



JUNE 2014

A Voice of Riverview Park

VOL.6 NO.3



There's gold in them there trees!
Story on page 49
Maple syrup producer is Annalys
Photo credit: Jimmy Jamieson



Blair Court Community Safety Day
Story on page 19
Photo credit: George Kozoriz



Belfast closing: short term pain for longer term gain
Story on page 44
Photo credit: Carole Moul



Shoppers Drug Mart Step into Spring Gala
Story on page 15
Sara, Victor and Steven: We're having fun!! *Photo credit: Carole Moul*

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“We are the missing ingredient at Culinary Conspiracy”

by Carole Moul

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Continued on page 13



Becky had time to stop for barely a minute



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On holiday in the footsteps of Scott and Wordsworth

by Bill Fairbairn

What a treat in a two-week holiday! To meet an old pal whom I had

not seen for 64 years, to be near my home town watching seven-a-side rugby and to follow the spirits of two great British writers, Sir

Walter Scott and William Wordsworth. Not only that but to be reunited with 12 brothers and sisters who

came to welcome me home to the UK!

Continued on page 21



Review writer Bill Fairbairn, third from left, and eight of his twelve brothers and sisters in Britain



Abbotsford was the Walter Scott home that along with his publisher's folly nearly bankrupted the famous writer



Jedburgh Abbey seen from the town centre



Bill and Janina crowd together with Scottish cousins



Old pals Bill Fairbairn and Alan McKie toast their reunion after 66 years apart



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Are you ready for the World Cup?

by Maria CampbellSmith

The Global Game

At the turn of the 20th century, the popularity of football was spreading around the world. National amateur teams played it in the Olympics from 1900 to 1928. But it was in 1930 that the Fédération Internationale de Football Association (FIFA) and its president, Jules Rimet, staged the first World Cup Championship. Uruguay was the first nation to host the World Cup and also became the first champions, beating Argentina 4-2 in the final match.

Football claims to be the one, true global game. It is played on every populated continent and in nearly every single nation. Teams from Europe, South America, Africa, Asia, the Middle East and teams from island nations are equally passionate about the game. North Americans may call it "soccer" instead of football, but their skills and fan base are growing rapidly as well.

World politics have caused boycotts and World War II even cancelled World Cup tournaments. The costs and difficulties of international travel pose problems too. Still, every four years, all around the globe, football fans anticipate the drama and competition of the FIFA World Cup.

Who gets to play?

Nearly two hundred nations now enter to qualify for the World Cup. The qualification phase of games and rankings takes three years. Teams then play for the FIFA Confederations Cup (like a preliminary World Cup). The following year, the World Cup Finals involve a month of elimination games that culminate in the championship match. The whole process takes four years and builds fierce rivalries.

Originally, in 1930, thirteen teams competed in the World Cup Finals in Uruguay. From 1934 to 1978, sixteen teams battled in the Finals. That number expanded to twenty-four teams in 1982 and to thirty-two teams in 1998. Still, European and South American teams always seem to dominate.

To further encourage global participation and team improvement, FIFA president Sepp Blatter and UEFA president Michel Platini have recently proposed extending the number of national associations for the World Cup Finals to 40. This would

allow for berths earned through international competition and for several guaranteed regional berths to maintain real global representation at every World Cup. This idea frustrates "old school" football fans, but energizes new ones.

Winning the Cup!

Of the nineteen World Cups thus far played (1930 - 2010) Brazil has won a remarkable five times! (1958, 1962, 1970, 1994, and 2002) As the host nation for 2014, they also hope to win at home this year and make it six! Italy is another powerhouse, having won four World Cups. (1934, 1938, 1982, and 2006) West Germany, Argentina, Uruguay, England, France and Spain have also won the coveted trophy.

This year's 2014 FIFA World Cup Finals will run from June 12 to July 13, with 64 matches played in 12 cities across Brazil. FIFA will award more prize money than ever before. Each team playing in the World Cup Finals gets US\$8 million and the champions



win an astounding \$35 million! More people are expected to watch this World Cup than any other televised sporting event in history—more viewers than any World Series, Superbowl, or Olympics.

Trophy Stories ...

Did you know there is more than one World Cup trophy? Did you know one was stolen and its whereabouts remain a mystery? Did you know the trophy was hidden from ransacking Nazis during WWII? There is much intrigue connected to the coveted World Cup trophy.

The original World Cup trophy, named Victory, was awarded from 1930 to 1970. It was a gold-plated statuette (36 cm tall) of Nike, the Greek goddess of victory, holding a trophy cup over her head. (This trophy was later renamed the Jules Rimet Trophy to honour the



Football used in the 1930 World Cup Final on display at the National Football Museum, Preston. Due to a dispute between the teams, two balls were used in the final, one in each half. This ball, chosen by the Argentinian team, was used in the first half.

Photo credit: wiki:Oldelpaso

former FIFA president.) Because of World War II, the 1942 and 1946 World Cup competitions were cancelled and the trophy was not needed. As war ravaged the nations of Europe, prized relics and works of art were often ransacked, re-purposed,

or stolen. So what of the famous golden trophy? It is said that Ottorino Barassi, then FIFA's vice-president, hid the trophy in a shoebox under his bed. At the end of the war, the trophy was unscathed and Uruguay won it at the next World Cup Finals in 1950.

In 1970, Brazil won the World Cup for the third time. This also gave them the right to keep the trophy permanently. It was put on display in a bullet-proof cabinet for rabid fans to see ... but was stolen in 1983 and has never been recovered! Was it a hostile, rival team? An over-zealous fan? A political statement? Melted down for the money? The theft of Brazil's Jules Rimet Trophy remains a mystery to this day.

After Brazil's 1970 victory, a new trophy was required. Silvio Gazzaniga's design was selected



This ball, chosen by the Uruguayan team, was used in the second half

Photo credit: wiki:Oldelpaso

and his FIFA World Cup Trophy also stands 36 cm tall. This one is made of 18 carat gold and depicts two human forms holding up the globe. Many claim that the trophy is solid gold, but that would mean it would weigh over 70 kilograms! That seems far too heavy to lift joyously and pass around to the winning players. It actually weighs 6 kilograms, so it is more likely that the statue's two figures are solid, but the Earth they hold up is hollow.

Technicalities ...

Policies changed with the second World Cup Trophy. The champions no longer claim the actual gold prize. Instead, the winners receive a gold-plated replica of the trophy. The actual gold trophy remains the property of FIFA. Each member of the first, second and third place teams from the World Cup Finals wins a gold, silver or bronze medal with the World Cup Trophy insignia. Additionally, despite a team being champions repeatedly, the new World Cup Trophy can no longer be won outright by any team.

The year and the winner of each FIFA World Cup are engraved on the bottom of the trophy's base. The 2014 World Cup is this summer in Brazil. 2018 will be hosted by Russia. 2022 will be in Qatar. As the game grows in popularity around the world, enthusiasm for World Cup competition grows too.

Ironically, the current World Cup Trophy only has space remaining for four more years and winners. By 2030, the trophy's engraving space will be full. However, 2030 will also mark the one hundredth anniversary of the FIFA World Cup. I cannot think of a better time for a new trophy, a new era of FIFA excitement, and a new batch of stories to be told!



by Painted Turtle

This may seem contradictory, but my black belt means everything to me and at the same time very little.

Many years ago, during my pregnancy, I had very severe morning sickness. For this reason, I did not practice Aikido during my pregnancy and for about a year afterwards. I did occasionally go and watch classes but not consistently. Prior to getting pregnant, I had studied Aikido for about eight years and had at that time attained an orange belt level. The usual approach to people returning to practice Aikido after a long absence was to return that person to the white belt level. This was to recognize that they have not practiced in a while and to signal to the other people in the dojo to be mindful during practice. Logically I understood the rational for what I viewed at the time as a demotion. Emotionally, I just could not wear the white belt. I had worked so hard to earn that orange belt. It had taken me almost a decade to get to that level and I was not about to give it back! I persisted in wearing my orange belt to class. My teacher at the time must have understood how emotional this issue was for me because he did not question me about it. That orange belt symbolized my time, practice, skill level, and peer and teacher recognition.

Years later, when I was hoping to be invited to either my green or blue belt exam, I can't remember which, I encountered another belt exam situation. I had been practicing Aikido regularly and in my mind I was ready to move to the next level. I had attended workshops and camps and had gauged where I thought my skill level was among the group and other schools. I had seen other people who had started Aikido after me, and who had moved to the main dojo, advancing at a much faster rate. To my great disappointment, my teacher did not

invite me to take the test. After class I got into my car and broke down and cried. I was so angry, frustrated and disappointed. At that point in time I was ready to quit Aikido.

As you already know, I did not quit. I continued with my study. This can be viewed as either being very stubborn and determined or alternatively as



flexible, adaptable and tolerant. At that time I was extremely angry. I loved Aikido but the "loss of face" caused me to feel a great deal of shame and humiliation. Inside, any ambition I had to advance in Aikido to a higher belt level died. I gave a lot of thought at that time to what belts meant to me, what they represented to others and how they were used. After much soul searching, I came to the conclusion that I no longer cared what color my belt was. I was no longer motivated or de-motivated by a belt colour. I decided that no one, including myself, was going to stop me from studying Aikido. I knew what I knew and, short of brain injury, no one could take that knowledge away from me. My peers knew how well I practiced and understood the techniques. I promised myself I would not judge other people's skill level by the color of their belt. I would keep an open mind and come to my own conclusion and do this by practicing with them. A white belt can offer as much insight into a technique through their beginners mind, their questions or their

insight into how a technique can be "blocked" as a black belt could through their experience and depth of knowledge. A person's skill and understanding is as individual and unique as the person themselves. The belt color was meaningless.

Since that time, my anger has subsided and my feelings about belts have become less intense. For a variety of reasons, I moved dojos and changed my teacher. Slowly over the years I also advanced a couple of belt levels. The brown belt level was a very comfortable place for me. Not too much was expected of me. If I forgot the name of a technique, it was not a big deal. If I was late to class it was embarrassing but it would be more so if I was a black belt. I was not usually first up in a group practice or asked to demonstrate, so I did not need to pay too much attention nor think too much about how a technique worked or which technique was being studied.

This comfortable situation ended abruptly when my teacher

awareness.

After the exam I wrote a poem which expressed my feelings at the time;

Palms sweating, heart beating,
mind racing
Friends sit in judgment
Painful ending, new beginning


Notwithstanding the test and to my great surprise (considering I had not completed this essay) I was presented with a black belt. When this happened, I became very emotional. I did not expect, ever, to attain this level. My black belt means so much to me. It symbolized the effort, patience, practice, sacrifice and dedication that my teachers, fellow students, family and I have put into the study of Aikido.

It's strange, but upon reflection, attaining a black belt means something else to me now. It makes me feel like I need to start my study of Aikido all over again. Techniques I thought I understood and executed well have a depth or aspect to them that I did not see before. My mind is full of opinions and ideas that need to be examined and tested so that they don't interfere with my practice. I need to learn to be more patient and less rushed, which will improve both my Aikido study and my everyday life. I need to hit the reset button and return to the beginning and the white belt level. It's funny how my opinions about belts have changed with the passage of time and experience. What I dreaded earlier (white belt level) is no longer feared. What I thought I knew and understood is not the case. I used to think that a black belt symbolized mastery of Aikido. I now think it symbolizes the beginning of the study.

~ ~ ~

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Getting from Point A to Point B isn't what it used to be. And, as many drivers have discovered across the city these past few months, amber signs redirecting traffic seem to be exploding like the dandelions that are overtaking both our parks and yards. Moreover, these warning signs, in whatever their format, can be extremely frustrating.

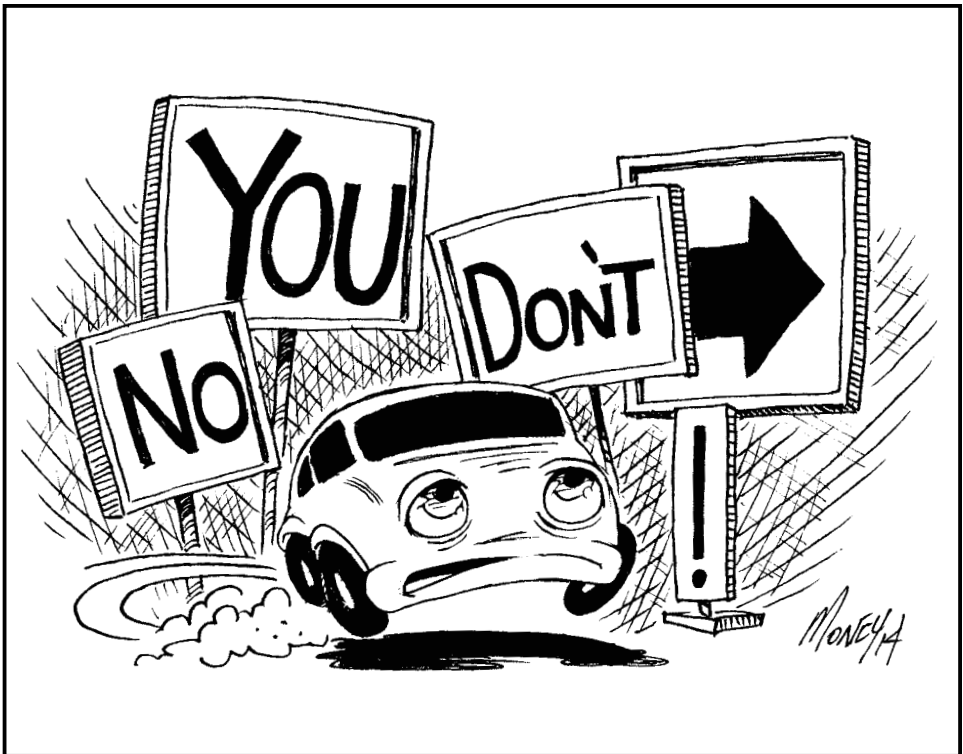
Our brains like to think in patterns such as when we get up in the morning we follow a routine. Whether it's brushing our teeth, showering, having that cup of coffee or going for our morning run; we become creatures of habit and that is our comfort zone. The same thing happens when we make travel plans: Grandma's, the dentist, school or work. We have gone to these places many times and our route remains the same.

However, as happened recently to someone who had bravely planned to drive onto a ramp at the Riverside Drive-Vanier location, yet another

amber sign thwarted the proposed route. Quick thinking, and knowledge of the neighbourhood helped to solve that particular problem, but this is going to happen far more frequently and for much longer now, as both the widening of the 417 and LRT construction happens simultaneously.

In the previous month this particular driver had discovered that by entering the eastbound Queensway and driving to St. Laurent, then doing a loop, the person could actually end up going west as was the original intention. This worked of course until a recent evening when that entrance was temporarily closed by yet one more amber sign. Fortunately in this case this sign was for the short term, but what if it wasn't?

Imagine, to people's surprise when the amber sign went up on the Belfast Road bridge to indicate a road closure; not just for a night, a few weeks, or a month, but two years-with communication to the nearby neighbourhoods just weeks prior to



a drastic change to their way of life. These amber warning signs are not just an inconvenience; they change the daily pattern for thousands of drivers.

Amber warning signs appear to have become a fact of life in the world of roadway construction communication. Won't it be wonderful when there is a better way? And won't it be wonderful when some day there is no more need for them?

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Are your children safe at school?

by Zoha Abed

It was around 2:20 pm that I heard a knock on my door. I wasn't expecting anyone. To my surprise when I opened the door, it was my 6 1/2 year old son! School ends at 3:45. Who? What? When? Why? How? I didn't know what to think and what to say. I just saw my son's eyes fill with tears as he entered. He was so hurt; he wasn't willing to talk about anything right away. I decided the best thing to do was to call the local near-by school that he attends to let them know that he was home. They were stunned to get that phone call from me. After a few moments, my son, still in tears, let me know that he had been verbally bullied during recess and it hurt him so much that he decided to enter in the school, he said he sat down and thought about what to do, then he went in the classroom, took his school bag and left the school using the side doors and decided to walk home. Thank God I was home at that time and day!

A million "what-ifs" came to my mind. He could have been kidnapped or a car could have hit him! This could have happened. That could have happened. Thankfully nothing happened. However, it is crucial to take everything as a learning experience! I strongly urge parents to address the issue of "bullying" with their children. Even though your child might not complain to you about this issue, talk to them; ask them, maybe they will open up to you. Unfortunately, bullying is an on-going battle, sometimes I think they will find a cure for cancer before the issue of bullying is stopped!

Where are the safety and security precautions? Are we not to feel safe leaving our children at school? My son left the school unnoticed! Therefore, we could assume an intruder could have entered unnoticed! Some schools are fortunate to have this "card-swiping system". This means during recess time ALL DOORS ARE LOCKED. The only way a child can get in the school is by asking the teacher and the teacher would have to swipe the card in order for the door to open. This way, the teacher would

visually see who entered the school and keep mental track of how long they've gone in for. Moreover, this will reduce any occurrences of a child suddenly disappearing. Since the teacher took a mental note of when the child entered, other staff inside the school could be quickly alerted by the outdoor teacher that this child has not yet returned outside, then, further action could quickly be taken to locate that child. Other schools are fortunate to have a "buzzer-system"; while all other doors remain locked, and can only be opened upon swiping the card, this buzzer system allows visitors and parents to be "buzzed" into the main doors of the school. In addition, some schools are lucky enough to have security cameras. When I mention security cameras, I'm not talking about 24/7 surveillance of who "accidentally" took 'Johnny's' snack or who ate the last donut in the staff room. I'm talking about having security cameras at the main doors and side doors of the school. Not only would whoever entering the school be monitored, but also whoever decides to suddenly exit the school.

Finally last but not least important, fenced yards. Since adult supervision decreases during recess time, in terms of the ratio of teachers on duty to students, it's a very smart and safe idea to have a fenced yard. I applaud those schools that have all of these safety and security measures and I can only hope and pray that all schools will be like this one day, including the school that my son attends. In conclusion, I was fortunate enough that my son came back safely to me. Let us work together on making our schools safer. Let's not wait for something really serious and really huge to happen until we take further safety and security precautions. Let's do it now! Are our children not worth it? We strive and work so hard to give them what they want and need. How about we strive and work hard to make their school environment safer? I want to leave you with this final thought, my son made it back home safely. Will your son make it back home safely? I was home when he knocked on the door. Are you going to be home?

Meet Braxton

If you ever met him, you'd say he is a remarkable young man. Most people describe him as hilarious and entertaining. That's a natural reaction to how Braxton carries himself. He's learned early on that making others smile can level the barriers that blindness places on him.

This well-read ten year old has a very active imagination that comes alive through colourful language skills that never cease to impress. Communication seems to come easy to Braxton Bowers and someday he may very well use that ability to advocate a message of strength for the blind. For now, he's focused on kid stuff.

Being a kid can be tough. You're busy trying to find your place in the crowd and doing everything you can to achieve goals. As Braxton has gained experience he knows that his life is different from his classmates. Too often, he feels like an island. Being the only blind child in a small community has its challenges. That's why everyone that knows Braxton supports him through positive encouragement. In the end he is his toughest critic.

There are tools to help make Braxton's life a bit easier. He can use the white cane to not only assist him be independently mobile, but to help others identify that he has a vision impairment. Powerful magnifiers are

a common go to aid that enlarge small print and details making them accessible for Braxton. The greatest advances in assistive devices have come through technology.

Unfortunately, many of the tech tools that can make life exponentially easier for this bright young man are very expensive. Often times costing thousands of dollars for one piece of technology, these highly specialized items are not sold conventionally in stores. The only means to purchase are through distributors and directly from the manufacturer. In many cases these types of products are not even available through the CNIB.

Blind Canadians must rely on their families, friends, and communities for assistance in obtaining funding to purchase high cost assistive devices. That means networking and fund raising are essential elements in the advocacy plans of Blind Canadians. Braxton Bowers is no different. He is part of the future and if you get the chance to meet him, you'll agree. He deserves the opportunity to be included, supported, and empowered.

To learn more about Braxton and find out how you too can get involved Please Contact:

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Planning and Development Update

by Kris Nanda

Chair, RPCA Planning and Development Committee

The Riverview Park Community Association (RPCA) and its Planning and Development (P&D) Committee follow developments of interest in the local community and around the City which may affect Riverview Park residents either directly or indirectly. RPCA Board members continue to work with other community associations on issues of common interest through organizations like the Federation of Citizen's Associations (FCA) and Community Association Forum for Environmental Sustainability (CAFES).

The most pressing issue that the RPCA is following relates to the construction of the controversial Hospital Link portion of the Alta Vista Transportation Corridor (AVTC) road between Riverside Drive and the Ottawa Hospital Ring Road, now that revised detailed design plans have been shared with the public. The updated design indicates that the planned relocation of the VIA rail line (to accommodate AVTC construction) will have an impact on Abbey Road residents and on greenspace and a well-used walking path that had at one point been considered as part of a potential community-wide pathway network. Given that area of relocated rail line behind Abbey Road falls outside of scope of original AVTC Environmental Assessment (EA) and that there have been changes to some noise and light attenuation measures associated with the project, the RPCA has contacted the provincial government to request an addendum to the EA. The RPCA is also following matters related to the recent closure of Belfast Road as part of the Ottawa Light Rail (LRT) project, as well as

continued traffic issues associated with Industrial Avenue and the Ottawa TrainYard's development.

Committee members and representatives from other neighbouring Community Associations take part in the Alta Vista Planning Group (AVPG) meetings which Councillor Peter Hume hosts to discuss local development proposals of interest. Details on issues of interest which the RPCA is monitoring include the following items:

Alta Vista Transportation Corridor – Hospital Link

The detail design work associated with the 1.2 km Hospital Link section of the controversial Alta Vista Transportation Corridor (AVTC) between Riverside Drive and the Hospital Complex was publicly shared in late Winter 2014. The RPCA and other groups around Ottawa had put forth evidence questioning the cost-effectiveness of the Hospital Link and whether it was, in fact, even needed without sufficient proof that the Link itself will resolve perceived local traffic problems. Concerns were also raised around certain technical aspects of the design.

The plans showed a new two-lane vehicle and transit link from Riverside Drive and the Transitway which connects to the Hospital Ring Road and the facilities that comprise the Ottawa Health Science Centre (OHSC). The plans included an at-grade signalized intersection at Alta Vista Drive and a bridge passing over the Transitway and a realigned Riverside Drive. The Hospital Link is to join the Hospital Ring Road just east of the TransAlta cogeneration plant with a roundabout intersection, which means it will cut through the woods and a popular tobogganing hill and walk-

ing path, both of which will be lost during construction. Discussions will take place regarding an alternate location for a winter sledding hill.

A major new concern relates to moving the Via rail line approximately 32 feet east of its present location during construction of an underpass to allow the AVTC to travel underneath the railway. Although the relocation is slated to be temporary, residents on Abbey Road would be most directly affected and concerns have been expressed about potential flooding and loss of greenspace, including some trees that are over 100 feet tall, and the destruction of wildlife habitat and a popular nature trail. As the area affected by the relocation of the original rail line is well outside the study area used for the Environmental Impact Assessment previously performed for the AVTC, the RPCA contacted the provincial government in April 2014 to request an addendum to the Assessment.

Preliminary construction in the AVTC has begun this spring with Hydro tower relocation. The RPCA is hoping that concerns about the CN Rail track relocation will be addressed before any actual construction begins on that component of the project. Overall, the project is expected to take three years to construct.

