SEPTEMBER 2018 A Voice of Riverview Park OCTOBER 2018

Art Price and Public Art

by Geoff Radnor

Each of the 13 stations on our new LRT will have a piece *Public Art*, the cost of which is included in the overall cost of building the new line. Several million dollars have been set aside for this *Public Art*. So when you take your first trip on the new LRT take a little time to look around at each station to see this new display of Canadian *Public Art*.

However there is a piece of *Public Art* which is not new, in fact it is close to 50 years old, and it is not far from Riverview Park. In fact, it is right here. You just have to look.

If you live close to Industrial Ave. and Alta Vista Drive and drive through the intersection you will pass, on an almost daily

basis, a significant piece of *Public Art* created in 1970 by an Ottawa artist. In front of the Post Office Terminal is "*Communigraph 70*" created by Art Price.

It is one of many works that Art Price created over his long career as a sculptor and artist. I mentioned this to friends and Riverview Park residents Anne and George Stairs and to my surprise they own a painting by Art Price. This gave me an opportunity to explore the other works by this local artist. He was born in Edmonton in 1918. He came to Ottawa and worked as a set designer for the Army shows during WWII and then at the National Film Board. He travelled extensively and became knowledgeable of the art of the indigenous tribes of BC. He



"The Family Group" by Art Price, on display in Aylmer QC. GEOFF RADNOR

carved totem poles for the Jasper Park Lodge and for meeting rooms at the Royal York Hotel in Toronto

You do not have to go far to see another sample of his work. Drive along Montreal Road to the National Research Council headquarters and you will see "The Universe is You", a 3.65m (144") stainless steel sphere. Sometimes

incorrectly called just The Sphere.

In May 1974 a most expensive piece of public art was installed at the downtown branch of the new Ottawa Public Library. The "Centre of the Universe" cost \$12,500 and weighed over 1,000lbs. It is still there but hardly noticed now by any of the users of the library.

CONTINUED ON PAGE 39

Riverview Park's Syrian Refugee Resettlement - A splendid success!



Second arrivals, (L) Azzam (Ammar- a first arrival) Acil, Alan and Kinda were welcomed just weeks after the first members of their family came to Canada. Shown (R) are: Nadia, Ammar (Canadian family members Feras with daughter Stephanie) and Ramez.

by Alan Landsberg

The long-awaited arrivals of Ramez, Nadia, Ammar, Azzam, Kinda, Alan (yes, Alan) and Acil, in June and July culminated nearly three years of fundraising, planning, communicating with politicians, raising community awareness, finding volunteers, securing accommodation and the daunting logistics of collecting donations of furniture and household essentials from around the city in order to move it all in during Ottawa's two hottest days ever.

But first, a bit of background. Who Are We? ... The 'It Takes

a Community' refugee action group (ITC)

Several of us, descendants of European and Russian immigrants and refugees who fled war, poverty and persecution, were inspired by their bravery and sacrifice to become involved in the Syrian Refugee resettlement initiative. Our Core Committee agreed that with strong support, we should be able to proceed with a community-wide initiative and, in fact, a survey revealed over 90% support. The arduous fund raising and application process then be-CONTINUED ON PAGE 24



Wall Space Exhibit X:

Celebrating a decade with a vision to exhibit exceptional artists

Story and photos by Carole Moult

On Friday evening, September 14th WALL SPACE GALLERY + framing 358 Richmond Rd, in Westboro Village celebrated a decade of their vision to exhibit exceptional artists, grow their community by supporting local charities, and making art accessible.

Celebrated Artists included: Richard Ahnert, Toronto; Elle Chae, Ottawa and Seoul, South Korea; Kelly Grace, Toronto; Joy Kardish, Ottawa; Nicole Kristin, Toronto;

Vannesa McKernnan, Toronto; Drew Mosley, Ottawa; Stefan Thompson, Wakefield, QC; Ava Roth, Toronto; and Erin Vincent, Toronto, ON.



Guests were fascinated by the work of Erin Vincent of Toronto.



Look closely to see the detail in the exquisite work of Joy Kardish.



Nate Nettleton titled this interesting art work, 'There can be nothing.'



Dave Neil, catering from The Piggy Market competently and personably mixed with the crowd and kept the plates filled.



Above: Local artist, Drew Mosley, cleverly created, 'Undercover'.





WALL SPACE FRAMING

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Love your WALL
Love your SPACE
Love your FRAMES
Love your ART

The mystery of your favourite sushi roll... unsolved

by Carole Moult

Ke, owner of 168 Sushi at 1760 L St. Laurent Blvd., to respond to the question: "What is the restaurant's most popular kind of sushi?" His immediate answer came back, "It's the California Roll."

Local area California Roll sushi lovers are not alone in giving top spot to this choice. Multiple sources note it as definitely one of the most well-liked sushi types across North America.

What does take longer, however, is to find out as to whether this sushi favourite actually did begin in the third largest state south of the border. "Yes," say some historians, while others credit this 'inside out sushi roll' as being created in British Columbia.

Those who believe that the first California roll was served during the late 1960s credit the creation with Chef Ichiro Mashita at Tokyo Kaikan, a restaurant in Los Angeles' Little Tokyo'.

In Canada's most western province, Chef Hidekazu Tojo, insists that he invented this 'inside-out-sushi'. Chef Tojo is a member of the British Columbia Restaurant Hall of Fame and moved to Vancouver following his chef studies in Osaka, Japan. He owns the famous Tojo's Restaurant on Vancouver's West Side and is said 'to carry 2000 recipes in his head', one of them no doubt his California Roll.

Over the years, other names have been put forward suggesting that these chefs too were the inventors

of the famous California roll, but t didn't take very long for John so far none has been actually proven to claim that right..

Sushi is one of the oldest and most traditional of Asian dishes. Official documents make mention of it as early as 718, with its evolution developing over many centuries. Originally used as a method of fish conservation, the popularity of sushi is counted only in decades here in North America, and was initially not enjoyed on this continent because of the unfamiliar mixture of fish, rice and vegetables.

Fifty years ago, most North Americans had never heard of sushi. If they went to a Japanese restaurant it was very likely to be beef and vegetables (sukiyaki) cooked hot-pot style or on an iron grill. Moreover, in the early 1970's many in North America would have turned away from the idea of eating raw fish at all.

A number of factors at about the same time appear to be the reason for the success story of the in-side-out sushi. And while agreement might not be reached about the origins of the California Roll, a variety of happenings appear to have brought the traditional Asian dish into the mainstream in the Western world.

It was at about this time that North Americans were being encouraged to eat more fish for better health, with the benefits of omega-3 fatty acids that are abundant in fish, highly promoted. Thus, sushi appeared to be a healthy alternative to fatty, high-cholesterol foods.

A book and subsequent epic





television event plus a boom in immigration are reported to be other factors that would ultimately influence our western-style eating habits to include sushi. That novel would be James Clavell's 1975 historical fiction, Shōgun, made into a five evening smash hit series that earned three Golden Globes plus three Emmys. The immigration boom would be from Japan.

Enter at about this same time the California Roll which became a big hit

compared to the traditional Japanese sushi. This new roll was one not wrapped with seaweed, but rather used rice sprinkled with toasted sesame seeds, tobiko or masago for its outer layer; and much more palatable to the North American taste.

There are no rules or specific definitions of a western sushi roll, for the one creating the roll has all the freedom to determine what will go best in it, around it, and even on top. Thus, in a sense, a sushi roll is pretty much like every other maki sushi that have not been made in traditional sushi restaurants in Japan.

So now when you next stop by to do some iPad ordering at 168 Sushi, 1760 St. Laurent Blvd., and see all those interesting Sushi Roll names on the menu such as Rainbow, Red Dragon, Dynamite, or Tofu Pocket + Cucumber, you will better understand how your favourites came to

You just won't actually know who truly began the sushi roll phenomenon back in the 1970's, but what you will be aware of is that it was the famous California sushi roll that started it all.

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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VINCENT MASSEY PUBLIC SCHOOL

Looking ahead and reflecting back

by Greg McKean

incent Massey's, Goals-4SOLES philanthropy group, finished up the school year by implementing the programs they designed based on the needs of the Russell Heights community.

Our annual Bike tune up day was very successful with some returning students from previous years helping out with their talents. The group this year was very strong, and keen to learn how not to just maintain, but fix bicycles that needed extensive repair. Thank you again to the City of Ottawa, Safer Roads department, for hosting a bike rodeo to teach the residents bicycle safety and navigation. It was wonderful to see many community members, Andrew Dowd and Charlie Brohman coming out to support the annual event as well. We would also like to thank our private donors that contributed new equipment to make the event successful.

of students teaching new games to the Junior division. These includ-

ed, volsketball, low-organizational games, soccer-basketball and the ever popular Kinball.

The Science and Tech program (STEM) involved teaching the members or the Russell Heights community the concepts of Flight, Tower and catapult building along with Coding. Final sessions included working with robotics and drones. These ended up being very exciting sessions.

Lastly, was our community planting project that was completed thanks to the CEPGP grant from the City of Ottawa. The class prepared and planted 8 different beds of perennials: a project that could not have had success without the commitment from Ottawa Community Housing and Mary Reid from Green Thumb Nursery.

As we reflect on the wonderful projects from this past year, we also look ahead to this school year. I am very excited to watch and learn from the new group of SOLE We had another successful set students and how they decide to contribute and take their talents to the community.







PHOTOS BY: GREG MCKEAN

Riverview Park Community Association ANNUAL GENERAL MEETING

Riverview Alternative School, **260 Knox Crescent**

Wednesday October 17, 2018

Doors Open at 6:30pm **Meet and Greet the Candidates**

Meeting starts at 7:00 pm

- Meet your Candidates and Elected Officials
- Learn about developments in the community
- Find out how you can contribute or get involved yourself
- Discuss and vote on proposed By law amendments
- Elect the 2018-19 RPCA Board





For more information: www.riverviewparkca.com or: riverviewparkca@gmail.com

RIVERVIEW PARK REVIEW • Vol. 10, No. 5

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t seems a sad thing to be looking forward to fall already. Most of us are just nicely getting used to being warm. But for one in four of us, mid-summer weather is met with trepidation and sneezing. Ragweed season arrives in August and drags on until the first frost. Which means about one in five of us are happy about fall.

With over a billion grains of pollen coming from a single ragweed plant, the wind can carry them right across the country. And these tiny particles of misery grow faster and in greater quantities in the big cities like Ottawa. Green spaces collect Ragweed, and roadsides where winter road salt gets into the already meager soil, Ragweed seems to thrive.

Further, Ottawa Valley's geography creates a warmer, urban, micro-climate trapping the pollen. Throw in some global warming, and it all adds up to more pollen, earlier pollen, and pollen that stays around longer. To add insult to injury, with more growth and more pollen, consequently, more ragweed is present in the following year.

One of the most allergenic species, Ragweed negatively impacts the quality of life and impairs day to day activities like school, work and outdoor activities. In Gatineau, the problem has reached such a level that a local councillor is willing to supply volunteers with free gloves and bags so they can pull the plant out by its roots. In fact, The QLA (Quebec Lung Association) says the socio-economic cost from visiting doctors, buying medication, missing work etc. is at least \$175 million in the effected parts of the province.

In Ontario, Ragweed is listed near the top of the Schedule of Noxious Weeds under the Weed Control Act. Unfortunately, this list applies to those weeds in rural areas that can negatively impact livestock, or will reduce the yield and quality of the crop being grown. The impact in people is such that annually there is a loss of 3.5 million work days, and 2 million school days, with spending for direct and indirect medical costs estimated between 1.5 and 2 billion dollars annually.

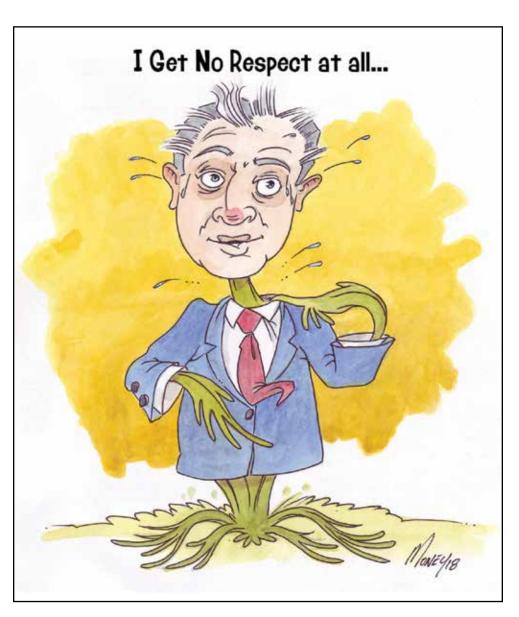
Let's see Dandelions, Crab Grass and Creeping Charlie beat that!

Layout and Design: Patti Moran

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Cartoonist and Masthead Artist: Greg Money

Business Manager: Anne Stairs **Photographer:** Geoff Radnor **Printer:** Ricter Web Press



About the *RPReview* community newspaper

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

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

Submission formats

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

Got an opinion to share? Please send letters to editor.riverviewrpr@gmail.com. Your name, address and phone number is required for verification. Please remember to recycle this newspaper.

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

RPReview is currently seeking distributors.

* Contributions by politicians are paid announcements.

RPR back issues are online at www.riverviewparkreview.ca Use this QR code to go to there with your mobile device



RPReview needs volunteers to help with distribution. Please contact Distribution.riverviewrpr@gmail.com

Next deadline for advertising and copy: November 10th for the Dec.-Jan. RPReview

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Newsboy was produced with the help of my friends

by Bill Fairbairn

Publishing a successful book today is not easy without the help of literary successful friends. Of those, after 68 years in the newspaper, magazine and radio business, I have quite a few. So I took advantage of them as much as I could with my fifth book, Newsboy.

Three of my books were published in Ottawa, one in Lusaka, Zambia, but the next is coming out in New York! My publisher, Austin Macauley, located on Wall Street with other offices in London and the Middle East, has lived up to my every wish in using suggestions and improving on them during a lengthy production procedure going back to when I signed a contract more than a year ago.

The background collage to this second edition book's front cover is based on the work of Kurt Schwitter, a 20th century German artist from the Dada movement who was brought to my attention by my friend Morgan Almeida, who lives in London, England. Morgan, with vast experience as a graphic artist for television stations all over the world, sketched several covers for me but says the publisher must be given credit for completion of the final cover.

Schwitter, an artist hero of Morgan's, collected broken and discarded materials he found on the streets of Hanover after World War I and turned them into works of art. His art, born from rubble left by the war, is said to emphasize that art can be made from destruction. Experts say that his further dynamic arrangements of text and space highlight his awareness of typography's creative possibilities. I note this in what I believe is the cool and appealing typographical cover of my book backed by Schwitter's background collage.

My book's content was meticulously proof read in a 290-business-day production program by myself and the publisher. Can you imagine a Canadian writer's American proof reader spotting the typo that *Columneetsa* High School in Williams Lake, B.C., is spelled with a z rather than an s?

The publisher, also to my surprise, has agreed to provide me with 10 posters, 20 bookmarks, 100 leaflets, 20 paperback copies and 10 hardback copies of my work free of charge, the price of the book to be decided by them. Contracted royalties from book sales to the author are generous. They include from quotation rights, translation, sound broadcast, film, television

and dramatization.

My friend, Geoff Radnor, took high definition photographs of me for the publisher's merchandising needs as requested of me.

Of course I had the support of Carole Moult, the editor of this newspaper. She convinced me to reveal who inspired me to write my *Newsboy* book and my revelation is printed in the book above her name.

The multi-talented cartoonist Greg Money, of *Riverview Park Review* had helped in designing the cover of the first edition.

Finally my wife, Janina, whose photograph appears beside mine on the back cover, has helped me deliver your community paper for years. She proof read my book and wrote reviews of other books for the paper. For this newspaper edition she has solely taken over deliveries on our two streets because a surgeon gave me a new knee that I must take care of. The Oxford English Dictionary definition I discovered is: "A newsboy, or newsgirl, who delivers or sells newspapers."

I might also relate the best news story I never wrote. This came about in 1958 when among the many papers I worked for I was on the Evening Telegraph in Derby, England. The young woman who walked into the newsroom as a beginner reporter was the first of her gender there. She was aged about 17. Soon I, and maybe every young male reporter, had a crush of sorts on her or otherwise. On the other hand, downstairs in the staff cafeteria a young woman quit the kitchen and guess what. A young man took over from her. That story might have started an equal gender voice protest movement long before it started in earnest and is happening today!

My book's name was a no-brainer since my career goes back to delivering newspapers at age eight in my Scottish home town. My subsequent newspaper work in England, France, Africa, Canadian cities and from coast to coast for Legion Magazine you might sum up as headlines all my life. Time may get in the way, but the record remains.

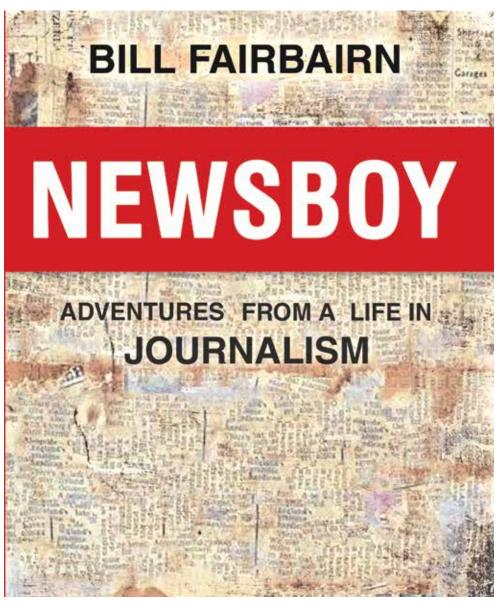
When those who have striven and suffered to teach and enoble the race

Shall march at the front of the column, each one in his God-given place

As they enter the gates of the city, with proud and victorious tread

The editor, printer and newsboy will travel not far from the head.

-Will Carleton











De-cluttering & Downsizing

by Geoff Radnor

ost people who live in houses as opposed to those living in apartments will, sometime sooner or later, have to make the decision on what to do with all their precious belongings. As a personal example we have lived in our house in Riverview Park for over 40 years. We moved in with a few sticks of furniture from our little bungalow in BC. Over the years we have accumulated enough stuff to fill our house to overflowing.

One day we may not be able to take care of our house and garden as well as we did when we moved in. In a four bedroom house with a full-sized basement we have lots of space, most of it occupied by all our accumulated belongings. When the children were around it was great. But the ensuing years will begin to take their toll. The popular thing to do is to move into a more senior-friendly space; a brand new apartment or condo. If one's needs are such then there are the local residences for seniors, Maplewood and Oak Park being two examples. These offer many services not only accommodation.

So, no more gardening, mowing the grass, blowing the snow or raking the leaves, although some of

those activities have much going for them. However one can't replace the enjoyment of sitting in the garden watching the flowers grow and the kids having fun in the pool.

So the day will come when you have to say "What am I going to do with all our stuff?"

There are about four or five options:

#1. Donate it #2 Sell it #3 Keep it #4 Store it #5 Throw it away

Donate it: I have already tried to give some things away but my grown up kids do not want my old fashioned furniture or my several sets of china, those pieces that have not been chipped or broken, or even my costly kitchen ware, not my favourite chairs or even the thousands of books filling our many groaning, over-stocked bookshelves. There is Restore at Habitat for Humanity on Belfast Road, their web site has a list of things that they will accept and a list of things not accepted. There are charities like The Salvation Army and St Vincent de Paul that accept donations of almost anything that they can sell in their thrift shops. Of course there is always Value Village that will come by your house and pick up your unwanted items. Value Village is a privately owned

for-profit American corporation that donates a portion of their profits to charities. Some say that it is very small percentage. The Mission too accepts donations of men's winter clothing.

Sell it: A garage sale will get rid of a lot of your junk (Junque), but not a houseful. Kijiji on line is a place to sell stuff of all kinds and eBay can be used to sell off some of your collectables. Religious groups have sales of used items prior to the Christmas season, my favourite is the one at the Unitarian church where there is a great range of household items and collectables. The Rideau United Church on Alta Vista is just one of the local churches that have frequent sales of donated items too. There are a few auction houses, Spooner's is one, that will take your stuff on consignment. They have auctions just about every month. There is also the "estate sale" where you can get a company to sell your household contents by getting people into your house and hoping that they see something of value. Antique stores might be interested in some of your most treasured belongings. (We buy junk but sell antiques.) There is one place on Bank Street that, if they think it will sell, will take your stuff and you get

50% of the sale price.

Keep it:- Those pieces of furniture, household items and books that you really want to keep must be able to fit into your new residence. Don't forget it will be about a quarter of the size of your present home and not nearly the same shape. Some like to start afresh in a new place with all new furniture.

Store it: There are places locally that if you want to keep some things for future use then you can rent a storage space of almost any size. There is a new facility coming soon to our neighbourhood that should be most useful.

So your five options are there for you to help your de-cluttering exercise. There are professional services that can help you in your efforts in downsizing. A Certified Relocation & Transition Specialist can possibly help too, check on Google for those in Ottawa.

Throw it away: The city garbage collection takes just about everything left over. A 'picker' is a person that goes around the neighbourhood early in the morning on garbage day and picks up curb-side items of value. "Got Junk" will pick up your unwanted items too but they charge for pick-up.

Good Luck!



