meditation, and reflection will be emphasized, with a brief message following. The week's theme: the *People of the Week*. Bridlewood Church will host a Good Friday Service. Pastor Frank will speak at Trinity Church on Easter Sunday.

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

# Kindergartens ahoy!

by Bill Fairbairn

Reviewing, at age 82, an inspirational book for young children certainly takes one back in time to fairy tales and the like.



The theme of *I Believe* is that every child should be courageous and an explorer like its protagonists, two separated and lonely horses named Winston and Nelson. Neither, living in their faraway lands, had ever seen another horse and each sadly believed that they were the only one of their kind.

One morning at crack of dawn, Winston decides to go on an adventure and explore what lies over the hills and down in the valley from where he lives.

Of course the plot of this horsey tale early on is clear, probably even to a child: Winston is going to find Nelson. Amid illustrations as brilliant as the book's cover, Winston and Nelson enjoy their new-found friendship over a picnic of wheat, a yummy bowl of concentrate made of oats, barley and corn, plus beautiful red apples and brilliant orange carrots.

"I'm certain that we can find others and others are looking for us as well," says Nelson. "Shall we finish our lunch and explore further afield to see what else we can learn and discover?"

Herein lies the inspiration for human toddlers to become more than explorers. First the book encourages children to draw a map of where they live and where they would like to go. And to believe that they are there!

They are encouraged next, over many days, to draw different dream pages with imagination soaring all over them.

"So let's begin having fun, remembering to smile and laugh, with curiosity at every desk," the book suggests. "I believe in myself," author Suzanne Mondoux urges her reader to adopt as a slogan.

Suzanne is an Ottawa writer inspired by her personal relationships and life experiences, a self-taught writer of poetry, plays, screenplays, prose and the author of several other books including the novel *How I Became a Dragon*. She has lived and worked in various West African countries and holds an MS in environment and management.

Her latest book really does believe in itself as a source of inspiration for children.

Published by Baico of Ottawa (info@baico.ca)



THE NEW LRT STATION AT HURDMAN: This impressive shot of the new LRT Station at Hurdman shows just how large it will be and how well it is progressing toward completion.



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## THE ARTS IN RIVERVIEW PARK BY DIANE SCHMOLKA

# Interview with Alberte Villeneuve, author and columnist

**G**ood afternoon, Alberte. We met a few years ago at Arts Night, 30 Cleary Ave, when you were the guest literary artist. I was very impressed with your delivery and courage to describe how you became a writer.

**Would you say your childhood was happy?**

Yes! I was raised on a farm in Beckett's Creek near Cumberland. The eldest of four children, I enjoyed farm life. I have always been close to nature and I preferred working outdoors in the garden or the fields. I became very good at working with machinery. Some called me my "dad's hired hand". Our school, St-Jean Baptiste, was a one-room francophone school in Beckett's Creek. This is where I honed my love of reading and developed a desire to teach one day.

**From your CV, I've gleaned that you really enjoyed academic subjects. You also enjoyed being a teacher. Your life challenges began when your first husband was diagnosed as bipolar. Was he cruel to you and your daughter? What within you helped you through those difficult times and enabled you to separate from him?**

First, he used emotional control, then financial control, but before we married, I warned him, that if he ever was violent toward me, that would automatically end our marriage. His bipolar condition progressed so intensely that he became violent, lost control completely, and I had to obtain a separation. Less than two weeks later, he committed suicide. This is described in my novel: "The Neglected Garden"

**What compelled you to write "Le jardin négligé"? Was it successful?**

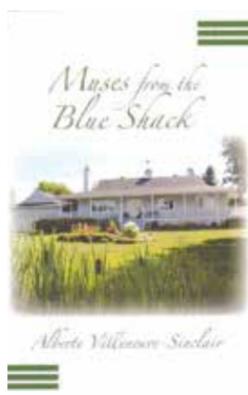
Seven years later, I started writing "Le jardin négligé" and sent it to the "Salon du livre de l'Outaouais" writer's contest in 1988. My daughter wrote a story also and



Alberte Villeneuve's parents and her daughter, Adèle. "I was writing 'Le jardin négligé' at the time," Alberte notes. PHOTOS: FAMILY SUBMITTED



Alberte Villeneuve



submitted it in the 12+ category. As luck would have it, we both won first prize.

"Le jardin négligé" was published in 1990 by one of Montreal's largest publishing houses, "Le Méridien". The launch was the biggest one of "Le Salon du livre de l'Outaouais" that year. Following the launch, I was invited to make presentations to women's groups and talk about violence against women. I then decided to translate my novel, "The Neglected Garden" and write another French one, "Une prière pour Hélène". It is during those years that I met a wonderful man who would become my husband, Brian Sinclair. Brian was the love of my life and a wonderful father for

Adèle who went on to be published twice in youth anthologies. We did TV and radio interviews, separately and together. Adèle married in 2003 and my loving Brian died of lung cancer in 2004.

**How did you become a columnist?**

A member of OIW (Ottawa Independent Writers), l'AAOF (Association des auteurs/auteures de l'Ontario français) and AOE (Arts Ottawa East), Carl Dow asked me to write articles for his internet newspaper "True North Perspective". Then, Patrick Meikle asked if he could carry some of my articles in his "Canaan Connexion" newspaper and finally, after a presentation at the "Muséoparc Vanier", Christian Marcoux asked me to write for "Perspectives Vanier". During those years, I also gave writing workshops and one of them was at the local school in Vars where my granddaughter, Lea who loved writing, went to school. The six girls in the group had decided to write about bullying and the story turned out so well, I decided we would have it published in 2011. The book has been very popular in school presentations on the subject and Lea and I translated and published "Le génie de Jessie" in English at Baico's in 2013.

During those years, I have often participated in French and English anthologies, the latest being "Ottawa One Five O". I had been toying with the idea of publishing my own anthology featuring some of my articles. "Muses from the Blue Shack" is now a reality – a first compilation of some of my favou-



At the farm with sister Diane (L), brother André and Alberte Villeneuve (R).

rite articles. There will be a launch at the Russell Library on March 24th at 2 pm, a presentation at the VAWBN "Vars & Area Women's Business Network" on March 28th at 7:15 pm and a book signing session at Books on Beechwood on April 7th from noon until 2 pm.

My son-in-law and daughter have six children: Brice, Lea, Logan, Nathan, Spencer and Jessie. They are my pride and joy as you will see in the book "Muses from the Blue Shack"

**My last question is: many of us who excel in one art form are also reasonably competent in one or more additional forms. What is yours?**

(Alberte blushes slightly from surprise). I'm also a visual artist. I use oils, acrylics, and sometimes, water paints, but the first two are my favorites. I design my own book covers.

Here are a few of the links to the newspaper columns for which she writes:

<http://www.albertevilleneuve.ca/about-alberte/> her webpage  
<http://www.albertevilleneuve.ca/books/http://www.albertevilleneuve.ca/books/>  
 Facebook: Alberte V. Sinclair  
 Website: Home - [albertevilleneuve.ca](http://www.albertevilleneuve.ca)

**Thank you very much, for allowing me to interview you. I've enjoyed sharing my thoughts on writing, but enjoying even more your sharing your courage and strength to conquer the dark experiences from your past, and achieving success in publishing and visual arts. Please keep in touch.**

*Diane Schmolka, reporter for The Arts in Riverview Park.*

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## Our new museum

CONTINUED FROM PAGE 1

Ford GT car. Henry Seth Taylor was a jeweller and watchmaker in Stansted Quebec and he built the car and showed it at the Stansted Fair in 1867. It is a steam engine that drives the wheels and there are no brakes. It used wood or coal as fuel. It crashed on its debut but it did OK at the Stansted Fair the next year.