In a communication to RPCA Board Members, Councillor Hume indicated that "given the unique nature of this project, the City, in the tender documents, has retained the right to make adjustments to the design right up until physical construction. This means that although the City is seeking comments at this time, should issues arise after the tender is awarded, adjustments can be made." Councillor Hume has also agreed to a request from the RPCA to conduct a public "walk-through" along the proposed route between Alta Vista and the Hospital Ring Road, most likely in June. In the meantime, the RPCA is waiting for a response to questions it raised about the size and the scope of the project (including the "footprint" on the woods and elsewhere during construction) and about noise and light mitigation measures as well as the aforementioned rail relocation work.

Note that in the Fall 2013, City Council approved a new Transportation Master Plan (TMP) that, significantly, excluded the full AVTC (the components from Conroy

Road to Ottawa Hospital and from Riverside Drive to Nicholas Street) from the "affordable road network 2014-2031", though the full AVTC remains in the TMP's "ultimate road network."

NDMC Link

The Department of National Defence and Canada Lands Corporation (CLC) are moving forward with the disposition of the NDMC, located just off of Alta Vista Drive, adjacent to the AVTC. No actual construction date has yet been set. CLC officials have confirmed that the NDMC lands are not likely to be transferred from DND before 2016. The RPCA will continue to be involved in the reconstituted Hospital Lands Area Planning Study Committee which Councillor Hume intends to reconvene to guide the planning effort. As this article went to press, no date had been set for the first Committee meeting.

Implications from Light Rail Construction and Highway 417 (Queensway) Expansion Projects

As part of the Light Rail Maintenance and Storage Facility (MSF) construction, portions of Belfast Road between Trainyards Drive and Coventry Road (including the well-used bridge across the Queensway) will be closed for up to two years, as of May 20, 2014. Belfast Road between Tremblay and Coventry is scheduled to reopen to pedestrians and cyclists as of January 2015 and to motorists in June 2015. Belfast between Tremblay and Trainyards Drive is scheduled to be closed until May 2016, but the Belfast/Trainyards Drive intersection will be open during the MSF construction. The RPCA has asked that the reconstructed Belfast Road Bridge include new features to better safeguard and promote pedestrian and cyclist traffic across the bridge.

Several years ago, the RPCA had sought assurances from City officials that it would be added to the list of stakeholder groups to be consulted on aspects of the Light Rail project that might directly affect Riverview Park residents, including road closures and construction. RPCA Board members attended the City's May 1 Open House at Overbrook Community Centre regarding MSF construction and the closure of Belfast Road. City staff and members of the RTG provided a follow-up

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P & D Update (continued)

presentation at the RPCA's May 14 meeting.

Concerns have been shared with City Staff and Councillor Hume on the spillover effect onto Industrial Avenue, Terminal Avenue and Riverside Drive by motorists who previously used the Belfast Road Bridge and who are now forced to use another route. The RPCA has suggested several mitigation measures to reduce vehicular congestion (at least incrementally) — including 1) accelerating the construction of sidewalks on Industrial and multi-use pathways to make it easier and safer for people for people to access the Trainyards and other local business on foot or by bike (rather than car) — could this be done in conjunction with repaving of Industrial Avenue scheduled for Summer 2014 (rather than waiting until 2017-18); 2) installing an advance green traffic light eastbound on Industrial Avenue at the access road to Farm Boy/LCBO and 3) putting a sign up on Riverside (just south of Terminal Road overpass) to indicate that the Train Yards Shopping Complex can be accessed via Terminal — and not just via Industrial.

Another LRT related impact involves the multi-use path (MUP) adjacent to the Transitway Bridge over the Rideau River (between Hurdman and Lees) that will be closed during conversion of Transitway from buses to rail. This MUP is heavily used by pedestrians and cyclists travelling between Alta Vista and downtown/University of Ottawa. The RPCA has also raised the issue of pedestrian/cyclist access using the Transitway Bridge between Lees and Hurdman when the Transitway is converted from buses to rail.

Neighbourhood Way intersection with Industrial

The RPCA has reiterated its concerns to Councillor Hume and City staff, and OC Transpo Committee Chair Diane Deans, about the need to widen the entrance onto Neighbourhood Way from Industrial Avenue to take into account the increased traffic and wide turns from OC Transpo Buses which are currently going over the curbs and the new sidewalk, which is now damaged. The RPCA has also called for building a short right-run only lane onto Neighbourhood at the intersection with Industrial Avenue.

After numerous communications with City Council members and City and OC Transpo staff, a revised design has been developed to address the turning radius issue for buses. Councillor Hume presented a revised plan to RPCA Board members at their May 14 meeting, which showed how the curb will be modified to allow buses to turn without going over the curb and onto the sidewalk. The modification itself will have to wait until the spring. The RPCA Board repeated its call for a short right-turn lane onto Industrial to alleviate back-ups along Neighbourhood Way and to facilitate traffic movement. While the RPCA suggested this work could be carried out in conjunction with the repaving of Industrial Avenue, Councillor Hume declined to accept this recommendation when he met with the RPCA Board in May.

Train Yards Developments and New Retail

A proposed site plan has recently been unveiled to construct a 9-storey office building at 405 Terminal Avenue, just east of the

Canadian Revenue Agency building at 395 Terminal. The site plan shows 118 outdoor parking spaces plus another 206 spaces in an underground garage for this facility which is expected to be completed and substantially occupied by 2015. While the plan provides bike racks for 20 bicycles, the RPCA is looking into whether the proposed facility requires over 300 parking spaces, given the City's stated desire to shift commuters from personal vehicles to public transit and active transportation (walking and cycling).

There are no new developments to report regarding a series of one-story retail establishments planned by the Ottawa Train Yards for 575-595 Industrial — the area between the Pioneer Gas Station and the CIBC building at the intersection of Trainyards Dr. and Industrial Ave. or a Planned Train Yards complex expansion to construct seven retail establishments in four new buildings at 628 Industrial (the site of a former Pool Warehouse — backing onto Coronation near Weyburn).

Other Industrial Avenue Issues

The RPCA has also contacted Councillor Hume and Train Yards President Marty Koshman asking for their assistance and support for installing an advance green for eastbound traffic on Industrial Ave. turning into the Farmboy and LCBO. This would alleviate some of the present congestion, as sometimes only one car per traffic light cycle can make the left-hand turn. Councillor Hume has forwarded the RPCA request to City officials—he is still waiting to hear back.

The RPCA is seeking confirmation from Councillor Hume that

the new sidewalk planned for the South side of Industrial will extend at least as far east as the access road for Farm Boy/LCBO to encourage patrons and employees to travel on foot or by bus. The RPCA has also proposed Industrial Avenue as a candidate for inclusion in the City's "Complete Street's" list of projects so that it could be beautified and redesigned to be more conducive to pedestrian and cyclist traffic. An example would be to include greenery (shrubs) in the new boulevard median that will be built in front of 575 Industrial Ave.

Alta Vista Shopping Centre

The RPCA Board has followed up with Brookfield Properties, the property management company regarding potential tenants for the vacant storefronts in the Alta Vista Shopping Centre. No response has yet been received.

More information on some of these 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 al2kris@yahoo.ca. For more information on this and other activities in Riverview Park, please see the RPCA website at www.RiverviewPark.ca. The contact email for RPCA is info@riverviewpark.ca

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HUME NEWS

New Safe Streets measures help enforce local speed limits

Our road-mounted flex signs have now been installed in four locations as part of the Safe Streets Program. These temporary signs work to change driver behaviour, appear to narrow the street and act as a reminder for drivers to slow down.

Newly painted speed limits will be arriving in the coming weeks at the following locations:

- Halifax Drive (Bingham Street and Dakota Ave.)
- Tremblay Road (Avenue O and Avenue T)
- Russell Road (The Perley Rideau entrance, north and south bound)

As always, we are looking for suggestions for where our radar signs should be placed over the course of the summer. If you have a recommendation or would like to provide feedback on flexible road signs, please email avsafestreets@ottawa.ca, or call 613-580-2488.

For more information about the Safe Streets Program, please visit www.peterhume.ca/safe-streets-program



Flex signs are located on Coronation Avenue, Playfair Drive, Blossom Drive and Haig Drive.

LRT Maintenance and Storage Facility community information session

We would like to thank residents who came to the community information session held May 1st at the Overbrook Community Centre regarding the Maintenance and Storage Facility being constructed at Belfast Road.

Residents had the opportunity to get their questions answered by city staff and by representatives of the contractor, Rideau Transit Group.

If you were unable to attend this meeting, you can view the display boards from the open house by visiting <http://www.peterhume.ca/lrt-maintenanceandstorage/>.



Our radar signs (seen here on Tremblay), continue to help us track and evaluate driver behaviour.

Summer construction season is upon us; know before you build

Many Alta Vista residents will be undertaking home improvement projects this summer. When preparing to expand to your home, add a deck, build a shed or finish a basement, be sure to check in with the City as you plan your project.

City staff are available to discuss the requirements of your projects to determine what approvals may be required. Projects that do not require a permit must still comply with the Ontario Building Code and any applicable laws such as the zoning by-law. A development information officer can help ensure your project is compliant.

To speak to City staff, please call 311, visit a Client Service Centre or go to www.ottawa.ca to learn more about the city's requirements for building and renovating.

KAPOW! How do fireworks work?

by Maria CampbellSmith

The first firecracker...

Legend has it that long ago a Chinese monk named Li Tian invented the first firecracker. He cut a piece of bamboo, stuffed it with gunpowder and threw it into a fire. This produced a shocking bang! He made the fierce noise to scare off ghosts and restore peace of mind to his emperor, Li Shiming. Li Tian and his firecracker trick were soon sent to disperse evil spirits elsewhere in China. Eventually, firecrackers were also used as tributes for dignitaries and amusements at festivals.

The simplest form of fireworks today is still the firecracker. Gunpowder is now wrapped in a paper tube (not bamboo) and lit with a fuse (rather than throwing it in a



fire). Lighting the fuse begins a simple chain reaction. The gunpowder in the tube contains charcoal or sugar, which acts as the fuel, and potassium nitrate which is the oxidizer. Sulphur moderates the reaction. When these chemicals mix, they react and form nitrogen, carbon dioxide gas and potassium sulfide. The pressure from the ex-

Envision aerial shells to be like 2-stage rockets. The first stage has a tube of gunpowder, lit with a fuse, that propels the firework into the air. A hole in the bottom of the firework allows the expanding gases to launch the firework into the sky, rather than exploding the tube. The second stage of the shell is also packed with gunpowder, oxidizer and with chemicals or minerals to add colour to the explosion. A pouch of black powder



(called the "lifting charge") ignites at the base and sends the shell rocketing out of the tube. It also lights a delayed fuse calculated to burst at a certain time and altitude for the grand explosion high overhead.

Tricks of the trade...

The secret of the spectacle lies in the "stars". How they compose and arrange the pyrotechnic compounds (called "star" pellets) deter-

mines the colour, size and shape of the fireworks. To create the colour red, strontium can be used. Barium produces green. Sodium produces yellow. Chlorine and copper combinations produce blue. Magnesium makes bright white light.

long-burning explosions that trail downwards and create feathery, weeping-willow effects. Aerial fireworks that sparkle or flicker have added titanium to the mix. This also makes them more expensive.

In recent years fireworks have also been able to produce particular aerial designs such as happy faces, hearts or crosses. Have you seen these? For this dramatic effect the "star" pellets are positioned strategically in the aerial shell and then



packed with cardboard inserts to ensure that the firework explodes and expands in a specific pattern.

Other developments...

Other new developments in aerial firework technology include using compressed air as an alternative to gunpowder (for safer, cleaner and more precise explosions). As well, the heavy metals traditionally used to produce the colours can be toxic, carcinogenic pollutants,

Industry nicknames...

Here are the industry nicknames of some of the more famous firework spectacles:

"Rainbow Chrysanthemums" are high-exploding flower-like bursts of colour and light.

"Grains of Wheat" explode from the ground up, as golden streaks or squiggle effects.

"Green Bees" produce neon green squiggles that shoot into the sky and then fly apart and scatter.

"Orange Peony" is the nickname for an intense, very large bursting flower explosion.

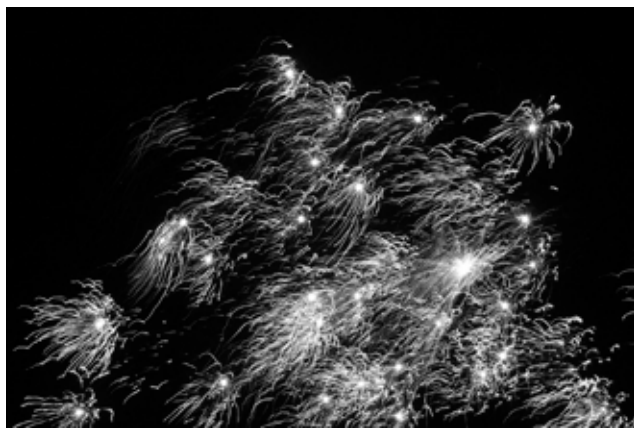
The **"Red and Green Sun"** is a double-explosion firework that produces a small, circular bloom exploding inside the ring of a larger, looser bloom of colour and light.

"Palm Trees" are always crowd-pleasers. Upon exploding they produce fuzzy, golden, tropical-looking brush strokes that sparkle and linger in the night sky.

The **"Peacock Feather"** explodes in violet-blue fanning streaks. It is beautiful, but this particular pyrotechnic effect is rare because the chemical formulations for violet are unstable and dangerous.

Heads up for local fans...

The **"Sound of Light" International Fireworks Competition** each summer is one of the biggest tourist attractions in our national capital region. After 18 years at Lac Leamy (across the Ot-



panding gases explodes the paper tube. We may not see the chemistry, but when it blows apart, we sure hear the bang!

Aerial fireworks...

Aerial fireworks took the simple firecracker to a whole new level and produced a much bigger spectacle. Rather than exploding on the ground for bangs and bright lights, aerial fireworks function like mini-rockets and produce huge explosions high in the sky.

Altering colours as fireworks explode is the result of coating the chemical pellets or "stars" in multiple layers so that as each layer burns, a particular colour is produced. Compounds containing gold or silver will produce

so research now aims to identify different, more environmentally-friendly ingredients.

One country dominates the whole world's fireworks industry. Over a thousand years ago the Chinese invented gunpowder and then fireworks. Today they make and export fireworks worldwide! China is fiercely proud of its fireworks heritage and around the globe most nations make fireworks the grand finale of festivals, contests, and holidays.

tawa River in Quebec) the "Sound of Light" fireworks festival has a new location this year. The latest and greatest firework tricks will be on display 5 different nights between August 2-16, 2014 at the newly renamed Canadian Museum of History (formerly the Canadian Museum of Civilization). Don't miss this international, pyrotechnical spectacle. It is the chance to have your eyes and ears dazzled ... and evil spirits might be banished to boot!

David Chernushenko Councillor Capital Ward

Councillors should represent all of their constituents, not just the most vocal ones

by David Chernushenko

As a city councillor, I occasionally hear from constituents who feel very strongly that it's my job to do what they say, and to vote the way they tell me to. Usually the exchange includes a phrase along the lines of, "We elected you to represent us!"

For example, I have been getting plenty of feedback regarding my decision to support the development of a residential building in the community of Heron Park to accommodate adults living with severe mental illness.

Although plenty of people support the construction of this building — and my willingness to speak in its favour — many do not. I won't get into the specifics here (I address those on my website) and let's ignore, for the moment, the fact that councillors do not actually decide where supported housing is built.

What's interesting is the number of constituents who have told me it's not my place to take a position that fails to conform to their views. They believe I was elected to do their bidding and that, by supporting the proposal, I am being derelict in my duties as their representative.

But this assertion is fundamentally flawed. If an individual feels I must always agree with his/her position and vote accordingly, and that anything else earns me an automatic failing grade, then that person is assuming one or all of the following: (a) theirs is the only position held in the community; (b) theirs is the only *correct* position; (c) it is the *majority* position.

Rest assured that it's never the only position. There are always at least two sides to an issue, and no way to keep everyone happy all of the time.

You can also never be sure of the majority position within a particular neighbourhood — not everyone attends open houses or takes the time to email or call their councillor.

Anyway, do you really want a councillor who makes decisions by sticking a finger in the air to test which way the wind is blowing? I hope not.

As a voter, I look for candidates who offer the best combination of: a publicly stated platform or set of principles/values that are most closely aligned with mine (or that I at least respect); a willingness to listen to all sides and evaluate all arguments before taking a stand,

and to reconsider when faced with strong evidence; a willingness to stand up for what is best for the broader community while not imposing too harsh a burden on any one group or area; the courage to speak up for the disenfranchised, or at least take their needs into account; a long-term view of the good of the community/city/country/planet.

I think city councillors should do more than simply parrot the position of those who call or email most often, or who claim to speak for the whole community. What do you think? I'd love to know.

Improvements to Riverside: Riverside Dr. is now officially on the list to be resurfaced between 2015 and 2018. While sooner would be better, this will eventually address problems reported by local residents about vibrations and the poor state of the road surface.

Pathways open: The pathways on both sides of the Rideau River under Hwy 417 are now open. However, the City expects some intermittent closures of the pathways to be necessary in the coming months. For more information, contact Evelyn.Danilko@ottawa.ca or see www.confederationline.ca.



Vitality Lunch for Seniors: Seniors living in Capital Ward are invited to join me on June 23, 11 a.m. – 2 p.m., for a complimentary lunch and wellness event at the Palisades Ballroom. For details and to find out how to RSVP, see capitalward.ca.

Community Cup 2014: Join the Capital Ward soccer team on June 28 to play in the 10th annual Community Cup at Brewer Park! This is a fun, co-ed tournament aimed at connecting newcomers to Ottawa. No experience necessary, but you must be at least 15 years old and have proper footwear (running shoes)! To register and learn more, email info@capitalward.ca or call 613-580-2487.

Councillor David Chernushenko
613-580-2487 |

David.Chernushenko@Ottawa.ca |
www.capitalward.ca

The Ottawa Real Estate Market Slowdown: Why the winter of 2014 is not a serious threat to an otherwise stable market

The Ottawa Real Estate Board (OREB) has confirmed that the Board's Realtors® had their slowest April for home sales in at least six years, down 9.5%. This data is quite a contrast with other major cities in the country, such as Vancouver up 16.1%, Edmonton up 12.6%, Calgary up 7%, Regina up 16%, and Toronto up 1.9%. So what does this say about Ottawa real estate?

Clear signs of a soft landing

Let me begin by saying that, despite all the bearish prognostication about a major housing correction, contrasted with the rosy pictures presented by Real Estate Boards, future housing demand will be determined by economic conditions and not by prognostications of doom or delight. Regardless of where you live, the best

guarantor of a stable housing market is a stable economic environment. That can be seen clearly in the distribution of performance of local urban real estate markets in Canada so far in 2014. Ontario markets are relatively depressed as contrasted with western urban markets where commodity prices have continued to fuel a growing economy in terms of employment, wages, demographic trends and, ultimately, housing demand.

Another key factor to keep in mind is that there is no "one" real estate market in Canada, despite the press releases of the Canadian Real Estate Association (CREA) presenting the national market in terms of averages. There are many local markets, urban and rural, around the country and there are many real estate sub-markets in each of those local markets. Any

of these markets or sub-markets could trend downwards (i.e. after almost 12 years of a booming market that was unsustainable) earlier or later depending on the local economic fundamentals. It is likely that Ottawa is a soft landing early-arriver.

So, that having been said, let's recap Ottawa real estate market results for the first 4 months of 2013. OREB data confirms that:

- The number of resale homes sold in Ottawa fell in April for the fourth straight month
- 1,420 residential properties were sold in April. As mentioned, that's down 9.5 per cent from the 1,569 properties sold in April 2013
- 3,240 residential properties were sold in the first 4 months of 2014, compared with 3,315 sold during the same period in 2013

- The average sale price of residential properties was \$399,541 in April, an increase of 0.9 per cent over the same month last year
- 823 condominiums sold in the first 4 months of 2014, a 9.7 per cent decrease from the 911 condominium units sold during the first 4 months of 2013
- The average sale price for a condominium property was \$258,500 in April, a decrease of three per cent contrasted with April 2013

Soft landing data was predicted well in advance

Frankly, there are not a lot of surprises to be found in the OREB data. Back in January 2013, Conway Fung Home's Market

Continued on page 27

Culinary Conspiracy
Continued from page 2

There is a small contemporary dining room that is truly unique, with a couple of great retro prints and a tasteful décor. A trendy lunch bar can accommodate at least a dozen people, and staff make certain that your experience is a positive one.

On a recent Friday it was the Conspiracy Burger that appeared to be the most popular item, not only with customers who were either eating on the premises, but also those

Catering is a large part of Culinary Conspiracy's business, and whether it's for four or four hundred, Director Patrick McQuaid, and the catering team can help arrange just about any event. There are Hors d'oeuvres or platters, Breakfast or breaks, Main dishes, plus Desserts and beverages- whatever your requirements. The catering menu is a comprehensive one, and their website at www.culinaryconspiracy.ca is a good place to start when making any catering plans.

"Right now it is wedding season," responded Andrew Bunville, an an-



You'll find Culinary Conspiracy here at the OTLBC this summer.
Photo credit: courtesy of the Ottawa Tennis & Lawn Bowling Club

taking their lunches away with them.

"We have a lot of regulars locally, and the pure beef charbroiled burger is definitely the favourite," server Becky replied when initially asked what she might recommend for a late lunch. Her suggestion was absolutely right, although a difficult one, since other diners were also obviously enjoying not only their choices for meals, but also the tasteful desserts, including tarts, squares and cookies.

At the Industrial Avenue venue, Culinary Conspiracy is not only about stopping by to eat-in or take out. There is also a 'Grab and Go Gourmet Menu' that lists frozen entree favourites such as beef bourguignon, steak & ale pie, shepherd's pie and their "wicked mac and cheese", as well. Customers especially like the "Grab and Go Gourmet Menu" choices, because they know that like all the other freshly prepared foods, there are no preservatives or additives in the offerings, and that a number of the choices are dairy free, gluten-free, or vegetarian.

A nearby refrigerator holds specials from time to time- just not for long. On the recent Victoria Day weekend, when the special on the blackboard was in-house smoked ribs, these sold out extremely quickly. Specials are foods not on the regular menu, and the concept has become extremely popular.

prentice under Chef Benoit, when asked about the complexity of doing such large events.

"There is a 'catering wall', and the chefs working in the kitchen come in at around 7 a.m. preparing what has to get out on that particular day. Some weeks are busier than others and this is one of them."

The whole summer will no doubt be an extremely busy one for Patrick McQuaid, who not only just brought Culinary Conspiracy to Industrial Avenue this past fall, but is now partnering with the Ottawa Tennis and Lawn Bowling Club at 176 Cameron Avenue.

The wonderful 1922 vintage clubhouse and balcony patio overlook both the courts and Rideau River, and are the perfect backdrop for the savoury inspirations that have come to be expected from the Culinary Conspiracy team. With the Club's Café & Bar under the direction of Chefs Benoit Gelinotte and Corinna Horton, the beautiful 'Cottage in the City' will be a popular place to eat seven days a week, for not only club members, but the general public as well.

