



OCTOBER 2014

A Voice of Riverview Park

VOL.6 NO.4



SOLE is a Grade 7/8 class at Vincent Massey that engages in a community project every year. With the removal of over 75 ash trees in the Russell Heights community, the students decided to reverse the impact by planting new trees.
Photo credit: Carole Moul

See ‘What a difference’ page 30



Ruby sitting in the firetruck at the Russell Heights Community Safety Day
Photo credit: Catina Noble

See ‘Russell Heights’ page 16



Angela Begin, Greg McKean, and Sara Dwyer
Photo credit: Orly Rumstein

Vincent Massey teacher, Greg McKean, wins the Volunteer Oscar Award for the category of Inspiring Youth to Volunteer.

See ‘Greg McKean’ page 30



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Teenager Carlie McLellan joins The Amazing Chase Team

by Michelle McLellan

On August 9th and 10th, The Amazing Chase cycling team successfully completed the 25th Annual MS Bike Tour! From Ottawa to Cornwall and back, our brave cyclists rode close to 200

kilometers to help build awareness for MS. Multiple Sclerosis is an unpredictable and often disabling disease affecting the central nervous system. Battling MS can be a long and treacherous journey and navigating a long

distance ride by pushing our bodies to certain limits helps us to see how difficult day-to-day life can be for someone suffering from MS. It also helps us see just how much we are capable of achieving!



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Black mamba: “Oh my!”

by Paul Puritt
Photos by Anna Nitoslaweska

For 2 weeks in July this summer Anna and I travelled with my younger son, Jeffrey and his family, back to Tanzania. It’s been exactly 50 years since I first went there with Jeff, his brother, Edan, and their mother, to do research about the Meru people for my PhD in anthropology. This time, we visited our house on Mount Meru (50 kms. east of Mount Kilimanjaro), had a lovely lunch of a whole roasted goat at a friend’s house on the mountain, and visited 3 of the country’s famous game reserves: Lake Manyara, Ngorongoro Crater, and the Serengeti (which in the Maasai language means “endless plain”).



In the Serengeti we stayed in tents with wooden floors and outdoor showers. After lunch one day as we walked back to our tent, we noticed there were several of the camp’s workers, lifting our bed and swinging sticks and shovels. The camp manager came out and told us not to worry they had just found a lizard in our tent. But all this activity and shouting certainly couldn’t be about the little gecko we had seen in the tent the previous night!

It wasn’t. Alex, pictured here holding something on a stick, had been cleaning the shower area when he noticed that a big snake had fallen from a tree into the shower stall and slithered into our tent where the zipper had not been done up. He called for help and 5 guys showed up with “snake-fighting” implements. After about 15 minutes of shouting, general excitement, and flailing at something under our bed, Alex emerged with a 6 foot long black mamba, the most poisonous of African snakes. Blood dripped from it. It was dead with its head crushed.

The camp manager’s “lizard story” was meant to spare us any alarm. We just took some photos, thanked the “snake-killers” and chalked it up to yet another adventure during an African safari.



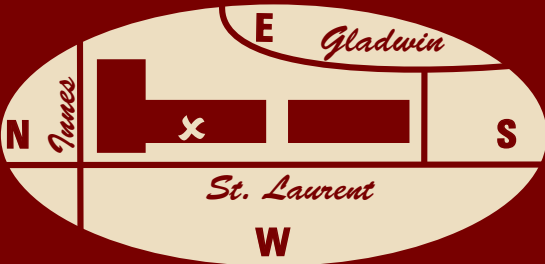
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HUME NEWS

Riverview Park residents attend our most popular Corn Roast yet!

This past September, Councillor Hume's 13th Annual Corn Roast attracted close to 1000 members of our community.

Balena Park was packed as residents and their families came to eat a delicious BBQ provided by Enbridge and take in all of the day's entertainment. There were also great prizes that were given away, courtesy of our wonderful sponsors. A special thanks to our loyal volunteers who helped make this event a success!



Thank you to our main sponsor, the Ottawa Train Yards, as well as our additional sponsors who donated prizes or their services:



Safe Streets measures help manage Alta Vista traffic issues

The past few months saw many new traffic calming measures implemented on various streets in Alta Vista. We saw the expansion of painted street limits onto Halifax Drive, Russell Road and Tremblay Road, while also introducing centreline flexible signs on Coronation Avenue, Playfair Drive, Blossom Drive and Haig Drive. These flex signs will remain in place until late fall, eventually being removed before it begins to snow.

Our three radar signs were posted at more than 40 different locations over the course of the summer, as we continued to gather data and evaluate potential future sites for traffic calming measures. This will continue into the fall, as school returns and our focus will shift to school zones across the ward.

We are still looking for your suggestions on where to place our radar signs – if you have a street in mind, please email avsafestreets@ottawa.ca.

For more information on Safe Streets or to view 2014 radar sign results, please visit www.peterhume.ca/safe-streets-program.



Previous data collected shows that average speeds have been reduced by up to six km/h where speed limits were painted on road surfaces



Thor, driving this massive road grader, luckily has father Sebastian nearby.
Photo credit: Bill Fairbairn



Ikramm contrasts in costume with the Sugar Shock upright roulette wheel.
Photo credit: Bill Fairbairn



All Ages having a great time “At the Last Annual Peter Hume Corn Roast”
Photo credit: Geoff Radnor



Huckleberry friends off to see the world from the railroad caboose.
Photo credit: Bill Fairbairn



Annella and Kade in the Sugar Shock booth managed by Angela Milito and Bev Croft of Ottawa Public Health
Photo credit: Bill Fairbairn



Hot dog griller, Helen McGurrian, in full swing helped by grill partner, Marie Perkins.
Photo credit: Bill Fairbairn



Firefighter Sue Jones shows Emerson the children’s fire safety book.
Photo credit: Bill Fairbairn



Lucas keeps this animal’s belly full
Photo credit: Bill Fairbairn



Photo credit: Bill Fairbairn



Photo credit: Geoff Radnor

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At the end of this month, municipal voters will have the opportunity to go to the polls, and in Alta Vista ward, the councillor who has represented this ward for over two decades will not be in the race.

Whatever one thinks of the work of Councillor Hume or of the person who replaces him, being on city council is not a 9 to 5 job. The people on it are – and in running, they choose to be – on duty in almost every public place they go. So, for Councillor Hume, as well as the several who run and the few who win, we owe them a vote of thanks.

We also owe them something else. A vote, period.

Four years ago, turnout for Ottawa’s municipal election was 45% in Alta Vista ward. It was roughly the same across the city, marking a 10 % drop from the previous election in 2006. In fact, in only three of the city’s 23 wards did turnout exceed 50%, and in all three cases, just barely.

This means that fewer than half of us decided that the chance we are given every four years to have a say in our city government was worth the time to show up on Election Day.

The Ontario Municipal Act (section 237) says that a majority of a council is required to form a quorum. In other words, if councillors acted the same way as voters and fewer than half of them showed up, their votes would be cancelled.

News reports from around the world abound with stories of people who protest, fight and even die to have democratic elections. Governments on all levels aren’t perfect, but we can and should do better at the ballot box.

Go vote.



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

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Municipal musings – questions for candidates

by Kris Nanda

Now that the Municipal Elections are in full swing and the election date is rapidly approaching, Ottawa voters find themselves sifting through all a variety of assertions and counter-assertions which can seem overwhelming. Several organizations such as Ecology Ottawa are releasing a series of reports on candidates' responses to their elections survey. This first report covering complete streets/sustainable transportation can be found at: <http://ecologyottawa3.files.wordpress.com/2014/09/15-09-14-candidates-election-survey-on-complete-streets-last-updated-september-15.pdf>

For further information refer to the home page of: www.ecologyottawa.ca

While many people may be tempted not to vote (municipal voter turnout levels tend to be lower than levels for federal and provincial elections), individual voters potentially have more opportunities to interact with City Councillors and Mayors – and to

share their thoughts and concerns directly (either by presentations to Council committees or encounters with the Mayor or City Councillors). Thus the selection of the Mayor and Council for the 2014-2018 term takes on additional importance, particularly with many incumbents not running for re-election. There is an old saying that if you do not vote, you have no right to complain! The important thing is to vote – and then regardless of whether your candidate actually wins or not – to follow up with the winning candidates during their mandate.

With that in mind, below is a list of some questions and issues which prospective voters may want to raise with candidates for Mayor and City Council during the campaign, either individually or at a public forum or debate. Of course, the answers may vary somewhat for a variety of reasons, including whether or not the candidate is an incumbent with a track record.

Transportation and the Environment

- 1) Downtown Ottawa Transit Tunnel (DOTT) and Light Rail (LRT) Project—What steps would you take to prevent against the cost-overruns which are frequently associated with large-scale projects of this sort? How would you minimize negative impacts of this project on the neighbouring communities during construction and transformation of Transitway to LRT technology?
- 2) Are you in favour of the so-called “road diet” whereby a moratorium would be placed on constructing new roads in the City? (Note: necessary repairs to existing roads would continue)
- 3) Alta Vista Transportation Corridor — do you think it is a good use of municipal funds to spend an estimated \$70 million for the 1.8 km Hospital Link portion of the roadway between Riverside Drive and the Hospital Complex on Smyth Road? If so, why, given that during consultations for the Environmental Assessment (EA) process, Hospital officials did not

- take a formal position one way or the other on construction of this link? Do you see the Hospital Link as a standalone or as part of the larger project which would ultimately extend from Conroy through to Nicholas?
- 4) What would you do to promote more cycling and pedestrian infrastructure in keeping with the City's stated vision to favour other forms of transportation besides cars (e.g. biking, walking, public transit)? Would you ensure that there is a permanent item in the annual budget to fully implement the measures in the City's official Cycling and Pedestrian Plans? What specific improvements would you make to improve cyclist safety in downtown Ottawa?
 - 5) How often do you use public transit to commute or get to events? What prevents you from using it more often?
 - 6) Should OC Transpo management structure be revised? Should it become a separate independent-

Continued on page 10

Farewell to Brant Scott

by Helen McGurrian

Brant Scott died suddenly on Tuesday, September 16th, 2014. Our hearts and love go out to his wife Susan, son Graham and daughter Mary at this difficult time. Brant leaves behind a legacy of happy memories for all who knew him. His cheerful smile and greetings will be missed by all his Caledon Street neighbours, and his many friends in this community. Brant was always Susan's greatest fan and supporter. When Susan became a Board Member of the Riverview Park Community Association and RPCA President, Brant took on the job of editor of the **Riverviews**, our then community newspaper, and contributed his own whimsical, comical and widely read column, “From My

Backyard”. His writing captured the joys and anxious moments of parenthood and laughed at human foibles mainly his own. More recently, as Editor of **Between Us**, the Perley and Rideau Veterans Health Centre's newsletter, Brant's interviews with veterans were lessons in history mixed with a moving and respectful description of the human being who lived that experience. Brant cared for veterans and all seniors and demonstrated his respect by being truly interested in learning their life stories.

Brant, May You Rest in Peace but not too quietly. We know that you will be marching and playing in that number, “When the Saints Come Marching In”.

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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 that 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). RPCA representatives have communicated regularly with Councillor Peter Hume on planning and development issues of interest and will continue to liaise with his successor.

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. 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 was being considered as part of a potential community-wide pathway network. Given that the planned location of the relocated rail line behind Abbey Road falls outside the 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 contacted the provincial government to request an addendum to the EA. The RPCA is also following matters related to the Ottawa Light Rail (LRT) project as well as continued traffic issues associated with Industrial Avenue and Trainyards development.

Details on issues of interest which the RPCA is monitoring include the following items:

Alta Vista Transportation Corridor – Hospital Link

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 earlier this year. 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 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, with an underpass below the Via Rail line and a realigned Riverside Drive.

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 Drive 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, due to the Via Rail Line relocation and changes in light and noise mitigation measures. The Province subsequently accepted the City's contention that no further EA work was needed on the grounds that the railway relocation was sufficiently addressed, in the 2005 EA. The RPCA and others continue to dispute this contention since the original EA only covered 100 metres of each side of AVTC (and railway relocation was barely mentioned) whereas the area of relocation will extend approximately 700 metres north of the AVTC directly behind the backyards of Abbey Road residents.

Preliminary construction in the AVTC began this spring with Hydro tower relocation, with a bid on the remainder of the project expected to be tendered and received this fall. The RPCA is hoping that concerns about the CN Rail track relocation will be addressed before the procurement process is complete and any actual construction begins on that component of the project. 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 walking path, both of which will be lost during construction. Some discussions have taken place with regard to an alternate location for a winter sledding hill. Overall, the AVTC project is expected to take three years to construct.

In a 2014 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."

While Councillor Hume had 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 in 2014, no arrangements for this event had been made at the time this article went to press. In the meantime, the RPCA is waiting for a response to questions it raised with the Councillor and City officials in March 2014 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.

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 NMDC 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 once it is reconvened. 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 and Coventry Road remain closed. Belfast Road between Tremblay and Coventry is scheduled to re-open 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 remains open.

Starting mid-August, crews began to mobilize and stage the area just north of the existing Hurdman Station, in preparation for preliminary construction work on the new Light Rail Transit (LRT)

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P & D Update (continued)

station, including construction of an access road and minimal modification to the existing bus loop. After the preliminary construction phase, piling activities (placement of structural support poles) for the foundation and elevated guideway of the new LRT station will commence and are anticipated to continue until March 2015.

Foundation work for the new LRT station will commence once piling activities are completed. Construction of the structure of the new transit station is scheduled to begin in phases, as early as Summer 2015 with completion in Summer 2016. According to City officials, the work is supposed to be completed during daytime hours with minimal impacts, and OC Transpo operations are not anticipated to be affected.

A portion of the multi-use pathway, between Hurdman Station and the bus-lay-up area, will be realigned and detoured slightly to the east and will remain detoured until summer 2016. Information on the LRT project, including weekly construction summaries, can be found at www.ottawa.ca/con-federationline

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

Following concerns raised by the RPCA and others 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, modifications took place to widen the turning radius so that buses would no longer go over the curbs and damage the new sidewalk. The RPCA has also called for building a short right-run only lane onto Neighbourhood Way at the intersection with Industrial Avenue 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 and city officials declined to accept this recommendation.

Trainyards 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).

Work is finishing up on the retail facility at 575 Industrial — between the Pioneer Gas Station and

the CIBC building. The first tenant, Banana Republic, was slated to open in early fall. The other two tenants MEXX and Skechers — will move in later. Construction is also advancing at 175 Trainyards, the space right besides SAIL. Artemano, a specialty worldwide sources furniture and accessories store, is expected to open a 9500 square foot retail outlet November, with a 15,000 square foot Old Navy store expected to open in March 2015. Building demolition of 628 Industrial (former Lumber Yard and Pool Warehouse backing onto Coronation near Weyburn) was completed earlier this year but no tenant has yet been identified.

Other Industrial Avenue Issues

The RPCA also contacted Councillor Hume and Trainyards President Marty Koshman asking for their assistance and support for installing an advance green for eastbound traffic on Industrial 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. While no formal reply has been received, initial indications were that the City's monitoring counts did not presently seem to warrant an advanced green at that location.

The RPCA continues to seek 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 and some local

residents have expressed regret that the City missed the opportunity to use the recent repaving and repair of Industrial Avenue as the occasion to construct this sidewalk on the grounds that it could have been a more efficient use of resources and minimized future disruption of Industrial.

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 been following up with Brentcom, the new 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 4nandas@gmail.com. For more information on this and other activities in Riverview Park, please see the RPCA website at www.RiverviewPark.ca. The contact email for RPCA is info@riverviewpark.ca

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Musings

Continued from page 7

ly-run transit commission, as is the case in many other large cities?

7) Are you in favour of using the abandoned Prince of Wales Bridge across the Ottawa River for public transit (e.g. O Train or buses) for commuters?

8) What is your position on the Green Bin program and bi-weekly garbage collection? What other measures would you like to see to increase the amount of household and industrial waste which is diverted from landfill?

9) Are there any other environmental initiatives you would want to see the City introduce?

Development

1) What is your position on the sole-sourcing of large City infrastructure projects (e.g. Lansdowne Park?).

2) What would you describe as sensible limits on intensification? (E.g. building heights in terms of stories, number of building constructed, preventing congestion)? What would you do to make it more difficult for developers to get around loopholes which allow them to add extra storeys to buildings after their project proposals have been accepted?

3) Do you believe that the role of the Ontario Municipal Board (OMB) should be revised to better reflect the concerns of ordinary citizens? Should the OMB be abolished?

4) What would you do to encourage local farms to stay in business instead of selling their land to build new subdivisions?

5) What would you propose to do with the currently under-utilized Ottawa Baseball Stadium?

6) What do you believe is the appropriate amount, if any, for extending the urban boundary for development purposes?

7) What is your position on al-

lowing new development on sensitive areas like the floodplains in Kanata or on environmentally sensitive areas?

8) What do you believe should be done to reduce the amount of sewage which flows into our rivers and how much would you be willing to spend?

9) Do you believe the City should increase the accessibility to gambling by building new casinos?

Governance/Accountability

1) Do you think there should be some form of de-amalgamation for Ottawa?

2) Are you satisfied with the City's current policy on sole-sourcing? If not, what would you try to do to improve the procurement process to reduce the potential for cost-ineffective results?

3) Do you believe that neighbouring councillors (with input from the public) should be able to make some decisions on a "borough" basis for local issues which do not have city-wide impacts? How would you structure such an arrangement?

4) What concrete actions do you take or would you take to give ordinary citizens a chance to share their concerns with you?

5) How do letters to the editor and correspondence from individual citizens influence your views and decision-making? (For incumbents, can you provide an example where this input has changed your opinion on a certain issue?)

6) What level of annual tax increases would you propose? If you are in favour of zero per-cent tax increase, what City services would you cut?

7) Do you believe a stronger conflict-of-interest code is needed for elected officials and for consulting firms hired by the City? If so, what changes would you like to see?

The content of this article represents the individual views of the author and are not written on behalf of any organization or group.

Ask a Lawyer:

How can I keep the family cottage in the family?

by Rob Lewis

I wish more of my clients would ask this question, because few people seem to understand that passing on a cottage to the children or grandchildren is not as straightforward as simply including it in their will. There are a few things to consider, such as taxes. Unfortunately, taxes are as much a part of being Canadian as spending time at the cottage.

While land transfer tax does not apply to gifts of real property to family members, capital gains tax does apply. Without proper planning, whoever inherits the cottage could face a hefty tax bill. I've seen cases where the cottage had to be sold just to pay the capital gains tax, defeating the good intentions and wishes of the deceased.

Most family cottages are worth a lot more today than they were originally. When you transfer ownership, capital gains tax is due on the difference between the original purchase price plus the cost of any improvements and the cottage's current market value. Let's say the grandparents made no improvements to the the cottage they bought in 1960 for \$25,000, and it's now worth ten times that amount. Transferring the cottage would incur tens of thousands of dollars in capital-gains tax. If there's not enough money in the estate to cover the tax bill, then whoever inherits the cottage would have to pay it if they choose to accept the gift of the cottage. Otherwise, the cottage may have to be sold to pay the tax.