It was not for almost a century before it re-appeared, found in a barn near Stansted by Gertrude Sowden. Nobody seemed too interested in the wreck and it was eventually sold to Richard Stewart, a car collector from the US. It wasn't until 1983 that the Henry Seth Taylor's "horseless carriage" was acquired by the Museum of Science & Tech. It is now displayed, re-furnished and looking like new, next to the state-of-the-art 2017 Ford GT.

These two exhibits are just a small part of the total on view at our new museum. It is now into its fourth month since it re-opened



"Henry Seth Taylor's Horseless Carriage from 1867 was steam powered but with Nice Wheels!" PHOTO: GEOFF RADNOR

after a long period of rebuilding. The attendance has been well over

its anticipated level and on a visit during March break the place was

packed, but there is still plenty of space for all.

The biggest change that the museum has witnessed is the increase in the number of the very young. Young mothers with strollers, families with many in the 5 to 10 year age group are definitely boosting the total number of visitors.

The ZOOM room is a true fun place for the young ones. On one evening the museum saw a bachelorette party of members, so the range of visitor's ages is considerable. The meaning of "Science & Tech" may be lost on the very young visitors. They could well be quite content with the fun of the Crazy Kitchen, or watching the seals through the glass windows or climbing the wall in the ZOOM room. Some will surely grow up to be the new Canadian scientists and technology experts.

We thank Jonathan Vinden of Multimatic Inc. for his help in the description of the Ford GT.

## Goals4Soles

CONTINUED FROM PAGE 1

On Thursday May 10th, Goals 4 SOLEs will have their annual "Bike tune-up day" on the basketball courts of the Russell Heights community. Your support in the past has been wonderful and we are once again requesting gently used bikes to give away to this community. These can be dropped off at Vincent Massey Public School.

We would also like to extend the opportunity of being on-site to help repair the bicycles.

Thanks to our volunteers in the past and we welcome our newest member, Jason, from Retro-rides.ca



To be connected to the group and their efforts, you can follow us on social media: Instagram (@goals\_4\_soles), Twitter (@Goals\_4\_Soles) and contact us via email: goals4soles@gmail.com.



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## RIVERVIEW... THEN

## Ottawa Train Yard changes on Industrial Avenue

by Paul Walsh

This aerial view of Riverview Park looking over to the future Train-yards shows the many changes that have come about since this photo was taken in 2006.

Lately, we are seeing much new growth on the south side of Industrial Ave., closest to Coronation Ave., and many large warehouse style buildings are being replaced by smaller individual shopping malls.

Eagle eyes might notice the apartment buildings on Coronation, right next to the newly-changed Hydro corridor, right by the former Loeb's warehouse which is now housing Metro concerns. Using this as an anchor, and to the right of that, you can see how few original complexes are surviving the change to more retail store outlets. That trend is going to increase very shortly I am told.

On the corner of Industrial and Sandford Fleming, the old trucking and merchandise sorting building, now, is well on its way to demolition, and one can expect to see further expansion there to the Ottawa Train Yards success story.



Member of Parliament | Député

**David McGuinty**

Ottawa South | d'Ottawa-Sud



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

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

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

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

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

**David McGuinty, MP | Député**

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# GRADE ONE BOOK REVIEW – RIVERVIEW ALTERNATIVE SCHOOL

## Our chickadee feelings

by Benji, Charlotte and Evelyn

Our teacher, Ms. Nesmith, read us *That Chickadee Feeling*, a book by Frank Glew. It was about a boy who was bored and then a chickadee landed on his hand. *That Chickadee Feeling* is a story about happiness. My opinion is that the chickadee made the boy happy. It was so awesome. It was amazing and cheerful! I liked the chickadee because it made the boy happy. The boy had the chickadee feeling.

*I liked the rainbow in the story because it has lots of bright colours and dark colours too.* (Evelyn)

*Our teacher taught us how to draw a chickadee. The steps were very hard. Every chickadee was different.* (Charlotte)

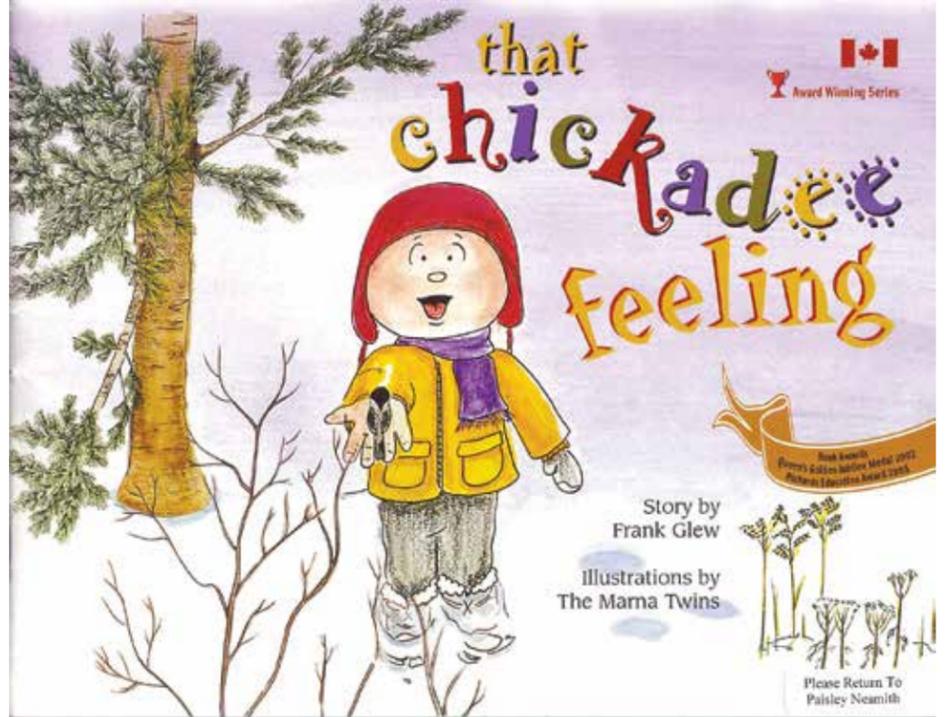
*We all thought of ways that the book connected to our lives. My chickadee feeling is when I held a tarantula. It was fluffy. It made me happy.* (Benji)



BELOW LEFT: Evelyn, Benji and Charlotte think that their principal, Ms. Weiler, drew an excellent chickadee for the bulletin board.

BELOW RIGHT: Benji, Charlotte and Evelyn looked at the pages carefully and then wrote an amazing Grade One book review.

PHOTO CREDIT: GEOFF RADNOR



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MAY 2018 /  
MAI 2018

(Closed on April 2 / Fermée le 2 avril)  
Closed on May 21 / Fermée le 21 mai

### 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, March 26 to April 16, 10:30 a.m. to 11 a.m.
- Les lundis du 26 mars au 16 avril de 10 h 30 à 11 h.

##### \*Session 3

- Mondays, April 30 to May 14, 10:30 a.m. to 11 a.m.
- Les lundis du 30 avril au 14 mai 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, March 27 to April 17, 10:30 a.m. to 11 a.m.

##### \*Session 3

- Tuesdays, May 1 to May 22, 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, March 29 to April 19, 10:30 a.m. to 11 a.m.



- Les jeudis du 29 mars au 19 avril de 10 h 30 à 11 h.

##### \*Session 3

- Thursdays, May 3 to May 24, 10:30 a.m. to 11 a.m.
- Les jeudis du 3 mai au 24 mai de 10 h 30 à 11 h.

