



DECEMBER 2014

A Voice of Riverview Park

VOL.6 NO.5



RPCA Treasurer, Alan Lansberg; Anna Nitoslawska, Tree Revitalization Committee; Paul Puritt, RPCA 1st Vice President; Lisa Quesnel, Blair Court Tenant Group; and Kristy Donnelly, Executive Director, Blair Court.

Photo credit: Anna Nitoslawska

With the help of many hands: the Blair Court-Station Blvd. Tree Revitalization Project

by Kristy Donnelly

Over the past few years, the Emerald Ash Borer Beetle has become an unwelcome visitor to Alta Vista, and in its wake has left devastation of the beautiful tree-lined streets. EAB, as it has become known, was first confirmed in Ottawa in 2008, and soon after our own local trees became among millions of ash trees lost in Ontario to this non-native, highly destructive wood-boring beetle.

City of Ottawa crews have already removed about 15,000 trees on public property since the EAB arrival, and to date have replanted approximately 5,000 new trees a year. However, the loss on private properties has also affected the look and feel of neighbourhoods, and as trees came down across the city, residents are looking for solutions to a very real problem.

Continued on page 20



Our annual community clean up day, where students get to make connections with residents and have some soup with the community.

Photo credit: Sara Dwyer

All about S.O.L.E.

by Greg McKean

Students On the Leading Edge, is the group of Grade 8 students at Vincent Massey who started a new project this year working with the community of Russell Heights. The class has finished applying for the SPEAKUP grant and we await for a decision by e-mail that will come in early January. In the proposed grant, the students talked about four possible areas where they can give back to the community. The group wants to develop and teach a dance routine to the younger children. SOLE is also interested in having another self-esteem program for the boys, and to develop a public service announcement to promote the community. The class is very excited to get started and will be promoting their ideas in the month of December using media.

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Poets Pathway leaves its mark here

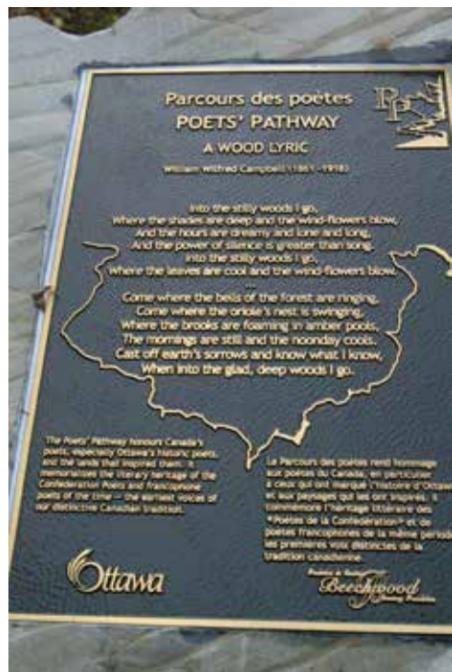
by Bill Fairbairn

Poets Pathway had its usual long struggle in putting up its 10th engraved plaque in the right place, this time at the edge of Coronation Park and near a walk beginning at Linda Lane and ending at Cancer Survivors Park.

“As we create recognition of poets and the land we want to create a moment of stillness for a person reading the plaque, a moment to music for no other reason than it speaks to him. It is joyful and celebratory and we are so happy it will live here.”



Steven Artel, Jane Moore, Michel Therien, Karin Keyes Endemann, Jean Cloutier and Erwin Dreesin



The poem on the boulder

Before the unveiling, Chair Jane Moore introduced the organisation and its objectives to spectators on Halloween Day last month.

just be, to feel, to recognize and to feel at home.”

“The engraved poem, *A Wood Lyric* by 19th century poet Wilfred Campbell, has always spoken to us. We have used its lines from the beginning on posters and brochures and one of our group, Ben Glossop, has composed and set it

Moore said putting up a plaque is difficult, involving research, trips to find the best location near each path, finding the right poem, getting support from the community, the councillor, city parks and the roads people who cut the grass. And then trips everywhere to find a boulder, have the plaque



Steven Artel and Michel Therien

designed and made, getting everything delivered and finally having it installed on the rock and in this case on view off Coronation Boulevard.

She said that Poets Pathway tried to keep Ottawa's land green and disclosed that the city, with 1000 parks, had the most parks of any in Canada and that the organisation was working on plaques for Rockcliffe and the airport and planning for its sesqui-centennial celebrations.

Continued on page 10



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by Kim Lavender

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Just some of the happy faces at Get W.I.T.H. It!
Photo credit: Carole Moutt

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First stop Riverview Park Review Next stop-photo exhibit at Atomic Rooster..

by Catina Noble

It was just over 4 years ago when I bought my first camera, a small point and shoot. I had just started writing my first article for the Riverview Park Review. I was excited. Carole said

she would send someone to take photos to go with my article. I am not sure where it came from but I volunteered to take my own photos with my camera. I reassured her, if the photos did not come out well, she could send someone to do the

photos properly.

The first article I wrote for the RPR was actually an article on Dempsey Community Center. My interview went well and I took at least a dozen photos. All I needed was one picture of the supervisor and one of the outside of the building. When I got home I checked the photos and picked out a couple to send in with my article. To my surprise, Carole said the photos looked fine. With those words said, I felt confident enough to keep taking my own photos to

go with my articles. After awhile I started taking photos for no reason, just for sheer pleasure.

I love writing, art and photography. One day I was looking over my photos and decided I would submit a couple just for the fun of it. It took months; submission processes are always time consuming and can take up to a year or more to hear back. Finally it happened. Three of my photos have been accepted by Atomic Rooster to be part of an upcoming exhibit titled:



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Continued on page 10

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Only four of the new 24-member Ottawa City Council are women so any fresh start from this important point of view is somewhat a myth. From our Alta Vista Ward 18 all nine candidates were men and the winner, Jean Cloutier, had less than an absolute majority against a plurality of votes cast.

Certainly however, Cloutier has the experience and background for a well-rounded councillor indicated by his years as president of Canterbury Community Association and his rise from usher to owner of the classic Bytowne Cinema.

Another of his hallmarks is that he was a real gentleman among gentlemen in campaigns run by all candidates.

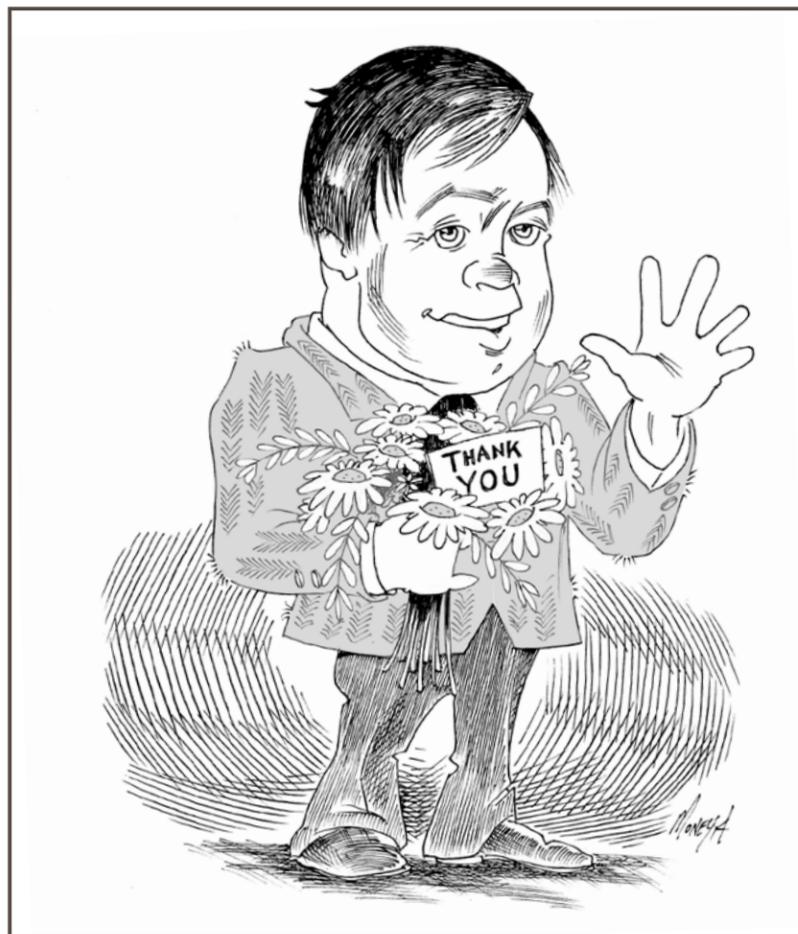
It is no exaggeration to say that second placed Clinton Cowan was up against both Cloutier and his endorser Peter Hume. It is by no means unique for a retiring councillor to support his successor. Not so often is it done in municipal politics.

Switching smoothly between French

and English the fluently bilingual Cloutier, with 5,295 votes, thanked voters for what he considered was an overwhelming mandate. Yet 5,884 voters voted for other candidates. Cowan, with 3,287, won about 30 per cent of those against. It did not help the chances of Cloutier's opponents that no public all-candidates debates were held in the ward. The expected candidate debate at the Riverview Community Association's annual general meeting was cancelled because of violence and lockdown that day in and around the parliamentary buildings.

"Go vote!" cried out this newspaper in an editorial before the election. Well, 38.61 per cent of 29,758 eligible voters in Ward 18 turned out.

Will the editor in 2018 have to try again to get eligible voters out to polling stations? Will there again be a lack of what is widely recognized as badly needed women candidates in Alta Vista and further afield? The answers as Bob Dylan might say, 'are blowing in the wind'.



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Councillor Jean Cloutier says: “Traffic, transportation and trees top issues for Alta Vista Ward 18”

by Bill Fairbairn

The new Ottawa City Council became official on December 1. Only four of its 24-member council are women. Jean Cloutier, who won the election in Alta Vista Ward, answered questions for the Riverview Park Review.

1. What made you decide to run?

“I love my city and the community in which I have lived for over 27 years. I have been actively volunteering with the Canterbury Community Association and want to continue to contribute to make Alta Vista and our city the best place to live, work and raise a family.”

2. What will be your top priority for Ward 18?

“My top priority will be executing the plan on which we campaigned. I want to continue the successful Safe Streets Program and bring forward new innovative traffic solutions. I want to help residents with the transition to Light Rail, and I want to invest in our parks and rebuild the community’s tree canopy.”

3. Can you briefly describe how you see your role as a councillor? What does your family think of your being a councillor?

“As city councillor, my role is to be a community builder. I am prepared to meet with residents, stand at the end of people’s driveways and listen to their concerns about problems that need to be solved. My family has known for a long time that I wanted very much to serve the people of Alta Vista as their councillor. They have been beside me working in the community and will continue to support me now in my new role as councillor.”

4. What top three problems do we face in Ward 18?

“Traffic – Addressing speeding and street safety is the number one community issue. My plan is to expand the current Safe Streets Program to ensure its continued effectiveness and success.

Transportation – as we integrate LRT into our public transportation system, residents will need to be well informed of any upcoming route changes, and local bus service should be preserved or enhanced where appropriate. I will also work with my colleagues to make the extension of the north-south O-Train to Bowesville a council priority for early implementation. It can be done for relatively little money, and can be completed

quickly, with minimal disruption. Improving the quality of public transit to the south will benefit Alta Vista and all points in between. Trees - I have committed to planting 10,000 trees across Alta Vista to help rebuild the tree canopy on our streets, in our parks and our woodlots.”

5. What did you learn from residents when you campaigned?

“In speaking directly with residents, I learned there are diverse needs and opinions in our community (as an example, bi-weekly vs. weekly garbage pickup). It will be important to keep the lines of communication open to understand people’s varying opinions on issues so important to them.”

6. As president of Canterbury Community Association can you tell residents if you believe the community association tier of government has been a success and in what way?

“I understand firsthand the hard work and myriad contributions made by the dedicated and caring volunteers. My experience has been very positive, and as councillor, I am committed to creating strong relationships and fully engage with each of Alta Vista’s community associations.”

7. Canterbury has an extensive indoor swimming pool, baseball park and indoor ice rink complex. This is fine because obviously such a facility has to be located somewhere within reach of all. Riverview Park has for years has been seeking a renovation of the hole-in-the-wall building for its outdoor ice rink/outdoor paddling pool in Balena Park. Will you support this single renovation that under Peter Hume has not yet been achieved? After all Hume says you “never fail to get the job done.”

“Absolutely, I campaigned on moving this project forward and will work hard to put the funding in place to realize this much needed investment.”

8. The Green Bin collection that Peter Hume strongly supported is facing questions on cost v. collection. The estimate cost formed the basis for the contract. This estimate proved to be much too high. We are still paying out the contract. People are putting in yard waste and the contractor is demanding extra payment for that. Can you clarify and help resolve this long term problem?

“I support the green bin program

and do not favour returning to weekly garbage pickup. The city is now meeting the contracted target, which the arbitrator concluded includes leaf and yard waste. I believe residents need to be encouraged to use the green bin; we need to reach out to residents to increase awareness, make the program more user-friendly and expand the service to high-density housing where logistically possible. The introduction of plastic biodegradable bags would go a long way to assist residents still trying to get on board with the program. By increasing use of the blue, black and green bin programs, residents are reducing the need for garbage services and therefore helping to constrain costs and extend the life of the landfill. I expect there will be much discussion on this subject around the council table in the upcoming term. I will endeavour to keep residents informed.”