There are several ways to deal with this problem. A common approach is for the owners to buy a life-insurance policy that would pay out enough of a benefit to cover the capital gains tax. In some cases, the children even pay the insurance premiums.

Another option is to transfer

ownership now, before the cottage's value increases any further, and while everyone's financial and tax circumstances are clear. Under the second option, it's a good idea for the original owners to require the future owners to enter into a joint use and ownership agreement. The agreement would guarantee the original owners access to the cottage for the rest of their lives.

A joint-use agreement also helps to avoid potential conflicts—not unusual when a cottage has been in the family for more than a generation or two. This type of agreement typically lists everyone's rights, roles and responsibilities (e.g. repairs, property taxes and maintenance), and spells out how disputes will be resolved. A good joint-use agreement will also explain how one party can buyout another party.

Two other options—transferring the cottage to a corporation or to a family trust—offer more complete, but more complex solutions. Deciding which option is best for you depends on the circumstances of everyone involved.

Our firm has helped many clients create and implement plans to keep the cottage in the family for generations to come. While each client has unique needs and concerns, they all agree that the cost of legal advice to set up an orderly transition easily paid for itself many times over. Ultimately, everyone wants cottage time to be carefree and relaxing. Careful planning helps achieve this goal.

Rob Lewis is a local lawyer and long-time Canterbury and South Ottawa volunteer.

Rob Lewis, B.A., LL.B.-JD, MBA

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by River Stone

Six years ago, I became a father. My wife went into labour while I was on the mats, and my role as a father and my study of the martial arts have been entwined ever since. It was not long after my son was born that I became a black belt – he has never known a time when I was not “a dojo guy”.

I've since discovered that this kind of misconception is not the exclusive domain of teething infants. I'd done almost exactly the same kind of thing in my technical practice for years: I would latch on to a word or a method of doing something without really understanding the underlying idea that my teacher was driving at.

The very first technique I learned in my study of Aikido was

writing them down, but to no avail.

It was only years later that I came to understand: none of the methods I had memorized really represented robusé. Each of them was an example, but not a complete description. Robusé is a kind of motion that the techniques induce in an attacker's body, and the ways to induce that motion are myriad.

Once I stopped looking at the techniques as a step-by-step recipe for an outcome, new kinds of patterns emerged. Sometimes it was a particular shift in body weight, sometimes a way of inducing an action and reaction, sometimes finding a very fine line between using too much force and not enough... but these were all coming from a study of the same techniques.

about cultivating a “beginner's mind” as a way to see with new eyes, but I've also noticed that my own eyes are continuously renewed through experience. What I see looking at an image today is not what I would have seen a year ago.

In the last year, my son has started coming to training with me. Saturday mornings are a time for sharing breakfast, and ideas, and questions, and jokes. “Dojo day” has become something we both look forward to doing together.

Nonetheless, there is still a gap between our levels of training that feels enormous. I see him making mistakes that I myself made as a beginner, and while I want to hand him the solutions to close the perceived gap, I know I can't; I would be robbing him of the chance to understand the art on his own.



It's much like seeing a film as an adult that I'd only ever seen as a child; there are layers of meaning that I didn't have the necessary context to “get” when I first started learning.

There are no doubt many more layers of understanding beneath what I've learned thus far.

At the dojo, we often talk

Understanding is the goal, but it can't be forced. Sometimes it comes quickly, sometimes it comes slowly, and sometimes you just have to hold the door open and give understanding the time it needs.

- ~ -



Watching him grow and learn opened my perspectives around my own learning, and the learning processes of those I train with.

Small children learn language from the general to the specific – one of my son's first words was “cow”, which referred to a cardboard cutout of a cartoon cow. We reinforced the idea with a cow-shaped teething toy. “Cowcowcow...” he grinned proudly as he waved it. Suddenly, everything was “cow”: the fridge, a toy police car, bits of paper... it took me a bit to realize that “cow” had become the word for “anything that is black & white”.

robused. My teacher drilled the basic form endlessly. I learned the method in minute detail: where to place my hands and fingers, how to turn my feet, how far to step. One day, my teacher came in and showed something quite different, proclaiming it, too, to be robused. I fastidiously learned this “second version”, adding it to my mental toolbox of techniques.

Where there are two, there are inevitably three, then four, then more... and I gleefully gathered a collection of variations, like a kind of martial recipe-book. Like any hoarder, this collection became too big to manage; I found myself starting to forget variations! I tried

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If you saw them- they were all headed to the Alta Vista Retirement Community

by Carole Moul

On a recent Sunday, Stephen Heney drove his beautiful 1931 Ford Model A Woody Station Wagon along the busy roads of Alta Vista: busy roads no doubt to an 83 year old vehicle. Moreover, this Model A would have experienced not only more cars than ever on our roads, but also how roads themselves have evolved over the years.

“This car has been in our family since it was new,” noted Stephen at the recent Grandparent’s Day at the Alta Vista Retirement Community.

“It has 73000 miles on it,” he later recounted, “and was originally owned by my great grandparents who lived in a beautiful stone home on Richmond Road near Kirkwood, where the Canada Bank Note Company is now located.”

Stephen belongs to Canada’s

membership of a club that began in 1995 with six members, but now has approximately 185 members, with a total of about 100 carefully maintained cars.

President Roland Beaulne, whose 90-year-old mother, Gabrielle Beaulne-Weston, lives at the Alta Vista Retirement Community, took some time off to share one reason, among many, as to why the club gave the hours they did to help with the Car Show.

An equally enjoyable day had been spent at Valley Stream Manor earlier in the year, and as word got around, or so it would seem, the idea took off to have a show where his own mother is a resident.

“So, a few months ago, I offered to help out with the upcoming Grandparent’s Day. We, as a club, feel we are very privileged to be able to not only give these rides, but also bring sunshine into the

the Tenant’s Association, likewise agreed with Mr. Jerome’s summary.

“It was great! The drivers were very talkative with in-depth conversation. Yes, I had a great time!” he added.

Miata passengers and others also enjoyed the talents of a number

commented Cheryl, in praise of her fellow club members.

“Grandparent’s Day has been held over at least the past five years, and this most recent one was the biggest yet,” Cheryl concluded.

So, should you have noticed more than the usual number



Just a few of The Underground Miata Network Car Show exhibitors
Photo credit: Carole Moul



Capital City Derby Dolls
Photo credit: Barrie Thomas

Capital A’s, a car club for owners of Model A’s, and taking their vehicles to events such as this would no doubt be part of the fun of owning such a showpiece. Stephen and his Ford Model A do about 10-20 car shows a year.

A collection of 12 Miata convertibles was also on display at the Car Show in the parking lot at 751 Peter Morand Crescent. Moreover, not only did the members of *The Underground Miata Network* generously give of their time to the upbeat event, but they also provided tours to the residents, staff, numerous visitors, and children alike.

Barrie Thomas is the Touring Director of *The Underground Miata Network*, and he outlined the

lives of others,” he noted, and from the sounds of things, the at least 50 people who took the convertible trips thoroughly enjoyed their Sunday spins.

John Jerome, President of the Tenant’s Association, noted that he was able to enjoy three different rides with three very interesting Miata owners.

“I had three rides; one with the President of the club, one with the organizer who gave me a zippy ride down Smyth Road, and then I went with a judge who drove me around Carleton University, and made it such an interesting trip- while sharing the story of her career as a Federal Court Judge.”

Walter Terentiuk, Treasurer of

of the Capital City Derby Dolls, a roller derby league. Cheryl-Ann Conley, Recreation Manager of the Alta Vista Retirement Community, and a member of that league, was pleased that seven members of the group brought entertainment to those who enjoyed not only the sunny Sunday, but also a delicious BBQ served on the back patio.

of happy faces buzzing around the community in some pretty spiffy cars on the first Sunday in September, you could have been witness to just some of the fun taking place at the 2014 Alta Vista Retirement Community’s Grandparent’s Day. Perhaps, another time you might even be one of the fortunate guests sitting



Stephen Heney and his 1931 Ford Model A
Photo credit: Carole Moul

“The Capital City Derby Dolls helped with the games and the lemonade stand, and just made sure that everyone had a fun time,”

in a passenger seat. And, if you happen to be among the lucky ones, hold on to your hat, and enjoy a very interesting and thoroughly entertaining ride.



Jean CLOUTIER

ON OCTOBER 27 - VOTE TO ELECT

Alta Vista's new voice at Ottawa City Hall

“Jean Cloutier is a community mover and shaker. As an Alta Vista business owner, I want a city councillor who understands how business and urban development can work together. I have spoken with many of the other candidates and while they have good intentions, I believe Jean stands well ahead of the pack. His experience would make it a smooth transition. There is a Jean Cloutier sign on my lawn because he has a good head on his shoulders – he has my full support.”

Michael Mynott, President, Mynott Construction
Alta Vista Drive resident

“Jean Cloutier never fails to get the job done on time and on budget. I have worked as a city councillor for many years and I know that Jean has the perseverance, temperament and good judgment that this job requires. Alta Vista will be left in very capable hands if voters agree with me and elect him as their new voice at city hall.”

Councillor Peter Hume, Alta Vista, Ottawa City Council
Braeside Avenue resident

“I have worked with Jean Cloutier on community projects and he is a seasoned community builder. I recognize good teamwork and I know he has trained hard and will work hard for Alta Vista. He has my support and my vote.”

Brian Kilrea, Senior Advisor Hockey Operations, Ottawa 67's
Saunderson Drive resident

Jean Cloutier is president of the Canterbury Community Association – one of Ottawa's most proactive recreation organizations. He knows how innovative funding can create new public facilities and programs.

Jean Cloutier is a Chartered Professional Accountant with a keen interest in fair taxes, fiscal prudence and balanced budgets. As the former owner of the popular Towne and ByTowne Cinemas, he understands small business.

Jean and Sandra Cloutier raised a family in Alta Vista. He will monitor local development, infrastructure upgrades, core municipal services, traffic congestion and much more.

***Elect an experienced community leader
as your next city councillor for Alta Vista***

Want to show your support *before* the election? Join Team Cloutier as a volunteer or contribute to his campaign fund. And don't forget to vote on October 27!



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What is the Margaret Morris Method?

by Susan Jack

Photo by Dianne

This year, we are celebrating 40 years of Margaret Morris Method of Dance (MMM Dance) in the Ottawa Area! I know what some of you are thinking – who is this Margaret Morris? And what is this method of dance? Well, read on and I will tell you all about this remarkable woman who was a pioneer in the modern dance world and brought dance & movement to music to so many around the world!

Margaret Morris was a very unique lady who was born in London England in 1891. From a toddler, Margaret was creative and had the innate ability to entertain. At age 3 she was a professional reciter, her first engagement in a pantomime (Little Red Riding Hood) occurred when she was 8 years old. By age 12 she was working in various companies in acting and dancing. At this young age, she realized she didn't like the limitations that were involved in the classical ballet in which she was being trained. So, she started to compose her own dances. While her exercises were more of a

natural movement, she did realize that some basic training was still required. For many years, she continued to train, tour and have major roles in many different

productions all while she continued to work on her method of dance. In 1930, she completed her training in physical therapy (and passed with distinction), which would further go to enhance her basic method of dance training. By 1939, Margaret had teachers in her dance method that had developed centres all over the world. Unfortunately most of those centres closed due to the war – the only centre to remain open was in Glasgow. In 1947, Margaret formed a professional dance company – The Celtic Ballet of Scotland and toured in Glasgow and France. In 1951 she re-opened her London Centre and continued her work in the hospitals. Margaret led a long life and danced well into her 80s! She passed away in 1980 in Glasgow at the age of 89.

In 2010 we celebrated a big anniversary – 100 years of Margaret Morris Method of Dance. Today, there are over 300 internationally accredited teachers teaching ½ a million students worldwide. You'll be able to find classes in England, Scotland, France, Switzerland, Sweden, Germany, Malta, Japan, Australia, Portugal, South Africa and... here in Canada!

In MMM Dance, there are graduated levels for every age group. There are 6 levels of exercises for children, 11 levels of exercises adults and there are even classes geared for seniors too! MMM Dance is designed for everyone (yes, even the non dancers!). We use breathing with exercises that are designed for a

strong body and mind. You'll find exercises that work to strengthen muscles, help with balance, proper posture, coordination and improve overall well being. We work in a natural movement that includes opposition. There are also 5 levels of Dance Technique for those that like a little bit more on the technical side. We get creative in our classes and we have fun with dances and different choreographies. One of the things that is so wonderful about this dance method, is that while there is a foundation to the movement and the method itself, each teacher brings a different 'flavour', a different insight to each class.

So, whether you have 2 left feet, whether you love dance and move to music, or even if you just want to improve your overall health and have a goal for a strong body in mind. Come and try us out – we'd love to have you and welcome you into our class!

Local classes are held in Ottawa (run through the City of Ottawa, at the Dempsey Community Centre) and in Gatineau, Almonte, Pakenham, Kinburn, Carp and Cornwall.

Check out our website at www.MMMCanada.ca for more information on the Margaret Morris Method of dance, some fun pictures of us during classes, workshops and various recitals & some great short videos too.

Be inspired, be creative, join a class, move to music – and enjoy dance...



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A touch of India

This neighbourhood has it all

by Judith Fairbairn

Bangalore can be a lively assault on the senses, which makes it such a vibrant place to live. But if you want to escape this vibrancy for a day, come to my neighbourhood on a Sunday morning for a peaceful walk.

This walk is best done starting at 7 am. Park on Kasturba Cross Road in front of the British Library. A normally packed road, Kasturba Cross is deserted on Sunday mornings.

Cross over Kasturba Road and go between the State Museum and the Industrial and Technology Museum into Cubbon Park and explore this lovely park. Be sure to see the Library, Vidhana Soudha, Band Stand and Karnataka High Court. Take in all the sporting sights: cricket, yoga, badminton, group exercise and running clubs. Until 8 am, the park is closed to traffic and is a really relaxing place to walk. The earlier you arrive the better but on Sunday mornings the car traffic after 8 am is not bad.

Cross back over to your car and turn right on Kasturba Road to-

wards Vittal Mallya Road. You will pass three temples. The Ganapathi temple is the temple for travel (Ganapathi is another name for Ganesha, the god of travel). Bangaloreans buying a new car or two-wheeler will come here to do a puja to bless their new vehicle. Notice the smashed coconuts and, if you wait around for a bit, you might

be lucky and witness this puja tradition. Talk to some of the people at the temple. If they haven't just bought a new car, chances are they are about to head off on a holiday and seeking good luck for their journey.

Turn left onto Vittal Mallya

Road. At the corner across the street, notice the chunky stone statues of business people. The coffee shop behind the statues serves a delicious and cheap masala omelette or poached eggs and opens at 8 am. There are newspapers and magazines to pass the time. Alternatively have a 5 star breakfast at the local hotels or wait for the bou-

tique restaurants further on.

Continue along Vittal Mallya Road taking in the exclusive window shopping. The beauty of this part of the walk is the pavement and it is still early enough that there are few cars around. Pure quiet luxury.

You will arrive at a small statue



of Vittal Mallya, the savvy founder of UB City brewery. On this corner and turning left onto Lavelle Road you will pass swish breakfast restaurants. Grand if you haven't already eaten.

Continue up Lavelle Road and buy some fruit and veg at Asha's, the local Kirana store (mom and pop shop). Everyone in the neighbourhood shops here.

Arrive at the statue of the founder of the Rotary Club and appreciate the 4-way test:

1. Is it the truth?
2. Is it fair to all concerned?
3. Will it build goodwill and better friendships?

Continued on page 26





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Canada Day on Caverley Street

Photos by Geoff Radnor



Celebrating Russell Heights Community House Safety Day

by Catina Noble

Thank you to all our community partners and volunteers for coming out to this special event. The day was complete with raffles, bicycle safety, information from the Ottawa Humane Society, Ottawa Housing Security, Ottawa Police, Fire services, face painting, cotton candy, Ottawa Housing, South East Ottawa, Russell Heights staff and Board Members.



Ruby eating cotton candy



Mason and his sister Grace



Can Chipmunks read?
Photo credit: Geoff Radnor

Dear residents,

October 27th is Election Day, when the residents of Alta Vista and Ottawa have the opportunity to have their voices heard by taking the time to vote. My name is Hussein Mahmoud, I am a councillor candidate who is asking for your support.

I have been involved in this community all my life and attended St. Patrick's Catholic High School. I regularly jog, play basketball, soccer and tennis at various parks and community centres in Alta Vista, but I have become concerned about the increasing criminal and gang related activities that are plaguing our ward.

In recent weeks in Alta Vista, two incidents have brought forth the need to build a Safer Community to the forefront of my campaign: on Station Boulevard a mother and her children were shot at and the lock-down of three schools due to a reported person with a gun in the area.

I am committed to working with community leaders to stop this problem from getting worse by focusing on both preventative measures with youth and working with the police to increase their visibility in the community. I believe that safe streets should not only focus on enforcing the speed limit and that people have an underlying "right" to be able to live, work and raise your family in a safe and secure environment.

I would ask you to please take the time to vote on October 27th, together as a collective unit, we can make decisions that will ultimately shape our community for the years to come.



Hussein Mahmoud
Councillor Candidate
Alta Vista – Ward 18
www.votehussein.ca
info@votehussein.ca
(613) 220-7959



Big Bike riders help raise \$236,400 peddling for life around hospital

by Bill Fairbairn

The Big Bike of Ottawa, the Heart and Stroke Foundation’s biggest fundraiser, raised \$236,400 this year in the Ottawa area. It causes a commotion of good fun wherever it goes. Its ring road tour of the General Hospital in Riverview Park on the morning of August 22 was a blast of the best in contributing \$10,000.

Twenty nine fundraising riders behind a driver provided by the Foundation twice pedalled for half an hour on the hospital grounds to support research into the No. 1 killer—one person dies every seven minutes in Canada.

The Ottawa Big Bike coordinator Jeff Larocque said teams raised \$8 million across Canada this year.

Besides the hospital a total of 90 fundraising teams pedalled in Manotick, Stittsville, Kanata, the Rideau Carleton Racetrack, Little

Italy, downtown Ottawa and the Byward Market.

Riders in Stittsville typically defied heavy rain. “I would like to thank everyone who joined the *Cruising with Qadri* team,” wrote Ottawa City Councillor Shad Qadri. “I thank other participating teams as well as Jeff Larocque and his volunteers and everyone who donated. Between seven teams raised \$8,700.”

In Olds, Alberta, Big Bike riders pedalled around the town in torrential rain this year. The start site had to be moved as the initial one was under a lake of water.

Big Bike riders from the Peek-



a-Boo Day Care in Newmarket, Ontario, in May raised more than \$3,000. The team showed most spirit of the day with a theme and matching T-shirts.

In Barrie, Ontario, a shopping cart team of 29 riders signed up. They raised more than \$2,000. Organizers said team riders had personal experiences of heart attacks within their company.

Some say Big Bike started many years ago with the daunting challenge cyclists met learning to ride their first tricycle. Some had aspirations to be the fastest round the block, precious few to win Le Tour de France. “Alas none of us made the Tour but we did find that a greater good was ahead of us when we mastered the two-wheeler and teamed up on the Big Bike,” writes the Foundation. “We all found we had countless personal reasons to raise money to support friends and family with health challenges.”