### SPECIAL PROGRAMS / PROGRAMME SPECIAUX

#### 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 3 to June 27 from 5:30 p.m. to 7 p.m.
- Les mercredis du 3 janvier au

- 27 juin de 17 h 30 à 19 h.

- Friday, May 18 from 2 p.m. to 4 p.m.
- Le vendredi 18 mai de 14 h à 16 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! No registration required. / Joue aux dés, choisis ta couleur ou saisis un nunchuk.

Viens jouer aux cartes, à un jeu de société ou au Wii avec nous. Aucune inscription requise.

- Saturdays, January 6 to May 26 from 3:30 p.m. to 4:30 p.m.
- Les samedis du 6 janvier au 26 mai de 15 h 30 à 16 h 30.

- Friday, April 27, 2 p.m. to 4 p.m.

- Le vendredi 27 avril de 14 h à 16 h.

#### 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

- Saturdays, March 31 to April 21 from 12:30 p.m. to 3:30 p.m.
- Les samedis du 31 mars au 21 avril de 12 h 30 à 15 h 30.

##### \*Session 3

- Saturdays, May 5 to June 16 from 12:30 p.m. to 3:30 p.m.
- Les samedis du 5 mai au 16 juin

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, April 23, 6 p.m. to 7 p.m.
- Monday, May 28, 6 p.m. to 7 p.m.

### ADULT PROGRAMS

#### BOOK CLUBS

##### Book Banter

Share the enjoyment of good books in a relaxed atmosphere. Join us for discussions on the first Thursday of every month from 2 to 3 p.m.

- Thursday, April 5, 2018  
*News of the World*  
by Paulette Jiles
- Thursday, May 3, 2018  
*The Illegal* by Lawrence Hill
- Thursday, June 7, 2018  
*Mrs. Lincoln's Dressmaker*  
by Jennifer Chiaverini

##### Sleuth Hounds

#### Mystery Book Club

Share the enjoyment of good mysteries in a relaxed atmosphere.

Join us for discussions on the third Thursday of every month 6:30 - 8:00 p.m.

- Thursday, April 19, 2018  
RJ Harlick (an Ottawa author)
- Thursday, May 17, 2018  
Giles Brandreth (Oscar Wilde series)
- Thursday, June 21, 2018  
Brenda Chapman - Stonechild  
Rouleau series. (Ottawa author)

##### Infusions littéraires

Partagez avec nous le plaisir des livres dans une ambiance détendue. Joignez-vous à nous pour une discussion. De 14h00 à 15h00.

- Le lundi 16 avril, 2018  
Faire un rapport d'un extrait d'un des livres de Serge Bouchard
- Le lundi 14 mai, 2018  
L'année la plus longue de Daniel Grenier
- Le lundi 18 juin 2018  
Une dernière danse de Victoria Hislop

### CONVERSATION GROUPS / GROUPE DE CONVERSATION

#### \*Groupe de conversation en français – débutant / French Conversation Group – beginner

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## ALTA VISTA PUBLIC LIBRARY

biance 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 until June 18, 4:45 – 6:00 p.m.
  - Les lundis jusqu'au 18 juin de 16h45 à 18h.
- Closed April 2nd and May 21st/  
Fermée le 2 avril et le 21 mai

### \*Groupe de conversation en français (intermédiaire) / French Conversation Group (intermediate)

Améliorez votre français parlé dans une ambiance décontractée. Ce groupe est de niveau intermédiaire. Aucune inscription requise. Improve your spoken French in a relaxed setting. This group is for those at an intermediate level. No registration required. /

- Tuesdays until June 19, 6:30 – 8:00 p.m.
- Les mardis jusqu'au 19 juin de 18h30 à 20h

### \*English Conversation Groups / Groupes de conversation anglais

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 until June 11th, 6:00 to 7:30 p.m.

- Tuesdays until June 12th, 12:00 to 1:00 PM
  - Les lundis jusqu'au 11 juin de 18h à 19h30
  - Les mardis jusqu'au 12 juin, midi à 13h
- Closed April 2nd and May 21st/  
Fermée le 2 avril et le 21 mai

### ■ OTHER ADULT PROGRAMS

#### Instant Pot 101: Live Demo and Q&A

Join us for an introduction and demonstration to cooking with the Instant Pot! The Instant Pot is an electric pressure cooker that has become popular with home cooks and chefs. Let us take the mystery out of this time-saving kitchen tool. Wednesday, April 11th at 6:30 PM.

#### Starting a Business

Learn what you need to consider and how to plan for starting your business. Whatever kind of business you are starting—online, home-based, local, product sales or service—the steps and procedures in planning and preparing your business are the same. Presented by Invest Ottawa business advisors. Tuesday, May 8th at 6 PM.

#### Windows Performance Tune-up with the Ottawa PC Users Group

If your Windows computer is getting sluggish, you don't have to re-install Windows just to gain back lost performance. Chris Taylor,

President of the Ottawa PC Users' Group and Microsoft Most Valuable Professional, will demonstrate and explain how to safely use many native and 3rd party tools that can help speed up Windows. While a few techniques are exclusive to the latest version of Windows 10, most also apply to older versions of Windows. Wednesday, May 30th at 6:15 PM.

#### Ottawa Public Library 50+ Short Story Contest

The Ottawa Public Library is hosting an annual Short Story Contest for older adults. Adults 50 years or older, who have a Library card, are eligible to enter. They are invited to submit a maximum of two short stories either in English or French. Stories must be original and unpublished works, and under 2000 words. There will be prizes to be won. Contest runs from April 2nd to May 31st.

#### Short Story Writing Workshop – Ottawa Public Library 50+ Short Story Contest

Join Peter Scotchmer, one of the judges for this year's OPL 50+ Short Story Contest, as he discusses the elements of a good story and answers your questions about writing. Friday, May 4 at 3:00 pm to 4:30 pm.

#### One-on-One Computer Tutorials

Book a one-on-one tutorial to learn computer, email and Internet basics. Wednesdays 1 PM to 3 PM. Other times are available upon request. Please visit the main floor service hub for more information or to

schedule an appointment.

### ■ 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, April 5, 12, 26; 6:00-8:00 p.m.
- Saturdays, April 14, 21, 28; 10:15 a.m. -12:15 p.m.
- Thursdays, May 3, 10, 24; 6:00-8:00 p.m.
- Saturdays, May 12, 19, 26; 10:15 a.m. -12:15 p.m.
- Thursdays, June 7, 14, 28; 6:00-8:00 p.m.
- Saturdays, June 9, 16, 23; 10:15 a.m. -12:15 p.m.

*Registration for programs requires a valid OPL library card for each registrant.*

*/ Toutes les personnes qui souhaitent s'inscrire à des programmes doivent être titulaires d'une carte valide de la BPO.*

*The Alta Vista Library is located at 2516 Alta Vista Dr. For more information, please call 613-580-2940*

*La bibliothèque Alta Vista est située au 2516, promenade Alta Vista. Pour de plus amples renseignements, veuillez composer le 613-580-2940.*

## ELMVALE ACRES PUBLIC LIBRARY

**Programs at the Elmvale Acres Branch**  
1910 St Laurent Blvd.  
April 2018 – May 2018

### ■ Children's Programs:

#### Bilingual Family Storytime / Contes en famille bilingue

- Thursday – 10:15 am
  - Jeudi – 10h15
  - Apr 5, 12, 19, 26
  - May 3, 10, 17, 24, 31
- 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.

#### Family Storytime

- Wednesday – 10:15 am
  - Apr 4, 11, 18, 25
  - May 2, 9, 16, 23, 30
- Stories, rhymes and songs for children of all ages and a parent or caregiver. Drop-in program.