9. Mayor Jim Watson’s 2-per-cent addition to city costs each year is unfair, say some retired and working city residents, because unless they are unionised they have little or

no chance of getting 2-per-cent raises or pension increases. Is the 2-per-cent raise sufficient? Are we gaining or getting into greater debt each year?

“A 2% tax increase or an increase in line with the rate of inflation is reasonable and responsible. History has shown that tax freezes bring reduced service levels, increased risk and neglected infrastructure. We have a structured approach to budgeting that will hold increases in check. If we are going to continue to build our city and keep our property taxes at a reasonable rate, City Council will have to be prepared to engage and encourage the private sector and other levels of government to partner with the city to the benefit of all our residents.”

10. Should Eastway Gardens residents, faced with communication, road redirection as well as industrial malaise from LRT construction, get direct aid from city council? If not, why not?

Continued on page 23

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Planning and Development Update

by Kris Nanda
Chair, RPCA Planning and
Development Committee

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

The most pressing issue that the RPCA is following continues to be the construction of the controversial Hospital Link portion of the Alta Vista Transportation Corridor road (AVTC) 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, plus a well-used walking path that had, at one point, been 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 the 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 the Ottawa Train Yards development.

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

Alta Vista Transportation Corridor – Hospital Link

The tendering process is underway for construction work associated with the bulk of the 1.2 km Hospital Link section of the controversial Alta Vista Transportation Corridor (AVTC) between Riverside Drive and the Hospital Complex. This work is likely to begin in 2015. The RPCA and other groups around Ottawa had put forth evidence questioning the cost-effectiveness of the Hospital Link and whether it was, in fact even needed, without sufficient proof that the Link itself will resolve perceived local traffic problems. Concerns were also raised around certain technical aspects of the design.

The plans showed a new two-lane vehicle and transit link from Riverside Drive and the Transitway which connects to the Hospital Ring Road and the facilities that comprise the Ottawa Health Science Centre (OHSC). The plans include 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.

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.

The bid on the remainder of the project was tendered this fall and the City is currently reviewing applications. 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 "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. The RPCA will be following up on these issues with Councillor Hume's successor, Jean Cloutier, and will also seek clarity on what cut-through traffic issues might be mitigated by the Hospital Link

NDMC Link

The Department of National Defence and Canada Lands Cor-

poration (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 NDMC lands are not likely to be transferred from DND before 2016. The RPCA will continue to be involved in the reconstituted Hospital Lands Area Planning Study Committee 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 reopen to pedestrians and cyclists as of January 2015 and to motorists in June 2015. Belfast between Tremblay and Trainyards Drive is scheduled to be closed until May 2016, but the Belfast/Trainyards Drive intersection remains open.

Work continues to stage the area just north of the existing Hurdman Station, in preparation for preliminary construction work on the new Light Rail Transit (LRT) station, including construction of an access road and minimal modification to the existing bus loop. Piling activities (placement of structural support poles) for the foundation and elevated guideway of the new LRT station have commenced and are anticipated to continue until March 2015.

Foundation work for the new LRT station will start 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. City officials provided an update on the project at the November 2014 RPCA Annual General Meeting and will be invited to make a follow-up presentation to the RPCA Board in 2015.

See the online edition at
www.RiverviewParkReview.ca

Continued on next page

Planning and Development Update

From previous page

A portion of the multi-use pathway, between Hurdman Station and the bus-lay-up area, will be re-aligned 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/confederationline

Another LRT related impact involves the multi-use path (MUP) adjacent to the Transitway Bridge over Rideau River (between Hurdman and Lees) that will be closed during conversion of the 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. In the meantime, the pedestrian bridge across the 417 between Tremblay and the Baseball Stadium is expected to be open by early 2015.

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, and taking 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 Industrial Avenue at the intersection with Neighbourhood Way 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

The site plan to construct a 9-storey office building at 405 Terminal Avenue, just east of the Canadian Revenue Agency building at 395 Terminal, has been approved. Construction of this structure – approximately 2/3 the size of the facility at 395 Terminal – is slated to begin in 2015, although as this article went to press, the tenant(s) had not been confirmed. While the plan provides bike racks for 20 bicycles, the RPCA has asked 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 two tenants, Banana Republic and MEXX, opened this fall, 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 opened a 9500 square foot retail outlet November, with a 15,000 square foot Old Navy store expected to open in March 2015.

Other planned construction is at 197 Trainyards Drive (just east of The Athletic Club, with 18,000 square feet of multi-tenant retail, including a Bulk Barn store) and at

595 Industrial Avenue (the vacant space just west of Pioneer), with 40,000 sq.ft for two major retailers.

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. Site plan applications will be submitted for up to 6 smaller buildings to be built over the next several years. Part of the approvals will include continuing a pedestrian pathway through the site to connect with Coronation Avenue, though the exact location hasn't been finalized yet.

Other Industrial Avenue Issues

The RPCA is also monitoring and will follow up on its earlier requests to install an advance green for eastbound traffic on Industrial turning into the Farmboy and LCBO, to alleviate some of the present congestion. 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 City Council 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 property management company regarding new tenants for the vacant storefronts in the Alta Vista Shopping Centre. Two potential tenants have been identified, but have not been confirmed.

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 krpp1415@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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David Chernushenko Councillor Capital Ward

Onward and upward in Capital Ward

by David Chernushenko

Four more years — so much to do and so little time. So let's get started.

But first, I want to express my gratitude to all those who placed their faith in me to represent them for a second term as Capital Ward councillor.

To everyone who voted, no matter whom you supported, thank you for exercising what is both a right and a privilege fundamental to democracy. Too few citizens — less than 40% in the Ottawa municipal election — take the time vote, and that's a shame.

On the other hand, I was truly amazed by the effort many voters made to ensure they could cast their ballot — advance polls, proxy votes, requests for a drive to the poll. One lady of a certain age, determined to keep her perfect voting record intact, simply wanted an arm to hold on to as she crossed Main Street. I was honoured to offer that arm.

To my two competitors, I commend you for putting yourselves forward, and I thank you for bringing your ideas to the race. We had a respectful competition, as seems to be the norm in Capital Ward. Long may it stay this way.

I am looking forward to working with my newly elected colleagues, including incoming Alta Vista Councillor Jean Cloutier,

and to continuing my collaboration with re-elected councillors. Although each of us represents a specific ward, I believe we can accomplish much more and build a far better city if we think of ourselves as a team working in the interests of *all* Ottawa residents.

I have a short list of priorities for 2014 – 2018. I know that many new issues will arise, many projects will require support and many crises will have to be dealt with. But if I do not keep my eye on my short list, my energy will too quickly be dissipated.

- Accelerate construction of affordable housing across the city, by helping to broker cross-sector partnerships and by creating a stronger city-wide affordable housing policy.
- Improve public transit by completing the Confederation Line and moving quickly to finance and approve the route for Phase Two light rail, including expanded O-train service. Revise bus routes to make the most effective use of the new rail service.
- Prioritize active transportation by fully implementing the Ottawa Cycling Plan and Ottawa Pedestrian Plan.
- Oversee the renewal of Main Street and use this experience to apply Complete Street principles to other road projects, such as

Bronson Avenue in 2017 – 2018.

- Increase citywide connectivity and reduce congestion by advancing the construction date for the Fifth Ave. – Clegg St. footbridge through a multi-party financing partnership.
- Promote sustainable urban intensification and development principles, notably working with the developers of the Oblate Lands in Old Ottawa East to showcase this approach.
- Give greater certainty to communities in the development approvals process through consistent application of zoning, community design plans and infill design guidelines.
- Complete the “Infill Two” study, and see this translated into new bylaws.
- Continue to support public health promotion through the implementation of Ottawa Public Health's Healthy Eating, Active Living (HEAL) strategy.

Specifically for Riverview Park, I will be focusing on the two major projects that will greatly affect this community: the renewal of Main Street and the McIlraith Bridge, and the construction of the Alta Vista Corridor “Hospital Link”.

With so much slated to happen, some of it overlapping, I believe that good communication will be essential between residents, my



office and City of Ottawa staff. It is going to be a busy — and sometimes noisy and dusty — period, but knowing what is happening and how to share concerns will help.

Newsletter

Email is the most efficient way for me to reach my constituents in a timely fashion. If you wish to receive my newsletter (about every six to eight weeks) and special updates, please sign up at capitalward.ca/subscribe. Please help me to serve you better.

Councillor David Chernushenko
613-580-2487 |

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

First stop

Continued from page 5

Shelley Braun, who is in charge of the exhibit, had this to say about art “All art tends to provoke dialogue but there is something special about the gentle flow of conversation that ensues when the topic presented is familiar. It becomes easy and intimate. Memories are freely shared, and lost stories are told.

Photography is the perfect medium to achieve that flow. Most of our clientele live, love, work and play within the perimeters set for this assignment (Rideau River to Parkdale Avenue) so

imagine their delight to see their neighbourhoods through someone else's eye.

Look closely and you will see that INTERSECTIONS + INTROSPECTION is an exhibit that begs to be talked about. Nudged to discover connections, however obscure, it provides a framework for open discussion”.

Atomic Rooster is located at 303 Bank Street. For a list of exhibits and other fun stuff happening, check out their website <http://atomicrooster.ca/>. I am nervously counting down the days until I see my art in the exhibit, it is very exciting. No worries, I am still taking photos to go with my articles for RPR!

Poets Pathway

Continued from page 2

“We honour our national poets, who happen to be of the 19th century and were like stars in their time. They were the poets of the land.”

Poets Pathway holds concerts, readings, walks, bicycle rides, attends National Capital Commission meetings and talks to groups. “We had our first school wide poetry competition a year ago.”

Moore thanked Councillor-elect Jean Cloutier, Erwin Dreesen of the Greenspace Alliance, Dr. Steven Artelle, first chair of the Poets Pathway, Michael Therien, writer in residence at the University of Ottawa, and Riverview Park Community Association President Karin Endemann for their support.

After the unveiling the treasurer, Ben Glossop, sang the song he wrote for the poem. Ben has been

part of Poets Pathway since 2007, travelling its paths by foot and bike. He is principle bassoonist with the Ottawa Symphony, the Kingston Symphony, the Chamber group Prisme and first on call for the National Arts Centre Orchestra.

Diane and Peter Schmolka invited those present back to their house for a wine, cheese and much-more party where to her own accompaniment on the piano she sang songs by Robbie Burns.



Karin Keyes Endemann speaking on behalf of the RPCA at the unveiling
Photo credit: Orrin Clayton

See the online edition at
www.RiverviewParkReview.ca

by The Cop

You need to be skilled in a martial art to be a police officer in Japan. I was a police officer for thirty years, and from my own experience I agree with this qualification. I have been practicing Aikido for over twelve years and it has proven helpful in many ways during my career and my life, both mentally and physically.

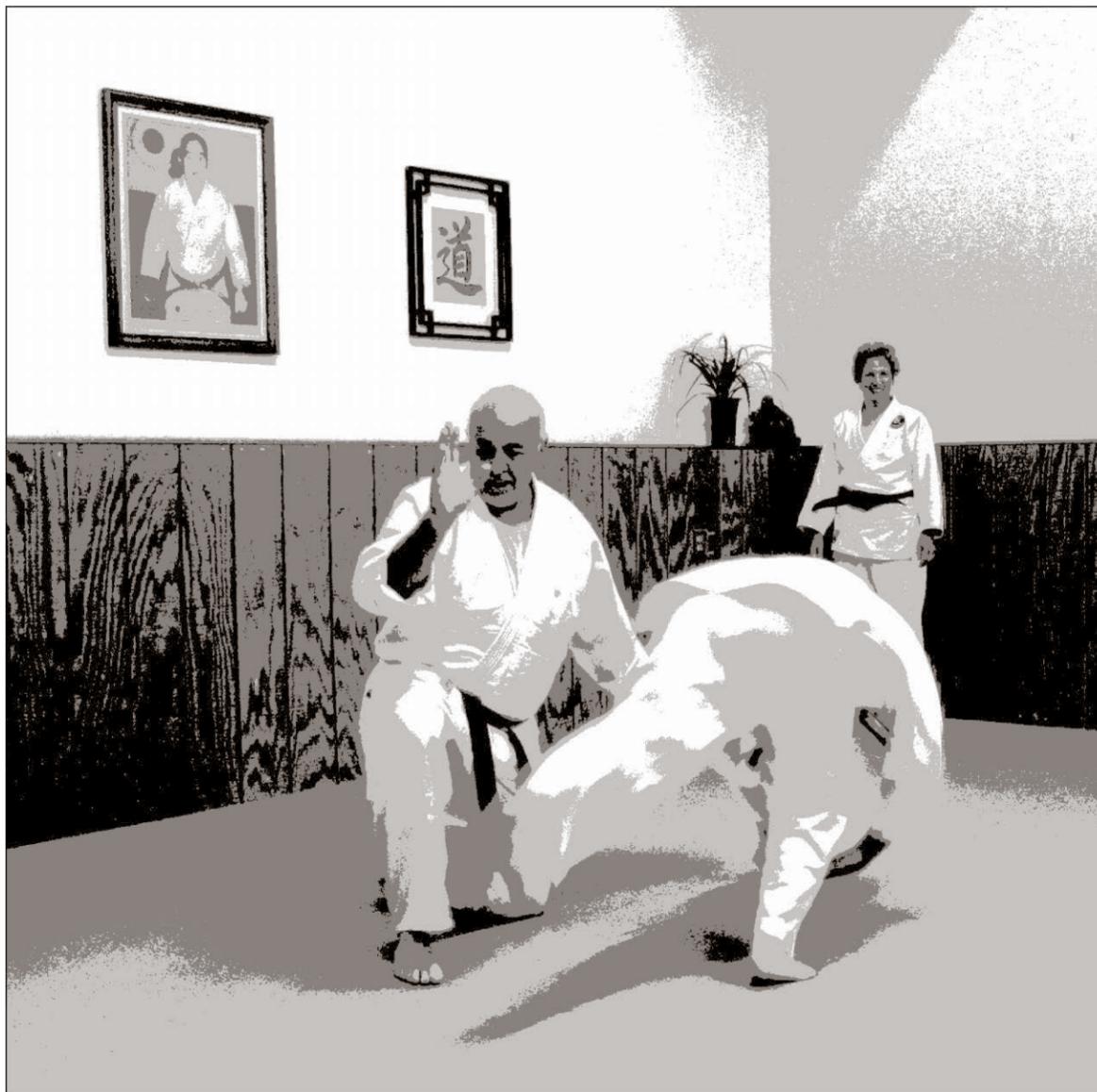
Aikido is for me a way of life. It has made my life very different and better. I had different reasons before from what I have now to practice Aikido when I started in 2002. I had done Karate thirty years ago, for ten years. I did Hapkido for two years, then I was three years without training. I wanted to get back into the practice of a martial art and an Aikido dojo opened close to my home. I had no idea of what Aikido was at that time. I needed the exercise and I wanted to do some martial art again.

