



FEBRUARY 2020

A Voice of Riverview Park

MARCH 2020

What in the world is cash-in-lieu of parkland?

by David Knockaert

The Provincial Planning Act requires developers to set aside land for green space. However, that is often impractical, either because land in the area of the development is not available or because the land acquired would be so small as to be of little use. In such situations, developers provide the city with cash-in-lieu of green space/parkland.

Forty percent of this revenue goes to municipal administrators for city wide use. Sixty percent is allocated to the ward in which the development is taking place. Each ward councillor controls their own fund. While allocations are intended to be disbursed within that specific ward, some may be spent elsewhere should two or more councillors agree to pool funds in support of a project, providing that project is within one of their wards. Alternatively, a councillor may choose to hand ward revenue to city administrators who would then use the funds on either an existing or new park.

Councillors may spend for the acquisition of land for new parks, increase the capacity of parks, park facilities, upgrade program space or to repair, renew, and replace fixed park assets. Revenue cannot be used to offset operational costs (e.g. maintenance) nor for portable items such as athletic equipment.

Cash-in-lieu of parkland is not a common topic of public conversation. It seldom draws attention

CONTINUED ON PAGE 3



Cash-in-lieu of parkland money helps buy new playground equipment such as at Hutton Park. PHOTO: CAROLE MOULT



Susan Overholt, a retired teacher, enjoys tending the pots and working among the plants in Ritchie Feed & Seed. PHOTO: GEOFF RADNOR

Six quick winter getaways near Riverview Park

by Murray Dineen

Ottawa is fortunate to have great museums, parks, and shopping areas in abundance. Many of them, however, can be crowded, or difficult to get to, or expensive. If I want to take a quick break from my house, I visit the following six winter

“getaways.” Each is within an easy 15 minute drive or half hour bike ride from my house in Riverview Park, and all of them are quiet, rarely crowded, and don’t require spending money.

1. The Plant Room at Ritchie
CONTINUED ON PAGE 5

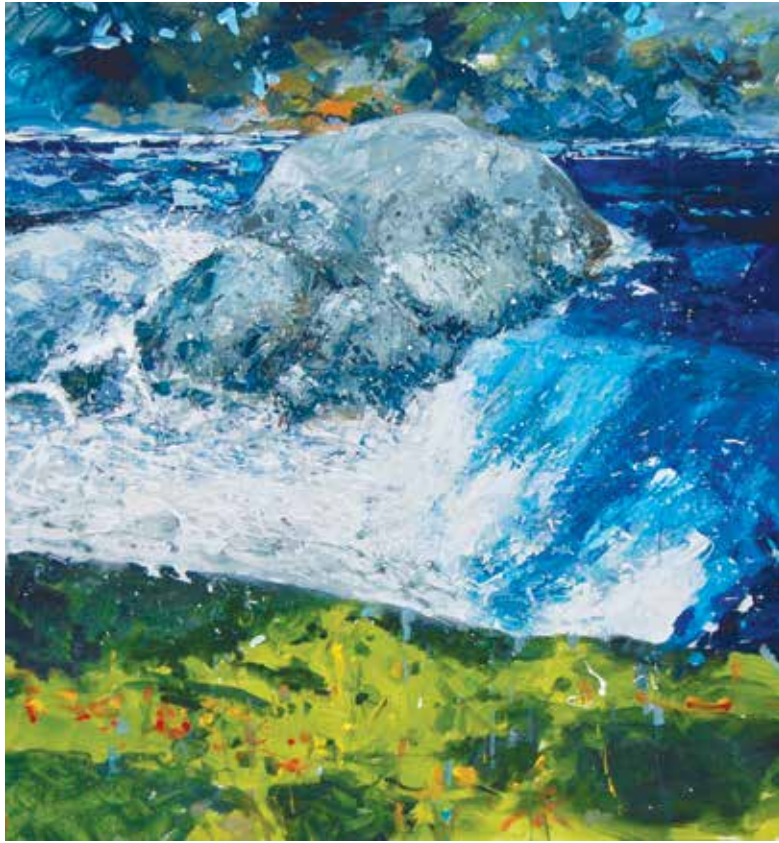
Be prepared to have the works of Peter Colbert + Dan Ryan captivate you at the Wall Space Gallery

by Carole Moulton

Guests dropping into an upcoming exhibition at the Wall Space Gallery, Westboro, can't help but become engaged with the new exhibit by Peter Colbert + Dan Ryan.

Although the artists' routes have been somewhat different to arrive at this place in time, we are quite fortunate to be able to share the exceptional results of both.

Peter Colbert spent many years as a graphic designer. He was a graduate of Humber College and won a scholarship to the Ontario College of Art and Design in Toronto. After a successful 26-year career as an Art Director, Peter decided to paint on a full-time basis and notes that he has never looked back. Peter's pieces are now collected internationally. His inspiration, he has said, is from the works



Maniitok by Dan Ryan, mixed media on canvas, 36 x 36 in.

of artists such as Diebenkorn, Degas and Rothko. At the upcoming art exhibit, enjoy and appreciate a mixture of the abstract and figurative paintings of this Ottawa based artist.

Dan Ryan's love of painting began when he was twelve. He moved to Baffin Island after completing his secondary school education and there continued to sketch and paint nature



Next Steps by Peter Colbert, acrylic on canvas, 24 x 48 in.

before going on to the Ontario College of Art, later receiving instruction in the art of illustration at Sheridan College. Dan went into the field of advertising

Peter's pieces are now collected internationally.

after collage and worked for many years as an Art Director and Illustrator, all the while continuing to pursue the 'fine art' of landscape painting. Today he calls himself a hybrid artist. He resides in Toronto and his intrepid landscapes are found in corporate and residential collections nationwide.

The three week show will take place from Saturday, February 8th to Saturday, February 29th at Wall Space Gallery, 358 Richmond Road. For more information, go to wallspacegallery.ca. You'll want to remember to mark these dates on your 2020 calendar.

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Cash-in-lieu of parkland

CONTINUED FROM PAGE 1

from the media and few councillor websites make mention of the issue. However some attention was drawn to the matter this past spring in reaction to proposed provincial government amendments to the development charge framework. Five councillors co-authored an op-ed in *The Citizen* arguing against these amendments, stating, "A key advantage to the current system is that much of the decision-making affecting local neighbourhoods vis-à-vis these charges is in the hands of councillors working directly with residents."

That is absolutely true if councillors actually work directly with residents. Readers can ask themselves how closely their councillor has engaged with them on use of this revenue.

Not insignificant

The amount of money available to residents is not insignificant. At the end of September, councillor-controlled funds totalled \$17.2m, with six wards each holding balances in excess of \$1m. The Alta Vista ward, of which most of Riverview Park residents belong, has a balance of \$1.4m, an increase of 59% over the past year.

Obviously one reason for the high balances is the city's encouragement of intensification and density through development. Another reason is that not all councillors spend revenue as quickly as it comes in. Two councillors spent no funds in either of the past two years. Four others spent less than 4% of their current balance over the same two year period. Ironically, the five councillors who co-authored the op-ed have left more money unspent than the other 18 councillors combined. It may also not come as a surprise to learn that in the 2018 election year spending was almost three times



Frequently, money from construction projects provides the city with cash-in-lieu of parkland.

PHOTO: CAROLE MOULT

higher than in 2019.

I suspect it must be difficult for councillors to decide on how funds are spent. Issues to weigh include: durability, maintenance requirements, seasonality of the equipment/facility, age range suitability, personal equipment costs for users, and any need for volunteers to manage the facility or equipment.

Where to spend

An even larger question facing councillors and residents alike is where to spend the money. Several councillors have committed more than half of available funds to a single location. Such targeted spending is often impactful. Yet, councillors must bear in mind they have already endorsed a future vision of Ottawa which calls for all residents to live within 15 minutes walk of facilities. If any single park is chosen to be the principal beneficiary of spending, that location will only be walkable

for a very small percentage of ward residents and therefore be inconsistent with the approved vision.

Our SENS Rink in Canterbury is useful, attractive and well managed. But unless there is an adult to drive them, most children in the ward will have limited opportunities to use it. "Vision statements" make for good bureaucracy but if councillors wish us to live up to their vision, should they not "walk the talk"? Diversified spending takes time, effort and consultation yet may lead to less dramatic results. However, it serves to demon-

strate that all residents and every community is valued.

Where and how to spend is a matter worthy of consideration by all residents. The revenue belongs to all ward residents and we all bear an obligation to spend it wisely. Councillors should respect their obligation to consult and inform residents as to how decisions will be made/which decisions are taken. Residents in turn bear an obligation to be involved, to find and lend their voice in support of the legitimate needs of their own community.

Correction

In the December 2019 Edition of the *Riverview Park Review*, p. 42, an article under the title, 'Buried Treasures of all genres in surprising places', had Alma Mahler included as one of several Jewish women composers. Her name should not have been in this list.

Riverview Park Winter Carnival

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Six quick winter get-aways

CONTINUED FROM PAGE 1

Seed and Feed (1390 Windmill Lane, off Innes, just east of the freeway). Turn right after entering the store and find a little oasis of trickling waterfalls and house plants, including cacti, orchids, and succulents.

2. Koyman Art Galleries (1771 St. Laurent, next to McDonalds). I visit Koyman's as I would a public art gallery, just to admire their collection of recent Canadian art. With two beautifully spacious floors situated behind enormous glass windows, it can be stunning on a bright winter's day. The staff are always courteous and friendly, and the gallery is usually very quiet and peaceful.

3. The University of Ottawa satellite libraries at Roger Guindon Campus and at St. Paul University (check online for hours and addresses). You don't need to be a student to use these quiet libraries, each with their specialized collections (medicine at Guindon, and religion and social sciences at St. Paul). But if you are a graduate of the U of O, ask about an alumni library card, which allows for borrowing at all campus and for access to their incredible electronic resources. Both are very quiet, but St. Paul University can be as quiet as a sepulchre. A great place to write or simply sit and enjoy a library book. The Green Door Restaurant is just across Main Street.

4. Our Lady of Lourdes Grotto (at the intersection of Montfort and Cantin streets, just north of the Ultramar Gas Station on Montreal Road). A "drive-in" shrine, nestled among apartment towers on the eastern edge of Vanier, the Grotto is a pleasantly incongruous outdoor island of worship. With

banks of votive candles, it has a calm aspect during the day, but it comes alive visibly at night. The Grotto is an active religious site and deserves respect and quiet contemplation. Services are often held on weekends and on weekdays during the summer.

5. Walking and skiing trails behind the Ramsayville Cemetery (at the intersection of Russell and Ramsayville Roads). Park beside the cemetery on the road. This little-known segment of abandoned railroad track makes a quiet alternative to the busy trails off Anderson Road. The trail runs two secluded kilometers from the cemetery to Hawthorne Road, where you will encounter traffic again. Perfectly flat for skiers who are vertically challenged, but after a snowfall, you might need to clamber over snowdrifts to get to the trailhead. Sheltered by forest, it's a great place to ski when the cold winter wind is up. Dog walkers use the first fifty meters, but it's usually free going after that. Observe the usual cautions: ski with a friend after dark, carry a cell phone, and be aware of wildlife, including coyotes. Crossing over Hawthorne Road at the trail's end, you can continue on the "Greenbelt Pathway," and ski over to the lovely Pine Grove trail system.

6. The view from the fourth-floor parking lot of St. Laurent Shopping Centre, or from Hurdman Hill. As a displaced prairie boy, I miss the open fields and unobstructed views I grew up with in the West. I long for vistas freed from unsightly trees, where you can spot bad weather coming a week away. On the prairies, hills are two feet high (at three feet I get vertigo and fall down). The sunrises are glorious, and sunsets last for days.



Visitors to the Our Lady of Lourdes Grotto admire the beautiful sculptures on the Sir Wilfrid Laurier tomb. PHOTO: GREG MONEY



Murray Dineen suggests that you take a visit to the nearby Koyman Galleries. PHOTO: GEOFF RADNOR

To get to the fourth floor, enter the east-end parking area at St. Laurent Mall (the parking complex between St. Laurent Road and the Bay Store). Drive up the ramps to the third-floor parking level. In the southwest corner of the third floor, you will find a ramp to the fourth-floor parking, which is on the roof of the Bay Park and either remain in your car (if it's cold) or get out and unpack your lawnchair. On a cloudless March morning, admire the view to the southeast, toward the Museum of Science and Technology. Feel the spring arriving. (Bring sandwiches

and sunblock.)

Or on a cloudless March afternoon or evening, take a bus or train to Hurdman Station. Wear tall boots or bring snowshoes. Hurdman Hill lies to the south of the station. Exit the station and walk around the fence to access the hill. Admire St. Paul (the college) and the bend in the river. Feel the spring air and the big sky.

As a prairie farmer once said to me: "Son, it's important to be out, standing in your field."

Murray Dineen, a retired professor, has lived in Riverview Park for almost thirty years.



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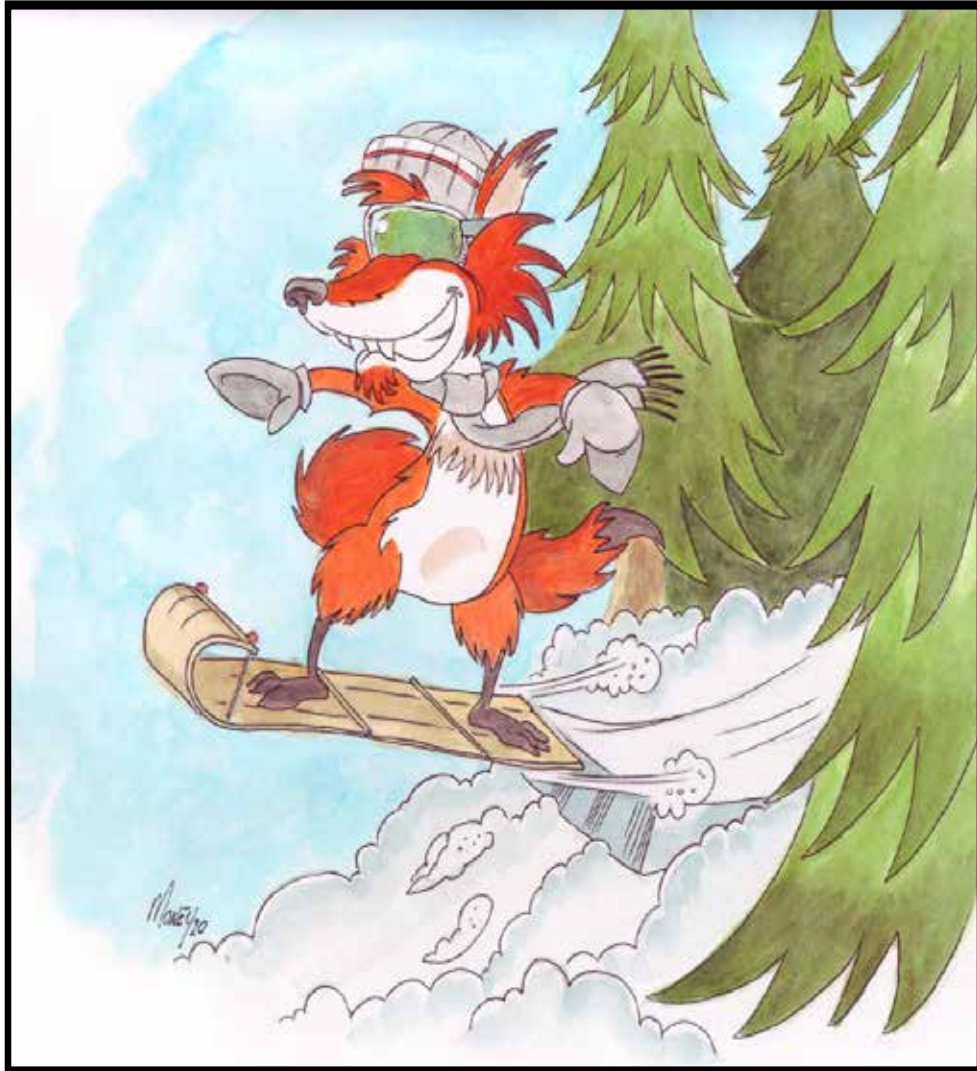
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Every neighbourhood has its legends. Some are people whose stories live on after they have gone. And some are places that keep their stories from generation to generation. Riverview Park is lucky to have many spaces and places that have legends built around them. Hockey rinks, playgrounds and green spaces that year after year re-enact their myths as they become grounds for new stories.

Community legends and the places that host them have an important role to play in our neighbourhoods. Each of their stories connects us. Each legend creates a shared moment in our collective memory. They create a sense of shared identity and history. And most importantly connect us with a sense of ownership and responsibility for maintaining those places.

The toboggan hill that used to be beside the co-generation plant was one of those places. Every year parents and kids alike couldn't wait for fresh snow to collect there so the games could begin. Infants started sliding before they could walk, and grew up to practice snowboarding.

Families hosted Winter Fests with hot chocolate, cookies and the odd adult beverage. Kids tried to be grown-ups flying over home-made jumps, and grown-ups remembered their youth, crashing over those same jumps.

That legendary place had to take a knee to progress, but in the process a new toboggan hill grew up. This year it clothed itself in snow and waited for the fun. Families remembering the other hill are older now, but younger families are ready to make new legends. They won't be the same, but then they aren't supposed to be.

As if claiming the space ready for new legends, someone has put a beat up old couch at the top of the hill. Facing the winter sun it is waiting for hot chocolate and winter heroics. New toboggan tracks are heading across the snow for the new hill. New jumps will be built and kids will grow up claiming this hill as their own, creating their own legends.

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TEXT NECK: HOW TO AVOID STRAINS AND PAIN

Almost 90 percent of Canadians have an internet connection, according to the Canadian Internet Registration Authority (CIRA). Nearly all of them use social media to some extent, and 61 percent engage on social media every single day. In 2018, around 1.56 billion smartphones were sold worldwide. The worldwide spending on technology reached \$3,360 billion this 2019. (Statista, 2019)

THE TEXT NECK SYNDROME

The increasingly frequent and prolonged use of all these devices leads to an upsurge of certain health problems, regularly observed in chiropractic clinics, and particularly affecting the neck. It is an American chiropractor who has designated the conditions and injuries caused by the excessive use of technological devices under the term text neck syndrome. Young people are big users of such gadgets, so long-term effects can be catastrophic if they do not rectify their posture.

THE DANGERS OF TECHNO

Since text messages are a common mode of communication, it is imperative to educate yourself on the right posture to adopt, as the health consequences can be significant in the long term. The most common symptoms associated with the textual neck syndrome are headaches, neck and back stiffness, wrist and shoulder pain, numbness in the hands and loss of the natural curve of the neck that can cause in long-term osteoarthritis.

HOW TO PREVENT TEXT NECK SYNDROME:

- Take frequent breaks when using techno devices.
- Do not adopt a position where the head is bent forward for prolonged periods.
- Do not lock the phone between your ear and your shoulder
- Place your tablet or laptop on a table when possible. Otherwise try to support your elbows and remain as straight as possible.

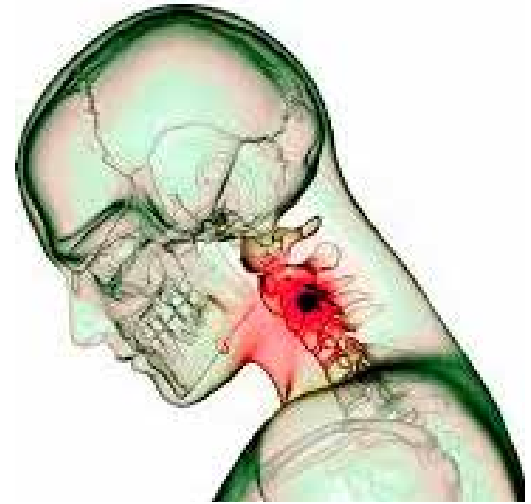
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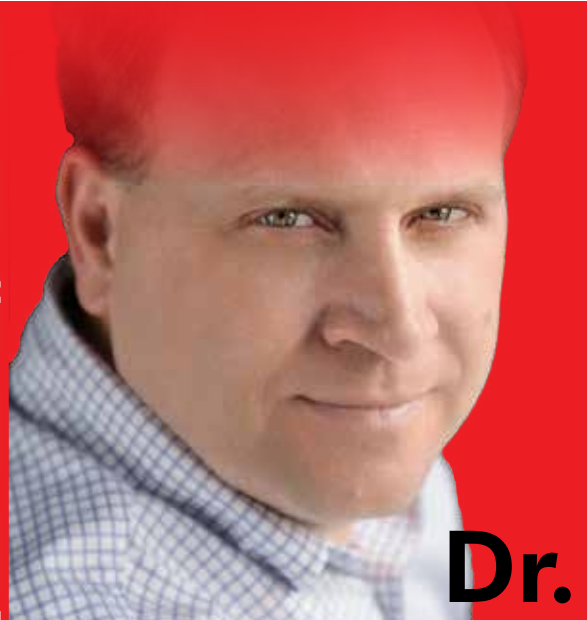


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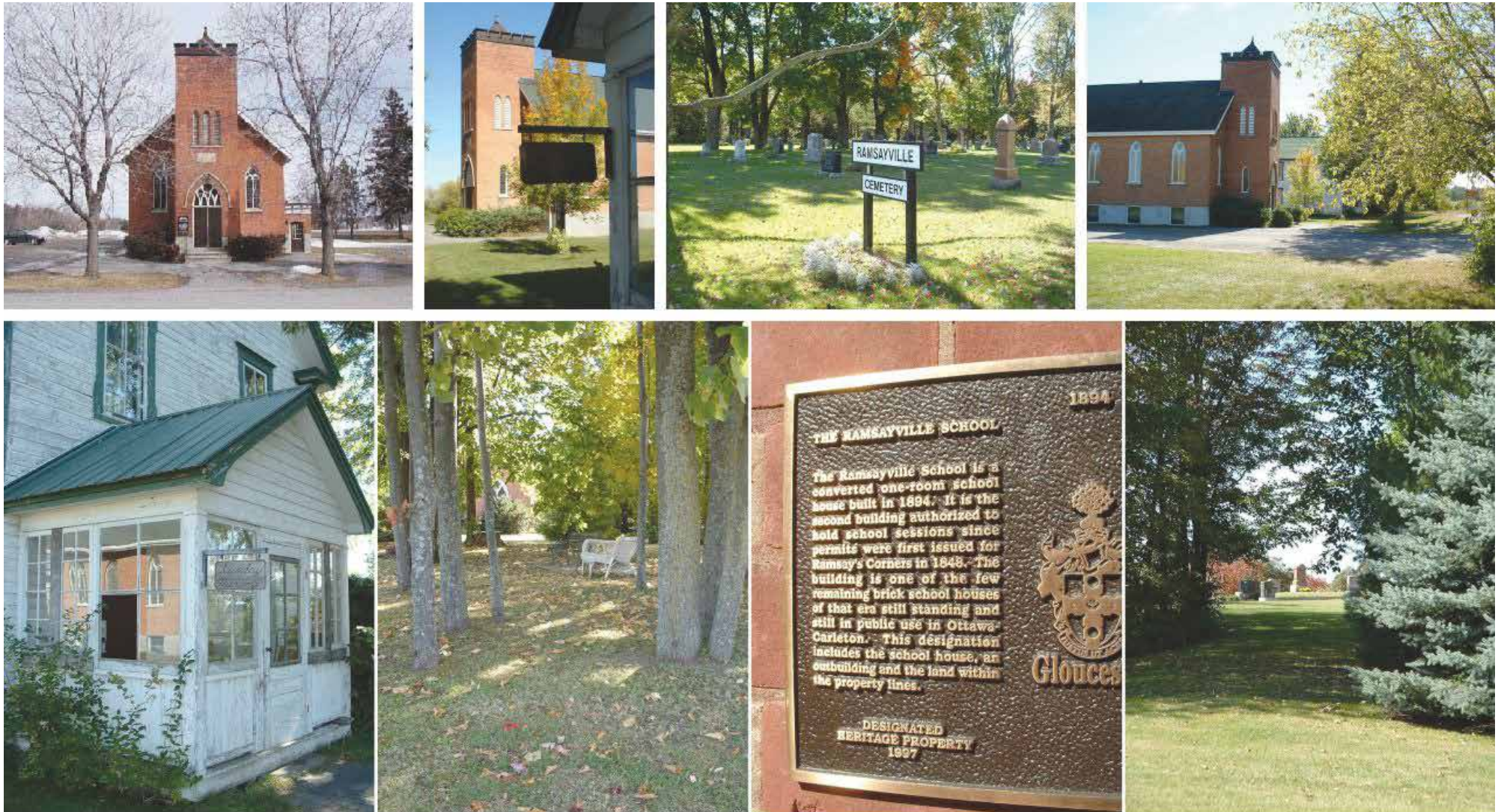
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Are air source heat pumps good here?

by Heather Dunlop

Have you considered getting a heat pump to avoid using fossil fuels to heat your house? You may want to wait.