'The Summer of Conspiracy' menu with its locally sourced high quality ingredients will maintain the traditional type of OTLBC fare, plus The Sunday Brunch Buffet, Wednesday Pub Night, and Friday



You could be enjoying Culinary Conspiracy up there too
Photo credit: courtesy of the Ottawa Tennis & Lawn Bowling Club

Barbeque Night will continue to be offered until October as usual.

Maria Pierre-Noel, General Manager of the Ottawa Tennis and Lawn Bowling Club, is extremely pleased with the Culinary Conspiracy partnership, and notes that one of the things that make the OTLBC so special is how the food component helps compliment the social aspect of one of Canada's oldest tennis clubs. The clubhouse also offers wonderful rental facilities for a wide variety of events, and this summer, through arrangement with the club's Customer Service & Event Manager, Claire Brodie, Culinary Conspiracy will be providing the remarkable food experience for these.

And while Patrick McQuaid and the team opened at OTLBC on May 3rd for the upcoming season, on June 6th Culinary Conspiracy will also be having the Hog's Back Park Canteen at the Waterfall, 601 Hog's Back Road for this summer 2014 as well.

"Let us be the missing ingredient to your successful event," notes the Home Page from the Culinary Conspiracy web site, and already many have taken advantage of the clever motto. Well done to all the great people who help make this happen; and thank you Patrick McQuaid for bringing your culinary excellence into our local neighbourhoods.

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Volunteers honoured at luncheon at the Alta Vista Retirement Community

by Carole Moul

When David McGuinty noted how his mother used to say that ‘volunteerism is the hallmark of a civilized society’, he was including these words as part of an introduction at a Volunteer Recognition Program Luncheon honouring those volun-



Walter Terentiuk
Photo credit: Bill Fairbairn

teers who help out in one way or another at the Alta Vista Retirement Community.

Mr. McGuinty shared his reason for initiating his Volunteer Recognition Program, which has already recognized, 100's of volunteers in Ottawa South, and then told how Canada stands in the top ten at number

eight for average minutes of volunteering per day by all the respondents and volunteers in the *2011 OECD Report. He spoke about the significance of volunteer activities to society, and acknowledged the kind gestures that they make by helping others.

“My efforts are all about trying to



Ken Riley
Photo credit: Bill Fairbairn

encourage our neighbours to continue or start volunteering,” Mr. McGuinty told those gathered.

He congratulated and praised the people who provide hours of their time as volunteers at the retirement community at 751 Peter Morand Crescent, and described why each award recipient was being honoured that day. And from Mr. McGuinty’s

presentations, it was evident that while a number of the volunteers honoured live at the Alta Vista Retirement Community, there were others who may not live there, but have become important to many of those who do.

Well done to all the recipients who joined the management and staff in the second floor lounge for a celebratory volunteer luncheon, complete with balloons and a beautiful cake. Thank you Mr. McGuinty



Heather Wyman
Photo credit: Jackie Grace

for acknowledging the importance of the contributions of Walter Terentiuk, Jean Thompson, Heather Wyman, Ken Riley, Elton Russell,



Matthew Cleairoux
Photo credit: Carole Moul

Gordon McElveny, and Matthew Clairoux. Congratulations everyone.

*Mr. McGuinty’s references were from a 2011 Report of the Organisation for Economic Co-operation and Development, Directorate for Employment, Labour and Social Affairs,



Jean Thompson
Photo credit: Jackie Grace

Employment, Labour and Social Affairs Committee. Veele.Miranda, contact details, 20-September-2011/
www.oecd.org/els/workingpapers

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Gordon McElveny
Photo credit: Bill Fairbairn



Elton Russell
Photo credit: Bill Fairbairn



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Corner of Drake & Lindsay Streets

Alta Vista Drive-Shoppers Drug Mart Step into Spring Gala

by Carole Moulton

The 'fun' in fundraiser can be seen at the Alta Vista Drive-Shoppers Drug Mart Step into Spring Gala on Saturday, May 3rd, when the team raised money for The Canadian Breast Cancer Foundation and The Royal Ottawa Foundation for Mental Health. Makeovers, draws, delicious cupcakes and a wonderful BBQ made for a great afternoon.



Tiffany and Lorna supplied the specialty cupcakes



Sabrie, Arze, Amber and Katie H helped make everyone beautiful



Jessica awaits Lorna's magic



Lorna, Katie A. and Kyle serve up the delicious food



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Ottawa Trinity Church—not for adults only

by Pastor Franklin Chouinard

If you had attended a Sunday morning worship service at Trinity Church twenty years ago you would have found that it was like most traditional churches of the time: a white middle class aging somewhat staid congregation that drove to the church from other communities because it was “their church”. Visit the church this coming Sunday and you will find quite a change: a multicultural intergenerational church that is vibrant because of a younger leader-ship core, a church where every-one is welcome. One will also find a church that is part of the River-

Continued on page 23



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Book Fest turns into an author workshop

by Bill Fairbairn

The first Canadian Authors Association-NCR Book Fest April 12 turned into a local author workshop mainly due to a poor turnout by the public on the first warm day of spring that perhaps attracted members of the public to outdoor activities.

Authors read from their books



Tammie Winsor of Riverview Park displays her Jack and the Fairy Dogmother book written for her children

and several panels discussed book topics of variable interest, but book sales that authors hoped might compensate them for their usually hard self-published efforts were way down.

Book Fest local organizer Dr. Qais Ghanem said: “Although we had the largest number of authors under one roof, the number of visitors was disappointing. This



Metis author K.D. Beckett (right) poses behind her In Time Saga novels with friend Audrey Nickus

was partly due to the nice weather, which kept people outdoors, and the exhibitions and events that day. Perhaps the main reason is the usual one; namely that it was the first year the festival was held. We therefore feel that with enhanced advertising next year’s event will be much better attended. We hope to hold it in the spring of 2015.”

Author K.D. Beckett said selling only one book was a very unusual



Kevin T. John was at the book fest with his giant page turner poster



Bill Fairbairn’s book on the African struggle for independence is going into its second edition

experience for her. “I usually sell 20-40 books.” She was displaying seven *In Time Saga* books and has more coming out soon from Metis Publishing.

Her first book, *Rainbows in Time*, explores Canada’s historical and cultural heritage during the heyday of the fur trade in the Northwest.

Karole did better in the sales department than I did. The few potential book buyers that turned out seemed to walk blindly past my display table perhaps because panel discussions or book readings were going on from the platform at the same time.

I shared a panel discussion and

Continued on page 25



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Oakpark resident marks unique milestone: 90th birthday

by Alyssa Delle Palme

Reaching the ripe old age of 90 is all down to luck according to Oakpark resident Mary Dudgeon, who celebrated the landmark year this month. Dudgeon, who celebrated her 90th birthday on May 6th, says there is no secret to a long life.

“I was a sickly child, I smoked a bit in my twenties, I don’t take vitamins and I eat whatever I want!” said Mrs. Dudgeon.

She might be 90, but age certainly hasn’t slowed her spirits. Mrs. Dudgeon volunteers at the Riverside Hospital every week.

“I have been volunteering there since 1967,” said Mrs. Dudgeon. “Maybe giving back to the community is my secret to a long life. Helping others might help you live longer.”

During the Second World War, Mrs. Dud-

geon helped on the home front by supporting the men who had gone out to fight.

“I worked as a Farmette,” said Mrs. Dudgeon, “I had a uniform and everything.”

She contributed to the war effort by picking fruit in the Niagara region.

“The men went to war and there was nobody left to pick the fruit,” she explained.

Born in Didsbury, Alberta, Dudgeon moved to Ottawa when she was six with her parents. She met her husband, Earl on a train. The couple had two children, a son and a daughter, who in turn gave them four grandchildren and one great-grandchild. Her family recently hosted her 90th birthday bash in the Oakpark library.

“It was a lovely party,” said Mrs. Dudgeon, “I saw people I haven’t seen in years and the food was really good.”



Editor’s Note: Mary Dudgeon delivered this community paper for many years. In fact, my street was her route. Congratulations, Mary.

Mrs. Dudgeon has been a resident of Oakpark Retirement Community since 2008.

“I love the freedom here,” she said, “it’s my home away from home. There is always company and you don’t have to be alone.”

Mrs. Dudgeon has the look and energy of a woman many years younger. She denies having a beauty regiment, but she does participate in the weekly exercise classes offered at Oakpark. Her words of advice for young people?

“Be true to yourself,” said Mrs. Dudgeon, “give back and always trust your instincts.”

If you would like to come for a tour of Oakpark Retirement Community please contact Tom Kloppenburg, Marketing Manager at 613-260-7144.





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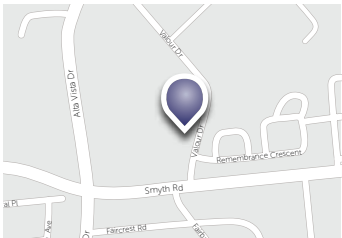


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Blair Court celebrates Community Safety Day

On a blustery Saturday May 10 more than 200 people took part in the 3rd annual Blair Court Community Safety Day. The event was held at Coronation Park between 11 a.m. and 2:00 p.m. It was a great success and lots of fun. Among the many visitors were Ottawa Police Chief Charles Bordeleau who took time to talk to participants and to stress the importance of community-based organizations in building up civic trust and pride; and Ottawa Community Housing CEO Stéphane Giguère. Lots of credit to Blair Court Community House’s Executive Director, Kristy Donnelly and her group of dedicated organizers and volunteers. Thanks also to Enbridge and their team for providing the BBQ! Many community organizations were represented including: Crime Prevention Ottawa, Ottawa Police Services, Ottawa Fire Services, Ottawa Fire Station 56B, South East Ottawa Community Health Centre, Ottawa Community Housing, SEATS for Kids, Ottawa Public Health, Do It For Daron and W.I.S.E.



Photo credit: Matt Herlibey



Photo credit: George Kozoriz



Photo credit: George Kozoriz

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The Ottawa Hospital Community Advisory Committee

TOH introduces oral anti-cancer drug program

by Helen McGurrian

On February 11, 2013, The Ottawa Hospital (TOH) implemented a new Oral Anti-Cancer Drug Program. Oral anti-cancer drug treatment is a recent advance in treatment, and estimates are that by 2016, 25 percent of cancer drugs will be taken orally. Of all new submissions for anti-cancer drugs sent to Health Canada for approval, 75 percent are for oral medications. The advantages for patients are more flexibility and control over their lives in not having to go to a hospital for Intravenous Chemotherapy, and fewer systemic reactions such as hair loss, nausea, and anaemia; the disadvantages are that patients assume more responsibility for their treatment which can be complex.

Here's how the program works. The Medical Oncologist is the prescribing physician who determines which anti-cancer drug combi-

nation best targets the patient's cancer cells, (targeted therapy). If a patient is a candidate for Oral Anti-Cancer Drug Treatment, he/she is assessed by pharmacists from TOH's Pharmacy Oral Chemotherapy Program. The Pharmacist reviews the patient's medication history to determine if there is any contraindication to the use of oral anti-cancer drugs. It is rare that only one anti-cancer agent is used. Patients need to know that the combination and timing of different anti-cancer drugs is critical. Side effects do occur and patients have to know how to manage or minimize side effects and when to seek medical help. The patient is given a Patient Information Sheet on each drug, and a Call-Back Schedule with Program staff is established, with follow-up dates specific to medications and possible side effects.

All oral anti-cancer medications must be purchased through

regular drugstores. TOH's Cancer Centre Pharmacists prepare two documents for your own Pharmacist: a Drug Specific Education Sheet; and the Prescription Information Sheet. The patient also is given a copy. The Prescription Information Sheet lists the patient's name, age, diagnosis, medication dosage, including the formula used to calculate the correct dosage. For example, dosage of one drug is determined by measuring the patient's Body Surface Area (BSA) and that is done by a math calculation using the patient's height and weight divided by a specific denominator in the formula. Best of all, the Prescription Information Sheet includes the name and phone number of TOH's Cancer Centre Pharmacist so the local pharmacist and/or patient can call for further information.

Program success can be measured by the increased referrals; 25 new patients a month are assessed

by pharmacists. Plans are to extend the program to patients

on hormone therapy (prostate and breast cancer). To correct errors due to poorly handwritten prescriptions, Electronic Prescribing is being introduced, an initiative that Cancer Care Ontario has made a priority for 2015. I thank Helene Bourget-Letarte, Pharmacy Manager of TOH's Integrated Cancer Program for meeting with me. One final caution, although use of Oral Anti-Cancer Drug Therapy is increasing, it may be years before it replaces Intravenous Chemotherapy. However the choice of pills or IVs, when it is an option, can be of great benefit for patients and a sign that cancer is manageable over the long-term much like other chronic illnesses. You can contact me at

hbmcgurrian@gmail.com



Oral anti-cancer drug program – part two

by Helen McGurrian

My Part One column did not address the issue of cost of oral anti-cancer drugs, an important consideration, given that these drugs can be quite expensive. IV (intravenous) anti-cancer drugs are covered by OHIP when administered in a Cancer Centre but who pays for oral anti-cancer drugs that a patient takes at home? I hope this column answers that question. I thank Helene Bourget-Letarte, Pharmacy Manager, and Dr. Garth Nicholas, Medical Oncologist, of TOH's Cancer Centre, for their kind assistance in guiding me through the complexity of oral anti-cancer drug payment options.

IV (intravenous) drugs given in hospital are paid for by OHIP; oral drugs taken by a patient at home are NOT covered under OHIP. This rule applies to all patients regardless of diagnosis; for example, OHIP pays IV antibiotics in hospital, but oral antibiotics the patient takes at home are paid by the patient. Here is a quick summary of how the system works for cancer patients prescribed oral anti-cancer drugs.

If a patient qualifies for the Ontario Drug Benefit program (ODB), drugs the patient takes at home will be paid; qualified

ODB recipients include seniors, people in long-term care, social assistance recipients, and people whose drug costs are high relative to income. Patients who do not qualify for ODB, even some with private health insurance, may not be able to afford the costs of oral anti-cancer drugs. These patients can apply for assistance under the Trillium Drug Program, a program which helps patients by paying part of their drug costs based on the patient's household net taxable income. Where necessary, patients will be referred to the Cancer Centre Reimbursement Coordinator to advise them on their options.

These options can be complex. Although Health Canada has approved an oral anti-cancer drug as safe and efficient for its intended use, Ontario, like every other province, goes through its own approval processes before listing a drug in its ODB Formulary, and the approval gap can be significant, from months to years. Very few new oral anti-cancer drugs are listed in the Formulary. The physician must file an Exceptional Access Program (EAP) request under the ODB to obtain approval to use that drug. Once approval is received, the drug is paid for by the ODB. If the EAP approval request is

denied, and no provincial funding is available, the Reimbursement Coordinator may seek assistance from Pharmaceutical Companies as some companies have Patient Assistance Programs and Compassionate Programs. But eligibility and co-payment criteria vary as these Programs are privately funded and operated at the discretion of each Pharmaceutical Company. If no assistance is available for a specific oral drug, a patient's options may be limited to the use of IV drugs paid for by OHIP. While the IV drug may not be the same drug as the oral drug, rest assured that oncologists always select an equally effective drug to attack a patient's cancer. In fact, IV anti-cancer drugs are still the most used and effective initial treatment. Oral anti-cancer drugs usage will increase in the future, sometimes as a stand-alone treatment, or after IV treatment, or in combination with IV drugs. Their use would be a preferred option for patients in remission, maintenance and palliative situations.

Have a Happy Healthy Summer! You can contact me at hbmcgurrian@gmail.com

Towards a healthier community – the Ottawa Hospital's role

by Helen McGurrian

Hospitals have been slow in recognizing their role in making their communities healthier. Dr. Jeff Turnbull, Chief of Staff at TOH, presented TOH's plans to better achieve the three aims advocated by the Institute of Health Care Improvements for hospitals: to provide "better care", "better value" and contribute to the "health" of the community it serves. This means focusing care on the patient, and sharing of TOH's specialized expertise and resources by working in community partnerships. Getting to that integrated healthcare network will be a challenge and take time. In developing its Healthier Community approach, TOH identified three programs for 2014.

Health Care for the Homeless

Building on a program TOH helped found, the Inner City Health Inc., this community network includes Community Health Centres, Homeless

Continued on page 21

From previous page

Shelters, police and paramedics, working together to ensure that over 200 chronic homeless individuals with complex medical and mental health illnesses and addictions receive appropriate treatment in the appropriate setting. TOH staff care for these homeless outside hospital settings, saving millions in Emergency Department use. In partnership with the Youth Bureau, the next step involves providing young people, who are high users of judicial and health services, with health/social service programs to turn them from dangerous and criminal lifestyles.

Aboriginal Health
Cancer Care Ontario has identified First Nations, Inuit and Metis Communities as having unacceptably high rates of malignancy and more severe complications from their diseases. TOH is partnering with Cancer Care to improve screening and provide culturally sensitive care. This may require TOH to do the screening in Aboriginal communities. It is hoped that this program will lead to implementation of a Champlain LHIN Aboriginal Cancer Strategy, and the creation of necessary programs in areas identified by the communities themselves, such as diabetes and mental health outreach.

Frail Elderly
Frail elderly patients who live in homes for the aged or nursing homes and suffer from multiple chronic diseases often do not get the care they need, so they end up in hospital having a crisis situation addressed, and are most often sent home without a coordinated health care plan. Based on hospital data on long-term residences with frequent repeat admissions, TOH will work with these residences to provide more hospital services in their residences, reducing the cost of treating these patients in hospital. One example of a cooperative venture under consideration is with the Perley-Rideau Veterans Health Centre where staff said sending patients

to hospital for X-rays was hard on the patients. How much easier it would be if the X-ray could be done at the Perley, and read by a radiologist at TOH. Then, if a fracture is confirmed, the patient could be transferred immediately for treatment, bypassing the Emergency Department.
There is much work to be done before we achieve a complete integration of health care, but Dr. Turnbull has made an excellent start in developing a Health Community approach. He has shown his commitment to working with community partners to the benefit of our most vulnerable populations. Thank you Dr. Jeff!
You can contact me at hbmcgurrin@gmail.com

Scott Wordsworth trip
Continued from page 3

Where to begin? Well, of course in the Scott country where I was born. Where, and what, is the Scott country? Walter Scott's home was, and in spirit still is, Abbotsford and his favourite haunt was the Valley of the Tweed, not far from where Scotland borders England, and where the river flows into the sea at Berwick-upon-Tweed. My wife, Janina, and I enjoyed tea and scones at Abbotsford, where Sir Walter Scott built a great mansion that bankrupted him. Below the mansion is buried



Janina and Bill rest for a photograph

of Hawick. He writes about himself in the opening page:
The last of all the Bards was he, who sang of Border chivalry.
Scott revolutionized the novel. No writer of his era was more translated and read. Among books he wrote were Ivanhoe, Rob Roy, The bride of Lammermoor and The Heart of Midlothian. He is said to be the man who invented a nation. In 1818, he captivated newspaper readers with his recovery of the Scottish crown jewels from a forgotten chest in Edinburgh Castle.
At Abbotsford my holiday itinerary took in a reunion with four family cousins on their home turf. In Abbotsford, Scott also wrote of great 14th century conferences, one of which Edward I of England decided between the rival claims of the competitors for the Crown of Scotland. The Hammer of the Scots, as Edward came to be called, crossed into Scotland on his last fatal enterprise of invading and subduing Scotland, but dying in the process. His son was no match for his father in warfare and, taking command on his father's death, lost to Scotland's Robert the Bruce at the Battle of Bannockburn.



Janina and Bill rest for a photograph

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*Breathes there a man with soul so dead
Who never to himself has said
This is my own
My native land*

One would think that Scott's words indicate he was a Scottish separatist but no, I was told, he was a unionist who had welcomed British royalty.
I grew up in Hawick, the biggest Border town. Hawick tradition surrounds the capture of the flag of English invaders after Scotland's defeat and loss of its king at the Battle of Flodden. It is kept alive by the annual Common Riding, when the town is seen at its most jubilant. Its slogan, *Teribus ye Teriodin*, are supposed to have descended to it from heathen times and to have originally been an invocation to the gods of the early Saxons and Norsemen Thor and Odin. Men and women of Hawick ride round the town at the beginning of June chanting: *Teribus ye Teriodin, sons of heroes slain at Flodden, imitating Border bowmen, Aye defend your rights and common.*
Today another Border tradition is rugby and matches, especially the seven-a-side game that history records was first played in the border town of Melrose, are a treat. On my holiday in Scotland, I attended the 113th Jedburgh rugby sevens with my old pal of another age, Alan McKie. We watched to the chorus of *You'll never walk alone*



Bill sidles up to Sir Walter Scott at Abbotsford

the Jedforest home team cruise to the knockout tournament's final, only to lose to Melrose.
The Duchess Anne of Buccleuch used to hold her receptions at Hawick. At one such gathering, Walter Scott welcomed guests Dorothy and William Wordsworth.
So to close our holiday Janina and I spent four days by Ullswater, in the English Lake District of Cumbria, where Wordsworth wrote some of his finest works. This holiday was a gift from my daughter Judith and her husband Ian. We resided in a wilderness stone cottage below steep bare hills. Wordsworth and Dorothy walked along the banks of Ullswater in 1802. Her diary notes were inspiration for the famous poem, The Daffodils, written by William in 1804.
*I wandered lonely as a cloud
That floats on high o'er vales and hills,
When all at once I saw a crowd,
A host of golden daffodils;
Beside the lake, beneath the trees,
Fluttering and dancing in the breeze.*
No wonder that he was made England's poet-laureate, given a civil list pension and that my wife and I visited Ullswater 212 years after he too was there!

Dear Fran

dearfrangardener@gmail.com

Dear Fran,
With the loss of so many ash trees, what is the best way to select and plant new trees of manageable size? Tree planting can be very expensive when looking at the cost of a tree plus the planting of it. We hope that you might be able to help.

Signed, A tree-planting committee member
www.riverviewparkreview.ca

Dear Tree Planter,
Again another question so relevant to what is happening in Ottawa with the loss of so many ash trees. "All North American species of ash (*Fraxinus* spp.), and many exotic ash species, are susceptible to Emerald Ash Borer (EAB) attack and infestation."(quoted from Canadian Food Inspection Agency) In the US, EAB has attacked all *Fraxinus* spp. in over 22 states. At the risk of stating the obvious, do not plant any tree with a *Fraxinus* spp botanical name. As long as there are ash trees the EAB will attack them.. MAYBE one day the birds will discover them as a source of food, or a native ash tree will spontaneously develop immunity to EAB and once again the native ash tree can be a part of our landscape.
So what can you plant in the meantime to replace the ash tree. Whatever you do, do not plant

all the same species of tree. This creates a monoculture which invites attacks from pests and diseases. A diverse mix of trees makes the whole tree population healthier, and harder for pests to find their favorite tree to munch on. Another hint, and this is for down the road when the new trees are mature, is keep the canopy of the tree open. This means you have to spend some money on a qualified arborists every few years to clean out dead wood, as well as branches that cross and rub together which can be an entry point for both pests and disease. This is just good stewardship and also protecting your investment which happens to be a tree.

What do I want my new tree to do for me?
For instance, a tree can provide shade in summer, good fall color, a pleasing shape, large or small, fragrance, flowers and fruit. Do your homework and choose the right tree and a lot of these characteristics will be provided by the tree you choose.
New trees are expensive! Why? Someone is paid to plant a seed, nourish and care for it for about 4-5 years before it is old enough to sell in a nursery. This involves using greenhouse space, heating the greenhouse in winter, fertilizer or the tree, repotting as the tree

grows, planting it in the ground when old enough and then later, when it is big enough, digging it up and repotting it in a bigger pot, more food and water, then transporting it to a nursery. Each of these growers has to consider this cost in making it profitable for him. Then you buy it and maybe have someone plant it for you, yet another cost. In spite of this, a tree is a bargain considering they may live for 100 years or more and the next three generations will enjoy them.