The challenge first came to Ottawa in 1993 when Big Bike started. To sign up a team simply visit BigBike.ca, click Register Now, sign up and participate. It may one day win you a dream vacation.



Riverview Park Community Association Annual General Meeting

Wednesday, October 22, 7 to 9 pm, Riverview Alternative School, 260 Knox Cr.

This is your opportunity to:

- ~ Get answers to your questions and concerns
- ~ Hear from council candidates prior to the election
- ~ Learn about developments in your community
- ~ Offer ideas to improve the quality of life in Riverview Park
- ~ Find out how you can contribute or get involved yourself
- ~ Participate in the election of the Board of Directors

For more details, please visit us at: www.riverviewpark.ca

Your community needs you, please join us!

Al Charron

Rugby legend scores with me

by Bill Fairbairn
Photos from Rugby Canada

Al Charron modestly cycled up to my side-door for an interview and for me the years rolled back. I felt like a 12-year-old shaking hands with Canada’s rugby captain and relishing the thought of telling my best pal of a bygone age: “I touched Al Charron”.
The most capped player for Canada, 76 international appearances, who lives in our area of Ot-

tawa, sat down at my kitchen table and declining a cup of tea then without hesitation proceeding to answer my questions.
Charron started playing rugby in Grade 12 for Hillcrest High School. He was a late starter at age 17. He had been playing baseball and hockey, but found his sport in rugby. Hillcrest was affiliated to the Ottawa Irish Rugby Club, so he soon took his place there as a back row forward.
Charron today manages player

advancement, fundraising and alumni relations for Rugby Canada. He will contribute to a program next year that will see elementary school kids introduced to the game with tag and touch rugby as part of the curriculum. He says: “I had never heard of rugby until I reached high school and at a relatively old age find rugby. The New Zealand All Blacks have long had the international edge because
Continued on page 26



Helping Children and Youth with Special Needs in Ottawa Achieve Their Goals

Recently, I had the pleasure of visiting the Ottawa Children’s Treatment Centre (OCTC) to announce that the Ontario government is investing \$400,000 in annualized funding in the OCTC. This investment will help us achieve our goal to reduce wait times, improve access, and provide families with children and youth with special needs with services as close to home as possible.

The province is investing an additional \$5 million annually in children’s treatment centres to expand access to physiotherapy, occupational therapy and speech-language therapy for up to an additional 2,000 children annually across Ontario.

Ontario is also investing an additional \$1.25 million in one-time funding to help children’s treatment centres further reduce waitlists for assessments that will be divided equally amongst each of Ontario’s 20 children’s treatment centres.

Here in Ottawa, the OCTC will receive an additional \$62,500 in one-time funding.

Improving access to services for children and youth with special needs is part of the government’s plan to invest in people, build modern infrastructure and support a dynamic business climate.

Our government has heard from families that waitlists for services cause a great deal of stress and frustration. This is why we are taking action to reduce wait times so that young people get the vital supports they need.

WE ARE HERE TO HELP

Please feel free to contact me at my community office if there are any matter that is important to you. My staff and I will always do our best to help you.



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jfraser.mpp.co@liberal.ola.org



John Fraser
MPP Ottawa South



John Jerome (centre) welcoming guests Roland Graham, pianist (left) and Dr. Fraser Rubens (right)
Photo credit: Laura Ballester

Heart surgeon Dr. Fraser Rubens sings at Alta Vista Retirement Community

by John Jerome

Renowned Heart Surgeon Dr. Fraser Rubens took time off from his duties at Ottawa’s Heart Institute to sing German lyrical ballads by composer Robert Schumann at Alta Vista Retirement Community on June 4 at 3:30PM. He had sung there previously and was such a success that he was invited back by John Jerome, president of Alta Vista Retirement Associations. He was accompanied by talented pianist Roland Graham of Southminister

United Church. Visitors Astrid and Dieter Meng were particularly touched by Fraser’s song about the Rhine River near the city of Cologne where they lived. Resident Marion Walters was “enthralled” by the afternoon performance. Carol Levesque, the Receptionist at Alta Vista Retirement Community, found the music attractive and pleasant. Dr. Rubens has performed at a number of concerts at various places in Ottawa such as Southminister United Church, Parkdale United Church, Good Shepard Church in Blackburn Hamlet, St. Matthias Anglican Church near the Civic Hospital, and the Immaculate Heart of Mary Church on Alta Vista Drive where he sang with his son, Zack, also an accomplished singer. Dr. Rubens also performs at the annual Viennese Ball held every winter at the National Gallery of Canada.

John Jerome met Dr. Rubens at the residence of the Austrian Ambassador Otto Dietz, where he sang in English and German “Yours Is My Heart Alone” accompanied by Ottawa Cardiologist Dr. Stephanie Poor at the piano. When asked if he would sing for a local charity Dr. Rubens said yes. Through his efforts and those of his colleagues he has raised substantial money for Ottawa charities. He is married to Dr. Carole Denny and lives near the Britannia Yacht Club: he is indeed a man of many talents.

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Fun things happen in Eastway Gardens



Photos by Kim Lamont

On Tuesday, July 29th, 2014 Cecil Morrison Park Summer Fun Day was held from 11 a.m. to 4 p.m. There was an Enbridge BBQ and cotton candy. The police, fire and paramedic departments were there plus the Roger's Community Cruiser, and the Dunk Tank made for many laughs. There were pony rides, Touch-a -Truck, and games and prizes also for the participants. Those at the Fun Day could have their faces painted and use the wading pool, and everyone agreed that it was a great way to spend a summer day.



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Dear Fran

dearfrangardener@gmail.com

Putting the garden to bed

In place of a question and answer format this month I thought this topic might be more useful since it is that time of the year when you have to face the task of cleaning up all that vegetation in your garden. There are many schools of thought on what to do and what not to do. A lot will depend on what type of gardener



you are, how much time you have to devote to the task, the weather, etc. So where to begin... One school of thought says clean up all debris—leaves, flower stalks or anything that looks messy so there is no place for pests to over winter. The totally opposite school of thought says leave it all till spring—the flower seeds will be food for birds, the flower stalks give a place for beneficial insects to lay eggs and you can enjoy the winter effect of stems poking through the snow. What you actually will do falls somewhere in between and, remember whatever you decide to do is right for you and your garden. Years ago and over many years I developed a list of what to do month by month for the members of the Gloucester Horticultural Society. It was a handy reminder of what to do and when. Some tasks should be done every year, some every few years or never.

This list, probably incomplete, is meant to be used as a reference of possible tasks and not a must do list. For easy reference the entries are in point form for August through December. If it is listed twice it means it can be done in either month. I hope you find the information useful and I would appreciate feedback of any sort.

AUGUST

- Divide iris rhizomes every 3-5 years. Cut iris leaves to about two inches, remove any diseased parts and replant.
- Divide or move peonies.
- Harvest herbs for drying or freezing. Collect flowers for drying and pressing. Collect seeds of plants you wish to propagate.
- Cut summer bearing raspberry canes to the ground but leave ever-bearing canes alone.
- Take cuttings of geranium to over winter and grow for next summer.
- Harvest ripe vegetables. Bring your rosemary plant in when nights get cool.
- Bring in houseplants summering outside except Christmas cactus which likes a bit of cold to set buds. Check plants and soil for pests. Pests also hitch a ride inside on people going inside and out. Wash with soap not detergent to

- eliminate these unwanted guests.
- Allow *Amaryllis* to die down by withholding fertilizer and gradually reducing water, then rest. They should rebloom about eight weeks later.
 - List what your needs are for next year **NOW**, you will not remember them next spring.

SEPTEMBER

- Divide spring flowering perennials.
- Plant garlic between Sept. 15 and Oct. 15.
- Plant trees and evergreens.
- Reseed lawn.
- Dig up dahlias, gladioli, tuberous begonias and other summer flowering bulbs after first frost. Dry and store them carefully for next summer. Discard any diseased bulbs or any infested with thrips.
- Set clean bird feeder out and fill them regularly.
- Plant hardy spring flowering bulbs (daffodils, tulips, crocus, etc.) and add bulb fertilizer to the planting hole.

OCTOBER

- Prune dormant bleeder trees (maple and birch). Transplant trees and shrubs.
- Rake and bag leaves to use as protection around marginally hardy plants, e.g. Hydrangea macrophylla, Lavender, Buddleia. Then you have leaves to add to your compost next summer.
- Soak hedges and evergreens well before the ground freezes for winter.
- Edge border in fall to save time for other spring duties. It's also cooler in fall to work!
- Cut lawn on low setting for the last cut of the season to deter snow mould next spring.
- Rough dig vegetable garden but do not break-up large clumps of soil just leave them for the winter action of freezing and thawing to condition the soil.
- Prepare new beds for next summer by rough digging as above.
- Pull annuals and remove debris. Leave some perennial stalks because butterflies and other beneficial insects may lay eggs on them.
- Check for lily beetle because they over winter as adults on the soil surface.

- Empty composter and spread the black gold around the garden.
- Empty and thoroughly clean your planters and pots. It's a good idea to sterilize them with a bleach solution and leave them out in the rain for a few weeks. Never over winter them outside filled with soil as they will crack.
- Divide old *Lilium* clumps or plant new ones.
- Pot tulips, hyacinth and daffodils for forcing for a Christmas display.

NOVEMBER

- Hill hybrid tea roses with soil from another part of garden after the ground is frozen. This discourages mice from nesting around your roses
- Clean garden tools, oil them to prevent rusting then store in dry place away from salt dripping off cars.
- Clean and winterize lawn mower. Check snow blower/shovels. Re-arrange your garage so you can put your car back in it.
- Water *Amaryllis* and bring it into the light when dormancy has broken, i.e. when a new tip is showing.
- Check houseplants for pests as they hitchhike on people coming inside from the garden. Do not fertilize plants between November and January.
- Wrap trees/shrubs with paper wrap to deter rabbits from nibbling bark.
- Wrap trees with burlap or paint with white latex paint to prevent "southwest injury" – splitting of bark on thin barked trees, e.g. maple, linden.
- Send for gardening catalogues to review next year's offerings. Order seeds ASAP.

DECEMBER

- Make potpourri and other Christmas gifts from your garden produce or make an outdoor Christmas arrangement of dried and green material for your front door
- Cut a fresh Christmas tree. Recycle the branches to trap snow and protect plants from sun/wind and provide shelter for birds.
- Enjoy your free time, peruse your gardening books, plan next year's garden projects.



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Aries- *Mar 20- Apr 20*
Dear Aries, Jupiter having recently begun a year long transit through Leo and the area of your solar chart representing the fun, romance, and artistic self expression. This means that the next twelve months could be very interesting. My advice is to try and relax, and enjoy the ride.

Taurus- *April 20- May 20*
Dear Taurus, Good old Aquarius seems to be stationed in the tenth house of your solar chart. The tenth house highlights your work life. My advice is to make sure you stand your ground, and make sure to take your turn to shine.

Gemini- *May 21-June 21*
Dear Gemini, Seems like Jupiter is moving through Leo. When this happens it is likely that transformation of the mind is happening. My advice could be that perhaps there is a second chance to release yourself from a thought or situation. Write down what you need and want. Also be ready if suddenly an opportunity falls into your lap.

Cancer- *June 22- July 22*
Dear Cancer, Jupiter the good luck planet is moving through Leo. My advice for you my Cancer friend is to be generous and extra loving. By doing this it will fill your heart with joy, and come back

ten times over. Good Karma is a wonderful thing, and it looks like this exchange of good energy will be going on for the next six months. Enjoy.

Leo- *July 23-Aug 22*
Dear Leo, Everything is looking bright and sunny. This is because Venus and Mercury seem to be moving fast through your sun sign. This could mean that your social life is getting busy. Things are happening, and you like it. To top things off, the lucky planet Jupiter has started its journey through your sign. This will mean luck is on your side well into Christmas. Get out there my Leo friend.

Virgo- *Aug 23- Sept. 22*
Dear Virgo, I need to stress the importance in needing rest and recuperation. These past few months have been go,go,go. Take some time to yourself. Mercury moving through your sun sign will help you stay focused while still getting some much needed rest. Not to worry Virgo, you manage to still get everything you need done. I don't think you would have it any other way.

Libra- *Sept 23- Oct 23*
Dear Libra, Some of the planets are surrounding your sun sign like Uranus moving through Aries, and Pluto moving through Capricorn are adding some stressful feelings. This could mean that it's time to do some serious thinking,

and perhaps change a few things. Soon Jupiter will move through your sun sign. This will urge you to get out and meet new people. A whole new social circle is around the corner.

Scorpio- *Oct 24-Nov 21*
Dear Scorpio, Seems like the Moon is floating through Aquarius. This could bring about some really big changes for you. Mainly highlighting your domestic affairs and private life. Could be a bumpy ride, so hold on dear Scorpio. This fall season will see planets pile up in Virgo, meaning that it may affect your "status" position in your solar chart. People will start to see you in another light. There will be big changes this season. Go with the flow.

Sagittarius- *Nov 22- Dec 21*
Dear Sagittarius, It's time for personal change. With the help of some very important planets you will notice the restless feeling coming over you to broaden your horizons. The uncontrollable urge to make big moves, to go big places within yourself is really pushing forward. My advice to you Dear Sagittarius is to go and make these changes and welcome new life and/or new love. Good luck!!

Capricorn- *Dec 22- Jan 19*
Dear Capricorn, Every astrological sign in the universe is affected with Jupiter travelling through Virgo. You are also

feeling the affects of this transition, Dear Capricorn. Powerful dramatic changes are happening whether you like it or not. These changes need to happen in order for you to make your goals happen. Just ask and you shall receive. Remember to have fun.

Aquarius- *Jan 20- Feb 18*
Dear Aquarius, Major planetary activity around in Leo and Virgo. This could mean that the next twelve months will be extremely important in regards to business and personal relationships. There will be times where you might feel like losing your cool. These will be difficult times, but push through and reap the rewards.

Pisces- *Feb 19- Mar 20*
Dear Pisces, Looks like the activity of planets present in your opposite sign of Virgo is indicating that improvements on the work front are good. Be sure to ask for the promotion you were hoping for. Some other affects of the planet Mercury present in Virgo will only help you articulate what you want in personal and business relationships. Good season ahead, Dear Pisces.

"Astrology is a language, and if we try and learn this language then we could communicate with the universe."
Arze Chahine, your astrology advisor.
zeebraa54@hotmail.com

Dude, where's my water heater?

by Tim Fish

Have you ever done something a bit foolish? No point fretting afterwards because there is nothing you can do about it, right? Well, sometimes you can do something about it.

Let's say someone knocks on your door and somehow convinces you to sign up for a new water heater contract (perhaps you were caught off guard in the middle of a busy). Unfortunately, complaints about water heater contracts are one of the most common complaints the Ontario Ministry of Consumer Services receives (second only to complaints about collection agencies). Most of those complaints are about unclear or misleading contracts.

Fortunately, the *Ontario Consumer Protection Act* allows you to cancel such a contract for any reason within ten days. Also, if you have a contract with a door-to-door salesperson that has misrepresented their product or service you can cancel the contract within one year.

For tips on how to cancel a contract or avoid signing a bad contact in the first place, you can visit the Consumer Protection Ontario website at www.ontario.ca/consumers.

According to local lawyer Edith Holly, if you need help understanding your legal rights, you can seek assistance from a lawyer on an advisory basis even if you do not need a lawyer to represent you.

Know your rights, before and after you sign.

See the online edition at
www.RiverviewParkReview.ca

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Computer Tips and Tricks

The current state of the web

by Malcolm and John Harding,
of Compu-Home

I was checking my email on my phone while I was in my dentist's chair last week, and we joked about what a science fiction story that would have been when I first started seeing him 45 years ago. Many readers back then would have thought it was too ridiculously far-fetched. It's not just email that has crept up on us. Many people would say that the Web itself is an overwhelming and increasing influence on our lives – everything from social media, to online video, to e-commerce, to incredibly quick and up-to-date research. Here are some of our new favourite websites.

<http://bibliottawalibrary.ca/en/resources/zinio>

We have praised the Ottawa Public Library website in the past, but this new service will likely be part of a game-changer in the world of magazine publishing. OPL cardholders can now sign up for Zinio service, which allows

them to read a great many popular magazines online, with no limit and no charge! As usual when you are getting started with a free service there are a few hoops to jump through but the instructions are very clear and the majority of users will be reading their favourite magazines on their computers, tablets or smartphones in short order. This is a terrific companion to OPL Overdrive eBooks and Audiobooks.

<https://www.yahoo.com/tech/author/david-pogue>

David Pogue is no stranger to this column; we have mentioned his breezy and helpful perspective in the past. What is new and improved, is that Pogue has now left the New York Times and has apparently been given free rein and a generous budget to become the guru of the Yahoo! Tech Team. CNET has been our go-to source for technology information in the past, but now Pogue and Yahoo! have CNET looking nervously over their shoulder. We especially

like how Yahoo! carefully chooses whether video or print (with illustrations, of course) will present their content their content most effectively.

<http://www.cinemaslock.com/Ottawa.html>

This nifty site gives times and locations of all movies playing in Ottawa at this time and when others are expected to arrive in the coming months. It allows you to search by movie or cinema site, and you can filter by genre. You can watch trailers, and read or contribute reviews.

<http://www.ottawatourism.ca/>

Want to know the dates of Beau's Oktoberfest in Vankleek Hill next October? Maybe you would prefer to have a yoga session on Parliament Hill. How about taking in the Ottawa International Animation Festival this year? You don't have to be an out-of-towner to appreciate the categorized and dated lists of activities coming up in the city.

<http://www.phishing.org/>

Did that email REALLY come from Scotiabank, or eBay, or Rogers, or is it somebody trying to elicit personal or financial information from you? An hour at Phishing.org can help you to make informed decisions and to know when to reply, or just delete that message.

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

Autumn carries more gold in its pocket than all other seasons.
— Jim Bishop

In October, don't go to the jewellers to see gold; go to the parks.
— Mehmet Murat ildan

Autumn is a second spring when every leaf is a flower.
— Albert Camus

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 26

SUDOKU

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

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The Ottawa Hospital Community Advisory Committee

Improving the patient experience

by Helen McGurrian

At a joint meeting with TOH's Board of Governors and the Community Advisory Committee, members reviewed a "hypothetical" patient's journey from Emergency Department (ED) through admission, treatment, discharge and follow-up. This article highlights the recommendations arising from this review that could improve the patient experience and the delivery of health care services.

Case Study Scenario

A 75 year old woman, (husband deceased three months earlier from cancer), lives independently in her bungalow. Her two adult children live out of town. Her family doctor is treating her for diabetes 2 and hypertension. In the past few days she has noticed swelling in her legs and shortness of breath. At 10 p.m. she feels worse, calls a taxi to go to the Emergency Department (ED). She is diagnosed with congestive heart failure and admitted. She has not brought her medications nor does she remember their names and dosages. Since her husband died, she has not designated a new substitute decision maker. Over three days, her condition improves. On the fourth night, she has a dizzy spell in the washroom, falls and fractures her hip. She has hip surgery and recovers well. Her blood pressure and

blood sugar are stable. Three days after surgery, she is discharged to Bruyere Continuing Care where she receives regular physiotherapy. She is anxious to go home.