#### Babytime/ Bébés à la biblio

- Thursday – 1:30pm
  - Jeudi – 13h30
  - Apr 5, 12, 19, 26
  - May 3, 10, 17, 24, 31
- 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.

#### Game On! / 1,2,3... Au jeu!

- Friday April 27th & May 18th – 2:30 pm
  - Vendredi le 27 avril et le 18 mai – 14h30
- Play card games, board games or Wii games at the Library. Ages 7-12 Drop-in program. / Viens jouer aux

cartes, à des jeux de société ou à la Wii à la Bibliothèque. Pour les 7 à 12 ans. Programme portes ouvertes.

### ■ Adult Programs:

#### Mystery Book Club – Monday Nights are Murder

- Mondays – 6:30 pm
- Share the enjoyment of good mysteries in a relaxed atmosphere. Join us for discussion. First Monday of the month, except for holidays. April 9th featuring any of the Eve Dallas books by JD Robb. May 7th featuring Tim O'Mara's Sacrifice Fly.

#### English Conversation Circle / Groupe de conversation en anglais

- Tuesday – 7pm
  - Apr 3, 10, 17, 24
  - May 1, 8, 15, 22, 29
- 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.

## THE PLANNING AND DEVELOPMENT UPDATE

The Riverview Park Community Association (RPCA) tracks local developments, most notably the status of the newly-opened Hospital Link of the Alta Vista Transportation Corridor (AVTC) Hospital Link road between Riverside Drive and the Ottawa Hospital Ring Road; developments related to the Light Rail (LRT) project; activity in the Ottawa Train Yards including the recently publicized proposal for a high-rise residential complex across from the Post Office; traffic congestion, and better infrastructure for pedestrians and cyclists.

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

### Ottawa Train Yards High-rise Residential Development (Steamline Street)

Following a request from the RPCA, Councillor Cloutier arranged for Senior Ottawa Train Yards officials and City staff to meet with Community Association leaders on February 26 and hold an Open House information session on March 19 to discuss the residential high-rise complex being proposed for Steamline Street (opposite the Main Post Office). Ottawa Train Yards President Marty Koshman also made a presentation to the RPCA Board on March 14.

The context for the proposed full development envisages seven high-rise rental apartment buildings, ranging in height between 15 and 30 storeys. Each building will have six storey sections along the street edge. In total, there would be almost 1900 apartment units built in several phases over the next 7 to 10 years. All parking would be underground which will leave more landscape and amenity area on the surface.

The Site Plan Application that has been made is for the first phase consisting of two buildings (15 and 20 stories respectively) and totaling over 400 units. Construction could start as early as fall 2018 with a 2020 completion date. Each subsequent phase will need to have full site plan applications made as well and will be subject to review and all planning and zoning by-laws.

In its comments to the City on the proposal, the RPCA reiterated its support for the concept of Transit-Oriented Development (TOD) that covers the proposed complex. (The proposed heights and density of the complex fall within the limits prescribed by TOD and that were approved by Council in December 2017). The RPCA has encouraged the inclusion of features designed to encourage residents to use public transit (especially given its proximity



### KRIS NANDA Chair, RPCA Planning & Development Committee

to the new LRT station at Tremblay), cycling and walking – rather than driving. The additional residential units arguably trigger the need for the link to the VIA Train Station and rapid transit that is required in the original agreement with Trainyards from 2000/2001, especially since a Transportation study for the completed project sets a 65% modal share target for transit.

The RPCA submission also had questions about the ratio of parking spaces for building tenants, impact of new vehicles on existing traffic and placement of buildings. It encouraged inclusion of greenspace and other amenities and also stressed the importance of ensuring the new residential units have a community aspect and are integrated well with the existing Riverview Park neighbourhood and Train Yards retail component.

### Alta Vista Transportation Corridor (AVTC) – Hospital Link

Residents have continued to express concerns about illegal turns and (particularly right turns onto northbound Alta Vista Drive), confusing signage at the AVTC's westbound intersection with Alta Vista Drive, the 60km speed limit on the AVTC east of Alta Vista Drive being too high for road that is "residential in nature, similar to a local city street," as previously described on the City website and newsletter on the AVTC. Residents have also observed increased traffic congestion along Alta Vista Drive as well as rat infestation from AVTC construction.

The RPCA has suggested clearer signage, traffic enforcement, and lowering the speed limit to 50km on the section of the AVTC east of Alta Vista (to and from the Hospital Ring Road). In response, the City is planning to increase traffic enforcement at the AVTC/Alta Vista Drive intersection.

Landscaping (including additional work on the berms and new sledding hill) are scheduled 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.

### Proposal for Five-Storey Dymon Storage Facility at 851 Industrial Avenue

Following a January meeting that

RPCA Board members had with Councillor Cloutier and the City about the proposed five-store Dymon Storage facility at 851 Industrial Avenue, the proponents accepted the RPCA invitation to speak at its February Board meeting. (The site is opposite the NAPA parts store and to the east of the OC Bus Storage Facility – recently occupied by Budget Car and Truck Rentals).

The RPCA concluded that the proposed structure would be considerably higher than other buildings along Industrial Avenue and from a planning perspective out of context with the local area, and that there was insufficient justification for the extra height and retail component demanded by the applicant, which triggered the zoning change request. Additionally there were concerns about light pollution and setting a precedent that would lead to a "canyon effect" along Industrial Avenue.

The RPCA and Councillor Cloutier unsuccessfully presented its argument before the City Planning Committee on February 27 against allowing an exemption to allow the fifth storey or ground floor retail. It is now scheduled to go to full council for approval in early spring.

### Pedestrian and Cycling Connections

The RPCA and several other community associations continue to push for funding from the City and other government levels to construct an overpass between Terminal Avenue and the Via Station. The \$6.3 million Westerly option is an excellent candidate for tri-partite infrastructure funding as it would provide an active transportation route between the soon-to-open LRT, the refurbished Train Station and the Ottawa 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 sup-

port from the Ottawa Champions Baseball Team, Controlex (Ottawa Train Yards) Marty Koshman and several other Community Associations (on both sides of Highway 417). Councillor Cloutier 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.

There are three new buildings 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) 650 Industrial, right at the signalized intersection, Figaro Coffee shop, which opened in early March 2018, (2) 610 Industrial: Nordstrom Rack which will take possession in early 2018, and is expected to open in late summer 2018; and (3) 590 Industrial where the Urban Barn furniture store is expected to open in early spring. Additional tenants for this building have not yet been announced.

A sidewalk, trees, grass and some planting beds are being 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. 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.

As this article went to press, there was still no tenant identified for the now-completed office building at 405 Terminal Avenue, though Ottawa Train Yards officials are speaking with several potential occupants.

### Light Rail Construction Project Update

Testing of trains between Blair and University of Ottawa stations (including across the Rideau River Bridge) continue. While the Multi-

CONTINUED ON PAGE 45

# One plus one equals more!

by Denis Poitras

As a young one in the classroom, the first mathematical problem that often projects a stare in a child's brain is what is one plus one? But in the business world, when you add together one business that has been in operation for over 40 years and a young business that is only 5 years old, the combination is an innovative decision to create something that would be bigger than either one could produce on its own.

In this case, both companies have different objectives and sell a variety of different products, but when the two melts together under one identity, it becomes a plus for everyone. The two companies in question are Figure 8/Hockey One Skate Specialists and 4 Dance, Gym and Cheer. As of April 3, the two will have combined forces to serve a greater segment of the active population.

It is a match made in heaven for customers that have kids in either figure skating or hockey as well as kids in dance, gymnastics and cheer. It becomes a one stop shop that allows parents to do all their shopping in one place without having to drive around the city to try to get all that is needed for their kids. The location is a big convenience for parents. All under one

roof with free parking, it becomes stress free.