When I started to practice I learned that I had to be patient. Aikido is a long process. If someone is in a hurry, then Aikido is not for them. I am glad that I had the wisdom to stay and learn. In the beginning, I believed that Aikido was basically learning to do techniques and throw opponents to the tatami. I slowly discovered the Budo side of Aikido.

A string of events later lead me to come to the Jiseikan Dojo. It was very different from what I had experienced before, and after many years I had to adjust to a new way of doing Aikido. The easy way. The relaxed way. The respectful way.

Why is it that I had to get to the age of sixty to learn to relax? Relaxing is the most difficult thing for me to do when I train. The Aikido that I practice now makes me realize that I am not relaxed in my daily life. Relaxing does not come automatically to me. I need to say to my body Relax. Often I am tense when I train and it has a bad effect on my body and on my mind. I get out of breath very quickly and I get tired faster. When I concentrate to relax, I feel better.

I imagine the easy flow of water that comes upon large rocks in the river. The rocks affect the flow of the river but they do not stop the water. I should adapt to any attack and continue my path.



Aikido is about blending in all aspects of life. We tend to resist any problem that will come to us instead of looking for a path of resolution.

Aikido involves the concept of mutual welfare and prosperity. I am nothing on the tatami without my partners. This concept is necessary in our life. I feel that if I take care of others they will take care of me. Therefore, when I need a partner to practice, one will be there to help me.

I am a person who reacts quickly to a situation and I get angry very quickly. Since I have been training in Aikido, I try to be more calm on the tatami and I try to be more calm in my everyday situation. I make the effort to resolve each situation in a peaceful manner.

Aikido training may sometimes be very frustrating. Learning to cope with this frustration is also a part of aikido training. We need to observe ourselves in order to determine the root. Sometimes the cause is a tendency to compare oneself too closely with others. However that is a form of competition. Aikido is not a sport.

There are no shortcuts in aikido. Attaining proficiency is a matter of sustained training. No one becomes an expert in just a few months or years. My training is my own responsibility. No one is going to take me by the hand. It is not the responsibility of my teacher or the other students to see to it that I learn. Part of aikido training is

learning to observe. Before asking for help, I should try to figure the technique out for myself.

Aikido encompasses more than techniques. Training includes observation and modification of thought and behaviour. In particular, I must pay attention to the way I react to circumstances. Part of Aikido training is cultivation of self-awareness.

One thing that is very important for me is my concentration during training. I once heard a teacher advise that a student should concentrate on each technique, and not think about anything else during that time. It is very easy for my mind to wander. I discipline myself to concentrate on

each movement, be it an attack or a defence.

A big part of learning is my own responsibility. I read a lot of books and do a lot of research. Budo is training for life. With Budo, I develop awareness of body and spirit. If I strive to be better on the tatami then I will strive to be better in my life.

Aikido uses belts to distinguish practitioners' levels. Even though I knew it was part of my training, I always resented the belt grading examinations, but if I wanted to continue with my Aikido training, I had to find a way to change my thinking. Therefore, I make this process not only an evaluation but a part of my training of Aikido. Belt grading is a tool to improve myself. I will be asked to demonstrate different techniques which I will

perform my best. This evaluation will help me to filter out my weak points. Then it is my responsibility to find the means to improve on those weak points.

I think we all need something to make our life better and valuable. Some people are very religious, some people are very devoted to sports and some people just like to take life easy. The important thing is that it should be our own decision and not be imposed by others. We should not be judged by others and we should not judge others for their lifestyle.

Aikido, is good for me.

~ ~ ~

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Let's visit the Trinity Community Garden in Riverview Park

by Bernadette Bailey

A gentle snow is falling, spreading a blanket of white over Trinity Community Garden, putting it to bed for the winter after another successful season. Here and there varied forms of kale show themselves above the snow, a ruffle of bright green, an almost blue plume and a crown of a beautiful purplish red. These have been left by optimistic gardeners who imagine picking the frost sweetened kale, maybe even into December. I have heard it said that gardeners are eternal optimists. At the close of each season, we imagine what we will do differently next year, and we say to ourselves,

my garden will be better. The gardening committee says the same thing, and we have found it to be true. Each year, our community garden gets a little better, we learn from each new challenge that presents itself, and work to put systems in place to help manage these. We are grateful for the cooperation of the returning gardeners and the enthusiasm of the new gardeners.

Trinity Community Garden is located behind the Trinity Church of the Nazarene at the corner of Braydon Ave. and Avalon Place, on a piece of land that the church very generously offered for use as a community garden. We began renting plots in 2012. That year there were 15 gardeners planting and

Continued on page 25



Children's activity day
Photo credit: Sarah Musavi



Harvest time!



Beautiful variety of colour and texture



Gardeners working in their plots



Children's activity day



Preparing the plots in spring

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Jean

Councillor - Alta Vista

CLOUTIER

Thank you Alta Vista!

I look forward to working with you over my first term as councillor. If you have any questions, concerns, or would simply like to say hello, I encourage you to call me at 613-580-2488, or email me at Jean.Cloutier@ottawa.ca.

My new website, www.jeancloutier.com, will be launched in the new year and used as an important tool for sharing updates with residents.

You can also stay updated by 'liking' our Facebook page at www.facebook.com/JeanCloutierOtt, and following me on Twitter at www.twitter.com/JeanCloutierOtt.



Jean and his family would like to wish you a warm and safe holiday season

Councillor Jean Cloutier, the Canterbury Community Association and Urbandale Corporation invite you to:

Breakfast with Santa



Saturday, December 13th, 8 to 10am at the Canterbury Community Centre (2185 Arch St.)

Join us for a delicious breakfast and a photo with Santa!

We hope to see you there!



www.jeancloutier.com 613-580-2488

All of this for a good cup of coffee

Photo credit: Geoff Radnor

Did you wonder what this was? Pictured is the mobile Tim Hortons that was at Alta Vista and Dorion for a month this past fall. One side served drivers and the other pedestrians

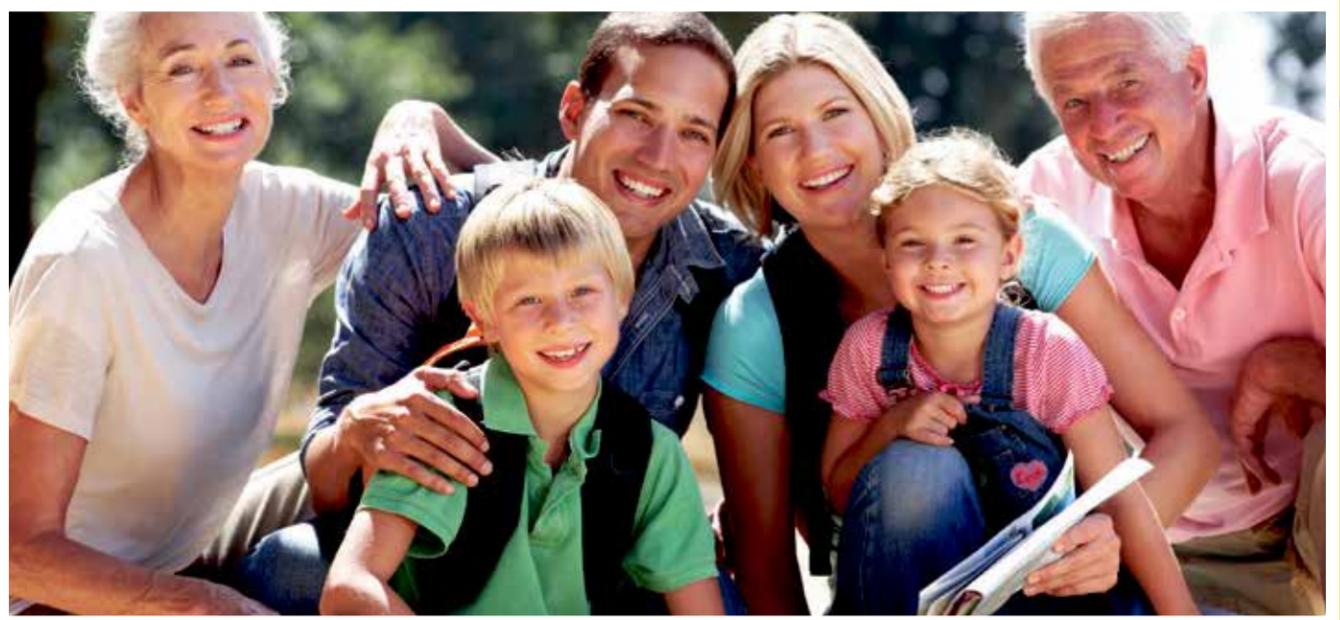


Photo credit: Bill Fairbairn



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Latest news!

Gas: only 49¢ and chicken for 39¢

by Geoff Radnor

These low prices are coming very soon. You may well ask what has the price of chicken got to do with the price of gas? Indeed you may.

I am old enough to remember buying a gallon of gas for 39¢. Of course those were the days when we had those real gallons when just 10 of them filled my Austin-Healey Sprite's little gas tank. But then in 1981 Pierre Elliot Trudeau came in and gave us The Metric System! Well that really started things off.

Now, 33 years later, how many of our readers still use Fahrenheit degrees? Miles per Gallon, MPG? "How many miles is it to Manotick from here?" "Can I borrow a pound of butter?" "Oh, he's quite tall, well over 6 feet." "He was really speeding, well over 70 miles per hour". "We just bought a new 43" (inch) TV."

We continue to use and mix the Imperial and the Metric systems. The mix-up between kilograms and lbs. almost caused the loss of the Air Canada "Gimli Glider".

Do the kids in school still use those 12 inch rulers with centimetres on the other edge? Does the CFL have metre lines and metre-age or is it still yards and yardage?



In Canada we have the Official Languages Act of 1969 to preserve both English and French, do we have an Official Measurement Act to preserve the Metric and Imperial systems?

So please answer the following three questions:

- How much do you weigh?
- How tall are you?



Shelf Confusion

What was the weight of the new baby?

Please send your answers to the Minister responsible for The Canadian Standards of Measurements Act.

Our government of the day was determined that the poor consumer would not be cheated by those sly old retailers. They relented and said we could use both the old imperial system and the new metric system, yes the government actually made a decision, you can have both, so that there will be total confusion. Mostly that means BOTH at the same time, check those supermarket flyers.

As the years went by we got used to these new-fangled ways of buying stuff. We saw the price of gas go from 49¢ a litre to 79¢, to 99¢ and, just a while back to a whopping \$1.499. Now thankfully it has receded to only \$1.169, that is equivalent to \$5.319 a gallon. Isn't it great that we changed to Metric? Who would pay that price for gas!

We have a nice new LCBO store in the Train Yards, Oh! so convenient, right next to where I get my nutritious fruit and vegetables. I had to get some beer a while back when we had our few days of summer. To me beer is beer, all is good, so price is important. But the bottles and cans are all different sizes, so how can I tell if I am getting a good deal? Very difficult. Way back in the old days, all beers came in bottles of 12 imperial oz., some came in stubbies, some in the reg-

ular tall bottles, but comparison was pretty simple.

But on the day I went into the LCBO I was confused not just looking at the prices but at the actual contents of those bottles on

the shelf. Many are now in 341mL (12 Imperial oz.) size. It got more complicated when I found bottles and cans with contents of 250, 330,

Continued on page 27



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Glitz and Glamour

The ladies at Shoppers Drug Mart, Alta Vista were at it again.

Famous cupcakes, luxurious gift basket prizes, personalized makeovers and much, much more were all part of the November 8th afternoon fundraising event for the Canadian Breast Cancer Foundation. Lots of fun while supporting a great cause. Well done everyone!!