Emergency Department (ED) Stage of the Journey

Observation: The over-75 age group with multiple chronic illnesses accounts for a 6 percent annual increase in ED usage over the past few years.

Recommendations:

Individuals: A list of medications and dosages should be kept with your OHIP card, as well as the name of a substitute decision-maker who should know your Advance Care Plan.

Family Doctors: Encourage patients to adopt an Advance Care Plan and to appoint a substitute decision-maker. (TOH is developing two brochures on Advance Care Plans: one for Family Doctors, the other for patients.)

Health System Changes: Elderly patients with multiple chronic diseases do not belong in ED, yet they are too sick for the family doctor to treat. Ideally clinics with General Internal Medicine or Geriatrics specialists should be available to manage these crises. Unfortunately these clinics do not exist and there is a serious shortage of General Internal Medicine and Geriatrics physicians.

Hospital Stage of the Journey

Observation: A Falls Risk Assessment should have been performed. Understanding the patient is key to fall prevention. The patient's fracture necessitates a transfer to the Orthopedic Unit for post-operative care.

Health System Changes: In the future, hospitals will be built with nursing stations centered in a circle of rooms with windows and technology for better supervision and monitoring of patients.

Discharge Planning: The urgent need to free up beds leads to confusion regarding primary responsibility for discharging a patient. The General Internal Medicine physician under which the patient is admitted remains the patient's Doctor and is responsible for the Discharge Summary. The Surgeon is a consultant, and the surgeon's recommendations are incorporated into the Discharge Summary.

After Discharge from Hospital and Rehabilitation

Most discharge planning goes relatively smoothly when there is family support and involvement, and opportunity to consult with the Discharge Planning Manager who can arrange the appropriate supports from the Community Care Access Centre (CCAC) for follow-up home care. Sometimes a patient is discharged too quickly for the CCAC to respond to the patient's follow-up needs, particularly in patients with multiple chronic diseases. There is, as well, a serious gap in follow-up for patients suffering from mental illness. The transition from hospital to home continues to be the most serious gap in the health care system due to the need to free up beds.

You can contact me at hbmcgurrian@gmail.com or call 613-521-0241



Get W.I.T.H. It!

Once again this year The Ottawa Hospital Academic Family Health Team will be leading the Heart Wise Exercise walking program at Hillcrest High School **1900 Dauphin Road Ottawa** starting **November 3rd**. Come join us and walk the halls in a safe, warm and friendly environment. (Get W.I.T.H. It). This free program which meets the criteria of a Heart Wise Exercise program is endorsed by The University of Ottawa Heart Institute and The Ottawa Hospital. You are free to drop in for a light (no stairs –

wheelchair and stroller friendly), moderate or vigorous walking route and have fun flexing your muscles at "Muscle Moment" stations every **Monday from 6:00-8:00pm** from November 3rd 2014 until March 30th 2015. Remember to bring comfortable walking shoes and a water bottle. Pedometers and enthusiastic volunteers will be there to help track your progress and guide you. If you'd like to know more please contact Kim Lavender at 613-798-5555 ext. 13512 or by email klavender@toh.on.ca



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My priorities for 2014 – 2018

- Accelerate construction of affordable housing across the city
- Demand consistent application of zoning, community design plans and infill design guidelines
- Create better, safer connections for pedestrians and cyclists via the Hospital Link, McIlraith Bridge and Main Street
- Apply Complete Street principles to more road projects
- Promote sustainable urban intensification and development
- Support public health promotion by implementing Ottawa Public Health's Healthy Eating, Active Living (HEAL) strategy

Find out more at davidc.ca

Al Charron

Continued from page 19

New Zealand coaches youth early on.”

He says the United States is a future rugby powerhouse and from its huge population now trains young boys to score tries and convert them. “That’s what Canada needs to do with the Brazil Olympics ahead in 2018.”

Charron smiles as he says: “Canada’s women’s team may qualify for the Olympics without competition if their current rank of World Cup finalists this year is taken into account.” But he says the men’s team will have to beat the United States and Argentina to qualify from this part of the world.

Charron, who was inducted into the Ontario Rugby Union Hall of Fame in 2006 and the Ottawa Sports Hall of Fame in 2009, is a role model for young players. He looks back on a career in which he occasionally coached Hillcrest students while working for Energy, Mines and Resources. He never imagined then that he would one day captain Canada. His first cap was against Argentina in 1990 played in Burnaby. Canada won under Mark Wyatt.

Canada beat rugby power Wales in 1993. Charron vividly recalls crashing over the try-line to set up Garath Rees’s conversion for a 26-24 win. Charron and Rees today are tied at 25 for most test matches

played as Canadian team captains. Charron captained Canada in the 1999 Rugby World Cup played in Wales. How many Canadians know that the Rugby World Cup is the third biggest international sports event after the Football (soccer) World Cup and the Olympics?

Over the years Charron met dignitaries at home and abroad among them Jean Chretien, Joe Clark, Peter McKay, the King of Tonga and Princess Royal, daughter of the Queen. Anne’s children beckoned their mum over to him saying, “Come and meet Big Al.”

He played against such rugby stalwarts as Gavin Hastings and his brother Scott, Gregor Townsend, the Australian David Campese, Serge Blanco and Keith Woods.

He recalls meeting Bill McLaren several times and says McLaren, as BBC rugby commentator, will always be known as the Voice of Rugby.

Socializing with the opposition after the match and singing rugby songs is a unique thing though in the professional era it does not happen as much as it once did. “The beauty of it is that the game is tough but all generally is forgotten and buying a guy a pint and trading laughs and stories build relationships that last a lifetime.”

Charron says he is fortunate to have played in New Zealand, Australia, South Africa, Italy, Hong Kong, Japan, the United Kingdom, France, Argentina, Uruguay, Chile, the United States, Portugal, Spain,

Netherlands, Trinidad and Tobago, Samoa, Fiji and Tonga. “Certainly some of the more tropical countries were great to just be on the beach and enjoy the sun if you were travelling during a Canadian winter.”

He pointed out that rugby sevens is more popular today than the 15-a-side game. To my surprise he played in a sevens tournament in my homeland Scottish Borders, where the game was first developed and also in the first Rugby Sevens World Cup in 1993. He attributes sevens popularity to more running and scoring and less mauling and scrummaging. But he praises the beauty of the 15-a-side game too.

Most rugby countries have professionals in their teams today and Charron believes that is required in Canada too.”

Regular coast-to-coast play and training present problems from

weather, long distances and different provincial rugby seasons. The British Columbia season is from September to April while the Ontario season is from late April to late October. The national training camp is in Langley, B.C.

Charron says that if rugby is coached and played properly injuries are less severe than in sports such as hockey and football where helmets are used.

Charron worked in volunteer roles for Rugby Canada before and after his retirement from play. He took on a part-time paid role dealing with alumni relations in 2012 and his present fulltime paid position in 2013 seeing to player advancement and fund development. He says rugby needs more money from the federal government to help beat the powerhouses in the Olympics.



Ottawa’s classical music offerings—

another reason to love our city

by Kate Fish

A new season of classical music is upon us! Although Ottawa holds the distinction of being home to the National Arts Centre Orchestra (NACO), there are many other local orchestras performing classical music concerts.

SUDOKU

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

Sudoku on page 24

The Ottawa Chamber Orchestra, conducted by NACO violinist Donnie Deacon, is a full symphony orchestra that performs four concerts each year. Its musicians come from all over Ottawa, including several from our own neighbourhood of Riverview Park! On Saturday November 15th at Dominion Chalmers United Church, this orchestra will perform music of Mussorsky, Ravel, and local composer Victor Herbiet.

Why not see what other orchestras have to offer as well? The Divertimento Orchestra has been delighting local audiences since 1984. A family favourite are the Pops concerts. This season’s Pops concerts will be on February 13th and 14th at St. Thomas D’Aquin on Kilborn Avenue.

Ottawa’s classical music offerings are just one more reason to love our city.

Touch of India

Continued from page 15

4. Will it be beneficial to all concerned?

Turn left onto Kasturba Cross and notice the few remaining art deco bungalows, a reminder of another era. Once upon a time the whole neighbourhood was filled with these bungalows but they are quickly being replaced by apartment blocks and a massive sky scraper. It is still a really pretty street and you can see how it will be transformed in years to come into the heart of the central business district.

Pass your car and cross back over Kasturba Road and explore the Visvesvaraya Industrial and Technological Museum. This museum is a real treat and opens at 10 am.

The Visvesvaraya Industrial and Technological Museum is named after Sir Mokshagundam Visvesvaraya, popularly known as Sir MV, who was a notable Indian engineer,

scholar, statesman and the Diwan of Mysore from 1912 to 1918. September 15 is celebrated as Engineer’s Day in India in his memory.

The State Museum and Art Gallery next door opens at 10:30 am and bring coins as the cost is only 4 rupees and there is no change. The museum has some good statues and paintings. The art gallery is being fixed up and has an interesting exhibit on Kattingeri Krishna Hebbar, particularly the memorabilia on winning the Soviet Land Nehru Award.

Have a coffee behind the Museum if they are not quite ready to let you in or if you need change. It’s one of the most peaceful places in Bangalore to sit. Enjoy the milky sweet Indian coffee while admiring the architecture, particularly the cute little coffee shop itself.

Finish your day with a well earned brunch at one of the many fine neighbourhood restaurants. From champagne and sushi to pub food and beer, this neighbourhood has it all.

Bill 10: What is it?

by K. A. Liko

You may remember the home at 491 Blair Street for its popular spooky haunted house that appears at Halloween, but this year it displays something far more terrifying: information about the consequences of Bill 10 as it pertains to Independent Home Day Cares (IHDC).

Eighty percent of Ontario children are in the care of IHDC for a reason. The children are provided with a loving home where there is a greater opportunity to form close bonds. The caregiver is typically located close by fostering a sense of community, supporting accessibility and reducing the parents' travel time. The hours of care are flexible which supports families working non-traditional hours and typically, care is more affordable than that of licensed day cares. Independent home day cares are as unique as the parents who choose them.

So how does the bill threaten IHDC? The law, at the moment, states that a provider can legally look after 5 children under the age

of 10, not including her own. The proposed new legislation would have the providers own children, six years and younger, included in the overall numbers. It would be difficult for new providers to support themselves or their families under those conditions. The government then provides an option for IHDC providers, which is to join a licensed agency, which would allow the numbers to increase by one. But, the privilege of becoming employed by an agency comes with a huge cost: almost one quarter of the provider's salary, which for a caregiver (approximately \$2,500/year/child) is the difference between earning a comfortable living or being on the poverty line! The licensing agency, of which there are 17 in the Ottawa area, provides services for the caregivers that are accepted into the agency: a lending library of supplies, first aid course, and spot checks to name a few. The agency will pass on clients to the provider but since the provider is still considered self employed, she still has to go through the interview process. So there are no guaran-

tees for employment. Apartment dwellers need not apply. So why the big push for change especially since predictions for the proposed amendments will see approximately 350,000 day care spots vanish over night? Does the government have a back up plan that they want to share with the public? Will the proposed changes create a sense of security for parents? Or is it an illusion? Does the solution to safety not lie with educating the public on day cares of any sort?

Kathy Rowe, the owner of her Independent Home Day Care on Blair Street for over 20 years, is not affected by the proposed changes since her children are no longer an issue when day care numbers are concerned, as it is not mandatory for IHDC providers to join a licensed agency. When asked as to why she is drawing so much attention to the situation she replied that homes are where babies should be and parents should have a choice as to where and how their children are raised. "It's criminal," she continued, "that the government can make decisions without the general public knowing what's

going on. We can't assume that the government agencies are all knowing and putting faith in something that hasn't been properly thought out is asking for trouble. I fear for the future and where our children will be placed. I would like the security of knowledge that my children will have choices and parental rights as it pertains to their children. I also question the variety of rules for different institutions that care for children such as camps, licensed day cares, and schools. Is money the motivation? In a world of 140-character attention span, I believe that forming a bond with one caregiver as opposed to several in other than home setting is invaluable. What are we teaching our kids about relationships?"

There is a need for reform but one that includes Independent Home Day Cares. If Independent Home Day Cares have/are or will be important to you, please write to your MPP saying so. With a majority Liberal Government sitting in legislature, Bill 10 is a forgone conclusion. Only you can make a difference. Your local MPPs can be found at www.ontla.on.ca.

20th Anniversary: Ottawa Small Press Book Fair!

by Catina Noble

Want to find new talent and connect with other writers? The small press book fair is the place to be on Saturday November 8th at the Jack Purcell Community Centre. Once upon a time twenty years ago, Rob McLennan and James Spkyer decided to start up the Ottawa Small Press Book Fair. Rob says the idea developed because "of how difficult it was to find a venue in which to either find or sell them".



Attendance is upwards to approximately 200 hundred people. There are forty tables of exhibitors. As an added bonus to help celebrate the 20th anniversary, Christine McNair is having a book binding workshop the following day. The book binding workshop is part of the Chaudiere Books Indiegogo campaign. There are still a few spots available to join this wonderful opportunity.

Rob likes this event because it gives him a chance to see new publications from new publishers. There will be a kick off to the book fair the night before at The Carleton Tavern the night before with great readers including, Anita Dolman, Dave Currie and Frances Boyle. Another reader or two might be added.

The book fair is from 12 noon to 5pm. For information on the book fair, amazing writers and other fabulous stuff please check out the following two sites:

<http://www.smallpressbookfair.blogspot.ca/2014/08/the-ottawa-small-press-fair-twentieth.html>

<http://www.robmcclennan.blogspot.ca/>

Quick way to reinvent your wardrobe

by Janina Nickus

So you want to find clothes that are fun and fabulous at bargain prices. Then have a read at Deborah M. Haig's resale clothes shopping guide. The Naked Shopper is a handy little book that guides readers through the various steps of finding their personal style almost for a song. The book includes a directory of important Ottawa regional locations, including shops in Almonte, Arnprior, Gatineau, Perth and Renfrew, where the author says you can find great clothes at even better prices!

The secret is searching for used items in thrifts shops or consignment stores.

Haig, a single mother of two full-grown sons, managed to save money through the years by shopping this way, raising her sons and even managing to buy a house.

"I put everything in there that could be useful," Haig says of her book. She doesn't want people to overspend. It's all about saving. She never pays the full price. She has been resale shopping for the past 20 years. She's a shopaholic.

When working at Loyalist College in Belleville as an assistant to the dean and desktop publishing professor, Haig was considered the



best dressed woman in the college. She used to make her own clothes and repurpose pieces such as an old coat to make it funkier.

Haig believes every woman has a style and she goes on to describe the various styles: artsy creative flair, classic wardrobe builder, the professional look and the casual clothes shopper. She also discusses body image, your special colour, your fabric, and rules to shop by.

The first step is to make room for all the new resale clothes purchases. "So get ready to clean out your closet, consign or donate your unwanted clothes for a good cause and enjoy the shopping experience of reinventing your wardrobe over and over again." Is anyone needing some slightly used size 10 slacks and blouses?

Baico Publishing Inc.



Clinton Cowan for Councillor



Clinton Cowan, a proven community leader, vows not to be a career politician and pledges to a two term limit if entrusted with serving as ward councillor.

"If elected, I intend to focus all my energy representing the residents of Alta Vista ensuring that our priorities return to the forefront at City Hall."

"We need to bring the focus back to Alta Vista and our neighbourhoods at City Hall to allow us to share in the city's prosperity and growth. A lot is happening in Ottawa and Alta Vista is left out. I hope you share my community building passion to keep Alta Vista strong and Ottawa moving forward."



A Fresh Start

Our Future Our Community

Sustainable Infrastructure

Improve our local transportation options to reduce congestion and ensure shorter and safer commutes for everyone.

Promote adding 40 km of new cycling paths and lanes in our ward.

Fight to ensure that our local bus routes are not reduced after the LRT Confederation line opens.

Continue to keep LRT Phase 1 on time and on budget. Fast forward southward with Phase 2 of our LRT system to provide us much needed traffic relief.

Encourage environmentally sustainable public spaces and neighbourhoods where people can live, work and play.

Healthy Communities

Support high quality, affordable recreation options for all.

Continue to champion improvements for our parks, fieldhouses and community centres. Begin planning our next community centre for Alta Vista's growing population.

Accelerate the replanting of the lost ash trees in our community. Encourage our citizens to plant 1 Million trees by 2017.

Fight to preserve Alta Vista green-spaces from unwanted development.

Move forward with completing the Ottawa River Action Plan to help keep our waterways clean for drinking and swimming.

Tackle the ongoing local property standards and safety issues. Address barriers to employment and accessible childcare within our neighbourhoods.

Responsible and Visionary Leadership

Introduce "Service Alta Vista". An exciting new program that brings ward residents everything they want to know about what's happening in their neighborhoods, including establishing a community office to provide greater barrier free access to your councillor.

Ensure only the highest quality developments and infill occur within our ward and city, respecting the character of existing neighbourhoods and enhance public input. Implementing only evidence based traffic calming measures and management practices with full public consultation.

Showcase our arts, service and hospitality sectors leading up to our 2017 celebrations and the years beyond so that we all may share in the prosperity of this of this significant time.

Continue to bring higher levels of transparency and accountability to the forefront at City Hall.

Strengthen oversight on infrastructure projects. Enhance our contract procurement process and re-examine the Green Bin contract for options to reduce tax waste.

Support Ottawa's "Housing and Homelessness Investment Plan" and "Older Adult Plan" to build affordable housing and a city supportive for all citizens who wish to age in place.

Protect funding for public health, crime prevention, seniors and youth programs, libraries and school crossing guards.

Alta Vista Ward is where we live. Ottawa is our home. Let's continue working together, stronger together to make sure that Ottawa is where no community is left behind and everyone matters.



Strong Together

What a difference a group of students can make

by Heather Swail and
Greg McKean

The Russell Heights tree replantation project was a huge success. With the VM students raising funds well over \$6000. they were able to purchase 20 native trees to plant in the community. Planting day was in early June and with the help of many community members and Sara

Dwyer, the students were able to plant the trees successfully. Both OCH and Artistic Landscape and Design prepared the soil and brought in professionals to teach the planting process to the students. Throughout the summer months the trees were regularly watered and continue to thrive and grow in the community.

Vincent Massey teacher, Greg McKean, wins the Volunteer Oscar Award for the category of Inspiring Youth to Volunteer.

OH, Angela Begin, recognized the accomplishments of the program organized by Greg McKean, and put forth a nomination for a Volunteer Oscar award. This nomination was for the category of Inspiring Youth to Volunteer. On September 18th, Mr. McKean was announced as the winner in this category. Other nominees included 'Me to We' and other Youth Groups in the

City of Ottawa. This was quite a special honour for Mr. McKean; however he also gave credit to Sara Dwyer of Russell Heights, the wonderful students of Vincent Massey and Heather Swail, the teacher responsible for running the self esteem program. And, in doing so, he thanked everyone again for believing in such a program and the impact that a group can make on a community.