Over the year, 4 Dance, Gym & Cheer have benefited in part from customers of Figure8/Hockey One Skate Specialists. It has grown as the place to come and do all its retail shopping in one stop. Saving on time and saving on money for gas etc. It was just a matter of time before these two companies would join forces to access a bigger part of the market.

4 DGC is young company that can piggy back on the business expertise of Figure 8/Hockey One Skates Specialist which has been an institution in the Ottawa market since 1974. With its customer base that is renown, 4 Dance, Gym & Cheer can now benefit even more. For the past few years, it has been a business that has gained its popularity due to one on one customer relations, carrying fashion products related to dance, gymnastic leotards from very popular brands and cheer sneakers as well as using social media to promote products or services in a bigger pool of people. For instance, 4DGC has already established a clientele coming from Montreal, Toronto and surrounding areas as well as the United States and other countries.

As of April 3rd, 2018 Figure 8/Hockey One Skates Specialist and



4 Dance, Gym & Cheer will be under one roof on its main floor so that many more customers have the possibility of shopping at their convenience as hours and days of operations will be greater. The new schedule reflects the reality of the business world where one demands to keep up with the need of the population.

**Summer hours** having already taken into effect for both stores

and will be as follows:

Monday – Closed  
Tuesday/Wednesday 9 am – 6 pm  
Thursday/Friday 9 am – 9 pm  
Saturday 9 am – 5 pm  
Sunday 11 am – 5 pm

We've always known that two heads are better than one, so with this joint venture, they will bring its collaboration in sync to a greater part of the population. That being said: One plus one equals more!

## Planning and development update

CONTINUED FROM PAGE 44

use Path (MUP) connection over the Rideau River is currently scheduled to remain closed until revenue service begins in late 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 continuing to push for the re-opening to be expedited, especially since safety barriers and fences along the LRT line on the bridge are already in place, and the expected opening date has now been pushed back to November 2018. Following a request from the RPCA, Councillor Cloutier is in discussion with City officials to see if this span can be opened earlier for cyclists and pedestrians to use this spring and summer.

**Sewer and Flooding Problems**  
The RPCA has contacted Councillor Cloutier and Elmvale Acres Community Association (EACA) President Kevin Kit who met with city staff a few months ago to discuss the October 30th

flooding in Elmvale Acres and surrounding area. The City told the EACA that they attempt to conduct regular inspections and cleaning of the sewers - approximately once every 5 years. EACA requested the maintenance records pertaining to the areas that were affected by the flooding - particularly the dates of any and all inspections conducted (specifically within the last 15 years) as well as all pertinent information on any problems or issues that were identified. Riverview Park residents with similar concerns and who wish additional information may send an email to [info@riverviewpark.ca](mailto:info@riverviewpark.ca).

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

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.

**Information on some project proposals can be found at the City of Ottawa website at: [http://www.city.ottawa.on.ca/residents/planning/index\\_en.html](http://www.city.ottawa.on.ca/residents/planning/index_en.html). The RPCA welcomes your input on these proposals and any other potential developments in the area.**

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

# Chris Ellis



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

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

## MYSTERIES OF CANADA

# Ideas for summer fun

by Bruce Ricketts

If you are looking for something to do this summer, I have an idea for you. Go treasure hunting.

I am sure you are saying that you don't have enough time or airmiles to get you to the Caribbean to look for treasure. But you don't have to go that far. There is a lot of buried treasure here in Ontario... yours for the searching.

Over the past couple of years, I have told you about the treasures hidden at Glenora, Oak Island, Lost Lemon, White Pigeon and Louisburg. But there are far more about which to learn.

For instance, in 1997, a fellow named Kenneth Dick was rumoured to have stuffed thousands of dollars in large bills into tin cans and stashed these in field-stone fences throughout Renfrew County, just up Highway 17 from here. It was reported that one can, containing eighteen 1000-dollar bills, was recovered shortly later. How many cans still lay hidden? Why not take a look for yourself?

There is a small island in Lake Superior (Canadian side) that



is said to be the home of a treasure cache left by British soldiers around 1778. Look for the Isle of Fellow Sands.

Then there is a chest filled with gold coins buried by David Ramsay in 1771. It is supposedly in Long Point Provincial Park.

What about looking in the waters of the Mattawa River, where, in 1870, a Red River Expedition payroll chest was lost when a canoe overturned in the first rapids past Mattawa Station.

A little closer to home, apparently the effluent outflow port of the Canadian Mint on Sussex Drive used to dump wastewater from their smelting operation into the Ottawa River. The effluent contained gold and silver which accumulated on the floor of the river to the bottom just below the port.

Boldt Castle, on Hart Island, is



lion dollars in cash being lost somewhere in the woods near Havelock, along Highway 7.

Then there is the story of Confederate spies, near the end of the American Civil War, stashing millions of dollars worth of gold somewhere around Windsor. They were going to use it when the south rose again.

The story is told of a cave filled with silver near, the aptly named, Meyer's Cave, a village near Mazi-naw Lake, north of Kaladar. And there is a First Nations' piece of oral history that tells of silver mine in Frontenac County that was used by coin counterfeiters. The counterfeiters were arrested but never gave up the location of their mine.

If you decide to search for treasure it is important that you respect private land and if... no... when you find a treasure, report it to the OPP. The government will want to know about it and will award you a fair amount of the value.

Happy hunting.

*Bruce Ricketts is a historian, researcher, and author. Readers are invited to suggest topics for his column at: [bruceericketts@gmail.com](mailto:bruceericketts@gmail.com).*



a well-known tourist attraction in the Thousand Islands. But did you know that an aristocrat named Basil Hyde-Stafford buried a treasure cache somewhere on the island in the early 1900s?

There is apparently a cache of gold buried along the shore of Birch Island, near Thessalon, and another cache of Spanish Gold buried by the conquistador Cortez near Sarnia.