As you know most people are impatient and cannot wait for a tree to grow to an acceptable size that will provide shade so they may buy a caliper tree. This means they are buying a tree based on its trunk diameter. The bigger the diameter the more expensive and then this big tree needs to be planted using heavy equipment. The cost to plant the tree is usually equal to the cost of the tree. So the cost of your caliper tree is doubled. Another fact that adds to the cost of the tree is how rare or unusual it is. On the other hand, weedy trees are cheap, reseed with a vengeance and they live a long time, for example Silver Maple, Weeping Willow and Manitoba Maple.

What about a smaller sized tree from the local garden center? These smaller trees are younger and usually in large containers that can be transported and planted by people without heavy equipment. These smaller trees usually will establish themselves within a year or two whereas a caliper tree may take longer before you start seeing an increase in the tree's size.

How would you plant the younger nursery tree?
First decide where the tree is to be planted and know what the mature spread of your tree is (should be indicated on label). This is probably the hardest part because you have only one chance

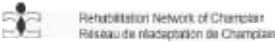
to get it right. Stick a stake in the ground where you think the tree should be and walk around viewing the 'tree' from all angles. Repositioning the stake until you get the right spot. You do not want it growing into the foundation of your house or branches rubbing on the roof. You have to trust your imagination how the mature tree will look in your chosen location. The right tree planted in the right place adds considerable value to your house, looks good and will provide years of pleasure.


Now you dig a hole twice as wide and one and one half times the depth of the root ball, using a garden fork rough up the wall of the hole, remove any stones and debris from the soil taken from the hole and amend it with good compost. The trick is to fill the hole with sufficient soil so the tree trunk is at the same depth as in the container. Once the tree is positioned fill in around the root ball. Water in and add more soil. Repeat until the hole is filled. It is no longer recommended that newly planted trees be staked. The theory is when a tree moves around in the wind it will create anchor roots quicker and be stronger. If you do stake a tree, it should be staked only in very windy locations and for no longer than one year.

There are many good sites on the internet on how to plant a tree or better yet borrow a good book on trees from the library.
A society grows great when old men plant trees whose shade they know they shall never sit in.— Greek Proverb

I hope this information helps you choose the right tree for your site.
Fran









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Daniel Tammet is a writer and essayist. His New York Times best-selling memoir 'Born On A Blue Day', about his childhood with high-functioning autistic savant syndrome, was named a Best Book for Young Adults by the American Library Association. 'Embracing the Wide Sky' and 'Thinking in Numbers' were also international bestsellers. His books have been translated into 24 languages and sold 1 million copies worldwide. He was elected a Fellow of Great Britain's Royal Society of Arts in 2012.

For information, please contact: Helen Zipes at helenzipes@gmail.com or David Baker at davidb@europeanglass.ca

There is no charge for this event but donations will be welcome to help defray costs.





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Aries- *March 20- April 20*
Dear Aries, your attempts to get your point across could be frustrated early in the month. Things will improve from the mid to the end of the month. The reason for this is because the planet Mars, your ruler, will finally be moving forward. After spending the last few months moving backwards, something is happening with Venus, the planet of pleasure, entering into Aries. You will be at your best. There most likely will be some kind of breakthrough that promises to improve “you” in many ways. Have fun and let it roll!

Taurus- *April 20- May 20*
Dear Taurus, looks like the sun is present in your sign. Very good news! Be aware of some activity mid month. This could be an excellent time for promoting yourself, and your creative ideas. Things will start happening. But keep in mind that hard work will be required to get what you want. Hey! That’s no problem for you Taurus.

Gemini- *May 21- June 21*
Dear Gemini, lots of planet activity surrounding your Sun sign. The mood here could be that you are feeling forgiving and a little dazed and confused. Feels like many things are happening at once. Be careful, Gemini, because there might be a chance that your attempts to be all things to all people will lead to misunderstandings and misinformation. This could lead

to exhaustion and spreading yourself too thin.

Cancer- *June 22- July 22*
Dear Cancer, the spring season promises to be busy for you, both professionally and socially. There is a faint craving for mischief in the air, so if you can’t resist the temptation, then must try to be discreet. Mid month near the full month will be a chance to make an important contact. This could prove to be helpful in making your wishes and dreams come true.

Leo- *July 23- August 22*
Dear Leo, seeing as the sun is in Taurus until mid month means the focus is on goals and opportunity. It could be your time to shine and take that big piece of pie! It’s a good idea to network. This is a way to improve your professional status, but beware Dear Leo, in accepting invitations that could burn a hole in your pocket.

Virgo- *August 23- September 22*
Dear Virgo, Mercury is present, and the sun in Gemini means one thing! Your focus will be goals, and ambitions. This is a time to work really hard and dig deep to make it happen. Head strong, you are determined to see progress in the coming months. There will be added responsibilities that may weigh heavily with the demands of family and friends. Very important to make the most of this period.

Libra- *September 23- October 23*
Dear Libra, The spring season has been a testing time for most signs. It’s time to put your needs first for a change. The planet Mars is starting to circle your sign, eventually moving directly in your sun sign. This could be the time to get the show on the road. Stay away from those who would rather dig a hole for themselves.

Scorpio- *October 24- November 21*
Dear Scorpio, lots of planets causing some activity. The sun is present in your opposite sign Taurus. Gemini is also present in your sign. There could be lots of focus on financial, emotional, and sexual aspects of your relationships. Some may be brought to your attention mid month. This may cause you to realize what you need to do to make opportunities possible. Also, it could be a time when you see the truth about someone very close to you.

Sagittarius- *November 22- December 21*
Dear Sagittarius, there is help if you need it. Lots of change going on around you. Your mind seems to be running a mile a minute. There could be times that you forget to take care of your needs. The universe is telling you that it’s OK to postpone some of your commitments. All will be forgiven. Time to rest.

Capricorn- *December 22- January 19*
Dear Capricorn, love is in the air and you are in the mood. There may be a new love

interest, or a creative interest. The universe is making it very tempting, although some of the planets like Venus joining Uranus could mean that you could experience some impatient and impulsive behaviour. That means you will have trouble getting what you want.

Aquarius- *January 20- February 18*
Dear Aquarius, the sun being present in Taurus could mean that you are focused on your domestic and private life. However, your social commitments may irritate you, and make it hard to get some peace. There is a chance that you may have trouble distinguishing friendship from love and fact from fantasy. This feeling will pass soon.

Pisces- *February 19- March 20*
Dear Pisces, the universe is urging you to be cautious with your private and social life. Perhaps there are personal responsibilities that may be leaving a dent in your bank balance and your confidence. Be aware of the people in your life, unless you want to be taken for a ride again. Be kind, but not too kind.

“Astrology is a language, and if we try and learn this language, then we could communicate with the universe.”

Arze Chahine,
Your astro advisor,
zeebraas4@hotmail.com

Not for adults only

Continued from page 16

view Park community rather than one that merely has a building in it – a church that is congregationally involved and active.

The theme of the children’s program – *Friendship Club* – is *children are important people too*. Children play an active role in the church. Not only do they attend the Friday night activity provided for them [ended for the summer to return the beginning of September], they are also involved in the Sunday morning service. *Friendship Club Sunday* they help lead the service and provide music; other Sundays they will be asked to lead the Bible readings and help receive the offering. Jesus welcomed little children; so does Trinity.

A renewed youth program has met Friday evenings as well. *Youth Alive* provides alternative activities for teens on Friday nights. Sometimes tame; sometimes outlandish, the youth leadership has welcomed local young people into a safe, fun environment. Youth activities end mid-June with an “all-nighter”. The service June 15 is not just youth-oriented but will be youth-directed, as they will lead the service from beginning to end.

There is an active ladies fellowship at Trinity Church. In times past the ladies have gone on a day trip to Montreal by VIA rail, have had a shop-and-dine excursion, and have gone on a sunset cruise on the Ottawa River. In June there will be a Saturday afternoon Ladies Luncheon at *Les Fougères* in Chelsea. Occasionally the men of the church get together for an evening out at a local

restaurant for fun and laughter as well.

As part of their commitment to the community, Trinity Church has provided land for a community garden [see article elsewhere]. The expanse of land prompted a child to ask *can we bring our pets to church?* This led to what has become an annual *pet play day* – this year held the evening of June 6. There is a bike-to-church day July 6, we’ll celebrate the Ottawa RedBlacks July 20, and picnic together following one of our August services.

From staid to alive might be one way to describe Trinity Church over the years. However, the desire to help people find a renewed relationship with Jesus has not changed. The congregation is determined to not just be a church – they want to actively engage people in spiritual renewal. And if



things are done just a bit out of the ordinary, so be it!

For more information about Trinity Church, visit the web site: www.ottawatrinity.ca, phone the church at 613-731-8926, or e-mail Pastor Frank at ottawatrinity@rogers.ca.



Alta Vista Library

Drop-in Storytimes / Heures de contes sans inscription

Summer Family Storytime
Stories, rhymes, and songs for all ages and a parent or caregiver. Drop-in.
Tuesdays, July 8, 15; July 29 – August 19, 10:30-11:15
Contes en famille en été
Contes, rimes et chansons pour les enfants de tous âges et un parent ou gardien. Portes-ouvertes.
les mercredis, le 9 juillet – 20 août, 10h30-11h00

Summer Babytime / L’été des bébés à la biblio
Stories, rhymes and songs for babies and a parent or caregiver. 0-18 months. Drop-in. / Contes, rimes et chansons pour les bébés et un parent ou gardien. 0-18 mois. Portes-ouvertes.
Mondays, June 23, July 14, August 11, 10:30-11:00
les lundis, 23 juin, 14 juillet, 11 août, 10h30-11h00

Summer Toddler time / L’été des tout-petits à la biblio
Stories, rhymes and songs for babies and a parent or caregiver. 18-36 months. Drop-in. / Contes, rimes et chansons pour les tout-petits et un parent ou gardien. Pour les 18-36 mois. Portes-ouvertes.
Mondays, June 30, July 21, August 18, 10:30-11:00
les lundis, 30 juin, 21 juillet, 18 août, 10h30-11h00

Summer Evening Storytime / Contes en soirée d’été
Stories, rhymes and songs in the evening for children of all ages and a parent or caregiver. All ages. Drop in. / Contes, rimes et chansons en soirée pour les enfants de tous âges et un parent ou gardien. Portes-ouvertes.
Thursdays, July 10, August 7, 6:30-7:00
les jeudis, 10 juillet, 7 août, 18h30-19h00

Programs / Programmes

Block Party / Ça dé “bloc”
Building Boom: show off your architectural creativity with Lego®. No registration. / Archiboum! Architectes en herbe, à vos Lego®! Portes ouvertes.
Tuesday, June 24, July 29, 3:00-4:00
le mardi, 24 juin, 29 juillet, 15h00-16h00

Game On! / À vos jeux!
Roll the dice, pick a suit or grab a nunchuk! Come play cards, board games or Wii with us! No registration. / Joue aux dés, choisis ta couleur ou saisis un nunchuk. Viens jouer aux cartes, à un jeu de société ou au Wii avec nous. Portes ouvertes.
Thursday, June 26, July 31, 3:00-4:00
le jeudi, 26 juin, 31 juillet, 15h00-

16h00
Eureka! Opening Ceremony / Eurêka! Cérémonie d’ouverture
Join us for the TD Summer Reading Club 2014 kick-off! No registration. / Joignez-vous à nous pour le lancement du Club de lecture d’été TD 2014! **Portes ouvertes.**
Thursday, July 3, 2:00-3:00
le jeudi, 3 juillet, 14h00-15h00

Let it Grow! / Mon jardin d’idées
Explore and make with nature. Ages 6-8. Registration required. / Explore et crée avec la nature. 6-8 ans. Inscription requise.
Wednesday, July 9, 2:00-2:45
le mercredi, 9 juillet, 14h00-14h45

Grow It! / C’est dans la nature!
Try your hand at eco-crafting. Ages 9-12. Registration required. / Fais un projet d’éco-bricolage. 9-12 ans. Inscription requise.
Thursday, July 10, 2:00-2:45
le jeudi, 10 juillet, 14h00-14h45

On with the Show / Attention, mesdames et messieurs!
Put your creativity in the spotlight. Ages 6-8. Registration required. / Prends place sous le feu des projecteurs.
6-8 ans. Inscription requise.
Monday, July 14, 2:00-2:45
le lundi, 14 juillet, 14h00-14h45

Mini Lab / Mon petit labo
Put on your lab coat and let’s get cooking. Ages 6-8. Registration required. / Enfile ton tablier et mets-toi à la pâte. 6-8 ans. Inscription requise.
Wednesday, July 16, 2:00-2:45
le mercredi, 16 juillet, 14h00-14h45

Gadgets & Gears / Gadgets et engrenages
Discover the place where art, science & technology meet. Ages 9-12. Registration required. / Là où l’art, la science et la technologie se rencontrent. 9-12 ans. Inscription requise.
Thursday, July 17, 2:00-3:00
le jeudi, 17 juillet, 14h00-15h00

Reshape It / Donne-moi une nouvelle vie!
Turn trash into treasure. Ages 6-8. Registration required. / Transforme des rebuts en trésors. 6-8 ans. Inscription requise.
Saturday, July 19, 2:00-2:45
le samedi, 19 juillet, 14h00-14h45

Morse Code Maker
_ _ . . . _ _ _ DIY Morse Code jewelry! Spell your name or favourite word in beads, while learning

Morse Code and practicing your skills on a telegraph key. Ages 9-12. Registration required.
Tuesday, July 22, 10:30-11:30

Super Structures / Super structures!
Design and launch your coolest constructions. Ages 9-12. Registration required. / Conçois et bâtis tes meilleures idées de construction. 9-12 ans. Inscription requise.
Wednesday, July 23, 2:00-2:45
le mercredi, 23 juillet, 14h00-14h45

Find Your Voice
Unleash your inner performer. Ages 9-12. Registration required.
Thursday, July 24, 2:00-3:00

Lots of Blots / Barbeaux et pinceaux
Make your mark with pencil, pen or paint. Ages 6-8. Registration required. / À vos crayons, feutres et pinceaux. 6-8 ans. Inscription requise.
Monday, July 28, 2:00-2:45
le lundi, 28 juillet, 14h00-14h45

Flip Book Workshop / Atelier feuilletoscope
Join staff from the Ottawa Art Gallery to learn how to make your own animated flip book and watch your drawings come to life. Ages 7-12. | Viens découvrir comment créer un feuilletoscope. Tes dessins prendront vie! Pour les 7-12 ans.
Wednesday, July 30, 2:00-3:00
le mercredi, 30 juillet, 14h00-15h00

Hack It / Transforme-moi
Bring an object from home; we’ll wreck it and remake it. Ages 9-12. Registration required. / Apporte un objet de la maison; nous le détruirons et le rebâtirons – en mieux! 9-12 ans. Inscription requise.
Saturday, August 9, 2:00-3:00
le samedi, 9 août, 14h00-15h00

All Tangled Up / Tout emmêlé!
Fun with fabulous fibers. Ages 6-8. Registration required. / Du plaisir avec les fabuleuses fibres textiles. 6-8 ans. Inscription requise.
Monday, August 11, 2:00-2:45
le lundi, 11 août, 14h00-14h45

Concrete Mushrooms Art Workshop
Local artist, Graham Smith, will show you how to make mushrooms using cement, sand, water and molds made of Plasticine. We’ll decorate the mushrooms with paint to make a permanent outdoor display. Ages 6-12. Registration Required.
Wednesday, August 13, 2:00-3:00

Tinkering with Textiles / L’art du textile
Alter your wearables. Ages 9-12. Registration required. / Métamorphose tes accessoires ou un vêtement. 9-12 ans. Inscription requise.
Thursday, August 14, 2:00-3:00
le jeudi, 14 août, 14h00-15h00

Print is In / L’art de l’encre
Write, draw, stamp, ink, paint – create! Ages 9-12. Registration required. / Écris, dessine, estampe – crée avec de l’encre! 9-12 ans. Inscription requise.
Saturday, August 16, 2:00-2:45
le samedi, 16 août, 14h00-14h45

Test Kitchen / Au labo!
Chemical concoctions and other creative adventures in science. Ages 9-12. Registration required. / Éclate-toi avec des concoctions et des aventures scientifiques! 9-12 ans. Inscription requise.
Monday, August 18, 2:00-2:45
le lundi, 18 août, 14h00-14h45

Beyond Blocks / Au-delà des briques
Plan it. Build it. Repeat. Ages 6-8. Registration required. / Conçois. Bâtis. Recommence. 6-8 ans. Inscription requise.
Wednesday, August 20, 2:00-2:45
le mercredi, 20 août, 14h00-14h45
Eureka! Closing Ceremony / Eurêka! Cérémonie de clôture
Join us for the TD Summer Reading Club 2014 wrap-up! Drop-in. / Joignez-vous à nous pour la fermeture du Club de lecture d’été TD 2014 ! Portes-ouverts.
Thursday, August 21, 2:00-3:00
le jeudi, 21 août, 14h00-15h00

Adult Programs

Book Banter
Share the enjoyment of good books in a relaxed atmosphere. Join us for a discussion. 2:00-3:00 PM
Thursday, June 5–The Tiger: A True Story of Vengeance and Survival by John Vaillant

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 mardi, 17 juin–Une femme aimée d’Andreï Makine

Sleuth Hounds Mystery Book Club
Share the enjoyment of good mysteries in a relaxed atmosphere. Join us for a discussion. 6:30-8:00 PM
Thursday, June 19–Any title by Lynn Hamilton–Lara McClintoch series
Thursday, August 21–TBA

Elmvale Acres Library

Programs for June:

E.A.G.L.E. HOMEWORK CLUB
Every Saturday at 10 am – 12 pm (2 hrs.)
Homework help for children ages 5 to 11. Drop-in, no registration required.

READING CIRCLE
Every Saturday at 2 – 3 pm (1 hr.)
Volunteers from Frontier College will be available to assist with reading and literacy skills. Drop-in, no registration required.

MONDAY NIGHTS ARE MURDER!
Monday, June 2, July 7, Aug. 11 at 6:30 – 8:00 pm (1.5 hrs.)
Share the enjoyment of good mysteries in a relaxed atmosphere. Join us for discussions.

ENGLISH CONVERSATION GROUP
Every Tuesday at 6:30 – 8:00 pm (1.5 hrs.)
Practice your English language conversation skills and meet new friends in a relaxed and friendly setting. Drop-in, no registration required.

HOW TO BUY A DIGITAL CAMERA
Thursday, June 5, 2014–6:15 – 8:15 pm (2 hrs.)
When buying a digital camera, you are faced with a bewildering array of choices. Chris Taylor, Ottawa PC Users' Group President will help "focus" your search for the ideal digital camera. Registration required.

Programs for July and August:

Family Storytime
Stories, rhymes and songs for children of all ages and a parent or caregiver.
Wednesday July 9, 23 at 10:15
Wednesday August 13 & 20 at 10:15
Contes en famille
Contes, comptines et chansons pour les enfants de 19 mois à 6 ans et un parent ou gardien.

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English Conversation Group–Monday / Groupe de conversation anglais–lundi
Practice your English language conversation skills and meet new friends in a relaxed and friendly environment. No registration required. / Améliorez votre anglais parlé et rencontrez des gens dans un milieu décontracté. Aucune inscription requise.
Mondays, May 26–August 25, 6:00–7:30 PM
Lundis, le 26 mai–25 août, 18h00–19h30

English Conversation Group–Tuesday / Groupe de conversation anglais–mardi
Practice your English language conversation skills and meet new friends in a relaxed and friendly environment. No registration required. / Améliorez votre anglais parlé et rencontrez des gens dans un milieu décontracté. Aucune inscription requise.
Tuesdays, May 27–June 24, 12:00–1:45 PM

Groupe de conversation en français / French Conversation Group
Improve your spoken French in a relaxed setting. This group is for

those at an intermediate level. No registration required. / Améliorez votre français parlé dans une ambiance décontractée. Ce groupe est de niveau intermédiaire. Aucune inscription requise.
Tuesdays, May 27, 2014–June 24, 6:30–8:00 PM

Prenatal Classes–Ottawa Public Health
New Free Prenatal Class offered by Ottawa Public Health (OPH). A public health nurse will lead this mini-series of three small group sessions. Session 1: Birth Basics–Confidence & Comfort. Session 2: Breastfeeding Basics–Tips & Techniques. Session 3: Baby Basics–Preparing for Parenthood. These sessions are meant to go along with OPH's free online prenatal program–A New Life. Start the online prenatal course early in pregnancy. It can be found at www.ottawa.ca/prenatal. If you need more information or you have any questions about your pregnancy, please call OPH at 613-580-6744 or email healthsante@ottawa.ca.
Thursdays, June 5, 12, 26; 6:00–8:00 PM
Saturdays, June 7, 14, 21; 10:15 AM–12:15 PM
Thursdays July 3, 10, 24, 6:00–8:00 PM
Saturdays July 12, 19, 26, 10:15–12:15 PM
Thursdays Aug 7, 14, 28, 6:00–8:00 PM
Saturdays Aug 9, 16, 23, 10:15–12:15 PM

Book Fest

Continued from page 17

one panellist said she enjoyed writing and would not sacrifice that enjoyment for any amount of book sales.
Husband and wife authors Mony and Alberto, with their *Walking for Peace* display, congratulated the book fest organizers for their initiatives saying the RA Centre room

takes time for festivals to gain public traction. She congratulated Qais Ghanem on taking the first step to get it off the ground. "With thanks to Bill Fairbairn, too, for picking up the post-event pen."
Evelyn was at the book fest with her *Flying Snakes and Green Turtles* book exploring Tanzania up close
If ever there was a writer to conjure up a story of East Africa it is Evelyn. She was there as a child when the country was the German



Book Fest panelists discuss books and marketing with the audience

was lovely but they did not consider it the best venue. "Perhaps the library or the patio of a museum or a nice university hall or city hall, colony of Tanganyika. Her father, Werner, wrote the classic *60 Years in East Africa*. Part of his book outlines his experiences in a British



Alberta and Mony met at Cape Finisterre in Spain after walks along the Camino Trail and later to the Middle East that inspired three books
anywhere you can connect culture with literature, would be better for attracting the public."
Mony and Alberto met in Finisterre, Spain, after walking the Camino and later onward to the Middle East.
Evelyn Voigt said that it always

camp for German prisoners-of-war located in South Africa during World War II and wife Helga's experiences in a women's camp in what is now Zimbabwe.
What wonderful foreign history there is to be learned at a book fest!

Newspaper delivery needed

on the following streets: **Renova Private and Tremblay Road (Eastway Gardens)**. The **Riverview Park Review** is delivered only FIVE times a year.

The buzz-bombing of the Peace Tower

by Bruce Ricketts

Joe Bouzek was an interesting guy. He came to Canada from England, at the age of 13, with his family in 1928 and settled in the great metropolis of Stewart, BC. At that time Stewart had a population of about 1,000 and no roads leading into it. The only way in was by boat up the Portland Canal.