Back Packing



Backpacks

What to choose? What is a good backpack? For most kids it's about what the backpack looks like. It has to have good color, good cartoon on it or a very good logo. Most of them do not know exactly how to choose, to fill it, adjust it or raise it. If this is not done properly one could create big problems in the back, neck, head and shoulder.

How to choose a good backpack? The pack must be very light, the straps are ideally 2 inches wide and are padded and adjustable. The waist belt is at hip height and should not be lower than the hips or resting on the buttocks. The top of the bag should not go over the shoulders, and the back of the bag is padded for comfort.

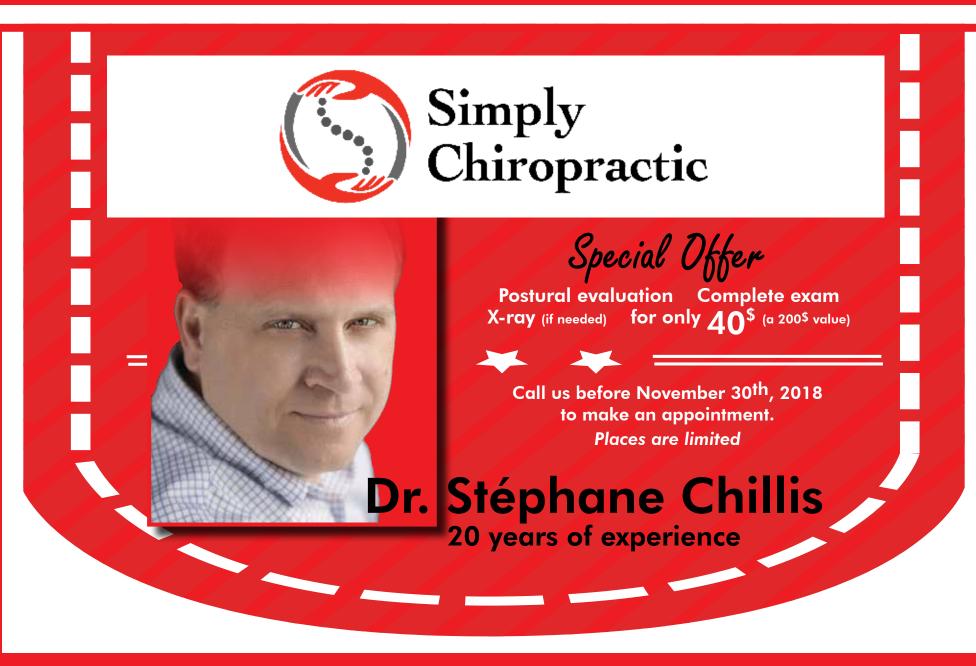
How to fill the backpack. Distribute the weight equally between the compartments. Put the heavier objects close to the body, the sharp outwards. Put only what the child needs in the bag and empty it frequently. The weight of the bag should not exceed 10% of the body weight of a child under 10 years and 15% older than 10 years.

6 Signs that things are wrong with the backpack:

- The child must lean forward
- The child raises his shoulders so that the straps do not slip
- The child's backpack beats him on the buttock.
- The child complains of back pain.
- We see on the child's skin marks of the straps.

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.





1569, Alta Vista Drive, Ottawa Ontario K1G 0E9 613-520-0123

TALKING MOVIES BY PETER THOMPSON OF MOVIES 'N STUFF

What it all comes down to is great movies and series

by Peter Thompson

There's a palpable excitement from people that we're still open. Even seven months after we announced we were staying, it still feels fresh! So much so that we negotiated a new five-year lease extension to make sure everyone knew we were in this for the long haul.

So, now what? What do we do to maintain the level of excitement?

First, we introduce a great new service. VHS to DVD transfer. In other words, all of those VHS tapes you have sitting there collecting dust can be quickly converted to DVD so you can relive the moments. We've acquired a professional-grade machine and it's been going great guns since May. Come in and have yours done too – just \$15!

Second, we've continued to stock handmade pop culture jewelry and gift baskets which are great for birthdays and holidays.

But what it all comes down to is great movies and series. We looked over our fairly big stock and started combing through the annals of film, bringing in great classics like *Paris*, *Texas* with the late, great Harry Dean Stanton, *Battleship Potemkin*, Donald Sutherland in *Don't Look Now* and a whole bunch of Paul Newman and Robert Mitchum movies (to name a few).

So many great films out there, some waiting to be discovered (*Harakiri*), and some begging to be rediscovered like *Hombre* or *Cool Hand Luke*. Or perhaps you feel like a series – and we've worked





hard to make sure you have an ample choice of British and American. But, there's an international boom in TV land.

Riding on the coattails of *Borgen* and *The Bridge*, international TV is at the forefront – in fact, the top renting series of last year wasn't *Endeavor* or *Homeland* or any of the other usual suspects, it was *The*

French Village from France. So far this year? Italian detective Montalbano is tops. Pretty interesting considering how long the Brit greats dominated the field!

But still, the British, when they release a big series, can absolutely send people (me included) into fervor. The latest example is *Shetland* Season 4, which came in like a lion





in August and hasn't let up since. And in October...the great detective *Vera* returns for her 8th season – and you want to see excitement, wait for that release day.

So what does it all equate to? Continuously researching and bringing in interesting titles from all over the world. No, we don't want to see movies and TV just from the US. No, we don't just want to see super hero movies (although I've admittedly become a fan).

Consider a small release from Germany by Rainer Werner Fassbinder called Ali: Fear Eats the Soul. Recently added to our growing Criterion section, this is a very impactful film about a love affair between an older German woman and a middle aged Muslim man, marred by intense racism in the 70s. Admittedly, the first 20 minutes or so I wasn't sure what I was watching, but like all of these great films something suddenly clicked in this case a clever music cue got me tuned in to where I wanted to see more.

Or *Harakiri*, a wonderful film out of Japan that had everything Kuroswawa movies have and more. There are probably fifty more titles to talk about from Criterion, but space (and probably attention spans) are short.

If you want updates on what we have, are getting, what's great, then please contact me via email at moviesnstuff613@gmail.com!

If you want to start perusing our stock, go to moviesnstuff.com – which is currently receiving a major overhaul.

Or you could always stop in and see us – a novel thought in this day and age! You're always welcome.



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COMPUTER TIPS & TRICKS

by Malcolm and John Harding, of Compu-Home

That the heck is this Cloud I'm hearing about constantly? Simply put, the cloud (or more accurately clouds, plural) is an arrangement allowing users to save data in an alternate location via their Internet connection, remote from their own computer disks or systems. Many large corporations such as Google, Apple, Microsoft, Amazon and lots more offer cloud storage service. The typical model is that a certain amount of storage space is free, and users pay incremental amounts if they need more. After initial setup they are automatic or extremely easy to use.

Is data safe on the cloud? It's probably much safer than it is on your own computer. Companies use massive banks of servers, in "farms" scattered throughout the world, to create redundancy upon redundancy upon redundancy, thus ensuring data is safe from terrorist attacks, earthquakes, floods, fires and equipment failures. Let's put it this way: The American CIA, which is thought to be pretty hyper about security, has just hired the Amazon cloud for data backup.

Cloud-1

I don't think I need such a thing. Chances are, you are already using cloud storage for parts of your data. Most people have their email account set up such that messages, contacts and calendars are saved on the servers of their email providers to make them available at second computers, tablets or phones. If you have signed up for online banking, or an account with any web-based merchant, or do any social networking, then at least small bits of data are already "up there." Microsoft Office, and Apple's Pages are now being sold on a subscription basis rather than the program being installed on your hard disk, and the default setup is for the data you create to be stored on the cloud. The Chromebook, a budget-priced laptop that we have extolled often in these columns, has such a tiny hard disk that most apps and data are stored externally.

There is an unfortunate sinister dimension to some of this. You may remember scandals of a few years ago, in which compromising photos of many popular personalities, mostly young Hollywood actresses, were published on sleazy websites. This happened in many cases because these people did not realize that their phones and tablets were automatically set up when they were new, to save photos on iCloud, which is Apple's cloud storage system. Photos that were assumed to be private were hacked from iCloud, back in the days when security was not being taken as seriously as it is today. . . a sad lesson on how important it is to understand the workings of a new device.

You could avoid the cloud completely if you were prepared to take the time to go very carefully through all of the settings on your computer, tablet and phone to make sure that everything was being saved on that device only. The trade off would no doubt be a certain inconvenience but if you had decided that only local storage was important, it would be possible to achieve that.

Next column, in Cloud – 2, we will look at the implications of

cross-border storage of data, additional concerns, and ways in which a few of those concerns may have been overblown.

In the meantime, you can start your own research on the subject of the cloud by consulting:

www.today.com/video/what-is-thecloud-inside-a-secretmicrosoft-site-that-s-securingyour-data-1281782339871

theweek.com/articles/730704/ 5-ways-youre-using-cloud-withouteven-knowing

blog.marconet.com/blog/5-cloud-based-services-you-use-every-day-without-even-realizing-it

It's our 20th anniversary! Go to compu-home.com/blog for an archive of our columns (including this one) and lots more tech-related articles. There is a space right after each item for you to make comments and suggestions, and ask questions. You can even sign up for automatic updates. Have a look at compu-home.com/blog soon or call us at 613-731-5954 to share your opinions and suggest subjects for future columns. Our email address is info@ compu-home.com



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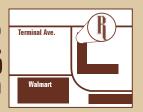
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MEET YOUR CANDIDATES

WARD ZAPITAL



Jide Afolabi Why are you running to be councillor of your ward?

I am compelled for the betterment of our city to lend voice and hand to worthy initiatives from work on the environment and on transit ensuring ours remains a city with opportunities for everyone.

Why do you think that you are the best candidate?

Councillors are necessarily drawn from diverse backgrounds. Thus, beyond a professional life, in my case a lawyer, I believe what is relevant is lived experience—that of being a resident, a parent, a taxpayer, an immigrant, a food bank user, a student, a job-seeker, a business owner, a renter, a home owner, a dreamer for a better Ottawa. I have been all of these.

What is your priority if elected?

There are choke points in Capital Ward where sharing roads is a major challenge and where the possibility of harm to life or limb is real. They are the Bank, Billings and Bronson bridges. Rectification of this is my top infrastructure priority. In addition, I would work toward a green roofs by-law.

Anthony Carricato Why are you running for Councillor of your ward?

I want to see our ward thrive as a place driven by smart and sustainable development, where residents have a greater say in the decisions that shape our community.

I believe it's time for new energy at City Hall where younger leaders in our community step forward with fresh ideas to make Ottawa a more fun, inclusive and livable city.



Why do you think that you are the best candidate?

I am a positive and collaborative person, with the drive to effectively serve our community. My experience working for the Speaker of the House of Commons, where I bring people together from different ideologies and perspectives to find consensus, will prove beneficial at City Council.

What is your priority if elected?

Better rules to guide smart development — Residents and developers want more clarity and certainty when it comes to the city's oversight of projects. Future development must include more sustainable features and meet the needs of residents first.

www.carricato.ca



David Chernushenko Why are you running to be

councillor of your ward?

I seek a mandate to continue my proven work building stronger, healthier neighbourhoods, improving mobility for all, offering support to those who need it and tackling the greatest threat to humanity—the breakdown of the climate and natural systems that All councillor position candidates in Ward 17 were provided the opportunity to respond to the survey questions below.

give us life and sustain us all.

Why do you think that you are the best candidate?

I am a bridge builder who gets results—through dialogue, coalition building and empathy. Also perseverance! I live in relative privilege and use it to support and empower those not so fortunate. I am your independent voice, not tied to a big party. I am transparent and accountable.

What is your priority if elected?

Housing affordability and more supportive housing through a new Official Plan. Living streets—safe, thriving and inviting. Rapid achievement of Ottawa's climate commitments. Tree canopy expansion and protection.



Christine McAllister Why are you running to be councillor of your ward?

I believe that local government matters. It matters because informed decisions are better decisions. It matters because engaged communities are stronger communities. And it matters because transparent engaged local government is a more accountable government. I am running because Capital Ward needs and deserves an engaged, open and accessible representative.

Why do you think that you are the best candidate?

I am a community organizer with the collaboration, financial skills needed to get results. As President of the Glebe Community Association I passionately advocated for local issues including traffic safety, protecting our green spaces and better schools. This experience combined with my community focus is critical for Capital Ward.

What is your priority if elected?

I am committed to listening to the residents of Capital Ward. This means creating "pop up" offices to meet people where they live throughout the ward, committing to respond.



Shawn Menard

Why are you running to be councillor of your ward?

After our current councillor, the Environment Committee Chair, voted to allow plastic bags in the green bin and then against reallocating money to staffing for Energy Evolution, I knew I needed to run. We need to take real action on climate change; we owe it to ourselves and future generations.

Why do you think that you are the best candidate?

My work with the Federation of Canadian Municipalities and Big City Mayors' Caucus has given me the tools needed to advance a progressive urbanist agenda at the council table. My grassroots advocacy led to the adoption of the U-Pass in Ottawa and in securing federal funding for local infrastructure projects.

Why do you think that you are the best candidate?

My priority is to enhance the livability and sustainability of our city. I will ensure that residents' concerns are both listened to AND acted upon. Accessible, reliable and affordable public transit is a top priority, as well as tangibly improving the safety and connectivity of cycling and pedestrian pathways.

MEET YOUR CANDIDATES WARD 18 ISTA

All councillor position candidates in Ward 18 were provided the opportunity to respond to the survey questions below.



Jean Cloutier

Why are you running to be councillor of your ward?

Ottawa is on the cusp of great change - the LRT, Lebreton Flats, new Central Library and a burgeoning economy will make the next four years very exciting. Alta Vista is a very desirable neighbourhood and I want to ensure that our neighbourhood's core values are protected and our priorities are well understood at Ottawa City Council.

Why do you think that you are the best candidate?

In my first term I have delivered on core election promises of planting more trees, making streets safe and improving parks. I have a proven record of working hard to deliver on promises made.

I will use the experience gained to deliver on my commitments in the upcoming term to increase safety in the ward, fix our infrastructure and improve core municipal services.

What is your priority if elected?

Improving connections is a top priority for Alta Vista. This includes building a pedestrian overpass from the Ottawa Train Yards to the future Tremblay LRT station, and adding to the pedestrian and cycling network throughout the ward.

Improving the state of our roads, parks and recreational facilities will also be priorities

Clinton Cowan

Why are you running to be councillor of your ward?

Our next councillor must be a bold champion, fighting for our priorities. I vow to ensure council becomes a place where community input is valued again.



Why do you think that you are the best candidate?

Community members elected me President of both the Alta Vista Community Association and South East Ottawa Community Health Center (serving 4 wards), trusted to lead two of our largest community supporting organisations. I successfully negotiated with Fortune 500 companies and have 20+ years experience building partnerships & working with coalitions to lead positive transformative change in our neighbourhoods, city-wide and provincially.

What is your priority if elected?

Fight for: Safer roads, new community center, improving development consultations, park upgrades, better snow clearing, affordable housing, crime prevention & ban single use plastics. www.clintoncowan.ca



Kevin Kit

Why are you running to be councillor of your ward? / Why do you think you are the best candidate?

In 2015, I founded the Elmvale Acres Community Association in response to the proposed \$300 million redevelopment of Elmvale Acres Mall. After nearly two years, a completely redesigned secondary plan was approved by City Council. Major reductions in building height and density along with significant improvements to greenspace and traffic calming measures were just some of the results that I achieved for the community.

I want residents to remember this next term of council as the one that measures progress based upon results – not merely on good intentions. I have championed this leadership approach and I will continue to do so as Alta Vista's City Councillor.

What is your priority if elected? The Alta Vista Action Plan (visit

KevinKit.ca) addresses six key priorities including:

- Reducing speeding on streets
- Addressing aging infrastructure
- Ensuring community voices are heard on development
- ✓ Strengthening crime preven-
- Increasing affordable housing
- Taking real action on climate change



Raylene Lang-Dion Why are you running to be

councillor of your ward?

I am running because Alta Vista needs a strong voice at Ottawa City Hall who will listen to and advocate effectively for residents. As the city and ward are facing significant issues now and into the future, a more thoughtful, strategic, and inclusive approach is needed.

Do you think that you are the best candidate?

Candidates are talking about similar issues but it is my skill-set

and being a woman in politics that differentiates me from others: I have worked for two federal cabinet ministers, provincially, run my own business and advocated for mental health, youth, homelessness, addictions recovery and electing more women.

What is your priority if elected?

There are many issues which need attention in Alta Vista, however, the number one concern is our streets – potholes, safe crossings for school children and seniors, together with cycling and pedestrian improvements. Regardless of transportation mode (walking, cycling, public transit or driving), more focus on safety is the clear priority



John Redins

Why are you running to be councillor of your ward? / Why do you think you are the best candidate?

Firstly, thank you for giving me this opportunity to advise your readers why I decided to run as candidate for city council.

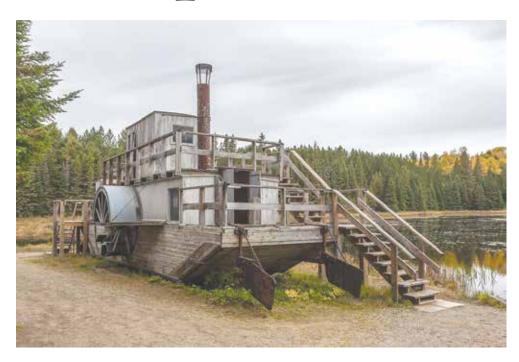
I strongly feel that certain voices are not being heard in our community. I believe I can be a very good representative do to my past leadership in volunteering my time of various levels over many years. I feel confident that my time was well spent working along with Municipal Provincial and Federal representatives will be beneficial in my quest.

What is your priority if elected?

My first priority will be to build partnerships that will bring our community back together not divide us. My website is JohnRedins. ca or call me at (613) 277-6975 for more information.

MYSTERIES OF CANADA

Transportation oddities in Canada



by Bruce Ricketts

The Alligators

The next time you visit Algonquin Park, be on the outlook for Alligators.

In the latter part of the 19th century and into the 20th century, the loggers in and around what is now known as Algonquin Park used a very special tugboat to corral logs on water and drag them across the lakes to the mills and shipping locations. The boats were called Alligators. Why? Because, like alligators, they were capable of navigating both on water and on land.

A boat on land? Isn't that nor- Alligator Boat was pulled acromally called a shipwreck or, at logs, navigating the portage. It least, winter storage? Thus, the Alligator Tug

The *Alligator* was a flat bottom side-paddle wheeler that could travel, in still water, at about 5-6

miles per hour. However, if the wind came on too strong or the current was against the bow, the boat would slow from a crawl to stop. So the boat designer came up with an ingenious way to keep it moving. They had a rowboat go ahead of the Alligator about a quarter mile and drop an anchor which was attached to a winch on the Alligator. When the anchor was set, the cable would be winched in and the *Alligator* would move forward. This worked very well on water so the boatmen decided to try it on land. Logs were laid down across an area to portage, the anchor was played out, the winch activated and the Alligator Boat was pulled across the

Thus, the *Alligator Tug* could move through the water and across the land... just like a hovercraft. There are remnants of Alligators

through the Algonquin Park area, including one which has been restored, which you can explore at the park's Logging Museum.

Camels in the Cariboo

In 1862 Billy Barker struck gold on Williams Creek. A year later Barkerville, which had grown around Barker's claim, had a population of 10,000 people. By 1964 the Cariboo Wagon Road reached Barkerville, which allowed a steady stream of supplies to flow into the bustling gold town.

One of the lesser told stories of the Cariboo Gold Rush was about Frank Laumeister and his camels. If I told you that there were camels in Canada in the mid-1800's would you believe me? In the 1860's Frank Laumeister was probably the most famous freight outfitter in British Columbia. During the Cariboo gold rush, Frank decided to use "the ship of the desert" to help move the huge amounts of cargo to the remote outposts. These two-hump camels could out walk and out carry any animal known in North America. But to Laumeister's dismay, these bad-tempered animals would eat anything from a pair of pants to a bar of soap, if given the chance.

Horses from competing freight outfitters would stampede at the sight of a camel, which caused large losses for those companies.

The biggest drawback to Laumeister making a profit was the loss of camels. These animals were

sure-footed on a sandy desert, but on the rocky trails of the Cariboo, it was a different story. Most trails at the time were cut into steep rock canyon walls.

After a few years, Laumeister sold his remaining camels to curious ranchers throughout the province, thus ending a unique chapter in Canadian entrepreneurship.



Portable bicycle

Stepping out of the past to the present, let's look at something impossible. The *Impossible* was a folding electric bicycle that fit into a backpack, with room to spare for your books and laptop. When opened and assembled, the bike carried up to an 85 kg rider at about 12 k/hr for up to 45 minutes thanks to its ten 2,900mAh batteries. It used a brushless DC motor designed and built specifically for this bike that results in a pedal-free experience.

I speak of the *Impossible* in the past tense because I cannot find its current status in the market. The developers twice tried crowdfunding and twice failed to achieve their targets.

Such is the state of innovation in Canada.

Appeal for Volunteers

If you are interested in the Canadian Military, you are invited to check out a new website which will be officially launched this fall.

Canadiansatarms.ca is focused on all things Canadian military from 1812 to this present day.

We are looking for volunteers to help research stories for the site, to help with translation between the English and French languages, to help market the site to Canadians and to help in our fund-raising efforts. You do not need to be a good writer... just a good researcher.

If you want to explore an opportunity to be part of this important resource-in-the-making, contact us at support@canadianatarms.ca.