I have just recently had a gas furnace and heat pump installed, thinking that I could reduce my carbon footprint by using the heat pump as much as possible and the furnace only on really cold days. My mistake was ...

But let's start with how I made my decision. I looked at the different types of heat pumps. First I looked at ground source heating where heat is extracted from the ground which is generally about 4° C year round. Much as I would have liked to go this route, a ground source heat pump was out of the question since I don't have the yard space or the money to put in a ground source system. This type of system really needs to be put in at the time of building. Water sourced heat pumps also exist but you need a source of water. I had no lake in my backyard so that was out.

That left ducted or ductless air sourced heat pumps. I seriously considered the ductless heat pumps because of their efficiency. There are 2 manufacturers that make heat pumps that they claim work at temperatures to -30° C. What dissuaded me was the thought of water running through my walls and the possibility of leaks. As you may know, a heat pump works by condensing a substance (usually a refrigerant), making it hot and then pumping the substance into the house to the coils of a unit that can attach to part of your room or basement. As the blower in the unit blows air over the coils, the air heats up and is directed to warm your room(s). However, as cold air hits the warm coils, water condenses on the coils and the water has to drain to a location in your house, presumably through a pipe. In hindsight, ductless might not have been a bad idea. But then there are also refrigerant leaks to consider as the system ages.

Being afraid of leaks (rational or not), I chose a heat pump that would work in tandem with my new gas furnace and any condensate would drain into my already existing sump pump pit. Leaks of refrigerant would be confined to the basement. An auxiliary source of heat is necessary on days where the outside temperature drops below the capacity of the heat pump to maintain the inside temperature. Since I already had the ductwork and to keep electricity costs down, I chose a gas furnace over electric resistance heating. I now have a more efficient 2-stage gas furnace that works well and is

quieter than the old furnace. Time will tell if I see a decrease in the amount of natural gas I use.

I also have a new 1.5 tonne air source heat pump that the supplier assured me would work down to -15° C. It has a "heating seasonal performance factor" (HSPF) of 9.5. This is the heating efficiency rating. At the time of negotiations, I did ask about the wattage of the heat pump but I never got an answer. That should have been a red flag. My new heat pump keeps the house at my preferred temperature as long as the temperature outside is above about -8° C. At that point, the temperature in the house slowly decreases. The manual tells me that once the temperature gets to about 2° C below the thermostat setting, the furnace will kick in and the heat pump turns off. Ok, I can live with -8° C but it is a bit of a disappoint-

ment that I can't use the heat pump in lower temperatures. Perhaps if my house was not a leaky sieve, the heat pump would perform better.

At the outside temperatures at which I have so far tested the heat pump (-8° C to 4° C), the heat pump is on continuously below 0 and is on about half the time when the temperature is between 0 to 4° C. Perhaps at temperatures above 4° C it will be on even less. I hope so, because a test over several hours showed that the electrical usage was about 2kwh per hour. If it were on all day, that would be 48 kWh and for the month, that would cost me about \$271 (more than twice my monthly winter gas bill) just for the heat pump depending on rates, time of day usage, etc. So, I will wait until the temperature warms up a bit and test it again. Stay tuned!

The moral is: unless you are us-

ing the heat pump as an air conditioner, you don't mind spending a lot of money, or you have a source of really cheap electricity (like solar) or maybe if your house is well insulated and very tight, I would recommend waiting until there is better heating technology before installing an air source heat pump.

Perhaps work on making your house more air tight with weather stripping, insulation and high quality windows and doors. If you are still keen on getting an air source heat pump, research and don't be pushed around by any salesmen. Be sure to get a heat pump that has a high efficiency rating meaning an HSPF rating as close to 14.

Have you experience with a heat pump? Please send your comments to oseau.info@gmail.com. OSEAN (Ottawa South Eco-Action Network) is a community organization working to encourage people to protect the environment.

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TRENDSETTERS • FIRST IMPRESSIONS MATTER



by Monique Doucette

Aside from the fact that Home Staging and Redesign is a cost-effective way to add equity to your home, it can also be a greener option for many people looking to accomplish their home-ownership goals! We explore the reasons why below, but for people who are less familiar with the Home Staging and Redesign services, let's begin by answering a few basic questions:

WHY SHOULD I USE A HOME STAGER WHEN SELLING MY HOME?

Home Staging is the art of making a house most attractive to potential buyers. It is all about illusions and goes beyond decorating, cleaning and de-cluttering. A Home Stager will help enhance your home's true potential. They will guide you through a step by step approach to preparing your house for sale and help alleviate the stress associated with this major life event.

Professional Stagers understand what is needed to get a property properly prepared for sale. They recognize what areas need the most attention, they are knowledgeable on what changes can have the most impact for prospective buyers and they can work within budgets to ensure maximum return.

WHAT IS A REDESIGN?

Did you know that Home Staging is not just for selling? A Home Stager can assist you in discovering your vision for your home as well. Their recommendations will guide you in unlocking the potential in each room and developing a more cohesive feel and style to your living space.

This service is particularly appealing to empty nesters looking to reclaim their space and young families with very little time or energy to devote to home design. Clients are often surprised at the transformations. A Redesign will help you find function in previously unused areas and develop a design plan that works for you and your lifestyle.

HOW CAN HOME STAGING AND REDESIGN PROVIDE A GREENER OPTION WHEN UPDATING YOUR HOME?

A Certified Staging Professional specializes in offering recommendations that will focus on a home's best features. They will, for example, identify opportunities with furniture placement, flow, focal points in a room as well as color consulting. During an initial Consultation, clients are provided with a report outlining what changes need to be made in order to create a vision that is coherent and either reflects the home owner's

style or appeals to the potential buyers looking at purchasing the home of their dreams. After the recommendations are made, clients can choose to have the Home Stager return and do the Showcasing...and this is where the magic happens!

Whether the end result is Home Staging or Redesign, careful attention is given to re-using and recycling as many existing pieces of furniture or original features of a particular home as possible. In this way, the client will usually spend less money on new pieces which is good for the wallet as well as the environment. A new design trend that is currently emerging and aligns with this greener approach to Home Staging and Redesign is called "Grand Millennial Style", which combines heritage elements (think "Grand" as in "Grand Parent") with the more current home décor style of Millennials. The results are a stunning combination of new and old that is very refreshing and really lets your personality shine through.

This design trend can be embraced by any generation and works beautifully in homes where sellers have accumulated years of memories. In this situation, the Home Stager will provide recommendations for removing clutter by either selling or donating items, for prioritizing pieces to keep and for adding some current accessories to pull together a cohesive look – Ultimately a Home Stager can help with providing a plan to help with tackling what can be a very stressful time. The end product is always a perfect blend of old and more current pieces to create a home that is appealing to both buyers as well as to home owners simply wanting a more updated look.

If you would like to learn more about these services, reach out to Monique Doucette by visiting TrendsetterHomeStaging.com and selecting "Contact Us". Be sure to have a look at the before and after transformations while you are there!



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Oakpark looked back with a blast to the roaring 1920s

*Submitted by David O'Neill,
Marketing Manager, Oakpark
Retirement Community*

It's a new year and a new decade! It is hard to believe that we have entered the 20s again. While we look forward to all the fun that the New Year has to hold, we are looking back at all the fun that we had here at Oakpark Retirement Community in the final months of 2019, and the first few weeks of the New Year, 2020.

Of course, being that time of year we were busy partying with our residents for Christmas and New Year's Eve. This year Riverstone was happy to be apart of the Trees of Hope at the Chateau Laurier and we won! So our residents got on the bus and enjoyed the beauty of it all. With living in Ottawa it is important that we embrace winter, and our residents could think of no better way than to take a trip to have one of those famous Ottawa Beavertails.

Since we are now in the 2020s we wanted to re-live part of the 1920s so our residents as well as members of the community had a blast during our Downtown Abbey High Tea. Staff and residents dressed the part and had quite the fancy afternoon.

Moving forward, we are looking for ways to keep the warmth alive and the winter outside. We would enjoy it if you came and joined us in some of our upcoming activities, starting



in February with the amazing illusionist Chris Pilsworth. Chris is famous the world over and is bringing his amazing magic show here to Oakpark on February 20th, from 2-3 pm. Come and join us for the world of wonder that we will experience.

Following that, on February 28 we will be hosting our monthly Dinner and a Movie, from 5-9 pm. Let us do the cooking and you come and enjoy a show.

Of course no March is complete unless there is a St. Patrick's Day celebration. So put on your best green outfit and come join us while Dai Bassett performs and celebrates everything Irish. It would be great to see you for some, if not all of these events, but please RSVP to Dave at (613) 260-7144.

Finally we would like to thank the communities of Riverview Park and Alta Vista for sup-

porting Oakpark Retirement Community. We truly believe that being part of the community means giving back to the community. This is why we like to offer fun events for people to take part in. It benefits our residents and the community as a whole. If you have any ideas for events you would like to see take place at Oakpark, or to find out about Winter Stays, a good way to get out of the cold, please contact Dave at (613) 260-7144.

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TALKING MOVIES BY PETER THOMPSON OF MOVIES 'N STUFF

Suddenly it's 2020, so it's time to reflect back on the decade that was in film

by Peter Thompson

Given time and space, I could ramble for thousands of words on the films that I loved that won't make this list (Wild Tales, Shoplifters, The Insult, About Elly and on and on...). But for the now, I've tried to pick the most noteworthy movie from each of the ten years that made up this past decade. Some of the choices were echoed in Oscar wins (Argo for example), some have become cult classics (What We Do in the Shadows) and some are just plain fantastic (the rest of the field), so sit back and let me do the work for you – and make sure you let me know if you agree or disagree (find MoviesnStuff on Facebook).

2010: The Secret in their Eyes
Argentina's Oscar winner from 2010. A sinewy and searing drama/thriller where the pieces of the puzzle come together to form a true cinematic masterpiece - complete with the ending you won't soon forget.

2011: Warrior

I think this might be one of the most underrated movies in history! The elements are fairly predictable – a son returns home, haunted by his alcoholic father, but needing his training to compete in martial arts – which will put him on a collision course to fight his brother who is doing it solely for the money. Pre-



Once upon a time in Hollywood



The Secret in their Eyes

dictable, but the movie is made with precision and power. A must see!

2012: Argo

Affleck's masterpiece didn't do Canada any favours in revising history, but boy was it ever a suspenseful, well-acted treat to watch. American operatives must rescue 6 hostages in Tehran in 1979 under the guise of making a science fiction film called 'Argo'. Winner for Best Picture in 2012 - and rightfully so.



The Cakemaker

2013: Prisoners

Another underrated masterpiece. Great Canadian director Denis Villeneuve takes us on a stark, white knuckled journey where we long for the truth. When the daughters of two men are kidnapped, they soon realize that they must take matters into their own hands to retrieve them – but instead of this being Jack Reacher pulp, it's handled with a nod to the 70s film noirs and keeps viewers intensely engaged.

2014: The Grand Budapest Hotel

Wes Anderson's quirky masterpiece sees him at the height of his powers as whimsical, nostalgic and plain amusing. But through all this, the film has a heart that beats and resonates well after the credits roll – thanks, in part, to the all-star cast he's assembled.

2015: What We Do in the Shadows

It's such a great idea: vampires who have lived through centuries, are finding they have to do the mundane things in life; date, pay bills, battle werewolves. It's done in such an irreverent, hilarious, straight faced way, that I can't imagine most people not loving this mockumentary!

2016: The Eagle Huntress

A documentary about the first girl in twelve generations to become an eagle huntress? It might be good, I said at the time. Wrong. It was fantastic. Wonderful. Empowering, lovely, beautifully shot (the aerial shots, wow!), intimate shots of the clans. *Highly* recommended.

2017: The Salesman

There's a reason why Asghar Farhadi is one of the greatest filmmakers of our time and this is another shining example. When a couple is forced to move from their building, a series of life altering events grips them, culminating in a stunning conclusion. Fabulous!

2018: The Cakemaker

This film is rooted by two natural and wonderful performances. It has a tender and palpable story of hidden love – and shared grief – but not exactly how you think. Hard to explain? Yes, without spoilers, it is, but it's fantastic.

2019: Once upon a time in Hollywood

Yes, Tarantino wins the Movies 'n Stuff Award for Best Picture. A sprawling, wonderfully acted, sharply written epic about Hollywood at the end of the Golden Era of film in California, which mixes with Manson and his group of cult followers and one Sharon Tate who is innocently caught in the middle. A mature Tarantino takes you on a relatively non-violent ride and makes you sad that he might only make one more movie.

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Myths about puppy training

by Jonathan Sumner

You get a new puppy and joyfully bring it home and immediately the puppy nips at the children, poops on the rug and starts chewing the antique furniture.

Sound familiar?

When I got my first puppy, I needed help. So I hired the first trainer I could find. Their approach to puppy training was to yell or startle the puppy with a loud noise to stop them from doing something “bad”. Fear is a powerful motivator for dogs, but it takes away your dog’s ability to think and make responsible choices when asked. I quickly realized that I needed a different approach – one that didn’t involve training my dog to act a certain way out of fear. I thought who would want to have a relationship in which their dog provided compliance out of fear of the owner?

There are many “old school” and outdated approaches to puppy training based on misconceptions about how dogs learn. Dominance? Alpha? Punishing behavior? These are non-scientific approaches that do not welcome positive results.

If your dog poops in the house and you punish them immediately, what are you teaching them? Have you taught them that pooping in the house is not allowed? Have you taught them where to go outside? And what was your role in this “accident”. Did you miss the signals that they needed to go to the bathroom? Did you give them too much freedom in the house?

Do you notice that these questions are based upon the owner’s actions and not the dog? As a leader it is your role to demonstrate and encourage good behavior, not punish and frighten for unwanted behavior. Punishment may achieve quick results with your puppy but it may also contribute to many other negative issues that may appear later in life.

I did seek alternative training methods based around positivity and science based teaching. I wanted a relationship with my dog based on trust, and understanding, not fear.

As responsible and compassionate dog owners, we owe it to our puppies to take the time to show them what we want with patience and love. Instead of scaring your dog for chewing on the table, show them what they can chew on and praise them when they make the right choice. It is up to you to foster a relationship built on trust and patience, not fear of punishment.

Remember as an owner, when your puppy is learning the ropes - you are also learning the ropes! How do we teach our dogs to make the right decision? Don’t make them guess. Instead show them the way with rewards and praise. We do not want to punish and scare our puppies into compliance.

I strongly encourage positive reinforcement based on scientific learning, compassion and patience with your puppy. Research who you choose to be your trainer and be sure to ask what their approach is to training? You choose the type of relationship you want with your dog!



Jonathan Sumner is head trainer and owner at the Ruff House where you can request a full list of grooming services for any breed of dog. Visit the website at www.ruff-house.ca to register.

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A church of many times and parts is Trinity

by Pastor Franklin Chouinard

Trinity Church recently celebrated another significant anniversary. In October of 2018 the church observed her 75th year in Ottawa and her 50th year of being part of the Riverview Park community from the Avalon Place location. Recently the church honoured Pastor Frank and Cindy Chouinard with a surprise dinner and reception for 25 years of ministry at Trinity.

Pastor Frank and family moved to Ottawa from Collingwood Ontario (where they had led the congregation for 7 1/2 years) in December of 1994 following an interview with the church board and an invitation from the congregation. They followed Pastor Clarence Edgar who had been pastor the previous seven years. The pastoral challenge was two-fold: to build on the work that the church was already doing, and to find further opportunities to be a church of the community rather than just be a church in the community.

Over the past twenty-five years the church has “opened her doors” and the building and property have been used by a Sudanese congregation (unfortunately since disbanded), a Hispanic congregation (the Eglise Pentecotiste Pouvoir de Dieu en Action which meets Saturday evenings and Sunday afternoons), and the Trinity Community Garden. The relationship with the Alta Vista Cooperative Nursery School begun with Pastor Edgar continues.

The community garden (started in 2012) continues to flourish. From a small founding base it has grown to the point that those who have been gardening two plots (plots are 20 feet by 4 feet) have been asked to relinquish one so that more people may garden. Double-sized or joint plots are being restored to single-sized plots for this coming year to accommodate those who are on a waiting list. Registration for the coming gardening season will be held in the early spring; those who wish a garden plot for the first time are asked to e-mail trinity.garden@rogers.com to be put on the list.

Trinity Church is glad to be part of and to offer spiritual services to the Riverview Park/Alta Vista community. Denominationally 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 11:00



Barbara MacMillan was the reader of an engaging Christmas story.

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. Everyone is welcome to all church events and activities.

December is always a full month at the church, and this year along with a church dinner to celebrate Advent and a candlelight Christmas Eve service members of the congregation participated in a day of musical celebration. The congregation is active together. Recently many of the families gathered at Rideau Hall for an evening of skating at the Governor General's rink. This has become a yearly event for the congregation – a celebration of winter together. Upcoming events include a karaoke night at the end of February (sponsored by the church youth group for everyone in the neighbourhood) and (at the beginning of March) a dinner to remember and to support the congregations Trinity Church supports in Cuba. Later in the spring look for the second annual Motorcycle Rally Day and “Blessing of the Bikes”, and a spring musical concert.

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).



A well deserved anniversary celebration was held to honour Pastor Frank and Cindy Chouinard for their 25 years at Ottawa's Trinity Church of the Nazarene.



In the beautiful setting of Trinity Church everyone enjoyed the Christmas Concert, small group ensemble.



An original song was beautifully shared by Matt Charlebois.

PHOTOS SUBMITTED BY PASTOR FRANKLIN CHOUINARD

COMPUTER TIPS & TRICKS

Getting the most from your browser

by Malcolm and John Harding,
of Compu-Home

As soon as we get a call about difficulties on the Internet, our first question will be, "Which browser are you using?" This is the moment that we learn not only does the caller not know what browser they are using, but also, they often don't have any idea what a browser is in the first place. We all use a browser far more than any other application on our computers, tablets and phones and so it seems worthwhile to know a bit about it.

The job of a browser is to fetch and display web pages – and that's it. *Chrome, Firefox, Safari, Edge* and *Opera* are the most common browsers and they are all free to download and install. Furthermore, they all operate in basically the same way, although slight variations might make you prefer one over the others. Don't confuse a search engine like *Google* or *Bing* which finds information for you with the browser that displays that information.

You should have at least two

browsers installed on your computer, and be comfortable with the use of both of them even if one is your favourite and you use it almost exclusively. The reason that this is important is that if someday your everyday browser becomes corrupted, you will have to go on the web to download it again and get it working correctly – and of course you wouldn't be able to do that if you didn't have an alternate in the wings.

Another reason that it is nice to have more than one browser is that you may find it handy to use one for one purpose and the other for something else. For example: if two people share a computer and they have their email access on two different browsers, then they don't have to be constantly logging out and back in again when they switch users.

Did you know that if you are on a web page that you use often – perhaps your email page, for example – you can drag the URL (web address) to a blank space on your computer desktop to create a shortcut that will jump you direct-

ly there in the future?

All browsers have very useful optional extras and it is an excellent idea to find the *Settings* button and become familiar with these little features and take advantage of the convenience they offer. At the very least, the settings that you should seek out and learn to use would include: Toolbar, Shortcut bar, Personalized Tabs, Zooming, and periodic clearing of browsing history.

Probably the most important Setting of all, and a huge time-saver, is to designate your personal choice of your browser's home page, which is the page that opens automatically whenever you launch the program.

It is also in Settings that you will find the button for printing a web page. You must use this feature with great care, because what may seem to be only a single web page may become a great number of sheets of paper when sent to the printer. Also, think carefully about whether or not you need this page to be printed in colour and save yourself some

ink by designating a black-and-white print job.

Even more useful in many circumstances is to save the web page as a file and avoid printing it on paper altogether. You can do this by clicking on the Print button, but choosing instead to "Print to PDF" which then saves the web page to a folder on your computer, accessible offline whenever you need it. (By the way, Print-to-PDF is also a nifty way of reducing the file size of a document if you intend to attach it to an email.)

Happy browsing!

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.

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Please come say hello, join me for a hot cup of tea or coffee, and tell me about what is on your mind in regards to things we can work on together in Alta Vista. No appointment necessary, just drop in for a casual chat.

Are you interested in a local construction project?

With a few easy clicks, you have access to the site plan applications in your neighbourhood and across the City. I encourage you to submit your comments to the City Planner listed, or as always I welcome you to share your thoughts with me directly.

Please take some time to explore the site called DevApps, available by searching:

Development Application Search Tool on ottawa.ca

SAVE THE DATE: Volunteer Opportunity

On Saturday May 30 2020 (weather permitting), City Staff and my office will be looking for volunteers to help plant 200 TREES in Billings Park.

Please e-mail jeancloutierott@ottawa.ca for more information and to sign up!

Volunteers Needed

The Russell Height Community House is looking for multiple volunteers to help build and maintain the outdoor rink on Russell Road until the end of our season, February 29, 2019.

As a volunteer, you would help build, flood, roll, scrape and shovel the ice. On average, our dedicated group of volunteers spend a few hours each night preparing the ice for the community. Day-time volunteers are also welcome.