Stewart was a stopping off point for all the Gold Rushes into the interior of BC. Klondike Kate lived here

ain. This was the year of the Battle of Britain.

One of the pivotal advantages that Britain had in defending itself was a fairly new invention called RADAR. We all know (or should know) that the Battle of Britain was won by pilots from many countries, including 90 from Canada (20 of whom died), fighting against overwhelming odds. But a positive outcome was not always ensured. The British War Office decided that RADAR was a crucial

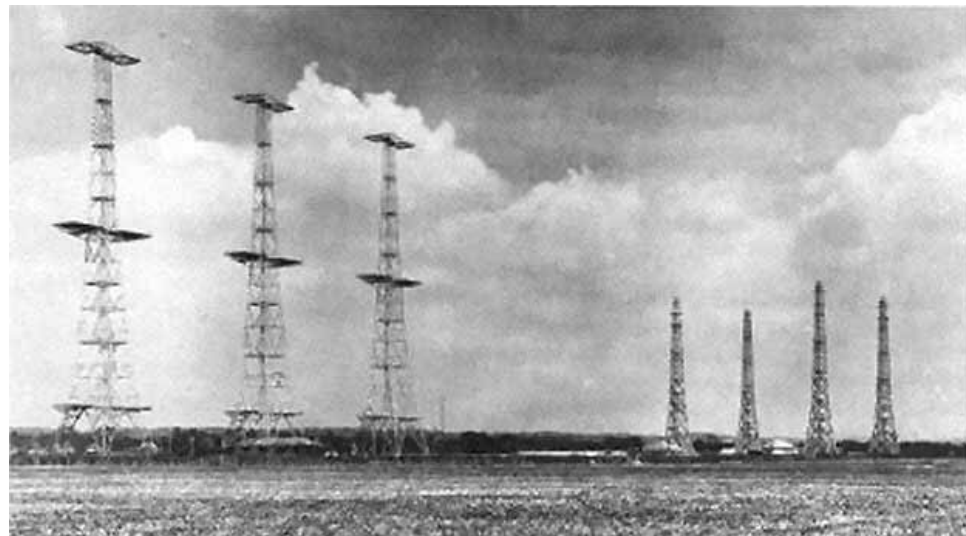
He could not make out the smoker's face because of the lighting but he could see the cigar glowing. He yelled to the smoker to put out the cigar, "It is against regulations... and it is dangerous.". The smoker stopped, dropped the cigar on the floor, crushed it and then bent over to pick it up and put it in his pocket. "I am sorry.", stated the smoker, "I was just in thought." Then Winston Tipping his hat to Joe, Winston Churchill then continued on his voyage to the Quebec Conference where he met with Stalin, King and Roosevelt.

Once back in Canada, Sgt Joe Bouzek was sent to the US to study new High Frequency RADAR technology. While in Texas he learned of a new technology that was going to

ogy with his Commanding Officer, Wing Commander Kenneth R. Patrick. Patrick, who would later be installed as a Member of the Order of the British Empire (OBE) for his contribution field of communications and radar, worked with his US counterpart at Clinton to secure one of the American setups. Joe was put in charge of what could be called a Black Op to demonstrate the use of the television technology in Canada.

Let the fun begin!

Joe and his team began by installing the television camera unit in a truck, driving it around Clinton Air Base and transmitting the images to their office on the base. On December 13, 1944 they left Clinton to drive into Toronto. That was a few days after



shortly before her death. But Stewart was not just a stop-off point. It had been the home of some of the most lucrative gold mines in all of Canada.

Joe grew up to be a newspaper man and an electronics wiz, self taught. He retired and lived in Ottawa with his wife of almost 60 years, Helen.

technology that must not fall into the hands of the Germans if the battle was lost. Therefore they decided to train Canadian technicians to maintain the systems. If the war turned against Britain; at least the "secrets" of RADAR would be safe in Canada.

Joe Bouzek was one of these



revolutionize the science of bombing. The Americans were planning to put a television camera in the nose of a remotely controllable bomb. Some people will tell you that this TV technology was used to control the Hiroshima and Nagasaki bombs. (Just as

one of the worst blizzards to ever hit Toronto. During this storm some twenty-four people died as a result of 57cm of snow being blown into drifts by gale force winds! Driving conditions were poor, a factor that was to prove providential for Joe and



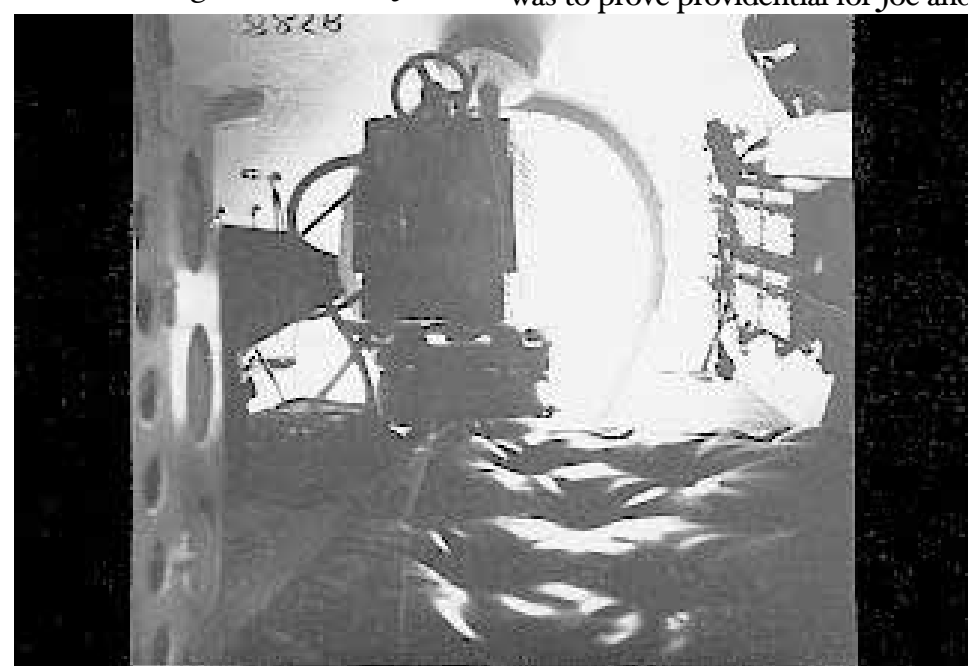
The team consisted of: Top row left to right: Norm Shears, Joe Bouzek, J. Fitzallen; middle row, L-R: AJ Scott, WB Green, "Shorty" May, Herb Jackson; bottom row, L-R: Ed Schafer, Vern Byers, Joe Marinelli.

(one of Helen's relatives was the Master on the *HMS Nancy*, but that is another story.) Both Joe and Helen have passed away but their stories live on.

1940 was a pivotal year in the life of Joe Bouzek. He joined the Canadian Air Force and headed to England ready to do his part. The Nazis had rolled over most of Europe and had their eyes set on conquering Brit-

technicians.

Joe was seconded (although not officially) to the RAF as a RADAR trainer and remained in the UK until 1943. As if his life wasn't interesting enough, even his return to Canada onboard the HMS Queen Mary was eventful. As a senior NCO on the ship he was assigned to supervise the below-decks watch. One evening as he did his rounds he spotted a figure coming towards him smoking a cigar.



an aside, the first official television broadcast in Canada was in 1951, while it had been in use commercially in the US since 1928.)

On his return from the US to Canada and his base at Clinton, Ontario, Joe talked over the technol-

his team.

The demonstration they had planned for December 14 was to drive their specially equipped truck from the Royal York Hotel to the Island Airport. The signal receiver was installed at the military staff college

From previous page

one block north of the Royal York. The demonstration went off without a hitch. There were probably two main reasons why the demonstration was successful. Traffic was light due to the snow storm and also that Joe sat next to the driver during the entire trip. Why, you may ask, was Joe sitting next to the driver important? Well, you see, the driver windscreen was blacked out and he was being directed by Joe who was watching

The team consisted of: Top row left to right: Norm Shears, Joe Bouzek, J. Fitzallen; middle row, L-R: AJ Scott, WB Green, "Shorty" May, Herb Jackson; bottom row, L-R: Ed Schafer, Vern Byers, Joe Marinelli.

If you look at the truck you can see a hole on Joe's left where the camera

hell to pay for this action. The Halifax harbour was one of the most secure harbours in North America and the fact that an unidentified bomber could put in on them created great havoc for security.

But the "piece de resistance" came on March 17, 1945 when the Anson departed Ottawa's Rockliffe Air Base and flew at 200 feet right up the middle of the city's Metcalfe Street with a bead drawn on the clock of the Peace Tower on Parliament Hill. The roar of the low flying bomber must have wakened the Parliamentarians because they contacted the Defence Department, then on Elgin Street, to complain about the noise. The Anson was contacted to stop the demonstration but the order came too late, the plane was already on its second pass, this time between the buildings of the street. They broke off the flight



was mounted and the antenna for transmitting the signal.

The camera was alternately installed in the nose of an AVRO ANSON V light attack bomber. The Anson was flown by two pilots, F/L Cowan and F/O Winkler, both of whom were veterans of the famous 617 Squadron of the RAF, the "*Dam Busters*". For those who do not know, in 1943, 617 Squadron attacked a number of dams on the Ruhr River in Germany using skipping bombs dropped from incredibly low altitudes.

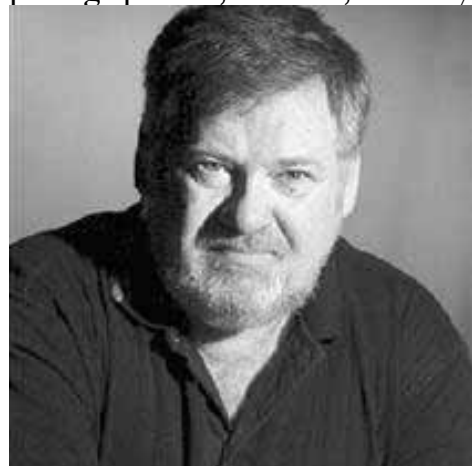
Seems that this low flying skill was advantageous for the "flying bomb" project.

In their first flying operation, the plane flew at a scant few feet above the ground and "targeted" the drill hall at Clinton Air Base. The occupants of the drill hall stared in horror at the plane screaming towards them. Good fun and great science!

Next, at Halifax they took off from Greenwood Air Base, dived to the deck over the Halifax Harbour and "targeted" the big red cross on a moored hospital ship. There was

within a couple of hundred metres of the Parliament Building and flew to the area of Britannia Beach in the west end of Ottawa. From there they made their last "attack" of the day, targeting the Alexandria Bridge near the downtown core.

By the end of the war the project led by SGT. Joe Bouzek was terminated. All that remains of the "flying bomb" project are some fading photographs and, of course, this story.



Bruce Ricketts is a historian, researcher and author. His Canadian history web site, MysteriofCanada.com, is viewed by over 10,000 persons each day. This story was originally on MysteriofCanada.com.

Thomas Conway Continued from page 12

Analysis offered the following predictions:

- A gradual decrease over many months in the number of OREB transactions. We have clearly seen that in the Ottawa market, albeit not in a straight line
- Real estate prices holding-up overall and increasing more in line with the rate of economic growth and employment numbers (i.e. or inflation as a surrogate indicator) at the local level at least until early 2016 and assuming no dramatic interest rate increases. Residential properties have followed this pattern, while condominiums have done slightly less well depending on "location, location, location"
- Detached single-family homes will continue to lead regarding price increases, especially bungalows. That has been substantiated in the OREB data
- Significant differences in price increases will be witnessed depending on neighborhood attractiveness, links to public transit, etc. (i.e. in contrast with the booming sellers' market when almost everyone, everywhere saw significant prices escalation)
- A pullback on speculative buying as real estate appreciation rates move more inline with economic growth rates, including in the higher-end of the condominium market and condominiums purchased for rental income. This correction has been more substantial than originally anticipated.

Why the soft landing will spring back

So what do we make of the OREB data at this point in time? Let me start by saying that at Conway Fung Homes we are expecting a modest "spring back" of the local market for the remainder of this year and for 2015. As noted previously, our argument largely rests on economic fundamentals, aided by the end of an especially harsh and cold winter, and the continuation of historically low interest rates at least through the end of 2015, as recently signaled by the Bank of Canada (BoC).

According to the recent report of the Organization of Economic Cooperation and Development (OECD), Canada's economic growth will rise next year to 2.75% helped by a "desirable rebalancing" to exports and

business investment. According to the Government of Canada, Ontario's economic growth will gradually improve from an estimated 1.6 % in 2013 to 2.6 % in 2015. This represents the first time in over a decade that Ontario will match the national economic growth rate.

Ontario's unemployment rate should also trend lower and reach 7.3% in 2014 and 6.9 % in 2015. Moreover, according to the Conference Board of Canada's latest Ottawa Metropolitan Outlook, the worst appears to be over for federal job cuts with the city not hit as hard as originally feared. In fact, statistics provided by the Conference Board show 131,500 people were working for the federal government in Ottawa-Gatineau at the end of 2013, which is higher even than the 116,700 people in federal jobs in 2007, in the midst of the booming sellers' market.

Secondly, the high-tech sector in Ottawa has been experiencing a recent resurgence. Investors are again putting venture capital into Canadian companies at levels not seen since 2007, according to a recent report by Canada's Venture Capital & Private Equity Association. A May 7 Market Watch press release also noted that, "After a long period of consolidation, we are seeing an uptick in activity across the Ottawa region as technology companies take advantage of opportunities created by the recovering Canadian and U.S. economies."

We stand by our prediction that the Ottawa real estate market will stabilize along with a balanced Ontario resale market for the remainder of 2014 and to the end of 2015. Transaction numbers will stabilize around the 5-year average and prices will grow in line with the general rate of inflation. The soft landing has and is occurring. No big bears around the corner, but rather we are seeing a reflection of a stable market taking a breather after many years of historical highs, which, in any case, were unsustainable.

Check back with us regularly.
PLAN FORWARD! PLAN SMART!

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Computer Tips and Tricks

I don't want to be a geek!

by Malcolm and John Harding, of Compu-Home

Too often when people call us for help, we hear, "Well. . . I'm not really computer literate," as though they should apologize for not understanding the workings of their computers. This is not something that should make anyone feel guilty; most of us can't explain in precise detail what's wrong with our cars when we take them to our mechanic, and the inner workings of everything from our refrigerators to our pets are things that we leave to a specialist, unless we happen to have a particular interest or expertise. On the other hand, there are a few tech terms that are not difficult to master and knowing them can allow you to guide us to a quicker diagnosis when things go wrong.

OPERATING SYSTEM

This is the basic software that runs your computer and defines it in many respects. Microsoft Windows is by far the most widespread Operating System, and there have been several generations of Windows since 2000: XP was installed on computers from 2001 to 2008, VISTA from 2007 to 2009, WINDOWS 7 from 2009 to 2012 and WINDOWS 8 from 2012 to the present. The Macintosh OS progression has been more gradual over the same period, starting in 2000 with OS 9, and evolving to the current OS X 10.9. Not surprisingly perhaps, Macintosh has created a friendlier atmosphere by giving animals' names to the succeeding generations – Puma, Tiger, Leopard, etc.. LINUX is a much-loved and free Operating System used on a small number of computers, noteworthy for its simplicity and low demand on a computer's memory and resources. The name of your Operating System appears each time your computer starts up, and you can save time if you can tell us yours.

BROWSER

A special program does the job of displaying web pages, and allowing us to interact with them. Internet Explorer, Safari, Chrome and Firefox are the most popular browsers. They all have their fans and detractors, based on their special features. Chrome is the fastest browser, for example, but it lacks some of the features of its competitors. You can (and should) have at least two browsers installed

on your computer and as long as you know which one you are using at the moment, the choice is entirely up to you.

HOW DO YOU ACCESS YOUR EMAIL?

A program installed on your computer for the purpose of receiving, sending and storing email messages is called a "client." Outlook Express is an old favourite client, but it has been replaced by Windows Live Mail. Apple Mail is often the client installed on Macs. Thunderbird is available for both platforms, and there are lots more. When you use a client, the messages are stored on the hard disk of your computer. An alternative strategy rapidly gaining popularity is called "web-based" access, which means that instead of a client you use a browser to go to a special website where your email is stored and it never has to be downloaded onto your own computer – you are simply viewing it remotely. This is especially handy for people who have more than one computer or who travel a lot and check their email from various locations, because all of their messages are always right there, along with their address books.

WHICH IS THE MODEM AND WHICH IS THE ROUTER?

A modem converts the cable or telephone signal to Internet service on your premises. It is typically a small (usually black) box with a cable or telephone line from the wall entering it and a network cable out. If you have only one computer, it can access the Internet with a direct connection to the modem. If you have more than one computer you will also need a router, which connects to the modem, and allows Internet access to all of your devices simultaneously. Routers have ports for wired computer connections, and they also send a wireless signal throughout the building for laptops, tablets and smartphones. You can usually tell which one is the router by noticing the antennas on the top of the box. When you have an Internet connectivity problem it can frequently be solved by simply unplugging both the modem and router from their electrical power for about two minutes, re-plugging them and waiting another

couple of minutes to retry the connection. A recent development is the modem/router combination device, usually available for a small monthly fee from your Internet Service Provider.

If you become familiar with these terms you will still avoid having to call yourself officially a geek, but you will make things much more precise and efficient for the geeks who are trying to help you.

Our Blog has a new address, and it's much easier to find! Just 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. We hope you will have a look at compu-home.com/blog soon or call us at 613-731-5954 to share your opinions and suggest subjects for future columns. Our email address is info@compu-home.com

A Company of Fools presents Feast of Fools!

Do you want special access to behind the scenes to our summer show? a Company of Fools Director, Scott Florence, is hosting rehearsal hall lunches throughout June for anyone who wants a sneak peek look into our Torchlight Festival!

Hang with Big Fool Scott Florence and an actor or two over lunch. We will feed you (and your friends) a "Starving Artists" lunch - of cheese and crackers and a few other tidbits. (Gluten-free and dairy-free provided!)

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The little boutique that can can

Since we last spoke about the opening of 4 Dance, Gym & Cheerios located on the second floor of Figure 8 Skate Specialists, the owner Denis Poitras, also a Fashion Designer, has been very busy making this little boutique one of Ottawa's best kept secrets. Clients from all over are already buzzing about the lovely attitude and the easygoing spirit that is in the store. Parents are always mentioning that it's a girl's paradise for finding stylish clothing for your "sport of choice," states Denis.

"We are celebrating our 2nd anniversary in September and I am very happy on how the store is growing" says Mr. Poitras. The success is purchasing lines of clothing that are not sold in Ottawa. There are so many clothing lines out there that it is hard to decide which ones should be brought in. "We have secured a few important lines lately that are really well received by our customers." For instance, the Urbanwear line Sugar & Bruno is a line that is created by the So You Think You Can Dance award winning dancers and choreographers. The Stella Sweater (pic included) is a must in every woman's wardrobe. Parents come in for their kids and leave with the Stella in hand. It is a beautiful knitted sweater in various colors such as charcoal, oatmeal, mustard, tomato, teal, hot pink and light pink. You pair it with black or grey pants and a white blouse or top and you have a super outfit to go to work.

Cheerleaders division or as they are nicknamed at the store by Cheerios is growing well. We carry the two most popular brands: Nfinity and Zephz. They are great sneakers that are priced

from high end to low end. Zephz is actually starting to be a huge competitor in the U.S. Market. We are always looking at bringing in new products for this sport.

As for Gym, we have developed our own line of gym leotards at



a great price. That line is made in store and it was created after discussing with parents and having gymnasts in mind. That line will be made available in mid-July. We have also created shorts that have sold out after our first batch. We tend to do small lines because we get bored really fast when sewing too many leos or shorts of the same style. Plus who wants to wear what everybody else is wearing? Having your own identity is a way of expressing yourself.

Customers have to watch us go in the next year, since there will be great products made available, but only in small quantities. To keep up with what we are doing, people should go to our Facebook page at 4 Dance, Gym & Cheerios and "LIKE" our page. Whatever we post, will be posted on your page

for you to see. You don't want to miss what is coming down the line.

4 Dance, Gym & Cheerios will be taking a short break and will be closed from May 26 to July 9, 2014 and will re-open for business on Wednesday, July 10 with normal



business hours. There are great things coming for the fitness and yoga enthusiasts as well. A clothing line that is high end has been slowly moving from the west of Canada to Ottawa. We will be the only store carrying it in Ottawa. You will surely want to wear this to the gym.

20 years of commitment to Alzheimer's fund raising



At its June 16 Annual General meeting, the Alzheimer Society of Ottawa and Renfrew County will honour Collins Barrow accountant Tracey Page for 20 years of commitment to its flagship fund raiser, the Walk for Memories. Tracey chaired the event for 14 years, and Collins Barrow Ottawa has supported it as a leading sponsor, and with volunteers and fund raisers. That support continues to this day.

"The community organizing committee had a vision for the Walk in the mid-90s," says Tracey "but I don't think we envisioned the growth over the past 20 years. It's been impressive!"

The Walk for Memories raised \$22,000 in its first year. It now raises over a quarter of a million dollars. The event was moved from the Carlingwood Mall to the Carleton University Fieldhouse in 2010.

"Moving the event felt like a risky change," says Tracey "but it's worked out really well and has enabled us to grow. It provides a huge, comfortable, indoor space for people to walk in the middle of winter."

Tracey says that her continued involvement in the Walk for Memories is because of two reasons. Her employer, Collins Barrow, is very committed to the event, and makes it easy for her to play a leadership role. The second reason is personal.

"Each year, the energy and excitement of the Walk for Memories and its fundraising success reminds me of why I participate," she explains. "The walkers, the volunteers, the Alzheimer Society staff and all of the participants really motivate me. My personal role is such a small part of the Walk, but I'm happy to be part of the organizing team."

Tracey's vision for the next 20 years is tied to her vision for Alzheimer's disease.

"My true hope is that there will be a cure for this disease, or better approaches to prevention. However nothing moves quickly, so I want to see the Walk for Memories bursting at the seams with participants, sponsors and donations!" Alzheimer Society Executive Director Kathy Wright is extremely grateful for the difference that Tracey has made over the years. "Tracey combines commitment with hard work and great ideas," she says. "It's so encouraging when community members and their companies offer such unqualified support. We couldn't do it without Tracey and Collins Barrow!"

Easy as 1-2-3 (or is it?)

To complete the puzzle:

- 1) all rows must contain the digits 1 to 9 only once.
- 2) all columns must contain the digits 1 to 9 only once.
- 3) each of the nine boxes must contain the digits 1 to 9 only once.