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



Why choosing the right food for your dog is so hard

by Jonathan Sumner

The days of feeding your dog leftovers and table scraps are long gone. As a dog's role in the house has changed from pet to family member, their food has changed with it. Dog food is now a multi-billion dollar industry with global brands producing many of the mass sold dog foods.

At the same time there are many smaller companies making better quality food. With all the choices available, it can be hard to narrow it down to a brand that is healthy, affordable and appealing to your pet. As some of the marketing can be downright misleading, here are some tips to help you make the right choice for your pet.

Watch out for labeling that uses health related words such as "natural" or "fresh" to lead you to believe the food you are buying is healthier. Some brands will use this trick in their tag lines or in the product name to imply that the food is nutritious and wholesome. Another trick to look out for is breed specific foods that suggest it is only suitable for a Husky or Golden Retriever, etc. The reality is that all balanced foods likely serve the same purpose. You are probably paying more for the breed specific food.

Another clever angle is focusing on food flavoring such as cheese or bacon that appeals to the humans buying the food. What would you buy: a bag with a roast turkey or dry kibble? Also, keep in mind that "flavor" simply implies there is a bit of flavoring that may or may not be natural but it may in fact be lacking real ingredients

Another trend mirroring human foods is including items such as antioxidants or probiotics in the food. That is excellent, but is the food you are buying a complete balanced diet? Conversely, highlighting the lack of ingredients is also a marketing trick, which plays on consumer fears. An example of this is grain free dog food where in reality grains are not entirely bad for a dog's diet.

Pricing is another marketing trick that often leads to buying lower quality dog food as consumers often put quantity over quality. While buying a large bag of poor quality food may seem economical by comparison, you often need to feed less high quality food to meet the same dietary requirements, so the end cost to you is the same.

With so many options, you want to choose the right food for your dog and pocket book. The best way to tell if the food you are buying is balanced and meets the nutritional needs is to read the label. While this may not tell you the quality of the ingredients, it will tell you what is in the product. While high quality foods are not usually found at the grocery store, feeding your dog well is not as expensive as many think. Your dog is worth it.



Jonathan owns and operates the Ruff House, a dog daycare, kennel, groom-

ing, retail and training facility in Ottawa. www.ruff-house.ca



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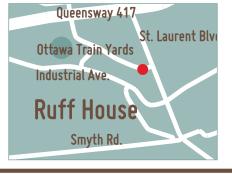
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TRINITY COMMUNITY GARDEN

Diversity and pollinators reward gardeners

by Bernadette Bailey

othing evokes the pleasure of late summer more than the taste of a ripe tomato, picked from the vine. They are a fairly easy and greatly rewarding plant to grow. All you need is plenty of sunshine, lots of water, and some help from the bees and other pollinators.

At Trinity Community garden, of course we have no control over the amount of sunshine, and we sometimes have to work harder, filling the barrels and carrying water cans when there is a shortage of rain. We also understand that we cannot take the bees for granted and so we try to create a place for them as well.

The reward for our work is abundance, in the amount we harvest and in the number of varieties we can grow.

At Trinity Community Garden members pay an annual fee for their plot, which they plant, maintain and harvest themselves. Each year we have a couple of new gardeners and most of them begin by planting the basics, things like beans, tomatoes, carrots, maybe some onions and lettuce. As experience and confidence grows, and they learn from their fellow gardeners, their repertoires expand. Many gardeners plant at least one thing new to them each year, whether it be a vegetable they've never grown, or perhaps a new variety of an old favourite.

This has resulted in great diversity. There are 35 members who garden here. I asked them to tell



Bounty, SARAH MUSAVI

me about what they grew this year and a quick survey of just 8 of them reveals the great variety. Together, these 8 have grown more than 26 types of vegetables, with more than 65 varieties.

At the grocery store at this time of year, one may find a few different varieties of tomatoes, but here, these 8 gardeners listed 17 different varieties. Some of the names are as wonderful as their taste, Chocolate or Golden cherry, Big Brandy, Mountain Merit, Plum Regal, and San Marinas. They can also be very beautiful. Erika and Zack grew a yellow heirloom which has a lovely red centre.

Ginette grows several varieties, many from seeds which she collects and saves, it is a pleasure to see her basket filled with deep red, pink, striped, yellow and black tomatoes. Along with what we plant, each year it is fairly common



Bee Hotel built by Mark Skinner.

PASTOR FRANKLIN CHOUINARD

to find cherry tomato plants growing on their own, from fruit that dropped that previous year. Those of us that leave them where they decided to be find them to be prolific growers.

Marcelle writes "Again, some tomato plants grew from last year's tenacious seeds in my plot. I always welcome them as faithful friends and Boy! are they ever sweet! I feel they thank me for letting them grow wild and return our love in wonderful sweetness"

There is also great diversity in the peppers that are grown with at least 10 varieties, everything from sweet Red Bell peppers, through Jalapeño, Thai finger hots, Shishito peppers from Japan, and Ghost peppers, which Erika describes as "insanely hot". There are also more than 5 varieties of lettuce, and as many of kale.

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TRINITY COMMUNITY GARDEN



Tomatoes and herbs. MARCELLE SAINTE-ARNAUD

There are pole beans, bush beans, yellow, green and purple, scarlet runner beans and ultra thin green beans.

The new thing a gardener plants could be something which may be more difficult given our climate.

Anna says "One thing that was new this year that I planted was cantaloupe. Ended up getting three fruits from one seed and it tasted delicious." It may also be a new variety, a few have tried lemon cucumbers, which are round and yellow, instead of the long typical green cylindrical ones we are used to. Some are inspired by time spent in other countries to try



Ginetteâ's diverse tomatoes. BERNADETTE BAILEY

growing things they enjoyed eating there. Erika and Zack planted Okra and found that it grows prolifically. Other less common things growing are tomatillos, ground cherries, lemon grass and bitter melons. Sarah planted the flower Calendula which has medicinal properties. "I grew calendula to attract bees and deter bugs which went really well. And then I've dried the flowers and made calendula cornbread as well as drinking it as tea."

As Sarah's comment indicates, many of the gardeners are grateful to and concerned about our helpers, the wild bees and other pollinators that are so essential for our gardens. If it weren't for them we wouldn't have many of the vegetables listed above, like the tomatoes, peppers, beans, melons, squash, okra, tomatillos and cucumbers. Indeed, pollinators are necessary for one third of all the food we eat. Most scientists agree that bee populations world wide have been declining. They believe this is caused by an increase in pests and pathogens, a shrinking food supply due to loss of habitat, and exposure



Cantaloupe ANNA PROESTAKIS

to pesticides.

At Trinity Community Gardens all members are expected to use organic only methods. We are also trying to create a space for the bees by creating a pollinator garden which we plan to expand, and to leave native wildflowers where they grow naturally around the perimeter. Many of the native bees are solitary bees which require specific conditions for egg laying and overwintering. We were very fortunate that Mark Skinner, a resident of Riverview Park, offered to build a bee hotel for us. It is very beautiful and we hope that it will help the bee population that we rely on.

Bees, like us require a variety in their diet. Our hope is that the variety of flowers they find here will give them what they need, so that we can continue to increase the diversity that we grow here.

If you would like to become a member or would like more information, please contact us at trinity.garden@rogers.com



Fashion with Compassion

at The Wholesale Outlet













My story, by Ann...

"I was in Sherry's store one day and started talking to her about the fashion show and how all the models are cancer survivors. So I said if she ever needed an extra model to keep me in mind and I left her my number. I was very pleased when she called and it was so much fun going in and trying on clothes and deciding what to wear.

I enjoyed all aspects of the day. It was nice to see the ladies from Victoria's Quilts Canada offering coffee and sweets. I received a beautiful quilt after my surgery.

I was still in the stage of discovering what was wrong with me when I had a terrible pain and went to emergency. I had had a CT scan a few days prior at the Montfort and had not received the results from my doctor yet. The doctor on duty very non-chalantly walked into the room and said "You have kidney cancer and you have to have surgery to remove one kidney". DAH!!!!!

I was however one of the lucky ones as the cancer was contained to the one kidney and I did not have to have chemo or radiation. Unfortunately the surgeon was not able to perform the surgery laparoscopically which we thought would be the case. I had lost too much blood by then. The recovery was long and difficult and it seemed

forever to get my energy back. I walked with the aid of a walker for almost a month after the surgery. So if anyone is going through this, do not get discouraged. I was golfing four months later.

My problems all started when I started bleeding. My family doctor thought perhaps it was a bladder infection so I was given antibiotics which obviously did not work so then he quickly referred me to a wonderful urologist who then started the necessary tests. My advice to anyone with similar symptoms is to immediately see their doctor and request a CT scan. Do not take this lightly.

I was blessed with having the support of a wonderful husband and great friends."

Sherry's story about how the Fashion with Compassion Show came to be...

The business actually opened 30 years ago. This fall, Sherry and *The Wholesale Outlet* held their 22nd *Fashion with Compassion* Show. All models in the shows are cancer survivors.

The reason that Sherry began doing the shows as fundraisers for cancer was simple: she knew family and friends who had cancer and this was one way that she could help.

"It has certainly evolved," notes



Sherry, as she recalled the early beginnings. At the initial show there were perhaps three or four models. We were lucky to have 12 people for the audience, and even with that, one person was there under 'duress'." Today, almost 125 guests enjoy the popular spring and fall fashion events and it was only just recently that a name was attached to the twice yearly show.

In the beginning the shows donated a percentage of the day's profits to breast cancer. Later, this was extended to include other cancers. "I began meeting people who had gone through various cancers, and it was then that I decided to put our fundraising toward cancer research," said Sherry, with regard to the changes of this amazing show. cancer. Not the following passion evaluation appears as cere gratification the model changing."

A treme goes into brought in

"Over the past few years I became very excited about donating to cancer research when I realized that some of our models have been in pilot projects and that the research is what best suits the needs of cancer patients. We have seen and heard about the tremendous results such as viral therapy for cancer and we wanted to help support this important work.

"Another reason for my decision was the fact that some of the women were volunteering because their husbands had cancer and by donating to research we were not limiting our fundraising for just women," Today, 25% of the days sales go to cancer research at The Ottawa Hospital and a donation is made to Victoria's Quilts Canada.

When asked how she makes contact with the various ladies, Sherry says that it is often when casually telling a customer in the store about the show, that the person mentions that she too has had cancer. Not surprisingly then, in the following Fashion with Compassion event, the shop visitor appears as a TWO model as well. One new model recently, with sincere gratification, even referred to the modeling experience as 'life changing'."

A tremendous amount of work goes into the shows; chairs are brought in and the entire store re-arranged. When asked why she does the shows, Sherry is quick to respond, "It's about doing this for the women. It makes them feel good. And I find it so very gratifying when I see the amazing inspiration that they share.

"We also hope that if there is anyone in the audience who has been given a cancer diagnosis, or knows of someone who has, that person will realize that there is indeed life after they receive the news."

Photos submitted by Alan Landsberg, Sherry Woodburn, and Carole Moult



Page 20 **Riverview Park Review** SEPTEMBER-OCTOBER 2018



The suites at Landmark Court are extremely inviting!

PHOTOS BY: CAROLE MOULT



Guitarist Peter Foret certainly knew how to entertain the audience.



Psychic Michele happily prepares to do a Tea Leaf reading for Grace Shaver.



residents tell us they "should have done this years ago." And, for a limited time, you can get it all for less.

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Above: Stéphane LeBlanc, Director of Culinary Services, shares a secret about the filling of one of those wonderful Phylo pastries.

Left: Zeus could well be one of Landmark Court's youngest residents.

Whatever the season, **Landmark Court has** something for everyone to enjoy

n a recent gorgeous day, an Open House shared the amenities of this beautiful retirement community.

Outside, on the comfortable benches, residents and guests could be seen enjoying the sunshine of a perfect September afternoon, while inside many took pleasure in the delectable treats Stéphane LeBlanc, Director of Culinary Services had created. Think a dash of the spices and flavours that we associate with autumn and the wonderful creativity of Mr. LeBlanc.

Foret was entertaining an enthu- peat guests are not at all unusual. siastic group with his guitar and it was evident that people were enjoying his choice of tunes. He would provide a brief background of the song to come, and then it wouldn't be long before there could be seen the tapping of fingers and toes, and humming or singing along with Peter's choices.

"The older the song, the better I like it," he noted, then began strumming the strings of his guitar to favourites such as Dean Martins 1953 hit, "'That's Amore' or 'Shine on, Harvest Moon' which Peter noted was from the early 1900s.

Humourously, Peter also added, that if you sang better than he, you were, "Out!" – as he pointed to the

door. This sense of humour continued throughout the show.

Off of the main lobby that same afternoon, the ever popular Psychic Michele was reading Tarot Cards and tea leaves. Again her insight was so 'right on' that her guests agreed that it was truly 'uncanny'.

With over 20 years of professional experience, it is amazing what she can tell about you from the various tea leaf configurations seen in just one ordinary cup, but visitors to her table will tell you In the Rockcliff Lounge, Peter that her insight is 'incredible'. Re-

> It wouldn't be an Open House without a tour, and guests to Landmark Court by Revera are always surprised at the wonderful sunlight shining in the windows of the spacious suites. One neighbour in the Landmark Court local community can see her bungalow from the retirement community windows, and plans to move in within the coming year.

She has attended a number of the many activities that Landmark Court hosts and enjoys the camaraderie among the residents and staff. And from being a visitor the times that she has, knows that this is definitely the place to be. Drop by sometime and you'll see what she means.

OTTAWA'S STREETCARS AT MID-CENTURY - Article 9

A Ride on the Britannia Line, part 2

by Bruce Dudley

s our last article finished, we had just turned off Holland Avenue onto the Britannia line private right-of-way track and stopped in front of the Holland Avenue Junction waiting room and office. There is usually an Inspector here and he won't signal me to leave until he is sure there are no Holland cars in view which could have passengers anxious to transfer to our Britannia car. While we're waiting on his signal I'll give you some information about the route.

The Britannia line opened in the spring of 1900 and the park, the pier, the beach and Lakeside Gardens at Britannia-on-the-Bay have been magnetic attractions for Ottawa's residents for decades. What better way to get some relief from the stifling heat of the city in July or August than to pack up a picnic basket and board a Britannia streetcar, open the windows and enjoy a ride through the western suburbs.

It's approximately 4 miles from Holland Avenue to Britannia, (3.85) miles west of the 1950 city limit at Granville Avenue). Our trip from George Loop in lower town to the Junction here at Holland has taken 20 minutes and from here west to Britannia Park will take another 20. As the frequency of service on this route is only 20 minutes in normal or 'off' hours, that means as we now leave the Junction to head west there will be an eastbound car signed up for George Loop arriving at the Junction from Britannia on the in-bound track beside us. At the same time the car ahead of us will be leaving Britannia now and we'll meet it at the half—way point.

At the time of our story, 1950, between Holland Avenue and Britannia Park there were 16 level Three of these were by city streets but the rest of the crossings were in Nepean Township. All level crossings were marked by diagonal "Railway Crossing" warning signs. In addition, there were 7 weather shelters spaced along the eastbound track and you'll get a good look at them on our return trip to town. These provided some protection from bad weather, particularly winter wind, for passengers waiting for a city-bound car.

I've just got the 'OK' from the Inspector so I close the doors, release the brakes, pull a notch or two on the controller and we are under way. We've just started and, sure enough, there is the east-



PHOTOGRAPHER UNKNOWN, B. DUDLEY COLLECTION

bound car coming in to the Junction from Britannia (see the first picture). Though we'll have some changes in elevation the line runs straight as an arrow as far as Golden Avenue at the western limit of Westboro village. Leaving the Junction and after crossing Harmer and then Clarendon Avenues we come to Granville Avenue and the city limits. After this stop I lock the rear exit door as anyone getting off west of Granville must use the front doors and put a 'blue' zone fare ticket or 5 cents cash in the fare box.

Then we head up the grade past St. George's Church and school to stop for the crossing at Island Park Drive, thereafter passing the long concrete wall of the Les Soeurs de la Visitation convent before reaching Hilson Avenue. Now look at photo 2, taken in 1937. This view is looking west from Tweedsmuir Avenue (then Strathcona) up the grade to Churchill Avenue (then Main St.) the highest elevation point on the line, with the level crossing of Athlone Avenue in between. If you look closely you can see the shelter on the in-bound track at Churchill Ave.

Leaving that stop we drift downhill past Westboro Motors on our right and the Lawn Bowling Club on our left into the gentle curve crossings of the right-of-way track. at Golden Avenue, then passing Broadview and Fraser (former first Avenue McKellar) and now we are at the McKellar Loop where you get off for the McKellar golf course. This is the half-way point between Holland Avenue and Britannia where we now meet a citybound car on the opposite track. Before you know it we've passed Woodroffe Avenue and we are approaching Richardson Avenue and our stop for Richmond Road.

After this crossing we move past the OTC storage and service yard to our left and the OTC power sub-station on our right and then we are now truly 'out in the country' as I feed maximum power to the motors and everyone enjoys



the long fast run to Britannia Village, the last stop before we drift slowly along side the canopy at Britannia Park, the end of our trip. So enjoy yourself at the beach (photo 3) and after another round trip I'll be back out here to pick you up and take you back in town.

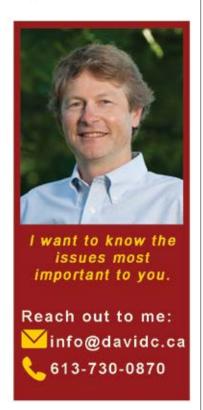
"In my next article, number 10, I'll give you a history of the evolution of the 600 class cars that we've been riding in for this trip; then in my final article, number 11, I'm going to tell you about a unique late-night service performed by a Britannia car (together with a couple of others), something that the general public was not aware of."

Bye for now; here's your transfer and mind your step getting off.

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My Priorities for 2018 - 2022

- Housing affordability and more supportive housing for the most vulnerable
- Greater planning certainty for a green and resilient Ottawa
- Living Streets safe, thriving and inviting for all users and ages
- Full implementation of Energy Evolution in pursuit of Ottawa's climate commitments
- Tree canopy expansion and protection



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RIVERVIEW ALTERNATIVE SCHOOL

All Things NEW at Riverview Alternative School

elcome back to a new year at Riverview Alternative School!

We're excited to welcome back our River Wolves and equally thrilled to have many new students and staff join our pack! It was a red carpet welcome on the first day of school!

There is much NEW to celebrate! This September, we welcomed over 55 additional students to "the River." Our school's population has grown significantly over the past year. We've doubled our enrollment. Currently, we have three Kindergarten rooms and seven classrooms from Grades 1-6. We'll be welcoming additional teaching staff by the end of September because of the change in enrollment. Student registration, as always, remains open.

Our Kindergarten students received new wolf t-shirts as part of their welcome package to our school. Staff also donned new team shirts thanks to parent artist, Jiddu Rivadeneira, who designed our new school logo. You may have also noticed our new school sign as you drive by our school.

summer building an outdoor Garden Loom for students. The Loom Project will bring all of our communities together to create collaborative art pieces. Students will be able to weave in natural materials like ferns, seeds, flowers, leaves and branches. The loom will be an all-season project that will grow and change throughout the year. No doubt our wintering birds will enjoy feeding on the seeds. Thank you Gilles!

In addition, there's a new Maker Space room to be unveiled mid-September. We're putting the finishing touches on the classroom and look forward to providing students with hands-on experiences that engage them in critical thinking, math and science activities. Students will have the opportunity to build, design and invent by using recycled materials and a variety of tools.

Our community volunteer and gardener extraordinaire, Ms. Denise, has been busy preparing new flower gardens for the start of the school year. She's looking forward to sharing her gardening expertise with our students.

Inspired by the abstract art Parent, Gilles Gaudet, spent the work of Jackson Pollock; our stu-

Join the conversation / Joignez-vous à la discussion:

dents worked together to create a painting on canvas to hang as a reminder that, "we are each unique and beautiful, however, together we are a masterpiece!"

September truly is the start of a new year! There is excitement in the air as we welcome the cool, crisp days of fall and gear up to learn and play alongside our Riverview students.

> Nina Weiler Proud Principal of Riverview Alternative School 260 Knox Crescent



f tcarricato

@tonycarricato





Sweet Dreams - Why sleep is so important

by Cindie Helmer, RMT

Day to day life gets busy. We're generally so overscheduled that getting a good night's sleep can be challenging.

Why is quality sleep so important? Many vital repair and recovery functions take place only during sleep cycles.

There are 2 main sleep cycles; Rapid Eye Movement (REM), and Non-Rapid Eye Movement (NREM).

REM sleep occurs for a shorter period of time in the sleep cycle. This is where dreaming occurs. Dreaming helps our minds process emotions, stress, and memories that occur during the day. This stage of sleep also helps stimulate the areas of the brain responsible for learning and development.

NREM sleep occurs for the majority of sleep time. Most of the health benefits of sleep occur in this cycle of sleep. Hormones are released in this stage that help heal damaged cells, boost the immune system, perform tissue growth and repair, and energy is restored.

The primary benefits of waking up well rested include:

Better focus – a good night's sleep allows you to maintain better attention to detail and allows for better retention of information.

More productive – having better focus makes you better able to complete tasks effi-



ciently and learn new things.

Better mood – lack of sleep makes it harder to control emotions leading to higher instances of stress.