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Some highlights from my time at Avros

by Colin Hine

A lot of interest was stimulated by the visit of the Hamilton based Canadian Warplane Heritage Museum’s Second World War Avro Lancaster bomber to England this past summer. After arriving in England, this vintage plane undertook flying displays across Britain in tandem with the Royal Air Force’s Battle of Britain Memorial Flight Lancaster. These two planes are the only remaining airworthy exhibits of the renowned Lancaster bomber worldwide. During the tour the two Lancasters also flew in formation with the sole remaining airworthy Avro Vulcan Cold War jet bomber, now owned and operated by the Vulcan to the Sky Trust in England.

All this interest in Avro aircraft has encouraged me to record some recollections from the time I was employed by Avro in the UK. My aviation industry career started during the Cold War, and much of my early experience relates to Cold War activities. My initial duties at Avro as a design draftsman were not very exciting until I was introduced to the manager of a group working out of Avro’s flight testing facility in Woodford, Cheshire. I don’t know why he was interested in me, but he offered me a position at Woodford and I quickly became



Avro Lancasters and Avro Vulcan bomber fly in formation, 21 August 2014, RAF Waddington
Photo credit: John M. Dibbs photo courtesy of Battle of Britain Memorial Flight W

involved in the testing and integration of systems in a number of aircraft types including the Vulcan bomber, the 748 turboprop airliner, the Shackleton and later the Nimrod maritime reconnaissance aircraft.

At this time the Vulcan bomber

was being evaluated by both Britain and the U.S. as a potential platform for an air-to-ground missile, Skybolt, that was being developed by the Douglas Aircraft Company in the U.S.

Early trials of Skybolt on Boeing B-52 and Vulcan bombers at Edwards

Air Force Base in California revealed that the digital electronics systems that controlled the missile were highly susceptible to electromagnetic interference emanating from electrical

Continued on page 49



Member of Parliament | Député

David McGuinty

Ottawa South | d'Ottawa–Sud



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

» The Canada Pension Plan / Old Age Security

» Guaranteed Income Supplement

» Immigration Matters

» Citizenship Inquiries

» Canadian Passport / Consular Affairs

» Business Opportunities / Grants & Funding

» Student Loans / Taxation Issues

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

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

» le Régime de pensions du Canada / la Sécurité de la vieillesse

» le Supplément de revenu garanti

» les demandes de renseignements relatives à la citoyenneté

» les questions d'immigration

» le passeport canadien / Affaires Consulaires

» les occasions d'affaires / les options de financement

» les prêt aux étudiants / les questions sur l'impôt

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

David McGuinty, MP | Député

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Anniversary

OPEN HOUSE

Thursday, October 2 from 2–4pm

340 Industrial Ave. Ottawa **613-656-0556**

We are celebrating our 1st anniversary! Visit our open house and find out about our latest promotion while you enjoy entertainment and hors d'oeuvres on us!

Promotion ends November 15, 2014

riverstoneretirement.ca



Milk, wine and rabies?

by Maria CampbellSmith
What on earth links milk, wine and rabies?

One man. Scientist Louis Pasteur.
Louis Pasteur was a French chemist who lived from 1822 to 1895. His work and experiments proved the existence of germs as agents of fermentation, putrefaction and disease. He helped develop the science of microbiology. Once Pasteur discovered that bacteria caused the spoiling of food and liquids, which in turn caused illness and disease, he developed a process of heating liquids be-

fore they fully fermented. This killed the bacteria and extended the life of the beverage. His process became “pasteurization” and it revolutionized both wine and milk production and consumption around the world! He also pasteurized medical instruments to make them sterile for surgeries which improved medical science globally.

Louis Pasteur did not stop there.

Back in the 1800’s, rabies was a much-feared disease and the traditional “cure” involved cauterization with carbolic acid. This was a most

painful and traumatic treatment and was rarely successful. For most mammals infected with rabies, the result was always a dreadful death.

Louis Pasteur developed a rabies vaccine that was so effective it could even help if the disease was already present in a body! The dramatic proof appeared in the case of a 9 year old boy named Joseph Meister who was attacked by a rabid dog and bitten 14 times. Nearly 3 days later, Pasteur gave young Joseph a series of injections of his vaccine and the boy recovered!

Pasteur’s vaccine was made from the pulverized spinal cord of rabbits that had died from rabies. Vaccines made from the dried nerve tissue of infected rabbits are still used today but more common are cell culture vaccines and a human rabies immunoglobulin dosage.

You might think that rabies is a disease of the past, but humans still die of rabies today.

What is rabies?

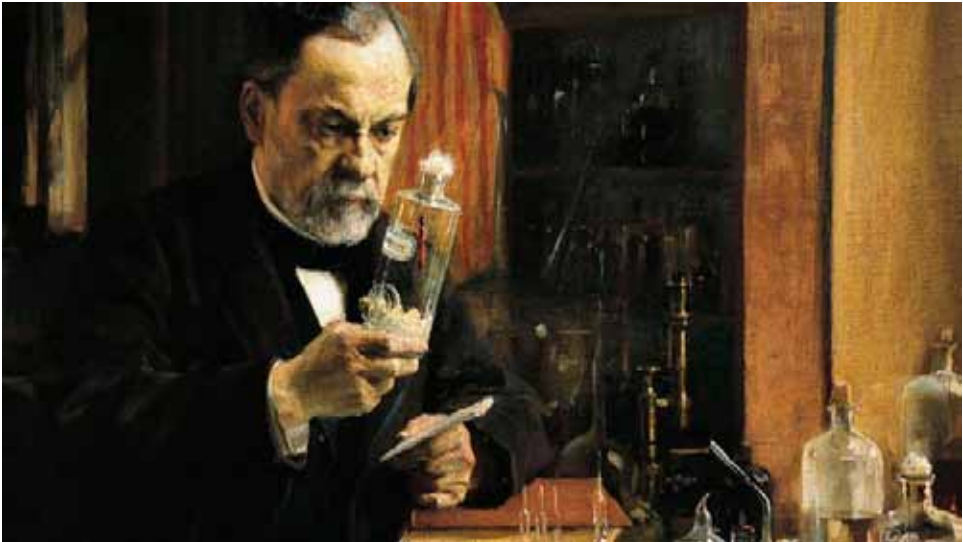
Rabies is an acute viral infectious disease of the central nervous system. It spreads from infected



saliva into nerve tissue in a new wound and from there to the victim’s brain. The disease develops 4-10 weeks after initial exposure (so it can go undetected quite a while) but once the symptoms appear rabies is fatal.

Early symptoms of rabies include fever, headaches and flu-like symptoms. These progress to include anxiety, confusion, agitation and cerebral dysfunction. Then come stages of hallucinations, insomnia and abnormal or aggressive behaviour. Rabies can also cause painful muscle contractions when trying to swallow (hence the inability to swallow and “foaming at the mouth” phenomenon”). Within 3-5 days of the onset of neurological

Continued on page 38





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OMS Peace Path

Riverview Park residents live close to a global symbol of peace.

Photo by OMS

A Peace Pole is a hand-crafted monument that displays the message, “May Peace Prevail on Earth” in different languages. The Peace Path at Ottawa Montessori School is their version of a Peace Pole, and is made up of 10 different Peace Pole signs on wooden planks that make an arched-pathway in the playground.

It is estimated that there are more than 200,000 Peace Poles that have been dedicated in nearly every country on Earth. A school-wide assembly was held the Friday before International Peace Day to teach the OMS students the significance of the Peace Path. The OMS Peace Path is symbolic to the peace it instills in the school year round.



Book Review

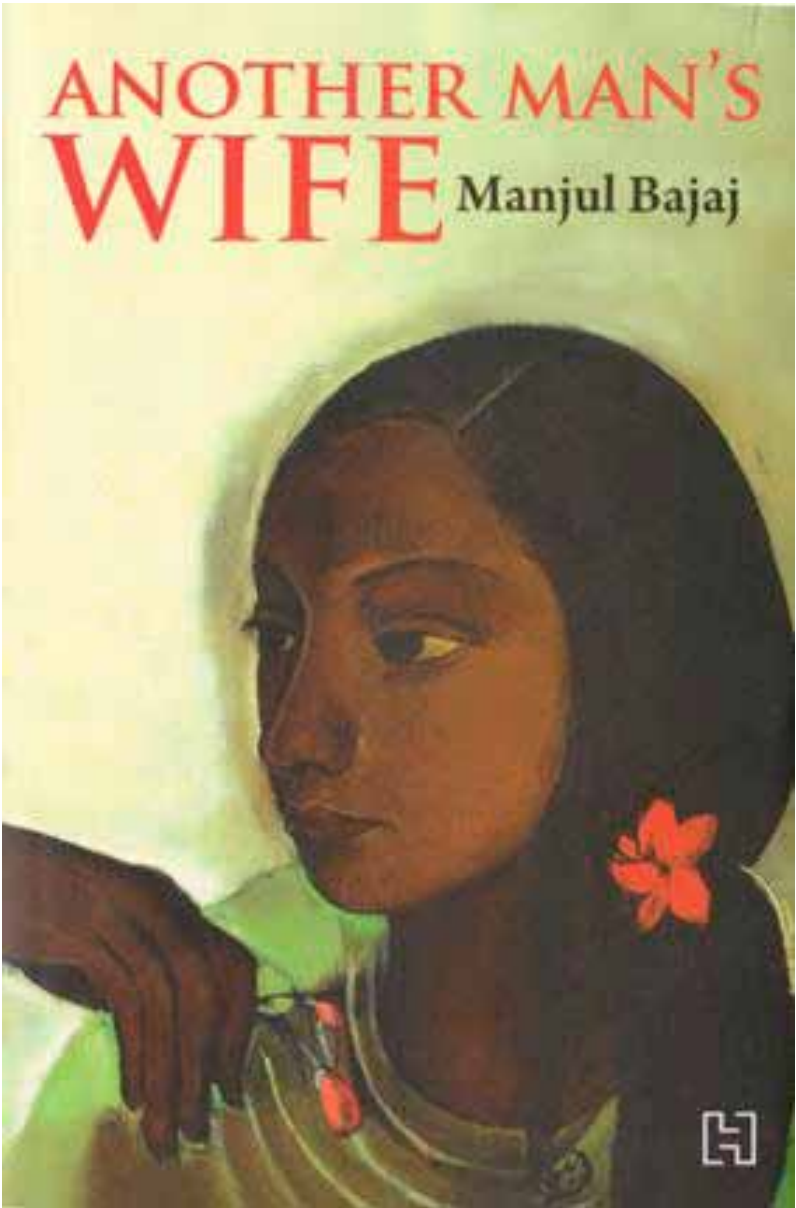
Another Man’s Wife

Review by Judith Fairbairn

I’m not normally a fan of short stories. When Alice Munroe recently won the Nobel Prize for Literature for her short story genre, as a Canadian I was proud but also sort of ashamed that I couldn’t name any of her books. I find that when reading short stories, as soon as I’m starting to get absorbed into the story, it ends. Short stories are a tease. So when I received this collection of Indian short stories by Manjul Bajaj, I was not keen to read. I picked the book up one day and found that I could not put it down. Her stories are shocking, progressive and leave a sense of amazement. All the modern social ills are covered but with an Indian twist. There are tales of of arranged marriages, lost love, infidelity, misogyny, domestic staff disasters, class relationships, worshipping ‘errors’ and more.

In one story, a great love is lost to an unhappy arranged marriage. Ideas of love, marriage and infidelity are challenged, especially when the uncaring husband utters these words: “Begum, a wise farmer doesn’t search the wind to see from where the seed flew in, he is content that the ripe mangoes are his to claim”. Or the story of murder and domestic staff relations, where I actually laughed, in a morbid sort of way, when I read this line: “Then everything died down till the next murder, as upper-class India realised that the vague future threat of being murdered in their beds was less scary than the very real and immediate prospect of doing their own dishes, cooking, cleaning and laundry every day.” What I loved about this book is that all is not what it seems at the beginning of each story and your senses go through many emotions. This is great, edgy Indian writing.

Available on Kindle





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What are the ingredients for a perfect afternoon?

Ask the folks at Maplewood

by Carole Moul

You don't really need a beautiful gazebo, but it helps! Likewise, the Polished Brass Quintet playing your favourite songs during your BBQ isn't really required- although it adds to your event. An excellent choice of food isn't a prerequisite either, but each of these was cer-

tainly appreciated at the Maplewood Retirement Community's first barbeque on Thursday, June 19th at 340 Industrial Avenue. The wonderful gazebo is what people first notice when they step into the backyard and onto the patio at Industrial and Neigh-

Continued on page 39



Polished Brass Quintet



Chefs at work for the BBQ

Celebrate Halloween with us.

Saturday, October 25th
10am to 4pm

Now Open On Mondays

New Fall Hours

Mon, Tues, Wed, Thurs, Sat: 7:30 am to 6 pm
Fri.: 7:30 am to 8 pm
Sun: 10 am to 5 pm

Big Kids Coupon
One free cup of Francesco's gourmet coffee on the 25th.

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One free Halloween cookie on October 25th.

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Vincent Massey Public School

COMMUNITY BULLETIN BOARD

A Message from Vincent Massey Public School

Dear Vincent Massey Public School Community:

HAPPY NEW SCHOOL YEAR to everyone:) We are delighted to be back this year with our amazing staff. The energy and excitement of a new school year is evident throughout our building! Our opening days have gone smoothly thanks to the many supportive parents, community members, and staff connected to Vincent Massey PS.

Our school is looking bright and polished thanks to Mr. Field, our chief custodian, and his team. Our educational staff have been working keenly and passionately for the students. We are refreshed and eager to start another school year by making Vincent Massey Public School (also known as “VM”) a safe, caring, creative, and inclusive learning space for everyone.

Many community members will have noticed the construction going on in our Kindergarten yard as you drive by the school. This reconstruction project is thanks to a Parent Council (<https://sites.google.com/site/vincentmasseyschoolcouncil/home>) initiative last year and the WINNING submission to the AVIVA community fund. Parent Council and the school project were awarded \$90 000 to help create a naturalized play area for our kindergarten students!!! We are very excited about our

new naturalized kindergarten playground and is planned to be completed by the end of October.

As part of our Vincent Massey’s environmental initiatives, we are implementing litter-less lunches for the 2014-2015 academic year, beginning Monday, September 8th. We need your help to ensure this eco-friendly initiative is a success. Already we have reduced our daily waste from two full large bins each day to 3/4 of one bin.

Check here <https://sites.google.com/a/cloud.ocdsb.ca/vincentmasseyps/> for regular updates about our school and follow us on Twitter @OCDSB_VM for interesting current events as well.

Please help our students remain safe and well cared for in our school yard by respecting our “No Dogs” policy in the school yard at all times. We understand that our school yard appears to be a great place to run dogs; however, we often find dog feces left in our field and students are left to discover this during their playtime. This is not fair to our students so we ask our VM community members to be respectful of our play area and the safe, caring well being of our students.

Sincerely,
Katia Sioufi (katia.sioufi@ocdsb.ca)
Principal
Richard Simpson (richard.simpson@ocdsb.ca) Vice Principal

“I’m so glad I live in a world where there are Octobers.
— L.M. Montgomery, Anne of Green Gables

Autumn, the year’s last, loveliest smile.
— William Cullen Bryant

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

Poetry Contest- Free to Enter: must be a resident of Ontario and 18 years of age; submit up to 3 poems via e-mail on any theme; max is 36 lines and breaks between the stanzas count as lines; please send in brief bio (max 100 words) with submission; deadline for submission is November 15th, 2014; winners will be announced on December 1st, 2014 on website <http://www.catinanoble.wordpress.com/>; 1st Prize \$25.00 and publication on the web; 2nd Prize \$15.00 and publication on the web; 3rd Place \$10.00 and publication on the web; 2 honourable mentions. Please send submissions to catina.noble@yahoo.ca

Emmanuel United Church- **JUST GIFTS**-Saturday, October 18th, 10:30 a.m. -2:30 p.m., 691 Smyth Road: A coffeehouse with musical gifts and tasty treats from Emmanuel artists. Lunch, hot drinks, sweet treats and smooth music! Handicrafts from Ten Thousand Villages, Zatoun Olive Oil and Spices, Fair Trade Coffee and Chocolate products, Gifts from El Salvador and Zamia.

Emmanuel United Church-**HOLIDAY HOMESPUN BAZAAR**-Saturday, November 8th, 10 a.m. – 2 p.m., 691 Smyth Road: Baking, Houseware, CD’s, Books, Giftware, Knitting and Sewing, Silent Auction, Lunch Room, and much, much more!

FALL BAZAAR on Saturday, October 25, at St. Thomas the Apostle Anglican Church, 2345 Alta Vista Drive, 10 am to 2 pm. Pre-bazaar BAC breakfast at 9 am . Cafe at 11:30 until 1 pm. Bake room, Clothing boutique, Jewellery, Handicrafts, Books/CD’s, Plant room, General Store, etc.

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.



A special
Thank You
to all the volunteers
who help deliver the
Riverview Park Review
Well done everyone!!

The ladies at Shoppers Drug Mart, Alta Vista are at it again!

On November the 8th add a little

Glitz and Glamour
to your life!



Join us for personalized makeovers, luxurious gift baskets to be won, and our famous cupcakes!
Stop by our cosmetics department for more juicy details!

Sales and donations in support of

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Breast Cancer
Foundation

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canadienne du
cancer du sein



COMMUNITY BULLETIN BOARD

COMMUNITY BULLETIN BOARD

Canadian Federation of University Women-Ottawa general meeting, Monday **October 6th**, 7:30 pm. Speaker: Elizabeth May, Leader, Green Party of Canada. Topic: "Who we are- How we can rebuild the Canada we want" Free and open to the public. Riverside United/Church of the Resurrection Anglican, 3191 Riverside Dr. Ottawa. Call 421-1370 www.cfuw-ottawa.org

Canadian Federation of University Women- Ottawa general meeting Monday **November 3rd**. Free and open to public. Speaker: Constance Backhouse, Professor, Faculty of Law, University of Ottawa. Topic: Viola Desmond, The Woman who was Canada's Rosa Parks 7:30 p.m. Riverside United/Church of the Resurrection Anglican, 3191 Riverside Dr. Ottawa. Call 421-1370 www.cfuw-ottawa.org

Contact for CBB
RPR.editor@gmail.com

HARVEST DINNER
St. Aidan's Harvest Dinner will be on Wednesday, October 8th. There will be two sittings, one at 5pm and a second at 6:30. Tickets will be available at the church office, 613-733-0102 and by email staidans@bellnet.ca. Adults \$20. Children 6-12 \$10. Come and enjoy a traditional Thanksgiving Dinner with turkey and all the trimmings, and, homemade pies!. St. Aidan's Anglican Church 934 Hamlet Road Ottawa (near Elmvale Acres shopping centre)

BAZAAR
St. Aidan's Yuletide Bazaar will be held on Saturday, November 1st. from 10am to 2pm. Shop early for home baking, jams, jellies and crafts. Take part in the Silent Auction and the Chinese Raffle. Enjoy a delicious lunch and have fun shopping at the Ladies' Boutique. St. Aidan's Anglican Church, 934 Hamlet Road Ottawa. (near Elmvale Acres shopping centre) Call the church office at 613-733-0102 for more information.