A bank robbery-gone-wrong, in 1962, resulted in a quarter of a mil-

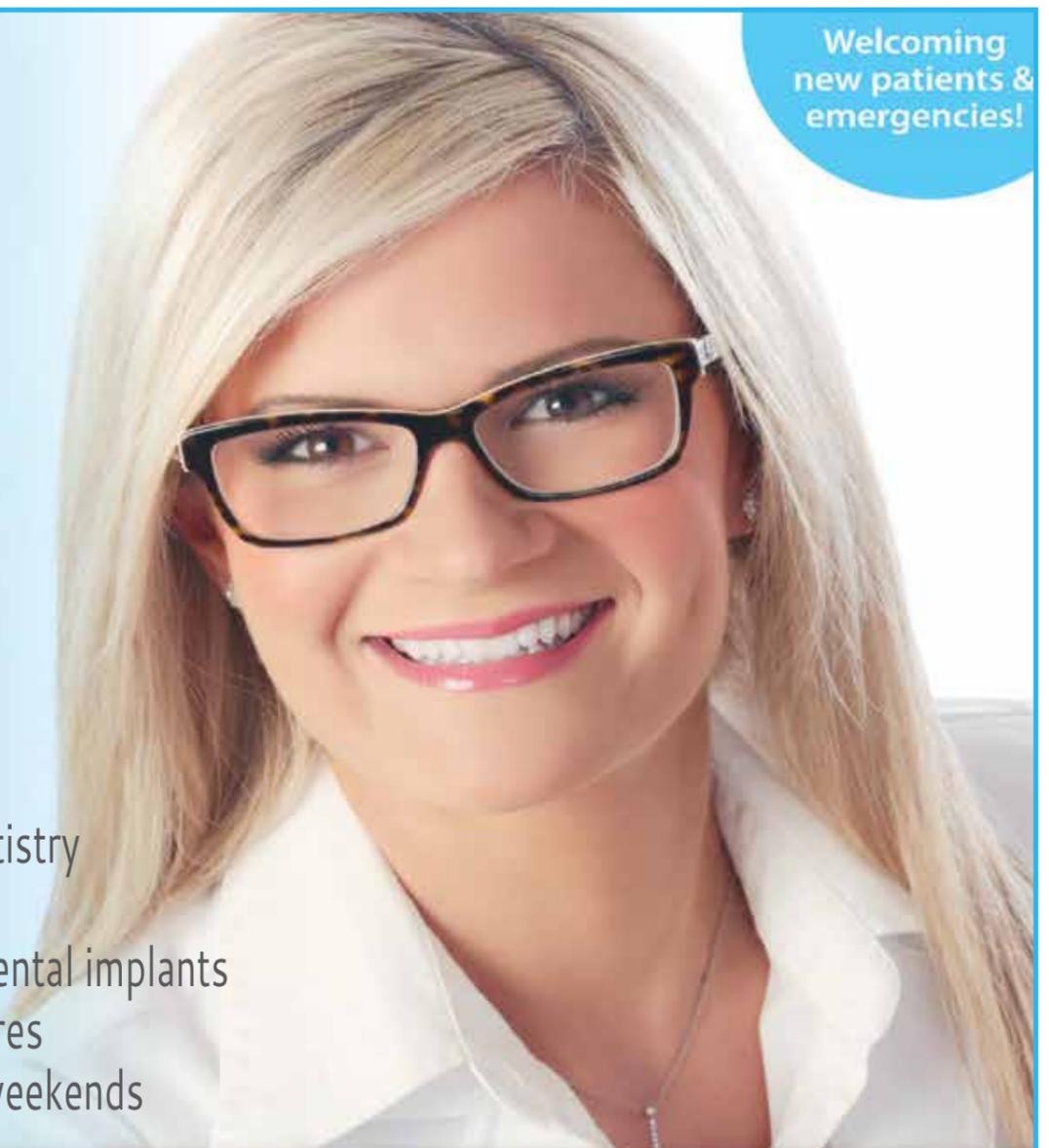


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## DEAR FRAN



**FRAN DENNETT**  
dearfrangardener@gmail.com

# Spring reminders

Spring just arrived so the calendar says. Dedicated gardeners have already been at work perusing the seed catalogues, ordering seeds, attending horticultural presentations and making plans for this season. Everyone is waiting for the warm days to arrive to start pattering in the garden.

## March

Do any spring job that requires not walking on the soil or grass that is has not thawed out.

- Repot pot-bound houseplants and fertilize them. Take cuttings of houseplants suitable for use in outdoor containers and root them. These plants make interesting and unusual fillers in summer containers, saving you money. Most houseplants will root in water within a few weeks. Just remember to transfer them to soil as soon as you see the first sign of a root tip.
- Pot up tuberous begonias so they can develop a root system and are ready to bloom by the end of May. Harden them off before planting them outside.
- Clean out the garage or prepare containers for planting by washing them out, then sterilizing with a solution of 10% bleach & 90% water. Sharpen and lightly oil tools, e.g. spade, hoe, secateurs.

When all the snow is gone (this may be as late as April) and you think you can start gardening, ask yourself this question: "Has the ground or grass sufficiently thawed out that walking on it will not leave footprints?" Or, try this: squeeze a handful of soil. "Does it form a wet ball that does not fall apart?" If you do not see footprints and the ball of soil crumbles, then you can walk on your soil. If there are footprints and the ball of soil stays a ball, it is too wet, and you should wait a few more days until the soil dries further. Then repeat the above as many times as necessary.

Walking on the ground before it has dried out compresses the soil breaking up the complex relationship between microbes and other soil life. If you feel the urge to rake, stand on a path and rake only as far as you can reach without walking on the soil.



## April

Should April be unseasonably warm do not rush out to buy plants and plant them. This can be a costly mistake. Should the weather turn cold—below freezing—these new plants will perish. They probably were not properly hardened off by the growers. Yes, buy them early, but place them in a sheltered location out of the wind until it is warm enough to plant them. Should the nighttime temperature drop to freezing, bring your plants inside or into the garage overnight or until it warms up.

- Remove winter covers from tender shrubs such as Rhododendrons, Japanese maples, *Hydrangea macrophylla*, tree peony, etc.
- Pick up any fallen branches and prune all dead branches.
- Remove dried tops of ornamental grasses to the crown.
- Remove dead leaves and stems from Hellebores and other evergreen perennials.
- Prune back lavender and other woody perennials that bloom on new growth.
- Prune shrubs that bloom in summer, and remove winter-killed tips of other shrubs.
- Prune rose stems to an outward facing branch of new growth.
- Top dress between perennials with compost, do not dig in, the

worms will do it for you.

- Over seed grass and rake castings hills from wormholes into the grass.
- Prune evergreens, e.g. mugo pines, cedar hedges, yews.
- Prune winterkill off clematis. Group 1 clematis prune after flowering as they bloom on old wood. Group 2 is pruned in the spring as soon as the buds are plump and green, remove dead wood and shorten all vines to about three feet and cutting back the side shoots to the first pair of strong buds. Group 3 pruned back hard to 3-4 feet from the soil level every spring as soon as new leaf buds show.
- Start annuals that germinate quickly—asters, zinnias, cosmos, calendula—all these are nectar sources for bees, butterflies and other pollinators in late summer.
- Start tomatoes and peppers towards the end of March.

- Sow garden peas as soon as soil can be worked (the earlier they mature the sweeter the peas).
- Start summer flowering bulbs (e.g., dahlia, calla lilies, canna lilies) indoors.

## May

- Fertilize and aerate lawn in early May when it is still cool.
- Mulch new flowerbeds and top-up mulch on older beds.
- May is ideal time to divide perennials that bloom after mid July—Michaelmas daisies/hardy fall asters, tall phlox, Hosta, Echinops, Hemerocallis.
- Start hardening off seedlings started indoors. Remember to check the nighttime temperature and if it is heading toward zero, bring all seedlings in the house or the garage.
- Sow cool season vegetables directly into the soil e.g., beets, carrots, Brassicas.
- Compost can be spread when it has warmed up. Compost that has been collected over the winter should be layered with leaves saved from last summer then allowed to compost over the summer turning whenever possible.
- Remember to stretch before working in the garden. You probably have not used those muscles since last fall.
- Most importantly, remember to sit down and enjoy the start of another gardening season.

The right of passage to a new gardening season is visiting the garden centers. Go first for just a visit to see what is on offer, noting plants you might like to have. Go home and do some research as to whether those plants will flourish in your garden situation. Then go back and purchase the ones you like.

*As always, I hope you find this information of use.*

- 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
- Fairy Garden Workshops, June 23, information on our website

# Our winter carnivals have many heroes

The community is indeed fortunate to have the superb ice skating surfaces that it does. At Dale Park, Bruce Aho has been keeping the ice rink in great shape for many winter seasons; with kudos to him for another great year. At Balena Rink, Derek and Manon Dion-McElheran had their second year looking the two ice surfaces and again they did a wonderful job. And at both rinks, volunteers were quick to help.

February 11th. The Winter Carnival at Balena Park provided a good variety of events. Kirsten Fraser, Chair of the RPCA Parks and

Rec Committee was the organizing lead while the RPCA, with family and friends looked after the hot chocolate and a variety of snacks.

Again, the campfire was in the exceptional care of the 101st. St. Aidan's Scout Troop. This troop has successfully helped the Riverview Park Community Association for several years. François Marier, Group Commissioner, 101st. Ottawa Scouting Group looked after obtaining the permit and equipment and many appreciative people enjoyed sitting on the hay bales, getting warm, and roasting marshmallows.