Better appetite control – good sleep helps regulate many hormones in the body, including ghrelin, which makes you feel hunger and leptin, which makes you feel full. Lack of sleep means those hormones don't function as they should. Ghrelin becomes more active and leptin becomes less active allowing for overeating.

Better immune health – the immune system needs sleep to help the body fight off colds and flus. Over time, quality sleep helps reduce the risks for serious conditions such as heart disease, diabetes and high blood pressure, just to name a few.

Better physical health – while in deep sleep, the body will release a hormone called human growth hormone, or hGH. hGH promotes

healthy growth during childhood, and in adults, it helps maintain healthy metabolism, supports physical performance, and helps restore and rebuild the body after daily stresses and injury.

So what is recommended, and how do we obtain better sleep? According to the sleep health experts at Sleep.org, there are a few things that can help us out.

Create a sleep schedule – going to bed and waking up at the same time every day helps create a healthy routine for your body.

Watch what you eat and drink before bed. Avoid alcohol, nicotine and caffeine four to six hours before bedtime to help ensure better sleep quality.

Create a good sleep environment. Make sure your bedroom is cool, quiet and dark.

Put your devices away. The blue light of cell phones, tablets and televisions suppresses melatonin production, (a sleep hormone) in the body. Keep them out of the bedroom.

Oh, and get massages regularly. Regular massage helps manage pain and stress allowing for better sleep!

If you would like to learn more about your body and conditions you have, please subscribe to our newsletter through our website at www. essential-health.ca. If you have questions about how massage might be able to help you, please email info@essential-health.ca.





A very happy welcoming team for the second arrivals: Ammar; ITC Committee Chair; Lynne Bezanson, and Ramez, with ITC Committee members, Karin Keyes Endemann, Paul Puritt; and Carole Moult. Missing from the photo: Committee Members, Marilyn Minnes plus Alan Landsberg, who was behind the camera lens.



Volunteer, Zahinda, who is from Uganda, helped the whole house full of volunteers.



New arrival, Ramez, with great helper Max, moving in the



Lynne Bezanson, ITC Committee Chair, and Jonathan Jones, Refugee Coordinator, at Emmanuel United Church signing volunteer forms for students.

Refugee resettlement

CONTINUED FROM PAGE 1

gan in earnest.

Who are we working with?

We knew little about sponsoring refugees, but fortunately, we discovered Jonathan Jones, Refugee Coordinator at Emmanuel United Church in Riverview Park. The United Church of Canada, an officially sanctioned organization, had considerable experience in refugee resettlements, but had depleted their annual sponsorship quota, meaning that no federal funding could be provided for another year. Nevertheless, they were willing to provide us with advice and assistance in the process. This meant we would either have to wait another year or apply as a private community group, and work to raise the entire requisite amount. By this time, Jon Jones had identified a Syrian refugee family of seven desperately needing sponsorship - they had fled Homs and were safe but barely subsisting with limited resources in Beirut in a one-bedroom apartment. A brother, wife and infant daughter (Feras, Lama and Stephanie) were already Canadian citizens, living in Ottawa and eager to find sponsors to help reunite their family. "When life gives you lemons, make lemonade" ... we decided to make lemonade!

Our fundraising goals

\$50,000.00 is the compulsory minimum for sponsorship of a family of seven; the ITC and Emmanuel United each committed to raise \$25,000.00.

A broad fund-raising campaign began in late 2015. Emmanuel, which could issue charitable receipts, agreed to be the trustee. A FundRazr website was set up, a Shout Sisters Choir concert was organized, donation boxes were set up at community events, the ITC joined with the RPCA to run their biennial Fall Social and share in the proceeds, and the Hunt Club Community Association contributed generously too. By fall 2016, the ITC had raised \$32,000.00, meaning the family would have \$57,000 which would certainly make their lives more viable and comfortable. The application was now officially in process! Then we waited ... and waited, while regularly communicating with the offices of David Mc-Guinty (our local MP) and Ahmed Hussen (Minister of Immigration, Refugees and Citizenship); both of whom were very responsive, but anything they may have actually done remained tactfully unstated.

By the end of 2017 our family **CONTINUED ON NEXT PAGE**



44

As Councillor, I will take a community-first approach to addressing the issues facing Capital Ward and Ottawa, including the need for better, more transparent management, balanced urban development, and environmental sustainability.

Visit christinemcallister.ca to find out more about Christine and why she should get your vote in October's municipal election.



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77



The hardworking family of Nazish, Samah, Aliya and Jamil taking a very short break.

resources and Christmas was looking very bleak indeed; the rules would not permit us to use any funds from the trust account.

Once get again we decided to make lemonade and get into action! Just before Christmas, we hosted an Art and Photography Sale with the generous support of Trainyards Wall Space Framing and many contributions from artists, local and beyond. The proceeds were sufficient to support the family in Beirut from January to June, keeping everyone's hopes up.

The Wait and the Eventual **Approval**

After close to three years, we were notified last spring that our family was scheduled for medical and security checks. We then held our breaths for seemingly endless weeks as the first three and then the next four went through the process until the final approvals came through in May and June.

Then suddenly things started to happen! We were informed, only weeks before they would arrive, that the parents and brother would come in mid-June and the family of four would arrive in early July. The ITC team was filled with great excitement, and Feras in eager anticipation, tracked their flights hour by hour until he knew they were on their final leg to Ottawa. Graciously, a government official accompanied them all the way to Toronto and saw them onto their flight to Ottawa.

The Arrivals and Welcome

With such limited notice, we were in a panic to find housing and furnishings. Through the incredible generosity of Emmanuel's parishioners, Riverview Park residents, and our contacts across the entire city of Ottawa, offers of nearly everything a household could require came pouring in. Yard sales and the Help with Furniture charity rounded out a few remaining necessities. Volunteer movers and workers came forward, and with the inestimable work of John Rathier and his van, goods were picked up and stored, then finally transported, moved into a nice four-bedroom

had virtually exhausted their own home, remarkably in only two days. The house (located by ITC's Carole Moult) was leased for a year, auspiciously on July 1. The generosity of our community meant that total start-up costs amounted to less than \$200 (except for personal contributions of a case of beer and three cases of water).

The first arrivals came on June 14th; Ramez and Nadia (grandparents) and son Ammar. It should be mentioned that fittingly, Sir John A McDonald with a bouquet of flowers, along with fellow architect of the Canadian constitution, Georges-Etienne Cartier, whose statues grace the luggage pickup area of the Ottawa Airport, joined by a small ITC group, were waiting to greet the family.

Our hearts sank when the entire flight had disembarked and collected their luggage with no sign of our family. It turned out that they were safe, but being unfamiliar with these new surroundings, had gone to the wrong part of the airport ... soon enough though, we happily found them. A Guiness record could have been set for the longest hugs ever!

The second arrival was on July 5th, (mother and father Azzam and Kinda with children Alan (6) and Acil (4). They were met by both the ITC and the first group and teddy bears! The interminable process had finally and successfully come to an end. Joy is the only word to describe the reunion. Feras had not seen any of his family members for close to ten years and the family had never met his wife or daughter. Little Stephanie was overjoyed to have grandparents and cousins her own age! There were no dry eyes, ITC included.

The Present and the Future

We are thankful that they arrived in summer, particularly this one with the weather more like what they're used to. They were unreserved in their elation at finally being here, the home we had readied for them and meeting their Canadian family and the team which had worked so hard to get them here.

As this article goes to press, Acil is in Kindergarten and Alan is in grade 1 at Vincent Massey, a



Extraordinary volunteers, John Rathier and Karin Keyes Endemann, at the finish line.

five-minute walk from their home. We will now witness the children's resilience, as neither speaks any English, but we know they will grow and learn! Ammar already has a good basic command of English and has started at Algonquin in English as a Second Language (ESL). Kinda, Azzam, Nadia and Ramez are all enthusiastically attending ESL classes at a beginner level.

Other than saying "it was so hard", we have asked nothing and they have said nothing of their flight from Syria and their ordeal in Lebanon. They may never do so, and we are just focused on helping them build their futures here.

- Our focus now will be twofold;
- ensuring they are welcomed into the community and invited to community events, making sure the children meet others of their own ages, helping the parents meet with parents of young students, helping the children learn to skate and participate in the many enjoyable things Ottawa has to offer.
- doing all we can to ensure that by next March they are employed and earning sufficient income to support themselves. They are industrious, with some skills and are keen to learn and contribute.

We will be reaching out, but you too in the community can help so, please let us know what you might have to offer by way of connections, employment and pleasure pursuits.

With your support we truly made lemonade and soon it will be hot chocolate. Let us know how you might contribute to their future - lemonade or hot chocolate! Canada has gained a fine family who will be excellent citizens and we have gained fine friends.

You may contact me, Alan Landsberg -ITC Core Committee (alanlandsberg@bell.net) on any related matter, and Thank You.



Global Prosperity and Peace Event Ottawa



Lynne Bezanson, (R), shown with Sarah Musavi, received her certificate for the tremendous amount of work that she did as Chair of the It Takes a Community (ITC) Syrian Refugee Resettlement Committee. It is because of Lynne's tireless leadership in connection with Emmanuel United Church that a family of seven refugees could come and live in our community.

Riverview Park resident, Bernadette Bailey, was recognized for her dedication and work in helping the Trinity Community Garden develop and expand. Today, there are 35 gardeners whose plots benefit not only the gardeners themselves plus family and friends, but also our local food bank.



Ottawa Peace Event Patron is Pastor Franklin Chouinard of Trinity Church of the Nazarene. His message about peace contained a beautiful mix of both the serious and humourous.



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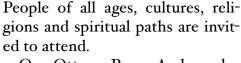
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info@compu-home.com Malcolm and John Harding by Carole Moult

n Friday evening, September 21st, Ottawa hosted one of the many Prosperity and Peace

Events being held across the world in over 100 countries. Sekou Kaba was the headliner and motivational speaker for this non-religious event; part of a global initiative to help people experience more peace in their personal lives, their homes and their communities. Sekou is a high level athlete and represented Canada as a Hurdler in 2016 Olympics.

peace," noted Global Prosperity and Peace Initiative founder Dr.Paula Fellingham in a powerful video. "Humanity is ready, right now, for a Peace Master Action Plan (a Peace MAP) that works. And that is exactly what we offer."



Our Ottawa Peace Ambassador is Sarah Musavi and she did a beautiful job of leading the Friday evening programme. Ottawa Peace Event Patron is Pastor Franklin Chouinard of Trinity Church of the Nazarene where the event was held. He too shared a message of peace to an audience that came out, braving the sudden weather of not one, but two tornadoes hitting parts of Ottawa.

Local community members "People worldwide yearn for and other invaluable people from across the city were awarded certificates to recognize their efforts at promoting peace and prosperity. All spoke from the heart about their amazing contributions to our city and are well-deserving of being recognized.



Mike Rivet has been a speed skating coach at the Gloucester Concordes Club in Orleans for over 30 years, producing three Olympians and helping coach more. In addition, Mike shapes all the young athletes at the club to first become high performing athletes in academics, ethics, manners, teamwork (even though speed skating is an individual sport). He takes personal interest in their training through the many hours that he puts into motivating a promising athlete.

In 2002 Ibrahim Musa arrived in Canada as a refugee from Iraq. In 2015, Ibrahim was inspired to start a non-profit organization that provides free haircuts to children in Ottawa. Under a year later and with the help of a dedicated team of volunteers, charitable community members, local barbershops and hair salons, and lawyers offering pro-bono assistance, the Cuts For Kids Foundation was born. He generously participates in numerous youth initiatives with the goal of inspiring others.



Manzi Ngarambe is a survivor of the genocide where his entire family was killed and he managed to escape. He returned to forgive the killers of his family. Manzi shares his story in the hopes that his home country of Congo, and other global regions in conflict, will begin on the path of reconciliation. He is the Founder and Executive Director of Heroes of Peace, and an ambassador for One Young World.

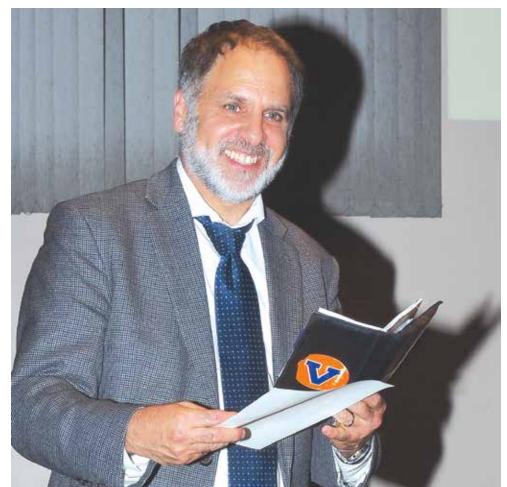




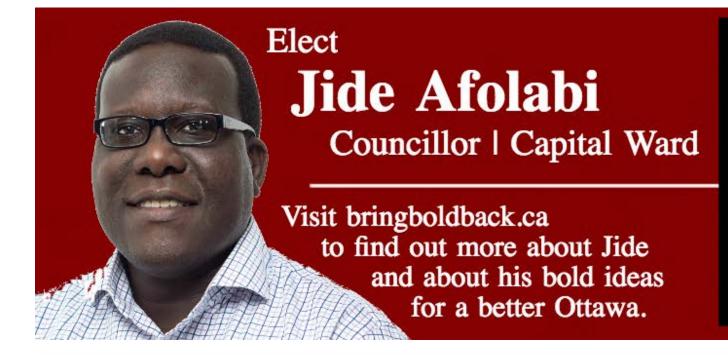
Sekou Kaba, the motivational speaker, is a high level athlete and represented Canada as a Hurdler in the 2016 Olympics. He now speaks at schools and does free events to encourage and inspire youth through his story of struggle coming to America from Africa, facing challenges in terms of language and racism and finally overcoming the negativity around him to simply focus on his goal of going to the Olympics. He has a mission to inspire youth to follow their passion and never give up. www. sekoukaba.ca. His award was well- deserved.



Event organizer and Ottawa Peace Ambassador, Sarah Musavi, gave a heartfelt welcome to the audience.



Kris Nanda is not only the President of the Riverview Park Community Association (RPCA), but works tirelessly to make our community a greener and more liveable place. He helped connect people with the community garden when it was initiated, monitors what is happening in our green space, promotes cycling and bicycle paths, and champions local initiatives. ALL PHOTOS BY: ALAN LANDSBERG



"Our communities must return to implementing bold ideas for a better Capital Ward. Our mission must be to place our Ward firmly at the vanguard of a better Ottawa."

Cahn and Sinatra: the words and the music

by Brian McGurrin

very year since 1934, the Academy of Motion Picture Arts and Sciences has pre-✓ sented an Academy Award (an "Oscar") to the songwriters who have composed the best original song written specifically for a feature

Strange to say, hardly anyone remembers the songwriters who win these awards.

In the year 1950 for example, five songs were nominated: Mule Train, Be My Love, Wilhelmina, Bibbidi Bobbidi Boo, and the eventual winner, Mona Lisa. You may remember some or all of these songs. You may also remember some of the movies in which these songs were first performed, and some of the singers who performed them: Frankie Laine, Mario Lanza, Danny Kaye, Verna Felton and Nat King Cole.

Sammy Cahn, who wrote the lyrics for Mario Lanza's Be My Love, to say nothing of his lyrics for other Oscar-nominated 1950s songs, including Three Coins in the Fountain, The Tender Trap and All the Way, claims that he put more words into the mouth of Frank Sinatra than any other songwriter. We all remember Frank Sinatra, but who remembers Sammy Cahn?

Cahn was an incredibly fast worker. If Sinatra called up and said he needed a song about three women making a wish at the Trevi Fountain, then Cahn would have the lyrics drafted in about thirty minutes. In fact, that's pretty much what actually happened. Cahn wrote the lyrics to fit the title of the movie without even looking at the script. Regrettably, Three Coins in the Fountain was the last song ever created by the Jule Styne/ to devote more time to Broadway shows while Cahn decided to stay put in Hollywood.

Then one day in 1955, when Sammy Cahn was at a low point after the breakup with Styne, and still looking for a new collaborator, Frank Sinatra reportedly called up to say, "I'd like you to do a song with Jimmy Van Heusen.... I'll have Van Heusen call you." And that's how Sammy Cahn acquired a new songwriting partner.

Sinatra wanted Cahn and Van Heusen to compose a song for his next film titled, The Tender Trap. In this film, Sinatra plays the role of Charlie Reader, a 35-year old theatrical agent, a confirmed bachelor and man about town; and Debbie Reynolds plays the role of Julie, a sweet young singer-actress. Of course, she sets her cap for Charlie, and of course he resists....but finally succumbs. The promotional blurb says it all: "Many tried... but only one succeeded...see how she did it in The Tender Trap."

In fact, the new team of Van Heusen & Cahn broke out of the gate with two great songs for Sinatra: Love and Marriage (go together like a horse and carriage) which Sinatra recorded, very tongue in cheek by the way, in August 1955; and The Tender Trap, recorded one month later. Both songs address the same topic: Tender Trap is, after all, just another song about love and marriage, but viewed from a rather different angle.

As Sammy Cahn later explained to writer/ critic Mark Steyn: "When I heard the word 'trap', I heard the word 'snap'and the song was practically written in my mind."The composers wisely relieve the tension of the mainly staccato phrasing with

Sammy Cahn partnership, because Styne began a sweet romantic interlude: "Some starry night.... /When her kisses make you tingle...." But then good time Charlie suddenly gives his head a shake and the cynicism sweeps right back: "You're hooked, you're cooked, you're caught in the tender trap."

> Van Heusen and Cahn didn't just write songs for Sinatra. They wrote Sinatra songs for Sinatra. According to Mark Steyn, "Cahn and Van Heusen belped define Sinatra's new 1950s persona after his fall at Columbia and re-birth at Capitol Records. When Sinatra returned, he was no longer the shy bow-tied boy and bobbysoxers' pin-up, but a dice-rollin', finger-snappin', swingin' bachelor with a round-the-clock invitation to party: "Come Dance With Me", "Come Fly With Me", "Come Blow Your Horn..."

> Sammy Cahn had a very clear view of how his songs should be sung and he wasn't shy about sharing that view with any vocalist, including Sinatra. After hearing Sinatra's initial studio version of Tender Trap, he apparently told Sinatra: "No, no, you can't finish it like that."

> As Mark Steyn relates the conversation, Sinatra gives Cahn a look and says: "So how am I supposed to finish it?"

> "You have to go up, take it up an octave. 'Love' is the big climax. You fell in love and luuuuuuuuuuuuuv..... Is The Tender Trap."

> "That's an F," says Frank, who didn't like to go up that high.

> "Yeah," said Sammy. "That's an F. And you're Frank Sinatra."

> "Frank thought about it, and then he called back the orchestra and did one more take, doing it Sammy's way – at the very edge of his upper range."



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Hillcrest secures co-op placements

submitted by David Knockaert

o-operative Education is a joint effort between a school and its community to provide an educational program for students. Students will spend part of their time in class and the remainder in experiential learning in the workplace. The out-of-school component is designed to complement any in-school course in which the student has a particular interest or aptitude.

My own assumption had been that co-op programs were intended as a means for the less academically inclined to get through school and graduate with a diploma. If that was ever true, it is no longer the case. The program is of increasing interest to students from all pathways and all academic levels who are looking to gain exposure to the world of work.

Beyond offering students an opportunity to understand the working world, co-op allows students to "test drive" a career. For students who will pursue higher education, a co-op placement may also open the door to summer or part-time work. It also offers unique experience which can attract attention on university or college applications.

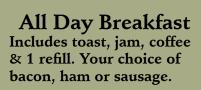
Hillcrest has been adept at securing placements for its co-op students.

While some placements are in the trades such as auto repair, hardware store, or hairdressing, other current placements are linked to professional career paths such as at law offices, office of elected officials, athletic club, as chefs, or in the computer industry.





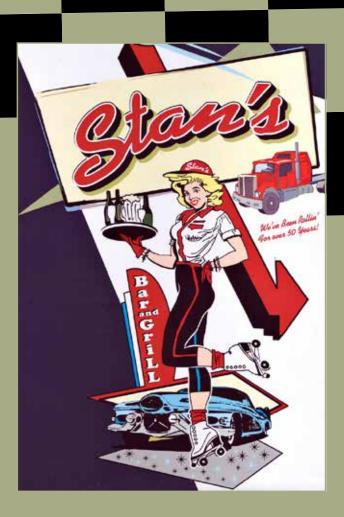






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Knees up for the World Cup

by Bill Fairbairn

his past summer, recovering from knee surgery, I watched the televised World Football Cup played in Russia and saw many of its 736 soccer players from all over the world twist, turn, kick, shoot and run their knees into the ground. Substitute players on the bench readied for action when injuries or exhaustion occurred on the field of play. Knee injuries were occasionally the reason players had to leave the pitch on stretchers.

Eyes glued to the screen, I zeroed in on some of these 1,472 knees in action or rested on the bench ready to kick for their countries. It made me wonder how many of the same knees would be replaced by knee arthroplasty in old age as was one of mine.

When you are young knees hardly bother you at all. Sport generally is excellent for the body. Better to have a latter day knee replacement through excessive sport than face heart transplant through being a couch potato.

At high school in Scotland I played soccer, rugby and cricket through the seasons. When en-

deavoring to catch out an opponent batsman I remember the hard cricket ball come down from the air through my hands and solidly strike my left knee. Nobody gave a care! Not even me when the pain had diminished. Knees would last forever. Or so it seemed at age 12!