Please, contact seasonalrecreation@ottawa.ca if you are interested in volunteering your time or would like more information.

Thinking ahead to the warmer days... March break, Spring and Summer 2020 Recreation Programs

City of Ottawa Spring and Summer 2020 recreation eGuides will be available online February 10. Registration dates are as follows:

- Aquatics and Aquafitness programs:
 - o Online: March 2, at 9 pm
 - o In person: March 3 during business hours
- Other programs:
 - o Online: March 4, at 9 pm
 - o In person: March 5 during business hours

To discover all that the city has to offer and more information, please check out this link:

<https://ottawa.ca/en/recreation-and-parks>



Conseiller / Councillor Jean Cloutier

Cancer rehabilitation:

by Carole Moul

There are many ways of sharing something special. These can include Facebook, Twitter, Websites, magazines, newspapers, all sorts of other social media, and yes, word of mouth.

Jonah Berger is a professor at the Wharton School of the University of Pennsylvania, and an expert on word of mouth, viral marketing, social influence, and how products, ideas, and behaviors catch on. In one of his blogs, he explores why word of mouth may be more effective than some other types of marketing, and 'trust' he claims is the first main reason why.

Recently it was a client of a local physiotherapist who wanted to let others know just how much Beth Hoag had helped her over the past few years. Beth is a physiotherapist with a special interest in cancer rehabilitation. Lori, the client and a cancer survivor, met Beth in 2009. It was word of mouth that made that connection.

Lori Pancel cannot say enough good things about Beth, as she looks at how her physiotherapist supported her through a long unknown journey with cancer. And, perhaps by using this paper as another form of 'word of mouth', both Lori and Beth will be able to have cancer patients know there is more help out there than they might ever realize.

What is physiotherapy?

Physiotherapists are trained in the science of movement. They focus on injury prevention, health promotion and rehabilitation of injury or disease. They have in-depth knowledge of the body and their systems and how it all works together to produce movement and function.



Beth wanted to create a private and comfortable treatment space for her clients.

PHOTOS: MELANIE MATHIEU PHOTOGRAPHY & FILMS: [HTTPS://WWW.MATHIEU-PHOTO.COM](https://www.mathieu-photo.com)

Using this knowledge, physiotherapists work to find and treat the root cause of

someone's problem. They graduate as generalists with either a Bachelor of Science or Master of Science Degree, and then what really begins to define a physiotherapist's area of practice develops through work experience and ongoing continuing education, taking them in a certain direction.

Carving out her niche

Beth Hoag's direction was in can-

cer rehabilitation, no doubt influenced by having grown up with a mother who was diagnosed with breast cancer at a young age. Two years after her mother's original diagnosis, her cancer had spread to her bones. In a time when breast cancer treatments were much more limited, her prognosis was not good. Despite this, she lived for 12 years after her metastases were found... and many of those years were healthy and happy.

Ironically, Beth believes that cancer gave her mother and her

family a better perspective on life. Her mother made conscious lifestyle changes including work changes, spending more time with her family, regular exercise within her means, eating a balanced diet, learning to meditate daily, and painting... and Beth gained an incredible role model.

"Looking back with the adult knowledge I have now, it was pretty amazing to see her create a more balanced life with the time that she had," notes Beth. "When I began teaching fitness classes as a teenager, I was interested in working with people who had cancer. I took a course for fitness instructors when I was nineteen that related to some of the special fitness needs of this population. Then, when I got into physiotherapy school, most of my projects related to cancer rehabilitation. I could see how my fitness, education and a physiotherapy background could really help this group of people."

As a teenager, and student at Hillcrest High School, Beth was one of the students, in the mid 1990's who helped launch the successful yearly Cancer Drive; a high school fundraiser that still exists to this day in the Alta Vista area.

So, what is cancer rehabilitation?

Cancer rehabilitation focuses on managing or reducing the side effects of cancer treatment and aims to maximize strength, physical function and quality of life. This involves working with men and women of all ages, with any type of cancer. Cancer rehabilitation can be helpful at any stage of treatment: before, during, and after (even years later). The most common types of cancer that Beth

CONTINUED ON PAGE 21

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how word of mouth has helped open many doors

CONTINUED FROM PAGE 20

sees in her practice are people who were diagnosed with breast cancer, melanoma, some pelvic cancers, and head and neck cancers.

“Many people are surprised to learn that cancer rehab can be helpful even years after their treatments are complete; it’s never too late,” notes Beth. There is research to support this; a 2012 study showed that, with breast cancer treatments, up to 60% of women will experience one or more side effect that can be improved with rehabilitation; side effects that can persist for even up to 6 years! (Pulling Through Study 2012)

The following are some of the common reasons that Beth’s clients have been directed to her: pain, range of motion loss, scar/soft tissue tightness, axillary web syndrome, lymphedema, pelvic health concerns (vaginal dryness, pain with intercourse, incontinence, bowel health), loss of balance, osteoporosis, weakness, fatigue, and return to work assistance.

“When I went to physio school, we were taught to screen for people who had a history of cancer, primarily to keep this in the back of our minds should any of our clients’ symptoms be concerning for a recurrence.” While this is extremely important, Beth feels strongly that when a client has a history of cancer, their physiotherapist should be considering how the side effects of cancer treatments could be impacting their current concerns.

Physiotherapists with experience in cancer rehabilitation have increased knowledge about the potential impacts (both short and long-term) of various cancer treatments on health and function, are able to provide lymphedema education and treatment, and offer spe-



Hands-on techniques are a part of most treatment sessions with Beth.

cialized considerations with regard to exercise. “Also, a physiotherapist working in cancer rehabilitation may pick up on patterns that another physiotherapist just may not see on a regular basis,” notes Beth.

Manual therapy, myofascial release, education, individualized home exercise programs, dry needling, and acupuncture are some of what Beth Hoag can offer to provide invaluable help and relief. Beth is also trained in pelvic physiotherapy and applies this added expertise to this population. “I view cancer rehabilitation as a team effort between myself and my clients. Success is not possible without the participation and commitment of my clients. We both have a big role to play in recovery,” notes Beth.

How did Lori find out about physiotherapy and cancer rehabilitation?

“It was when I attended a six week support group at Grimes Lodge at the Civic Hospital in 2009, called Stepping Stones, that I first heard about Beth,” Lori Pancel replied recently.

“Each week a new guest speaker was invited to share with the group their experience on navigating the side effects of cancer treatments. Our guest speaker one week was a woman who had gone through breast cancer surgery, chemotherapy and radiation. She shared her story and talked about the acute nausea she had as a side effect of the chemotherapy, and how the acupuncture she received from Beth had helped her manage her nausea a lot easier. As I was experiencing the same acute nausea I immediately contacted Beth for an appointment.”

Riverview Park: a great location to work and to play

Beth Hoag moved to Alta Vista when she was 3 years old. She went to Pleasant Park, Vincent Massey and Hillcrest High School, and as a teen and young adult taught aerobics at Canterbury Community Centre, and was a lifeguard at Canterbury Pool. She moved back to Ottawa for 2001-2003 to complete her Bachelor of Education Degree at the University of Ottawa and work at as a High School Teacher; thus it could be said



All treatment is one-on-one with Beth.

that Beth knows the convenience of Riverview Park.

In 2009, Beth moved back again to the neighbourhood to live closer to her father, and subsequently bought a house in Riverview Park. She loved it so much that she and her husband moved only two streets away three and a half years ago when they needed a larger home to accommodate family needs and her work. It was clients such as Lori, who moved with Beth when she and her practice re-located nearby.

“At first, moving my practice into my home in 2015 was a temporary, part-time plan but it was so well-received that I began doing it full time a year later,” Beth said. “The positive response from clients has been extremely humbling. I am able to share my expertise in a very professional yet personal way. It’s easier to stay on time, everyone is less rushed, and it is much more private environment since no one else is around and there are no thin walls.” Beth also noted the added

CONTINUED ON PAGE 23

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Cancer rehabilitation, cont.

personal benefits of her home-based practice. “Personally, it has also allowed me to slow down and create a much better work-life balance. This is what I encourage for all of my clients so I feel it’s important to ‘practice what I preach.’”

When local networking really counts

Not surprisingly, we trust our friends and those around us. We hope that they will share with us as honestly as possible and in our best interest. In other words, their recommendations mean a lot to us.

Beth’s referral to a Naturopathic Oncologist, who still follows Lori to this day, opened the door Lori needed to consider a complimentary way optimize her health after her treatment for triple negative breast cancer was complete. “Navigating a world that was so new to me was terrifying to say the least. Beth’s encouragement to explore the options that suited me best really helped.”

Beth also treated Lori for chest wall lymphedema. “There was pain, swelling and excessive scar tissue that developed in my breast. Regular appointments with Beth would relieve these symptoms and allowed me to return to full time work,” added Lori.

Beth’s networking in the breast cancer community in Ottawa more recently helped Lori for a less common issue. She encouraged Lori to explore surgical options for excessive scar tissue and breast swelling by linking her to a surgeon at The Ottawa Hospital- General Campus. Lori has since had her scar tissue removed and believes that the overall improvement in her well-being is ‘nothing short of a miracle’.

“At a time in my life when it was hard to catch my breath, Beth taught me how to breathe... properly.”



Home exercises are an important part of cancer rehabilitation with Beth.



Lori Pancel remains forever grateful to Beth Hoag

What makes a person choose a certain profession?

Her own injury in her undergrad years at the University of Western Ontario first exposed Beth Hoag to a career in physiotherapy. It was while going for physiotherapy herself that she thought, “This could be a really neat career.”

At the time Beth was also heavily involved in the fitness industry and the carryover to physiotherapy seemed to be a natural fit. Her years as a fitness instructor at the Can-



Beth has a strong emphasis on educating her clients about what’s going on in their bodies.

terbury Community Centre in the late 1990’s right up through her university years until 2008 would help play a huge role in her decision.

Eventually, Beth gave up her days as a fitness instructor and concentrated on her career in physiotherapy when it seemed that there just weren’t enough hours in the day to keep up with the teaching and work.

What might your first time look like with this physiotherapist?

New patients can expect to meet with Beth Hoag for one hour for their first appointment. She will take a careful look at your health history and discuss your concerns and treatment goals. She will then go through a whole-body physical assessment to determine what is causing your problem. This may

include active range-of-motion, strength testing, specific functional tasks, and hands-on evaluation of various structures including scar/myofascial mobility. As a professional physiotherapist, she will then put the information all together and share with you what is going on in your body, and a proposed treatment plan will be discussed.

Getting out the word

And, just as many other Canadians have set goals for this new year, so has Beth Hoag set professional plans for 2020; including the launch of her new website: bethhoagphysio.ca

“I’m calling 2020 the year of getting the word out about cancer rehabilitation,” said Beth in response to one of many questions. “I want everyone to know that there is help out there, if you need it. If I had one wish, I would love to never again hear the words, ‘I wish I had known about you sooner.’”

Beth also notes that she’s working on a few other projects at the moment with the goal of continuing to spread her message. “Many people I meet are so grateful to be alive after having treatment for cancer, and have assumed that they just have to live with their treatment side effects. Cancer rehabilitation cannot get rid of everything, but the assumption that you “just have to deal with it” isn’t necessarily true. Just because you’ve had cancer doesn’t mean you have to suffer afterwards.”

“I want to help people thrive... not just survive,” Beth concluded, in her very positive manner. And, if anyone can do this it will certainly be Beth Hoag.

References:

(1) Schmitz KH et al. (2012). Prevalence of breast cancer treatment sequelae over 6 years of follow-up: the Pulling Through Study. *Cancer*, 118(8 Suppl), pp2217-2225

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Sometimes your shoulder can just painfully, and mysteriously, seize up. Frozen shoulder is a condition involving stiffness and pain in the shoulder joint. It is also known as “adhesive capsulitis”. The bones, ligaments, and tendons that make up the shoulder joint are encased in a capsule of connective tissue. Frozen shoulder occurs when the tissue of the capsule begins to develop scar tissue causing thickening. This thickening of the tissue restricts movement. Symptoms of frozen shoulder begin very slowly and get worse over time. The symptoms do resolve, your frozen shoulder can “thaw,” but it can take 1-3 years to improve.

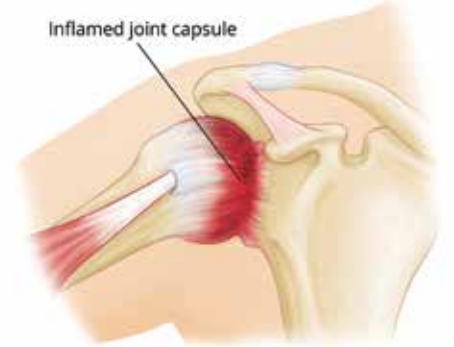
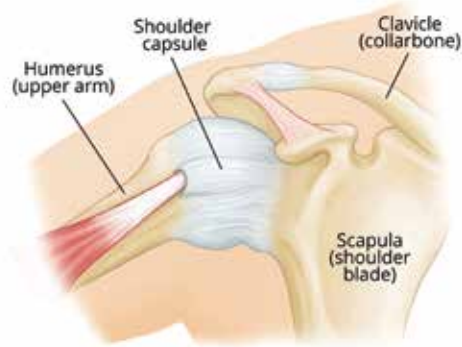
Symptoms occur in a 3-stage process:

1. **Freezing Stage:** In this beginning stage, stiffness will begin to occur and will increase over a period of a week or two. Pain

will begin as stiffness and will increase to be severe. Pain will occur with any movement. The pain will be felt at the outer portion of shoulder. Side sleepers will find that they are not able to sleep on the affected side at all.

2. **Frozen Stage:** The second stage of frozen shoulder involves a decrease in the ability to move the arm, affecting all aspects of daily living. Pain may decrease in this stage. Some muscle atrophy (reduction in size and strength) can occur in the shoulder muscles including the deltoid and the rotator cuff. This stage can last for up to 12 months.

3. **Thawing Stage:** In the final stage of frozen shoulder, pain decreases and becomes more localized to the shoulder joint. Range of motion and strength gradually improve which leads to improved function. Full



range of motion may never be fully regained. This can take an additional 12 months.

Risk factors to developing frozen shoulder include immobilization after injuries affecting rotator cuff or broken arm, and immobilization after surgery. Other risk factors include systemic conditions such as diabetes, hyper or hypothyroidism, cardiovascular disease, stroke. Women are generally affected more frequently than men.

Frozen shoulder is initially treated with anti-inflammatory medication and gentle stretching. In some cases corticosteroids are injected into the joint capsule.

Massage is very beneficial at any stage of frozen shoulder. Immediate treatment can increase healing time from 1-3 years to 12-18 months. Massage appointments should be once a week, and homecare exercises must be performed – as always,

you have an active role to play in your treatment and recovery!!

The massage treatment will include joint mobilizations and myofascial release techniques to help improve range of motion. Compensating structures will be treated to prevent them from becoming over used. This type of treatment can be uncomfortable, but communication with the therapist will ensure that the treatment is performed within tolerance levels.

Home care will include heat applications and exercises that promote improving range of motion.

If you would like to learn more about your body and conditions you have, please subscribe to our newsletter through our website at www.essential-health.ca.

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



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TRINITY COMMUNITY GARDEN

Looking back at Trinity Community Garden as it enters its tenth season

by Bernadette Bailey

Nine years ago I saw an announcement in this community paper which I was interested in but had no real idea of what an effect it would have on me or the community.

The announcement was for a workshop to be held at the Trinity Church of the Nazarene, hosted by A Rocha on the possibility of creating a Community Garden in Riverview Park. I had recently completed reading *The 100 Mile Diet* by Alisa Smith and J.B. McKinnon, a Canadian couple who wrote about their to pledge to eat only food produced within a 100 mile radius for one year.

I was moved by what they reported, especially how they noted that most of the food we consume is shipped thousands of miles before it ever gets to our table, and the detrimental effect that this has on our environment. I wished to emulate them but it seemed a daunting task.

We had become accustomed to eating the same foods year round, regardless of where that meant it was produced. It was difficult to find Ontario or even Canadian grown produce in the grocery store, let alone locally grown. The writers of the book went to great lengths to obtain their food, something I wasn't so sure we could do. So, seeing that announcement sparked excitement in me. A community garden in our neighbourhood! This would certainly be a step in the right direction.

The workshop presenter handed each of us a small stack of papers. At the top of the 'Introductory' page was this quote by Margaret Mead. "Never doubt that a small group of thoughtful, committed individuals



The garden as it is now, many members working together.



Removing the sod to create the garden in 2011.

PHOTOS: BERNADETTE BAILEY

can change the world, it's the only thing that ever has." Below this, was a list of all the benefits of community gardening. It was an extensive list and included: Increase community ownership and stewardship, bring together people from a wide variety of backgrounds, teach where food comes from, teach issues of environmental sustainability, bring youth closer to nature.

It was an inspiring workshop and at the end of it the call came for volunteers to try to make it happen. Three of us raised our hands, and together with Franklin Chouinard, the Pastor of the church we

formed a committee and started a garden; a pilot project to see if it was viable, and to plan for the next year, when we hoped to have plots to offer to the community.

The next year gardeners came as well as the year after that. Each year has brought new gardeners. A few stay only for a year or two, but many return every year. We have become a community.

There are a number of families with children at the garden and it gives me hope. I grew up on a farm where we had a large garden that provided almost all of our food. We ate what the garden produced when it produced it. Asparagus in the spring, fresh greens in the early summer, all things wonderful and juicy in the summer, and hearty root vegetables, beets, turnips and potatoes through the fall and winter. We didn't have strawberries in the winter, but this only made them more special when June came along.

When I had my own children I kept a small garden in the backyard to hopefully give them something of an experience of where their food comes from. It certainly was not enough to feed our family. The plots at the community garden may not do that either but they can produce a surprising amount. And, what I think they can do is renew our sense of gratitude for the earth. I feel an appreciation when I pick the first ripe tomato of the season, or when I pull up the potato plant to reveal the bounty below, that I do not feel when I pick the same things off a shelf in the grocery store. It gives me hope to think of the number of people that have now had this experience because of the community garden.

Some have come because they

had gardening in their background, but for many it was a new endeavour, and they learned from their fellow gardeners. There are children who have now had a garden as part of their experience of growing up. I like to think that these children will have gained a connection with nature that they might not have otherwise had.

When we began we had a huge area to fill, so each year we could accommodate new gardeners. Because of the extra space, some gardeners were allowed two plots. We now have a waiting list and the decision was made to revert to one plot per member in order to allow for as many gardeners as possible. This year we anticipate that all 42 plots will be used.

The increased interest in eating locally grown food in our community is reflected in our city and beyond. In that first year we also attended a workshop on 'How to start a Community Garden' held by Just Food through their Community Garden Network and we received a grant from them to really help us to get the project off the ground, or rather, in the ground. At that time there were about 30 Community Gardens in Ottawa. There are now close to 100!

The small things we do matter. They teach us one thing which moves us to learn more, to make other connections, find other sources, plus become acquainted with like minded people. The garden has done this for me. What I have learned from and through it has given me the incentive to learn and do more. I have met people with knowledge I did not have, and through the partner organizations have learned about what is available. When I read that book over 10 years ago eating locally seemed very idealistic but also very difficult. Because of the garden and the connections I've made through it, we've come a lot closer to that goal.

I know we aren't the only ones. The state of the environment is very frightening right now and sometimes the enormity of it can make us feel helpless. But this is one small thing that we can do. I think Margaret Mead was right.

At Trinity Community Garden each gardener plants, maintains and harvests their own plot. If you are interested in renting a plot or would like more information, please contact us at trinity.garden@rogers.com.

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Now we have even more options (80 + of them!)

by Geoff Radnor

It was back in 2006 when the Walmart store in our neighbouring Ottawa Train Yards shopping complex was under construction that we realized there was going to be an alternative shopping venue for the residents of Riverview Park.

Did Marty Koshman, the President of the Ottawa Train Yards, at the time tell us that Controlex was going to offer even more alternatives for us to spend our hard won dollars?

In the December 2019 edition of this paper the ad for the Ottawa Train Yards listed 80, yes eighty other businesses that have joined Walmart in what was, years ago, an industrial waste land. We now have many stores and services that offer everything from maternity clothes to daily exercises to Thai food. This growth, so close to our neighbourhood, while giving us so much more choice for our shopping dollar has also brought a huge increase in traffic on the surrounding streets.

We used to think the Elmvale Shopping Centre was our local mall. And it was only a few years ago that Loblaws, the LCBO and the Beer Store there met almost all our needs. Today, Walmart and Farm Boy compete with Loblaws, and we have our own LCBO conveniently located at the end of the new pathway that makes it so much easier to walk to the Train Yards, if you live close to Coronation Avenue.

This new and needed pathway took a strip off of the Metro truck parking lot that faces onto Industrial Ave. The mature evergreen tree that was cut down to permit this path to reach Coronation Ave. has been replaced by two new young trees. The pathway has its own lighting and is plowed in the winter. It replaces the informal track through the southern edge of the Metro truck parking lot, across what was once the railroad track, onto the surface of the lot and across to the traffic lights on Industrial Avenue.

Metro has been keen to stop this foot traffic among their parked trucks. So, some nice *Acer Rubrum 'Red Pointe'* (Red Maples) trees have been planted to close off this risky way to get to shop at Train Yards, although now there is the accessible path to the Train Yards from the bus stop on Coronation Ave. at Weyburn. It

was added when the Nordstrom RACK store was built and takes you directly down to the Figaro Coffee House.

With the Ottawa Train Yard's growth, there are even more choices for local residents to eat out from when the shopping complex first opened, including the addition of The Chopped Leaf Restaurant, Chickpeas, Roger's Italian Bistro, Five Guys, Scores and others. Even Farm Boy offers us a place to dine out with a choice from their buffet of hot foods. This too may get a boost when their new store opens about 100 metres to the north of its present location; soon to become the largest Farm Boy of all the 37 stores in Ontario.

More shopping choices for local residents have also come along, just a little farther afield. In a previous edition of this paper we covered the opening of the new Giant Tiger store on St Laurent Blvd at Donald St. It was news because Giant Tiger is an Ottawa-born company not like those US-owned giants like Walmart. That new Giant Tiger store was created next to the empty retail space that was once the home of a Target store, a large US company. Target wasn't open for long and the company has completely disappeared from Canada.

With a growing economy in Ottawa that attractive space didn't stay empty for long. Just opened in the last few months, is competitor for the SAIL store in the Train Yards. It is DÉCATHLON, a branch of the largest sporting goods store in the world, with its head office in France. I guess they are hoping for snow and more skiers this winter.

Also recently opened next door to DÉCATHLON is the new Adonis supermarket; a chain which was started in 1979 by two Lebanese brothers in Montreal. This large store is particularly attractive to those with a mid-east background, although I found it great for just about everything on my shopping list.

We must count ourselves lucky to have so much more choice of supermarkets with an increased choice of foods. Plus with the continuing growth of high-rise apartments close to our established neighbourhood it seems that there will be plenty of new customers for these developments; and yes, even though that may mean more cars on our surrounding streets.