Sudoku Solution on page 46

SUDOKU

			8		9	2	5	
		9					8	4
			3	7				
5		2				6	1	
	9		2		3		4	
	7	6				3		2
				1	2			
9	2					4		
	6	3	9		4			



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A fashion show that's all about sharing and caring

by Carole Moulton
Photos by Alan Landsberg

It was standing room only for the wonderful April 12th fashion show at *The Wholesale Outlet*, 1877 Innes Road. However, unlike the models presented on the

forting people with cancer), to help them purchase material and quilting supplies for the beautiful and much appreciated hand-made quilts that they distribute. *The Wholesale Outlet* models themselves know the importance

mingle with the audience, that they take great delight in participating in the shows. Sherry Woodburn is the fashion show hostess, and owner of *The Wholesale Outlet*, and looks forward to holding these twice yearly offer hope and inspiration at our shows.” And Sherry is absolutely right, since many members of the audience return year after year, to hear not only the latest news on fashion, but enjoy the camaraderie



catwalks of Paris or Rome, the ladies in this show actually smiled and even laughed. And, no wonder. For these volunteers were part of a team that helped send \$2300 to the Ottawa Hospital, cancer research, plus donated \$500.00 to Victoria's Quilts Canada (Com-

that these donations will have upon the lives of others, since they are all actually cancer survivors, generously giving of their time to ensure the success of the event. The job that these *W.O.* models do is nothing short of exceptional, and it is obvious as they mix and

events. “I am always delighted that we are able to send funds along to our charities, but as I say at every event, it is not only about the money we raise. The funds are crucial for these organizations... but more importantly, I believe we

and positive stories that these fashion shows bring. The emcee of the ever popular event is Lise Butters. And not only does she do an amazing job of describing each beautiful

Continued on page 38

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Riverview Alternative School

Riverview kids helping kids

by Amber Skillings-Nicholson

On May 15, 2014 Riverview Alternative School students, staff and parents energetically participated in the 8th Environment Fair to support Bokoro School in Lesotho, Africa. Throughout the day, the Green Team, grade 5 and 6 students, and parent volunteers helped to sell beautiful environmentally friendly crafts made by each class, plants, used jewelry hanging from ‘jewelry trees’, used books and toys, and baked treats. Face painting of the earth and the Lesotho flag, a fishing game and a ‘save energy’ ring toss game were also popular attractions. We are thankful for the generous donations and purchases by the Riverview School community. Lowes and Ritchies also made very kind contributions of plants.

The money raised this year will help support HelpLesotho’s Oral Health Program. The 296 children at our twinned school in Africa will receive an oral examination by a dentist, take part in an educational session on oral hygiene, and receive a toothbrush and toothpaste. An information bulletin from ‘HelpLesotho’ states; “A healthy mouth is particularly important for those children who are HIV positive, suffering from a communicable disease, or are malnourished.” Once again, students at Riverview Alternative School are learning that they



RAS Grade 5 student Ashwyn selling Cocoa Butter Lip Balms made in recycled tea containers.

can help to change the world, that small efforts on the part of one person, can make a big difference to many.

HelpLesotho is celebrating its 10th anniversary this year. To find out more about this lo-



RAS Grade 5 student Cristian supporting the flag of Lesotho on his cheek, shows off his earth-friendly purchase

cal international development organization or how you can support its important activities, please go to helplesotho.org.

Khotso is a Sesotho greeting meaning ‘Peace.’
Kea leboha means “Thank you”
The Green Team and Beth Stubbart



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- » Student Loans / Taxation Issues

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

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

- » le Régime de pensions du Canada / la Sécurité de la vieillesse
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- » le passeport canadien / Affaires Consulaires
- » les occasions d'affaires / les options de financement
- » les prêt aux étudiants / les questions sur l'impôt

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

David McGuinty, MP | Député

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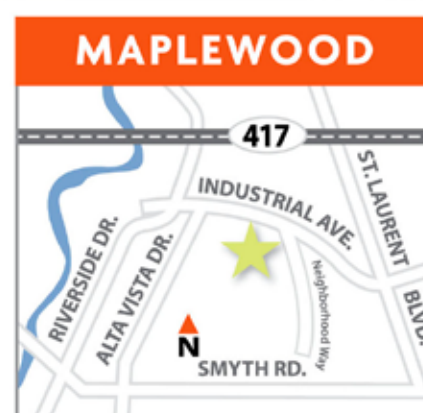


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RETIREMENT COMMUNITIES

Vincent Massey Public School

Principal: Katia Sioufi
Vice-Principal: Richard Simpson
Photos by Heather Swail
Vincent Massey's Multicultural Dinner

On Tuesday May 6th, we celebrated Vincent Massey's cultural diversity through our annual and very popular "Multicultural Dinner, Art and Fashion Show." The event began at 4:30p.m when families began arriving for the art show. Students and their teachers had prepared some wonderful art, which lined the walls of the first floor and the two gyms. At 5:00p.m everyone was invited to take a trip around the world! Families shared their

favourite traditional main courses. There were many different, flavourful dishes provided by the parents. The fashion show is a highlight of the evening and the students enjoy participating. This year there were 38 models, wearing a traditional outfit from their country of origin, or an outfit for a special occasion. After many weeks of practise, they modelled the outfit and performed a dance routine to "C'est la vie" by Khaled. At the end of the performance even the audience were on their feet dancing. We truly celebrated an evening of friendship, music, art and food from around the world! However, this event would not be

possible without the support from the Vincent Massey Community of parents and teachers. To all who participated in this event, thank you for a wonderful evening!

Music Monday
"Music can change the world because it can change people"
-Bono

Music Monday is a yearly celebration throughout Canada. Multiple schools and organisations have been participating in this musical event for the past ten years. The Vincent Massey Public School grade eight orchestra, the Hillcrest High School band and the Riverview High School wind band all the way out from New-

Brunswick were joined together to perform a few songs together: "Is Somebody Singing" (the official Music Monday song); "Eye of the Tiger"; and, finally, "Smoke on the Water". There were over 90 musicians participating in this event and over 650 students singing along and dancing. Music Monday was a very successful and amazing event. Vincent Massey hopes to continue this tradition for many years to come.

Alexa Hajjar, Grade 8 student
The Showcase

On Wednesday, April 30th, 2014 the Vincent Massey grade eight

Continued on page 38



Our student leaders and their customers learn the value of homemade products



Mme Bordeleau (feast) and Ms Curtis (famine) at the same table



Happy winners of our Cakewalk event!



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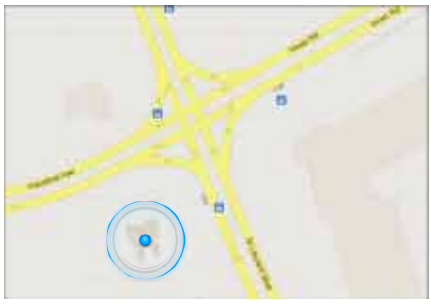
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“No more hurting people–peace”

by Louis Comerton

I had the privilege of being one of the 32,500 runners who took part in the 2014 Boston Marathon on April 21st. This race was, by far, the most extraordinary race I’ve ever participated in, or that I’m ever likely to participate in. It was a unique experience.

During the marathon weekend, the atmosphere in Boston was incredible. Runners, their supporters and local citizens took over the streets. Four local TV stations had 24/7 coverage of the marathon build up, the marathon itself and post marathon celebrations.

During the marathon, over one million spectators madly cheered

non-stop along the 42.2km route. Runners, in turn, cheered the spectators, in recognition of the fact that it was not runners, but over 200 spectators who were either killed or injured during the 2013 marathon.

Last April, after authorities identified eight year old Martin Richard, as one of the bombing fatalities, a photo of Martin, holding a sign saying “No More Hurting People–Peace.” went viral on-line. Martin had made the sign, in early 2012, when studying non-violence and social change in his Grade 2 Class. Martin’s message has since become a phenomenal emotional sentiment in the City of Boston. So much so that this year’s Boston Marathon winner had Martin’s name written across his race number. In addition, this year’s winner was an American, 38 year old Meb

Keflezighi and the first American to win in 31 years and one of the oldest winners ever!

Meb’s win was even more symbolic given the fact that he came to the America as a 12 year old refugee from Eritrea. Meb then aspired to avail of all of the opportunities that living in America offers, in complete and total contrast to the Tsarnaev brothers. Meb has now become Boston’s and America’s latest hero.





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Great things happen at Dale Park

Remember winter?

Photos by Marie Perkins



Meet Arthur. He belongs to new neighbours, Shane and Trudy



A special greeting for Peter Brennan who came to check out the fun!



Jacob and Liam get ready to hit the ice



Thanks to Bruce Aho the rink was great-as was the Winter Carnival



Carlie may well be the only girl on the hockey team



Andrew is getting son Ethan ready for the the game



Ethan's ready to block that first puck



Bob enjoying entertaining Amare and his brother Rhys



Maureen enjoying the Dale Park Winter Carnival Banquet



Thinking about her drink. You can't be too careful you know

COMMUNITY BULLETIN BOARD

COMMUNITY BULLETIN BOARD

FRIENDS OF THE FARM DATE BOOK

June 7 Peony Tour 9am to 12 noon at CEF. Take a guided tour of the CEF Peony Beds with the Friends' Peony Team. Get tips on what works best in your garden and ways of keeping your peonies happily blooming. Meet at the Peony Beds in the CEF Ornamental Gardens, parking in Agr. Museum lot, donations kindly accepted.

June 7 Preston Lilac Tour 2pm at CEF. Take a guided tour of the Isabella Preston Lilac Collection with the Friends' Lilac Team. Ms Preston bred lilacs at the CEF in the 1920's and produced the first Canada-hardy hybrids! Meet at the Friends' shed in the CEF Ornamental Gardens, follow signs, park in Agr. Museum lot, donations kindly accepted.

June 14 & 15 Used Book Sale 10am to 4pm. Literally the best used book sale in Ottawa, choose from thousands of titles. It's a two-day book sale for a reason! Free entry at Bldg 72 CEF Arboretum east of Prince of Wales roundabout.

June 15 CEF and Explorer Rose Workshop 1pm to 3pm. Rose expert Edythe Falconer will present a workshop on roses, pests and diseases, and self-guided tour with handout, bring a folding chair. Park at Agr. Museum lot, follow signs, donations kindly accepted.

July 13 Victorian Tea from 2 to 4pm. Classic tea is served on the lawns of the Arboretum. Dress in full Victorian garb optional, listen to live music, enter the best hat and costume contest. Formal Tea \$8 at Bldg 72 CEF Arboretum east of Prince of Wales roundabout.

Aug 16 Art on the Farm from 10am to 4pm. Artists working in various media will display and sell their original works under the trees at the Arboretum, free admission, Bldg 72 CEF Arboretum east of Prince of Wales roundabout.

Sept 9 Master Gardener Lecture 7 to 9 pm. Spring Bulbs: an essential for every garden with Mary Ann Van Berlo, \$12 member, \$15 non-member, Bldg 72 CEF Arboretum east of Prince of Wales roundabout.

Info at 613-230-3276 friendsofthefarm.ca/events.

Contact our CBB coordinator Denise Kennedy
denisekennedy@rogers.com

Rideau Park United Church
Garage Sale, Book Sale and Barbeque—Saturday June 7th, 9 am–1 pm: While scouting the neighbourhood during the Awesome Alta Vista Garage Sale, please stop by Rideau Park United Church, 2203 Alta Vista Drive (at Cunningham) and enjoy the following:
-Garage Sale: Peruse many household items all in one spot. Or, rent a table to sell your household “treasures.” For rentals, call: 613-733-3156 ext 229 (Mon.–Fri. 9–4).
-Book Sale: Choose your summer reading from the wide selection of pre-owned titles.
-Barbeque: Stop for some refreshments—hamburgers, hot dogs and drinks—and a rest from your shopping.

Community Chicken Barbeque—Saturday June 21st, 6 pm. Celebrate the beginning of summer by joining us for a barbeque at Rideau Park United Church, 2203 Alta Vista Drive (at Cunningham). On the menu are chicken kebabs and a variety of salads, topped off by strawberries and ice cream. Tickets: adults \$15.00, children \$8.00, children 5 & under, free. Tickets are available from the church office (Mon–Fri, 9–4) starting June 2nd. All are welcome. For more information: 613-733-3156 ext 229; www.rideaupark.ca

Unisong Concert—Sunday June 29th, 7 pm. Start your Canada Day festivities early by attending the Unisong Concert, involving choirs from across Canada, at Rideau Park United Church, 2203 Alta Vista Drive (at Cunningham). All are welcome. For more information: 613-733-3156 ext 229, or visit www.rideaupark.ca

Men's ties are needed for pillow making in support of a cancer project. If you have any men's ties no longer needed, please e-mail swoodburn@sympatico.ca or call Sherry at 613-748-6605 OR e-mail cmoult@sympatico.ca or call Carole at 613-731-6646.



Riverview Park
Community Wide
Garage Sale

Saturday June 7th
9:00 am - 2:00 pm * rain or shine
on lawns all throughout our community



COMMUNITY BULLETIN BOARD

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June 7th - The Barrhaven Run for
Roger's House

On June 7th hundreds will gather at Mother Theresa High School to participate in 1 of 4 great activities—a fun and non-competitive “tot-trot” or Ottawa Senators Foundation 2.5k Walk, Roll & Run, or the timed 5k and 10k runs sponsored by Enterprise and Donnelly Ford, all in support of Roger's House.

You will be entertained by Balloon Artists from Orbital Talent, get your face painted by Funtabulous Faces, Sens Street tour activities including the World's largest Sparty bouncy castle and cotton candy and BBQ will be available for purchase.

Register today! Info at 613-823-9022 or
www.barrhavenrun.ca

OTTAWA DOORS OPEN /
OTTAWA PORTES OUVERTES
JUNE 7TH & 8TH

An invitation from our Mayor: “This year Doors Open Ottawa celebrates its 13th year. On June 7th and 8th, more than 120 buildings will participate. This event creates community pride. Residents and tourists alike discover our city by exploring a wide range of buildings in parts of the city they may never have seen before. It's an opportunity for all to appreciate and embrace our neighbourhoods, communities, cultures and history.

You can enjoy Doors open Ottawa in environmentally-friendly ways too. The Ottawa Citizen is sponsoring this year's OC Transpo shuttle bus. Or try your luck on two wheels with a Doors Open Ottawa 2014 Embassy Tour provided by Ottawa Cycling Tours. More information on the shuttle is available at the web site: doorsopen@ottawa.ca “

It is very important that you go to the web site for a detailed list of the Doors Open participating buildings. Not all the buildings are open on both days, check the list carefully. Does the prospect of visiting the Ottawa Food Bank or the new Wabano Centre for Aboriginal Health featuring the natural design elements of Architect Douglas

Cardinal, or Earnscliffe, the British High Commissioner's official residence, or the Bridgehead roastery, or the Fairfields Heritage House, a 19th century Gothic Revival farmhouse, or the OC Transpo Integrated Operations Centre, or Rideau Hall, a national historic site and the residence of the Governor General of Canada, or The Delegation of the Ismaili Imam, the headquarters of Aga Khan Foundation Canada tweak your curiosity?

Participating building owners or managers will greet you and give you a tour of the buildings or of part of the buildings they have chosen to open to the public. Admission to all buildings will be free. There are 128 buildings listed from Carp to Cumberland and everywhere in between. The free shuttle to nearly 50 of those sites will run every 35 minutes, from 10 a.m. to 4 p.m. both days. Please see the map on the web site.

On the list of open buildings there are codes for varying needs: washrooms (W), disabled access (D), free parking nearby (P), bike parking (B), Metered/paid parking nearby (SP), family friendly (F), shuttle route (S).

This event will allow everyone to learn something new about their local heritage, architecture and design. Doors Open Ottawa is funded by partnerships between the City of Ottawa, corporate sponsors, and individual donations.

JUNE 7TH 8 a.m. to 1 p.m. ST. THOMAS THE
APOSTLE CHURCH

At 2345 Alta Vista Drive will hold a PARKING LOT SALE, in conjunction with the Alta Vista Garage Sale event. Rent a table for \$20. Call Jim Doherty at 613-523-2487 or Don Harrison at 613-733-6218



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Pet Memorial Balena Park

Thanks to the generosity and caring of our Riverview Park residents there are now 23 inscribed memorial bricks in the Balena Park Pet Memorial Patio. For every brick the Canadian Guide Dogs for the Blind receives sixty-five dollars. This is not only a way to remember your

pet (dog, cat, bird, goldfish) but to support a very worthwhile organization.

If you wish to purchase a brick please pick up a pamphlet at the Elmvalle Public Library or contact 613-523-4339

LOST AND FOUND PET RECOVERY

We all miss our pets when they become lost. A missing pet is a stressful situation for both guardian and animal. Orrin and Pam Clayton wish to set up a confidential email list of pet owners (and others who care) in Riverview Park. If you wish to participate please email letterit@rogers.com with your email address and postal address and telephone number. When letterit@rogers.com is notified of a lost pet all par-

ticipants will be sent a confidential email 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 between the parties involved. Your participation may result in a lost pet being returned to their grateful owner.



Vincent Massey

Continued from page 33

orchestra were generously invited to a musical showcase featuring many different schools with multiple unique musical talents. This showcase was held at Fisher Park Public School. It was a full day event that was filled with music and enjoyment. Each school had fifteen minutes to perform the musical pieces that they had prepared. Vincent Massey's orchestra performed a total of four songs; Kinetic Energy, Pirates of the Caribbean, Celtic Dance and our most favourite, Dragonhunter. It was a great experience to be able to listen and watch these talented students perform.

Alexa Hajjar, Grade 8 student

Five Days For Freedom fills the halls of V.M.

For the week of May 12-16, V.M. student leaders were leading our school through the FIVE DAYS FOR FREEDOM, a celebration of the five pillars of a healthy community: education; health care; access to clean water; food security; and financial security and sustainability. V.M. students are learning about just how different children's lives are across the globe, and also what unites us.

On Monday, to celebrate health care, student leaders taught younger students and fun and easy moves to the Free the Children WE Dance. The kindergartners were absolutely thrilled!

On Tuesday, student leaders held a very successful craft sale, selling bracelets and pens they had made themselves. Almost all of the crafts were sold to an always-appreciative audience. This event celebrated the need for families to have a sustainable income, and taught children how giving small, re-payable loans to women to start micro-businesses can really help a community.

A New Program Called "Great Stories Never Told" is Now Officially Open for Participants in Ottawa. Official Launch- May 13, 2014 at 1 p.m at Sonshine Families

Overview:

"Great Stories Never Told" an exciting new program for seniors, is now officially open in Orléans. Seniors aged 55 and older are invited to participate in this unique program which enables seniors to write their life story and share one key story from their life on video. Friends and family can also participate on behalf of senior. The program, funded in part by a grant from the New Horizons for Seniors program, will start on June 1st and end on September 30, 2014. According to a recent survey, heirs are more interested in heirlooms rather than the money they

On Wednesday, most of our junior and intermediate students took a vow of silence in an "I am Silent" campaign to symbolically show how many children in the world do not have a voice to speak up for their rights, such as the right to an education.

Thursday was Primary Cakewalk Day. Nine beautifully decorated cakes, made by the student leaders, were sold to some pretty excited primary students. This event celebrated access to food and food security.

On Friday, Miss Wright's class and the student leaders hosted a Feast or Famine event where all of the adults were invited to come and pay \$5.00 for a lunch of plain rice or access to a big buffet. This event really shows how some have so much, and some have so little.

Heather Swail and Marian Eichel, Teachers

2013-2014 Student Philanthropists

Throughout the year of 2014, our grade 7/8 class at Vincent Massey, has been extremely busy with our community project. Whether its the tree planting project, SOLE sisters, or fundraising, we are always doing something to make a change in the Russell Heights community.

One of the fundraisers we have done is a candy raffle. Each ticket was 25 cents or 5 for a dollar. We calculated the total as \$462! Our next fundraiser we are doing is a grade 8 graduation/grade 7 t-shirts sale, in memory of their year. We hope to start pre-sales as soon as possible.

We have started our SOLE Sisters program, as the upcoming session will be our 5th time visiting the girls. We've noticed that connections are developing between the younger girls and the members of SOLE. The kids seem to really enjoy themselves, and are starting to open up their true self to all of the SOLE mentors. In each session our goal is to get the

will get from their inheritance. Thus, the program is created to give opportunities to the next generation to learn the history of their ancestors while at the same time giving opportunity to seniors to preserve their memories by recording them in print and video. The program will end with a cinematic screening and family and friends are all invited to the program's grand event.

The Program:

Applications for the program will be available as of May 13, 2014 on the Sonshine Families website. There are a variety of class times- weekdays and Saturday and adaptive software is available to assist individuals who may have difficulty writing or typing. Participants will also be given support throughout the process. The introductory fee is \$150 but there are also limited subsidies available

girls to come back, as well as to boost their self-esteem.

Companies such as Tim Hortons, Sobeys, Heart and Crown, and TD, have received letters, asking them to sponsor us a tree or half a tree. Sobeys, Heart and Crown, Spuds, Copperzone Resources, and Eagle Automotive, and very importantly, the Riverview Park Community Association have decided to sponsor a tree or trees. In return they've been informed, that they will be recognized with a tag on their tree. Along with this, we have planned for a water walk on May 23rd, to walk water up to the planting site to water existing trees, and new locations for future trees. As we do so, we've been pledging around our community for our water walk.

To conclude our year, we will be planting trees on June 10th, with many people getting together such as our mayor, Jim Watson. This will be a rewarding day which will bring out the good in everyone. We hope we will have truly made a difference in the community and encourage others to do the same.

Grade 8 Student: Amber Tuinder

Vincent Massey raises an astonishing amount of money!

Vincent Massey students have raised a record breaking \$11,512 for the Heart and Stroke Foundation through Jump Rope for Heart!

This year Vincent Massey dedicated the event to a very special person, Eric Auger, the son of staff member Annette Auger. Eric has had heart problems since birth and recently spent several weeks at the Heart Institute after suffering complete heart failure.

Eric had a defibrillator implanted in his chest Friday, May 16th and unbelievably, was able to return home the following day. We wish Eric a continued speedy recovery!

Mme. Katie would like to thank the students, parents, staff and community members who contributed to the success of this year's campaign.

for low income seniors. Sonshine Families continues to provide activities that are of community service with the launching of the Great Stories Never Told Program. The company has been a key provider of services for developmentally disabled, adults, youth and seniors and senior care in the Ottawa region.

Official Launch:

The official launch is scheduled for Tuesday, May 13, 2014 at 1 p.m. at Sonshine Families (Suite 307- 1807 Saint Joseph Boulevard, Orleans) To learn more about the Great Stories Never Told Program, please contact Program Manager, Kofo Iziomon at 613 834- 8187 x 26, kofo@sonshinefamilies.ca or Executive Director, Len Goddard at 613-834-8187 x22

Sharing and Caring

Continued from page 30

outfit, but is the creative person who puts together the perfect ensembles that the models wear. With good humour she suggests an exciting or exotic place where the new outfit might be 'just right', and then successfully uses personal experiences and audience participation to help her during the show.

Wonderful donations are provided for the draws that take place during the event, and of course it's fingers crossed for everyone hoping to win one of the exciting gifts. A dedicated group of well organized volunteers are always there to help out behind the scenes, and if ever there was an upbeat mood it is at one of these popular fashion shows.

It would appear that Sherry has now caught her breath after the April event, as exciting plans are already underway for the upcoming Fall Fashion Show on September 20th. So be one of the first to mark this special day on your calendar, in your agenda, or even tie a string on your finger, since you won't want to miss it.



And, while Sherry would like to thank all those people who supported her once again for this special event; a special and sincere 'thank you' goes out to Sherry for making this happen. A well-deserved pat on the back to everyone involved. See you on Saturday, September 20th, if not before.

What an amazing way to welcome a new season!