Forward 60 years to when an ache in my left knee started to really bother me. I had ventured a hill too far during a long hike with my wife Janina. The ache continued for another 10 years. The day before my surgery, I took a short stroll on my Nordic walkers in Balena Park. I thought how lucky I was to be preparing for surgery. Yet this confidence contrasted with anxiety.

Women in a fairly equal ratio to men opt for knee surgery and they possibly fear it less. My surgeon had told me it was his job to get faulty knees walking and this convinced me that his way was the way for me. After all, thousands of people in North America go through this major surgery each year and there is a long waiting list in On-

My wife drove me from my Riverview Park home to the General Campus of The Ottawa Hospital

for my date in the operating room with joint reconstruction surgeon Dr. Robert Feibel. I had been told I could decline surgery right up to the time a porter was wheeling me on a gurney to my fate. I thought what cowardice it would be if I opted out at the last minute.

The anesthetist started the procedure with his hypodermic syringe. The anesthesia blocked sensation from my waist down leaving me painlessly awake through my surgery. From behind a curtain I could hear grinding and knocking sounds as Dr. Feibel and a colleague sawed off arthritically damaged areas then reshaped bone to assemble my new left knee. I wondered if he were a carpenter as well as a surgeon during the volley of knocks. Of course he was doing much more than that. His real handiwork was and still is a mystery to me. I'm no medical reporter so I know no more of the procedure.

I reckon it took two hours before I was taken to the recovery room for the surgical anesthesia to wear off. Thankfully after about two more hours I felt a wiggle in my toes and soon I was in bed in a haze sharing a hospital room with a talkative fellow patient whom I recall speaking of his love of fishing in Canada's north.

Morning dawned and lucky for me student nurses were present in force gaining experience under supervision. Among the angels whose names were chalked on an on-duty board, I pay tribute to Jennifer, Emily, Sheila, Olena, Brianna, Juniper, Delia, Sarah, Brittany, Bridgette Juniper and a couple of male nurses whose names to my regret I forgot to take note of. I apologize to other aides I overlook in this article. Among several recovery exercises they had me pump my ankle and breathe deeply to avoid blood clots and they came to my bedside regularly with medicine to help me sleep and manage pain. I recall my amazement when a doctor showed me an X-ray image of my new knee at about 7 a.m. in the morning. Satisfying food was served for breakfast, lunch and dinner. And, best of all, Janina came to visit me!

I leaned over a metal walker for my first hospital steps. Watched by physiotherapist Heidi, I walked about 20 meters and climbed four stairs. I was lucky to have a washroom closet next to my bed and





This X-ray image of Bill Fairbairn's new knee shows, in dense white, a metal prosthesis; in less dense white, acrylic cement; and in the dark space between, a tough light polyethylene thermoplastic. So, knees up younger man!

independently as I could. Physiotherapy and pain killing medencouragement helped me home in three days. As I awaited final

Heida encouraged me to use it as explicit instructions on my recovery and with exaggerated steps he acted the part of the cripple that ication along with much human might be if I did not follow hospital advice on recovery.

Armed with a hospital book of Ottawa Athletic Club. discharge, Dr. Feibel came with exercises for the knee, I was driv-

en home by Janina and three days later I enrolled for physiotherapy under Jennifer and her team at the Riverside Campus of The Ottawa Hospital and for aqua fitness at the

As my knee pain disappeared I'm smiling more again.

this once a man twice a child almost had to learn to walk again at age 82. Though not ready for a game of soccer, I have faith in my new left knee. Thanks mainly to Dr. Feibel and the General Hospital and staff

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Riverview Park Review

SECTION TWO

SEPTEMBER 2018 A Voice of Riverview Park OCTOBER 2018

"Voices of Women" coincides with Canadian Women's History Month

by Jennifer Robitaille

Canadian Women's History Month and what better way to celebrate the achievements of Canadian women than to attend the solo art exhibition by Ms. Hawa Kaba (www.hawakaba.ca).

As a black female artist, her African background did not allow women to pursue art as a profession. It wasn't until Hawa turned 40 that she found the strength to pick up a paint brush and learned how to paint. 20+ years later, you will find her pieces hanging in the Canadian Embassy in Paris, City of Ottawa, government buildings, galleries and many private collectors' homes and offices in Canada, the US and Japan.

Hawa's work bridges across multi-cultures. She is able to bring together her African heritage and Canadian influences into her works



of art. Her work is considered both provocative, such as emancipation of slaves to the empowerment of women, to more simple pieces that evoke love and tenderness of mother and child. Her artistic strength lies in creating mixed media abstracts that incorporate rich textures from textiles and earth tones evokes from her memories of African landscapes.

Her generous spirit means that you will often hear her speak about her art and her life experiences at local schools. It is through these



venues that mainstream Canadian and newly immigrated children can see themselves as equals. The principal at Laurentian High School once told her that the children would group together and talk about what they had seen.

"The same group of children

wouldn't have crossed the room to share a pencil let alone talk to each other. It is Hawa's art that bridged the differences between these children. It allows them to learn more about their similarities and differences."

Hawa Kaba will be on-hand to answer questions about her art work and her life experiences at her solo art exhibition, called "Voices of Women" held on October 4, 2018 from 7:30pm-10pm, at Ottawa's crown jewel, the Horticultural Building at the TD Place. Art work themes will centre on acceptance of diversity and tearing down barriers with a focus on women.

Cost is \$10 and to register for the event, please visit voicesofwomen. eventbrite.com.

A portion of the sale of her art will be donated to the Ottawa School of Art Outreach Program (artottawa.ca/donate/outreach/).



Critter Control:

The humane wild animal control solution

They're really quite cute. And, although frequently referred to as 'masked bandits', as indeed they sometimes are, raccoons can be quite a nuisance as they forage around our local neighbourhoods. The same goes for skunks, which seem to have our garbage day down to a T, often hanging around the week's other six days scavenging or digging up grass as they look for grubs. And then there are the squirrels, which soon will be seeking out our garden sheds or even attics for winter protection.

Appreciating wildlife and our shared natural environment is one of the first steps in resolving wildlife conflicts with humans. But what if sharing just doesn't work?

Not all wildlife problems are created equally. Not only do many wild animals carry diseases and parasites that can be transmitted to humans, but rodent droppings and damaged attic insulation can indicate that the situation in your home or office is much more serious than you think. Left unattended, this form of wildlife destruction can quickly cause a great deal of harm to your attic, crawlspace and basement. Chewed wires, fires, matted and damaged insulation are more than an irritation. Holes in heating and cooling ducts or other problems are as well.

But, why the increase in wildlife in our neighbourhood, one might ask? Unfortunately, along with new infrastructure in a community, we frequently inherit a new set of problems in the form of wildlife. One example is the increase in animals such as rats seeking out their own new homes when a road is built. Wildlife control of these new additions can seem daunting to the average homeowner, but there is help. Critter Control is a local business and they can take care of your wildlife control concerns.

The Critter Control concept has called for humane animal control and environmentally-responsible



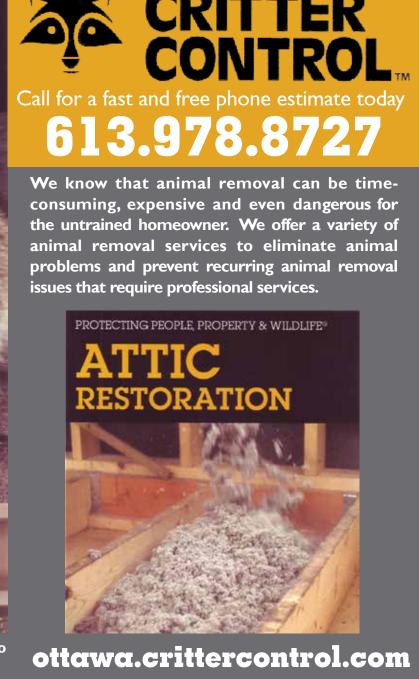
techniques for taking care of nuisance animal problems since 1983. These include animal control, animal removal, animal damage repair, animal exclusion and animal pest control prevention services. Truly in the forefront of using innovative and integrated methods, this is a company that provides ecologically sound animal control services for homeowners, businesses and municipalities.

Tolerance and understanding

solve many perceived 'wildlife problems' borne from irrational fears. Bats and snakes, for example, are very beneficial to the environment, rarely a danger to humans but often misunderstood. And, while there are times when

And, while there are times when we can let nature take care of itself, sometimes wildlife conflicts must be resolved by outsiders. If this is the case at your home or office, then Critter Control is the call you should be making for help.





Neuromuscular research centre a leader at Civic Centre Campus

Special to the Riverview Park Review

People with neuromuscular diseases such as ALS and muscular dystrophy now have access to cutting-edge research at The Ottawa Hospital's new Neuromuscular Centre. The centre, which opened at The Ottawa Hospital's Civic Campus earlier this year, is a hub for clinicians and scientists to collaborate and to develop new treatments. Ottawa boasts one of the highest concentrations of neuromuscular researchers in the world, including more than 200 scientists, clinicians, trainees and staff and is widely acknowledged to be an international leader in this field.

"This is exactly the care we'd want for our loved ones," said Dr. Jodi Warman Chardon, a neurologist and associate scientist at The Ottawa Hospital and assistant professor at the University of Ottawa. "Clinicians working together with scientists – we'll be unstoppable to better understand disease mechanisms and develop new therapies. The centre will be a game changer and that's what we need for our patients."

Dr. Warman Chardon used to take the train regularly to Montreal, and she often saw patients with neuromuscular diseases travelling to take part in clinical trials there that weren't available in Ottawa. Other patients had to travel to Toronto, London and even Miami.

"It just humbled me," said Dr. Warman Chardon. "So many people are desperate to partici-



pate in clinical trials. I realized that we needed to offer more therapies and research to our patients, and do so closer to home."

Research is built right into the new centre. There are designated rooms for clinical trials, as well as space for scientists to collect and rapidly analyze blood, skin and muscle samples.

"The way we have integrated research into neuromuscular care is unique in Canada" said Dr. Robin Parks, a senior scientist at The Ottawa Hospital and professor at the University of Ottawa who helped establish the centre with Dr. Warman Chardon. "Ottawa is already a world-leader in neuromuscular discovery research and now we have the potential to lead the way in clinical research as well."

This model of building spaces where clinicians and basic scientists can work together on the cures of tomorrow is part of the vision of The Ottawa Hospital's new campus.

"The integrated research and care at the new Neuromuscular Centre gives us a glimpse of the cutting-edge health care that a new 21st-century campus will bring to Ottawa and eastern Ontario. Building a world-class centre right here at home means that fewer patients will have to travel for care, and keeps Ottawa at the forefront of patient care and health research," said Dr. Jack Kitts, President and CEO of The Ottawa Hospital.

The new centre is expected to provide worldclass care for about 10,000 people every year with diseases such as ALS (amyotrophic lateral sclerosis, aka Lou Gehrig's disease), myotonic dystrophy, muscular dystrophy and Guillain-Barré Syndrome.

It was funded by generous donors who supported neuromuscular research at The Ottawa Hospital.

Researchers and clinicians at The Ottawa Hospital's Neuromuscular Centre are also affiliated with the University of Ottawa's Centre for Neuromuscular Disease and the University of Ottawa Brain and Mind Research Institute.



Five years and still counting the 'Great happenings' at Maplewood

by Emily Parenteau

s summer comes to an end, we at Maplewood Retirement Community are reflecting on the beautiful summer we have all enjoyed. We have been blessed with hot sunny days which were the perfect setting for our Summer BBQ's, Annual Strawberry Social and Pig Roast along with our community friendly Farmer's Markets that are held on the last Sunday of the summer months.

September is a month for new beginnings and new traditions. We at Maplewood celebrated our Fifth Year Anniversary with our Grand Celebration of the Great Gatsby event held Sunday, September 9th.

Not only were we joined by friends and family but also by City Councillor Jean Cloutier and MPP John Fraser. Guests were treated to delicious appetizers and desserts along with cocktails and entertainment themed to the period of the Roaring 20's.

As the warm weather comes to an end and the cool fresh days are already upon us we are looking forward to our upcoming Special Events. We at Maplewood have always opened our doors to the community and encourage our neighbors to drop in and see what we are up to! Until next time, stay safe and cozy!







Please recycle this paper



The best is yet to come!

s some of you may know, 4 Dance, Gym & Cheer is as vibrant as before and now located on the first level inside of Figure 8 Skate Specialists. It was a hard move but one that has brought so many positive moments. 4 DGC was located on the second floor of 380 Industrial and was known as the little store that could. The store which is managed by Fashion Designer Denis Poitras has the reputation of helping people that wanted to venture and create by themselves the costumes of their choice for their little ones. It is a service that is appreciated by customers and brings in people just to talk and be creative.

While we move forward inside Figure 8, 4 DGC started the new season by celebrating 6 years in business at the beginning of September. Many new lines and dance shoes have been secured including one of the biggest dance supply companies in the world, Capezio. Capezio has a great line of products that are of high quality and its clothing is at the edge of fashion due to their fabric and design used. For example, they have the BraTek Support Built-in bra in a leotard that is so technically well done that it is recognized as a sure thing among high level dancers.

We have other brands that are equally successful and fashion forward in the dance and gymnastic disciplines. Every collection that is brought in creates a buzz with-



in the store that energizes anybody dropping in. The manager/designer is still there and continues to deliver the service offered before, as well as the employees of Figure 8 that has embraced this new venture. Since moving on to the first level and having increased its hours of operation, 4 DGC is continuing to become a fighting force in the dance, gymnastic and cheer retail world. If we don't have the products in store, we will find it and will make a special order for customers.

As we continue to move forward for all dancers, gymnasts and cheerleaders, 4 DGC will bring in product lines from trusted companies that assure high quality. Products offered are getting better and better as well as the creativity in the designs. We welcome bringing in such products that work and complement the other lines we have in store. 4 DGC is located on the first level, inside of Figure 8 Skate Specialists located at 380 Industrial Avenue, Ottawa. You can reach us at 613-731-4007 and look us up at www.figure8.ca for our hours of operation.

MAPLEWOOD CONTINUED FROM PAGE 36







The best of Maplewood

Tee Son of Maplewood Retirement Community shares a recipe:

7 Seven Grain Salad with Garlic Shrimp and Lemon Vinaigrette.



Emily Parenteau, Activity Director, shares a photo of this favorite of her Maplewood menu choices.

Ingredients for 7 grain salad

- 2 tbsp white wine vinegar
- 4 tbsp olive oil
- ½ tsp Dijon mustard
- ½ tsp honey
- 2 tbsp lemon juice
- I chopped clove of garlic finely chopped
- ½ tsp salt (to taste)
- 1/4 pepper (to taste)
- 8.5 oz of prepackaged 7 grain mix
- ½ cup cup chopped carrots
- ½ cup chopped cucumber
- 1/4 cup chopped red onion
- 1/4 cup chopped red pepper
- 1/4 cup chopped parsley
- 1/4 cup crumbled feta cheese (if desired)

Instructions

Cook prepackaged 7 grain mix as directed on packaging. Drain and set aside.

-In a large mixing bowl combine 7 grain mix and all other ingredients together mixing well, refrigerate 1 ½ hours

Ingredients for Sautéed Shrimp

- 3 lbs of raw peeled shrimp
- 4 tbsp of olive oil
- 2 cloves of finely chopped garlic ½ cup finely chopped parsley

Sautéed shrimp

Combine shrimp, oil, garlic and parsley and sauté on medium heat for 6 minutes turning shrimp over half way through cooking time.

Set aside cooked shrimp in oil, garlic and parsley mixture then refrigerate and let marinate for 1 ½ hours.

To Serve

7 grain salad should be served cold and topped with the marinated shrimp

Recipe yields 4 servings







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TRINITY CHURCH

Celebrating 50 years of ministry in Riverview Park and 75 years in the City of Ottawa

by Pastor Franklin Chouinard

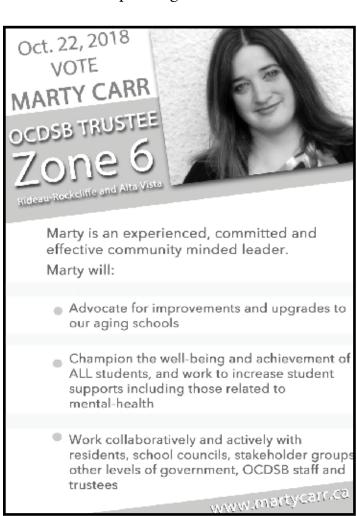
he celebration has begun! Actually, if one were to reflect on it, the celebration began in 1968, when Trinity Church opened her doors and became part of the Riverview Park community. But fifty years is a big thing, so the congregation is celebrating the church's anniversary. Festivities in the Riverview Park community were held the first weekend in September on the church property, with the congregation and the groups that are part of the serving hub also involved.

The weekend began with the annual "cinema under the stars" on Friday evening [September 7 with "just the right amount of warm" for a September. Zootopia was shown from the front yard of the church at dusk. People from the church and from the community enjoyed this family fun time.

Saturday [September 8] the church held an open house and family fun day as a re-introduction to the local community. The other groups that are part of the "Trinity Hub" – the Alta Vista Cooperative Nursery School, the Trinity Community Garden, and the Eglise Pouvoir de Dieu [Hispanic Church] – joined in to provide music and entertainment and children's activities, and explained their involvements to visitors. Antique car buff Arnold Saunders brought his mini-Model "T" and provided rides to children of all ages.

On Sunday [September 9] members of the community garden joined with the congregation for their annual Harvest Celebration potluck meal which followed the morning worship church service. 2018 was another great gardening season [which is unfortunately nearing its end]. Member of Parliament David McGuinty stopped in to offer congratulations and was given a tour of the garden.

The church is planning one final celebration





Fabulous faces were all around.

weekend. First, a reunion banquet will be held October 27. Current and former congregants will meet together at the Bridlewood Church in Kanata for dinner and a time of remembrance. Founding pastor of Trinity Church, William Coulter, and the family of Fletcher Tink [who brought the Church of the Nazarene to Ottawa in 1943] will join with others who return to Ottawa to celebrate. Sunday morning at 10:30 the congregation and friends will meet for a celebration worship service. Everyone is invited and welcome.

Trinity Church is glad to be part of and to offer spiritual services to the Riverview Park/ Alta Vista community. Denominationally, it is part of the Church of the Nazarene [a Protestant church with Wesleyan roots that holds

traditional Christian teachings and values], Trinity Church responds to the love of God for all people by loving and caring for others.

The congregation gathers Sunday mornings at II:00 for worship services, which are a blend of the traditional and the contemporary in structure and format, incorporating both hymns and praise and worship songs in the services. Prayer is an important part of the times together, and a Biblically based message relevant to Christian living is also central to the Sunday service. Youth, young adult, and family activities are planned throughout the year. Everyone is welcome to all church events and activities.

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



MP for Ottawa South David McGuinty toured the community garden with Anna Tjepkema.



Children of all ages took to the trip



Waiting for dusk.

Art Price and Public Art

CONTINUED FROM PAGE 1

Thousands of miles to the west there is another marvellous piece of Art Price's public art. In Radium Hot Springs, the gateway to the Kootenay National Park, the large pool has one wall 168 feet long containing a concrete relief of shapes, just called "Abstract Wall" by its creator.

In 1960, Art Price was commissioned to produce a piece of Public Art for the Prudential Assurance Co. Building in Montreal. He made "Family Group." The company no longer exists in Canada and the sculpture was not in the building any more. Even using the searching power of Google I could not find out what happened to "Family Group." In conversation with Art Price's son René he mentioned that there was a piece of Public Art in Aylmer QC. So one day my wife and I drove over the river to have look. There it was. "Family Group," finely positioned on Rue Principle outside the former City Hall. With a notice to say it was given by the Prudential Assurance Co. to the City of Aylmer to celebrate the city's 100th anniversary. It is well worth a drive over to see the sculpture.

Many more miles to the east, in Newfoundland, there is a remarkable sculpture in the International Departures Lounge at Gander International Airport. In the early years of Trans-Atlantic airline traffic planes from Europe to North America were forced to land at Gander to re-fuel. In those days it was the largest and busiest airport in the world, as all the passengers disembarked for an hour or so prior to continuing their trip. Its location in Newfoundland was on the direct great circle route from New York to London. The International Departures Lounge at the airport was an excellent example of modern architectural design. Art Price was called upon to create a piece of Public Art for this busy departure lounge. He produced "Birds of Welcome." Now there is talk of the building being demolished as there is hardly any use for it since there are few passengers to use it. The upkeep costs of the old building are straining the resources of the airport's owners. What would happen to "Birds of Welcome"? Scott Simms, the MP for the region, assures me that the Lounge and the "Birds of Welcome" will be maintained.

One traveller who did land in Gander after its use dwindled was Walter Annenberg, the former US Ambassador to the UK. He had his own plane and its range was limited. He was a collector of art and most impressed when he saw Art Price's "Birds of Welcome" in the lounge.

Consequently Mr. Price made



"The Universe is You" by Art Price. GEOFF RADNOR



"Communigraph 70" by Art Price.
GEOFF RADNOR

copies of the work. One is in the Sunnylands Sculpture Park in the former home of Walter Annenberg in Palm Springs. The other is in the Donald M Kendall Sculpture Gardens at the Pepsico HQ in Purchase NY. Both of those locations are open to the public and there is no charge for admission. The Pepsico gardens has 45 other sculptures on display. Art Price's "Birds of Welcome" is in the company of works by such well know artists as Alexander Calder, Auguste Rodin,



Anne and George Stairs with their gift from Art Price. GEOFF RADNOR

Max Ernst, Claes Oldenberg, Henry Moore and Joan Miro.