The great team of Madiah, Tiffany, Lorna, Am, Arze, and Katie H stop for a break
Photo credit: Carole Moul



Take your pick...
Photo credit: Arze Chabine



Take your pick...
Photo credit: Arze Chabine



Madiah gives Lorna a beautiful new look
Photo credit: Carole Moul



WOW!! Wouldn't you just love one of Lorna and Tiffany's TLC Creations??
Photo credit: Carole Moul



Kyle keeps watch over Tiffany and Lorna's amazing cupcakes
Photo credit: Carole Moul

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Dessert connoisseurs love The 3 Sisters Bake Shop

by Carole Moul

Hidden away, along a stretch of Kilborn Avenue in Alta Vista, there is a bake-shop dedicated not only to dessert connoisseurs but also to people who love a cozy place to enjoy their Dynamite Paninis, drink their specialty coffees or teas, or even make a quick stop to pick up a take away dinner.

You'll easily recognize the place from the decorations outside the door, and you'll want to enter having heard about or already visited *The 3*

Continued on page 25



Photo credit: Geoff Radnor



Aunt Sue gets into the act with Elle and Melina
Photo credit: Carole Moul



Photo credit: Geoff Radnor



It's true! There really are The 3 Sisters- Carol, Rosemary and Joan.
Photo credit: Carole Moul



Joan shares her cookies with Éloise and André
Photo credit: Carole Moul



Look at my cookie! Adrian with parents Camille and Martina
Photo credit: Carole Moul

3 Sisters
1791 Kilborn Avenue
613-695-9122

Christmas Party

Saturday, December 20th
Free coffee for Big Elves
and Christmas cookies for
Little Elves.



Mrs Claus will be on hand with treats for everyone.

HELP!

The Sisters need your help decorating their store for Christmas. Make your own picture and bring it in for your free cookie.

Mayor and MP join OMS Montessori on Universal Children's Day

by Kendra Hoskin

“Children are the future of the world, we are the future of the world,” Grade 7 student Adel Manji confidently declared to his schoolmates in the presence of Mayor Jim Watson and MP David McGuinty on Universal Children's Day, Thursday, November 20.

These powerful words were the closing statement in the school-wide assembly put on by The Element High School to the students at OMS Montessori in Alta Vista.

The Element students then led the Elementary students on a walk through the community in solidarity with children of other nations who must walk to have water.

The event was to mark the 25th anniversary of the adoption of the Convention on the Rights of the Child. The Grade 7, 8 and 9 students passionately spoke about the rights all children should be entitled too and then presented an illustrated booklet to Mr. Watson and Mr. McGuinty.

Mr. McGuinty, who started his

career as a lawyer, told the students that the day was especially significant to him: He worked on the Convention many years ago and encouraged the leaders of multiple countries in Africa to sign it.

OMS Montessori's School Director, Pat Gere, said having the Mayor and MP present made the experience authentic for their students.

“Young people rarely get to see our civil servants in action and the Mayor's and Mr. McGuinty's actual presence added weight to our students' recognition of the importance of rights for children all over the world,” said Pat. “It was wonderful that they could see for themselves that the Mayor and Mr. McGuinty felt that these rights were

important enough to join us. Even the five-year-olds were delighted to shake the Mayor's hand!”

Before leaving on the 1.5 kilometer walk, students pointed out that they'd be walking the same distance some children have to walk for water. The students had also strategically placed barrels filled with 25 liters of water around the playground and then encouraged participating students to try to lift them, demonstrating the physical weight of water.

The walk was a national initiative from the Montessori Society of Canada which encouraged Montessori schools across the country to participate in events that brought children's rights to the limelight.



Mayor Jim Watson and MP David McGuinty speak with OMS students
Photo credit: Ottawa Montessori School

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Vincent Massey Public School

Vincent Massey unveils its first naturalized playground

OCDSB news release

The wait is over! After more than a year of planning, promoting and eventually winning \$90,000 in the Aviva Community Fund competition Vincent Massey Public School is about to unveil its first naturalized playground.

The Kinder Garden playground is a naturalized space that will focus on encouraging physical activity, mental stimulation and improved social skills. The plan is to include activity tables, sitting stones and a “no mow” area to attract bugs and non-cultivated plants. Principal, Katia Sioufi says, “Each element of this project confers unique benefits. Increased naturalization fosters inquiry learning among the children, and will also improve concentration, reduce

stress and improve overall mental health. While, painted asphalt games and play areas will improve literacy, numeracy, creativity and increase physical activity. Instead of a traditional play structure, areas have been created that will help children develop physical strength, coordination and balance, as well as a variety of social/cognitive skills.”

Ms. Sioufi added, that this undertaking has been a genuine school community effort from start to finish and that commitment continues as the school greening committee plans to assist with maintaining all naturalization aspects of the Kinder Garden area.

The proud principal says, “Some of the aspects of the naturalized space cannot be seen by the eye but



The extremely proud Vincent Massey ribbon cutting team of Morgan MacNeill, Jen Blattman, Kelly Hamilton, Janice Dahms, and Cheryl Khoury
Photo credit: Jeff LeBlanc

rather can be felt in the spirit of the children who will now have a place to play that builds the kind of free-and-easy, try-it-out, do-it-yourself charac-

ter that children need to boost their belief in themselves.”

The official ribbon cutting ceremony is scheduled for Tuesday, November 18, 2014 at 1:30 to 2:15 pm. The school is located at 745 Smyth Road. This is the first time the students will get the opportunity to play in their new garden.

Vincent Massey is a Junior Kindergarten to Grade 8 school with a current enrollment of about 713 students, representing over 50 countries and a range of socio-economic backgrounds.

For more information please contact: Principal, Katia Sioufi at 613-733-5955 or Sharlene Hunter, Communications Officer at 613-596-8264.



Ahoy!
Photo credit: Carole Moulton



Welcome everyone
Photo credit: Jeff LeBlanc

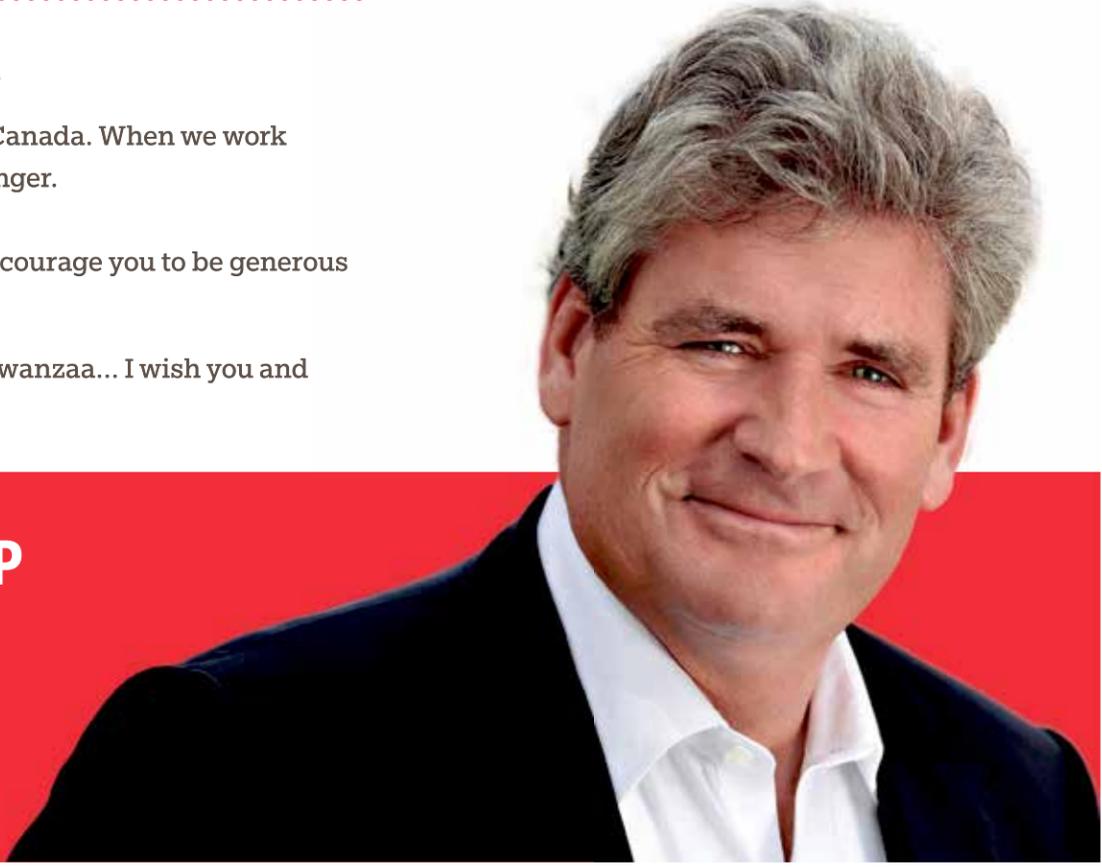
May the joy of the season be with you

I want to wish you all the best this holiday season.

We are blessed to live in the greatest province in Canada. When we work together, we help to make this province even stronger.

That is why, this holiday season, I would like to encourage you to be generous in helping those less fortunate than yourself.

Merry Christmas, Happy Hanukkah and Happy Kwanzaa... I wish you and your family all the best this holiday season.





John Fraser, MPP

Ottawa South

1795 Kilborn Avenue, Ottawa, ON K1H 6N1
 T: 613-736-9573 | F: 613-736-7374
 jfraser.mpp.co@liberal.ola.org

Tree Planting
Continued from page 1

Fortunately, it didn't take concerned residents long before they acted. The Blair Court-Station Blvd. Tree Revitalization Project was one such initiative, and what a success it has been for everyone involved.

It was approximately 2 1/2 years ago, when Ottawa Community Housing began removing the ash trees from along Station Blvd. Twenty seven trees had to be removed from the Blair Court property alone.

Unfortunately OCH is still removing trees from many of its 160 communities, and currently is not in a position to replant. Some tenants of Blair Court, however, plus a number of nearby community members, and the greater public soon became interested in what



That is one great tree to move
Photo credit: Anna Nitoslawaska



Watch them grow!
Photo credit: Anna Nitoslawaska

could be done to help bring back trees to this well travelled street.

There is a proverb that notes, 'It takes a village to raise a child'. Well, in the case of this amazing project, it took the concerted efforts of, what could amount to a small village of great people, to plant a variety of trees on the Blair Court Community property. And it happened this way.

Earlier in 2014, the Board of Directors, tenant group members and community residents supported to submit an application to OCH under their Community Capital Fund for tree planting along Station Blvd. A tree planting committee was created to help coordinate the initiative, and important input was given by OCH.

The Blair Court community tenants group has been successful over the past 3 years in securing funds

through the OCH-Community Capital Grant to perform neighbourhood beautifications such as repainting the fences, putting up a new sign in front of the community house, adding 4 benches and planting multiple garden beds along Station Blvd. In March, the community house, along with the tenant group put forth an application to OCH under the same stream of funding so that they could begin to replant trees in the Blair Court community and continue to beautify Station Blvd.

The Blair Court community also approached the Riverview Park Community Association at the be-

ginning of 2014 to become a partner in this worthwhile endeavour. A letter of commitment was provided by the RPCA for the application, and the association generously donated \$1,500. The RPCA invited members of the Blair Court community to their Winter Carnival to advise and engage the public in the tree planting project with Lisa Quesnel and her children, Cory, Samantha, and Charlotte braving the February 2nd cold, to help Blair Court Community House spread the word.

Several meetings were held, and

Continued on page 25



We're ready!
Photo credit: Carole Moul



Before the work begins: a gathering of many of the tree planters
Photo credit: Anna Nitoslawaska

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More team effort at work
Photo credit: Anna Nitoslawaska



Just some of the Health Canada Team making a difference.
Photo credit: Anna Nitoslawaska

What was on *your* wish list?

by Maria CampbellSmith

For families who celebrate Christmas with little ones in the mix, this is the holiday of joys and toys. As my son begins to build his wish list, I caught myself grinning and recalling toys that I had wished for when I was young. And what did my own parents ask from Santa decades before that? Before I knew it, I was researching toy manufacturers and sales records through the past century. I discovered the big toy innovations and “hottest toys” through the generations. **Were any of these toys on your wish list?**

In the early 1900's, children in North America played with marbles, tops, kites, Teddy Bears and Kewpie Dolls. Radio Flyer red wagons began, and so did Crayola crayons. Children begged St. Nicolas for Mecano Sets and baseball cards.

In the 1920's, the Teddy Bears and dolls became musical and mechanical. Lincoln Logs and Tinker Toys captured young imaginations, as did Lionel Electric Trains and brand new Mickey Mouse dolls and cartoons.

The Great Depression meant lean, mean times for many folks but Santa still tried to thrill little ones with die cast cars, Shirley Temple dolls, comic books and Duncan Yo-

Yo's. Did you know that Fisher Price Toys, Monopoly, Sorry and Scrabble were all created in **the 1930's**? In Toronto, Donald Munro had to be his family's thrifty Father Christmas and invented table top hockey (aka rod hockey) which went on to be a big seller for decades!

Children in **the 1940's** put newly invented Lego blocks, Tonka Trucks, Silly Putty and Slinkies on their wish lists. The **1950's** offered Mr. Potato Head and Barbie dolls, hula hoops, frisbees and Play Doh.

Electricity became a more dominant feature of toys by the **1960's**, seen in hugely popular toys like Easy Bake Ovens and Lite Brite Games. Etch-a-Sketch, Slip n' Slides and G.I. Joe figures were also very popular and board games added The Game of Life, KerPlunk, Operation, and Twister!