"Volunteers don't get paid, not because they're worthless, but because they're priceless."
— Sherry Anderson

Could Canadian technology have aided the search for the missing Malaysian Airlines' Flight MH 370?

by Colin Hine

Photo permission granted:
NRC Archives

In light of the ongoing uncertainty surrounding the fate of the Malaysian Airlines' Flight MH-370 in March 2014, and its possible location it is very likely that the International Civil Aviation Organization (ICAO) will introduce new regulations regarding the way in which aircraft radar transponders, Global Pos-

beacon systems had already been developed and deployed, but Stevinson felt these were inadequate for a variety of reasons. If a crash occurred over water, other beacons would sink with the aircraft even if the crew escaped and were on the surface. Over land, the aircraft itself could block the signal if the beacon ended up buried under the fuselage. Also the crash itself or a post-crash fire might well destroy it.

on Canadian Air Force aircraft working in the far north and it soon proved its effectiveness. In one instance, an aircraft lost in the Yukon mountains was found by CPI in a location where visual location would have been impossible; in another, a USAF aircraft crashed into the ocean at night, but its injured crew was rescued after the CPI broadcast was detected. Following this, even US Air Force One was equipped with a CPI.

By the 1970s, the CPI with a flight data recorder was a standard item on many Canadian and US aircraft. It was also selected for the Panavia Tornado, was optional on many other aircraft types and was commonly used on bush planes.

The CPI's success was such that Leigh Instruments eventually purchased DSI, and by 1978 yearly sales of modern CPI devices were in the millions of dollars. Total sales over the years topped \$100 million and Leigh became one of Canada's largest electronics firms and a darling of the Toronto Stock Exchange. The company's business interests diversified into other aspects of systems engineering for the Canadian Government; in particular vessel traffic management systems

(BAe) in 1999 when BAe merged with the defence arm of GEC, Marconi Electronic Systems (MES). The bulk of Plessey's telecommunications assets were acquired by Ericsson through its 2005 acquisition of Marconi Corporation plc, a successor company of GEC.

Over a two-year period, 1998 to 1990, following Leigh's privatization the company's borrowing increased from nil at the time of the take-over to over \$40 million. Bank lines of credit to Leigh were unsecured; the parent company had not formally guaranteed the loan and Leigh went into bankruptcy. Some of Leigh's outstanding contract commitment were taken over or seconded to other Canadian firms and some of the firm's assets and technology were sold off.

Today, most aircraft carry non-ejectable beacons, some incorporating technology originally used by Leigh, but ejectable versions featuring tumbling airfoil technology are seldom seen; one really has to wonder why. While the inclusion of CPI technology would not have prevented the loss of aircraft such as Malaysian Airlines, Flight MH-370 or Air France, Flight



Stevinson's Crash Position Indicators (CPI)

itioning Systems, aircraft data recording/reporting and other options are used.

This incident also reminds me of the effectiveness of a family of Crash Position Indicators (CPI) originally manufactured by Leigh Instruments Limited using technology developed by the National Research Council of Canada (NRCC). If these devices were still deployed routinely on aircraft, it is very possible that the missing plane's position could have been determined quickly and the cause of the loss confirmed.

The CPI incorporates a tumbling airfoil device that is ejected from the aircraft after impact allowing it to "fly" away from the plane's crash site and avoid destruction. The devices also incorporate flight data recorders and emergency locator beacons. The CPI can float on the ocean surface making the chance of its location much more certain and timely.

The CPI concept was first developed by inventor Harry Stevinson, before he joined the NRCC's National Aeronautical Establishment (NAE) and he convinced them to pursue its development. Other rescue

Stevinson's system offered



survivability, using an aerodynamic release system that would pull the system away from an aircraft quickly as well as a ruggedized radio system with an omnidirectional antenna. Survivability on both land and water was further enhanced by using lightweight foams in the construction.

CPI development was completed in 1959 and a production license was eventually settled at Dominion Scientific Instruments (DSI) of Ottawa. DSI in turn contracted Leigh Instruments of Carleton Place to manufacture the system.

The CPI was made mandatory

for the Canadian Coast Guard, TACAN systems for the Air Force and shipboard communications systems for the Canadian Navy. This writer was involved in development of these aspects of Leigh's business during the 1970s.

In 1988 the British firm Plessey announced it would purchase Leigh. Following the takeover Leigh was delisted (taken private), then in 1989 Plessey was subjected to a hostile take-over by a consortium formed by GEC and Siemens which split the assets of the Plessey group. The majority of Plessey's defence assets were amalgamated into BAE Systems



447 over the Atlantic in 2009, it would surely have enhanced the probability of locating the planes' wreckage in a timely manner, thus giving family and friend of crash victims some answers and perhaps some closure.

As I noted earlier, it is inevitable that changes to flight safety rules, procedures and technology will result from these incidents, in particular from the uncertainty surrounding the loss of MH-370. Perhaps the innovative Canadian technology used in Leigh's CPI will one day see a renaissance in modern aircraft systems?

Let’s look at photography—then and now

by Geoff Radnor

Do you read the newspapers? Or do you read the news on your computer? Or do you get your knowledge of what is going on in the world from TV? Or are you fixed on your

the most diverse kinds than ever before in your life. Photos are taken and instantly are viewed around the world. They go *viral* if they are appealing to us. They become the leading topic of conversation of

years old, and only became a popular pastime in the last 100. It became a little part of my life when I was about 20, I bought what I thought was a fabulous piece of photographic hardware, a 35mm film camera called a *Balda*

most complicated affair. First you had to load the film into the camera. Then a complicated



phone to give you all you need and to tell what you think is going on in life? Is Twitter your lifeline, or does Facebook mean more to you than almost anything else? What ever of these sources of knowledge and communication applies, I am sure that you are seeing more images (pictures) of

millions. Koreans pop stars are as close to us as the guitar players outside the LCBO stores. We know more about some celebrities than we do of some of our relatives. What a difference digital photography and the internet has made in the last 25 years. Photography is less than 200

made in Germany. This was one of several cameras that used 35mm film, originally the film that was uniquely used by movie cameras. The next was a *Tenax* from East Germany followed by an *Exakta*. To take a picture with any of these cameras was, compared to today’s digital processes, a

process was used to determine the correct exposure, using ASA numbers, shutter speeds from 1 sec. To 1/1,000 of a sec. And the mysterious f-stop. Many are still mystified by f-stop numbers like f2.8 and f16, but they

Continued on page 49

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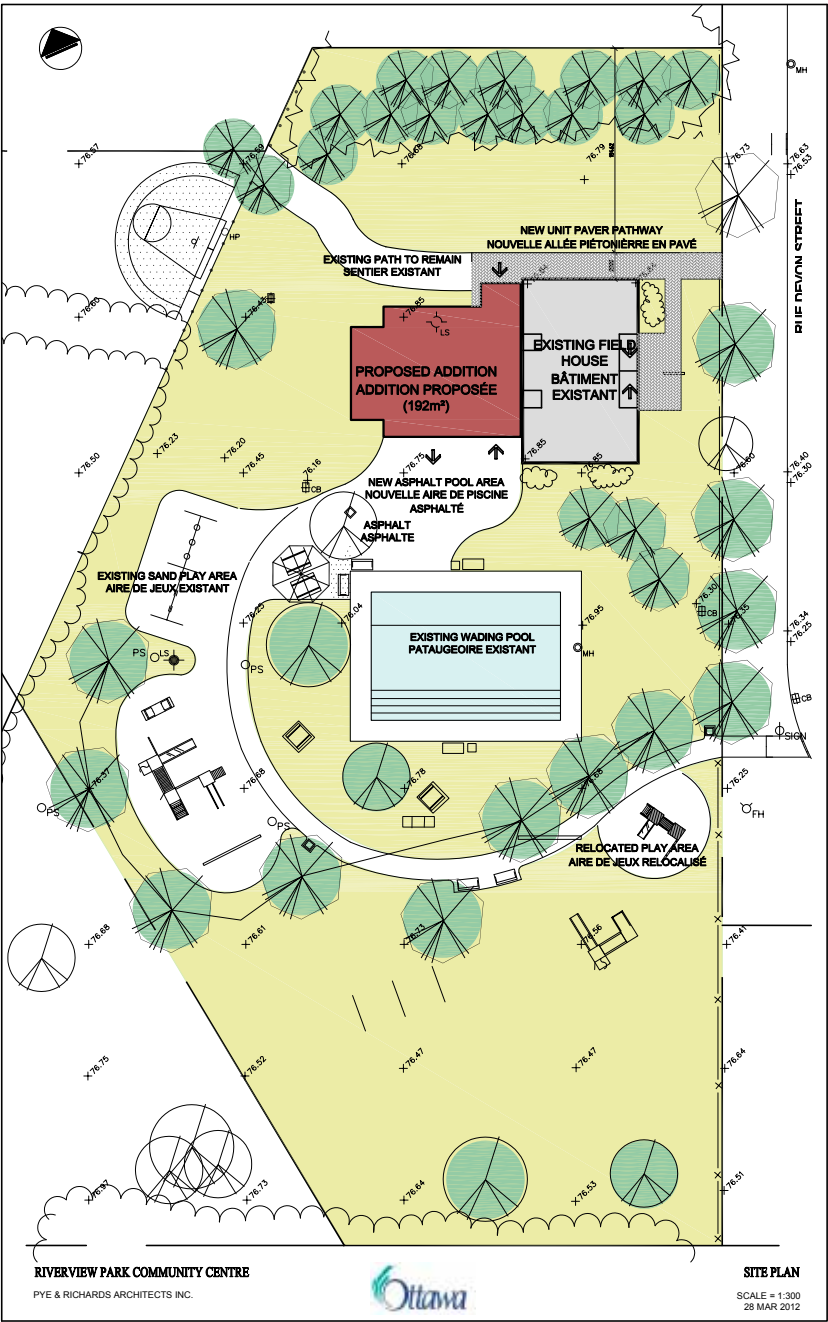
RPCA President's report

by Karin Keyes Endemann

Hello from my own personal wild-life horror. As if the raccoons were not enough, I now have a groundhog living under my deck – OK, s/he has been living there for a couple of years but now s/he is becoming an issue as s/he has destroyed my lattice work, is eating all my young plants and quite frankly, really, really smells! To add to the amazing perfume, a skunk has recently joined the party under my deck. Does anyone have any suggestions about how to get these critters to move on? I have tried vinegar, Epsom salts, swearing and rocks over the holes....so far no luck....so I am calling on my RPCA buddies to help me! PS I looked online and everyone said to just “shoot it” which, of course, only works if you live south of the border.

On a more positive note, I am very, very pleased to share with you that at our last RPCA Board meeting we voted unanimously to move forward with the recent plans from the city for a new and expanded field house at Balena Park (see the plans right and p.47). This is very exciting news for the community as not only will we have upgraded facilities for our residents to use when they are swimming or skating but we will gain a lovely multipurpose room which can be used by all for yoga, meet-

Continued on page 47



Ole! for Cinco de Mayo at Maplewood

by Carole Moul

It's fun to attend a Cinco de Mayo celebration, and the people at Maplewood Retirement Community created one in

Continued on page 47



Edwardo, Felipe, Miguel, and Jose of Los Paisanos delight the residents and guests



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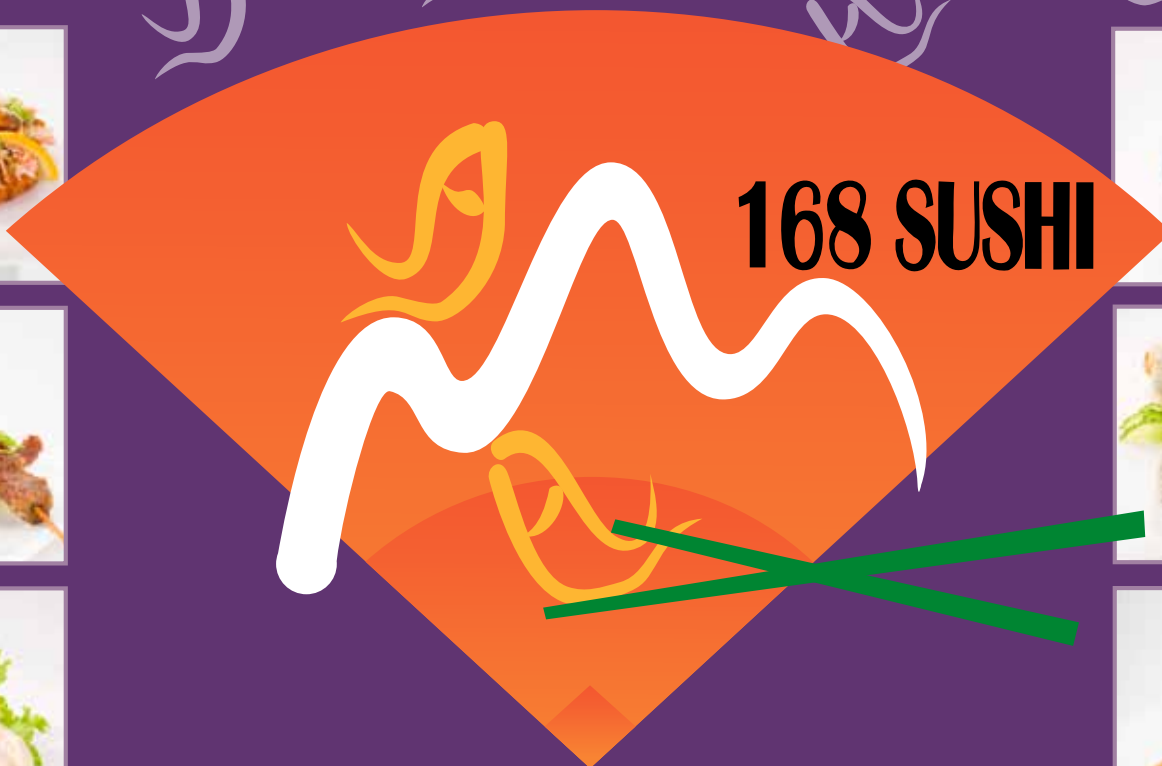




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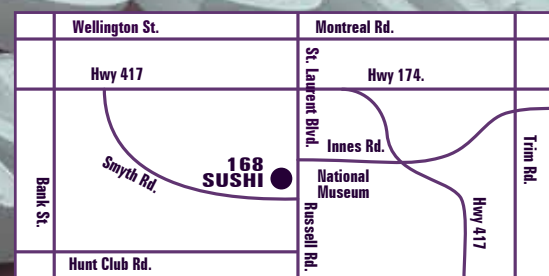
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Belfast Road closure: short term pain for longer term gain

by Carole Moulton

Currently referred to as the Confederation Line while under construction, Phase 1 of Ottawa's \$2.1 billion LRT system will run from Tunney's Pasture in the west to Blair Station in the east. It will be 12.5 km in length, and for the most part constructed along the existing Transitway, with the exception of a 2.5 km tunnel underneath the city's downtown core. There will be 13 stations, 34 Alstom Light Rail vehicles (LRV), and a Maintenance and Storage Facility (MSF) included in this project, and according to one City of Ottawa web site, this is Ottawa's largest infrastructure project since the building of the Rideau Canal.

It is a P3 Partnership. This

Ottawa's Light Rail/ LRT, there is a public-private partnership between the City of Ottawa and the Rideau Transit Group (RTG), which consists of ACS Infrastructure Canada Inc., SNC-Lavalin Capital, a division of SNC Lavalin Inc; and EllisDon Inc.

The Confederation Line project will be jointly financed by all three levels of government. The federal government is contributing \$600 million through the Building Canada Fund, the provincial government is contributing up to \$600 million, and the City of Ottawa will allocate \$287 million of Provincial Gas Tax revenues to the capital infrastructure. The remaining funds for the project will come from development charge



It's just the beginning of the MSF
Photo credit: Bill Fairbairn



Looking at the construction site from the Belfast Bridge

means that there is a contract between a public sector authority and a private party. The private party provides a public service or project and assumes substantial financial, technical, and operational risk in the project. In the case of

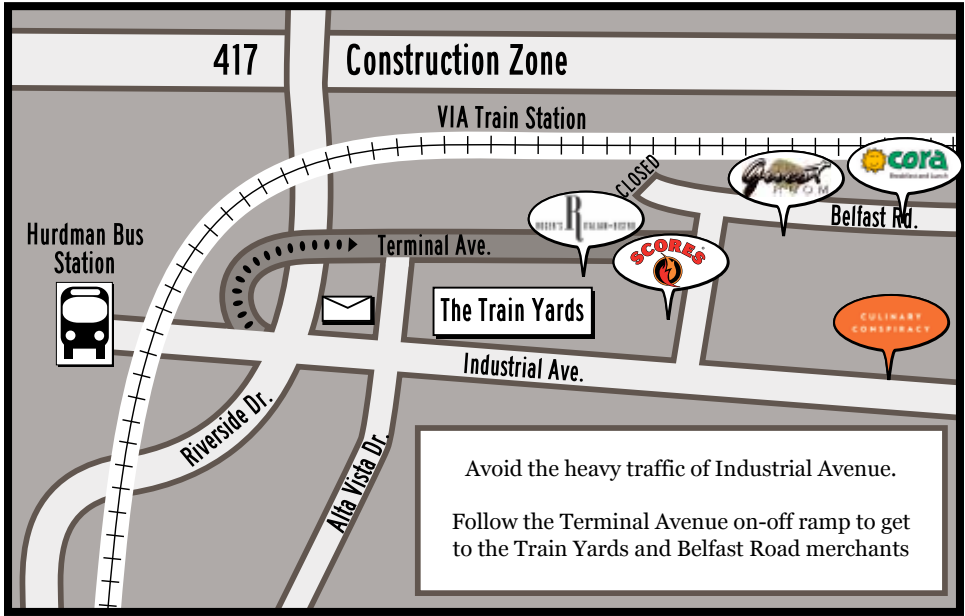
revenues as well as transit reserves. And, although many areas of the City of Ottawa are currently being affected by the building of the LRT, the most northern tip of Ward 18, or Eastway Gardens as it is known, will be feeling more than

its share of the infrastructure experience over the next few years; as not only the LRT construction, but other major projects begin to intrude on their neighbourhood.

Last year the widening of the 417 began at the most northern section of Eastway Gardens. This

year, the Queensway widening that began in 2013 is also affecting St. Laurent Blvd. to the east of the community; or in effect, one of the community's main arteries.

Continued on page 48





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Neighbourhood Watch

Book Review

by Tim Mark
Ottawa Police Services:
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The news this month is the closing of the Ottawa South Community Police Centre (but *not* the closing of the service); as well as Neighbourhood Watch presence at the Blair Court

neighbourhood. For more information on Neighbourhood Watch go to <http://www.ottawapolice.ca> and follow the links to -Crime prevention - Neighbourhood Watch

There are three Watches in the Riverview Park area. They are-Abbey Road, Riverview Park East and Riverview Park West. If you are interested in joining a local Watch



Neighbourhood Watch volunteers John Neale and Frank Hare stop the display stand from blowing away at the 3rd Annual Blair Court Community Day

Community Safety Day; and tips on bicycle safety.

Neighbourhood Watch is a partnership between a local community and the Ottawa Police Service to work for a secure and peaceful

or would like to see a Watch on your own Street call a Coordinator (see the end of this article). Alternatively contact Const. Rebecca

Continued on page 46

Book review: ‘The innocence of Emine’

They that know no evil suspect none

by Bill Fairbairn

The events in this book are based on the life of Emine, an uneducated victim within a corrupt system of sheer injustice.

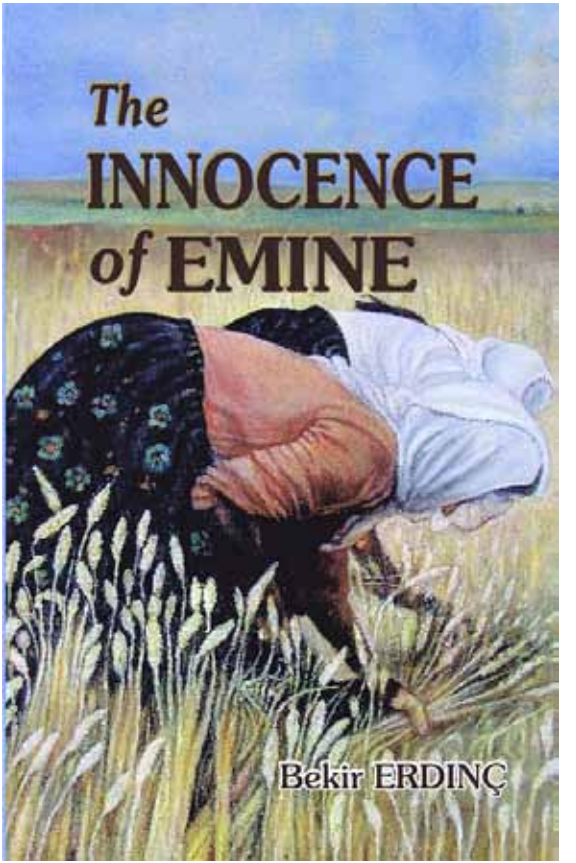
International Women’s Day of the 21st Century certainly did not help Emine find a way to gender equality in feudal Turkish Anatolia, where men ruled the roost and women were almost always second fiddle.

The recent violent kidnappings of scores of young women in Nigeria shows that exploitation of this nature continues unabated not only in the country mentioned in this book but in third-world and especially Islamic countries. Canada has its own missing aboriginal women, aboriginal education and other problems of a similar nature yet to settle.

Emine was exploited, deceived, beaten up and worked like a slave in wheat fields and cow barns by husbands cast on her. People around her simply wrote her off as another with a wretched destiny. Author Bekir Erding basis his pro-

tagonist on one of his sisters. Did tradition seal her fate forever?

Bekir, now a Canadian living in Ottawa, was born in 1960, the



fifth of seven children in Kopsker a small Anatolian village in the province of Kirsehir, 200 ki-

Continued on page 46

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Book Review: Emine

Continued from page 45

lometres east of Ankara. His was a farming family that spent their summer lives working in the fields for the crops they needed to survive each winter. Many of the men often played cards in tea houses or prayed incessantly at home or in the mosque. Muslim mullahs and imams helped or condemned them. Some used God's word to impose on poor, ignorant people.

Bekir's father, mother, grandfather and grandmother were illiterate in all but peasant ways. "Everything they knew about life they had learned from their parents. And they would apply this knowledge to themselves and to us," Bekir wrote in a previous book, *Between Three Continents*. "They lacked any educated model. Therefore they repeated the actions they had learned from the past."

He continued: "It is a fact that I acquired everything in this beautiful country Canada. This country taught me the greatest values of humanity, love, to love, to be loved and *that* I have learned. I started to get to know myself and finally I found myself here. I will never forget the values this country has contributed to my life. I adore you and I am indebted to you. I love you, Canada."

Editing this book, as a journalist and author, made me wish I had written it. Its pages show clearly mankind's inhumanity to a woman of quiet dignity and hope. Emine, the uneducated peasant woman among countless of her age, survives the feudal system time and again in her Anatolian homeland but how long can that continue? How many others suffered her fate? Read this book and find out what fate she meet.

Published by Baico Publishing Inc., Albert Street, Ottawa. (Tel: 613 829-5141)

SUDOKU

1	7	8	4	5	6	3	9	2
5	2	4	8	3	9	1	7	6
9	3	6	7	1	2	5	4	8
7	6	3	1	8	5	9	2	4
2	4	5	3	9	7	8	6	1
8	1	9	2	6	4	7	3	5
6	9	1	5	2	3	4	8	7
4	8	2	9	7	1	6	5	3
3	5	7	6	4	8	2	1	9

Sudoku on page 29

Neighbourhood Watch

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Vanderwater, our local Community Police Officer at (613) 236-1222 x 5812 and leave a message

The Ottawa South Community Police Centre at 2870 Cedarwood Drive has closed but Chief Charles Bordeleau assures Neighbourhood Watch that service will not be affected and that the police are actively looking for alternative quarters. In the meantime you may leave a message on the Centre voicemail and one of the officers will respond.