This map shows the steps from the present Farm Boy location to the new.



There is now an accessible pathway to Figaro from Coronation Ave.



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The torch of Adonis Ottawa.



Two New "Acer Rubra Red Pointe" close off access to Metro's truck parking.

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Dancing down Memory Lane at Riverpath

by Rosal Yade, Activity Manager

“Starting your morning with the proper music sets your mood for the day,” my father would always say. For him, that meant enjoying and listening to classic hymns, not just Sunday, but every day.

Growing up in a very musical family, I was influenced to begin learning to play piano at the age of four. Later on, as I approached my twenties, I became incredibly fascinated with the ability of the music I shared and its ability to completely change one’s mood. This curiosity led me to attending music therapy workshops through the Room 217 Foundation.

Little did I know how significant those workshops and 20 years of piano lessons would lead me to a passionate career of using music to help people find their precious memories, through the outlet of music, dance and various arts.

Riverpath’s Memory Care programming is tuned specifically to meet each of our resident’s unique needs. Often, the first question we ask upon welcoming a new resident into our Memory Care is, “What specific music did your loved one enjoy listening to when at home?”

We grow through life’s stages and milestones and it’s always music that becomes the record of all of our memories over the decades. Throughout the highs and lows of life, in sickness and in health, we turn to music to face the various dances of our lives.

At Riverpath, we are especially interested in providing these therapeutic mediums through all forms of artful expression in order to allow our residents’ memories to be continually celebrated and remembered.

Recently, as a “Winter-Warm Up Social” came to a close on our Memory Care floor, a resident who struggles with dementia began to sing out loud, “Let it snow, Let it snow!” I quickly ran to the piano in our cozy living room and joined in song. As my fingers hit each note in the melody, I was overcome with purpose and compassion once again.

For, as long as we have a song in our heart, our recreation team will be in tune with the needs of our residents; ensuring that the memories will be alive, as we continue to dance down memory lane at Riverpath.



Dancing down memory lane. If moments stood still, they would look something like this. A lovely couple swaying to the rhythm and enjoying the great music at one of our many monthly parties.



Activity Manager, Rosal Yade, leads on the piano with the residents in song. Her program “Musical Memories” is always enjoyed by all and is especially a weekly favourite.



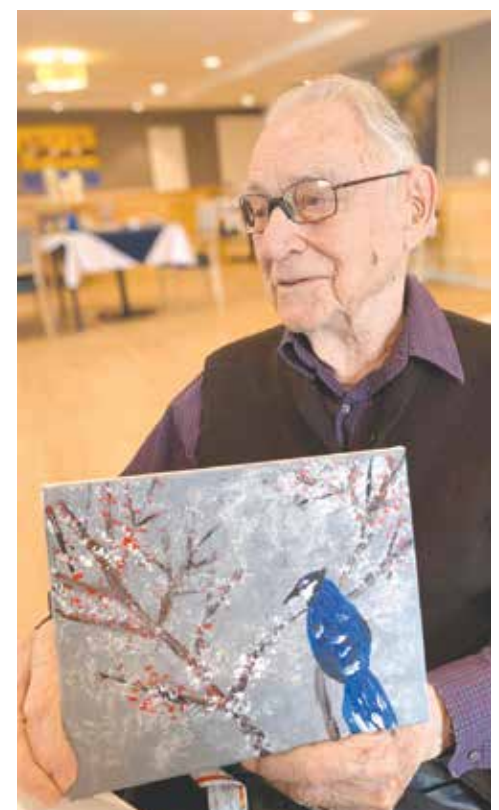
Our residents enjoy “Wags and Tales” with our weekly pet therapy program through St-Johns Ambulance. Our residents love “Stella”, the pug, and I think you can tell by the look of Mrs. Griffin’s smile,



Paint Class is a monthly favourite! A paint instructors assists residents create a painting to take home with them once the project and class is completed. Our fabulous Activity Assistant Gina assists and guides the residents as they work on their painting



“Drop-In Painting Class” cheers the creative at heart. Residents chose the project they wish to focus on, while music is played. A perfect way to both enjoy collective art expression and mindful relaxation.



George has a sparkle in his eye and beaming with pride as he shows us his incredible painting from our weekly “Drop-in Painting” class. This specific theme of “Winter Birds” was a great success! What talented residents we are blessed to know and have in our Memory Care!

PHOTOS: ROSAL YADE, ACTIVITY MANAGER, RIVERPATH RETIREMENT COMMUNITY

Does blood tell why some grow frail and others do not?

by Bill Fairbairn

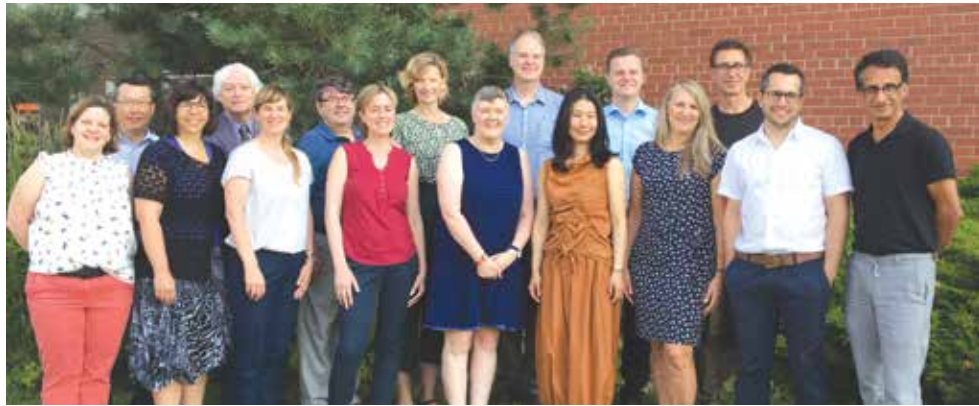
The Canadian Longitudinal Study on Aging (CLSA) research team has a goal of discovering biological markers in the blood that may explain why some people become frail as they age and others do not.

The CSLA is collaborating with the Canadian Frailty Network and McMaster University to this end, according to its latest newsletter.

Participants who visit data collection sites from coast to coast are asked to provide a blood sample, which is then divided into 42 smaller samples. A complete blood count is performed involving counting the different blood cells. The blood is then frozen and shipped to the CLSA Centre in Hamilton. Some 10,000 samples are currently undergoing analysis for markers of frailty.

The main purpose is to discover markers that will predict what diseases may develop as people grow older.

More than 250 projects today use CLSA data to publish their findings. But the team emphasizes that individual participants have



The team that conducts the Canadian Longitudinal Study on Aging, conceived in 2002 and now with more than 51,000 participants across Canada, assembled at McMaster University for a photograph. SUBMITTED FROM THE TEAM THAT CONDUCTS THE CANADIAN LONGITUDINAL STUDY ON AGING.

continued to be its most important partners since health contributions all over Canada started years ago.

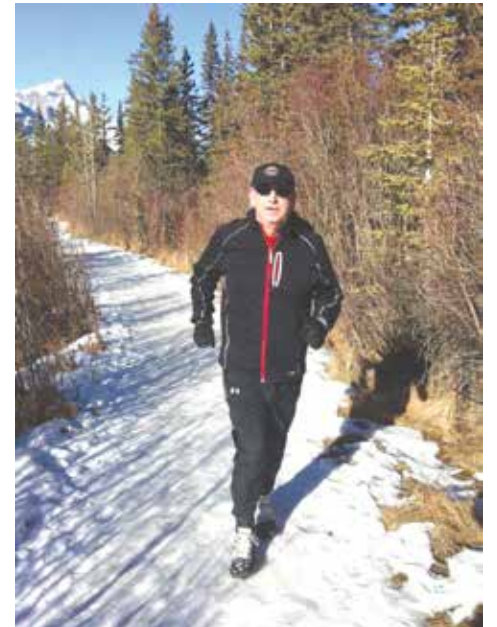
CLSA spotlight

One participant from Winnipeg, navigating his own aging journey, is Larry, a social worker, marathoner and disability rights advocate who joined CLSA in 2014. He writes: "I was in a bad accident in 1990 when I sustained a brain injury at age 30. I made some promises after that. One promise was that I would return back to work one day and another was to run a marathon. What I found is that running the mara-

thon was easy. But changing people's minds is not."

Factors contributing to vision loss found by CLSA are older age, lower income, smoking, memory problems and diabetes. Leading causes are near sightedness, far-sightedness and astigmatism. These findings are based on the analyses of 30,000 CSLA participants from coast to coast in seven provinces.

Lavanya Huria, a part-time research assistant working at the CLSA Statistical Centre in Montreal, is pursuing her undergraduate degree in economics at McGill



Larry, a social worker participant in the Canadian Longitudinal Study on Aging, navigated his own life journey after a bad brain injury in Winnipeg.

University. "The CLSA seemed like a perfect fit for where I am in my career right now. Being a student I still have a lot of technical skills to learn and these skills are being practiced with relevant context because we are working with data concerning health and social factors affecting people right now."

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February 11th - Walk Rock & Roll

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February 14th - Valentine's Day Social

Wine & Friends are a great blend! Maplewood invites you, and your guests, to join us from 3pm to 4pm for wine, cheese, and chocolate featuring live entertainment.

February 25th - Mardis Gras Dinner & Party

Join us from 6pm to 8:15pm as we celebrate Mardis Gras at Maplewood with a themed dinner and party.

March 17th - St. Patrick's Day Dinner & Dance

Come celebrate all things Irish at our St. Patrick's Day dinner and Irish dancing from 6pm to 8:15pm.

March 26th - Maplewood's Maplefest

There's nothing more Canadian than maple syrup. Come celebrate the start of spring at Maplewood's Maplefest taking place from 2pm to 4pm.

For more information about our public events or to R.S.V.P. contact Brian at 613-656-0556




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February 6th - Morning Concert Series

Oakpark's Morning Concert Series resumes at 10:30am with a Soprano and Guitar duet featuring *Rachel Eugster and Andrew Mah*.

February 20th - Magician / Illusionist

Come be amazed by Oakpark Retirement Community! *Chris Pilsworth* will performing from 2pm to 3pm. Space is limited, RSVP to reserve your seat.

February 28th - Dinner and a Movie

Join us at 5pm for a fabulous dinner and a movie. Space is limited to 10, RSVP to reserve your seat.

March 17th - St. Patrick's Day Celebration

Come celebrate all things Irish at our St. Patrick's Day party featuring live entertainment by *Dai Bassett*.

March 18th - Intergenerational Music

Join us at 10:30am for snacks as we take a musical journey through the decades. Together we'll listen to and discuss popular music from the 40's to today.

For more information about our public events or to R.S.V.P. contact David at 613-260-7144



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Riverview Park Review

SECTION TWO

FEBRUARY 2020

A Voice of Riverview Park

MARCH 2020

Toastmasters – the key to my success!

by Amy Campbell

After I left a meeting that I had been invited to join with several senior consultants and my manager, my manager pulled me aside and proceeded to express, in no uncertain terms, his level of frustration with me. “Amy – I brought you into that meeting to speak up. You have ideas, you have knowledge, you have value that SHOULD have been brought to that table. Don’t you EVER sit there in silence again.”

I was stunned – he was right. I had sat there in silence – in fear of failure, in fear of success, in fear of being known.... I was afraid of my own voice and, yes, I had been frozen.

Commiserating later with a co-worker, I was told about the existence of Toastmasters – an organization to help people become better communicators and leaders. I found out that their programs were designed to help me build my

confidence and find my voice. This was a pivotal moment and I arranged to a visit her club to witness a meeting in action.

I was really nervous when I stepped through those doors, but the group was welcoming and the members full of kindness. Collectively, they ensured I understood what I was witnessing – the three components of a Toastmasters meeting: prepared speeches, impromptu speaking, and evaluations. It sounds simple, but it is very effective.

Prepared speeches are designed to improve critical thinking, confidence, and public speaking skills through the delivery of a rehearsed speech during a club meeting. Every speech has predefined objectives in the education program of



Toastmasters, but the topic and method of delivery is left to the creativity of the member.

Impromptu Speaking (often referred to as table topics) is designed to improve confidence and to develop the ability to organize one’s thoughts quickly in order to respond with clear and succinct ideas. This portion of the meeting prepares individuals for a media scrum or elevator pitch.

Evaluations (the cornerstone of Toastmasters) are designed to improve active listening, critical thinking, and feedback skills. All members are involved with evaluations by observing the methods and skills of their fellow club members in order to offer constructive feedback. This helps the members improve their skills but it also benefits the evalu-

ators’ abilities to share points of improvement in a positive manner.

I became a member that day and I can tell you that the confidence I have gained since then has been incredible – in one year I went from not being able to speak up at that meeting to leading a team of 20 to plan and execute an international, bilingual conference for 300 people. My manager has commented on my growth and has noted all the positive changes. I’m no longer sitting in silence for fear of failure, fear of success, fear of being known. Best of all I am no longer afraid of my own voice.

Join us at Good Morning! Ottawa Toastmasters, every Thursday (7:05am – 8:20am), in the foodcourt of Queen Street Fare (170 Queen Street, Ottawa), or visit <https://goodmorning.toastmastersclubs.org> for more information. Come see what the program can do for you! Find your voice.



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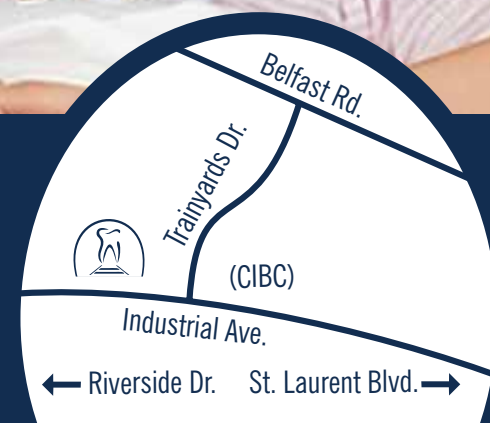
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MAPLEWOOD RETIREMENT COMMUNITY

Snapshots and stories share...

what we are up to at the Maplewood Retirement Community



It is the time of year to bake goodies! We love to try new and old recipes, and our favorite part is testing them when they are complete. Our residents enjoy baking and sharing memories. In February we will be having a Brownie bake off to see which floor can make the best Brownies. We also have Guest Speakers come every month to discuss a range of topics from University professors discussing politics to Former Olympians sharing career highlights. Check out our activities calendar online to see who is coming in to speak next.



The best way to wrap up the year is with a balloon drop at Maplewood! We had a wonderful time celebrating the start of a New Year with Ann Miner. Our activities team is continually looking for new ideas and outings for adventures. This winter we decided to go for a winter picnic to Camp Fortune. Many residents used to ski so they loved going back to the chalet and watching all the young children learn to ski while enjoying a picnic packed by Maplewood. PHOTOS: SUBMITTED BY SHELBY MCLEAN, ACTIVITIES MANAGER



There was a big change in the dining room, we transitioned from a carpet floor to hard flooring! In order to make the renovation possible our amazing team brought all of the dining room furniture into the main Lounge. The residents enjoyed dining in the main Lounge for two days as they said it felt like they were on a cruise. Join us for Mapfest Thursday, March 26th



TAKE A LOOK.....

Explore life at Maplewood

You are invited to:

- Our sweetheart Valentine's Day Social on Friday, February 14th from 3:00 p.m. to 4:00 p.m.
- Be our guests for a traditional Mapfest, Thursday March 26th from 2:00. to 4:00 p.m.

What our residents love about their home?

"I love that my privacy is Respected and that I can be as active as I want because activities are there when I want them. I Enjoy inviting my family and friends to Elegant Dining experience with tasty nutritious food. The Friday afternoon shows and wine and cheese are something I Look Forward to. Maplewood offers such a Comfortable Atmosphere; the staff are so Friendly; I just love my nice room and my family are very happy that I am not on my own any longer. I feel Safe and Secure".

All the comforts you could want

All common areas are comfortably air-conditioned, and equipped with modern fire alarm and sprinkler systems, as well as surveillance

cameras that monitor entrances and exits. The entire building is smoke-free, including all residents' suites. Feel at home with all of our services and amenities, both indoor and outdoor.

Indoor amenities

Some of Maplewood highlights include having access to heated underground garage or parking. Our elegant dining room offers flexible meal plans and a separate private dining room that can be reserved for special visits. The lounge has a beautiful grand piano, as well as a pool table and a coffee bar that serves beverages and snacks several times throughout the day and evening. Let's not forget the activity and cooking demonstration room and the salt water pool for leisure, laps or Aqua Fit. Maplewood is equipped with a home theatre room which has a large-screen projector and popcorn machine. The solarium is especially nice which allows peoples to enjoy warm light and plant life during the winter.

Call us today to RSVP and book a personal visit! 613-656-0556



MAPLEWOOD RETIREMENT COMMUNITY

Beef Wellington, the modern, creative way

by Chef Kevin Desormeau
Food Service Manager,
Maplewood Retirement Community

Maplewood celebrated New Year's Eve with a culinary classic, "Beef Wellington."

Originally designed with a layer of Goose liver paté between seared tenderloin of beef and a layer of puff pastry, modern responsible chefs have moved onto other options. Goose liver is harvested in an archaic fashion and most professional chefs are finding creative

modern alternatives while still honouring culinary traditions.

Maplewood sautés an assortment of finely minced mushrooms and uses this as our layer between beef and pastry.

Recipe as follows:

Clean any silver skin off tenderloin, fast marination rub of Olive oil and fresh chopped thyme, on high heat quickly seal all surface of tenderloin

We sweat finely chopped mushrooms in butter, drain all liquid

(reserve liquid for sauce) add an egg yolk and a little panko crumb to help bind the mushroom compote together. Lay a sheet or saran wrap on your counter lay out your mushroom compote covering with another sheet of saran wrap, use a rolling pin to evenly roll out a thin layer long and wide enough to encompass the tenderloin of beef, remove the top layer of saran and carefully lay the tenderloin closer to one edge, using the saran as an aid tightly wrap the loin so it is completely covered with mushroom compote. Very little resting time is required, carefully unroll the loin on a sheet of Puff Pastry (ensure all saran has been removed) Fold the Puff Pastry over the loin pinch exposed edges for full retention of juice and heat. Bake until center recording tem-



perature reaches 127 degrees, let Wellington rest so reabsorption of juice can take place; slice and flash reheat at service time. Use liquid from sweated mushroom compote, add to demi glaze.

Happy cookingcheers

The right stem cells inside 'key to disease therapy'

Submitted by The Ottawa Hospital and special to the Riverview Park Review

Dr. Marjorie Brand has been hooked on research ever since her training as a biochemistry student in France, where she discovered a new set of proteins that can turn genes on in the cell. This early success motivated the senior scientist at The Ottawa Hospital and professor at the University of Ottawa to continue in a career making game-changing discoveries in the fields of stem cell research, blood cancer, and cardiovascular disease.



Dr. Marjorie Brand, Recipient, Chrétien Researcher of the Year Award

alize this potential, doctors need to be able to control what kind of cells they will become once they're inside the body.

"You can inject as many stem cells as you want into a patient, but it's not going to help unless they become the kind of cells you want," said Dr. Brand. "Understanding what drives a stem cell towards a certain fate is one of the keys to successful stem cell therapy."

"Very early on, stem cells have a preference for what kind of cell they will become," said Dr. Brand. "But we can put things in their environment that force them to become something else. This has major applications for creating more of the specific blood cell types that will benefit patients."

The impressive study was funded by the National Institutes of Health, a prestigious U.S. federal organization that rarely funds Canadian research.

"My work is about understanding the underlying mechanism of a disease," said Dr. Brand. "Knowing this mechanism of a disease is key to developing effective therapies."

Dr. Brand received The Ottawa Hospital's Chrétien Researcher of the Year Award on October 26, 2019.

"The excitement of getting the results makes you forget all the challenges you faced to get to that moment," said Dr. Brand. "I never really asked myself what I wanted as a career. Once I started doing research, I knew I wanted to keep doing more."

Dr. Brand is fascinated by the building blocks of cells. Over time, she realized that her skills could be used to investigate leukemia and other blood diseases at a molecular level. This in-depth knowledge could then be used by researchers and clinicians to develop new treatments.

As a postdoctoral fellow, she first learned about stem cells from a colleague in the United States who was using bone marrow transplants to treat people with sickle cell anemia. Bone marrow contains blood stem cells that become all the different cells in the blood. Dr. Brand became interested in how this transformation happens.

This interest led her to join the Sprott Centre for Stem Cell Research at The Ottawa Hospital in 2004, one of the top stem cell research centres in Canada.

Stem cells hold the potential to treat a variety of diseases. To re-

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Looking at some traditions for The Year of the Rat

by Carole Moulton

From T-shirts to toys, puppets to pens, there has been absolutely no shortage of items for this 2020 Chinese New Year celebration and *The Year of the Rat*.

Here in Canada, The Royal Canadian Mint had beautiful commemorative coins designed for *The Year of the Rat*; three are coins of pure silver, with a fourth of 18-Karat gold. And as part of its role as Canada's storyteller, Canada Post has celebrated *The Year of the Rat* 2020 with a fascinating range of stamps designed by Albert Ng, (O. Ont.) and Seung Jai Paek, of Albert Ng and Associates.

"The stamps portray the traditional story of the rat's daughter's wedding in the style of folk art known as Chinese farmer painting. The Permanent™ domestic-rate stamp depicts the bride on route to her nuptials, while the International-rate stamp reveals the happily married couple"; as was explained in the January 2020/ No. 1 Details brochure.

The Year 2020 is the Metal Rat. Rats are said to have a variety of positive traits. In Chinese culture rats are often attributed to being diligent workers, and with a thriftiness. They are also noted as quick-witted, resourceful, and smart, although legend frequently has it that Rat gained its position by stealth and not skill, in order to be the number one of the twelve animals in the repeating Chinese Zodiac cycle.

For thousands of years the story of the Chinese Zodiac animals has amazed and amused people around the world and its history remains one of the legends that are an important part of Chinese mythology. Some say Buddha was central to the twelve animals chosen, while others credit the Jade Emperor for summoning the animals of the universe; claiming that the Zodiac predates Buddha. And, although we will never know for certain where the story had its roots, what we do know is that there are twelve animals in the Chinese Zodiac and each of these has certain attributed personality traits.

Everyone has his or her own zodiac sign. If you were born in 1924, 1936, 1948, 1960, 1972, 1984, 1996, 2008 or 2020, then you were born in *The Year of the Rat*.

For a particular Zodiac animal's year such as this *Year of the Rat* there are lucky colours (blue gold and green), numbers (2 and 3), lucky flowers (lily, African violet, and lily of the valley) and even directions (of auspiciousness-southeast and northeast), wealth (southeast and east) and love (west) Suggested careers, health and lifestyle are



The Permanent™ domestic rate stamp IMAGE PROVIDED BY CANADA POST

also noted on various websites. If you were born in *The Year of the Rat* you could do well with the career choice of artist, doctor, architect, fashion designer, photographer, musician, entertainer, teacher, and accountant, among others.