Kids in the **1970's** put Rubik's Cubes, Nerf Balls, Playmobil and Hot Wheels Race Sets on their wish lists. Sesame Street toys, Barbie accessories (homes, cars, yachts) and Star Wars figures boomed! You could also play with skateboards, Pong, Battleship, or Dungeons and Dragons. (You are grinning right now, aren't you?)

Trends grew to a fever pitch with toys of the **1980's** like Cabbage Patch Dolls, Care Bears, Transform-



These toys once came under someone's tree
Photo credit: Carole Moulton

ers, and Teenage Mutant Ninja Turtles. Thomas the Tank Engine toys sold like hotcakes, based on storybooks written decades earlier. Trivial Pursuit, Jeopardy, and Nintendo Games were even on the grown ups' wish lists!

Cartoon and toy cross-overs continued in the **1990's** and Santa's sack was stuffed with Barney Dinosaurs, Beanie Babies, Teletubbies and Tickle Me Elmo's. Leap Frog learning games, Buzz Light Year, Power Rangers and Game Boys brought delight. So did Rollerblades and Pokemon cards.

Wish Lists in the **2000's** begged for Bob the Builder, Dora the Explorer, Bratz dolls and Harry Potter. Remote control pets and dinosaurs excited kids **and** their parents. Today, Disney movie merchandise has legions of fans, and Wii, X-Box, Play Stations, Nintendo DS and iPads dominate the game world.

Santa may or may not be online. He continues to laugh and listen patiently to children at the mall. The joys and toys of Christmas still abound, and as the next generation compiles their wish lists, it is fun to look back to ones from the past.

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Houseplants and their common pests

by Fran Dennett

It is that time of the year when the garden has been abandoned to the coming winter but people still want green plants or preferably flowering plants in their homes. So we turn to the world of houseplants. The plants we call 'houseplants' come from countries that are tropical, i.e. they NEVER have frost or snow. They may have coolish nights but never below freezing. Also, with the advent of tissue culture, plants can now be reproduced cheaply and, for the most part, sold fairly inexpensively. The downside is that the selection of houseplants tend to be ho-humy, unless you attend, for example, the Ottawa African Violet Society or the Ottawa Orchid Society shows and sale where you can buy unusual African violets and other gesneriads or orchids other than what the big box stores or grocery stores offer.

When you purchase a houseplant especially in the winter, they must be well wrapped to transport home. A few minutes in the cold is enough to turn all a houseplant's leaves yellow. This will not happen immediately but may be a week or more after you bring it home and then you blame it on the store because your did nothing wrong! Some houseplants are so sensitive to cold that it only has to be about 4°C for this to happen, forget about the temperature being below zero or colder. So wrap well any houseplants you buy in winter or spring to transport to your home.

When you arrive home, isolate your new houseplant from all other plants that you may be growing. This is so you do not introduce pests into your plant collection as they are VERY hard to eradicate. The new houseplant should remain in isolation for at least two weeks while you monitor for any pests on the leave, stems and soil. If they

prove to be 'clean' then place them among your other houseplants. I will discuss houseplants pests below.

Winter care: November and December are the usual months when houseplants rest because the days are short with little natural light. As the days lengthen, active growth picks-up and you will see new growth. March through October are the active growth months and your should fertilize during these months. I prefer water soluble fertilizer following the directions on the container. Never fertilize when the soil is dry. Always water first, wait a few hours then water again with fertilizer in the water. Choose a fertilizer with a high first number (N for nitrogen) for green non-flowering plants. For flowering plants choose a fertilizer with a high middle number (P for phosphorus).

Repot: Most houseplants need repotting every 2-3 years or when they are root bound or have stopped flowering. The soil becomes depleted of organic matter and needs replacing. Remove the plant from its pot, discard any old dead roots, root prune if you want to keep the plant in the same pot. If the plant is getting too big you may want to repot it in the next size pot. I prefer to plant my houseplants in a pot with drainage holes and then place them in a decorator pot without holes. That way the plant never has soggy roots and there is a good exchange of air when you water your plants. Also they look good.

Light: Some times you have no choice because of your location, e.g. in an apartment. Then you buy plants that are suited to your light conditions. Plants that are low light requiring can be in a north or east facing window or grown three feet from a very brightly lit window. Flowering plants do better in a west or south facing win-

dow but not in direct sunlight, except for maybe cacti which will take as much sun as you can give them. Light is reduced with distance from a window, also if there are curtains. Remember in the hot summer plants in west and south facing window plants could get burned and should be moved back. Usually plants tell you if they are receiving the right amount of light. If the leaves pointing up as if reaching for light they probably need more light. If they are horizontal they are receiving the right amount of light. If they are downward sloping they are probably receiving too much light.

I have zero tolerance when it comes to bugs on my houseplants. Ninety percent of the time insect infestation is preventable with observing simple precautions.

New Houseplants—as I said above, should be quarantined for at least two weeks when brought into the home from any source. Then check very carefully for insects before placing new plants among other plants in your home. This is the #1 cause of pest infestations in homes.

During summer do your houseplant care in the morning before going outside to work in the garden. This helps prevents insects from hitching on your clothes into the house.

TLC—healthy plants are more capable of resisting attacks from pests than sick plants. Remove old, yellow or diseased leaves, clean dirt and dust from leaves with warm soapy water (1 tsp. soap/1 litre water) after 15 minutes rinse with clear water. Wash large plants in the shower during the winter. Allow the leaves to dry out of the sunlight to prevent leaf spot.

Control—Harsh chemicals are no longer available in Ontario. Which is good because that means the air you breathe is cleaner. One of the reasons we grow houseplants is to clean the air. Whatever you do, you have to hit the insect to kill it. Spraying willy-nilly does no good. Try these remedies:

-**Soap & water:** soap (not detergent) blocks the breathing pores of insects and they suffocate. Since most of these pests reproduce about every seven days repeat the treatment every 7-10 days until all insects and eggs are killed.

-**Rubbing alcohol** melts the waxy coating of insects causing death by dehydration. Apply straight from

the bottle with cotton swab and touch the insect.

-**Chemicals**

for houseplants are **no longer** available in Ontario, except those from the Safer Company. If you buy these products follow their directions.

Identification—know thy enemy—be able to identify the invader, then you know how to control the infestation. There are about eight common houseplant pests. If you use the internet, google the names below to see what these pests look like.

Spider Mites (#1 pest) are tiny reddish-brown relatives of spiders (use magnifying glass to see them). They suck on underside of leaves creating pale spots on the upper side of leaves. Eggs and mites are covered with fine webs which protects them from water spray and in large numbers their web can cover the leaves. The plant looks sick. Spider mites thrive in our dry overheated homes. They are very difficult to eliminate so it is almost better to replace the plant and save yourself work.

Control: a weekly shower, and raising the humidity will keep spider mites in check. These pests are very common outside as well, so be careful not to bring them inside on your clothes in the summer.

Susceptible plants: ivy, palms, Schefflera, mums, miniature roses, impatiens and many others.

Aphids are small sap-sucking green, gray, or orange insects, which line up or cluster on stems, leaves, buds or any soft tissue. They produce a honey due which ants love.

Control: these sucking insects do not move much and are easy to kill, but being highly prolific (a new generation every 7-10 days) repeated applications is your main line of defense once you have an infestation. Soapy water or insecticidal soap are very effective.

Susceptible plants: almost any plant with soft tissue.

Mealy bugs are pink or gray insects with a protective, waxy, white coating which resembles cotton. They do not fly but creep through a houseplant collection. Their eggs are also laid in cottony, waxy sacs in the leaf axil and other hard to reach places and hatch in about 10 days. Females lay eggs



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Continued on next page

From previous page

in strange places (nearby furniture, drapes, under window ledges) which is why they are hard to control so clean the plant and then the room! Some mealy bugs infest roots making the plant look weak and yellowish so unpot and check roots. Root mealy bugs are almost impossible to eliminate.

Control: spray with soapy water or insecticidal soap and rinse with fresh water after 15 minutes. Try drenching the soil with alcohol and water mix for root mealbugs.

Susceptible plants: almost any plant.

Scale are related to mealy bugs except they have a protective, hard shell resembling bumps. If your fingernail dislodges it, it is a scale not just a bump on the plant.

Control: the shell protects it from everything so to remove each scale dab it with a Q-tip dipped in alcohol causing the scale to dry up and drop off—tedious but effective.

Susceptible plants: orchids, bromeliads, ferns, hoyas, bay laurel.

Thrips are tiny, black/brown, wingless minute insects which

leap from leaf to leaf rasping the tissue then sucking the sap. Some infest flowers and soft tissues, others infest greenery causing spots and distortion resulting in silvery to whitish lines or marbling over the leaf surface. The underside of leaves may be sticky due to the plant sap oozing out. If in doubt, blow on the plant as thrips run for cover when breathed upon.

Control: not easy as they burrow into tissue and require repeated treatments to guarantee elimination; try soapy water or alcohol. Consider replacing plants. I check each leaf on my Hibiscus and remove it if infected. I usually find thrip present in the fall so removing the leaves on an Hibiscus is ok, as they all grow back.

Susceptible plants: fuchsias, begonias, hibiscus, Christmas cactus.

Whitefly are tiny white flies flitting from plant to plant, sucking on the underside of the leaf.

Control: treat in early morning before they become active or at night as they are less likely to fly after dark; try sucking them up with the vacuum; be persistent as they reproduce every 7-10 days, eggs are dots on underside of the leaf; wipe leaf with soapy water/alcohol mixture.

Plants: fuchsias, geraniums, hibiscus, coleus, lantana, herbs.

Springtails are white grub-like insects which spring up when watering infected plants. They are essentially harmless but indicate your soil is alive and well.

Control: keep top inch of soil on the dry side to kill springtails, or drench soil with hot water/alcohol in the morning. When watering be careful as they can spring into to your watering can which will then infect you next plant with that water. I have been watering my house plants with leftover tea including the leaves which have created a mulch on the top of the soil and have not seen any springtails.

Susceptible plants: not on the plant but are indigenous to the soil. They may come with a new package of potting soil. So be vigilant!

Fungus Gnats are annoying black flies that buzz about you and your plants especially when you water your plants. They live in the top inch of soil where they lay their eggs which become tiny white, thread-like grubs that feed on feeder roots and chew larger roots in the soil. They usually appear when soil is cool and damp. Use tea leaves (see above).

Control: keep top inch of soil on the dry side, or place ½ inch of sand on the top of the soil in the pot to keep pest under control. You can drench soil with hot water to kill grubs.

Susceptible plants: fungus gnats are pest of the soil rather than top parts of houseplants.

If you are growing a lot of houseplants find yourself a good houseplants book or go to the library and check one out.

For help with any garden problems—indoors or outdoors—call Master Gardeners of Ottawa-Carlton:

Telephone Help Line at 613-236-0034 on Wednesday or Thursday between 1-3pm

E-mail Help Line (monitored daily): mgoc_helpline@yahoo.ca

Check out our website at <http://mgottawa.mgoi.ca> for information on our free garden newsletter Trowel Talk, The Edible Garden (a monthly guide to growing vegetable) and other gardening information.

Hope you found the information on houseplants useful. I enjoy any feedback.

Merry Christmas and Happy New Year.

Fran Dennett

Councillor Jean Cloutier

Continued from page 7

“I have been to Eastway Gardens to personally observe the LRT construction work underway, including the impacts of the Belfast Road closure. Clearly, a project of this magnitude will affect neighbouring residents. It is indeed a difficult and trying time. I am committed to continuing the extensive communication program currently utilized to keep Eastway Gardens residents informed of potential traffic and construction impacts as the project progresses. Further, I will be meeting with residents of Eastway Gardens to discuss their concerns and address their needs.”

11. Ottawa's long-term debt doubled in the past four years (The Citizen, Oct. 23). Are national governments somewhat responsible for this by passing down costs to Ottawa? Is the rising debt sustainable considering future high costs of light rail and questions arising on federal and provincial contributions to light rail's second phase.

“First, since publishing Oct. 23, the Ottawa Citizen updated its article, reporting the long-term debt

correctly at \$1.6 billion. Long-term debt as stipulated in the Municipal Act funds only construction or major road improvements, but not programming or services on the operational side of the budget. As with phase 1 of the LRT project, when the time comes, funding from our federal and provincial partners needs to be secured for phase 2. Publically, Ontario Premier Kathleen Wynne has committed to supporting the next phase and it will be important for the federal government to invest as well. With the federal election looming next year, this could very well be a local election topic.

12. Will you continue to hold a corn roast for children in Balena Park?

“Without a doubt! I fully believe in continuing these traditions and am committed to bringing the community together for various events over the next four years.”

13. Should Ottawa become officially bilingual French-English?

“I support the current policy of bilingualism in the City of Ottawa. As a francophone, I always ask for and receive services in French from the city. Moving to official bilingualism, however, will mean greater costs for the city, and the benefits are difficult to measure.”

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Computer Tips and Tricks

What's my computer up to when my back is turned?

by Malcolm and John Harding,
of Compu-Home

Early this fall there was a great hubbub in the news about many show business personalities finding embarrassing photos of themselves on the Internet. We suspect that not many of our Tricks and Tips readers – and certainly not ourselves – would be in danger of THAT kind of “exposure” but there is a lesson here for all of us nevertheless.