There is not one of Art Price's works on display in the National Gallery here in Ottawa, nor in any of the provincial galleries in Canada. However there is a bust by Art Price of his son René at the National Gallery but is in storage and sadly not on view. What do Walter Annenberg and Pepsico know that us Canadians do not? Until recently there were two pieces of Art Price's work outside the building of the Arts Court on Nicholas Street. There is some re-construction going on there and they have disappeared. I trust that they will re-appear and be exhibited in a place suitable for these two works of a local artist.

Ottawa city has its own coat of arms. Art Price made a stylized met-



"Birds of Welcome" by Art Price.

GANDER HISTORIC SOCIETY

al version of it and it was attached to the controversial new building that was to be the new City Hall on Sussex Drive. That building is now part of the Global Affairs department of the federal government. The Ottawa city coat of arms by Art Price is still there above the main entrance, although the new city hall is over on Laurier Ave.

Art Price produced many pieces of *Public Art*, many of them in his home/studio on Innes Road and others by the Bond Brass Co. in Vanier. Currently not one seems to be on show in any major gallery in Canada. However it is possible that "Girl with a Cat" will be seen one day. It is currently in storage at the new Remai Modern Gallery in Saskatoon.

The year 2018 is the 100th anniversary of Art Price's birth in Edmonton, to my knowledge there is no celebration of that. Perhaps the *Riverview Park Review* will be unique in the celebrations.

FINANCIAL PLANNER

Funding your (grand)children's education

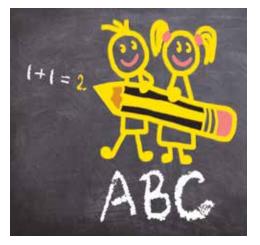
by Bob Jamieson

As another school year has gotten underway, it's a good time to think about future education needs. One of the best gifts a parent, or grandparent, can give a child is helping to pay for a university or college education.

If you're a considering helping out with education expenses, make sure you choose the right vehicle for your contribution. This will help the money you put toward education grow faster, as well as minimize taxation.

Contributing to a Registered Education Savings Plan (RESP) is the best approach. But depending on the circumstances, there may be other options worth exploring.

When it comes to an RESP, a grandparent can open up a plan with the child as a beneficiary, as soon as the child is born and has a SIN number. However, because the parents may already have an RESP for their child, it may make more



sense to contribute to an existing plan.

If parents don't make full contributions each year, there is an opportunity for grandparents to make up the difference. Not only will this help maximize the level of annual contributions, it will ensure the RESP is eligible for the maximum Canada Education Savings Grant (CESG) of \$500 a year per child.

A grandparent can put funds directly into the plan, or gift money to the child's parents, who can then make the contribution on their behalf. And doing it this way can eliminate the confusion that having more than one RESP for a child can create. There is also more flexibility for parents in the event the child does not pursue post-secondary studies.

Grandparents can also open a family RESP, through which they can name multiple grandchildren as beneficiaries. If one or more children choose not to attend a post-secondary institution, other grandchildren can use the money, up to certain maximums. However, if grandparents do open a separate RESP, they need to exercise caution, as with multiple plans the total contributions per child need to be carefully monitored to ensure the allowed maximums are not exceeded.

If there is no available contribution room in a child's RESP, (grand) parents may want to consider an in-trust account. This is a type of informal trust set up to allow an adult to manage funds on behalf of a child. When the child reaches the age of majority, he or she takes control of the funds in the trust. There are no contribution limits, however unlike an RESP there is no tax deferral and no government grants. There are also some potential disadvantages: The donor is taxed on interest and dividends earned in the plan, and once the child has control of the money they can access it for any purpose.

If you would like to discuss this opportunity for assisting your (grand) children, please give me a call at 613-526-3030. I would be glad to discuss your family's situation in more detail.

Bob Jamieson, CFP www.edwardjones.ca/bob-jamieson Edward Jones: Ranked #1 in Canadian Investor Satisfaction, Six Years in a Row

GRADUATION IS NO TIME TO LEARN YOU HAVEN'T SAVED ENOUGH FOR EDUCATION.

Whether your child is in first grade or 12th, post-secondary education is just around the corner. Fortunately, Edward Jones can help you put together a plan to pay for post-secondary education. Using our education calculator, we can estimate future expenses at over 1,700 schools, and then recommend a financial strategy based on your unique needs. Because the longer you put off preparing for college or university, the harder it may be to pay for it.

For a free, personalized education cost report, contact your local Edward Jones advisor.



Bob Jamieson, CFP®

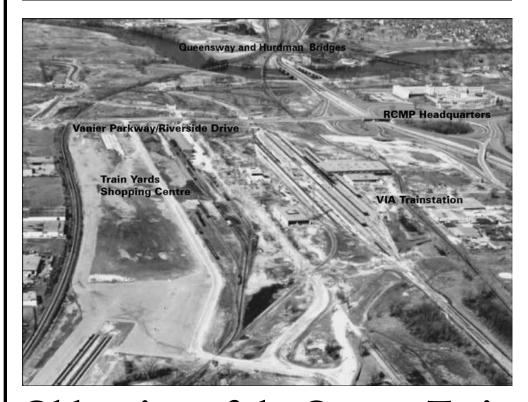
2211 Riverside Drive Suite 100 Ottawa, ON K1H 7X5 613-526-3030

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Member – Canadian Investor Protection Fund



RIVERVIEW... THEN



Older view of the Ottawa Train Yards Shopping Centre Area

by Paul Walsh

One can easily see why the Ottawa Train Yards Shopping Centre is so aptly named.

This pre-centennial year image shows the rail tracks that had developed there in the early 1950's. Some detective work involving the bridges and tracks across the Rideau River will allow you to see where the Post Office building would be built on Alta Vista Drive...on the section of that road now renamed Sanford Fleming Ave.

RCMP Headquarters is visible, as is the 'new' train station. The early Queensway and the Hurdman Bridge are already in place. The Tim Hortons Restaurant and the Wendy's have yet to appear in the teardrop road off Terminal Ave., at the bottom of the picture.

Some major changes have occurred in the area since this picture was taken, and even some of the bridges over the Rideau River have disappeared in those 50 years.





COMMUNITY

Jean Cloutier believes that some of the most important places in our community are the parks and green spaces. As Alta Vista continues to develop, he remains committed to investing in our parks. Jean believes that adding a splash pad at Coronation Park is a good investment and he will make it happen.

As you know, the Emerald Ashe Borer has devastated our streetscapes, our parks and our woodlots. Jean Cloutier has worked to plant more than 2,400 trees throughout Alta Vista in locations chosen with community input. He will continue to work with the Riverview community and the RPCA to identify areas where more trees can be planted and our greenspace improved.

"Traffic calming and safety on our streets are tough issues. I and some of my neighbours on Coronation Avenue contacted Councillor Cloutier's office about our concerns and he was receptive and available to us right from the start. We never had to wait long for a phone call or an email response. He took us seriously, bringing city staff in to do reviews and on-site assessments. With our input, he and staff came up with an inventive approach. Councillor Cloutier is very present and always takes the time to listen and speak with us."

Andrew Sarti – Riverview Park

LEADERSHIP

Jean Cloutier is a seasoned community leader with broad experiences to draw from.

It takes real leadership, collaboration and determination to succeed in bringing major infrastructure projects forward. Jean successfully secured \$50M for the Valley Drive sewer rehabilitation project that will help protect Alta Vista homes from future flooding.

Jean Cloutier works hard to preserve Alta Vista's values when faced with difficult development files. He works closely with the community, the Riverview Park Community Association and the Eastway Gardens Community Association to find common ground and workable solutions.

Traffic remains one of the issues that residents are most concerned about. Jean Cloutier will continue to bring innovative ideas to address traffic concerns through the Safe Streets Program. Designed with community input, traffic calming plans like the one on Coronation Avenue or the PXO on Russell Road are proven effective measures that help increase safety on our streets.



"As past-president of the EGCA and long-time resident, I can attest to Jean's integrity and reliability as a leader who delivers results. Throughout the expansion of the Belfast LRT Maintenance Yard, Jean dedicated himself to ensuring the project proceeded with consideration for our well-being. Jean facilitated many community consultations and established an open line of communication to keep me and my neighbours well informed and to hear our concerns. Jean has proven himself to be a sensitive and responsive City Councillor, who works hard to represent us. I am proud to say that I will be voting for Jean again on October 22."

Kim Lamont - Eastway Gardens

RESULTS

Jean Cloutier has represented Alta Vista and Ottawa with commitment and passion. He is results-driven, which is evident in the five park renewal projects completed this term. Families are elated to see their ideas come to life at the newly renovated play spaces like Hutton Park.

The Safe Streets Program was expanded with the implementation of over 40 pavement markings, digital radars signs, flex stakes, PXOs and thermoplastic road markings throughout Alta Vista to safeguard school zones.

Jean saw to several improvements in the transportation network to ensure pedestrians, cyclists, transit users and vehicles alike can travel safely in and around our community. This includes new cycling infrastructure on Kilborn Avenue, a new MUP along the Hospital Link, and cycling and transit lanes on St. Laurent Boulevard. Plans for the next term of Council include cycling infrastructure on Coronation, and a connection from Ottawa Train Yards to the Tremblay LRT Station.

Jean commits to continuing to deliver results residents expect, both in the community and at the council table. He will protect our quality of life by making investments in the community, and by creating good public policy.

AIKIDO JISEIKAN • Learning how to relax

by Restless Horse

hose who are stiff and rigid are the disciples of death. Those who are soft and yielding are the disciples of life - Lao Tzu

Several months ago we were working on a series of defenses against a lunge punch attack. In this series, the defender enters the attack to the outside and deflects the incoming punch with the forward hand. In one iteration, the defender then extends the inside arm across the attacker's chest and presses on the attacker's lower back with the forward hand while pivoting to the outside on the back foot. When applied correctly, the attacker falls backwards to the mat, protecting themselves against injury with a break-fall and backwards roll. At a certain point, Sensei took the role of defender and had us each attack in order to demonstrate correct technique. After my attack, he quietly commented, "So resistant". I chose to hear Sensei's comment as a scathing attack on my aikido technique and I felt devastated.

The experience gave me cause to consider, once again, how I ever became so resistant. When I look back, a couple of markers stand out. My work environments have always been intensely competitive. Quite a few years ago, my boss decided it would be a good exercise for us all to undergo personality testing. I was diagnosed as having a strong drive for self-actualization offset by oppositional tendencies. At the time (and to this day) I thought, "Of course I am oppositional. Just look at who I have to work with and for." Fast forward another fifteen years or so and I was diagnosed with high blood pressure. My family doctor observed that I had developed a hyper-vigilant personality. I was constantly scanning my environment for threats. I could not relax. Worse than that, I didn't even realize how tense I was.

These diagnoses were signs that something was wrong with the way I was interacting with my world.



While understanding why or how I became this way may be interesting speculation on my part, this thinking doesn't really change anything. As Sensei often says, "Never mind what you think!" What if I could just let go of who I have become, abandon my false personality, my "disease" and live, if only for a brief time, in the present moment? This is the gift of aikido. This is the commitment I need to make to myself, each and every time I step onto the mats, clear my mind of the day's concerns in the opening meditation and bow into class.

While virtually all martial arts recognize that the ability to relax under pressure will improve effectiveness, Jiseikan Aikido is relatively unique in the insistence it places on this requirement. This, I think, reflects both the influence of the Chinese internal martial styles on Jiseikan, as well as the underlying strategy of aikido. Aikido's strategy is to yield to the incoming attack and to use the momentum of the attack to defeat the attacker. It is a defensive strategy as opposed to the offensive strength against strength strategies of martial arts such as Western boxing or Japanese karate. One strategy is not necessarily superior to the other. Aikido studies both attack and defense and Jiseikan is a composite art which includes aikido, judo and karate in its influences. The choice of optimal strategy will depend to some extent

both on the individual and the context. Note, I did say "choice". If I only know how to oppose, and not to yield, my choice of strategy will be limited.

A defensive style must be assertive if the attacker is to be controlled. Attack and defense are complementary, not mutually exclusive. A Jisiekan class is a continuous, reciprocal process of learning how to relax when feeling under pressure. As the attacker, being relaxed enables me to control my attack so that it is an honest attack, but also one that does not harm my partner. As a relaxed defender, I am able to intercept the attack with the sensitivity, timing and adaptability required to get out of the way of the attack and respond with a controlled technique that avoids injury. Roles have now reversed. The attacker is now a defender who requires the sensitivity and timing required to tap out before injury in the case of a joint lock or roll and breakfall in the event of a throw. I must be right there in the present mo-This requirement is at the heart of aikido's therapeutic function.

So just how do I learn to relax and be right HERE, NOW? That's the hard part which brings me back to my story. Sensei's observation regarding my resistant nature did make me stop and consider what had happened. Reflecting on the experience, I became aware that I had in fact braced myself for Sensei's defense.

Although it was very subtle and almost unconscious, I realized that it was as if a wave of tension swept over my body as I prepared myself to meet Sensei's impact. There is much to be gained from this insight.

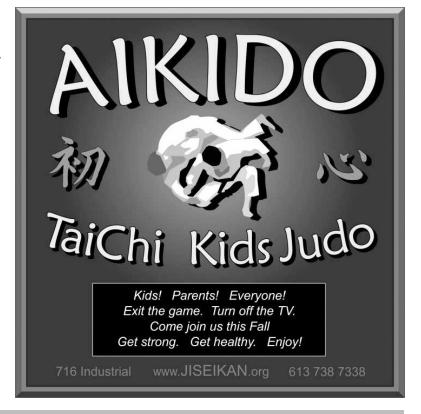
The first step in learning to relax is the awareness that I am not relaxed. As I noted earlier, when I started at the Jiseikan my awareness of just how tense I had become was limited. But gradually, as the training progressed, thanks in part to Sensei's constant reminders to "RELAX!", but also as a result of the interaction with my partners, I became more aware of my tendency to resist. To some extent this tendency to meet force with force seems to be a natural, instinctual response. Sensei once said to me that the training is all about replacing an instinctual way of responding with a new more effective set of reflexive responses.

Awareness implies not only a relaxed body, but also a relaxed mind. When we learn a new technique it helps to think my way through it step by step. We often enumerate the steps, moving in a robotic fashion. In this way of functioning, the mind rules the body. Once the muscle memory is established, it's time need to shed the rigid control and let the process flow. At this point, mind and body function in harmony with little conscious interference. think, this is what is meant by Mushin and why Sensei sometimes says to me, with a little frustration, "Stop

thinking! Just do it!"

There is one more important lesson to learn about relaxing that I think is clearly demonstrated in my story. The lesson is to not take myself too seriously. My immediate reaction to Sensei's "So resistant" comment revealed a defensive, resistant mental attitude. What I perceived as criticism rather than correction was actually valuable feedback, an observation that could give me insight into how I was responding to an anticipated counter attack. To make matters worse, the correction was exaggerated in my mind, inflated out of all proportion and made to be much more significant than it actually was intended to be. The corollary of beating myself up in this fashion would be to puff myself up with pride as a consequence of a few reassuring words of approval. All of this over-reaction is a result of taking myself way too seriously. This attitude does not contribute to learning the art. Relaxing help me to stay focused in the present moment. The lesson is to accept the correction with gratitude, acknowledge it, absorb it and move on.

Changing my personality structure, the way I interact with my world, is not an overnight process. There are no quick fixes or magic pills. Some lessons must be learned and relearned. After ten years of training it is still very much a work in progress that requires persistence, patience and a good measure of light-heartedness.



Ten years of community building at Oakpark

by Miriam Dwyer

ugust the 20th marked 10 years since our first residents moved into Oakpark Retirement Community on Valour Drive. The Anniversary was celebrated by a fun afternoon at the Club 10 Casino, held at Oakpark.

Residents were able to play Black Jack, the slots and other betting games, while enjoying wine, and spritzers, and nibbling on delicious hors d'oeuvres. Never losing a cent but possibly winning at the end of the afternoon in one of many prize draws; making it a great afternoon and a fun way to celebrate such a milestone.

Staff who have been at Oakpark for 10 years were thanked for their service, and yes, even some residents who have been at Oakpark since opening day were also honoured.

Over the last 10 years Oakpark has matured, not only the beautiful trees around the property have grown, but the staff and the residents have become a community, which is a friendly, welcoming and warm place to live in Alta Vista. Oakpark has become known not only for the music and art programs it runs, but also for the high level of care and caring from the over 100 staff it now employs.

Thank you Alta Vista for welcoming Oakpark into your community. We hope the next 10 years will be as rewarding as the first.



You didn't have to win to have a great time. PHOTOS BY: GEOFF RADNOR



Lucette Gagné is a much appreciated volunteer.



Long time resident, Jean Chapman (R), shown with General Manager, Corinne Rossiter, moved into a new Oakpark in November, 2008.



The awards read, 'In recognition of 10 years of dedicated service to Oakpark Retirement Community.' Proud recipients were, L-R: Judy Chamberlain, Corinne Rossiter, Samira Nesrallah, Miriam Dwyer and Farzana Alizee. Missing: Corin Lindo and Roda Sigad.

It is an honour and a privilege to continue to serve the residents of Ottawa South.

OPEN HOUSE

I would like to invite you to an Open House at my community office.

Saturday, October 27, 2018, 11am-2pm at 1828 Bank Street (beside Value Village). Light refreshments will be served. All are welcome!

Please contact us with any matter of concern to you including:

- Birth, death and marriage certificates
- OHIP cards
- Driver's licences
- Congratulatory messages
- Landlord or Tenant concerns
- Family Responsibility Office
- The Legislative Page Program
- General inquiries regarding provincial programs



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



John Fraser, MPP Ottawa South

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





Local residents may pay \$110 to go to hospital emergency

by Geoff Radnor

ur new and expensive Hospital Link was built to lessen the traffic on Alta Vista Drive that was headed to the Ottawa Hospital General Campus. That maybe so, but if I have to take someone to the emergency from Riverview Park or go to visit the sick, I am not allowed to to turn left from Alta Vista Drive to take this new link.. I must go the old route, up to Smyth, make a left turn and proceed on Smyth to the hospital and make another left turn to the emergency dept.

On the way back home, using section in Ottawa? The pethis new Hospital Link (how much control signals play music!

did it cost us taxpayers?) I am not allowed to turn right on to Alta Vista Drive, it will cost me \$110 if the Police catch me. I must proceed all the way down to Riverside Drive north bound to Industrial Ave and take the right lane back to Alta Vista Drive.

Who designed this Hospital Link? How much did we have to pay for it? Who designed the intersection at Alta Vista Drive? Whenever I cross this intersection the traffic is 10 times greater on Alta Vista than on the Hospital Link. Is this the most expensive intersection in Ottawa? The pedestrian control signals play music!





Member of Parliament | Député The Honourable | L'honorable

David McGuinty

Ottawa South | d'Ottawa-Sud



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

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

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

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

If I can ever be of assistance to you, on any federal matter, please do Si jamais je peux vous aider, n'hésitez pas à contacter mon bureau. not hesitate to contact my office.

David McGuinty, MP | Député

Constituency Office | Bureau de Circonscription

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National Dream now here in spades

by Bill Fairbairn

ong ago Pierre Camu, now aged 95 and living in Ottawa, donated for nine of his grandchildren to have their names permanently inscribed in pavilions along the then developing idea of what can be called his national dream of a Trans Canada Trail (TCT). Today their names are there with many more along the now 22,000 kilometre trail spanning Canada from coast to coast including road and highway, hiking and biking, 75 per cent over land and 25 per cent across water.

Camu, a former president of the St. Lawrence Seaway Authority, the Canadian Radio-Television and Telecommunications Commission and Canadian Geographic, along with the late Bill Pratt, of 1988 Calgary Winter Olympics organizational fame, are credited with having played most significant roles in pioneering what is now called The Great Canadian Trail.

On September 4, the government of Canada announced, through Minister of Environment and Climate Change Catherine McKenna, an onward \$30 million investment in further trail development ensuring that the dream carries on after a quarter century in the making.

"Although we celebrated the extraordinary achievement of cross-Canada connection in 2017, my fellow board members and I know that the journey continues," says Neil Yeates, chair of the TCT board of directors. "Though building the trail was ambitious, we must protect it and encourage its development so that future generations can discover it, use it and treasure it."

Attendees at the government financial investment presentation, money over the next four years, were also encouraged to get involved in the current Great Trail Treasure Hunt, a cross-Canada contest where outdoor adventurers can find treasure boxes along 100 sections of the trail across Canada.

Summer has wound down, but with 100 treasure boxes from coast to coast to coast, what better time is there after hot humid days to explore the world's longest network of trails? TCT is joining forces with the Royal Geographical Society to launch the hunt that started August 26. Canadians can visit the hunt website to see segments of the trail where they can find a treasure box. The first person to find each box will receive a \$100 gift card from Mountain Equipment Co-op and a one-year subscription to Canadian Geographic magazine



Two cyclists on the Banff Legacy Trail in Alberta. PAUL ZIZKA.