This year, Chinese New Year or the Spring Festival or the Lunar New Year as it is frequently called began on Saturday, January 25th. *The Year of the Rat* will end on February 11th, 2021. People refer to it Lunar New Year due to the Lunar calendar used. The festival itself lasts for 15 days after the New Years Eve. Firecrackers have been an important part of Chinese New Year 'to scare off monsters and bad luck' although in many places these are now banned because of air pollution and for safety reasons. Originally this Spring Festival was to pray to the gods.

Chinese New Year is said to cause the largest human migration in the world when usually one fifth of the world's population travels to participate in their family's reunion. The colour red is incorporated in nearly all Chinese New Year decorations, as tradition has it, to help keep the monster, Nian, away.

Chinese New Year traditions and superstitions abound to avoid bad luck. No showering is allowed on New Year's Day, nor is sweeping or throwing out garbage allowed until the 5th festival day, since you could wash or get rid of good luck. Taboos at the time include haircutting, using knives, scissors or other sharp things, breaking things, swearing, fighting, crying or using words such as sickness or death. Do not borrow money since likewise this could affect the rest of the year.

Lucky money in red envelopes is given to children from their elders with the hope that by passing on money they are passing on good fortune and blessings. Another version is for the younger generation to give these lucky envelopes to their elders as a blessing of longevity and a show of gratitude. In some regions of China, rather than between generations, married couples will give red envelopes to their unmarried friends to transfer some luck. Today, thanks to technology, digital red envelopes have become a new trend.

In Ottawa, a number of very special events were planned for 2020 to celebrate the Lunar New Year. The NAC held the 2020 Chi-

nese New Year Concert; the University of Ottawa Tefler School of Management was organizing an afternoon of various games, food and prizes; in Ottawa's Chinatown you could meet the King of Good Fortune on the actual day of Chinese Lunar New Year; galas being organized by other groups; and recreation centres hadn't forgotten the Spring Festival either.

And so, although you might not have been among the many millions who recently welcomed *The Year of the Rat*, hopefully by reading about the Lunar New Year you were able to learn a little more about one of the world's major cultural traditions, and appreciate somewhat better just what this important part of our world's history is about.

This article was written for 168 Sushi Asian Buffet where you may choose noodle dishes from their iPad ordering. The restaurant 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

Questioning ice and ice cream

by Riedwaan Ahmed

Riedwaan is a former South African diplomat who has settled in Riverview Park with his Canadian husband and family. His column speaks of a newcomer's perceptions of Riverview Park.

I became easily wowed after moving to this continent. This was perhaps most evident when fall grudgingly gave way to winter and temperatures dipped below zero. Walking somewhere during this time would take me twice as long.

I would walk a few paces and then stop and prod at a frozen puddle with my still-creaky winter boots. "This is amazing!" I'd say to whoever was close enough to hear. "Look! These leaves! They're frozen in water! They look like they're stuck in glass! How is this even possible?" My excitement was usually met with confusion. And then I would remember that what I find amazing is probably just normal to Canadians.

This excitement does not only surface in the cold months. While driving past a bright sign during the summer, the husband asked "Do you like Dairy Queen's Peanut Buster Parfait?" Thinking I had missed both a flooring trend and

a gay icon, I replied with, "Firstly, what is a peanut butter parquet? And, secondly, who is this dairy queen?" He slammed on the brakes, made a u-turn, and then watched, smiling and nodding, as I tasted my first spoonful of the chocolatey peanuty magic.

After the six seconds it took me to eat the entire thing, I asked when he first had one of these. He then reminisced aloud about the politics of childhood ice cream birthday cakes in Canada and whether Baskin Robbins' was better than Dairy Queen's. I recalled that birthday parties while growing up in Cape Town were always lively, but never had an ice cream cake in sight. These days, South African shopping centres are swollen with global brands, but this plethora of choice was absent during my childhood – when economic sanctions against the apartheid state were in full effect. In that moment, with me trying to lick the bottom of the ice cream cup, we again realised that we were shaped by different realities.

Giant tigers for sale?

I always knew moving across the world would not be without chal-

lenges and have now come to realise that resettling could just as easily be called unsettling. Things that used to be instinctive need to be relearned. Not just big things, like how to dress in winter, but also things like which direction to look when crossing the street or where to go to buy certain things (luckily, I was quick to learn that Canadian Tire doesn't just sell tires and Giant Tiger doesn't sell giant tigers).

Learning the nuances of a culture is tricky. There have been many times when I have felt out of sync with Canadian experiences. At Thanksgiving dinner, conversation with friends had me asking, "Who is Mr Rogers?" and "Why do you use Fahrenheit when baking?" At Halloween, I felt sorry for the first children who showed up at my door and said "Trick or Treeeeeeeat" because I just awkwardly mumbled something like "I don't really know what that means, but merry Halloween to you. Here, take some sweets."

Sometimes I dive into this sense of bewilderment with excitement, enjoying the glimpse into a different way of doing things. But often it can be terrifying (like driving in snow or icy conditions). And when trying to make conversation at din-

ner parties in Canada, I sometimes feel a mix of bewilderment, excitement, and terror. I'm not sure if it's a sign of changing times or if it's specific to certain regions, but it often feels like a minefield when navigating which questions are permissible and which cause mortal offence; such as in the years immediately after apartheid, when mixing of races was no longer illegal.

Questions open doors

I remember the curious asking about my heritage or culture or language or sexuality or hometown or religion. Even then I was (and still am) a big fan of political correctness, believing that society changes and the way we speak needs to change too. But I drew the line at being offended by a question that was asked without malice. I understood that my "normal" was not somebody else's and that there would be no growing as an individual if there were no questioning.

Asking questions can open doors. It can make you realise that everything can be new and exciting if you just look at things differently. It can lead to understanding another's culture and other important things like Peanut Buster Parfaits.



Member of Parliament | Député

The Honourable | L'honorable

David McGuinty

Ottawa South | d'Ottawa-Sud



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

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

David McGuinty, MP | Député

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by Bill Fairbairn

Shortly after joining the *Daily Nation* in Nairobi, Kenya, as a desk editor, in 1963, I sought the role of reporter assigned to meeting people to uncover news rather than editing stories written by others.

I had reported Zambia's independence day celebrations earlier that year but in Kenya, had narrowly missed Britain's Prince Philip before he turned to Jomo Kenyatta in Nairobi's Independence Stadium, and seconds before the Kenyan flag took the place of the Union Jack, to ask Jomo: "Are you sure of this decision to break with British rule?"

The answer from the Kenyan leader of course was "Yes!"

I wanted out of my night shift desk editing job at the *Daily Nation*. I longed to be out and about reporting rather than sitting around the desk, drinking tea, and editing other staff stories.

Opportunity knocked when I flew down to Mombasa for a short vacation. I learned that scenes for the British movie *Born Free* were being shot up the coast near Malindi. I arrived at the film scene hotel in time for dinner. After sitting down, I noticed principal actors Virginia McKenna and husband Bill Travers sitting at a corner table in the dining room. I knew I was onto something big for my newspaper.

Barricaded beach

Next morning I found that Open Roads Film Company of London had barricaded one end of a long, sandy beach at Malindi with cliffs at the other end to privatise the shooting of film scenes such as Elsa the lioness swim to an islet a short distance from the beach. So I hired an African fisherman to row me around the blocking fence to reach the tiny off-shore islet that I understood Elsa would swim to.

But the film company's public relations officer had deliberately misled me. The lioness's swim I sought to photograph was not being shot that day. The film crew had decided to do it the next day. I later learned that the public relations officer had phoned my *Daily Nation* office in Nairobi to affirm my photographic credentials and that the newspaper's chief photographer had told him, quite rightly, that I was not one of the paper's staff photographers.

I waited in vain on the islet for Elsa to swim out to my camera. Frustrated, I asked the fisherman to row me to the beach and he did so. I sat down on the warm sand 25 metres from the shoreline thinking what a paradise Kenya was. Hi

Elsa and me



presto! Who, at that moment, but film star Bill Travers, lion keeper George Adamson with a rifle over his shoulder, and Elsa would come walking toward me on the shoreline. I clicked my camera as they approached then sliding nearer clicked a second time when they were abreast of me. Elsa's ears pricked up. But I had good usable photographs!

The next scene was never shown in the Oscar winning film *Born Free*, with its equally magical song, and I can understand why. A fellow came running over the sand toward me like Anthony Quinn bearing down on Peter O'Toole in the film *Lawrence of Arabia*. Reaching me, he exclaimed: "You ruined that scene for our film by trespassing on our beach!"

I said sorry and introduced myself as being from the *Daily Nation* newspaper adding that the beach was public and I really had sought a photograph of Elsa swimming in the sea.

hand saying it was a good offer and retreated with camera held high around the fence freed by the tide. I sought out George Adamson's wife Joy and told her of being herded off the beach.

"Oh, I know all too well what you're up against," she remarked about Open Roads. They're not open at all. Jump into my car to my place. I'll give you a story."

Cheetah in Joy's house

It turned out that when we arrived at her house her story was a rant about her view that she should have been playing herself in the movie and not Virginia McKenna acting as if she were the woman who had trained Elsa. All the while Joy's pet cheetah padded around me giving me the creeps as I sat bolted in my chair while Joy made us cups of tea.

To this reporter's delight Joy had more to complain about than her disdain at the attractive Virginia McKenna playing lead role in contrast to Joy with her not so attractive features. She got to the heart of being born free in the jungle. "What will Open Roads do with Elsa when they finish their film? Put her in a circus! They would not agree to train her back to the wildlife! They say she will endanger people by jumping on cars and other stunts they trained her to do. Or else be killed in the bush as a semi-tame lion."

Surely a scoop

My story and photograph of Elsa on the beach appeared in the *Daily Nation* front page a few days later under a headline saying "Born Free lioness has never been more a prisoner." This prompted a letter from the film company to the Nation publisher inviting news photographers to their camp in the Kenya Highlands.

I was not chosen to go since I was officially neither reporter nor photographer. I was a night desk editor hopefully awaiting a reporter's role that did not come about until some time later. The photographers assigned to the Open Road camp invitation took pictures of Elsa from inside a cage with three other lions playing the different ages of Elsa outside the cage.

Nevertheless, I counted my article a scoop. I'm sure, on account of it, I was switched from the desk to reporting.

Note: I belatedly contribute this article because a Daily Nation colleague of Kenya's 1960s, Cyprian Ferdinand, through my editor, tracked me down to Ottawa. Cyprian, who now lives in Sydney, Australia, asked me to write a chapter on my most memorable Nation story for a book he is writing on the history of the newspaper.

"What?" he demanded, with incredulity marking his face. "That's the photograph we want for cinema billboards. Get the hell off our production area!"

He was no bigger than me so I retorted in kind: "You can go to hell! This is a public beach."

He was as mad as a March hare saying it was the film company's beach for the time being.

He pushed me in the direction he wanted me to go now that the tide was out. I resisted the push while laying down my camera. We wrestled for a short time. I was getting the better of him pinning his shoulders down in the sand when he toned down the argument. Fantastically he offered me a photograph of Bill Travers shaving with a lion's tail provided I not bother production the next day. I laughed at the offer knowing I had a better photograph in my camera.

At that comical point I decided that discretion was the better part of valour. I shook his



John Fraser, MPP Ottawa South

Thank you!

Thank you to everyone who came out to help ring in 2020 at our New Year's Levee on January 12. It was wonderful to meet new neighbours and see old friends.

Thank you to Rosemary at 3 Sisters for her hospitality, the delicious treats and hot beverages.

Seniors Dental Plan

The government's Seniors Dental Plan has begun. You can apply for the program if you:

- are 65 years of age or older
- are a resident of Ontario
- meet the income requirements:
 - an annual net income of \$19,300 or less for a single senior
 - a combined annual net income of \$32,300 or less for a couple
- have no other form of dental benefits, including private insurance or dental coverage under another government program such as Ontario Works, Ontario Disability Support Program or Non-Insured Health Benefits

Income is verified using your Social Insurance Number (SIN) that you will provide when you apply to the program. Your SIN is used to verify your annual new income from your tax return. Regulation Changes in Ontario as of January 1, 2020

We have applications available at our office

The province's Out-of-Country Travellers Program has ended

The province will continue to offer out-of-country dialysis services through a new program that will be operated by the Ontario Renal Network.

Private Member's Bill

I introduced a private member's bill, calling for increased access, maintenance, training and the establishment of a registry for life-saving AED defibrillators across Ontario. The bill calls for the creation of a province-wide defibrillator registry, overseen by the Minister of Health, and made available to emergency service providers so that the closest defibrillator could be easily found in the event of cardiac arrest.

Two colleagues have put forth the same bill so Members from all three parties agree that this is an important public health issue. I encourage the government to bring this forward to committee and commit to passing this legislation. It will save lives.

We are here to help

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



Photo by Gerri Doherty



John Fraser, MPP Ottawa South

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johnfraser.onmpp.ca



The irony of Family Day

by Maria CampbellSmith

Two unusual ingredients produced our relatively new holiday of Family Day. There was a long, cold gap in the calendar between the Christmas and Easter holidays, and a global movement to celebrate a basic social institution. Other nations like Australia, South Africa, Uruguay, Vietnam, and Thailand also have Family Day holidays. On Monday, February 17, Canada celebrates Family Day too. Well, not all of Canada.

Not all of Canada

Technically, only half of our provinces celebrate Family Day. The statutory holiday first began in 1990 in Alberta, and is now observed on the second Monday of February in Alberta, Ontario, Saskatchewan, and New Brunswick. British Columbia also marks Family Day, but one week later.

Three other provinces honour the day but celebrate different things: Manitoba celebrates *Louis Riel Day*, P.E.I. has *Islander Day*, and Nova Scotia has *Heritage Day*. The remaining provinces and territories have yet to decide if they'll join in February Family Day celebrations.

Different legislatures is one part of the reason why Family Day is not marked coast to coast. Another factor that might be stalling the holiday is that the family unit in Canada appears to be in trouble.

How do we define family?

Statistics Canada defines a family as *a couple, married or common-law, with or without children, who share the same home*. It can also refer to a household with a single parent and one or more children (regardless



of their age). Either way a family unites a minimum of two people.

Social scientists have studied the family intensely. They label the traditional social construct of a mother and father and their children as a *nuclear family*. *Extended families* include multi-generational or relationship groupings adding aunts, uncles, cousins, and grandparents. *Blended or reconstituted families* refer to situations (for example after a death or a divorce) where remarriage joins partners and children of previous families to form a new unit (producing step-parents, step-sisters and step-brothers).

We also have same-sex unions, adoptive families, and foster families. The more that Canadian culture and legislation evolve and our population expands, the more options we will have. This should mean even more reasons to celebrate family, shouldn't it?

The ironic twist

Families have always been the building blocks of society. We all come from one and then go on to

form new ones of our own. The irony is that as more provinces mark the Family Day holiday, census data reveals the family unit is in decline. In fact, it is in real trouble.

According to statistics from the 2016 census, the traditional nuclear family is no longer the building block of Canadian society. Numerous factors account for this. Youth and education have been extended. More women build careers. Divorce rates have skyrocketed, and both married and common-law couples now have fewer children than in the past.

Canada's current fertility rate is 1.6 children per female. Two or three generations ago, it was common in Canada for nuclear families to have 4 to 6 children. Today it is more likely 1 or 2, or none. At this rate, we cannot even replace our natural population. We must rely on immigration to grow our population and tax base.

Startling statistics

Canada's 2016 census revealed another new statistic: nearly 30% of

Canadian households are now single people living alone. Only 26% are couples with children. As the population ages, longevity rates increase, and more Canadians are economically independent, the number of single-person households is expected to continue to rise. (Already in Yukon and Quebec 33% of households are single people.)

In 1980, Canada had approximately 1.5 million single-person households. Today, we have over 4 million. The USA and UK see similar trends. France, Japan, Sweden, and Norway have even higher percentages of single-person households. Germany is already at 42%!

Still worth celebrating

Family Day is now a public holiday in 5 Canadian provinces and in 2 US states (Arizona and Nevada). It is also celebrated in other countries around the world. Our demographics and family compositions will continue to change. But fluidity and diversity make Canada the dynamic, desirable nation we are proud to call home.

Perhaps it is needed to enliven the calendar. Perhaps it will morph into a different celebration. Despite modern demographic trends, *family* is still a fundamental Canadian social institution that many of us want to acknowledge and honour.

This February 17, focus on your family members. Share a special outing or tradition. Enjoy your favourite foods or games. Spoil each other a little.

However many plates are at your table, or boots at your front door, come February 17th - Happy Family Day to us all!

Taking a look at some Uber stats

by David Knockaert

In early December, following years of public pressure and amid rising concerns over ride safety, Uber released its first safety report. In the report Uber admitted that during 2017/2018, in the United States alone, there were 5,981 cases of reported sexual abuse including 464 rapes and 587 attempted rapes during Uber rides. On average that is more than 8 sexual assaults per day and 10 rapes/attempted rapes per week. We should also bear in mind that it is assumed that less than one-third of sexual assaults are ever reported.

Uber's safety report took two years to compile and they deserve credit for finally addressing an

important issue. That being said, Uber attempted to downplay the significance of the data by focusing attention on the fact that sexual assault in their cars is relatively rare. Additionally, in perhaps a tone-deaf moment, their chief legal officer added that "Uber is a reflection of the society it serves".

It is useful to pause and put those two comments into an individual perspective. If any of our children were to be sexually assaulted how would we respond were the police to say of the abuser "well, he doesn't assault children all that often" or "what can we do, it's just the way our society is today".

In an accompanying statement, Uber wrote, "Keeping this informa-

tion in the dark doesn't make anyone safer". But unfortunately Uber's concern for safety does not extend outside of the USA. Responding to the BBC, Uber confirmed they have no plans to release safety reports for any of the other 65 countries in which it operates, one which of course, includes Canada.

But other countries also face safety concerns. Only weeks before Uber's US safety report was released, the city of London, England refused to renew Uber's license. The city regulator identified "pattern of failures" in Uber's operations, including concerns about imposter drivers. Apparently Uber had altered its systems allowing unauthorised drivers to



upload their photos to other Uber driver accounts, leading to 14,000 fraudulent trips in London from late 2018 through early 2019. Additionally, drivers who had been dismissed, suspended or were operating vehicles without insurance were able to create Uber accounts. Needless to say, Uber has appealed and is still operating in London pending a hearing.

Which brings us to the situation

CONTINUED ON PAGE 37

FINANCIAL PLANNER

Is It Time to Make Portfolio Changes?

by Bob Jamieson

The holidays are over and the weather is keeping many people indoors, so it must be winter. But the seasons don't just move on the calendar — they also change in your life. And, speaking of changes, you'll have to make many of them as you move through the years — and that includes changes to your investment portfolio. But how will you know when it's time to take action?

Just as Mother Nature sends out “signals” to indicate a change in seasons — warmer or colder temperatures, longer or shorter days, blooming flowers, falling leaves— your portfolio will frequently “tell” you when you need to make adjustments. Here are a couple of indicators you may want to heed:

Out-of-balance portfolio

Last year was one of excellent stock market returns. But even the best stocks can lose value when the overall market goes down, and if you only own stocks, you could take a big hit during a downturn. After all, stocks will always fluctuate in value. You can at least help

prepare yourself against for market volatility by balancing your portfolio with a mix of stocks, bonds, GICs and other investments, with the percentage of each type of asset based on your individual goals, time horizon and risk tolerance. After a great year— now is an excellent time to rebalance your portfolio.

“Overweighting” of individual investments

Related to the point made above, you can also have too much money kept in a single investment, such as an individual stock or bond. Sometimes, this “overweighting” can happen almost on its own, as when a stock, or stock-based vehicle, has increased so much in value that it now takes on a larger percentage of your portfolio than you had intended — possibly bringing with it more risk than you had intended, too. As a general rule, no single stock should take up more than a small percentage, about 5%, of your entire portfolio.

Your own life may also send you some messages regarding changes you may need to make to your in-

vestment and financial strategies. Here are just a few of the milestones that may trigger necessary moves:

New child

You'll need to review your life insurance to make sure it's sufficient to help provide for a raising newborn or newly adopted child, should anything happen to you. You may also want to begin investing in post-secondary savings vehicles, such as RESPs.

New job

Assuming your new job offers you a retirement plan, such as a group RRSP or similar vehicle, you'll have some choices to make. How much can you afford to contribute? How should you allocate your dollars among the investment choices offered in the plan? How can you best integrate your personal RRSP or other plan into your overall investment portfolio to avoid duplication? If your company offers to match your contributions — make sure to participate.

Impending retirement

As you enter retirement, you may want to adjust your portfolio to help reduce its short-term fluctuations and to provide more current income opportunities. At the same time, you may still need to invest for growth — you could be retired for two or three decades, and you'll need to stay ahead of inflation. Plan for steady income, even through stock market downturns.

Pay close attention to the messages coming from your portfolio — and from your life. These “signals” will give you a good idea of when it's time to make investment-related moves.

If you would like some help in recognizing these signals, or adjusting your investment portfolio, please feel free to give me a no-obligation call at 613-526-3030.

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

CONTINUED FROM PAGE 36

in Ottawa. In May 2017, Roger Chapman, manager of bylaw and regulatory services reported the city had asked Uber to provide information on complaints it had received from the public. Uber did not comply.

Nonetheless the city expressed itself fully satisfied with local Uber operations since the company was regularly providing the city with confirmation that its drivers possessed valid driver licenses and had undergone police record checks. Which is rather curious, because in its US safety report Uber effectively admitted that the record check process they had in place at that time was inadequate. It was only in mid-2017 that Uber introduced automated technology to aid in the verification process. Since then more than a million driver applicants have been screened out and since 2018 the enhanced process has resulted in 40,000 US based drivers being deactivated.

In spring 2017, City of Ottawa staff also admitted they do not deal with complaints about Uber drivers because the city does not regulate individual drivers, only the company, unlike the regulatory system in place for taxi drivers. Roger Chapman simply reported the city to be unaware of any safety com-

plaints from the public.

Most of us will also recall that in late 2017 the City of Ottawa determined that for ride-hailing cars “there is no evidence to support the need for in-vehicle cameras”, despite the fact that they are required in vehicles operated by local taxi companies. Following release of Uber's safety report, the CBC interviewed Mike Bombenger, a lawyer representing more than 100 victims of sexual assault in legal actions against Uber and Lyft. He expressed the belief that 80 per cent to 90 per cent of assaults could have been prevented by measures such as cameras in the cars and having the companies report every assault they learn of to the police (which Uber says is not their responsibility).

It is hard to tell what impact these recent developments will have upon ride-hailing operations in Ottawa. To date all we have heard is silence from city staff, the Mayor and our Councillors. Perhaps we in Ottawa are blessedly immune from sexual assault. Or perhaps the people at city hall just feel it is better not to know. But most residents would find comfort in seeing our elected officials and city staff demonstrate sufficient concern and curiosity to find out.

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Markets Change.
Are You Prepared?