It appears that the photos in question were made public by a hacker, who had broken into the iCloud accounts of the victims and stolen the files. iCloud is a service from Apple, which synchronizes with your computer(s) and mobile devices and backs up files to a remote storage facility, generally referred to as “the cloud.” In case your computer breaks down or is stolen the files are not lost forever, because you can download them to a new device. iCloud is only one of many cloud backup services; we have discussed several of them here in the past.

Now here's the rub: many of the victims of the embarrassing-photos scandal said that they were not aware of the fact that their computers were synchronizing with iCloud, or anywhere else, for that matter. Like many utilities nowadays, these services are automatic and very unobtrusive, and often free. Sometimes they are even set to operate by default on a new machine, without any notice. They go about their business for months or years with no fanfare and no need of any input from their human masters.

Now, you may not be worried about your nude photos appearing on the Internet. The fact is, however, that it really is essential that you make yourself familiar with all of the automatic processes going on in the recesses of your computer, for at least two important reasons:

FIRST: Your settings for these utilities might not be exactly what you thought they were. Whether you are backing up to the cloud or to your own external storage

device, you must be certain that all of your important files are included, or not included, as the case may be. Many people set up their backups to include their documents, but don't realize that they have omitted their email messages and address books, or tax data. Worse, the backup device can stop working altogether, for a variety of reasons, and you might not realize it until disaster strikes, months or years later. Anti-virus programs (even the free ones) have to be renewed yearly and if you miss the reminder, you may wind up not being protected.

SECOND: In the event of a failure, theft, malfunction or virus attack, you will have to use the rescue capabilities of these utilities to get yourself back in business. Some backup software is notorious for being obscure and unfriendly when you need to use it to restore your data. Virus protection utilities often offer choices when they are reporting a virus attack, and it is comforting to be confident that you are taking the right action.

We strongly suggest that you test and experiment with your automatic utilities periodically at times when things are not in the dire-emergency status. Make notes. Record passwords. You may often discover that an automatic update to the software has changed a procedure, and you have to click in a different place from last time.

If you stick with our advice, the *National Enquirer* will never come calling!

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

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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 27

SUDOKU

3		2		1		5		
			5					1
6	1			8		2		
		1	9					6
	6	4				3	9	
8					2	4		
		9		6			2	8
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Tree planting**Continued from page 20**

as news spread, excitement was building for the tree-planting project. As we got closer to the fall planting date, we received wonderful news that a branch of Health Canada was going to become involved through a match of the Government of Canada Workplace Charitable Campaign and the OCH Volunteer Engagement Program. With this new addition of resources, we knew our project was bound to be a success.

Anne Lapierre was the organizer for Health Canada's Pest Management Regulatory Agency team and was responsible for sending out the message to recruit volunteers from their branch for the Blair Court project. On the morning of September 30th twenty-five enthusiastic employees from Health Canada arrived on a yellow school bus, dressed for the cool damp weather and ready to work. For 2.5 straight hours, all volunteers as well as support staff from Ottawa Community Housing and the community house worked together. Once they were done, twenty-two beautiful trees were planted along Station Boulevard.

"The participants from our branch were quite thrilled by the end of the day, and were pleased to help out in the community," Anne Lapierre noted recently, as she told how the same team of great volunteers continued onto another project in the afternoon.

Canadians are well known for giving of their time to the betterment of their communities. Blair Court wishes to thank everyone who came in on this Tree Revitalization project and made it the huge success that it was.

3 Sisters**Continued from page 17**

Sisters Bake Shop at 1791 Kilborn Avenue. While you may not know the owner Rosemary Brazeau, you'll be glad you dropped in for treats and hospitality that are second to none.

Humour comes easily to Rosemary as she shares the 'vision' that came to her as she pondered about the empty storefront of 1791 Kilborn.

Her background was originally in social work, as Executive Director of the Food Bank, along with Greg Joy. In between sales and marketing, Rosemary had a daughter Kaitlan and son Blake; although from listening to her involvement as a Little League parent, and on School Parent Councils, the term 'stay-at-home-mom' could never come to mind in describing her time spent between her actual 'working years'.

In 2008, her long term employer was affected by the economy downturn in the United States like many others, thus Rosemary decided to reinvent herself; soon discovering that the skills she had already acquired over the previous 15 years were the same necessary ingredients that she could use to start her own shop in 2011.

Success came early. On Day One, not only did friends and neighbours of *The 3 Sisters* drop by for a coffee and dessert, but they also they made the place so popular that it had to be closed after only a few hours, since unfortunately they ran out of all of their delicious food. Great family and friends were all helping with the line-ups that went out the door, but soon all of them were overwhelmed as well.

"We opened on my daughter's birthday, June 7th 2011, and before

the end of the day we were wondering what we had done, and what we should do. So, as fast as we could, up went the newspapers over the windows, and up went a sign that had 'Tester Day' in big letters, then three days later we were ready to take on the overwhelming numbers of customers," shared Rosemary recently.

By this time, however, the neighbours and customers had already decided that *The 3 Sisters* should serve lunches. So three weeks later, with new equipment and more staff for the task at hand, Rosemary and *The 3 Sisters* began serving lunch- with their mainstay Dynamite Paninis becoming a huge hit.

Over the past few years, as customers and neighbours have become friends, suggestions have been made and followed as much as possible. More specialty coffee and teas, ice-cream, being open on Mondays have been requested, and the list goes on, although the continued request from customers for "more tables" is just not logistically possible at this time.

Celebrations are important at *The 3 Sisters*, and here is one place where folks of all ages can join in the fun for such occasions. Just recently 1791 Kilborn was the home of an exciting Halloween Party, where visitors to the bakeshop were given and devoured well over 225 freshly baked cookies and over 100 mini icing clad cupcakes- with hardly a crumb left anywhere in the shop at the end of the day. Coffees and teas were provided to the partygoers free of charge for the partygoers as well, while many others treated themselves to, and enjoyed the tremendous variety of delicious goodies, including gluten free and vegan.

Local resident, Geoff Radnor, noted that he initially drove by and saw the great Halloween decora-

tions outside, thus he and wife Elga, went in for "one of those special tarts" and one of the shop's great coffees.

"We enjoyed them immensely," he recently commented, thus their return visit for the October 25th party.

Another new customer commented as she flew out the door, "I've never been here before. The food is outstanding. I'll be back!"- which must be music to the ears of the staff of nine.

The holidays are coming, and so will party time all over the city, but no more so than at *The 3 Sisters Bake Shop*. Rosemary is already in planning mode for the event, and early in December colouring contest entrants will begin having their work posted and be treated to a free cookie!

Listening to customers has continued to be important to Rosemary Brazeau, not only those who live nearby but others who don't live so close to the bake shop, but travel to enjoy the marvellous selection of goodies. And now, it should come as no surprise, that a number of them would like *The 3 Sisters Bake Shop* in their neighbourhood as well.

As yet, Rosemary has not nixed any request to change location, which gives hope to those of us who would love to see *The Three Sisters Bake Shop* closer to our own communities.

The holiday season could be one of the best times of year for making a Wish List, when people write down their visions for the coming year.

Perhaps asking for *The Three Sisters Bake Shop* in your own neighbourhood should go right near the top. One can only hope that Santa and Rosemary might take this request into serious consideration.

food and the environment. We also held a workshop where we learned how to manage garden pests, from fungus to insects to rodents in environmentally friendly ways. We have had our share of challenges, but have found it beneficial that gardeners will research the problem, be it an insect or a blight, and share it with each other. The garden is a very pleasant peaceful place to be on a warm summer's evening, whether you are alone or by chance you meet other gardeners there.

If you would like to join us next year, or you would like more information, please don't hesitate to contact us by email at trinity.garden@rogers.com or look for us on Facebook at Trinity Community Garden.

Community garden**Continued from page 12**

harvesting their own plots. This past season there were 28 gardeners, and we are happy to say that there are still vacant plots for those who wish to join us in 2015. We will hold a registration and information meeting in April. If you would like more information prior to that you are welcome to email us at trinity.garden@rogers.com.

The garden received a grant in it's initial year from the Community Garden Network administered by JustFood, but since that time we have managed to be self sufficient. The plots are 20 feet by 4 feet and can be rented for \$25.00. In addition to the plot fees, we have held a

successful plant sale in the community each spring. Gardeners voluntarily split their own perennials to be offered for sale. We are thankful for the support of this paper and its advertising that has helped to make our fundraising efforts successful. From these two sources of income we have been able to acquire mushroom compost each year and reimburse the church for the water costs. We have also been able to purchase tools for the gardener's use.

The benefits of being a member of the community garden are many and varied. Primarily of course, is the ability to grow and then eat, fresh organic produce. Growing one's own food in the company of others offers the additional benefits of having the opportunity of

seeing and perhaps trying something new that someone else has grown. We also learn from each other through observation and directly from the tips offered by the more experienced gardeners. The garden fosters community through a number of events. The gardeners come together to prepare the plots, to do general garden maintenance and to ready the plots for winter. On these days we share delicious pot luck lunches, which often contain dishes made from garden produce. This summer we were also fortunate to be able to host two events put on by JustFood. A fun Children's day event was held which was open to all children in the community where they could participate in games and activities that taught them about gardens and

The Ottawa Hospital Community Advisory Committee

Safe and healthy travel

by Helen McGurrian

This column summarizes some key points of a presentation from a Department of Foreign Affairs and International Trade (DFAIT) representative at the Fall meeting of the National Federal Retirees Association. Please go to DFAIT's website www.travel.gc.ca for complete information especially if you plan to travel abroad.

1: Plan your trip BEFORE making travel arrangements. Check DFAIT's website on the Risk Rating for the country (or countries) you will be visiting. If travel is not restricted, follow DFAIT's health recommendations re immunizations, medicines to take, have a medical exam by your family physician who may need to fill out a health questionnaire for your travel health insurance.

NEVER travel without extra travel health insurance. The rule of thumb is: "If you cannot afford to buy travel health insurance, you CANNOT afford to travel." Make sure that the health insurance policy you buy covers Medical Evacuation Costs, and provides you with access to 24/7 phone assistance from the country you will be visiting. Health insurance companies require prior notification if you are seeking medical assistance and may direct you to which facility to go to for treatment. Read the FINE PRINT of what is covered and not covered in your policy: note clauses on treatment for Pre-Existing

Conditions and Stability Clause requirements. Depending on the pre-existing condition, Stability Clause periods may range from 90 days to 180 days. Stability Clauses mean no change in health status, treatment, medications etc.

2: Register with DFAIT as soon as you have decided on your trip (you can do it on-line). Get the contact numbers for the Canadian Embassy or Consulate offices in the country you are visiting. Make a copy of the identification page of your passport for your family (and one for yourself). If any emergency situations occur, whether a natural disaster, or health crisis, DFAIT will have you on its list of Canadians in the area, provide advice and assistance and be the link between you and your family.

Around 85 percent of Canadian travellers, go to these countries: United States, Cuba, Mexico, Dominican Republic, and the United Kingdom. The average age of a Canadian traveller is over 54 years of age.

Did you know that OHIP does not cover ambulance and paramedic services in other provinces? There may be other medical expenses not covered by OHIP or not completely covered as other provinces may have different fee structures than OHIP's. If you are planning a long visit to another province, it might be wise to check up on what extra travel health insurance you may need.

The Ottawa Hospital (TOH) update on Emergency Department patient flow

by Helen McGurrian

Improving Access to Care and Quality of Care in ED

Patient Flow through TOH's Emergency Department (ED) which includes both the General and Civic EDs is an on-going challenge. In the past year, 85 percent of patients in Emergency were considered "high acuity", that is they ranked in the top 3 of 5 triage categories for emergency priority. TOH sees more acutely ill patients because of its many specialists and because of an ever-increasing aging population with multiple chronic illnesses requiring complex medical care. Last year, 75,000 patients were seen at each campus; everyday on average 57 ambulances arrive at each campus, this count does not include ambulances transporting patients from other hospitals for admission to TOH, or tests, or treatments. In the past three years, there has been on average a 5 percent increase in patients seen at the Civic and an 8 percent increase at the General. Despite these numbers, in that same 3 years, TOH has managed to reduce the average wait times for admission or discharge of patients from 47 hours to 30 hours. "Patient off-loading" (a term used to describe the transfer of a patients from Ambulance to ED), averaged 100 minutes wait at the Civic, and 60 minutes at the General. Ambulance staff must stay until their patient is transferred onto a TOH ED stretcher. Today, the average "off-load" is 40 minutes at the Civic and 30 at the General.

Quality of Care ratings have improved significantly in Pain Management and satisfaction with Nursing Care. A Target Sepsis Protocol has been established on signs to monitor in suspected Sepsis (an acute response to infection that can cause

organ failure) so antibiotics can be started ASAP as each hour antibiotics are delayed increases the risk of death. Mortality rates have dropped from 31 to 17 percent. In all of these areas, TOH ranks higher than the average Ontario Hospitals' average.

Ebola – and TOH ED Preparedness

Fortunately media reports of a possible Ebola case at the General ED turned out to be false. It did give staff the opportunity to use TOH's Infection Control Procedures that had in fact been recently updated and practiced by all ED Staff. Ottawa Public Health and TOH are working together to educate all regional hospitals and health care organizations on screening for Ebola; the most important is Patient Triage in EDs particularly the TRAVEL HISTORY of the patient: if recently returned from an African country affected by Ebola, that is the key alert.

Protect yourself and your family from the more likely scenario of catching this year's flu variety. Visit www.ottawapublichealth.ca for information on clinic dates and sites (site will also provide updates on Ebola). For Riverview Park residents, you can get your flu vaccine right here at Shoppers Drug Mart at the Alta Vista Plaza, no appointment necessary.