MARK YOUR CALENDARS
"ALTA VISTA CHRISTMAS CONCERT"
SUNDAY, DECEMBER 14th, 2014 at 3:00 p.m.
On Sunday, December 14th, 2014, 3:00 P.M. at Immaculate Heart of Mary Church, 1758 Alta Vista Drive, come enjoy the music of the Season! Three choirs, the *La Musique Vocale* from École secondaire publique De La Salle, the *Kanata Choral Society*, and the *Immaculate Heart of Mary Church Choir*, are accompanied by the popular *Ottawa Wind Ensemble*, a 35 member orchestral group. They will be joined by tenor soloist Zachary Rubens, for special tributes to the musical season. And, of course, interspersed with this, will be carol-singing for all to join in. This 23rd Alta Vista Carol Concert is held in support of the Heron Emergency Food Centre (HEFC). Admission to the Concert is FREE and there is ample parking. There will be collection baskets for voluntary monetary donations (cheques or cash) to the HEFC so that the HEFC can purchase fresh food and make this a special Christmas for all in our community. Tax receipts will be issued for donations over \$10. Come and enjoy this wonderful prelude to the Christmas season; it's a joyous way to help those in need in our community.

Community Activities and Events at Rideau Park United Church, Fall 2014
2203 Alta Vista Drive (at Cunningham)

50+ Exercise Group: Please join us each Tuesday and Thursday, 9 - 10 am, from Oct 7 - Nov 27 for an hour of gentle, yet thorough movement for women and men. Fee of \$40.00 is payable at the first class. Plan to stay fit by continuing with the winter session in Jan 2015.

Fall Fashion Show - Wednesday October 15th - An invitation to a night of fun and fashion. Doors open at 6:00 pm for decadent homemade desserts and a preview of the fashions and accessories. The show begins at 7:30 pm, featuring the 2014 collection by Judy Joannou Designs, "Classic Style With A Twist," - Canadian Made Clothing for Real Women. Tickets (\$15.00) are available from the church office (M-F, 9-4).

Harmony Club for Seniors will meet on Wednesday, October 22nd. From 1:00 to 2:00 pm, Ottawa writer, Anne Raina, will speak about the recent book that she co-authored, "Clara's Rib, A True Story of a Young Girl Growing Up in a Tuberculosis Hospital." All seniors in the community are welcome to attend. Prior notice is not required. The church is wheelchair accessible and parking is free. This club is run by volunteers with meetings held monthly.

Christmas Treasures Bazaar: Mark your calendars and join us on Saturday, November 1 from 1:00 - 4:00 p.m. The Bazaar offers something for everyone, from meat pies to homemade baking, jams and relishes. You can peruse the gift baskets, the Christmas decor collection, Ladies' Boutique and the garden centre. Be sure to search out the Book Alley for a great read and the General Store for household and sporting goods. Drop by the children's toys, games and electronics, and make a bid at the Silent Auction. After shopping, stop by the Tea Room for refreshments and conversation.

Ring in Christmas: Start your Christmas season with a handbell and chimes concert on Sunday December 1st, 7 p.m. All are invited to attend. Our annual concert features five handbell and chimes choirs from Rideau Park: Touch of Brass, Grace Notes, La Bell Ensemble, Note-Able Sound, and Ringing Praise, playing the music of Christmas. Freewill offering.

For more information on any of these activities or events, call 613-733-3156 ext 229 or see www.rideaupark.ca





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RPCA President's report

by Karin Keyes Endemann

Greetings from under my new gigantic shade umbrella....which is struggling to substitute for my three removed ash trees....and, quite frankly, the umbrella is just not the same. The three new trees which I have planted are still nothing more than sticks in the ground, so it will be a long time before I enjoy the rustle of leaves in my back yard again. However, the flowers are doing just fine.

As you know this is an election year and once again we have the opportunity to elect both our counsellor and our Mayor to represent us at City Council. As I am sure you are aware, Peter Hume is retiring and as of today, I understand that there are nine registered candidates for this position. This means that before we vote, we should all take the time to understand what they stand for and what they are proposing to do for us – along with what pertinent

experience they each bring to this challenging job. To help you make that decision, the RPCA is continuing its tradition of hosting an all candidates forum. This year it will be held as part of our AGM on 22 October at Riverview Park Alternative School at 1900. This is your chance to hear directly from the candidates about how they intend to address the issues which are near and dear to our hearts. The same evening, we will be holding our Annual General Meeting at which we will share our priorities for the coming year, report on our financial situation and hold our own election for a new Board of Directors. As you can imagine, we are always looking for committed residents who would be willing to serve their community on the Board of Directors. So if you are interested, please just drop me a line. No special experience is required, just a sense of community and lots of enthusiasm.

You will also read in the P&D report this month, that we are continuing to be squeezed by lots of construction around our perimeter....not only the LRT construction at Hurdman but also the train garage off Belfast, the proposed new CRA building on Terminal Ave., expansions to the Trainyards shopping mall and now the Vanier Parkway bridge replacement in early October. All of these activities will continue to put pressure on our roadways as a result of increased traffic – so be careful.

I would also like to take this opportunity to say a big thank you to the many volunteers who have contributed their time and efforts to making our community as special as it is. I would especially like to thank the Board of Directors for their ongoing support and commitment to Riverview Park...by working together we have been able to raise the awareness of the value of our as-

sociation and we have been able to engage many of our residents in numerous events across the neighbourhood, all of which have made our community a wonderful place to live. On a personal note, I have really enjoyed working with and getting to know all of you – those on the Board and people in the community. It has been nothing but a pleasure and an honour to serve as your President for the last 5 years. However, I now believe that the time has come for me to pass the baton to someone else – to someone who will continue to carry the torch for our community. So this is my last column as President of the Riverview Park Community Association. While I may be stepping down, I am not moving away....and I will be here to help when needed. Be assured that you can always count on me. Farewell....with a sad heart but with hopes for a bright future for the RPCA...your President, Karin Keyes Endemann

Milk, wine and rabies? Continued from page 33

symptoms, encephalitis and/or paralysis occurs and death follows. It is a devastating disease.

Spreading the disease

Rabies claims between 26,000 and 56,000 human lives worldwide each year! The vast majority of the fatalities occur in Asia and Africa. Currently, India has the world's highest rate of human rabies. Near epidemic numbers of stray dogs and Indian legislation in 2001 that forbade the killing of dogs are often cited as factors for their very high infection rate. Vietnam, Thailand and China also have high numbers of rabid dogs.

Although dog bites are one of the most common ways for rabies to spread between wild animals and human populations, all warm-blooded animals are susceptible to rabies. In Asia and Africa health experts estimate that over 90% of rabies cases are from dog bites. In Australia, Europe and the Americas, however, more than 90% of rabies cases are caused by bites or scratches from infected bats.

In any location, it is considered unwise to handle wild animals or strays, especially if they are behaving strangely. If you are bitten or scratched by an animal, wash the wound immediately and vigorously with soap and water (for 5-10 minutes) and contact a healthcare

provider as soon as possible. If it is suspected that a person has been exposed to rabies prompt treatment is vital. In North America this involves one dose of human rabies immunoglobulin and four doses of rabies vaccine over 14 days. Thanks to Louis Pasteur's original work though, vaccination before and even quickly after rabies expo-



sure is nearly 100% effective. It is a real medical triumph.

What about your pets?

Locally, Ottawa Public Health offices field over 400 rabies-related incidents each year (2010-2014). Most of these are inquiries and vaccine requests for domestic animals exposed to wild ones. Human rabies infections are rare, although some occur after travel abroad.

For years now Ontario's Health Protection and Promotion Act (regulation 567) has required that pet owners of cats or dogs at least 3 months of age and older get their pets immunized against rabies. Additionally, owners or caretakers of horses, cows, bulls, calves, or sheep must also get those animals immunized. Immunization of your pet or

of domestic animals should always be done by a registered veterinarian with licensed rabies vaccine and also provides a certificate of immunization and/or a rabies identification tag for your animal.

Rabies still occurs in wild animals and so, still poses a threat. In our area this usually involves bats, raccoons, skunks and foxes. Avoid handling these creatures and moni-

tor the whereabouts of your pets for your own protection.

Ontario does use a vaccine bait program to target skunks, raccoons and foxes. The vaccine is sealed inside a small "blister med pack" that weighs 4 grams. It is about the size of a toonie coin and clearly labelled on the foil side (should humans find it instead). The rabies vaccine is encased in a sweetened vegetable fat for the scavenging animals and the Ministry of Natural Resources assures that exposure to the bait is not harmful to people or pets.

As with all germ situations, including viral diseases like rabies, the safer and cleaner we can make things the less infection and death we encounter. Pasteurization and vaccinations are now mainstays of modern society. Louis Pasteur's work continues to benefit people and animals to this day.



Friendships guided Peter Hume for 23 years

Questions from Bill Fairbairn

1) What will you miss most about your job as Councillor?

"There is no doubt that I will miss the opportunity to be near the centre of the action and excitement as we build our city and our community. I will miss working every day with all the people who shared my passion for making our neighbourhoods and our city better. I will miss those things, but I have been privileged to have had the opportunity to meet so many wonderful people and forge so many lasting friendships that the things I will miss are eclipsed by friendships I have gained."

2) How high will Peter Hume's corn roasts rank in his memories?

"Community events are about bringing neighbours together and creating a stronger sense of community. My two favourite events are the Riverview Corn Roast and Breakfast with Santa because they share an important ingredient—lots and lots of children having fun. I have always enjoyed community events and I hope that they endure not because they create memories for politicians but because they create memories for the children."

3) What will you miss least about being a Councillor?

"Email and the lack of civility that characterizes most email correspondence. When I first started as Councillor phone calls, letters and in person discussions were the methods that residents used to talk to the Councillor. Those interactions were for the most part civil, respectful and polite. With email some are civil, but more often than not the sender often feels free to be rude, disrespectful and threatening."

4) How low in least missed is the corn roast when it was cold and rainy?

"Rain or shine I always enjoyed community events. When the weather wasn't with us I was always disappointed but not for me. For the children who had so much fun at all the events."

5) What do you think is your greatest accomplishment as a Councillor? Or what are you most proud of?

"Over the 23 years I served

I can think of a number of things that I am proud of. Saving the Aberdeen Pavilion, finding an innovative way to expand, renovate and modernize the Canterbury Community Centre, finding a way to preserve the NCC green space in Alta Vista when the NCC wanted to sell it, building play community play structures (when you could do that and liability did not prevent it), bringing in the green bin, shepherding a new official plan, creating the plan to clean up the Ottawa River. These are just some of things I have been involved in so I can't name just one."

6) What is next for Peter Hume?

A vacation in the short term? Living in Alta Vista for the long term? Will you use your degree for your new work? Will you consider federal or provincial politics? You are not just going to retire.

"I am not going to retire and although you never know what the future holds I did not leave one elected office to prepare to seek another. My father and I are heading to Rome and touring around the Mediterranean in November and my daughter is a competitive alpine skier so some time in the Western Rockies might be in the offing. What I would love to do is build the buildings we have talked about at planning committee for the last four years—buildings that fit into the existing zoning, midrise, mixed use with great architecture. Maybe help find a way to build a new central library."

7) From your 23 years of experience as a councillor and also your youthful period working for a councillor what is your advice to help any beginner get a head start? What in the short term is your best advice with regard to Alta Vista?

"Over the first term a new Councillor needs to pay special attention to his neighbourhoods. He or she needs to be at the end of people's driveways solving their problems, meeting with community associations and making sure that issues are dealt with so the ward is well taken care of. By investing time and energy in the community the Councillor builds political capital that can be used when they take on a larger role on

City Council like a Committee Chair position that can divide attention. Be everywhere in the ward, on every street and relevant to every resident. At the Council table the Councillor should always be prepared by having read the reports thoroughly and asked questions to staff ahead of time. Take time to learn and master the procedures of the Committees and Council—

the rules of how policy is developed. Lastly, don't be partisan interested only in your own ward. You need to work with all the other Councillors and you can't afford to alienate them or be seen as someone interested only in his or her ward. Keep your ward in good repair but think broadly about how you can help others. That builds political capital!"

Maplewood

Continued from page 35

bourhood Way. It is here that the Polished Brass Quintet, an Ottawa-based quintet of five local musicians, was set up to entertain everyone with their diverse selection of music. And entertain they did.

Maplewood's Recreation Manager, Nathalie Bartlett, has known the group for a number of years, and suggested that both residents and guests would enjoy the variety of music that the Polished Brass Quintet plays. And she was right.

From classical to folk music, show tunes and Dixieland; the quintet who are known for their showmanship, cheerfully invited not only sing-alongs, but also responded to a variety of requests from their broad repertoire of about 1000 known songs. And according to Bob, who is one of the trumpet players, "We play for many different types of audiences, a lively seniors' audience would be one of our favourites, and the folks at the Maplewood that day were particularly enthusiastic."

Delicious finger foods, miniature hotdogs-or beef frank sliders, as they are known, plus the hamburger sliders, were extremely popular, while everyone agreed that the sizes of each were perfect for the occasion. Lemonade and

soft drinks were available in great supply, and a variety of summer salads was set out on food-laden tables for all the guests to enjoy. Ice cream bars rounded out the late lunch, and the hospitality was superb.

"People were very friendly, and we felt welcomed," noted Lillian Gagnon from nearby Blair Street... a sentiment that was felt by many others who attended that day.

Self-guided tours were available throughout the afternoon to anyone who was interested, and different model suites were open to the public. A Maplewood Representative was in each suite to provide information plus answer questions, and again, visitors truly enjoyed the opportunity to view the enticing amenities.

A First Anniversary Celebration of the Maplewood Retirement Community is to take place on Thursday, October 2nd from 2-4.

It is indeed hard to believe that the residents of Maplewood began to move into our community at this same time last year. They have chosen an exceptional neighbourhood in which to live, with our marvellous parks and many nearby shops and amenities. Welcome to Riverview Park to each and every one of you. We hope that you enjoy the area as much as we do.



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News too good not to share:

Fashion for Compassion at The Wholesale Outlet

by Carole Moul

While the weather on September 20th was typical of a fall day—some drizzle, a little sun, and even a healthy breeze; the elements did not deter the upbeat guests from attending *The Wholesale Outlet's* highly successful fashion show for cancer research. It is a wonderful show, that is all about giving back to our community, and as they always do, everyone delivers more than 100% to this one-of-a-kind and most rewarding event.

Sherry Woodburn is the owner of *The Wholesale Outlet*, and twice yearly, along with her fashion show partner, Lise Butters, the two team up to produce this excep-

tional experience, not only for the audience, but also the *W.O. Models* themselves. And, for this show alone, there were ten superb models, who are themselves either cancer survivors or cancer patients.

Encouraged and assisted by Lise and Sherry during the weeks prior to the event, the ladies selected outfits that they themselves would enjoy modelling. They do a superb job with each outfit they show, and truth to tell, frequently end up buying some or parts of the very fashionable clothing that they have enjoyed sharing.

Two Victoria's Quilts Canada volunteers, Gladys and Trudy, were inside the door of the 1877 Innes Road location to provide refresh-



Doug Woodburn: one of the Welcoming Committee
Photo credit: Carole Moul



Robyn
Photo credit: Robyn Melski Woodburn

ments and accept donations for their worthwhile cause. Victoria's Quilt's Canada is a national non-profit charitable organization of dedicated volunteers who make, and have already provided free of charge, beautiful hand made quilts to thousands of Canadians who are battling cancer.

Others who donated generously for the exciting draws that day were: Dominique who provided a gorgeous hand-made pillow, Lynn Morris who gave a marvellous gift basket, there was a signature pedicure from Amanda Watson and Beleza Spa, FDJ donated two pairs of jeans, Renuar Fashions provided 3 pairs of pants, Coyle Publishing supplied a \$50. Gift certificate, and

Zola's Restaurant gave a \$40.00 Gift certificate. Bernadette Alcock donated a unique Garden Inspiration Sculpture, "Faith", Visual Artist Lise Butters provided a wonderful 'Morning Glorious' painting for the event, and a silk Pashmina was kindly provided from *The Wholesale Outlet*.

The organizers of the show could not have done without the tremendous assistance of everyone involved, including both Doug Woodburn and Robyn Melski Woodburn, who are always there to help whenever and wherever needed.

And as a result of all the work of so many people, "Fashion for Compassion" raised \$1500. for cancer research, while Victoria Quilt's Canada was the recipient of \$500.

Continued on next page

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Karen
Photo credit: Robyn Melski Woodburn

From previous page



Jocelyn
Photo credit: Robyn Melski Woodburn



The W.O. Team
Photo credit: Carole Moul



Lynne
Photo credit: Robyn Melski Woodburn



Kathy
Photo credit: Robyn Melski Woodburn

The world is a much better and healthier place, thanks to Sherry, Lise and indeed all of the team who worked so well together to make September 20th happen. And after the upcoming long cold winter days are over, no doubt we'll all be looking forward to seeing not only spring, but also the heralding of it with another great fashion show at *The Wholesale Outlet*.

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Gladys and Trudy from Victoria's Quilts
Photo credit: Carole Moul

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6th Annual Art Exhibition titled “Through my Eyes”

by Miriam Dwyer

Oakpark Retirement Community opened its doors for its 6th Annual Art Exhibition titled “Through my Eyes” which featured wonderful local artists and celebrated the amazing talent of many of our residents. The aim is always to provide a visually stimulating and social environment for residents, staff and family members, and this year was no exception. The ambience at Friday night’s vernissage was enhanced by the cello music of Raphael Weiner-Browne and the delectable hors d’oeuvres and wine which was served.

Ross Rheame returned as our feature artist. Ross combines his passion for art and

history in a series of oil and acrylic paintings depicting Canada’s urban landscape from the late 1870’s to the 1930’s. Inspired largely by archival black and white photos from the National Archives of Canada and the City of Ottawa Archives, the images are ‘imagined’ into vibrantly coloured urban scenes that capture the energy of a nation being born and the everyday lives of the people building that new nation..

Cofounder of the Ottawa Art Expo and partner in Galerie Old Chelsea, Ross received in 2010 The Emily Carr Legacy Award at the Ottawa Art Expo, so we are privileged to have him come back to Oakpark.

This year’s lineup of artists also



Local artist, author, teacher, explorer, Jill Berry
Photo credit: Miriam Dwyer



Oakpark resident Alan Joyce with visitors and his art work.
Photo credit: Miriam Dwyer

included resident Alan Joyce, who displayed his beautiful woodwork showing his remarkable creativity and talent through his handcrafted jewelry boxes, bowls and carved pictures. Other resident artists, Lily Tobin, (watercolours) Roy Cottee (watercolours) and Beulah Christison (oils) all displayed and sold many of their beautiful works as part of the show. Resident Helen Bloom was also persuaded to show many beautiful pieces she has created using the fine art of paper cutting. This is a very exacting skill which Helen now finds difficult, but it was wonderful to celebrate her creative ability and be able to show another little known art form to the community.