A cyclist on the Celtic Shores Coastal Trail in Cape Breton, Nova Scotia. NOVA SCOTIA TRAILS FEDERATION

Don't despair

Those that aren't first need not despair! By following instructions on the outside of the box they can gain entry into a weekly draw to win valuable prizes including a Nikon camera. And at the end of the hunt one grand-prize winner will receive a trip for two on a One Ocean Expeditions ship. The contest will continue until October 31. The grand-prize winner will be announced on November 1 in Ottawa.



The Great Trail out of Ottawa.

Pierre Camu prefers to talk about the pillars of the plan for The Great Canadian Trail. He chaired the Trans Canada Trail Foundation in 1993 and onward for a few years. "We were very successful in expanding the interest of Canadians and how to go about expanding the trail.

"Yes," he has walked portions of the trail and convinced himself it had to be a multiple-use trail used even by horse riders as well as hikers, cyclists and boaters "I thought of it as a rediscovery at slow speed of Canada's landscape with fresh air and a quiet environment thrown



Trailblazer Paul Camu, 95, will be present when the Royal Geographical Society presents a gold medal to the Trans Canada Trail Foundation at the National Arts Centre in Ottawa on November 1.

in. I never thought I would ever see the trail through. One challenge is seeing that the trail is maintained with clean-ups after each winter.

"Another ongoing strategy is to inform Canadians that in their country they have the longest trail in the world to improve good health through exercise. In an age of faster cars and trucks and instant tele-communitions, being close to nature means users can retreat from the hectic pace and see small villages they have never seen before and from a historic viewpoint learn about them." he says.

Bullet train once

Across Newfoundland you can spend two weeks cycling through the woods from St. John's to Port aux Basques, a multi-use route once used by the Newfie Bullet train.

On Vancouver Island you can trek from the Cowichan Valley to Victoria through the Malahat First Nation across a new suspension bridge spanning the Coldstream River.

And in Yukon and Northwest Territories you can drive the Dempster Highway or canoe along rivers all the way north to Inuvik and the Beaufort Sea.

The hope is that people from around the world will begin comparing the Great Canadian Trail with other famous routes such as Spain's El Camino de Santiago or the Appalachian Trail in the United States.

With Camu, at age 95 nearing the end of the trail, he trusts younger people will take note and in a fun and healthy measured way learn more about Canada.

What it takes to connect Canada coast to coast

22,000 kilometres: The length of trail spanning Canada including road and highway, hiking and biking trails as well as rivers.

1,659 kilometres: The length of the longest water route of the Great Trail flowing from the Northwest Territories through Yukon.

2,185 metres: The elevation one will reach hiking along the highest point of the Great Trail through Kananaskis country in Alberta.

15,000 communities: The number that organizers say are now connected.

477 groups: The number of trail-building groups at local or provincial level who have helped build the trail since 1992 connecting 432 distinct sections.

8,000 and counting: The number of Great Trail signs that have been installed across Canada with 4,000 still needing to be installed.

1,800 left: The number of kilometres of gaps within the trail left to be connected

213: The number of planned events across Canada that were held on August 26, 2017, to celebrate the connection of more than 90 per cent of the Great Trail network as well as Canada's 150th birthday celebrations.

Canada's new \$10 note tells a historic human rights story

submitted by the Bank of Canada

anada's upcoming \$10 bank note, which depicts social justice defender Viola Desmond, tells a story of human rights.

The new note, which will be issued in late 2018, is the first in Canada to have a vertical design and features images and symbols that represent the country's ongoing pursuit of rights and freedoms.

Viola Desmond's fight for justice

At the heart of the note is portrait subject Viola Desmond, the first Canadian woman to be featured on a regularly circulating bank note. Desmond, a successful Black businesswoman, was jailed, convicted and fined for defiantly refusing to leave a whites-only area of a movie theatre in 1946. Her court case is one of the first known legal challenges against racial segregation brought forth by a Black woman in Canada. Desmond is also the first portrait subject to be nominated by Canadians, following an open call in 2016 to identify an iconic Canadian woman to appear on the next redesigned bank note. She was ultimately selected by Finance Minister Bill Morneau for her courageous stand for equality and justice.

Next to Desmond's portrait is an artistic rendering of a map of the



historic North End of Halifax, the community where she lived and owned and operated her beauty school and salon. The community served as a source of invaluable support as Desmond challenged her criminal conviction.

A human rights story, from past to present

The back of the upcoming bank note carries Desmond's story into the present with an image of the Canadian Museum for Human Rights—the first museum in the world solely dedicated to the evolution, celebration and future of human rights. The museum, which opened in Winnipeg, Manitoba, in 2014, houses a permanent exhibit dedicated to Viola Desmond's story.

The bank note also features the Museum's iconic ramps that appear to criss-cross each other, symbolizing the history of human rights in Canada and in the world—a history full of setbacks and contradictions, but characterized nonetheless by strength and hope.

Also appearing on the back of the note is an eagle feather to illustrate the ongoing journey toward recognizing rights and freedoms for Indigenous Peoples in Canada. For many First Nations peoples in Canada, the eagle is believed to fly higher and see further than any other bird, and an eagle feather symbolizes ideals such as truth, power and freedom. The colour-shifting feather is one of several enhanced security features included on this new note.

Entrenching our rights and freedoms

As with the previous series of polymer bank notes, the new \$10 note features a large transparent window as a key security feature. The window showcases a metallic rendering of the vaulted dome ceiling of the Library of Parliament in Ot-

tawa. Capped by arched windows that flood the room with natural light, the Library of Parliament is a stunning example of Gothic Revival architecture and acts as a storehouse of knowledge to help shape Canada's laws.

Also featured on the note is an excerpt from Section 15 of the *Canadian Charter of Rights and Freedoms*, a reminder of the laws that enshrine human rights in Canada:

Every individual is equal before and under the law and has the right to the equal protection and equal benefit of the law without discrimination ...

Completing the new note's human rights and social justice theme is a laurel leaf pattern, an ancient symbol of justice, found in the bottom right corner on the back of the note. The laurel leaf appears in the grand entrance hall of the Supreme Court of Canada, the nation's final court of appeal.

Visit bankofcanada.ca to learn more about the design and security features of Canada's currency and follow the Bank on Twitter (@ bankofcanada) for the latest news about Canadian bank notes.

The Bank of Canada Museum is on Facebook! Follow, like and share the latest information about Canada's upcoming \$10 bank note and much more:

@BoCMuseum.

Welcome to Maplewood Retirement Community Farmers' Market

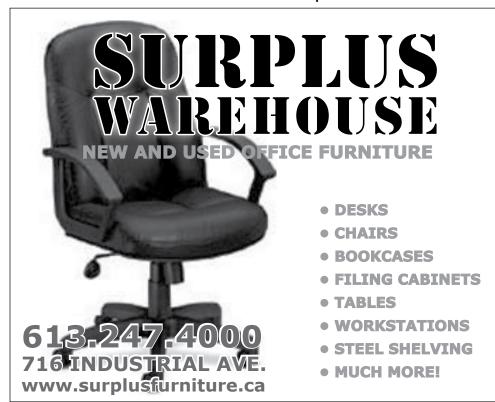
Meet just a few of the great vendors.



Aline Leduc of Embrum does beautiful sewing for the market products. PHOTOS BY: CAROLE MOULT



Sophie and Benoit had some great offerings for Garland Sugar Shack.





Yves and Martine took very good care of the tasty fruits and vegetables from Claud's Chipwagons.



End of summer bash at Balena Park!

by Michelle McLellan

nother successful year with hit was the cotton candy. the Alta Vista Corn Roast ▶17th edition thanks to our sponsors and enthusiastic community. The annual event took place on Sunday September 9th between 3 and 6pm at Balena Park.

The sun was out and the food was great. Corn, hot dogs, ham-

Lots of fun things to do around

Balena Park

burgers and new this year and a big

Games and activities were for all ages and all for free. A big thank you to all our sponsors Andrew Fleck Children's Services, City of Ottawa, Ottawa Train Yards and our own local resident Mike Mynott owner of Mynott Construction. Well done everyone!



Kate and Jolyne and burgers



That was some pig, eh Jonah?



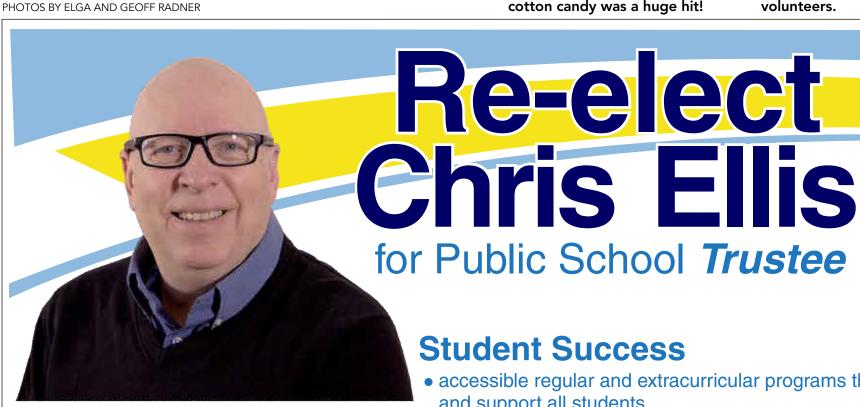
Charlotte, Norah and Andrew, your cotton candy was a huge hit!



Brynn, you have a great painted



Joan and Sean, you were super volunteers.



"Chris Ellis is an exceptional trustee. He is committed, approachable and delves deep in to the issues that affect his constituents. His positive attitude, genuine commitment and leadership skills combined with his extensive knowledge of process and policy make him an excellent fit for the position of trustee. Chris has done an excellent job in his position as trustee and he deserves to continue in this important role."

Cindy Harrison, Parent

for Public School Trustee

Student Success

 accessible regular and extracurricular programs that encourage and support all students

Strong Schools

• strong academic, arts, technical and recreational programs

Parent Engagement

• helping parents be active partners in their children's education

Community Connections

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THE PLANNING AND DEVELOPMENT UPDATE



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

he Riverview Park Community Association (RPCA) tracks local developments, most notably the Hospital Link of the Alta Vista Transportation Corridor (AVTC) Hospital Link road between Riverside Drive and the Ottawa Hospital Ring Road, developments related to the Light Rail (LRT) project, activity in the Trainyards including the planned 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:

Trainyards High-rise **Residential Development** (Steamline Street)

Controlex, the developer for the Ottawa Train Yards complex has finished reviewing comments received on its proposal to construct high-rise rental apartment units along Steamline Street, across from the Post Office building on Sanford Fleming. The comments came following meetings with the RPCA and a March 2018 Open House on what is expected to be a complex of seven high-rise rental apartment buildings, ranging in height between 15 and 30 stories that would be built in three phases between 2020 and 2029.

Site plan approval has been received for the first phase (two buildings). Construction of the first phase - two buildings of 20 stories each and totaling over 400 units - is expected to start in early Spring 2019 with a 2020 complepreparation may take place this fall and the building at 380 Terminal is being torn down). The entire complex would ultimately have nearly 1900 one- or two- bedroom rental units. There will be new and separate applications for the subsequent phases and an opportunity for additional public comments at that time.

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 complex. The RPCA has encouraged the inclusion of features designed to encourage residents to use public transit (especially given its proximity 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 Train Yards from 2000/2001, especially since the Transportation study for the completed project sets a 65% modal share target for transit.

Alta Vista Transportation Corridor (AVTC) -**Hospital Link**

The RPCA continues to monitor activity and receive comments and complaints for the AVTC Hospital Link and landscaping. The RPCA s suggested better traffic enforcement, and lowering the speed limit to 50 km on the section of the AVTC east of Alta Vista (to and from the Hospital Ring Road). Earlier this year, the RPCA requested some data on the level of vehicular usage of the AVTC, particularly given its cost (nearly \$70 million)

Earlier this year, City officials provided the RPCA board with updated landscape drawings and there was a walk-through to discuss landscaping improvements (including additional work on the berms and increasing the height of the new sledding hill) along with the best ways and locations for pedestrians to cross the road to get to the Hospital complex or National Medical Defence Centre. Several key suggestions have not been implemented and concerns have been raised about the grade of the sledding hill (i.e. that it is now too close to a fence). As this article went to press, tion date. (Some preliminary site no work had been yet been carried out on the new mulched pedestrian trail path through the woods that was scheduled to be created later this year. The RPCA has been advised the landscaping contract had been scheduled to be tendered this spring with the contractor on site in the summer and work finished this year. As of September, no work had been carried out.

> City officials have also met with representatives from the Ottawa Hospital to finalize arrangements for a multi-use pathway between the Hospital Link and Roger Guindon Avenue. The pathway design would involve impacts to some of Hospital lighting infrastructure and site grading and would be adja

has asked for an update as officials had previously hoped to have work started this summer and be finished before winter.

Pedestrian and Cycling Connections

The RPCA and several other local groups continue to push for funding from the City and other government levels for 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 soonto-open LRT, the refurbished Train Station and the Trainyards Office and Retail Complex. It would also fill in the missing pedestrian/cyclist gap between Alta Vista and the northern side of Hwy 417 (e.g. Coventry Road, Baseball Stadium, and St. Laurent businesses) and is part of the City of Ottawa's long-term Cycling and Pedestrian Plan network.

Both MP David McGuinty and Provincial MPP John Fraser have expressed interest in the proposed overpass which has received support from the Ottawa Champions Baseball Team, Controlex (Ottawa Train Yards) Marty Koshman and several other Community Associations (on both sides of Highway 417). A meeting was held earlier this year with business stakeholders and officials from different levels of government. The RPCA has asked to be included in future meetings regarding this overpass.

Councillor Cloutier previously confirmed that a study in 2018 will examine more closely overpass bridge location options, connections, crossing alignments and costing, but there is no timetable for when the study will be completed and its results shared with stakeholders.

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 where Figaro Coffee shop opened in March 2018, (2) 590 Industrial where the Urban Barn store opened in April, and (3) 610 Industrial where Nordstrom Rack is opening in October.

A sidewalk, trees, grass and some planting beds have been installed on the South side of Industrial Avenue, near this parcel of land.

cent to the Ring Road. The RPCA Landscaping behind the property (backing onto Coronation) was carried out this summer. Some of the newly planted vegetation is having to be replaced this fall. A multi-use pathway is also being built along the frontage of the property.

As this article went to press, there was still no tenant identified for the now-completed office building at 405 Terminal Avenue, though Trainyards officials are speaking with several potential occupants. Meanwhile, Copper Branch (next to Kettleman's) and Scholar's Choice (near Think Kitchen and Bombay) are scheduled to open later this year.

Light Rail Construction Project Update

Testing of trains between Blair and University of Ottawa stations (including across the Rideau River Bridge) continues, though the Light Rail Train (LRT) will not open until 2019. Following a lengthy campaign by the RPCA and the Old Ottawa East Community Association, the multi-use path (MUP) connection on the LRT Bridge over the Rideau River was re-opened this summer for cyclists and pedestrians.

The RPCA and others have also asked the City to ensure that the bike path to the south of the Hurdman bus station - which was the traditional and primary approach to the Transitway bridge over the Rideau river - is retained and restored to its previous width. There are concerns that this well-used path will be abandoned once the LRT opens, though the alternative route would force cyclists and pedestrians to take a longer detour and ride through the Hurdman LRT station itself and merge with people getting on and off buses and the train.

OCDSB School Program Review and Boundary and **School Accommodations**

The Ottawa Carleton District School Board (OCDSB) Boundary and Accommodation Reviews for elementary and high school in the Alta Vista area – that may lead to some local school closures - are currently on hold. The RPCA is monitoring the process closely as Hillcrest High School and Riverview Alternative School (RAS) are among the facilities at risk of potential closure- though both have reported significant increased enrollment for this year. (A 2017 petition to keep RAS open garnered well over 100 signatures when the campaign stopped after the Accommodation Review process was put on hold).

CONTINUED ON NEXT PAGE

CONTINUED FROM PAGE 48 Proposal for Five-Story Dymon Storage Facility at 851 Industrial Avenue

Excavation work has begun on the five-story Dymon Storage facility at 851 Industrial Avenue that received full council approval earlier this spring. There had been concerns presented by Councillor Cloutier and the RPCA that there was insufficient justification for the extra height and retail component demanded by the proponent. Additionally, there were concerns about light pollution and setting a precedent that would lead to a "canyon effect" along Industrial Avenue.

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

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



Rideau St., looking east, at Sussex Drive: This image from the early 1950's, looking east toward Sussex St (at the Tamblyn Drug store) shows the Daly Building on the left, an advertising sign for Freiman's (on the roof of the building to the right) and the streetcar tracks so prevalent downtown. The picture would have been taken on the streetcar island, just in front of the Chateau Laurier.

SUBMITTED BY PAUL WALSH



Who would pay \$2.6 billion for a place in Alta Vista?

by Geoff Radnor

something in Alta Vista. It is not your normal residential listing.

Most residents pass it frequently. However the Bank of Nova Scotia bought MD Financial for that amount of money. MD is located on the corner of Smyth Road and Alta Vista Drive. It takes care of the invest-

ments of Canadian doctors and hat is a pretty big sum for is owned by the Canadian Medical Association.

> That organization used to be headquartered across the road. The property is now empty except for a small parking lot for the employees of MD Financial. The CMA are renting office space while they think about a new HQ building. They have been thinking about it for years now.

Elect / Élisez

Kevin Kit



Alta Vista
City Councillor

Listening to you. Delivering results.

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Let's measure progress on results — not intentions

I'm Kevin Kit and I am President of the Elmvale Acres Community Association in Alta Vista. My professional background as a federal auditor is ensuring value for money for tax dollars. In both cases – I consistently deliver results.

Developed by listening to residents from across the ward, my Alta Vista Action Plan addresses priorities including:

- ✓ Reducing residential speeding
- ✓ Addressing aging infrastructure
- ✓ Ensuring community voices are heard on big developments
- **✓** Strengthening crime prevention
- Taking real action on climate change
- ✓ Supporting increases to affordable housing

I believe the next Alta Vista City Councillor must represent residents from every corner of the ward and encourage all viewpoints and opinions to be shared and considered.

I will continue this approach as Alta Vista's City Councillor.

On October 22nd, vote Kevin Kit for Alta Vista

RPCA PRESIDENT'S REPORT

Voice your opinions and vote!



KRIS NANDA RPCA President

"If you don't vote, you don't have a right to complain" - Unknown

y office at work shares the same building with the Citizenship Court and it brings a smile to my face when I see immigrant families – with people from all ages - all dressed up in their finest getting ready to take their citizenship oaths. Many come from places where violence, poverty and lack of free speech run rampant. I can only imagine that many feel proud that they will now be able to vote in freedom and peace as new Canadians. This new right that they have is something that too many of us take for granted, as evidenced by low voter turnout and participation in local community organizations.

With that in mind, I would like to encourage you to vote for the candidates of your choice for Mayor Council and School Trustee. Even if there is no one candidate who perfectly mirrors your views, we are fortunate that there are qualified men and women running to be your next City Councillor, School Trustee and Mayor. (Some may dispute the familiar adage that if you don't vote, you can't complain - of course you can still complain even if you don't vote.) But remember that the more people vote and participate in civic life, the more democracy will thrive. There are numerous examples where democracy and freedom shrivel when people tune out and stop voting or participating.

And participating in civic life continues beyond Election Day.

There are many ways (e.g. community associations) for getting involved and making a difference. For those who live in Riverview Park, one such vehicle is the Riverview Park Community Association (RPCA), which engages in various activities on behalf of local residents and others in the City. The RPCA often can do far more as a community association than as individual citizens – and we can serve as an umbrella to provide assistance or sponsor new programs.

As part of a community association, Board Members have regular access and communications with our City Councillors, city staff and other elected officials (even a breakfast with the Mayor) and are in a position to pass along your opinions and concerns and be heard (and sometimes even get answers) when we might not otherwise be able to do so as individuals. For example, the RPCA was able to successfully lobby for an Open House earlier this spring allowing residents to learn more about and voice opinions on the massive residential development that will transform

the western portion of the Ottawa Train Yards. We also have regular meetings with our City Councillor – something we anticipate continuing regardless of who wins the election at the end of this month.

The more members the RPCA has, the stronger our voice will be and the better we will be able to speak for you as Riverview Park residents, and the more capacity we will have to sponsor and put on events that bring the community together. So, ask yourself, "why not" join the RPCA, and ask yourself what you can do for the RPCA (join the Board or an RPCA Committee).

Come to our Annual General Meeting on October 17 where you get a chance to vote for a new Board and meet your municipal candidates.

For more information, check out our website at www.RiverviewParkca.com, drop me a line at krpp1415@ gmail.com with your questions or thoughts, and/or come to our RPCA Board meeting on October 10 or our Annual General Meeting on October 17.

Pooches on parade

by James Puskus

n Sunday, Sep 9 the Kiwanis Club of Rideau in partnership with Boots₄Pups, the Ottawa branch of the Citadel Canine Society, held its third annual "K9s on the Katwalk" fashion show for dogs at Canterbury Recreation Complex.

This FUNraising event helps to provide service dogs to veterans and first responders dealing with PTSD.

Many thanks to The Honorable John Fraser, MPP for Ottawa South for serving as a judge, ably assisted by long time Kiwanians Jacques Dallaire and Bill Cowperthwaite.

Prizes were awarded for the "Best Dressed Dog," the "Most Imaginative Costume" and the "Most Enthusiastic Pooch."

The Kiwanis Club of Rideau, resident in the Riverview Park neighborhood, has been serving the children of the world and the community of Ottawa since 1955. Visit us on Facebook at RideauKiwanis.