I wish to thank Yvonne Wilson, Clinical Director, TOH ED, for her presentation. And my heartfelt thanks and appreciation to ED physicians, nurses and staff. You are truly a dedicated group.

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



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TOH CAC continued

Champlain Community Care Access Centre (CCAC) Continuing Care For All Ages

by Helen McGurrin

The Champlain Community Care Access Centre (CCAC) is a key health care provider in our area; it connects people of all ages to health care services and community resources. The CCAC is the ACCESS centre for home care, long-term care, respite care, geriatric assessment, adult day programs, and assisted living services for high-risk seniors. The CCAC team includes nurses, personal support workers, social workers, physiotherapists, occupational therapists, nutrition counsellors and speech therapists. The CCAC also provides and delivers medical supplies and equipment required for clients' care.

In 2013-2014, the CCAC served 59,126 clients, of whom 60 percent were over 65, and 24 percent over 85 years of age. In the last 5 years, there has been a 13.2 percent growth in the number of clients. Hospitals have on-site CCAC Care Coordinators to help plan a patient's return home to a safe environment with the required continuing care to avoid rehospitalisation. In cases of seniors with many chronic illnesses, including mobility problems, and/or dementia, the CCAC has to coordinate multiple community resources. As well, the health (physical and mental) of a senior's caregiver (usually the spouse) requires discussion with that spouse and factoring in that person's needs in the care plan.

The remaining 40 percent of clients have even more complex health issues to deal with. Speciality Programs costs went from \$500,000 in 2009 to \$2.7 million in 2013. These programs include palliative nurse practitioners, palliative care team, school health

support services, paediatric care, rapid response nurses, mental health and addiction nurses. Other programs, started as trial or pilot programs, have proved so successful that they have become part of the Speciality programs: fluid drainage from lungs in cancer patients, negative pressure wound therapy, Intravenous Therapies, and home dialysis.

Another pressure point for the CCAC is Same Day Referrals; in 2009/2010, referrals accounted for 10 percent of all referrals, now they account for 35 percent. Although the CCAC has assigned Rapid Response Nurses to deliver the care the patient requires, it is still on the hook to obtain and deliver supplies to the home at a much higher cost after hours and on week-ends. To reduce Same Day Referrals, CCAC now works with community centres, family medicine teams and schools as well as hospitals.

Anyone can refer someone to the CCAC, however, priority is obviously given to the more urgent cases, so there may be some wait times for less urgent cases. The CCAC phone number is 613-745-5525; its website www.champlain.ccac.ont.ca My thanks to Sophie Parisien, Director of the CCAC Clinical Services for her excellent presentation to TOH Community Advisory Committee. You can contact me at hbmcgurrin@gmail.com or 613-521-0241.

Did you know?

The guitar was the first instrument on which the carol "Silent Night" was played. The carol was first sung as part of a church service in Austria. A guitar was used because the church organ was so badly rusted it couldn't be played.

Auld lang syne means literally old long ago in Scotland.

SUDOKU

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

Sudoku on page 24

Latest News

Continued from page 15

355, 440, 473, 500, 710 and 750mL. Well this simple task of buying 6 beers and getting a good deal was becoming very complicated. Is that all due to Mr. Trudeau and his 1981 metric plan? In the end after much work with my calculator I bought what I thought was a real bargain, 6 bottles @ \$1.97 each of a brand that I had never heard of. It's beer though and it tastes great when it's 31°C (or is that 87.8°F?) in the shade.

If you don't drink beer and prefer coffee, what do you do when you look at the range of sizes of coffee on your supermarket shelf? In just one local supermarket there were 11, yes eleven sizes of coffee. That does not include all the new one shot sizes of which there were so many I gave up. In those, now famous, old days a pound of coffee was just that, a pound of coffee.



How about 250, 300, 326, 340, 343, 375, 400, 612, 631, 930 and 950 grams, not one of them are a 1lb., the metric equivalent being 454gr. So why do the coffee makers throw up so many options? Is it to confuse us if we are doing some comparison shopping?

The same with milk and cream. In the milk fridge there are those nice cardboard Tetrapac containers, but they come in 237, 473, 750 ml and 1, 1.89 and 2 litre sizes. What happened to pints and half-pints? 237 sounds more like a jet made by Boeing than a half pint of milk. It is also very hard to tell the difference between the 750ml and the 1litre size. Then I realized that to sell chocolate milk "on special" for 99 cents the container is cut down in size by the milk producers from the "old" 1 litre size to the "new" 750ml. size

Another example of this nefarious practice is everyone's favourite, Canadian bacon. Suddenly

this year bacon really went way down in price, which is great for everyone, except that instead of the time-old standard package of 500 grams, (well since the 1981 introduction of metrication), it has shrunk to only 375 grams. Wasn't a 1lb a nice size package? Or even a ½lb is OK, but what's this 375 grams? The price \$3.99 looks great though.

We all know there are some great bargains at the dollar stores, where everything was \$1, well they were a few years ago. Now it is up to \$3 but things are still pretty good buys.

The brand names that we are all familiar with are there on the shelves at \$1 or so. However the sizes of the product are not those that you see in the supermarkets, they are a mixture of 273 ml and 432 ml. Some quick instant computing reveals that some of the items are more expensive *per gram/oz.* than at your supermarket. It's better to buy dish liquid on special at Canadian Tire than at the dollar store.

So lets get back to the chicken and the price of gas. After pizza, chicken must be the #2 favourite for dinner at many Canadian homes. We like to compare the prices of this item and buy the best deal available. Usually supermarkets will promote their best deal by pricing items on special per lb. as that price is the lower one compared to the per kilo price. So here is chicken at \$10 a packet in one of our largest supermarkets. "OK, lets get that for the BBQ on Saturday." But what is the actual cost per pound? To find this out you have to take your package of chicken and find a scale, (that the supermarket is made by law to provide) and work it out for yourself. Do you remember the sale price of \$3.99 lb at the other store? So the store is selling it to us by price and not by the per pound price.

Very soon we are going to see the price of gas at 49 cents at most stations here in Ottawa. Wow! what a bargain, hasn't been that cheap since 1979. Except that you only get 419 mls. for your 49 cents. That isn't enough to fill my lawnmower. And BBQ chicken will be 39 cents but that will be for one wing and half a drumstick weighing 237 grams.

Is this all due to us accepting the Metric system from Mr Trudeau in 1981?

To help shoppers looking for bargains on the coffee shelf just remember that one pound (1lb.) is equal to 453.59237 grams.

This beer may make you growl for more

by Bill Fairbairn

If you enjoy a beer but don't know what a growler is, then you should head for the Bicycle Craft Brewery at 850 Industrial Avenue.

Founded by the husband and wife team of Fariborz and Laura Behzadi, Bicycle Craft Beer is an all grain brewery with a line-up of brews. The brewery opened five weeks ago selling four flagship brews. Hopy Velocipede IPA is popular. Pumpkin Spice Ale is a special.

The brews can be purchased in refillable glass containers with a long pedigree. They are called growlers. History tells us that in the late 1800s and early 1900s fresh beer was carried from pub to home in pails. The beer, sloshing around the pail, created a rumbling sound as the CO2 escaped through the lid. Some said the beer growled. There is also a story that suggests growlers are named for the buckets of beer given factory workers before their stomachs began to growl from hunger.

Fariborz's background is not that of a typical brewer. This Iranian who came to Canada in 2002 credits his interest in craft beer to Canada's love of a good brew. His interest expand-

ed while traveling with Laura and sampling brews of the world. With a mechanical engineering background and a love for the outdoors, Fariborz has an eye for detail and a taste for flavourable brews from natural and local ingredients. His favourite is Bicycle's Abyss Chocolate Stout—a rich beer with a hint of cocoa and as dark as an abyss.

Laura has a taste for the outdoors and artisan-crafted beer. Born in Stouffville, Ont., as a nature lover she

would cycle and sometimes call at small breweries. Her favourite brew is the Velocipede IPA, a hoppy and bitter testimonial to the wild places one may discover on a bicycle ride. "Our love of cycling shows from the bike rack outside the brewery. It attracts cyclists such as the seven or eight who refreshed with a swig of beer after a 130-kilometre ride on our opening day, although our brewery is all about great beer and open to everyone."



Fariborz and Laura met at a heavy rock concert. "I fell in love with her the moment I saw her," he says. From that moment they brewed together.

They tried out recipes in their kitchen before opening shop. They recall that brewing smelled up the house. "Not a bad odour," says Fariborz. "No secret recipes," he smiles. "The hops come from a farmer in St. Isadore. The grain is from barley, wheat or rye. Spiced and roasted pumpkin go into one of our specials."

"We are excited by our business," Fariborz says. "The location is great and we are friends with the competition."

The brewery opens four days a week. From 3:30 p.m. on Thursdays and Fridays and from 7:30 a.m. on Saturdays and Sundays. On December 14, from 1 to 3 in the afternoon, there will be a beer and chocolate pairing event featuring their best of brews and Aunt Sarah's chocolates. Tickets available at the brewery are \$15. Eventbrite.com. may help.



For sale: Bicycle Craft Brewery T's



Fariborz with the growler the author bought

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Checking the Mash Tun



This bike has a place of honour.

A bit of aviation history and a plea for help!

by Colin Hine

I have an ulterior motive in writing this month's story for RPR. One of the research projects I am working on at the Canada Aviation and Space Museum (CASM) is to record the history of the B-24 Liberator bomber in the museum's collection. It is an interesting story but there is one technical detail that I have not yet got a definitive answer too and I am hoping that there might be a reader out there who might be able to help me; maybe a resident at the Perley? If you think you can help me please contact me at 613-291-7025.

One of the picture in this article shows the plane's tail gunner turret. The close-up of the windshield shows bearing markers, port (red) and starboard (green). So far I have been unable to determine the precise purpose for these graduations although one suggestion I have received is that they are used as an aid for deflection shooting angle. I would really like to find a definitive answer to this before completing my history document on this airplane.

The Consolidated B-24 Liberator bomber might not have enjoyed the public image gained by its fellow bomber, Boeing's B-17 Flying Fortress, but during the Second World War it proved to be a true work horse performing many roles (bomber, anti-submarine work, and cargo and troop transportation). More B-24's were built than any other American airplane and it outperformed the B-17 on many criteria including speed, range and bomb-load.

Regrettably, no examples of the Liberator bombers remain; the Liberator in Canada's National Aeronautical Collection was donated by the Indian Air Force Museum in an exchange negotiation for a Westland Lysander.

There is a fascinating story of the airplane's return to Canada flown under the code name "Operation Longhaul". The return operation was conducted by an RCAF crew leaving Poona on 5 June, 1968 arriving in Trenton, Ontario on 17 June, 1968 with a total flying time of 69 hours. The journey took the plane though Bahrain, Nicosia, Athens, Decimomanu (Sardinia), Lahr, Prestwick, Keflavik and Goose Bay.

The day following the RCAF crew's arrival in New Delhi they faced difficulties with Indian Customs clearing their freight from bond. India required an import/

export license for the freight, and in addition, an export license for the aircraft, engines, equipment and spares that had been donated by their government to Canada. The crew's flying clothes and personal items were also locked up. Resolution of the problem took an extra day before equipment and freight was transferred from New Delhi to Poona where conversion training was carried out. Training flights took place from 29 May through June 1968 and the first leg of the journey home "a shakedown flight" to New Delhi took place on 5 June.

The homeward flight continued with overnight stops at Jamnagar; Bahrain; Baghdad, Iraq; Nicosia, Cyprus; Athens, Greece (with a one day lay-over); Deci, Sardinia; Lahr, Germany (with one day lay-over to install LORAN); and Prestwick, Scotland. From Prestwick onward the Liberator was escorted by an RCAF Argus. The plan was to first fly to Keflavik, Iceland where the plane would refuel then to continue on to Sondrestrom, Greenland. The Argus, with a heavy load of fuel, remained airborne over Keflavik while the Liberator refueled and planned the next leg of the journey.

After taking off from Keflavik, and rendezvousing with the Argus,



Liberator GR. VII 11130 after restoration
Photo credit: CASM



Liberator GR. VII 11130 rear gun turret close-up showing graduation markings
Photo credit: Bill Upton

Continued on page 35



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Trinity Church stretches out to all, says Pastor Frank

by Pastor Franklin Chouinard

Trinity Church has always had a heart for children; hence their emphasis that “Children are Important People Too”. The focus of the church, though, is not just on children. The congregation is an intergenerational community of people searching for a deeper relationship with God. The search for relationship and for community takes both traditional and non-traditional approaches.

Like most churches, the worship service is an important part of community life. Trinity Church welcomes “fellow searchers” to their 11:00 service each Sunday morning. Someone attending the service will join the congregation in traditional church activities such as singing, prayers, and a sermon-message. The congregation itself is involved in much of the service.

The “Teens Alive” youth group is an important part of the church. Under the direction of Matt Charlebois the young people participate in and lead services on a regular basis. Their leadership extends to challenging the congregation to compassionate living and compassionate giving, as they raise money to support those in

need in third world countries.

Trinity Church has had a number of people visit and share in the past few months. Bob McCroskey, former missionary to Indonesia and the Asia-Pacific region spoke on understanding the Muslim culture; Tim Smith of Mission Aviation Fellowship told of his work in Papua New Guinea; and Dr. Victor Shepherd of Tyndale University College and Seminary spoke on Mary Magdelene.