Again, this year's edition of Shoot to Win had the wonderful corporate sponsorship of Sonja Payette – Riverview Park Realtor from the Sutton Group. The biggest prize had 4 tickets in a box from the Sens Alumni with all food, drinks paid for.

There were gifts from Starbucks, Five Guys, and Chucks (Ottawa Train Yards). Sonja also bought stuffed toys, chocolates, valentines, treats, hockey items, and some other memorabilia, plus Starbucks cake pops. Amazing!! Thank you, Sonja.

February 17th. This year the cre-

ative residents of Caledon, Dale and Alta Vista provided a fantastic spread of beautifully presented and very appetizing snacks for their winter carnival. Many people chit chatted with friends plus enjoyed meeting new neighbours, and of course people of all ages took advantage of the great ice that Bruce has had ready throughout the winter. And, as usual, this event is run by an incredible team that works so very well together.

Winter 2018. Well done to everyone who helped at Riverview Park's winter carnivals this year. You were the favourites of both afternoons.

## Alta Vista Park Family Fun Day



Mike Smith and Councillor Cloutier did an excellent job of helping with the hot dogs. PHOTOS: GEOFF RADNOR



Lindsay, Emily and Ed of the Hansen Lawn & Gardens Team donated and served the delicious hot chocolate and accepted gifts for the Heron Emergency Food Centre.



Volunteers, Gabriela and Ava, along with Mike Smith, happily looked after serving the hot dogs.

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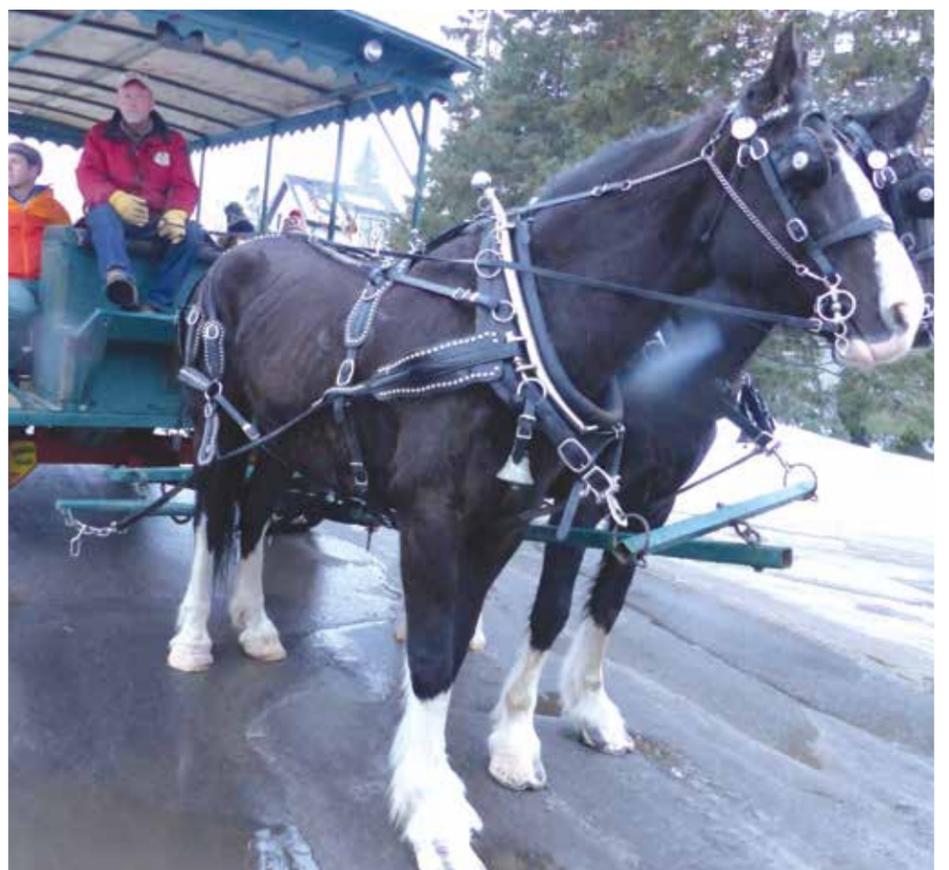
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May and Rosy with driver Doug Scharf from the Hollybrooke Farms took guests for a very fun ride.

# Dale park winter carnival



Ethan (L) and Norah (R) spent many hours at Dale Rink with their mother, Kate. PHOTO: CAROLE MOULT



Andrew, Declan and Rhys enjoy the Dale Park Rink experience. PHOTO: LISA COUTURE

# Balena Park winter carnival



Kirsten Fraser (L), the RPCA winter carnival organizer, was joined by son Vaughan; John Fraser, Ottawa South MPP; Karin Howard, PC Candidate for Ottawa South; and Councillor Jean Cloutier, Ward 18 at Balena Park. PHOTOS: GEOFF RADNOR



Many skaters enjoyed the Balena Rink.



Campfire heroes: Scouter Bill Woodley, Scout Heather, Scouter Ruth Humphries, Cub Sophie, Scouter François Marier and Scout Indira.



What a welcome campfire!



Sonja Pyette contributed handsomely to the winter carnival PHOTO: BILL FAIRBAIRN

## COMMUNITY BULLETIN BOARD

### ■ Rideau Park United Church

2203 Alta Vista Drive,  
Activities and Events,  
April-May 2018.

For more information, call the church office at 613-733-3156 ext 229 (Mon-Fri 9am-4pm) or [www.rideaupark.ca](http://www.rideaupark.ca)

**Gentle Yoga** - Two Sessions: Wed, 5:30 - 6:30pm, OR Fri. 9 - 10am, starting Mar. 21 & through April & May. A gentle flow mat class. Choose one or both classes. More info & fees, call Lynda Spalding, 613-422-3565.

**50+ Exercise Group:** Tues. & Thurs. 9 am-10 am, starting Mar.22 & through April & May. All levels of fitness (men & women). Fees are \$60 for 20 classes, payable by cash or cheque at your first class. Drop-in fee \$8. More info, Lisa Sadler, 613-523-9101.

**“Fitness to Drive as we Age,”** free presentation by The Council on Aging Ottawa on Tues. April 17, 2pm. Age can gradually affect our ability to drive. It is important to understand the physical, perceptual & cognitive changes, to correct them or know how to compensate. Learn more.

**Spring Nearly New and Book Sale:** Fri. April 20, 6 - 8:30pm and Sat. April 21, 9 - 11:30am. It's all second time 'round. Pick clothes for the whole family. Choose from a huge array of books at great prices. Proceeds to the work of the church.

**The Harmony Club for Seniors 60+** meets on Wed. April 25. From 1 to 2pm, listen to a speaker on a topic of interest to seniors. All are welcome.

**Turkey Dinner: Fri. April 27:** Join us for Turkey and all of the trimmings, with sittings at 5pm



and 6:30pm. Tickets at the church office (M-F 9-4) or call 613-733-3156. Adults: \$20., Children ages 6-12: \$10.

**The “Bells In Spring” Concert:** Sun. May 6, 7pm: The Massed Handbell Concert will feature bell ringing ensembles from three other Ottawa churches. and the five handbell and chimes choirs of Rideau Park. Freewill offering.

**Family Dinner:** Fri. May 25, 6pm: Please come & enjoy a dinner of ham, salads & dessert, followed by a performance of Gillian MacDonald's young highland dancers. Tickets at the church office after May 1, or call 613-733-3156. Adults: \$15., Children ages 5-12: \$7. Proceeds to the Refugee Fund of the church.