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Boys Ottawa Senior Rugby championship played at Hillcrest High School.

Rugby correspondent John Jerome congratulates Ashbury College players after they defeated Cairine Wilson Secondary School in the final of the Boys Ottawa Senior Rugby championship played at Hillcrest High School. Both teams were entitled to attend the Ontario Rugby Championship in Belleville. Ashbury donated money to help school namesake Cairine Wilson's travel expenses.



ALTA VISTA PUBLIC LIBRARY

SEPTEMBER 2018 / SEPTEMBRE 2018 DECEMBER 2018 / DECEMBRE 2018

(Closed on October 8, November 11, December 25 and December 26/ Fermée les 8 octobre, 11 novembre, 25 et 26 décembre)

■ 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 1

Mondays, September 10 to October 1, October 15 to October 22, 10:30 a.m. to 11 a.m.

Les lundis du 10 septembre au 1er octobre et du 15 octobre au 22 octobre de 10 h 30 à 11 h.

*Session 2

Mondays, November 5 to December 3, 10: 30 a.m. to 11 a.m. Les lundis du 5 novembre au 3 décembre de 10 h 30 à 11 h.

Family Storytime / Contes en famille

Stories, rhymes, and songs for all ages and a parent or caregiver. No registration required. / Contes, rimes et chansons pour les enfants de tous âges et un parent ou gardien. Aucune inscription requise.

*Session 1

Tuesdays, September 11 to October 23, 10:30 a.m. to 11 a.m. Les mardis du 11 septembre au 23 octobre de 10 h 30 à 11 h.

*Session 2

Tuesdays, November 6 to December 4, 10:30 a.m. to 11 a.m. Les mardis du 6 novembre au 4 décembre de 10 h 30 à 11 h.

Toddlertime / Tout-petits à la biblio

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

*Session 1

Thursdays, September 13 to October 25, 10:30 a.m. to 11 a.m. Les jeudis du 13 septembre au 25 octobre de 10 h 30 à 11 h.

*Session 2

Thursdays, November 8 to December 6, 10:30 a.m. to 11 a.m. Les jeudis du 8 novembre au 6 décembre de 10 h 30 to 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.

*Session 1

Wednesdays, September 12 to October 24, 3 p.m. to 4:30 p.m. Les mercredis du 12 septembre au 24 octobre de 15 h à 16 h 30.

*Session 2

Wednesdays, November 7 to December 5, 3 p.m. to 4:30 p.m. Les mercredis du 7 novembre au 5 décembre de 15 h à 16 30.

Game On!/Àvos 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. Fridays, September 21, October 5, November 16 and November 23, 2 p.m. to 4 p.m. / Les vendredis 21 septembre, 5 octobre, 16 novembre et 23 novembre de 14 h à 16 h.

Thanks and Giving

Take part in our Kindness Bag. Workshop and give the gift of kindness! All you need to bring is one of your gently loved books or plushy toys that you think another child would like to receive. We'll help you to make a Kindness Bag and a card that you decorate and write a message to go along with your gift. Once you're done, the library will make sure that your Kindness Bag goes to another child who will get as much enjoyment out of your gift as you did! Ages 4 to 11. Registration required.

Saturday, September 29, 1 p.m.to 3:30 p.m.

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 1

Saturdays, October 13 to November 10, 1 p.m. to 3:45 p.m. Les samedis du 13 octobre au 10 novembre de 13 h à 15 h 45.

*Session 2

Saturdays, November 17 to December 15, 1 p.m. to 3:45 p.m. Les samedis du 17 novembre au 15 décembre de 13 h à 15 h 45.

Maker Mobile: Codemaker Parents and Children

Children and parents will learn to program their own interactive stories and games. In the process, they will learn to solve problems, design projects and express themselves creatively on the iPad. We will provide the iPads for this workshop. / Les élèves apprendront à programmer leurs propres histoires et jeux interactifs. Ils apprendront à résoudre des problèmes, à conceptualiser et exprimer leur créativité à l'aide d'un iPad. Ages 4 and up./ Pour les 4 ans et plus. Registration required. / Inscription requise.

The uOttawa Maker Mobile is a Makerspace on wheels. Carrying the latest technologies, the Maker Mobile delivers fun hands-on learning activities in the Ottawa-Gatineau region. / Le maker Mobile uOttawa EST un Makersplace en mouvement. Transportant des technologies avancées d'apprentissage pratiques et amusantes à travers la région d'Ottawa-Gatineau.

Saturday, November 3, 10:30 a.m. to 11:45 a.m.
Samedi le 3 novembre de 10 h 30

Samedi le 3 novembre de 10 h 30 à 11 h 45.

Registration for all programs requires a valid OPL card for each registrant. Registration for fall 2018 children's



Balena Park Pet Memorial

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



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





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

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

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

ALTA VISTA PUBLIC LIBRARY

anglais

programs starts on September 5./ Toutes les personnes qui souhaitent s'inscrire à des programmes doivent être titulaires d'une carte valide de la BPO. /L'inscription pour les programmes d'enfants pour l'automne 2018 débute le 5 septembre.

OCTOBER-NOVEMBER 2018 / **OCTOBRE-NOVEMBRE 2018**

(Closed on October 8th / Fermée le 8 octobre)

■ 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.

October 4, Birdie by Tracey Lindberg. November 1, The Aviator's Wife by Melanie Benjamin, December 6, The Stranger in the Woods: The Extraordinary Story of The Last True Hermit by Michael Finkel

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, October 18, Lars Kepler Thursday, November 15, Mike Mar*tin* – Sgt. Wildflower series Thursday, December 20, Christmas Planning Party

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 15 octobre, *La bête* de Catherine Hermary-Vieille Le lundi 19 novembre, *La touche* étoile de Benoîte Groult Le lundi 17 décembre, Le peintre d'aquarelles et Conversations avec un enfant curieux de Michel Tremblay

Conversation Groups / **Groupes de Conversation**

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

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

Mondays until December 17th, 4:45 - 6:00 p.m.

Les lundis jusqu'au 17 décembre de 16h45 à 18h.

Closed Oct. 8 / Fermé le 8 octobre

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 December 18th, 6:30 - 8:00 p.m. Les mardis jusqu'au 18 décembre

de 18h30 à 20h **English Conversation Groups** / Groupes de conversation

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 December 10th,

6:00 to 7:30 PM Tuesdays until December 11th, 12:00 to 1:00 PM

Les lundis jusqu'au 10 décembre de 18h à 19h30 Les mardis jusqu'au 11 décembre,

midi à 13h Closed October 8th / Fermé le 8 octobre

Parks and Scenery of the **Western United States**

Discover new places and hidden gems with Al Sangster! The magnificent national parks of Colorado, New Mexico, Arizona, Wyoming and the inimitable Pacific Coast will make this travel adventure unforgettable. Everyone welcome!

Saturday, October 20th at 2 PM. Please register.

How to Save Money on Long Distance Calling

Learn how use the internet to connect with friends and family around Canada and the world for free or a fraction of traditional long distance rates! Presented by the National Capital Freenet. Please register.

Monday, November 5 at 6:30 PM.

Make a Will: Law at the Library

November is Make a Will Month. Learn about the importance of having a will and powers of attorney for you and your family. During Make a Will Month, lawyers who practice Trusts and Estate Law will speak at Ottawa Public Library branches about how having a will and powers of attorney can help you and your family. This session is informational only and does not include legal advice. Wednesday, November 14th at 2 PM. Please register.

One-on-One Computer Tutorials

Book a one-on-one tutorial to learn computer, email and Internet basics. Please visit the branch for more information or to schedule an appointment

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

EMVALE ACRES PUBLIC LIBRARY

Programs at the Elmvale Acres Branch, 1910 St Laurent Blvd. June 2018 - October 2018

Adult Programs

Aging by the Book: A reading circle

Be part of a reading and discussion group that meets weekly for six weeks to explore the older adult experience as portrayed in a wide range of written work. We will discuss poems, short stories, essays, and excerpts from novels and memoirs. Readings will be provided. Registration is limited to 10 participants; no new registrants after the second session. Tuesday, October 9, 16, 23, 30/ 10:15-11:45

Tuesday, November 6, 13/10:15-

11:45

Mystery Book Club 2018

Share the enjoyment of good mysteries in a relaxed atmosphere. Join us for discussion. Everyone welcome!

Monday, October 1: Amy Stewart's "Girl Waits With Gun," 18:30-19:+30 Monday, November 5: Faye Kellerman's "The Theory of Death," 18:30-19:30

Monday, December 3: Any of the Sigrid Harald or Deborah Knott series by Margaret Maron. 18:30-19:30

English Conversation Group 2018 || Groupe de conversation en anglais 2018

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. Tuesday, October 2, 9, 16, 23, 30/ 18:30-19:30

Tuesday, November 6, 13, 20, 27/ 18:30-19:30

Tuesday, December 4, 11, 18/18:30-

■ Children's **Programs**

Bilingual Family Storytime || Contes en famille bilingue

Stories, rhymes and songs for children of all ages and a parent or caregiver. / Contes, comptines et chansons pour les enfants de tous âges et un parent ou gardien. Thursday, October 4, 11, 25/10:15-

Thursday, November 1, 8, 15, 22, 29/10:15-10:45

Thursday, December 6, 13/10:15-10:45

Babytime 2018 || Bébés à la biblio 2018

Stories, rhymes and songs for babies and a parent or caregiver. o-18 months. / Contes, comptines et chansons pour les bébés et un parent ou gardien. 0-18 mois. Thursday, October 4, 11, 25/13:30-

Thursday, November 8, 15, 22, 29/ 13:30-14:00

Thursday, December 6/13:30-14:00

Homework Club Club de devoirs

Join our homework club and get help with homework in a friendly, relaxed environment. Ages 6-12. Joignez-vous à notre club de devoirs afin de recevoir de l'aide dans un environnement covivial et décontracté. Pour les 6 à 12 ans. Saturday, October 6, 13, 20, 27/ 14:00-15:00 Saturday, November 3, 10, 17, 24/

14:00-15:00 Saturday, December 1, 8, 15, 22/

14:00-15:00

COMMUNITY BULLETIN BOARD

■ Rideau Park United Church

2203 Alta Vista Drive, Activities and Events, October-November 2018

For more information, please call the church office at 613-733-3156 x229 (Mon-Fri 9am-4pm) or www.rideaupark.ca

Euchre Club: Every Thurs. I - 3:30pm until next June. Come for cards, refreshments, conversation and fun.

50+ Fitness Group: Tues. & Thurs. 9 - 10am, Oct. & Nov. All levels of fitness (men & women). Fees are \$70. for 23 classes & can be prorated, payable by cash or cheque

at your first class. Drop-in fee \$8.

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

The Harmony Club for Seniors 60+: meets on Wed. Oct 24. Lunch, 12 noon (\$6., register by Oct 17). From 1-2pm, enjoy a presentation by John & Carolyn Scollick about their cruise & land excursion to Alaska. All seniors welcome.

The Night Before Christmas

Bazaar: Sat. Nov. 3, 1 - 4pm, offers something for everyone, from meat pies to homemade baking, jams and relishes. You can peruse the Christmas decor collection, the Ladies' Boutique, cross-stitch gifts, and the garden centre. Search out the Book Alley for a great read and the General Store for household and sporting goods. Drop by the children's toys, games and electronics, and make a bid at the Silent Auction. After shopping, stop by the Tea Room for refreshments.

The Harmony Club for Seniors 60+: meets on Wed. Nov. 21. Lunch at 12 noon (\$6., register at church office by Nov 14). From 1-2pm, listen to a presentation of interest to seniors in the community. All welcome.

Roast Beef Dinner: Fri. Nov 23, 5pm or 6:30pm Join us for an old fashion roast beef dinner with apple crisp for dessert. Purchase tickets: adults -\$20. children ages 6-14 -\$10. at the church office in November (M-F 9-4) or call 613-733-3156 x229.

"Ringing In Christmas" Concert: Sun. Dec 2, 7pm, features the five handbell & chimes ensembles at Rideau Park playing the popular & sacred music of Christmas. Freewill offering.

■ Friends of the Farm October 14th: Friends of the Farm Tree Tour at 2pm at the Shelterbelt Merivale Road. Nature vs City at the Shelterbelt. Roman Popadiouk will lead the tour and highlight the Shelterbelt project and how the trees must resist all kinds of extremes to succeed in a challenging environment. All our welcome. There is no special knowledge of trees needed to attend this tour. Parking will be available on side streets west of Merivale (eg Celebration St or Crystal Park Crescent) Free, public welcome. Register

October 16: Master Gardener Lecture 7 to 9pm. "Bulbs for Year Round Enjoyment" with Mary Reid. FCEF members \$12, non-members \$15, Bldg 72 CEF Arboretum. 613-230-3276 friendsofthefarm.ca/ master-gardener-lectures-2018/

arboretum-tree-tours/613-230-3276

online friendsofthefarm.ca/

October 20: Used Book Drop-Off from 10am to 3pm. Save your books and re-gift them for a great cause. Please note we do not accept magazines, textbooks, or encyclopedia. Drive up to Bldg 72 CEF Arboretum, east exit off Prince of Wales roundabout. 613-230-3276 friendsofthefarm.ca/fcef-annual-events/

October 28th: Tree Tour at 10am Bldg 72, Arboretum. Endangered Trees and New Appearances. Tour leaders Ken Farr and Eric Jones will focus on trees that are listed on the Canadian Species at Risk Act or are

closely related to endangered species. Free, public welcome. Register online friendsofthefarm.ca/arboretum-tree-tours/ 613-230-3276

November 6: Master Gardener Lecture 7 to 9pm. "A Brief History of English Country House Gardens" with Heather Clemenson, FCEF members \$12, non-members \$15, Bldg 72 CEF Arboretum. 613-230-3276 friendsofthefarm.ca/master-gardener-lectures-2018/11. Pacesetters 05. Pacesetters Walking Club Come and join others walking in the Billings Bridge Shopping Centre. The club is in the basement of the Tower in the north-east corner of the Mall. Also chatting, knitting for charity, puzzles. Open from 7:30 am to 10 am. Call 613-521-6740 during open hours for information.

■ St. Thomas the Apostle Anglican Church 2345 Alta Vista Drive (by the fire station) 613-733-0336

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

Annual Bazaar: Saturday, November 10, 10 am to 1:30 pm. Café; Bake room and deli; Childrens' room; Clothing and Bath Shoppe; Jewellery & Purses; Handicrafts; New to You, Books/CD's; Plants; The General Store.

■ St. Aidan's Anglican Church

Yuletide Bazaar: Saturday, November 3, 10 am - 2 pm. Start your Christmas shopping early with our homemade baking, jams and jellies, crafts, ladies boutique, books and puzzles, silent auction and pick a prize. Then enjoy lunch at our

Celtic Cafe. Located at 934 Hamlet Rd. (behind the Elmvale Shopping Centre) For more information call 613-733-0102.

■ Nativity Parish Food Bank

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

■ Art Lending of Ottawa

Art Lending of Ottawa will be held at the R.A. Centre (Outaouais Room), 2451 Riverside Drive (east entrance) on Saturday, December 8th from 10:00am to 5:00pm. Purchasing, leasing, and lease to purchase quality fine art from local artists is available.

Visit www.artlendingofottawa.ca for further details and to visit the artist's gallery.

Enriched Bread Artists
26th Annual Open Studio. Our

event takes place from Thursday, October 18th - 28th, 2018. Our organization was first established by a young group of University of Ottawa graduates who had a vision for the visual arts in Ottawa. Today, the EBA remains the city's largest and longest-running visual arts co-operative located in a former bread factory. Enriched Bread Artists, 951 Gladstone Avenue Ottawa, ON K1Y 3E5

One & Only Sale Announcement Saturday, November 17, 10 a.m. to 4 p.m.: ONE & ONLY Arts and Crafts Fair at the Sandy Hill Community Centre. 250 Somerset Street East. Free Admission and refreshments. Over 30 vendors with unique and affordable products. Free parking. www.ash-acs.ca/event/sandyhills-one-only-arts-crafts-fair/

All candidates meeting, September 26th , 2018 at Hillcrest High School

Moderator, Joanne Chianello, CBC Ottawa, City Affairs Analyst (L) with Alta Vista Ward councillor candidates (L-R): John Redins; Raylene Lang- Dion; Clinton Cowan; Jean Cloutier and Kevin Kit.

GEOFF RADNER



DEAR FRAN



FRAN DENNETT dearfrangardener@gmail.com

Native Holly-Ilex verticillata

So what are those red berries I see on bushes in the fall? Where can I get that shrub?

What you are seeing is *Ilex* verticillata or commonly known as winterberry or native holly or black adder. This is a native deciduous holly commonly found in damp or wet lowland borders of deciduous forests in eastern North America.

The bark is smooth and gray to blackish. The branches grow in a zigzag manner forming dense thickets when left undisturbed. The oblong, sharply double toothed leaves are arranged alternately along the branches and are of medium fine texture. The dark green leaves are 4-8cm (1 ¹/₂ inches) long in summer turning yellow in fall.

The inconspicuous yellowish-white flowers appear in the leaf axils in June (in Ontario) after the leaves unfurl. Like all hollies Ilex verticillata is dioecious (male plants are needed to fertilize the female plants). Only three year old and older plants bear flowers, and that is when the sex of the plants can be determined. As a refresher in flower anatomy, you would look for one plant with the pistil (female) which includes the stigma, stylus and ovary, and on another plant, the stamen (male) which includes the anther and filament. Once pollination occurs, scarlet red to orange berries appear on female plants in late summer remaining on the branches into winter and staying red until Christmas in the Ottawa area. The male plant must be within 40 feet of female plants for adequate polli-

Propagation is from seed, rooted stem divisions and stem cuttings. In late fall, root suckers can be dug directly and transplanted, while softwood cuttings can be taken in late spring to mid-summer. If you know the sex of the plant you wish to take stem cuttings from, you can save some time in propagation because you know the sex from the start.

Dr. Norm Deno determined that *Ilex verticillata* seed germinated best when the seed had been stored at 21°C for six months, washed daily for fourteen or more days, sown in damp soil and in January placed outdoors under snow. Germination takes place in April with about



50% of the seeds sown germinating. I tried this method many years ago and it worked. I had about ten seedlings to share.

The United States Department of Agriculture considers this a threatened species and encourages people to take care collecting seed or plants, and to plant more. People who know where there are natural stands of *Ilex verticillata* usually do not share their location, because unscrupulous people raid these stands for branches with berries **References**: then sell them for very high prices to flower arrangers. The stands can rebound from one stripping but not year after year as they weaken and die out.

Improved varieties of both male and female *Ilex verticillata* are available at garden centers or from mail order nurseries such as Hortico Inc. Check with your local garden center. Some garden centers will order one for you.

About six years ago, I purchased an Ilex verticillata 'Jim Dandy', a dwarf variety, to plant on the shoreline at our cottage. It has been very successful. It is about three feet high. The specimen was planted with a male and female in the same

pot. This guarantees berries every year. I have since learned that *Ilex* verticillata 'Jim Dandy' is a male and usually paired with the female 'After Glow' or 'Red Sprite'. I do not know the cultivar name of the female paired with 'Jim Dandy', but that is okay as it produces berries.

Ilex verticillata berries are poisonous to humans but food for wildlife. The flowers are a great nectar source for bees in the spring.

Plants Web site: plants.usda.gov or Plant Materials Program Web site

Plant-Materials: nrcs.usda.gov Seed Germination Theory and *Practice*, Norm C. Deno, 2nd edition. 1993 Botanic, Duncan Himmelman, Raincoat Books, Vancouver,

1998

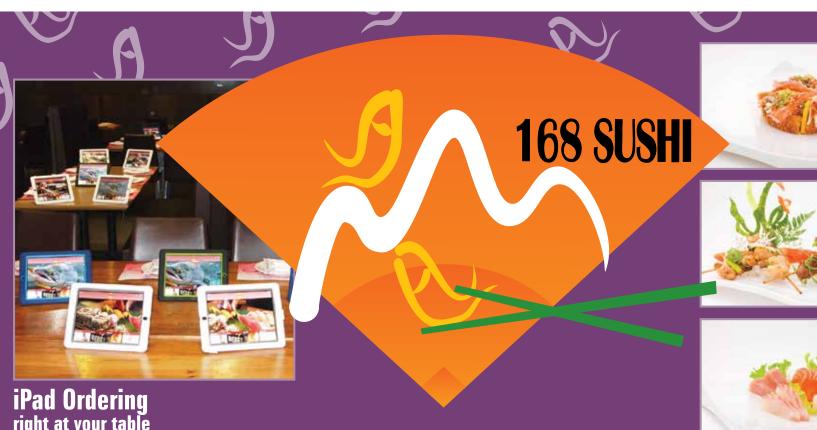
Recommended reading

With the advent of the Internet, books have become passé, except for those who love to hold a book when looking up information. I am one of those dinosaurs. The Internet is not always right. So if you are an Internet user make sure that you seek information from creditable sources.

As for books, I like all of Trevor Cole's books, especially the Practical Guide to Gardening in Canada. The Reader's Digest Gardening in Can ada is old, but a good references for beginners. No single book will answer every question. You need a variety of books. If you ignore the references to the use of chemicals in older books, the gardening information is usually good.

Again, I hope you find this information helpful.

- 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.
- Email Help Line: mgoc_helpline@yahoo.ca



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