Neighbourhood Watch was well represented at the third annual Blair Court Community Safety Day held on May 10. See the photo of John Neale and Frank Hare "holding down the fort" on a windy day at Coronation Park.

Here are some seasonal tips provided by our local Community Police Officers. Thank you Const. Rebecca Vanderwater and Const. Moe Elmadi

BIKE SAFETY

Cycling is a fun, healthy and inexpensive way to get around, whether you cycle to and from work or school, or recreationally on the weekends. You'll enjoy it most when your bicycle handling and traffic skills are in good shape. Cyclists, like any other vehicle driver, have the same rights and duties as motorists. To increase the safety of cyclists, we educate drivers to Share the Road.

- Helmet Safety Tips for Cyclists
- A helmet fits correctly when...
- It fits snugly and does not move around
 - It sits two finger-widths above your eyebrows.
 - The straps meet in a 'V' just below your ears.
 - You can place no more than two fingers between your chin and the strap.

- Keep in mind...
- Cyclists under 18 must, by law, wear a helmet in Ontario.
 - Helmets do not prevent falls or crashes; they only reduce injury in a crash. A cycling safety course will help you avoid crashes.
 - Cyclists must have an alarm, bell or horn on their bike.
 - Bicycles should be equipped with a light if you are cycling at night, before dusk, after dawn or in bad weather.

- It's unsafe to wear a hat under your helmet.
- Replace your bicycle helmet if it has received any strong impact-even if damage isn't visible on the outside-or if it is 5 years old.
- Your helmet should have a CSA, CPSC, Snell B-95, or N-94 certification sticker.

- Rules of the Road-Cyclists and Drivers
- Bicycles are vehicles and cyclists have the same rights and duties as motorists!
- Ontario Highway Traffic Act and the Ottawa Traffic and Parking Bylaw require the following:
- Stop at all stop signs and red lights.
 - Signal all lane changes, turns and stops.
 - Drive/ride on the right side of the road.
 - Drive/ride only in the designated direction on one-way streets.
 - It is unsafe and illegal to ride on the sidewalk.
 - Share the road <http://www.ottawapolice.ca/en/safety-and-crime-prevention/Share-the-Road.asp> with other users.
 - Use lights when driving/riding at night.
 - Have a bell or horn on your bike.
 - Cyclists wear a helmet (required if under 18 years old), drivers wear a seatbelt.
 - Cyclists use proper hand signalling when turning and stopping.

- Riding At Night or Early Mornings
- By law, when riding at night or in low visibility conditions, you need a white front light and a red rear reflector.
 - Your bike must also have 25cm of white reflective tape on its front forks and 25cm of red reflective tape on the back. It's always a good idea to add extra reflectors for more visibility.
 - Canada Safety Council suggests you also use a red rear light and wear bright clothing with reflective elements.
 - Never assume that other drivers see you. Near sunrise and sunset, and when the road is wet, glare can make you less visible.

- Riding Tips for the Road
- Ride predictably and defensively.

- Ride in a straight line at least one metre from the curb or parked cars.
- You may occupy any part of a lane when your safety warrants it. Never compromise your safety just for the convenience of others.
- Shoulder check when you turn or change lanes.
- Give pedestrians the right-of-way.
- Dress to be visible.
- Keep your bicycle well maintained.

- Riding Tips for the Pathways
- Keep to the right.
 - Pass other users only when safe.
 - Keep under the courtesy limit of 20 km/h; please use the road if you want to go faster.
 - Use your bell or voice to warn others when you pass. Shoulder-check to see if the way is clear.
 - Pull off the pathway when stopped.
 - Look out for volunteer Pathway Patrollers in the summer if you need assistance

New Online Reporting

Ottawa residents can now report specific crimes online with a new feature on ottawapolice.ca

The Ottawa Police online reporting tool allows reports to be taken for theft or lost property under \$5000, traffic complaints, mischief or damage to property under \$5000, theft from vehicles under \$5000, and lost licence plates.

Every report will be reviewed by Ottawa Police Analysts who determine the appropriate course of action and respond to questions within 24 hours.

"Online reporting is a secure and convenient way for residents to provide us information about minor offence crimes. It is information that helps us identify trends in the community with greater accuracy," said Supt. Mike Flanagan, Support Services Directorate. "You can assist us by reporting all thefts and property crimes — There's no crime too small to report."

Contact information for Riverview Park Neighbourhood Watches: Abbey Rd.-Rhéaume Laplante (613) 521-1664. Riverview Park West-John Neale (613) 526-4817. Riverview Park East-Tim Mark (613) 733-1744. Const. Rebecca Vanderwater, Ottawa South Community Police Centre (613) 236-1222 x5812 (messages)

President's Report

Continued from page 42

ings, painting classes, birthday parties etc. This new facility, which will replace the very rundown field house, will certainly spruce up the park considerably. I want to say a big thanks to Peter Hume for all his support in making this happen. This will be a great meeting place for all of us and a new home for the RPCA. Please send any suggestions to info@riverviewpark.ca.

In other news around our 'hood, we have recently learned that the City will soon be closing Belfast road, from Trainyards to Coventry for 2 years. This is so that they can dig a tunnel for the LRT trains to access the new depot and repair

garage being built where Ashley furniture used to be. We will certainly miss our back alley access to Canadian Tire and Best Buy but the folks in the Eastway Gardens will really feel the impact of this construction. You can read more about this in Kris' Planning and Development report – along with our, albeit somewhat limited, success in getting the corner of Neighbourhood Way shaved off to allow the 86 bus to safely make the turn.

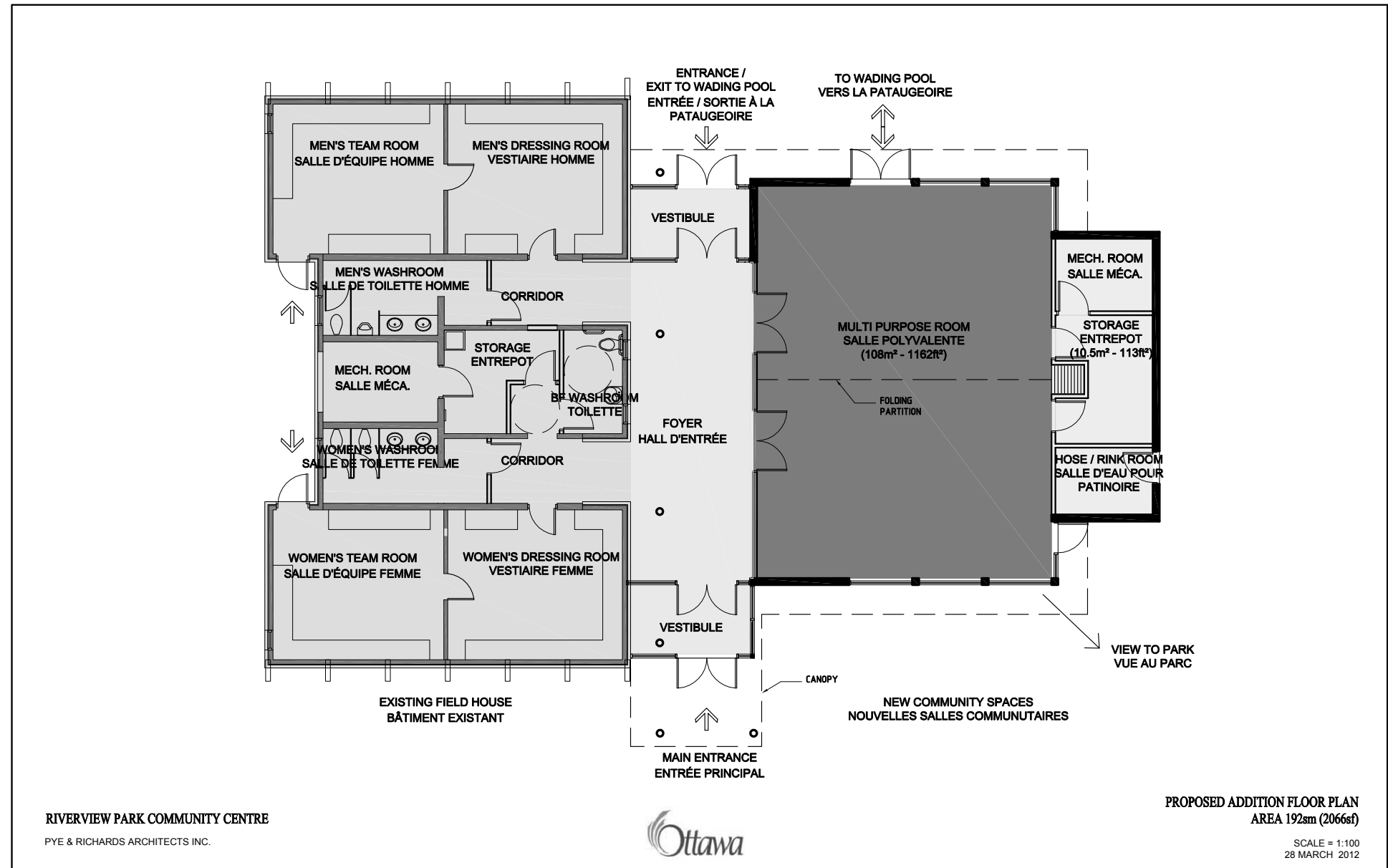
The RPCA is once again working to make our neighbourhood even better. We have recently financially supported a couple of initiatives which are designed to help green our community after the devastating loss of our ash trees. Both Blair Court Community House and the SOLE project

(Students on the Leading Edge) from Vincent Massy School working for the Russell Heights community housing project were each awarded a one-time special contribution by the RPCA to help replace some of their lost trees. Not only are these groups working diligently to raise additional funds but they will be planting and maintaining the trees in their areas. We applaud their initiative and support their efforts.

Once again the RPCA is sponsoring our local soccer team and this year you will see that we are providing T-shirts for all of the children.

Finally, May is not only garden-ing month but it is also the RPCA membership drive month. Over the next while, our Board mem-

bers will be coming around seeking your continued support for the good work of this community association (skating rinks, social, Easter egg hunt, park cleanup, advocacy etc.) by purchasing a very reasonable \$10 family membership for the year. And, if the great work the RPCA does is not enough to inspire you, this year we are offering you a 5% discount card for all your purchases at Rona throughout the year. A two for one bargain! The membership form can be downloaded from our website or you can contact one of our Board members who will be pleased to drop by with the information. This is a great community-and getting even better-and your contributions will go a long way to helping us work to keep it great!



Cinco de Mayo

Continued from page 42

fine style on a recent afternoon during the first week of May. With wonderful Mexican themed refreshments, and entertainment by four of the Los Paisanos Mariachi band, it didn't take long for both residents and guests to become engaged in celebrating this well-known Mexican holiday.

And, although few people may even realize that Cinco de Mayo, or the fifth of May, is actually the celebration of the Battle of Pueblo

that took place in 1862, it never seems to matter to those joining in the fun. People see it as a day that is really more about celebrating the Mexican way of life and having a good time, and so it was recently with this in mind that family and friends came together to experience a grand fiesta.

The decorations and beautiful entrance and main floor lounge at 340 Industrial Avenue were created to suit the occasion, with at least 50 people joining Eduardo, Felipe, Miguel, and Jose-Luis as the Mariachi band played popular Mexican music.

A number of visitors took the opportunity to explore the variety of amenities, while others toured the model suites named after the streets of Riverview Park. Staff members were on hand to answer questions, and all those in attendance had a very upbeat afternoon.

And for all those who enjoy

the Maplewood hospitality, an afternoon that will showcase the beautiful gardens and patio is planned for Thursday, June 19th from 2-4.

Gracias Maplewood, for your warm welcome once again! Now, everyone is looking forward to your next special occasion.

See the online edition at
www.RiverviewParkReview.ca

Belfast Road closing

Continued from page 44

It is the ramifications of the Confederation Line construction however, that are bringing the most serious concerns to the neighbourhood –and for a wide variety of reasons.

Most recently, aside from impending additional construction noise of both the tunnel and Maintenance and Storage Facility (MSF) being built to accommodate the LRV cars, the residents of this community of approximately 250 houses learned, without much advance notice, that nearby Belfast Road, although open to pedestrians and cyclists, would be closed to traffic south of Tremblay to Trainyards Drive for a period of two years beginning immediately. Meanwhile, the Queensway overpass bridge to the north of them will be closed to motorists for a period of one year, but open to emergency vehicles, pedestrians, and cyclists from January – June 2015.

What this means to the residents of Eastway Gardens, is that two of their four access routes (north and south) are going to be cut off to them for a period of 1-2 years.

Among those caught by surprise with the announcement of the impending May 20th road closures was Councillor Peter Hume, who helped arrange a meeting on May 1st, with the City of Ottawa, the RTG, and those residents from the surrounding neighbourhoods most affected.

Many representatives of both the RTG plus City of Ottawa were available to answer questions at

the meeting, and subsequently Councillor Hume has posted Confederation Line signs on Tremblay Road, in two locations, to advise residents of both a website and phone number for use during the construction period. Comments have been positive in that this is one useful way to communicate over the duration of the project.

Eastway Gardens, or ‘Ottawa’s Alphabet Village’ as Dwight Williams referred to it in his September 2010 blog, was built for the most part in the 1950s, with approximately 70 townhouses constructed more recently in the late 1990s. It is the newer houses along Avenues O and P that will be most affected by both a tunnel and tracks that will be built behind their homes, as well as the construction of the Maintenance and Storage Facility (MSF) on Belfast Road.

Fortunately, when completed, much of the tunnel structure moving the cars in and out of the MSF during the hours of operation will be underground, but it is the construction itself that will be making the most immediate impact upon the nearby neighbourhood over the next few years.

One question that has arisen many times is with regard to the MSF site on Belfast Road. The response to this is that it will be the headquarters for the maintenance of the Confederation Line, where not only the 34 Light Rail Vehicles (LRV) will be assembled, but subsequently the structure that will be used for maintenance and storage.

To help answer this question, a dedicated Stakeholders Relations team has been created to work with communities directly impacted by the project. Matt Ea-

son is the Community Liaison Officer (CLO) for the Confederation Line representing the area from the uOttawa Station to the one planned for Tremblay Road.

Eastway Garden’s community response to the Confederation Line project has been quite positive at this time. And even though one Avenue O resident recently discovered that young people coming from the park were now accessing Belfast Road by climbing her backyard fence because a higher LRT project fence was blocking their entry to Belfast, she still believes that “In the long term I think it’s going to be not only fine, but great, (the LRT) so we are in the times of other countries.”

Right now an orange 2 x 6 inch support beam is giving young climbers access to her yard where the fence is just low enough to help them hop over it to get to the road, but hopefully a resolution will be made in the not too distant future.

“I understand why they put up the fence, because they had to block the path from the park. Now they need to continue the fence up a few more doors to solve the problem,” she added.

Other residents of Avenue O discuss the LRT in terms of being “an inevitable process, and believe that it will have a positive impact, long term, on the neighbourhood.”

Ellen Hall, from Avenue P looks upon the project positively as well. She noted that the dust and dirt did not disturb her that much.

“There will be long term gain, in the form of light rail, from the short term pain,” she responded to questions recently, and added that she will be using the light rail nearby, because there will close access to both the Tremblay and St. Laurent LRT Stations from Eastway Gardens.

At present, Avenues O and P already have the VIA trains running just behind their homes, and most people no longer even notice. After the Confederation Line is operational, LRV going to the MSF will be taking west lead-in and east lead-in tracks of approximately 70 m and 125 m respectively to a tunnel of approximately 500 m. in length. The top of the tunnel will be 1.3 m below the existing VIA rail tracks and the bottom of the tunnel 7.5 m.

And according to a fact sheet provided at the May 1st meeting, noise and vibration will be mitigated with specific engineered solutions, such as the noise berm, while final landscaping will improve the appearance of the site as well as provide a visual barrier,

When asked about her input with regard to the project near her home, Kim Lamont, President of the Eastway Garden’s Community Association replied, “I have lived in this awesome neighbourhood for 17 years and have no plans to move. I see a positive to Light Rail but am concerned with the construction issues that we will have to live through (access to/from our homes, possible chaos from street parking during construction, noise and pollution).”

Concern has also been expressed by residents in another part of Ward 18 with regard to traffic pattern changes over the next few years. As motorists look for alternate routes to avoid the construction, they will also no doubt use Industrial Avenue more frequently, plus take nearby residential side streets.

The Riverview Park Community Association was fortunate to have Councillor Peter Hume, Matt Eason (CLO), Patrick Chouinard, RTG Traffic Manager, and Sylvia Boyadjian, RTG Communications Coordinator at its May 14th meeting to address their concerns, and were advised of the mitigation plans for the surrounding neighbourhood.

As part of these plans, the RPCA was advised that existing traffic cameras are at Industrial Avenue and Riverside Drive, Industrial Avenue and St. Laurent Blvd, and Tremblay Road and Belfast; and that the RTG will be installing additional traffic cameras at Industrial Avenue and Alta Vista Drive, and Industrial and Trainyards Drive. These cameras will have direct links to traffic operations, and will be monitored at these various high traffic volume intersections. And, as work progresses on the LRT project, not only in this part of Ottawa but all across the city, additional solutions to problems will be addressed should they arise.

The complexity of building Ottawa’s Light Rail Transit Project cannot be overstated. It is the result of many people looking at the realities of this rapidly growing city and deciding to do something to make it better.

And just as it took vision to solve the problem of a safe water route in completing the Rideau Canal almost two centuries ago, some day, when all of Ottawa’s transit routes are eventually realized, this accomplishment will likewise be looked upon as the amazing feat that it will be.

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Malcolm and John Harding



Photography

Continued from page 40

are still there on digital cameras but are almost totally ignored as everything is automatic. Also on digital cameras is the hold-over from 35mm film technology, focal length of the lens in the camera you are using, but who knows what that is.

That focal length was fixed until the zoom lenses came along, now



the focal length was variable. That is very common on present-day digital cameras where the focal length of the lens is not the actual figure but how it would be on a 35mm film camera (called 35mm equivalent).

However when I arrived in Canada I was the proud owner of a Leica M2 camera, one of the greatest cameras ever. It was a film



camera. Along with the slightly more advanced M3 was the camera most used by many professionals in the news and pictorial category. I just used it to take snapshots of the family and scenery.

So about 10 -15 years ago along came the digital camera. It didn't use film. It did have a lens though. And all of your pictures, even thousands of them, were on a piece of plastic the size of a postage stamp and about 2mm thick. It



Leica M2

focused automatically, you didn't have to think about f-stops and 1/125 sec. exposure. It was all done for you. So now everyone



Taxona camera

quality roll film camera from Japan, and the film size,120, was



Mamiya 645

started by Kodak for its Brownie camera in 1901. The film is still in production despite the dwindling number of users. Film photography is not dead by any means.

I have been using a Panasonic Lumix FZ20 digital camera for the last few years and here are a few examples of what you can do with a digital camera with only one fixed



Fuji 2560

lens. By-the-way, the lens on this Japanese camera is a Leica design. Some of these were taken using a film-type camera, the make could have been, Tenax, Exakta, Leica, Minolta or Mamiya, I can't tell the difference. Can you?



There's gold in them there trees!

by Jimmy Janieson
photo on front page

Annalyss's grandparents on both sides come from the land – her nonna was born on a farm in Northern Italy and her grandpa on one in Northern Ireland. Family members still run the farms with crops varying from fig trees to fish farms. It would be natural to expect then, that her parents would be masters of horticulture, but alas no. One year, we tried to follow family traditions by growing a vegetable garden, but the only ones to enjoy the fruits of our labour were the local wildlife. We do usually manage to harvest enough apples from our apple tree to make an apple crumble each fall but our great success is our maple syrup production.

I say “our maple syrup production” but our role is rather limited. Annalyss checks the buckets when she gets home from school, dad transfers the sap into a large container and mum makes the call to our friend François when the container is full. He then collects the sap and returns a week later with Mason Jars filled with the liquid gold!

François suggested tapping our tree 3 years ago thinking it would be fun for Annalyss but it has turned out to be his best producer of some 30 trees that he taps. He was so impressed that he added a second bucket last year. It takes 40 litres of sap to boil down to 1 litre of the sweet stuff, so we appreciate every last drop as we have our traditional weekend breakfast of porridge with cinnamon, bananas and just a dash of maple syrup.



Trinity Community Garden welcomes new gardeners

by Bernadette Bailey

Trinity Community Garden began as a wish held by the congregation of Trinity Church of the Nazarene. They had land that was not being used and they wanted to see it utilized in a way that was in keeping with their desire to reach out to the community around them and was in



Pastor Franklin Chouinard preparing his garden plot

line with their social justice values. In 2011 a committee was formed which included members of the church and the community. A pilot garden was planted with this mission statement in mind: "Our mission is to strengthen community ties and to encourage the growth of local organic food through the sharing of land." In 2012 plots were rented to community members and we are pleased that with this years new registrants the number of gardeners has almost doubled. We are grateful to the church for creating this opportunity and excited to see the mission statement coming to fruition in the sense of community that we see building.

Many gardeners came together on May 3rd to prepare their plots, the new gardeners were welcomed by those returning. Some gardeners helped others to prepare their plots. One gardener used his personal trailer to pick up a rental roto tiller and another spent much of the day using the tiller to prepare plots of gardeners who wished him to do so, as well as to prepare some plots for future gardeners. Another gardener had contributed a found used pool liner and this was used to cover unused portions of the garden to inhibit weed growth. Yet another gardener and her daughter have obtained straw to be used as mulch to aid in water retention and weed control. The gardeners are also coming together to plant and maintain a common herb garden. This is becoming a place where people of varying ages

and backgrounds come together to share in the joy of gardening. Parents that want their young children to gain an understanding of where food comes from may learn some valuable lessons from the retiree that has moved away from a house and yard, but wants to retain the pleasure of growing their own food.

Some gardeners are currently dividing their perennials to be sold at our plant sale. The plant sale will be held on Saturday June 7, beginning at 9.00 A.M. at the corner of Drake and Lindsay. The funds raised will be used for garden improvements and supplies. Please plan to add to your garden from our selection of well priced plants.

If you would like more informa-



tion about the garden please contact us at trinity.garden@rogers.com or you can see us on Facebook at Trinity Community Garden. You are also welcome to visit the garden located behind the Trinity Church of the Nazarene on the corner of Avalon place and Braydon Ave.



Roto tiller and manual tillers above, being used to prepare future plots

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It takes many volunteers to clean up Riverview's parks



Lots of garbage bags were filled by the Coronation Park Team
Photo credit: Carole Moul



Even rainy weather didn't stop the Dale Park workers
Photo credit: Carole Moul



The hard working clean up team of Erik, Sherry, Luke, Cameron and Noah at Riverview Park
Photo credit: Chris Wightman



The hard-working team from the Ontario Centre of Excellence for Child and Youth Mental Health cleaning up at Balena Park
Photo credit: Jennifer Blattman



Louis and Tristan: Part of the Alda Burt clean up team
Photo credit: Carole Moul



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Trinity Community Garden

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Dick and Taco tackle Hutton Park
Photo credit: Carole Moul

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