When you stop and look back at what's happened in the markets, it's easy to realize how quickly things can change. That's why we should schedule some time to discuss how the market can impact your financial goals. We can also conduct a free portfolio review to help you decide if you should make changes to your investments and talk about opportunities to be had.

Stop by or call today to schedule your free review.



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ALTA VISTA PUBLIC LIBRARY

**FEBRUARY-MARCH 2020 /
FÉVRIER-MARS 2020**

(Closed February 17th /
Fermée le 17 février)

CHILDREN AND TEEN PROGRAMS

Babytime

Stories, rhymes and songs for babies and a parent or caregiver. 0-18 months. Drop-in.
Mondays, February 3 and 10, March 16 and 30, 10:30 a.m. to 11:00 a.m.
*Closed February 17th

Family Storytime

Stories, rhymes, and songs for ages 0-6 and a parent or caregiver. Drop-in.
Tuesdays, February 4 to 18, March 31 to April 21, 10:30 a.m. to 11:05 a.m.

Toddler time

Stories, rhymes and songs for toddlers and a parent or caregiver. 18-36 months. Drop-in
Wednesdays, February 5 to 19, April 1 to 22, 10:30 a.m. to 11:00 a.m.

After-school Teen Gaming

Learn to play Dungeons and Dragons! We're playing using 5th Generation Rules and the D&D phone app – no previous experience required. For ages 13-17, in English. Drop-in.
Fridays, February 7 and 21, March 6, April 3 and 17, 3:30 p.m. to 5:30 p.m.

Reading Buddies

This program aims to help children practice and improve their reading skills! Children will receive 30-minute individualized reading help and encouragement. Ages 6-12, registration required at the library's Children's Hub.

Winter Session: Saturdays, February 1 and 29, 1:30 p.m. to 2 p.m., 2:15 p.m. to 2:45 p.m., 3:00 to 3:30 p.m. March dates TBD.

Lego® Block Party

Building Boom: come show off your architectural creativity with Lego®. For the whole family. Drop-in.
Wednesdays, February 5, 12, 19, 3:00 p.m. to 5:00 p.m.

March Break

The Library will be hosting various activities for children of all ages during March Break from March 16th to 21st. Check back in February for dates and times. Registration opens Wednesday, February 12th.

ADULT PROGRAMS

BOOK CLUBS

Book Banter

Share the enjoyment of good books in a relaxed atmosphere. Join us for discussions on the first Thursday of every month from 2 to 3 p.m.
Thursday, February 6: *The Good Daughter* by Karin Slaughter
Thursday, March 5: *American War* by Omar El Akkad
Thursday, April 4: *The Nightingale* by Kristen Hannah

Sleuth Hounds Mystery Book Club

Share the enjoyment of good mysteries in a relaxed atmosphere. Join us for discussions on the third Thursdays monthly 6:30 - 8:00 p.m.
Thursday, February 20: S.J. Bolton / Sharon Bolton – any stand alone titles
Thursday, March 19: Annette Dashofy – any title
Thursday, April 16: Sara Paretsky – VI Warshawski series

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 10 février: *Georges Sand: les carnets secrets d'une insoumise*, de Catherine Vieill
Le lundi 16 mars: *Profanes*, de Jeanne Benameur
Le lundi 20 avril: *L'insoutenable légèreté de l'être*, de Milan Kundera

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, 4:45 – 6:00 p.m. (except February 17th)
Les lundis de 16h45 à 18h. (sauf le 17 février)

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, 6:30 – 8:00 p.m. Les mardis de 18h30 à 20h.

English Conversation Groups / Groupes de conversation anglais

Practice your English language conversation skills and meet new friends in a relaxed and friendly environment. No registration required. / Améliorez votre anglais parlé et rencontrez des gens dans un milieu décontracté. Aucune inscription requise.
Mondays, 6:00 to 7:30 PM. (except February 17th)
Tuesdays, 12:00 to 1:00 PM.

Scam Avoidance and Trust

For as long as humans have been communicating with each other, scams have existed in one form or another. We no longer just have our front door or home phone to guard against, and now the baddies have multiple ways to get the victim to immediately become susceptible to blind trust actions.

Join Lawrence Patterson (ISSO, ITIL & two decades supporting people's personal/professional technology needs) as he reviews the significant difference between blind and wise trust, the various scam sources, tips to be aware of, details common to all scams and, most importantly, how to take control.

As we review the various scam methods, participants will be encouraged to speak out on their own examples as we all learn how to become more aware and protect our electronic and personal lives. Wednesday Mar 04, 2020 at 6:15pm



Les lundis de 18h à 19h30. (sauf le 17 février)

Les mardis de midi à 13h. No group on Tuesday, March 17th / Aucune groupe le mardi 17 mars.

OTHER ADULT PROGRAMS

One-on-One Computer Tutorials

Book a one-on-one tutorial to learn computer, email and Internet basics. Help also available with the Library's digital resources including eBooks and downloadable audiobooks and magazines. Please visit the branch for more information or to schedule an appointment.

Tax Benefits and Credits: Info Clinic

Join an officer from the Canada Revenue Agency (CRA) to learn information on:

- Benefits and credits
- Medical Expenses
- Plus topics for seniors, newcomers, and persons with disabilities

Bring your questions! Online registration required.
Wednesday February 26th, 2020 at 6:30pm

HEALTH

Prenatal Classes – Ottawa Public Health

Prenatal Class offered by Ottawa Public Health (OPH). A public health nurse will lead this mini-series of three small group sessions. Only one parent must register but both are welcome.

Session 1: Birth Basics-Confidence & Comfort.

Session 2: Breastfeeding Basics-Tips & Techniques.

Session 3: Baby Basics-Preparing for Parenthood.

Thursday, February 6, 13, 27; 6:00- 8:00 p.m.

Saturdays, February 1, 8, 15; 10:15 a.m. -12:15 p.m.

Thursday, March 5, 12, 26; 6:00- 8:00 p.m.

Saturdays, March 7, 14, 21; 10:15 a.m. -12:15 p.m.

Thursday, April 2, 9, 23; 6:00- 8:00 p.m.

Saturdays, April 4, 11, 18; 10:15 a.m. -12:15 p.m.

The Alta Vista Library is located at 2516 Alta Vista Dr. For more information, please call 613-580-2940 or visit the branch. / La bibliothèque Alta Vista est située au 2516, promenade Alta Vista. Pour de plus amples renseignements

EMVALE ACRES PUBLIC LIBRARY

FEBRUARY-MARCH PROGRAMS @ SUCCURS-ALE ELMVALE ACRES BRANCH

1910 St-Laurent Blvd
Closed for Family Day,
Monday, February 17th

CHILDREN'S PROGRAMS

Please join us between March 16-20 for March Break programs. Check the website for details. bibliooottawalibrary.ca (**Deadline for branch staff to have March break programs posted is February 1st, 2020 so we don't have more details at the moment...sorry!!)

Toddler time / Tout-petis à la biblio

(Winter session/session d'hiver)
Stories, rhymes and songs for children of all ages and a parent or caregiver. Drop-in program. / Contes, comptines et chansons pour les enfants de tous âges et un parent ou gardien. Aucune inscription requise. Wednesdays – 10:30 / Mercredis – 10 h 30, Feb 5, 12, 19

Babytime / Bébés à la biblio

Stories, rhymes and songs for babies and a parent or caregiver. 0-18 months. Drop-in program. / Contes, comptines et chansons pour les bébés et un parent ou gardien. 0-18 mois. Aucune inscription requise. Thursdays – 1:30 pm / Jeudis – 13 h 30 Feb 6, 13, 20

Valentine's Day at the library / La Saint-Valentin à la bibliothèque

Feb. 13 6:00 - 7:30
La Saint-Valentin s'approche à

grands pas et elle se fête en famille à la succursale Elmvale! Inscrivez-vous pour une activité de bricolage pour toute la famille. Nous allons décorer des cadres pour afficher vos photos préférées (5 x 7), des dessins ou d'autres ouvrages artistiques.

Valentine's Day is fast approaching and it's a family celebration at the Elmvale Acres Branch! Sign up for a family arts and crafts activity. We're going to decorate frames to display your favourite photos (5 X 7), small drawings, or other artistic creations.

"Chews" Wisely

Mon February 24th
Elmvale: 10:30 a.m. in English
The Canada Agriculture and Food Museum now offers an exciting, new mobile education program called AgVenture – which brings the life and learning found on the farm right into the Ottawa Public Library!

AgVenture is proud to present a program called "Chews" Wisely. Designed to educate children and their families on healthy food choices according to Canada's new Food Guide and the importance of an active lifestyle, this fun program offers a number of hands-on learning activities such as short games and activities, a craft, and reading a story book.

Geared towards families with children ages three to 10, "Chews" Wisely is a 60-minute program that can be conveniently delivered by a dynamic museum guide. Parents are welcome to join their children and participate in the program.

Thanks to the Ottawa Community Foundation's financial support,

the museum is pleased to offer this program to libraries in the Ottawa-Gatineau area.

ADULT PROGRAMS

Mystery Book Club 2019 – Monday nights are murder

Mondays – 6:30pm
February 3: Any Alexandra Cooper Mystery Series by Linda Fairstein
March 2: The Word is Murder by Anthony Horowitz
Share the enjoyment of good mysteries in a relaxed atmosphere. Join us for a discussion. 60 minutes

Scam Avoidance and Trust

Wednesday, Jan 29, 2020 at 6:30 pm
Learn how to become more aware and protect your electronic and personal lives. Review the significant difference between blind and wise trust, the various scam sources, tips to be aware of, details common to all scams and most importantly how to take control. (120 minutes, adult program.)

Email 101

Monday, February 3, 2020 @ 1:00 PM
Develop a basic understanding of the electronic mail structure and explores several considerations

with the objective of maximizing your email experience. Considerations such as email flavour (POP vs IMAP), accessing email (webmail vs. mail clients) and the synchronization of multiple device access will be among some of the topics explored in this informative talk. (120 minutes, adult program.)

Computer Basics

Tuesday, March 3, 2020 at 6:30 PM
Understanding some of the basics of your computer's file structure, files, folders and file management is one of the most fundamental things every computer user should know. Develop more effective file management strategies to improve your computer skills. (120 minutes, adult program.)

English Conversation Group / Groupe de conversation en anglais

Every Tuesday starting February 4, 2020 until June 23, 2020 at 7:00 PM
Practice your English language conversation skills and meet new friends in a relaxed and friendly environment. / Améliorez votre anglais parlé et rencontrez des gens dans un milieu décontracté.

Gloucester Horticultural Society 2020 Schedule



- Jan 20 Real food starts with SEEDS – Jordan Bouchard
- Feb 17 Culinary Delights with Herbs and Edible Flowers! – Nancy McDonald
- Mar 23 Climate Change and Your Garden – Diane McClymont-Peace
- Apr 18 District 1 AGM (8am - 3pm) Cornwall
- Apr 20 Perennials for Colour – Candace Dressler
- May 16 Plant Sale: (9am until we run out)
Youth Planting Workshop (10am - noon)
North Gloucester Public Library,
2036 Ogilvie Rd
- June GHS Workshop Sampler
The Just Food Barn
2391 Pepin Court, Blackburn Hamlet
- July 11 GHS Members' Road Trip
- July 17-19 OHA Convention
London, ON
- Aug 22 Member Garden Tour
- Sep 19 Native or not?
Speaker from the Ferguson Tree Farm
- Oct 21 Symphony of the Soil Movie
- Nov 14 AGM Luncheon (11 am)

Visit us at the Ontario Horticultural Association website:
<https://gardenontario.org/find-a-society/entry/93/>

Join us as a guest at our next meeting!



Spruce trees and wooden snow shoes just seem to go together"

PHOTO CREDIT: GREG MONEY

THE PLANNING AND DEVELOPMENT UPDATE



KRIS NANDA
Chair, RPCA Planning & Development Committee

The Riverview Park Community Association (RPCA) tracks and advocates for the community on local developments, including issues associated with the Alta Vista Transportation Corridor (AVTC) Hospital Link road between Riverside Drive and the Ottawa Hospital Ring Road, activity in the Ottawa Train Yards and along Russell Road. The RPCA is following the review of the City's Official Plan, launched earlier in 2019, and also expressed concern to City Council about the proposal to turn over management of the public aspects of Lansdowne Park to OSEG, a private entity.

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

Alta Vista Transportation Corridor (AVTC) – Hospital Link: Landscaping

The new at grade Pedestrian Cross-over (PXO) crosswalk has been installed to link up with the multi-use path adjacent to the road. This PXO which gives pedestrians right of way over cars is intended to provide better access to the Hospital Complex and the National Defence Medical Centre.

Proposed Apartments for 355 and 374 Everest Private (across from Perley Rideau)

Over the summer, an application was submitted to erect two eight-storey apartment buildings at 355 and 374 Everest Private (between Russell Road and St. Laurent Blvd.) which would add another 293 units and 354 parking spaces to the existing complex. The RPCA Board shared its concerns with the City about implications on local traffic (congestion on Russell Road, sufficiency of current pedestrian crossing.) The increase in height and number of units is beyond what was originally envisioned when the first phase of the complex was constructed several years ago. Members of the Riverview Park Community reiterated their concerns to City Staff and Councillor Cloutier at an open house in November.

Trainyards High-rise Residential Development (Steamline Street)

Construction of the first phase of a high-rise rental apartment complex along Steamline Street, across from the Post Office building on Sanford Fleming had been expected to start in 2019 with a 2020 completion date. This project features two 20-storey buildings and 400 units (the first phase of what is ultimately envisioned to be a 7 building complex with approximately 1900 units). However, the developer, Controlex, has advised that the project is still with the City Planning Department awaiting final approval.

The RPCA Board has supported the concept of Transit-Oriented Development (TOD) that covers the proposed complex, and 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 stipulated in the original agreement with the Ottawa Train Yards from 2000/2001.

Farm Boy relocation to 820-830 Belfast?

Earlier in 2019, the City received a Site Plan application to build a new, larger Farm Boy Store that would back onto Belfast Road, at the far northeast of the Trainyards Parcel. (The location currently covers a vacant lot and the former location of Reliable Parts store at 820 Belfast which has now been torn down). The existing Farm Boy store would be closed and presumably leased to a different business or businesses once the new store opens.

During the comment period, the RPCA Board and others raised concerns that moving the store to a different location on Belfast will create extra vehicular traffic. It may become harder for people in Riverview Park to walk or bike to the store, especially if there is no good pedestrian infrastructure to the proposed new location. In providing its comments, the RPCA Board emphasized the need for

better pedestrian and cyclist connectivity through the Train Yards so customers can safely walk or cycle instead of driving.

The Site Plan application was approved by the City in October 2019 and construction activity has begun. The estimated opening date for the new store has not yet been established.

Other Trainyards Developments/ Industrial Avenue Issues.

- The new office building at 405 Terminal is now fully leased with Public Services and Procurement Canada (PSPC) as the new tenant. Occupants are expected to move in by early 2020.
- The Healthy Planet store (located next to Urban Barn) opened in the fall.
- The project to construct a five-story Dymon Storage facility at 851 Industrial Avenue is expected to be completed by spring 2020.
- A proposal was received to build a one-story retail outlet at 564 Industrial – across from the CIBC Bank – on a site currently being used to store new tractors.

Light Rail Construction Related Issues

With the Light Rail system now opened, the RPCA Board will continue to monitor the effects on commuters using local bus route, public transit ridership capacity, and emergency contingency planning. The Board has already contacted the City to ask for an increase in the number of bike racks at Hurdman Station and to stress the importance of maintaining the trees next to the station. Concerns associated with LRT operations (including platform safety, lack of down escalators, and poor bus connectivity) at Hurdman and elsewhere along the system have been shared with Councillors.

Tim Horton Lease Renewal

Over the summer, the Tim Horton's in the Alta Vista Shopping Centre, applied for a 21-year lease extension. The application was approved in August by the Committee of Adjustment, despite concerns raised by local residents and the RPCA Board and even though staff had acknowledged that the drive-through was non-conforming with existing

regulations and would not have been approved if it had been presented as a new proposal in 2019. Residents were advised by City staff to take their concerns to the Councillor.

Several local residents submitted comments to the City expressing concerns about allowing a problematic and unsafe traffic pattern to continue along Dorion Avenue (cars blocking street and sidewalk, near misses with pedestrians and cyclists) and that facilitating the drive-through undermined City efforts to address the climate change emergency as it leads to idling and more greenhouse gas emissions. Residents noted that the safety concerns increase during the winter when icy conditions on sidewalks often force pedestrians to use the road and when Dorion is narrowed due to snow banks.

The Board has reiterated its concerns to Councillor Cloutier and continues to explore possible measures to address the situation and reduce congestion and blockage of the street and sidewalk.

Pedestrian and Cycling Connections

Following an invitation from the RPCA, earlier in 2019, Councillor Cloutier provided the Board with a summary of the follow-up study on the multi-use pathway (MUP) overpass between Terminal Avenue that links the Via Station/Light Rail Train (LRT). This link would 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). It is part of the City of Ottawa's long-term Cycling and Pedestrian Plan network. The overpass has been backed in principle by local elected officials from all levels of government, as well as the RPCA Board. It also has had support from senior officials from the Ottawa Champions Baseball Team and Controlex (Ottawa Train Yards).

The RPCA Board had requested that Councillor Cloutier share the copy of this new report (as he had provided the initial report conducted by Parsons a few years ago), and had asked to be included in future meetings with stakeholders regarding this overpass. The Councillor indicated that since the study was partially paid for by Controlex

CONTINUED ON PAGE 41

RIVERVIEW PARK PRESIDENT'S REPORT

'Welcome to the Winter Wonderland'



BRYAN ORENDORFF
RPCA President

Happy New Year everyone! I hope you enjoyed our latest Riverview Park Community Association (RPCA) event: the Carol Sing at the Cancer Survivors Park. While many have since expressed concerns about snow clearing on the pathway from the park toward Hurdman Station, the event itself was held without any snow to speak of on a rather warmer than usual December evening. We had almost 30 people show up, light some candles, and join us in song for quite a festive experience. And what's more, we managed to gather even more food donations than we did last year to bring to our local food bank at one of its neediest times of the year. So, thank you to everyone who participated as well as to our great organizers and if we don't see you all there next year, I hope you will help us out by providing a food donation.

Next on our events calendar is the Winter Carnival. Always a popular afternoon, it is scheduled for Sunday February 23rd (see our ad in this fine paper for details). For those who have not been to it before, the Winter Carnival is something of a celebration of winter fun as we try to embrace the possibilities of the winter outdoors. There is skating, a shoot to win competition with prizes, hot

chocolate, marshmallow roasting on an open fire, and games for the younger ones to have fun and win prizes. It is also a generally well-attended event by our local leaders, so if you are interested in shaking hands and learning more about their plans for 2020, this is a great opportunity to stop by and ask a few questions.



This year, we also applied for City of Ottawa events-based funding to help us out and make the event bigger and better. Sadly, we didn't get it, but I remain undeterred and am convinced that bigger plans mean greater chances of success. So, if you have ideas or are good at writing funding applications, I'm looking to hear from you on how we can increase our chances next year to help continue to grow this fine event into something more and more of our fellow community members can enjoy.

For those looking for news from this column, it has been something of a quiet couple of months. Even planning and devel-

opment has slowed down a little. The dominant story for the community over the last half year has been the arrival of rail and all the adjustments that have needed to be made, both to our commuting lives as well as to the system itself to bring it to where people expected it to be. And as we enter the system's first winter, it continues to make the news. Like it or not, it is the largest project in this city's history and it is in the process of having an impact on everyone (hopefully a net positive one). It is also a frequent topic of discussion for the RPCA. If you have any concerns about the system, please reach out to us and let

We don't turn anyone away and I'm happy to say that quite a few people have asked me about opportunities to help. Thank you all so much. I also mentioned that we will be making a monthly volunteer opportunities list that we will send out to everyone in our newsletter as well as have it posted to the website. I'm pleased to report that this has launched! If you are looking for a place to volunteer your time, look no further than the RPCA website for volunteer needs.

While I would certainly prefer to have RPCA volunteer needs filled, this initiative is for the community and not just the RPCA. As such, I encourage everyone in the community in need of a little volunteer help to reach out to us to have your monthly volunteer needs included on our list. Maybe this is an event, maybe this is helping out as a crossing guard, maybe this is helping out with the Neighbourhood Watch; or maybe this is something smaller like helping to clear a driveway once in a while or maybe to help someone get to an appointment. Maybe it is simply to coordinate the monthly volunteer list for the RPCA? We all have an ability to help and we all have the desire to help those in need and strengthen our community. Together, let's see what we can do.

--- For more information, check out our website at www.RiverviewParkca.com, drop me a line at bryan.orendorff@rogers.com with your questions or thoughts, and/or come to our next RPCA Board meeting on February 12th.

CONTINUED FROM PAGE 40

– the Trainyards developer - Controlex permission was needed to share the report. The Board has contacted Controlex several times to ask for a copy of the report, but a response to these requests still had not been received at the time this article went to press.

The Board continues to press for better winter clearance for sidewalks and paths, including the City-owned portion of the path through Cancer Survivors Park just west of the area cleared and maintained by the Ottawa Regional Cancer Foundation (Maple-soft-GumDocs Centre).

Elmvale Acres Redevelopment Work started in September on Phase 1 of the RioCan redevelopment at Elmvale Acres Shopping Centre and is expected to be completed by fall 2021. It will feature a new 9-storey, rental residential building at the corner of Othello Avenue and Smyth Road, on the site formerly occupied by Kelsey's restaurant. Phase 1 includes the addition of a long-anticipated right-turn lane from Othello Avenue onto Smyth Road that should improve traffic flow

Official Plan Issues

The City of Ottawa is currently in

the middle of the exercise for its next Official Plan. RPCA Board members and others have provided input on several aspects, including a call to remove from the Official Plan the remaining links of the AVTC (from Conroy to the Hospital Link and from the Link across the Rideau River to Nicholas Street).

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 krppi1415@gmail.com. For more information on this and other activities in Riverview Park, please see the RPCA website at www.riverviewparkca.com or email the RPCA at riverviewparkca@gmail.com

Skating under the stars

by Denis Poitras

Since my last article was about recreational skating in comfort, I decided to give you a list of outdoor skating areas that will certainly charm you and your family into enjoying the outdoors even more during this winter season. When I started researching, I was so impressed by what this city has to offer that I soon discovered there could be no reason for you to say, "Where do we go skating?"

First and foremost, Ottawa is privileged in having the longest skating rink in the world at 7.8 km and it's FREE. It is the historical Rideau Canal where one can spend hours of skating, weather permitting, on a frozen ice rink that will allow you to be charmed by what this city has to offer. Once you start skating, there are resting places all along the canal that you can take a break, have a coffee or even a hot chocolate. By the way, do not skate the canal without eating a beaver tail. That alone will become a family tradition.

If you like historical settings, there is also the Governor General's Ice Rink which is an outdoor skating rink that was originally built in 1872, during the mandate of the Earl of Dufferin, Canada's third governor general. Not only is the rink an historical venue but it is located in a beautiful setting which is part of the grounds of Rideau Hall. It has refrigerated ice which provides a great ice surface, weather permitting.