You are invited to a **Spring Musical Celebration** on Sun. May 27, 2pm, featuring the Chancel Choir and Junior Choirs at Rideau Park. Freewill offering.

Register now for **Camp Awesome 2018**, August 20 - 24: This Christian day camp program at the church serves children aged 4-12. Led by trained staff, activities include games, crafts, drama, singing, water fun and learning about important topics. The Camp runs each day from 10am - 3 pm. Children bring their lunch. Cost per camper is \$75 if you register by June 14, and \$85 after. Optional childcare is available each day before and after the Camp for an added fee. To register online, go to the home page of our website, [www.rideaupark.ca](http://www.rideaupark.ca).

### ■ St. Aidan's Anglican Church,

Roast Beef Dinner, 934 Hamlet Rd., Ottawa, Thursday April 12, 5:00 -6:30 p.m. Tickets \$18.00 for adults, \$9.00 for children under 12, available from the church office at 613-733-0102 or [staidans@bellnet.ca](mailto:staidans@bellnet.ca)

**Friends of the Farm** Several books now available for purchase highlighting Ottawa's Farm, Ornamental Gardens, and Arboretum at the Central Experimental Farm. By local authors, these books are for anyone looking for ideas to localize their gardens and flowers, as well as a treat for those interested in Canadian horticultural history. Available at [friendsofthefarm.ca/boutique](http://friendsofthefarm.ca/boutique) and local bookstores. 613-230-3276

**Lost and Found Pet Recovery Network**

Orrin and Pam Clayton have set up a confidential e-mail list of pet owners (and those who care) in Riverview Park.

If you wish to participate, please e-mail [letterit@rogers.com](mailto:letterit@rogers.com) with your e-mail address, postal address and phone number.

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

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

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

**Balena Park Pet Memorial**  
Commemorate the life of your best friend – your pet!  
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## COMMUNITY BULLETIN BOARD

### ■ Friends of the Farm

**April 7: Volunteer Recruitment Orientation.** Come and meet garden team leaders and event coordinators on Saturday April 7 at 9:30am at Bldg. 72 CEF Arboretum, east exit off Prince of Wales roundabout. 613-230-3276 [www.friendsofthefarm.ca/fcef-annual-events/](http://www.friendsofthefarm.ca/fcef-annual-events/)

### FRIENDS OF THE FARM MASTER GARDENER LECTURES:

**April 10: "Gardening with Wildlife"** with Rebecca Last. Learn plant and garden design to create a wildlife-friendly garden.

**April 24: "Flowers and Vegetables"** with Judith Cox. Add beauty to your vegetable garden and reap the rewards.

**May 8: "Unusual Edibles"** with Esther Bryan. Come and learn about all sorts of weird and wonderful edibles.

**May 22: "A Garden for the Bees"** with Julianne Labreche. Learn how to attract bees and why they are necessary for pollination. *FCEF members \$12, non-members \$15. All Master Gardener Lectures take place from 7 to 9pm in Bldg 72 CEF Arboretum, east exit off Prince of Wales roundabout. 613-230-3276 [friendsofthefarm.ca/master-gardener-lectures-2018/](http://friendsofthefarm.ca/master-gardener-lectures-2018/)*

**April 18: Annual General Meeting** 7 to 9 pm. Public welcome, membership not required. Free event. Guest speaker is Dr. Paul Villeneuve, presenting "Environmental Impacts of the Farm."

Meeting and presentation at K.W. Neatby Bldg with free parking. Registration is required [friendsofthefarm.ca/event/annual-general-meeting-2018/](http://friendsofthefarm.ca/event/annual-general-meeting-2018/) 613-230-3276

**May 13: Annual Plant Sale** from 9am to 1pm. Everything you need for your garden! Specialty growers and plant vendors, garden accessories, plant 'coat-check' service, Master Gardener advice. In Neatby Building parking lot at Carling & Maple Drive. Free admission, donations to Friends of the Farm kindly accepted. 613-230-3276 [friendsofthefarm.ca/fcef-annual-events](http://friendsofthefarm.ca/fcef-annual-events)

**May 13: Tree Tour** at 2pm Bldg 72, Arboretum. Tree Identification 101. Learn how to identify different trees while walking among them in the beautiful Arboretum. Free, open to the public. Registration required [friendsofthefarm.ca/arboretum-tree-tours/](http://friendsofthefarm.ca/arboretum-tree-tours/) 613-230-3276

**May 22: Lilac Walk Tour**, CEF Gardens, 2pm, Donation. Take a guided tour with the Friends' Lilac Team and discover the many varieties of lilacs and their history at the CEF. Meet at Macoun Garden in the CEF Ornamental Gardens, park at Ag Museum lot, follow the signs. 613-230-3276 [friendsofthefarm.ca/fcef-annual-events](http://friendsofthefarm.ca/fcef-annual-events)

### ■ Art Lending of Ottawa

Art Lending of Ottawa will be held at the R.A. Centre (Outaouais Room), 2451 Riverside

Drive (east entrance) on Saturday, June 2nd. from 10:00am to 5:00pm. Purchasing, leasing, and lease to purchase quality fine art from local artists is available. Visit [www.artlendingofottawa.ca](http://www.artlendingofottawa.ca) for further details and to visit the artist's gallery.

### ■ Jane's Walk

**An annual festival of free community-led walking tours**, will take place this year May 5th-6th, 2018. Walks led by local residents offer insight into local history, planning, and the environment through the simple act of walking and observing, together. Find walks in your neighbourhood and around the City at [www.JanesWalkOttawa.ca](http://www.JanesWalkOttawa.ca).

### ■ 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. For further information, please call: 613-521-2416.

**■ 1,000 rugs...and other hand-hooked beauties.** Join rug hookers from across Ontario for the Ontario Hooking Craft Guild's Sunday, May 6 Open House at the Ottawa Conference and Event Centre, 200 Coventry Road. See displays of rug hooking, an abundance of craft fabrics and supplies from 17 vendors

and a selection of hooked items for sale. There's also a fun try-it-you'll-like-it area. Admission \$10. (Free for children under 12), free parking, 10 am- 3 pm. Visit: <http://ohcganual2018.wordpress.com>

### ■ Pacesetters

**Put a 'spring into your walking** and join others at the Pacesetters Walking Club at Billings Bridge Shopping Centre. Located in the basement of the Tower at the northwest corner, Pacesetters welcomes new members. Also, knitting for charity, puzzles, social gathering. Open from 7:30 to 10 am. Call 613-521-6740 during open hours for information.

### ■ Emmanuel United Church

**691 Smyth Road, 613-733-0437 Messy Church** is about families coming together in Christ-centered community for creativity, hospitality, and celebration. At Emmanuel our Messy church includes a meal, crafts, activities, and a short interactive worship. The date for our next Messy Church is Saturday, May 5th. For more information check: [www.emmanuelunited.ca](http://www.emmanuelunited.ca)

**Music for a Summer Evening**, Friday, June 1st 7-9 pm. A lively variety concert of Contemporary and Classical music; vocal, piano, violin and guitar. To support Emmanuel's Camp Chipembi in Zambia this August. Tickets \$20/Students \$12. Refreshments. For further information or tickets, please contact the church office.



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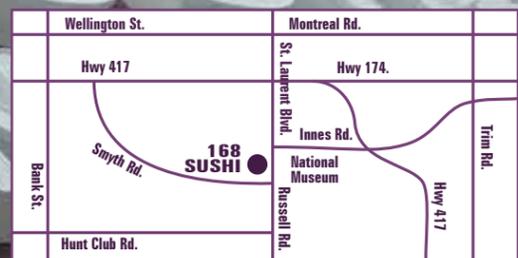


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