Visiting artists are all connected to Oakpark in some way, and it provided a truly visual feast for every-

one who attended the vernissage on Friday night or came by through the weekend. Jill Berry’s dramatic “Calm on Georgian Bay” took centre stage in the back part of the room, and along with paintings by Nicole Lalonde, Linda Dabros, Janet Mackay from Worldview Studio, and Miriam Dwyer, provided a full and spectacular range of art which was thoroughly enjoyed by all who came to see it. Lastly Richard and Christine Hanna, also connected to Oakpark, brought their felt work and unusual handmade puppets and cards. Richard was working on some of his projects during the show and watching him create people and creatures from this medium was truly fascinating. As someone said: “ ‘Reality is through your own eyes’ isn’t it!”



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Richard Hanna with Marilyn Monroe felt creation
Photo credit: Miriam Dwyer

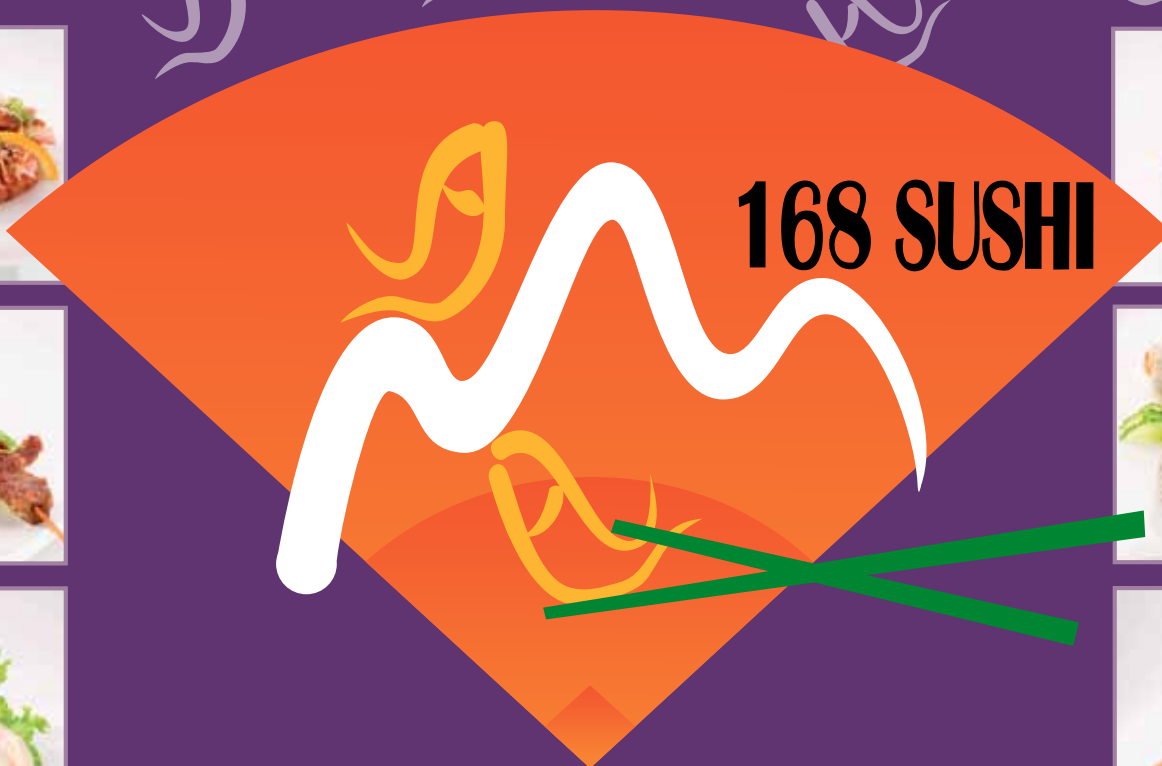
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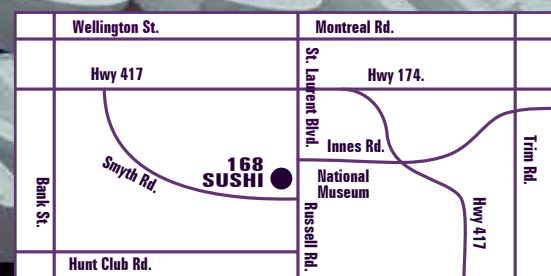
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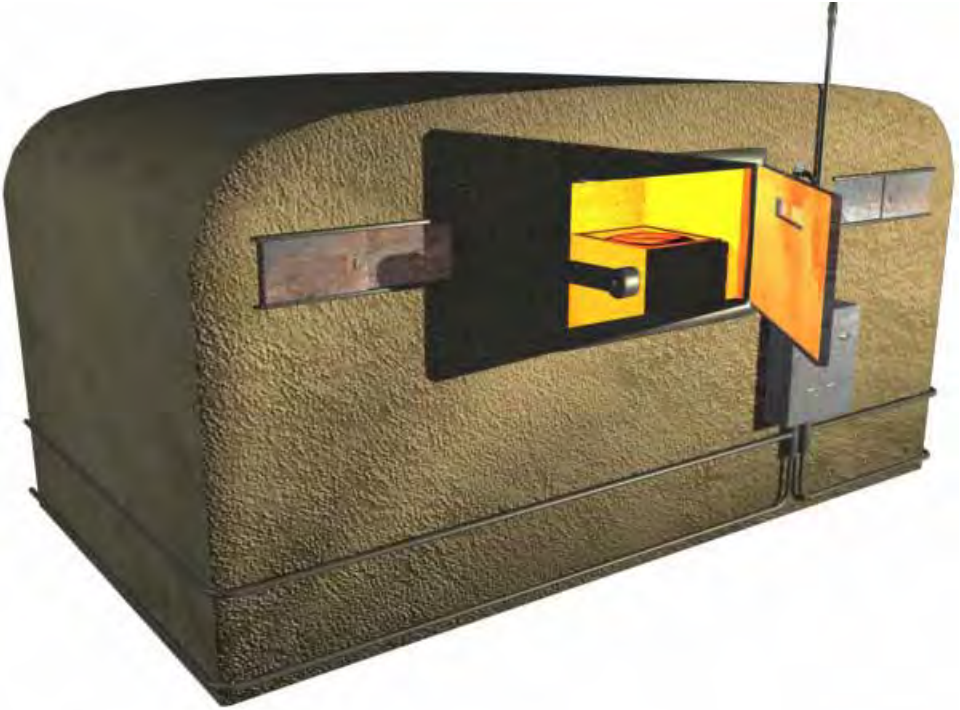
Thomas Ahearn... From Cigar Boxes to Streetcars

by Bruce Ricketts

Back in the latter 1970s I worked with a CAD/CAM/GIS company. We used to sell, as part of our systems, specialized plotters supplied by a company called *Ahearn & Soper*. Little did I know that one of the founders of A&S had such a glorious history and that he and his company had played a pivotal role not only in the daily lives of the residents of Ottawa but also in the lives of all Canadians.



day for most people in the LeBreton Flats area of Ottawa. People generally went about their business. The Flats were



a vibrant part of the growing town. From within the household of John and Honora Ahearn, of LeBreton Flats, the day was anything from routine. The cry of a newborn child was heard. The world welcomed Thomas Ahearn. Within not too many years the world was thanking John and Honora for their wonderful gift. (wikipedia) At the age of 15, Ahearn joined the *JR Booth Company* to learn about the field of telegraphy. His starting wage was zero, as Ahearn had volunteered to work for free, just so he could learn. He learned his lesson very well. By 1877, after reading an article in *Scientific American* concerning Alexander Graham Bell's pioneering effort to develop a telephone system, Ahearn slapped together two cigar boxes, a series of magnets and wire and, using existing telegraph lines, built the first long distance telephone routing from Ottawa to Pembroke. In order to settle a \$16 hotel bill in Ottawa, Ahearn traded his cigar box phone. I wonder what became of those cigar boxes? Ahearn's foray into the telephony business did not go unnoticed by *Bell* which offered Ahearn the role of manager of the Ottawa office of *Bell Telephone Company*. He bounced around the telegraphic industry for a number of years picking up more experience and contacts. One of his new friends was Warren Soper who was the manager of *Dominion*

Continued on page 48

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A photograph of a construction site for a wooden deck. In the foreground, a worker wearing a yellow safety vest and a white hard hat is bent over, working on a large, rectangular wooden platform. The platform is made of several large wooden planks. To the left of the worker, a red excavator is partially visible. In the background, there is a body of water, a house with a grey roof, and some trees. The ground around the platform is muddy and uneven.



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Alta Vista Library

Book Clubs

Book Banter

Share the enjoyment of good books in a relaxed atmosphere. Join us for a discussion. 2:00 - 3:00 p.m.
Thursday, October 2 - Remarkable Creatures by Tracy Chevalier
Thursday, November 6 - Behind the Beautiful Forevers by Katherine Boo

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Partagez avec nous le plaisir des livres dans une ambiance détendue. Joignez-vous à nous pour une discussion. De 14h00 à 15h00.
Le lundi 20 octobre - L'enfant d'octobre de Philippe Besson
Le lundi 17 novembre - Le fil des souvenirs de Victoria Hislop

Sleuth Hounds Mystery Book Club

Share the enjoyment of good mysteries in a relaxed atmosphere. Join us for a discussion. 6:30 - 8:00 p.m.
Thursday, October 16 - Any title by Michael Dibdin
Thursday, November 20 - T.B.A.

Tuesday Book Group

Share the enjoyment of good books in a relaxed atmosphere. Join us for a discussion of selections from the Great Books Reading and Discussion Program: Second series. Authors include Plato, Dewey, Euripides, Aristotle, Dostoevsky, and more.
October 7, 21; November 4, 18; 7:00 - 8:30 p.m.

Conversation Groups

(Closed Monday, October 13, Tuesday, November 11. Fermée le lundi 13 octobre, le mardi 11 novembre.)

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, September 8 - December 15, 6:00 - 7:30 p.m.
Les lundis 8 septembre - 15 décembre de 18h00 à 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, September 9 - December 16, 12:00 - 1:45 p.m.
Les mardis 9 septembre - 16 décembre de 12h00 à 13h45

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, September 16 - December 16,

6:30 - 8:00 p.m.
Les mardis 16 septembre - 16 décembre de 18h30 à 20h00

Information

Home Inspection Workshop

Nathan Weinstock, Registered Home Inspector with AccuChex Inspections, will lead a workshop on home inspection tips and helpful hints. This seminar will be of interest to home owners, home buyers and sellers, and those concerned with new home warranty issues. You will learn how to conduct your own inspection, and how to get the most from a home inspector.
Wednesday, October 1, 6:30-8:00 p.m.
Let's Talk Credit
Learn about the myths and the facts about credit, credit ratings, and credit scores, along with strategies on how to protect credit. Offered in partnership with Gary Rusyn of the Credit Counseling Society. Registration.
Wednesday, November 12, 6:30 - 8:00 p.m.

12 Principles of Equity Investing

Eliminate your fear of owning stocks. Learn how to invest and how to avoid common investment mistakes. Offered in partnership with Wade Brown, M.A., MBA, Investment Advisor and Associate Portfolio Manager, RBC Dominion Securities.
Wednesday, November 19, 6:30 - 7:30 p.m.

Hobbies

Flûtes de Pan avec Colores Andinos / Andean Pan-Flutes with Colores Andinos

Le flûtiste péruvien Luis Abanto démontre les techniques de la flûte de Pan (Zampona). Pour aînés. Inscription requise. / Peruvian flutist Luis Abanto introduces participants to Pan flute techniques. For older adults. Registration.
Saturday, October 4, 2:00-3:00 p.m.
Le samedi 4 octobre de 14h à 15h

Beading necklaces and earrings workshop

Create beautiful works of art with Christine Gendron from Colours Jewellery . Christine will demonstrate beading technique and assist you in making a necklace and earrings. Offer them as gifts or make one as a gift to yourself, you know you deserve it! Registration
Wednesday, October 8, 6:15 - 8:15 p.m.

Gouache Painting Workshop

Véronique Stéfania will introduce participants to gouache paint, with exercises on painting uniform backgrounds, gradations and dark on light painting. For older adults. Registration.
Friday, October 17, 2:00-4:30 p.m.

Create Cards that Flip and Pop-Up!

Make a pop-up card (card in a box) and a flip card that you will truly enjoy and treasure. Presented by Julie Olivier, self-taught artist, who has been making cards and paper craft frames for the past

10 years, selling her art in various crafts shows. Registration.
Saturday, November 1, 2:00 - 3:00 p.m.

Come Write In

It's November, and time to get writing! Come make use of our room set aside just for writing. Join other writers as you aim for your word count.
Mondays, November 3, 10, 17, 24, 5:00 - 8:30 p.m.
Fridays, November 7, 14, 21, 28, 2:00 - 6:00 p.m.

STORYTIMES / CONTES

(Closed Monday, October 13. / Fermée le lundi 13 octobre.)

Babytime / Bébés à la biblio

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

Session 1

Mondays, September 15 - October 20, 10:30 - 11:00 a.m.
Les lundis 15 septembre - 20 octobre de 10h30 à 11h.

Afternoon Babytime / Bébés à la biblio après-midi

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

Session 1

Thursdays, September 18 - October 23, 1:00 - 1:30 p.m.
Les jeudis 18 septembre - 23 octobre de 13h à 13h30.

Family Storytime

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

Session 1

Tuesdays, September 16 - October 21, 10:30 - 11:00 a.m.

Toddler time / Tout-petits à la biblio

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

Session 1

Wednesdays, September 17 - October 22, 10:30 - 11:00 a.m.
Les mercredis 17 septembre - 22 octobre de 10h30 à 11h.

CHILDREN'S SPECIAL PRO-

GRAM

Bats at the Library!

Join us for a silly and spooky storytime. Children are invited to wear costumes and share in the holiday mayhem featuring Halloween stories, crafts, and more. No registration required.
Thursday, October 30, 6:30 - 7:00 p.m.

TEEN PROGRAM

Monster Mash-up

Spooks and sparkles, ghouls and glue. Come create a monstrous creation of your own! Ages 13 - 18. No registration required.
Wednesday, October 22, 5:30 - 6:30 p.m.

N.S. Registration for programs starts on September 10. / L'inscription des programmes commence le 10 septembre. / Registration for all programs requires a valid OPL library card for each registrant. / Toutes les personnes qui souhaitent s'inscrire à des programmes doivent être titulaires d'une carte valide de la BPO.

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

STORYTIMES / CONTES

(Closed Tuesday, November 11. Fermée le mardi 11 novembre)

Babytime / Bébés à la biblio

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

Session 2

Mondays, November 3 - December 8, 10:30 - 11:00 a.m.
Les lundis 3 novembre - 8 décembre de 10h30 à 11h.

Afternoon Babytime / Bébés à la biblio après-midi

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

Session 2

Thursdays, November 6 - December 11, 1:00 - 1:30 p.m.
Les jeudis 6 novembre - 11 décembre de 13h00 à 13h30.

Family Storytime

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

Alta Vista Library cont'd

Elmvale Acres Library

Session 2
Tuesdays, November 4 - December 9,
10:30 - 11:00 a.m.

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

Session 2
Wednesdays, November 5 - December 10, 10:30 - 11:00 a.m.
Les mercredis 5 novembre - 10 décembre de 10h30 à 11h.

CHILDREN'S SPECIAL PROGRAM / PROGRAMME SPECIAL POUR ENFANTS

Let's Celebrate Today! / Célébrons la journée!

Every day is a great day to celebrate kindness, and friends! / Chaque jour est un merveilleux jour pour célébrer la bonté et nos amis!
Saturday, November 15, 3:00 - 3:45 p.m. (No registration required)
Le samedi 15 novembre de 15h à 15h45. (Aucune inscription requise)

N.B. Registration for programs starts on September 10. / L'inscription des programmes commence le 10 septembre. / Registration for all programs requires a valid OPL library card for each registrant. / Toutes les personnes qui souhaitent s'inscrire à des programmes doivent être titulaires d'une carte valide de la BPO.

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

Upcoming Programs at the Elm-vale Acres Branch of the Ottawa Public Library

All programs are free. Registration is required for some.
613-738-0619

Contes en famille
Monday, September 29, 2014 - 10:15am
Monday, October 6, 2014 - 10:15am
Monday, October 20, 2014 - 10:15am
Monday, November 3, 2014 - 10:15am
Monday, November 10, 2014 - 10:15am
Monday, November 17, 2014 - 10:15am
Monday, November 24, 2014 - 10:15am
Monday, December 1, 2014 - 10:15am
Monday, December 8, 2014 - 10:15am
30 minutes
Contes, comptines et chansons pour les enfants de tous âges et un parent ou gardien.

Family Storytime
Wednesday, October 1, 2014 - 10:15am
Wednesday, October 15, 2014 - 10:15am
Wednesday, October 22, 2014 - 10:15am
Wednesday, November 5, 2014 - 10:15am
Wednesday, November 12, 2014 - 10:15am
Wednesday, November 19, 2014 - 10:15am
Wednesday, November 26, 2014 - 10:15am
Wednesday, December 3, 2014 - 10:15am
Wednesday, December 10, 2014 - 10:15am
30 minutes
Stories, rhymes and songs for children of all ages and a parent or caregiver.

Babytime/ Bébés à la biblio
Thursday, October 2, 2014 - 1:30pm
Thursday, October 9, 2014 - 1:30pm
Thursday, October 16, 2014 - 1:30pm
Thursday, October 23, 2014 - 1:30pm
Thursday, November 6, 2014 - 1:30pm
Thursday, November 13, 2014 - 1:30pm
Thursday, November 20, 2014 - 1:30pm
Thursday, November 27, 2014 - 1:30pm
Thursday, December 4, 2014 - 1:30pm
Thursday, December 11, 2014 - 1:30pm
30 minutes
Stories, rhymes and songs for babies and a parent or caregiver. 0-18 months. / Contes, rimes et chansons pour les bébés et un parent ou gardien. 0-18 mois.

Groupe de conversation en français / French Conversation Group
Tuesday, September 30, 2014 - 6:30pm
Tuesday, October 7, 2014 - 6:30pm
Tuesday, October 21, 2014 - 6:30pm
Tuesday, October 28, 2014 - 6:30pm

Tuesday, November 4, 2014 - 6:30pm
Tuesday, November 11, 2014 - 6:30pm
Tuesday, November 18, 2014 - 6:30pm
Tuesday, November 25, 2014 - 6:30pm
Tuesday, December 2, 2014 - 6:30pm
60 minutes
Améliorez votre français oral et rencontrez des gens dans une ambiance conviviale et décontractée. / Practice your French language conversation skills and meet new friends in a relaxed and friendly environment.

Groupe de lecture en français / French Reading Circle
Saturday, September 27, 2014 - 11:00am
Saturday, October 4, 2014 - 11:00am
Saturday, October 11, 2014 - 11:00am
Saturday, October 25, 2014 - 11:00am
Saturday, November 1, 2014 - 11:00am
Saturday, November 8, 2014 - 11:00am
Saturday, November 15, 2014 - 11:00am
Saturday, November 22, 2014 - 11:00am
Saturday, November 29, 2014 - 11:00am
Saturday, December 6, 2014 - 11:00am
120 minutes
Améliorez votre lecture en français et rencontrez des gens dans une ambiance conviviale et décontractée. / Practice your reading in French and meet new friends in a relaxed and friendly environment.