There are other places in the city that have refrigerated skating rinks and are often in great condition depending on weather conditions. The most popular one for visitors and downtown neighborhoods would be in front of City Hall, called The Rink of Dreams. While at City Hall, you can also



visit the Ottawa Sports Hall of Fame, Art Galleries and the Barbara Ann Scott Gallery.

If you drive south from downtown on Bank Street towards the Glebe, you will find The Lans-

downe Skating Court where you can also enjoy, as well, multiple restaurants and shopping.

Near the Canterbury Community Centre, you will find The Jim Tubman Chevrolet Sens Rink which is more in the Alta Vista Community. And, of course, there is The Ben Franklin Rink on Centrepointe Drive in Nepean.

If you wish an out-of-this-world experience, you can skate in the forest, as it is a growing trend in the countryside. The sites are independently owned and there is a cost to be able to skate on these properties.

One is River Oak Skating Trail in Metcalfe which is considered Ottawa's premiere skating trail, with a 3 km outdoor rink through an orchard, forest and meadows and it's only 30 minutes from downtown Ottawa. Then travelling east, there is Countryside Adventures which is located in Moose Creek. It's a place where you can skate through



3 km of forest as well as snow shoe or cross country ski. On the Gatineau side, there is skating through the forest in Lac des loups (about 45 minutes from Ottawa). Here you can skate, walk through specific paths through the forest or snow shoe as well. There is also a cottage where you can go in and enjoy a hot beverage and relax among friends.

Lastly, if these places are a little too far for your liking there is certainly a rink in your neighbourhood. You can go check them all on the city of Ottawa web page at the following address: ottawa.ca/en/recreation-and-parks/skating/outdoor-rinks#outdoor-rink-locations You should be able to find one among the 250 or more outdoor skating rinks in Ottawa.

Winter can be an exciting time of the year. We need to get out and have fun doing one of our favourite Canadian sports.

If you need more information about the rinks mentioned above, just Google the venue that has caught your attention and you will find all the information you need on what they have to offer.

Denis Poitras is a Fashion Designer working out of Figure 8 Skate Specialists located at 380 Industrial Avenue, and one of these days or nights you might just find him out skating under the stars as well.

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Out goes Pig

In comes Rat



Can we take better care?

In the tradition of feng shui (wind/water), Rat is the first animal in the twelve-year cycle of the Chinese zodiac. The Jade Emperor sent out an invitation to come to his party. He said that the positions in the zodiac would be decided by the order in which the guests arrived. Rat tricked Ox into giving him a ride. Then, just as they got there, Rat jumped down and landed ahead of Ox.

This resilient and resourceful creature has spread far and wide with our help.

Most people see Rat as less than admirable, but in Chinese culture, he is a symbol of wealth and plenty. Because of rats' reproduction rate, couples would send him their hopes for conceiving children.

Rats are quick-thinkers, clever, persistent, and successful. Many people believe that they are content with living a quiet and peaceful life, but I wonder. I imagine them scurrying around and restless in perpetual motion.

How do I compare to Rat!?

I want to be able to slow down, get out of the rat race. I wonder whether rats ever just laze about and relax, not like us who are forever yakking, checking emails, podcasts, and to-do lists, consuming and keeping our noses to the smartphone.

There are many things of concern for me and I wonder where to start. There are many behaviors and habits to change and improve, to worry less and stop dramatizing!! A single mosquito in the evening or my own inner thought can trouble me more than anything else in the whole world. Sometimes my mind can get caught like on a Ferris wheel. But the wheel is not real, and I have to stay off, otherwise I will find no peace.

The following are some real issues for me:

Just one 'Ding!', and I drop every-

thing, and pick up my phone, jumping at my little genie's command. It is the cause of much depression, anxiety, and stress, as I can be so engrossed with it, constantly texting and reading lots of useless information and false news! Checking and wondering how my cyber space is so empty or too full. Can I step away from it and give the phone a rest?? Do I dare to turn it off for a day?

How did I ever manage in the days of land lines? What did I miss?

Here is something else:

I am very concerned about our environment, global warming and such. I worry and yes, I start to panic a little. Surprisingly, there are still doubters, unconvinced by the scientific evidence. Why, why?? I question this. They are very much like the frog in the Zen story, living in the deep well and knowing nothing of the wider world. Hopefully for us we can look beyond our immediate time and surroundings, and see the world burning like Rome and now Australia and the rain forests of South America.

If we make the Earth uninhabitable, can we go to Mars??? Earth, as it is, is essential for us, no matter how big our bank accounts are, or however black is the bottom line of financial balance. Let us and our political leaders see the future more clearly.

I would sorely grieve the decline of my planet Earth. Will there be lakes to swim in during my summer camping trips, and to fish in for my friends who really love it. Could I just step out and breathe in the fresh, cool air on Mars?? I say PLEASE NO to those who would deny me this small human joy. I will not be going to Mars, I can only be happy here. I would like to keep my precious Earth beautiful for my grandchildren and their grandchildren to enjoy!

Instead of trying to grab more and more, let us all pitch in and take good care of what we have. Let us not be as Joni Mitchell sang '...they paved paradise and put up a parking lot...'

Another thing.:

Do we really need to start up a modern car on a cold winter day long before we drive it away?? I have questioned some who warm up their vehicles like that. Usually they say that it is better for the engine. Maybe they just want to warm up their seats! Or to justify the remote starters that they paid a lot for. Convenience, comfort



and the bottom line. To hell with greenhouse gases? Owner's manuals say to warm the engine just long enough for the RPMs to drop. That is what I do.

And this:

We are faced with much misleading information and false news. We need to be aware. I remember during my Canada citizenship ceremony, ages ago, the judge

cautioning me to keep an open mind, to listen to the news on more than one channel, and to read different newspapers. I remember that, and I do it. We get many different channels on Youtube from different countries in English language.

Look. Listen.

Critical thinking is important, observing and checking things out for myself to get the complete story and not some second-hand hearsay. I need to look at both sides, like the YingYang symbol, '... the ink is black, the page is white...'

To enjoy my only life I need to find a balance. I look for times of silence and stillness, as when I practice my Tai Chi, to reflect on events. I usually find it best early in the morning or on my thirty-minute walk to our dojo. Wonderful new ideas often come to me. Bad health would eventually come from being constantly striving and never contemplating.

There are different approaches to life. Mine is to do simple things I

love and savour them as long as possible. Aikido. TaiChi. Gardening.

When I practice Jiseikan Aikido, I have to be constantly observing, sensing how my partners react. Then I can apply appropriate strength and proper technique. My balance of focus and awareness must ebb and flow, sometimes more yielding, Ying, sometime more force, Yang. Give and take. Blend. Follow. Do not resist. Then force

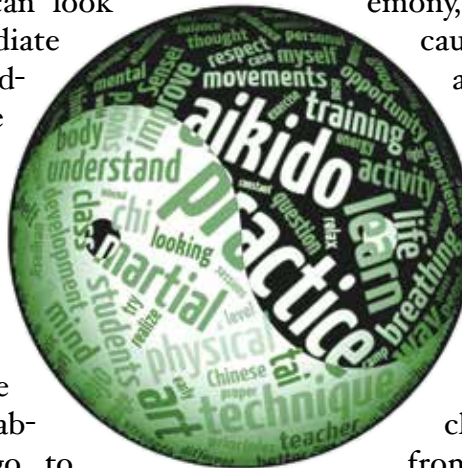


will disappear by itself. In this way flexibility overcomes power.

At the dojo, we have lots of small plants in little pots. I have to be aware and remember to water them. Otherwise they will die. With constant love and care, they reward us with beautiful flowers and fresh green sprouts in spring. It is like they are singing with joy

Try this: go hug a tree. It won't hurt your mind, touch it and feel it, it is full of life.

*To you and yours,
All the very best
for a wonderful new year
Enjoy!!*



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Story and photos by Geoff Radnor

Just a few minutes drive along Innes Road, close to the huge Costco warehouse and the large Home Depot store and tucked in next to the NUVO Mexican restaurant, is the Ottawa home of the Steinway Piano Gallery.

Over the years, as a regular customer of Home Depot, I have driven past this piano gallery many times, but one thing finally made me stop by and go inside.

I am not a piano player and I do not know the difference between an A Flat or a B Minor, but I do like to listen to music.

The one thing that came to my attention one day as I browsed the internet was the Young Performers' Club of the Steinway Society of Canada. As a music lover it really caught my interest. I decided to drop in and see what it was all about. Well they sure have some nice pianos on display.

I met Rebecca Bourke who told me that the huge Steinway Grand Model D on show was worth about \$250,000. I asked if there was something in my price range? Sure thing, how about the Essex model for about \$8,000? That is only about one third of the cost of a basic new car today. There are digital pianos too and they are comparatively tiny. I told Rebecca that I would continue to listen to music on YouTube using the speakers connected to my computer.

Rebecca, one of the three staff, then told me more about the young performers. But she also told me about the Adult Music Sharing program that Steinway has. Anyone with an interest in playing the piano can join; they meet once a month, for maybe some private practice, some music sharing and just conversation, all without charge. She said as well that the next meeting of the group was the following morning. I decided to join the group as a non-participant observer.

When I arrived at 10 a.m. the next morning I met Jennifer Messer, the manager of the Steinway Pi-

Live music is close



The Model D Grand Piano



Playing the \$250,000 Steinway

ano Gallery. She said that the business is thriving with so many people in Ottawa wanting to have a piano in their home. Prospective buyers can come and try out the various models on display. I was told that

each piano has its own distinctive sound, so you have to pick the one that you think will match your style of playing and your budget.

There were eight people at that day's session. One regular member is Malcolm Gillis who comes from Brockville every month. He is a piano teacher with many students in Ottawa. His students range from 6 up to 83 years of age. Another was 70 year old Jeff Hurtig, a retired doctor living in Ottawa and it was only his second time there. He played a piece by Rachmaninoff.

There was a lot of conversation about 'the how' to play a piece of music and they all used the Steinway Grand Model D! Coffee and cake were available before departing. So if any reader is seeking a place to meet and talk to others who play the piano this is the place to be. Contact Jennifer Messer at 613 842 8388.



Malcolm Gillis drives in from Brockville



Jeff Hurtig playing Rachmaninoff



Jennifer Messer is Manager of Steinway Piano Gallery



Chris Ellis

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Reducing our use of plastics

by Geoff Radnor

My 11 year old granddaughter received, what I thought would be, a useful Christmas present. She likes to use the kitchen and decorates cup cakes and she likes to show off her work. She also likes whipped cream.

In one of the most unlikely stores for such things I came across a hand blender. I thought, "Just right for her to play with in the kitchen". All parents and grandparents must remember these. They were common prior to the invention of the electric-powered multi-speed machines that we use today.

The model that I found was fairly advanced as it had two speeds. However it was encased in rigid plastic packaging with a cardboard backing. To save the agony of ripping it from its packaging on Christmas morning I thought that it would be easier if I did it prior to the 25th and then wrap it in festive paper and put it in a nice gift box.

Using a sharp knife it took me almost 15 minutes to open up the packaging, barely avoiding slicing my fingers in doing so.

There is much talk today about getting rid of single use plastics. Here was a fine example. Another one is the Lego Frozen II toy that features a princess, animals, birds and mini dolls. It is made of 521 separate bits of plastic, it was one of the best-selling Christmas toys, and fans of the movie on which it is based will surely spend several hours of magical, creative play with it. How long will it be played with before it is considered "last year's" and disposed of? Where will all that plastic go?

Those thin plastic bags on rolls that are in the fresh fruit and veggie departments in our grocery stores are the ones that have made the news recently. It is the one thing that many environmentalists find easy to do, refuse to use those free plastic bags. "No More Plastic!" Some of the largest supermarket chains are considering elimi-



nating them or reducing their use, some charge us five cents for a bag. My local Farm Boy in Train Yards still uses a lot of plastic bags. Moreover these bags do not go into the plastic and metal recycle bins, they go into the garbage and, I am told, never deteriorate. We all hear stories about where these plastic bags end up, polluting our rivers and oceans, endangering wild life and micro-plastics have been found everywhere. The problem with these plastic bags is the "one use" type.

If we had a strong plastic bag that we could re-use for many trips to the supermarket it would be better for the environment than even the single use brown paper bag. The paper bag is made from trees and we want to keep trees and plant even more, maybe we can plant a million more trees this year, it is good for the environment. The paper bag

uses a lot of fossil based energy in its long production process from a tree to the bag at the grocery store. Overall the brown paper bag is not good for our environment.

Besides the packaging on my granddaughter's whisk, and along with the Lego Frozen II, almost all the toys given as Christmas presents consist of plastics of one kind or another. Where do plastics come from? They are a bi-product of oil. Isn't that the nasty stuff that is partially responsible for climate change?

Mr. Leo Baekeland, a Belgian, who became an American citizen, invented the original plastic *Bakelite* in 1909. There has been a lot of plastic made since then.

In Ottawa our used plastic bags go in the garbage. The city dumps its garbage in the Trail Waste Facility Landfill on Moodie Drive, not far from the Jock River that flows



into the Rideau River close to Manotick. It opened in 1980 and it has grown in size, as has the city.

Ottawa's population is now over a million, an increase of 85% since 1980. The forecast is that it could increase to 1.3 million or more in 15 years time. Will there be room for all the plastic garbage in 2035? Will the Trail Road Facility be surrounded by newly built suburbs and will those households be producing even more plastic waste?

Those big black garbage bags that go out to the curb for collection each week end up at the trail road facility too. What can we use instead? Or can we just put our garbage into those rigid plastic containers that get blown around when they are empty? Maybe it would be better if we used the metal ones, they can last for years, however they do show their age by the number of dents and with no lids.

It is up to us all, as individuals, to decrease the use of any product that is partially responsible for the state of emergency that was declared by Ottawa city council in April 2019. That emergency was the flooding that affected many homes close to the Ottawa River. Were those floods the result of the effects of climate change finally reaching us here in Ottawa? Was the city's emergency a Climate Emergency? Did plastic bags contribute?

INTERESTING CANADIANS

Yes, Canada has had its tsunamis

by Bruce Ricketts

When we think about tsunamis, we normally think about SE Asia countries like Indonesia or India. We do not generally think about them happening in Canada... but they do.

On 18 November 1929, a large-scale earthquake rocked the east coast of Canada. The quake, in parts of the Burin Peninsula, the long strip of Newfoundland which juts down and out into the Atlantic Ocean, villages like Lamaline, Lord's Cove and St Lawrence, spilled dishes from the cupboard, rattled windows and generally scared the local population. To the north east, in the capital city of St. John's, the people thought that there had been an explosion somewhere. But the earthquake was only a setup for the devastation that awaited the locals in the Burin.

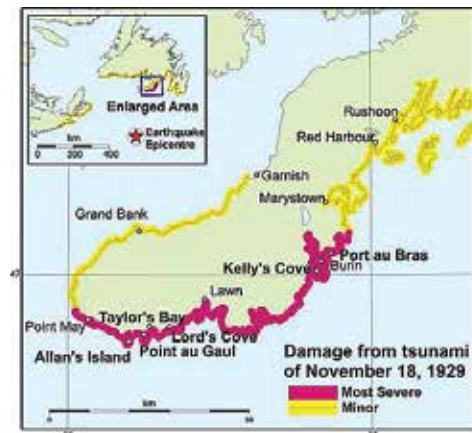
Let's step back a bit to explain some of our terms. An earthquake occurs when two subterranean land masses move against each other. These masses are called "tectonic plates". Earthquakes are not unusual in Canada. Eastern Canada has about 450 of them per year, most minor (3-5 on the Richter scale). The one that rattled the Burin Peninsula was a magnitude 5 or 6.

When earthquakes happen on the ocean floor a secondary problem can occur. The slopes of subsurface mountains can slide. And when they slide, they can cause waves... big waves... called tsunamis.

Within 3 - 4 hours of the quake the harbours of the villages on the Peninsula began to empty out. The water was receding. As interesting as it would have been to watch this phenomenon, it was also a major warning sign of a tsunami. It was time to move to higher ground. Unfortunately, not everyone was aware of the impending danger and when the 20-30 metres high wave hit, it destroyed homes and businesses and took the lives of 27 persons including 15 children. Some homes were carried away intact with people inside. They were the lucky ones.

One store was moved 60 metres inland and deposited in a meadow, with all its stock left intact.

People took to the remaining



Bay on the west coast of Graham Island where the crest was reported to be more than 5 metres above the highest normal tide. Although damage along the coast was widespread, most of it occurred at Port Alberni.

To reach Port Alberni, the tsunami had to travel 40 kilometres up Alberni Inlet. The inlet served to concentrate the energy of the wave. The first wave arrived about 4.5 hours after the earthquake. The wave rose 2.1 metres above the normal tide level, causing some flooding. When the wave receded, the water from the harbour drained, leaving fishing boats on the bottom. Two hours later, the second wave arrived, raising water levels 4 metres above the normal tide level. It was this second wave that caused the damage.

As the waters rose, boats were torn from their moorings and piled logs were picked up and added to the destructive force of the gigantic wave. Telephone poles were snapped, and homes floated one kilometre up the Somass River. People reported simply opening the doors and letting the water wash through their homes. Silt was deposited in many of the flooded homes. Cars and boats were strewn about and 69 homes were damaged. Approximately \$2.5 to \$3 million (\$18 to \$23 million in current dollars) in damages were inflicted on homes, businesses, and industries.

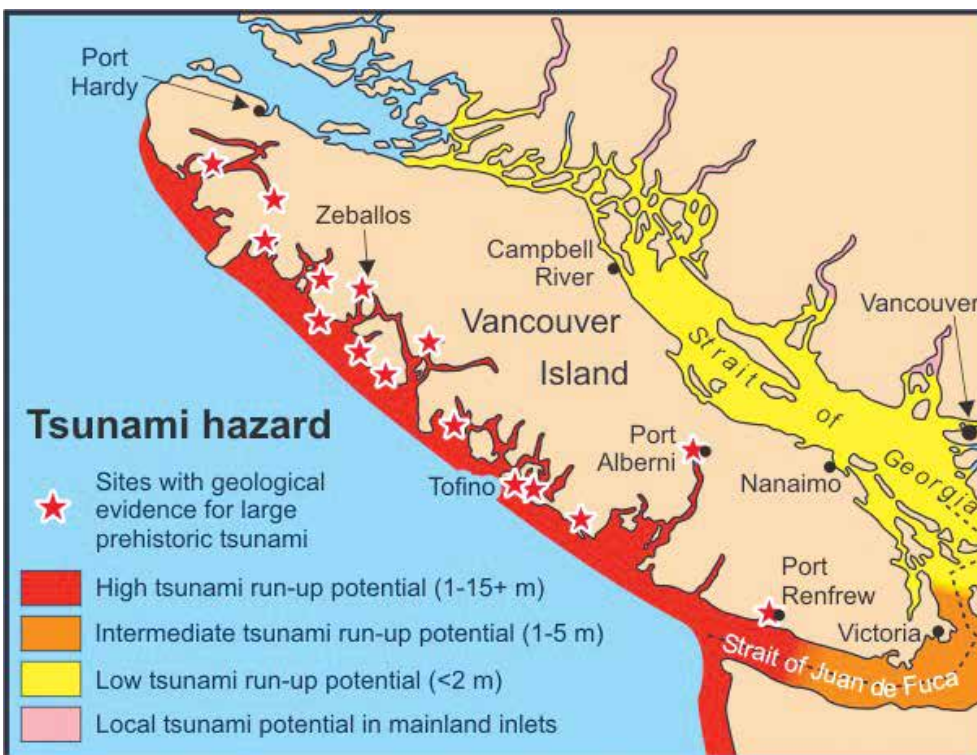
Luckily, in this western tsunami, there was no loss of human life.

Who says Canadian history is boring?

Bruce Ricketts is a historian, researcher, and author.

Readers are invited to suggest topics for his column at:

bruceericketts@gmail.com



boats in search of survivors hanging to debris or trapped in floating homes. A kerosene lamp burning in the second-floor window of one floating house led rescuers to a sleeping baby, whose family had been drowned on the first floor. A man, swept to sea, swam to another floating house only to find it was his own. The house was later towed back to shore and replaced on its foundation.

In addition to the loss of lives and property the wave also tore up the seabed resulting in a disruption in fish stocks, a staple in the diet and employment of the locals.

Unlike Eastern Canada, Western Canada, especially British Columbia, is very familiar with the rumble of the earth.

On 27 March 1964, North America suffered its strongest earthquake of the last century. The result became known as the Great Tsunami of 1964. The epicentre of the quake was located 1300 kilometres north of Prince Rupert, British Columbia, off the coast of Anchorage, Alaska. The quake, which registered 8.5 on the Richter scale, heaved up a section of the ocean floor 15 metres. The energy released by the earthquake was equal to 32 million tonnes of TNT exploding. The resulting tsunami wave generated by the earthquake travelled across the Gulf of Alaska at speeds of up to 720 kilometres per hour. The tsunami struck the Canadian West Coast near the time of high tide. The highest wave was at Shields

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Lullabies and Adagios: the Mozart Effect

by Brian McGurrin

I read somewhere that lullabies, or cradle-songs, may be found in every culture, which seems quite plausible. We know that music has an emotional impact, and we appreciate the fact that some types of music may distract or relax a restless child (or, for that matter, a restless adult).

There are many traditional cradle songs that we heard from our parents and grandparents, and passed on to our own children and grandchildren. One of the most familiar of these lullabies is *Rock a Bye Baby*:

*Rock a bye baby on the treetop
When the wind blows
the cradle will rock
When the bough breaks
the cradle will fall
And down will come baby,
cradle and all.*

This seems a harsh message to be crooning to infants. Where did it originate? Nobody can say for sure. The website *Songfacts.com* attributes the song to “traditional” sources, meaning that it was anonymously handed down from one generation to another.

We know that the first printing of *Rock A Bye Baby* was in 1765, in a book titled *Mother Goose’s Melody*, and that, surprisingly, it included at that time a stern footnote aimed at adults: “*This may serve as a Warning to the Proud and Ambitious, who climb so high that they generally fall at last.*”

Would anyone, especially a parent, place a baby’s cradle on a windy treetop, or attach it to a weak branch that might break? One theory proposed to explain the homicidal lyrics is that the cradle signified the Stuart monarchy of 17th century England, and that the birth of a male heir to the Roman Catholic King James II was an event which precipitated the “Glorious Revolution” of 1688.

Hush Little Baby is another familiar lullaby with perplexing messages:

*Hush, little baby, don’t say a word.
Papa’s gonna buy you a mockingbird
And if that mockingbird won’t sing,
Papa’s gonna buy you a
diamond ring...*

And so on, for many verses. As this lullaby progresses through various impractical paternal purchases, including a looking glass and a billy goat (!), one may be excused for asking why the baby is not being offered something more immediately useful. How about, *Hush little baby, if you need a tipple, Mama’s going to give you a milky pink nipple...?*

The obvious answer is that infants do not attend to actual mes-



sages in the lyrics of lullabies and therefore neither do adults. Irish mothers discovered this long ago and adopted the generic (and soothing) *Too-ra-loo-ra-loo-ral, Too-ra-loo-ra-li, Too-ra-loo-ra-loo-ral, that’s an Irish lullaby*. It seems that almost any non-percussive, non agitated music will suffice, especially if lovingly accompanied by smiles and cuddles and rocking.