Block Party / Ça dé "bloc"
Monday, September 29, 2014 - 2:00pm
Friday, November 21, 2014 - 2:00pm
60 minutes
Registration required/ Inscription requise
Building Boom: show off your architectural creativity with Lego®. / Archiboum! Architectes en herbe, à vos Lego®!

Beaded necklaces and earrings workshop
Wednesday, October 1, 2014 - 6:15pm
120 minutes
Registration required
Create beautiful works of art with Christine Gendron from Colours Jewellery. Christine will demonstrate beading technique and assist you in making a necklace and earrings. Offer them as gifts or make one as a gift to yourself, you know you deserve it!

Italics Workshop with Deidre Hierlihy
Wednesday, October 29, 2014 - 7:00pm
75 minutes
Registration required
Use a flat nib pen to copy a favourite proverb, inspirational thought or line from a poem. The colour, size and form of the letters as well as their layout on the paper combine to create works of art. Offered in partnership with MASC.

Perley Rideau

Continued from page 50

tawa that offers a diverse range of security solutions. It has been a leading employer of veterans and former Canadian Armed Forces members for 75 years, is active in assisting injured or ill Canadian Armed Forces personnel to transition to civilian life or return to active duty, and has a proud history of raising awareness and funds for military families.

The Perley and Rideau Veterans' Health Centre provides quality care for seniors, serving veterans and an ever increasing number of seniors from the community. Building on its many years of experience and reputation in long-term

care, Perley Rideau has expanded its programs and services to create the Perley Rideau Seniors Village, a hub providing choices of accommodation and easy access to health and wellness services.

The Perley and Rideau Veterans' Health Centre Foundation: Sylvie Moncion, 613-746-2035
Commissionaires Ottawa: Andrée Paige, 613-863-1828

Other resources:
The Perley and Rideau Veterans' Health Centre and Foundation website: www.perleyrideau.ca
The Capital Campaign website: www.buildingchoices.ca
Commissionaires Ottawa's website: www.commissionaires-ottawa.on.ca

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From only \$59⁰⁰

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The industry's most thorough and complete treatment. It even protects items the manufacturer's refuse to warrant.

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- PLUS
- All Body Panels
- Floor Pan
- Power Windows
- Power Door Locks
- Hinges
- Electrical Regulators
- Radio Antennas
- & Specified Treatment of Surface Rust

"C" Package

18 Months of Protection
From only \$139⁰⁰

Yes

We have the Cure for Rust™

Neighbourhood Watch

by Tim Mark

There have been several violent incidents in Ottawa South during the past months, including a stabbing in the Riverview Park area. Fortunately such incidents are few and far between in our community. However there have been complaints of aggressive panhandling at local shopping malls; and thefts from unlocked cars. If you are interested in the statistics go the Crime Mapping tool on the Ottawa Police Services website www.ottawapolice.ca

Neighbourhood Watch

Neighbourhood Watch is a partnership between a local community and the Ottawa Police Service to work for a secure and peaceful neighbourhood. Its strength lies in neighbours looking after neighbours - taking the time and the concern to be vigilant and to report any suspicious activity. In turn the Community Police Officers alert citizens to any concerns, scams or crime trends in their neighbourhoods.

For more information on Neighbourhood Watch in Ottawa go to the Ottawa Police Services website and follow the links Safety and Crime Prevention/Home and Neighbourhood Safety/Neighbourhood Watch.

There are three Watches in the Riverview Park area. They are - Abbey Road, Riverview Park East and Riverview Park West. If you would like to join a local Watch or would like to see a Watch set up on your own Street call a Coordinator (see the end of this article). Alternatively contact Const. Reb-

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

2013 Crime Trends Report and community policing

The 2013 Crime Trends Report for the City of Ottawa and City Wards has now been issued. You can find the document on the Ottawa Police Services website. The reports for the individual Wards make especially interesting reading.

As readers may know, the Ottawa South Community Police Centre, which served our area, has closed. However Riverview Park still receives full community policing. If you need to contact either Const. Rebecca Vanderwater or

proved home security. It is one of the most popular services offered by Neighbourhood Watch. In the meantime the existing service is still offered on a 'on request' basis - check with your local Neighbourhood Watch Coordinator.

At the last meeting of the Neighbourhood Watch Coordinators for the Ottawa South area it was decided that we would send the agenda and minutes of meetings to all four City Councillors whose wards are covered by the Ottawa South Neighbourhood Watch. (Riverview Park comes mostly under Ward 10, Capital Ward). This is to make sure Councillors are aware of Watch activities and their importance to the community.



MAKE THE RIGHT CALL

911
Life-threatening Emergency or Crime in Progress

613.230.6211
Other Emergencies

613.236.1222 ext.7300 | TTY 613.760.8100
Call Centre:
To report a theft, property damage, missing person or stolen vehicle

613.236.1222 | TTY 613.232.1123
Community Police Centres & all other enquiries

Const. Mahamud Elmi, call and leave a message and they will get back to you. A city-wide study is presently in progress to determine how best to use community policing resources.

A new home inspection program.

We are expecting a new Home Inspection program to be rolled out this fall and will keep you posted. (It's the program that's new, not necessarily the homes). The inspection is carried out usually by a police volunteer and usually results in suggestions for im-

Lastly: here is a reminder of a new and important service offered by Ottawa Police Services

New Online Reporting

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

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.

It is important to report even minor offences or crimes because this helps the police identify recurring trends in the community and this may lead to a greater chance of catching the person or persons responsible.

Contact information for Riverview Park Neighbourhood Watches: Abbey Rd. - Rhéaume Laplante (613) 521-1664. Riverview Park West - Frank Hare (613) 731-5396. Riverview Park East - Tim Mark (613) 733-1744. Const. Rebecca Vanderwater, Ottawa South Community Police Centre (613) 236-1222 x5812 (messages)

Thomas Ahearn

Continued from page 44

ion Telegraph in Ottawa. In 1881, Ahearn and Soper both resigned their respective positions to form a new electrical contracting company called *Ahearn & Soper*.

Ahearn's firsts where many and varied:

In 1882 Ahearn installed 65 arc street lamps, thus introducing electric light to Ottawa. His *Ottawa Electric Light Company* built a small waterwheel at Chaudière Falls on the Ottawa River to supply power for the street lighting. This was possibly the first hydraulic generator in Canada.

In 1887, for Queen Victoria's Diamond Jubilee, *Ahearn and Soper* were contracted to illuminate the Parliament Buildings with thousands of electric lights. This practice continues to this date around Christmas.

In 1891, Ahearn introduced the first electric streetcar into Canada at Ottawa. He built the first electric powered hot-water heating for the cars in the winter. He also invented a rotating brush sweeper to clear the track of snow and argued to get Sunday service for the streetcars.

In 1892 he cooked up a mess of *Saginaw Trout with Potato Croquettes and Sauce Tartare* for his friends and family, thus becoming the first person in the world to cook with electricity.

Corporations Canada
In 1899, Ahearn was the first person to drive a small electric automobile in Ottawa.

In 1927, Ahearn, with Prime Minister Mackenzie King and Justice Minister Ernest Lapointe, made the first transatlantic telephone call to Britain.

In 1932, Ahearn was appointed as chairman of the Broadcasting Committee for the Diamond Jubilee of Confederation. One of his tasks was to produce a coast-to-coast radio broadcast of the festivities on Parliament Hill. For this, he built the 32,000 kilometres of wire needed to connect the country from east to west. Governor-General Lord Willingdon said that this "had done more to create a national spirit in Canada than any other movement."

Thomas Ahearn was named to the Queen's Privy Council for Canada in 1928. He died in 1938 and was interred in Beechwood Cemetery. (wikipedia)

Thomas Ahearn was truly a man with a vision for his city, his country and for the world.

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

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Malcolm and John Harding

Avros

Continued from page 31

and electronics systems sources on the plane. As a result, an extensive trials program was initiated at Woodford. It was exciting work that involved early applications of solid state computing devices in military aircraft.

The test program yielded positive results and the team I was working with anticipated participation in ongoing Vulcan bomber trials at Eglin Air Force Base in Florida. However, following several failures of test launches of Skybolt in the U.S., Defence Secretary McNamara cancelled the program. Ironically a test launch conducted the day following the cancellation was successful, but the U.S. government had already decided to pursue a different strategy.

Anticipating similar technical problems emerging with other digital weapon systems that were being deployed in the RAF V-bomber fleet a decision was taken to continue trials on the Vulcan. Along with other members of the team I spent countless hours underneath the delta winged Vulcan platform as the aircraft systems were functioned though all modes of operation. These systems included some powerful electronic warfare and radar systems. We were provided with no protection against RF radiation or other hazards, and I can recall finishing some days with my hair and clothing being drenched with aviation fuel.

One series of trials conducted at an active RAF V-bomber base was particularly interesting. At the peak of the Cold War operational readiness and fast response was of vital importance. At RAF Scampton in Lincolnshire, and at other RAF bases, V-bombers stood ready for action with crews on board, ready for take-off 24/7. A rapid start process was employed so that on command, the pilot would initiate a sequence to simultaneously start all four Olympus engines from and on-board compressed air source. The engines would quickly run up to operating RPM and would be ready to taxi for take-off in a minute or so. Working beneath the plane during this process was quite the experience; in retrospect one has to wonder how safe one was during this exercise.

We also participated in trials at the Aeroplane and Armament Experimental Establishment (A&AEE), Boscombe Down, an important military aircraft test establishment in the UK. One of the trials resulted from an unfortunate incident that had occurred during an earlier test flight of a Vulcan bomber, with a mixed crew, including both Avro and RAF personnel. On this occasion the engines stalled during a low speed, low altitude manoeuvre and there was

no time to restart. The pilot called an emergency and gave the command to bail out. The two pilots managed to eject but sadly the other three crew members had no time to exit and died with the plane on impact. Both pilots were injured, and the RAF second pilot was wheelchair bound for the rest of his life. There was a nagging concern that the initial aircraft problem could have been caused by a system malfunction, possibly due to electromagnetic interference from the systems under test; hence our participation in these tests at Boscombe. The tests revealed no problems and flight trials were later completed successfully.

Despite the tragic background to this visit to Boscombe Down the trip had some interesting moments. The timing of the trip coincided with early trials of the TSR2 fighter/bomber just days before it was cancelled by the British MoD. I recall watching ground crew working on the prototype aircraft far away from public view. Sadly I never got to see the plane in the air, but nonetheless it was fascinating to at least have a chance to see it on the ground. Tragically of course the Vickers TSR2 program underwent a similar demise to that of the Avro Arrow program in Canada and the prototype planes were either scrapped or used for military target practice; and of course all the design documentation was destroyed.

The TSR2 cancellation was one of several major aircraft program cancellations that occurred at this time in the UK; notably plans to develop a larger and faster version of the Harrier jump jet as well as the development of a frontline tactical transport plane by Avro/Whitworth. I had anticipated that I might be involved in development of this latter plane, so after the string of cancellations my future at Avros did not seem as secure or interesting as it had been in the past. We continued with system trials on Vulcan bombers as they took on new roles, and we also did system trials on the Avro Shackleton aircraft, still the RAF's primary maritime reconnaissance aircraft at this time.

I also did quite a lot of work on the Avro 748 twin turboprop airplane and in 1963 I was sent to Ceylon (now Sri Lanka) to fix a technical problem that was affecting operation of radios aboard the single plane that Air Ceylon had purchased to replace an aging Douglas DC-3 that they were operating.

This was an interesting trip; my first venture outside of the UK. I flew from Heathrow by De-Havilland Comet stopping to refuel in Rome, Cairo, Bahrain and Karachi before landing in Ratmalana International Airport in Colombo. What an experience for me leaving London, Heathrow in December with a temperature close to freezing then many hours later descending the steps of the Comet

in a 100 degrees, high humidity environment!

Getting all the equipment I required to do the modifications to the aircraft and to demonstrate the results to authorities in Colombo proved to be quite challenging. While I was sitting in the departure lounge at Heathrow, I was paged on the intercom and the airline informed me that the loading hatch of the Comet was too small for the crate. They told me that they would repackage everything and send it on to Colombo on the next day's flight. Returning to the international airport the day after I arrived we learned that the goods had already been transported to the harbour office in Colombo. Negotiating with customs in Colombo took several hours but fortunately I had assistance from an Air Ceylon employee and we eventually got the package released. We then had to "negotiate" with porters to load the package into our truck, a sensitive negotiation involving some financial transactions! My work went well and I was soon able to demonstrate the effectiveness of the fix and the plane quickly returned to service.

Following my return to Woodford, things seemed to be slowing down, so I started looking for new work and I received a job offer from a telecommunications firm in Devon. However, when I handed in my resignation my boss asked me to delay a few days before accepting the new job. So I ended up staying with Avro, leading a systems integration team on the Hawker Siddely Nimrod maritime reconnaissance aircraft.

At this time MoD was looking for a low cost solution to replacing the aging Avro Shackleton in the maritime reconnaissance role. One of the candidates for this was the De Havilland Comet. Two unsold airframes were mothballed at De Havilland's factory site near Chester and plans were forthcoming to use these two aircraft for flight testing; one to explore the flight envelope; the other to test the navigation, weapon and surveillance systems.

The plan was to fly the two planes from Chester to Woodford where they would be modified and where a new production line would be set up. At this time the plane was designated Avro type number 801; later HS 801 as Hawker, Armstrong Whitworth, Avro, de Havilland and other British airframe firms had by this time merged to form Hawker Siddely Aviation (HSA). The RAF designated the name Nimrod when the first plane was delivered.

Planned systems for Nimrod were quite sophisticated compared with existing systems in the Shackleton fleet. Navigation sensors included an inertial platform that was integrated with a Doppler radar system originally developed for the TSR2. Other

navigation aids included systems from Computing Devices of Canada in Ottawa. Tactical systems included an early generation airborne digital computer. The stuff that that machine could do with all of 4K. bytes of memory was amazing.

I was to lead a team responsible for integrating these systems in the aircraft environment. The goal was to resolve as many design bugs as possible prior to aircraft first flight thus speeding up the flight test program. This worked out remarkably well and the test rig we built also provided an effective show piece for high profile visitors. We were able to "fly" or simulate tactical missions which blew the socks off some visitors.

There were some interesting events during early flight tests of the Nimrod. The maiden flight of the first prototype was cut short due to the tendency of the plane to yaw substantially in a cross-wind. This was quickly put down to the keel effect of the bomb-bay addition to the fuselage. I don't know why the problem was never anticipated before the first flight, but it was quickly resolved. Overnight a dorsal fin was fabricated and bolted onto the vertical stabilizer. This did the trick and the flight test program was able to proceed with exploration of the flight envelope.

During this period I got to experience the culture of Avro's canteens and dining room. There was a real hierarchy there with at least "five levels of dining experience." One had to be very careful not to overstep one's mark. There were canteens for shop floor workers and clerical staff, dining rooms for engineers and junior managers, dining rooms for senior managers and test pilots and then special dining rooms for executives and VIP visitors. As well there were some smaller dining rooms for private meetings.

At the higher levels the food was excellent and of course they served cocktails and wine. I have observed many unwary visitors dropping-off during the afternoon session of meetings following an excellent lunch, prepared by a master chef! I am sure that things would not be the same now but that was the expected way of doing things at that time.

Notwithstanding these foibles I have to say that my days at Avros proved to be the most interesting, exciting and enjoyable of my career. I will always remember the encouragement and support I was given by Avro's senior managers, even when I eventually decided to leave the firm and to work for Boeing in the USA. It is sad that the Avro name has now disappeared from the lexicon, as have the names of other aviation giants around the world.

Perley Rideau building naming event draws hundreds

Commissionaires Ottawa Place unveiled

OTTAWA---June 19, 2014 — The Perley and Rideau Veterans' Health Centre Foundation today announced that the first of two apartment buildings, specially designed for seniors, was named Commissionaires Ottawa Place in honour of one of its leading donors.

Capt(N) Paul A. Guindon (Ret'd), a 33-year Navy veteran and CEO at Commissionaires Ottawa, said: "We are very honoured to be a part of this special ceremony today. At Commissionaires Ottawa, giving back is ingrained in who we are and what we do. Many commissionaires have served Canada as military or RCMP personnel and now we're helping to protect our country and its citizens as security professionals during a second career. The Perley and Rideau Veterans' Health Centre also has a long tradition of serving veterans. We applaud Perley Rideau's initiative and major commitment to building these new seniors' apartments that will serve veterans and seniors in their later years when they need safe accommodation and additional assistance."

The unveiling of the new name took place during the official launch of the public phase of the Foundation's *Building Choices, Enriching Lives* Capital Campaign at a well-attended event to celebrate reaching the half-way mark of the \$5 million goal. Also being celebrated is the completion of the Seniors Housing Project, a key element in creating the Perley Rideau Seniors Village and the focus of this special fundraising campaign.

Located on Russell Road in Ottawa, the Seniors Housing Project consists of 139 specially-designed apartments for seniors in two low-rise buildings. Up to 30% of these apartments are offered to former members of the Canadian Armed Forces. The Seniors Village includes 450 residents in the Long-Term Care Centre, an expanded area for health-oriented services and a range of programs to support seniors choosing to live at home in the community.

Daniel Clapin, Executive Director of The Perley and Rideau Veterans' Health Centre Foundation, said, "We face a major challenge in caring for a growing number of seniors, often with more difficult health issues, including dementia. In the face of limited government funding, support from the com-

munity at large is essential. Our seniors, whether they are veterans or seniors from the community, deserve no less. We are grateful to all of our donors, large and small, for their generous and heartfelt contributions to the Perley Rideau Seniors Village. We also encourage our community to continue supporting this cause by helping us reach our \$5 million goal. We're halfway there!"

Commissionaires Ottawa is a private, not-for-profit security company headquartered in Ot-

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LtoR: Daniel Clapin, Executive Director, The Perley and Rideau Veterans' Health Centre Foundation; LGen Jim Gervais (Ret'd), Chairman, Board of Directors, Commissionaires Ottawa; Kenneth Dye, Co-Chair, Building Choices, Enriching Lives Capital Campaign; Grete Hale, Honorary Co-Chair, Building Choices, Enriching Lives Capital Campaign; Brigadier General (Ret'd) Charles Lemieux, Chair, The Perley and Rideau Veterans' Health Centre Foundation; Capt(N) Paul Guindon (Ret'd), CEO, Commissionaires Ottawa; General (Retired) Walter Natynczyk, President, Canadian Space Agency; Merv Beckstead, Co-Chair, Building Choices, Enriching Lives Capital Campaign; Lieutenant General (Ret'd) Michael Jeffery, Chair, The Perley and Rideau Veterans' Health Centre; and Akos Hoffer, CEO, The Perley and Rideau Veterans' Health Centre.

Flavours to Fall



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2014 MS Bike Tour

by Louis Comerton

In August, a cycle team, known as the Celtic Tigers, made up of Riverview Park residents and friends, participated in the annual Ottawa MS Bike Tour for the 14th consecutive year. This year the team raised over \$9,000 in sponsorship donations for the MS Society of Canada. Over the past

14 years the cycle team has raised over \$130,000, which is used for research at the Ottawa Hospital, General Campus, to find a cure for MS. Riverview Park resident, Aileen Comerton has captained the Celtic Tigers cycle team since it was formed in 2001.



Photo credit: Aileen Comerton



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