In 2001, a classical musician named Don Campbell published a book titled *The Mozart Effect*, summarizing some recent research in music therapy applied to children with dyslexia, attention-deficit-disorders and autism, and promoting the idea that babies exposed to classical music would end up smarter, and that soft and soothing music would have a beneficial impact even during the prenatal stages of development.

It’s not surprising that music publishers were quick to take advantage of these notions, and started appealing to conscientious parents-to-be, urging them to give their babies the benefit of the so-called Mozart effect by purchasing specially packaged music programs and playing them for their little ones in utero. For one example, in 2003 one publisher issued an album titled *Lullabies: from Nature’s Nursery*, which included *Frere Jacques (are you sleeping?)*, *Twinkle Twinkle Little Star*, and a quite ghastly version of Debussy’s *Claire de Lune*

with annoying sounds of chirping crickets.

Another set of recordings was titled *Piano Classique pour Bebe*. The full title in translation reads: *Fifty Piano Classics for Babies: The best of soothing music for children, for a relaxing pregnancy, for playtime, or for bedtime and restful sleep*. It covers all the bases, including dozens of soothing classical selections in adagio tempos by Bach, Beethoven, Mozart and many others.

Many of the great classical composers created cradle songs; the Johannes Brahms lullaby is still widely popular. The Brahms and Schubert cradle songs both had the Germanic title “*Wiegenlied*” [derived from the German *Wiege*, meaning *cradle*, and *Lied*, meaning *song*.] The Chopin and Fauré and Tchaikovsky cradle songs were all titled “*Berceuse*” [from the French *bercer*, meaning *to rock*].

I seem to recall that in the fall of 1937 when I was still curled up in my mother’s womb, I was impatiently waiting for the big day of the delivery. There’s not much leg room in there, and not much doing to occupy your time; but by the 24th week I had already grown a cute little pair of ears, and I was hoping to hear some beautiful selections such as Bach’s “*Arioso*” or maybe the *Adagio Sostenuto* movement from Beethoven’s “*Moonlight*” *Sonata*.

I now perceive that my intellectual development was not much enhanced while listening to my dear mother’s favourite 1930s soap operas like *Pepper Young’s Family* and *Young Doctor Malone*. The evening radio programs were marginally better, some of you may recall the *Lux Theatre* and *Fibber McGee and Molly*, but of course those programs were way past my bedtime. I was very young at the time... actually not even born yet.

Okay, I’m being silly, and I don’t really know if the *Mozart effect* is fact or fiction, but I don’t see anything silly about exposing infants to the music of Bach and Mozart and Beethoven. In fact, I heartily recommend it.

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Malcolm and John Harding

Comparing our LRT with others

by Geoff Radnor

Our brand new LRT is in operation. It is our city's second foray into public transport by rail. The smaller Trillium line was the first but technically it is not "light rail". I will not bore readers with the various definitions of light rail.

As our regular readers have learned from previous articles in this paper, Ottawa had a thriving public transport system starting with horse drawn cars, followed by electric trams. Things have changed over the years. The electric trams finally finished in 1959 with the introduction of diesel powered buses. So now we are back to electric power, but trains not trams.

Ottawa is a fairly new entrant into the long list of cities that are using trains to move people. Statistics vary but in 2018 about 75% of workers in Ottawa got to work by car/truck/van. How that number will change will depend on the enthusiasm with which commuters will take up riding on the LRT. Initial response is mixed. Environmentalists will want 0% of commuters using cars, vans and trucks to go to work by 2050. There will be a lot of empty roads.

In an earlier article we described how the very first Metro/Subway/Underground was built in London in 1863 using coal burning locomotives. Since those far-off days most cities around the world have built some kind of rapid transit system to make commuting easier and more "rapid". Actually, the city of New Orleans started a tram line in 1835 and it is still running today, and it only costs \$1.25 per trip.

There are almost 200 cities with metro transit systems. Finally Ottawa joined the club in September 2019. Another country, Viet Nam, is building its first LRT, in Ho Chi Minh City, so Ottawa is not the only city with a new metro transit system. The Ho Chi Minh line is also way behind schedule just like most systems around the world.

China has taken over the leadership in building LRTs of all kinds. The Beijing Metro has 394 stations and one day back in July almost 14 million people took a trip on the Beijing Metro, and we thought that our LRT was crowded! To ride on it, the fares start at 60 cents and for the equivalent of \$2 you can get a ride of over 100kms. Another system of similar size operates in the city of Shanghai, it also boasts of a high speed line that



The latest Beijing train



Vancouver's Sky Train



Ottawa has ordered seven of these Stadler Flirt diesels for the new Trillium line extension

reaches 160km per hour (which is fine if you slept in and want to get to work on time). There aren't many cities in the world that do not have an LRT of some kind in operation. There are almost 40 in China alone.

Here in Canada, Toronto and Montreal have large and ever expanding systems that some of us will be familiar with. Vancouver also has a light rail system called the "SkyTrain".

So how is Ottawa managing its initial steps into the light rail transportation world? We have heard many complaints in the media about all kinds of problems since

opening day way back in September last year. But how is it changing the daily travel habits of the residents of Riverview Park? Another question, is it worth the \$2 billion price tag?

The new LRT is not easily accessed by the residents of Riverview Park, so I fear that many residents will not change their mode of getting to work and many will still use their cars. Changes in bus schedules have not helped either. The east/west orientation of the LRT does nothing to lower the north/south traffic volume on the streets around us like Riverside Drive, Alta Vista Drive, Russell



New Orleans was the first city in the US to introduce rapid transit to the streets



Typical transport in the early 1900s



This is one of Ottawa's electric trams on Rideau Street.



Express Horse

Road and Industrial Ave.

It is my opinion that the initial LRT should have been a line from Orleans to the centre of Ottawa. With that established then the other option from Kanata would have followed. Then in the distant future the line from Manotick into town would have completed the system. But the line we have now does not go far enough out to the suburbs and its integration with the existing bus routes leaves a lot to be desired.

Some residents of Riverview Park are now taking twice as long to get to their offices in Gatineau due to the lack of transit integration. Surely this fault lies with the planners in city hall. Why didn't we see these deficiencies in the planning process?

Most Ottawa residents had no prior experience of using an LRT system to get to work, and we believed that the planners must have known what they are doing.

DEAR FRAN

Clivia and Streptocarpus – two favourite houseplants



FRAN DENNETT
dearfrangardener@gmail.com

Around 1968, I was introduced to seed catalogues. It was in the Dominion Seed House catalogue where I discovered *Clivia miniata*. The cost was \$40 in 1968 Canadian dollars. Alas, I could not afford it! About ten years ago a gardening friend was dividing her Clivia and asked if I would I like an offset. Yes!!! Mine has now grown so big I can return the favour and replace hers that died. This is why I like gardening, the sharing of what you grow.

Clivia miniata or Kaffir or bush lily is a member of the Amaryllis family and like the Amaryllis, Clivia has wide thick arching leaves that grow from a bulb. In South Africa, its native habitat, it is a woodland plant and can become large and about two to three feet tall with clusters of orange bell shaped flowers on a stalk. The normal blooming time is late winter but with patience and following the “rules” it may rebloom.

I almost gave up on my *Clivia* gift as it was not blooming. I placed it in a west facing floor to ceiling bay window that has filtered light in the summer and direct west sun in the winter, and there it sat for 4-5 years never blooming. Research indicated that to bloom, *Clivia* needs to be 2-5 years old and pot bound with roots coming out the bottom of the pot. My west facing window is very cool in the winter because of the cool air coming off the large window. By accident I managed to supply the three requirements to bloom: age, pot bound and cool for 25-30 days. My *Clivia* started to bloom and blooms every winter.

Tips for success:

1. Buy a plant that is 2-5 years old or in bloom.
2. Plant in a heavy pot to balance the weight of the plant as it grows.
3. Indoors- grow in a west window with protection or a north or east window.
4. Grow in a shady location outdoors for the summer (same as for Amaryllis).
5. Fertilize every two weeks with half strength 20-20-20 fertilizer, stop fertilizing by mid-September.

6. Bring your *Clivia* inside when the temperature dips below 12°C, and do not let it freeze. A cold garage will work, too. A cold period of 5-6 weeks is essential.
7. Do not water or fertilize between October and January and keep as cool as possible in your house. This is the critical resting period.
8. In late January start watering and warming up your *Clivia* and roughly two weeks later blooms should appear.
9. Repot when pot bound about every 3-5 years which gives you offsets to share.

The amount of fertilizer, strength of light and the degree of coldness and length of cold period all affect the size, colour and height of bloom stack.

If you are the adventurous type and wish your *Clivia* to rebloom you have to repeat the steps above and, of course, say your prayers that the plant will cooperate.

Once *Clivias* were only for the connoisseur plant collector. Google The North American *Clivia* Society (www.northamericancliviasociety.org) and other *Clivia* societies around the world for information on this beautiful plant or just to view the variations available on their website.

Streptocarpus or Cape Primrose

I saw my first Streptocarpus many years ago in England and was hooked. I bought my first one, a miniature, at a District 2 horticultural meeting. Later I found more at a greenhouse in Hawkesbury, and, I believe the Ottawa African Violet Society (www.oavs.org) has members that grow them for sale.

The genus Streptocarpus belongs to the Gesneriad family and is native to central, eastern and southern Africa, including Madagascar and the Comoro Islands where they grow on shady rocky hillsides or riverbanks. They are cousins of the African violets and require the same care.

Streps will bloom their hearts out when given the right conditions. They do not like direct sun,



Cape Primrose



Clivia miniata



but thrive grown in a north, east or a window with very bright light which makes them ideal for growing in apartments. The majority of Streps that you will find for sale are hybrids. The blossom colours range in purple, blue, rose, red, white and bicolor. The plant ranges in size from dwarf to almost a metre high.

The arching, dark green leaves grow in rosettes. As the leaves age, it is normal to have brown tips and edges. These leaves should be removed and discarded. Over time a Strep will fill the surface of the pot and need to be divided. To divide, remove from the pot and separate into individual small plants each with their own roots. Discard those that are old and tired looking.

Plant a baby Strep, with 1-2 leaves such that they have room to spread and they will fill the pot over time. The leaves are velvety and should not be watered overhead but set in a pan of water to which half strength balance fertilizer has been added. Streps rest during the winter when the days are shortest and

need no fertilizer and little water. In January when the days are longer, they resume growing and with regular fertilizing they will bloom abundantly.

My Streptocarpus lives on a window sill facing east and when in bloom may have twenty or more blooms depending on how generous I was with fertilizing. The Strep enthusiasts divide and repot their plants every few months. That is a lot of work. I would do mine when the pot is filled with plants and share the babies.

I recommend that you try my two favourite houseplants you will not be disappointed. As always I hope you find this information useful and enjoyable.

N. B. The Gloucester Horticultural Society is relocating to the Queenswood Heights Community Centre at 1485 Duford in Orleans and look forward to seeing you at our monthly meetings on the third Mondays. Our 2020 program is on our website at www.gardenontario.org/site/gloucester.

- Master Gardeners of Ottawa-Carleton (MGOC) check our website for gardening information <http://mgottawa.mgoi.ca>.
- To receive TROWEL TALK, our free monthly electronic gardening newsletter, contact: <troweltalkeditor@rogers.com> to be added to the list.
- Check out THE EDIBLE GARDEN, a monthly online guide for those who wish to grow their own food.
- Phone Help Line: 613-236-0034, Wednesday and Thursday only, 1-3pm. Year round.
- Email Help Line: mgoc_helpline@yahoo.ca

COMMUNITY BULLETIN BOARD

■ St. Aidan's Anglican

Church, 934 Hamlet Road.

Pancake and Sausage Supper, Tuesday February 25, 2020, from 5:00 to 6:30 p.m. \$10.00 adult / \$5.00 child under 12. Tickets are available by contacting the church at 613-733-0102 or staidans@bellnet.ca

■ Rideau Park United Church

2203 Alta Vista Drive, Activities and Events, February-March 2020. For more information, please call the church office at 613-733-3156 x229 (Mon-Fri 9am-4pm) or www.rideaupark.ca

Rideau Park's **Euchre Club** meets every Thursday, 1 - 3:30pm, until June. Join us for cards, conversation and fun. All are welcome. A small donation helps cover refreshments.

Tai Chi, Winter Session, continues on Tuesdays, 10 - 11am (new time) OR Wednesdays, 4 - 5 pm. Included are Yang style meditative movement and Qigong work for energy. Gentle Yoga is also on Wednesdays, 5 - 6 pm, with Yuko Suzuki (Drop-in: \$10). More info. & fees, contact: yukoswonder@gmail.com

Yoga Fridays continues through February & March. Two sessions. Gentle Mat Yoga (9:30 - 10:30am) increases balance and strength. Chair Yoga (11am - 12 noon) improves flexibility and balance for those with chronic conditions. (Drop-in: \$10). More info & fees, contact Marg Hillier, mhillier144@gmail.com

Rideau Park's **Valentine Coffee (and Tea!) Party** is Thurs. Feb. 13, 9:30 - 11:30am. Enjoy coffee & tea while choosing from the Bake Table, perusing the Potpourri Table and checking out the quilts. All welcome. Freewill offering.

Shrove Tuesday Pancake Supper: Tues. Feb. 25, 5:30 p.m. Hosted by the 28th Ottawa Scouts, with a menu of pancakes, sausages, veggies, & dessert. Tickets: Adults: \$10.00, Children: \$6.00, are available from the church office (M-F, 9-4) and at the door. Also a raffle for themed baskets with proceeds to the 28th Ottawa's trip to Poland this summer.

Rideau Park's **Harmony Club for Seniors 60+** monthly gathering is on Wed. Feb. 26. Lunch at 12 noon; register at the church office by Feb. 19. From 1-2pm, enjoy a talk by Nancy and John Durkee on their recent 5-week excursion to Italy. All Seniors welcome.

Community E-Waste Recycling Day: Sat. Mar. 14, 9am - 3pm. Bring your e-waste to the church, back parking lot, and Ontario Electronic Stewardship (OES) will recycle your used home electronics - old TVs, DVDs, computers, laptops, phones, etc. Divert toxins from the landfills. Proceeds to our Rideau Park Refugee Fund.

The Harmony Club for Seniors 60+ monthly gathering is Wed. Mar. 25. Lunch at 12 noon; register at the church office by Mar. 18. From 1-2pm, Tom Clarke describes the Guatemala Stove Project, a simple cement block stove with outside venting that can reduce wood consumption and indoor toxic smoke by about 50%, saving forest resources and people's health - an innovation with global implications.

■ Pacesetters Club

THINK SPRING! Put on your walking shoes and join others at The Pacesetters Club at Billings Bridge Shopping Mall. Women and Men welcome. Located in the basement of the Tower, northwest corner of the Mall. Low membership cost of \$10 covers our expenses. Call 613-521-6740 during open hours of 7:30 to 10 am.

■ Annual Shrove Tuesday Pancake Supper

At St. Thomas the Apostle Anglican Church, 2345 Alta Vista Drive (beside fire station) on February 25. Two sittings at 5 pm and 6 pm. Pancakes (including gluten free), sausages, ham, BEANS!, and ice cream. Adults \$10, children \$6, 3 and under free. Tickets available at Church office weekday mornings. 613-733-0336.

■ Blair Court Community Food Bank

(formerly Nativity Parish Food Bank) Now located at Blair Court Community House, 1566 Station Boulevard in Riverview Park. It operates every second week on Tuesdays 6:30pm-8:00pm and Wednesdays 10:00am-

11:30am. The food bank welcomes donations both monetary and non perishable food items. Healthy children's school snacks, boxed cereals and canned fruits are especially appreciated. For further information, please call 613-736-5058.

■ Art Lending of Ottawa

Art Lending of Ottawa will be held at the R.A. Centre (Outaouais Room), 2451 Riverside Drive (east entrance) on Saturday, March 14th from 10:00am to 4:00pm. 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.

■ Emmanuel United Church

691 Smyth Road, Bus route #55 For information, please call our office at 613-733-0437 (M-Thur. 8:30-4 pm) or visit www.emmanuelunited.ca. Services and Events for February and March, 2020

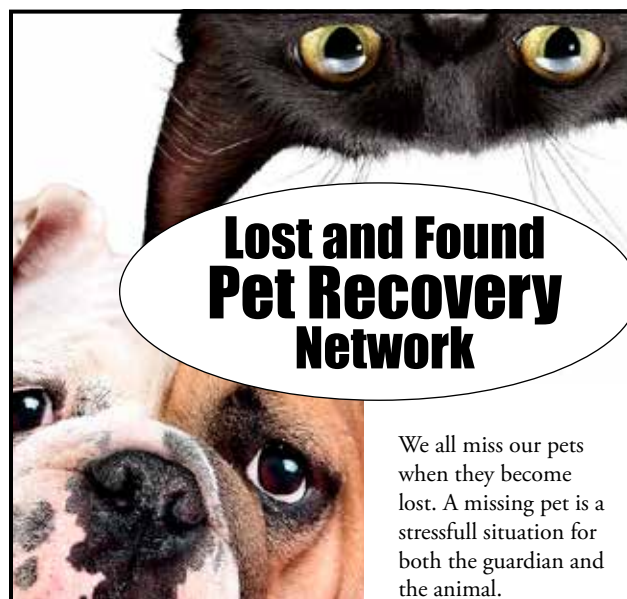
Sunday Worship at 10:00 a.m.: You are invited to attend our friendly welcoming service, with inspirational and challenging messages and wonderful music by senior choir and Emmanuelbells. And join us for coffee afterwards. We also have a children's Sunday school, a teen youth group and a nursery room. If the weather interferes, webcasts are available at emmanuelunited.ca/worship/webcast.php

Shrove Tuesday Pancake Supper: Tuesday, February 25, 5:00 to 7:00 pm. Join us for homemade pancakes and local fresh sausages. \$10 or \$5 for children 8 and under. Bring yourself, your family and your friends! Proceeds to the CD Camp Fund. For tickets call our office or ask at the door.

Ash Wednesday Service: Wednesday, February 26, 7:00 p.m. The Service will be led by Rev. Brian Copeland

Messy Church: Saturday, February 29, 5:00 to 7:00 p.m. Join us for Messy Church including crafts, games, dinner and a short worship. Our theme is "A Leap of Faith."

PIE Day: Sunday, March 15, 2020, after 10:00 a.m. service, join us for a film and some pie. Why PIE? PIE = Public. Intentional. Explicit. Those are the standards we hold ourselves to when we become Affirming. We honour the full inclusion of LGBTQ2SIA+ people in faith communities and beyond, with everyone across Canada!



Lost and Found Pet Recovery Network

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

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

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

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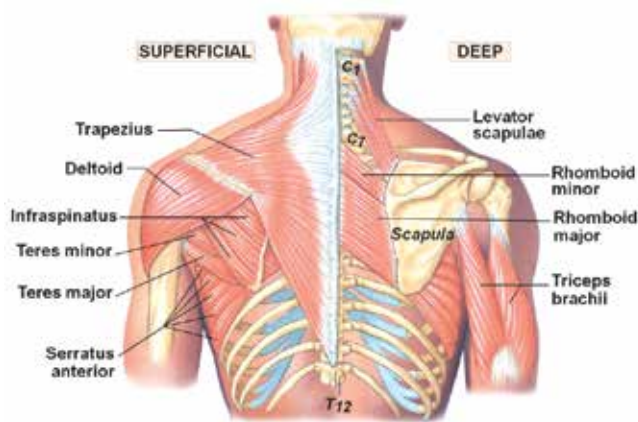
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by Susan Reive, Physiotherapist

Neck pain is very common, affecting many people both young and old. Whether the pain arises from an acute muscle strain or results from a chronic degenerative neck condition the pain can interfere with activities of daily living such as shoulder checking, lifting, reading, and sleeping. Thankfully most neck pain can be resolved with specific exercises. Physical therapy can be beneficial in the rehabilitation of neck problems.

Many structures in the neck can cause pain when injured. The neck or cervical spine is comprised of seven vertebrae which sit on top of each other. With the exception of the top two vertebrae, the vertebral bodies are separated in front by a disc. They are joined together at the back by two facet joints. The circular spinal canal, housing the spinal cord, runs down behind the vertebral bodies. Nerves traverse through a small hole at each vertebral level. The spine

Neck Pain



is held together by ligaments, the disc, and the surrounding muscles.

The cervical muscles attach the vertebrae together and can run up to the skull and down into the thoracic spine and shoulder blade.

Neck pain can be classified as acute, (lasting less than 3 months) or chronic (lasting more than 3 months). The most common cause of acute neck pain is a muscle strain or ligament sprain. A fall, carrying a heavy back pack, or physical exertion can strain the muscles. Chronic neck pain is usually a result of a sprain of the facet joints or disc. The facet joints can get sprained with poor posture. The classic "crick in the neck" syndrome results when people wake up feeling locked, having

slept on their stomach, and can't turn their head one way. When the facet joint gets overly compressed or conversely over stretched, the capsule will respond with pain and inflammation. Moreover, aging causes degenerative changes in the facet joint just like in a knee joint, making it more vulnerable to increased stress and strain.

Disc problems arise often when there is excessive load on the disc, often from repetitive heavy lifting or a torsional strain. The disc fiber tears and inflammation results. Sometimes the adjacent nerve root can get inflamed and compressed, causing pain radiating down the arm and possibly associated tingling down the arm.

Treatment is directed at restoring full mobility, reducing pain, improving strength and correcting poor postural habits.

With mechanical neck pain, there will be movements that increase the pain but thankfully there will be movements that reduce the pain. Exercise is a big component of the treatment. Acute muscle strains need to regain flexibility and strength. Chronic disc issues will usually respond to exercises which promote good cervical alignment such as neck retraction. Maintaining good posture places less stress on the spine. Keeping active is a good idea as prolonged positions, especially sitting, really aggravate the neck.

If you are experiencing neck pain, whether it is acute or chronic, physiotherapy can help teach you what to do and what not to do.


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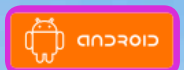
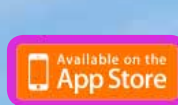
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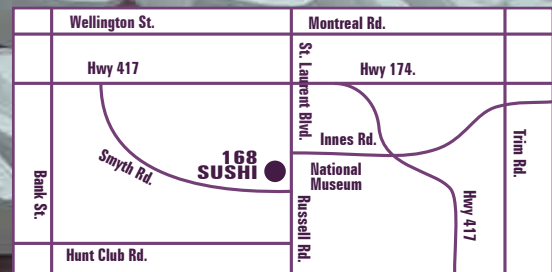
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