Non-traditional Sunday activities included the “Ride Your Bike to Church Day” and service on the front lawn and the “Wear Your Team Jersey Day” [in honour of the Ottawa RedBlacks]. The now-annual

Continued on next page



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From previous page

community Friday evening pet play day on the church grounds is a June occurrence. Also on the church grounds: Trinity Community Garden continues to use land provided by the church. Once again this year the garden thrived as local gardeners met to “get their hands dirty” and to grow organic vegetables.

Being part of the community is important to the members and friends of Trinity Church. Each year the congregation takes part in the ALS walk fundraiser. As well, many members of the church (including Pastor Frank) participated in the ALS IceBucketChallenge.

As Christmas nears, Advent Services will be held each Sunday at 11:00 am, with a special emphasis

each week to prepare for and to help celebrate the Christ-event. Of note is the children’s musical-drama presentation of “Fact or Fiction” in the December 14th service, and the candlelight Christmas Eve service at 7:00 December 24.

Information on Trinity’s activities and events can be found on the church web site – www.ottawatrinity.ca – the church Facebook page, or by calling Pastor Frank for information at 613-731-8926.



Happy Holidays Joyeuses Fêtes



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Riverview Alternative School Remembers

by Louise de March, Principal,
Riverview Alternative School

A number of classes from Riverview Alternative School recently enjoyed attending a variety of community events that have contributed to their classroom learning. On November 5th, grades 3 to 6 students enjoyed a trip to the Beechwood Cemetery's Sacred Place for a play presented by Salamander Theatre. The play, **Where Poppies Blow**, is told from the perspective of an 11 year old boy during World War I. As 2014 marks the 100th anniversary of World War I, the play's messages were particularly relevant to discussions at school. Our students asked thoughtful questions of the theatre cast following the performance. Back at school, students engaged in discussions about Canada's past, its place in the world and the importance of remembrance.

Riverview Alternative's grade 5 and 6 students attended a carousel of learning presented by Veterans Affairs and The War Amps at Billings Bridge Shopping Centre for Veterans Appreciation Day on

November 6. Our students also took part in a ceremony of remembrance. This event offered valuable learning extensions to the earlier theatre performance, and opportunities for learning about Canada's past, present and future.

Riverview Alternative School's grade 4 class was very excited when invited to attend a special event at Rideau Hall on November

10th. Their Excellencies the Right Honourable David Johnston, Governor General of Canada and Mrs. Sharon Johnston, invited students to attend the welcoming ceremony for Her Royal Highness The Princess Royal (Princess Anne) and Vice Admiral Sir Tim Laurence on the occasion of their 2014 Royal Tour. Our students enjoyed the many elements of the ceremony

from Her Royal Highness's arrival in an open landau with her RCMP mounted escort, to her inspection of Armed Forces personnel, to the rousing music of the bag pipes! Our students had a wonderful time as honoured guests! It was another opportunity to build on learning supported by authentic teaching moments out in our community.



In front of Rideau Hall. Students admiring the traditional dress of some First Nations guests.
Photo credit: Christine Ploerer (parent)

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Vincent Massey Public School

COMING SOON! A BEAUTIFUL NEW KINDERGARTEN PLAYGROUND

The Vincent Massey Kindergarten students are looking forward to their new playground being completed and open for play!! While the workers are busy preparing the yard the students are watching the "diggers" and making observations about the daily changes! Some of the children have been busy inside the classrooms, planning and creating their own playgrounds with blocks and toy trucks! Thank you to all of our school families and our surrounding community for

YES WE "CAN": V.M. RAISES OVER 1 000 NON-PERISHABLE FOOD ITEMS FOR THE OTTAWA FOOD BANK

This past October, Vincent Massey's Leadership group held a food drive for Ottawa's Food Bank. Our campaign was called *We Scare Hunger*. V.M.'s Leadership group has many local and global goals. The food drive was the first of the local goals to be completed. The campaign started during the first weeks of October. After two weeks we had raised 500 cans of food, including pasta, cereal and other non-perishable items. By the end of the food



Our "We Scare Hunger" tireless organizers

helping to make this happen!

We will have an entire playground of activities to enjoy instead of one play structure. In the photo you can see the beginning of the ship that is being built! If you come to have a peek you will see the beginnings of the hill which will have slides built into the side, the sand pit area and the stage—with more to come!

At the time of writing, the playground's official opening was just about to happen. More new about this later.

Submitted by K. Hamilton, Teacher

drive, October 31, our can amount had doubled! After counting, sorting and packaging the food, one of the Food Bank's trucks arrived at V.M. With the help of several students all 37 boxes of food we're moved onto the truck, along with about \$40.00. We hope that we have helped contribute to ending hunger in the nation's capital.

*Sincerely,
Grace B, Amanda F and Lydia K*

Book Review

Easy is not an option for this rebel spy

by Bill Fairbairn

How to bring down an evil Empire? That's the task the rebels face. So their chief sends his adolescent daughter under a passive *nom de guerre* into its tent to bring the Empire's leaders to their knees.

Life is not easy within the enemy camp for the virtually unprotected daughter of the most notorious rebel leader in the world. When Darion Rhys first takes the identity of Rachel Warner she doesn't understand that she will ultimately be sacrificing her independence, her freedom and her chance at love.

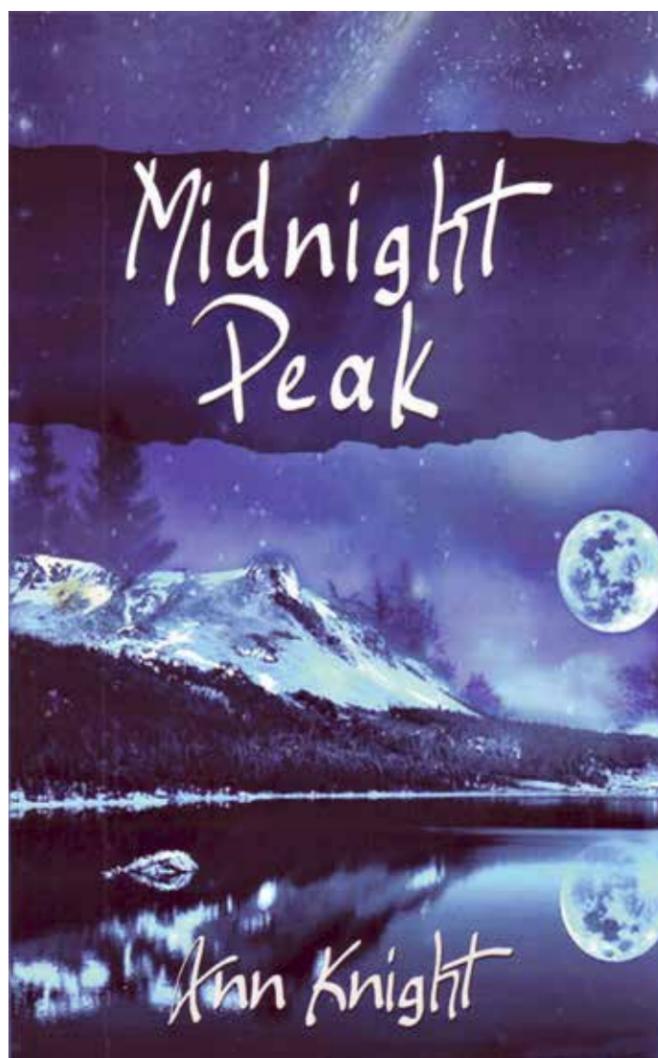
Nevertheless she matures unde-

tected to be trained as a soldier at the Empire's Academy. Her beauty attracts the Emperor's son. He seeks her hand in marriage while she loves another while gathering intelligence for her rebel family in hiding.

As crises arise the Empire can beat her to her knees but she won't stay there. She's going to unravel the secrets and she's going to dismantle its system of control or she will die trying.

Young adult fiction author Ann Knight explains how she wrote *Midnight Peak*: "I created the characters when I was about aged 16.

Continued on next page



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From previous page

The characters aged with me, but I have done the actual physical aging thing.” She adds that identity, loyalty and love are the themes that inspired *Midnight Peak* and another of her adventure novels, *The Rising*. “Writing is a process and what fills my toolbox may surprise you. That being said, whatever the muse or inspiration, the story always begins when the idea meets the mind. That is what I call conception. *Midnight Peak* represented to me the peak of personal struggle, inward and outward—the highest, blackest point that we sometimes face when we take on a great challenge.”

She goes on to state the obvious in that the characters have to grow and the story meet its heartbeat or rhythm. “That period of time can be especially long and draining when the story is complex, but joining all of the pieces together from start to finish is very rewarding.”

I say, as reviewer, that *Midnight Peak* has the many revolutions of this 21st century to help the idea meet the mind. How Ann sees it: “I often find myself sitting behind the keyboard for a couple of hours with only a few sentences as a result. Those days are frustrating but they happen.”

So how does she get from age 1 to page 401? *Vision*. “When I let the idea sit in my mind a while it

grows. It’s always good to know where you are going. My ideas often come in spurts. I may have a bit of the beginning and a bit of the in-between. I see the ending unfolding as I get there. What I am doing is connecting all the dots in the right direction. And I am connecting to the characters. The longer the story sits in my mind the deeper the connection.”

The battlefield scenes between the rebels and the Empire’s soldiers are riveting and the emotional intrigue, as the rebel heroine under her alias in the enemy camp, grapples with the advances of the Emperor’s son, mind grasping. The wealth of characters in between fit like the Emperor’s glove fits.

For Rachel, keeping her head proves tricky when a comrade exposes her for who she truly is. The revelation that she has supporters nearby to facilitate the final battle...well, a reviewer never tells too much to spoil the end.

Ann Knight, modestly just a self-confessed average English student at school now writing her fifth book, says: “I have been writing since 2003. Though I specialize in young adult fiction, exploring different genres is what interests me most. I have many different projects in the works, many new and unique stories still to come. Well, it’s just what I enjoy doing!”

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

Website: www.baico.ca

Aviation history Continued from page 29

the crew encountered ice at around 1,829 m (6,000 feet). It turned out that as the *Liberator* had spent its life operating in tropical conditions the anti-icing and deicing systems did not work; neither did the heating, so the crew needed to don flying suits in an attempt to keep warm. The *Argus* did some exploratory flying at higher altitudes and found warmer air, ice free, at 3,048 m (10,000 feet). Attempting to climb to higher altitude the *Liberator* developed power problems in the No. 4 engine so a decision was taken to drop to a lower altitude and return to Keflavik; both the *Liberator* and the *Argus* landed there.

Temporary repairs were made and plans were prepared for a direct flight from Keflavik to Goose Bay the same evening, however due to unreliable icing information it was decided to send the *Argus* off three hours ahead of the *Liberator* to scout the way forward. The *Liberator* eventually took off late in the morning on 16 June, after correcting other engine performance

problems, and rendezvoused with the *Argus* flying at about 2,438 m (8,000 feet); the temperature was around minus 6 degrees Celsius and the crew felt quite cold. The *Argus* crew bade farewell and returned to their base at Greenwood after the *Liberator* made contact with Goose Bay. The following morning the crew experienced difficulty starting No. 1 engine but eventually got it started and completed the final leg of the journey to Trenton as scheduled; some 96 hours, 16,898 km (10,500 miles) of flying in total.

The plane was restored at 6RD Trenton. It was refinished as *Liberator* GR. VIII 11130 of the RCAF, the nearest RCAF in production sequence to the IAF *Liberator*. It turns out that the paint scheme used on the restored airplane is incorrect. It was assumed (erroneously) that *Liberator* number 11130 had the same camouflage finish as did Canadian GR. V’s and GR. VI’s rather than a bare metal finish that the RCAF had on its GR. VIII’s. The plane currently resides in the Reserve Hangar at CASM where its size and splendor is somewhat crowded out, lost among other aircraft.

Thomas Edison introduced the first Christmas lights on December 22, 1882.

A ghost came to Riverview Park

by Bill Fairbairn.

Poets Pathway unveiled its 10th Ottawa plaque in Coronation Park on Halloween Day. Its engraved poem gleams innocently by day. Under the moon there is a ghostly story well told at the ceremony.

“Halloween is the perfect time for this plaque’s dedication,” Dr. Steven Artelle of Library and Archives Canada told a small crowd of spectators.

The poem is *A Wood Lyric* by 19th century writer William Wilfred Campbell. No ghost story there. But Dr. Artelle surprised spectators when he said: “Campbell’s literary reputation was the result of a ghost.”

In 1891, a poem by Campbell entitled *The Mother* was reprinted all over the United States and Canada with reviews and editorials singing its praises. It tells of a ghost mother wandering off to reclaim her living child and return with the child to her grave.

From the long poem Dr. Artelle quoted an excerpt:

*From throes of pain they buried me low,
For death had finished a mother’s woe.
But under the sod, in the grave’s dread doom,
I dreamed of my babe for a day and a night,
And then I rose in my grave clothes white,
I rose like a flower from my damp earth bed
To the world of sorrowing overhead.*

Dr. Artelle said Campbell provided a fascinating example of the literary tastes of the time adding that Ottawa had real influence on literary careers. The poet in 1889 working for a church in St. Stephen, New Brunswick, described himself as “a poorly paid, overworked clergyman with small leisure to read and write.” Then, almost overnight, he had Members of Parliament in Ottawa championing his poetry. Alexander McNeill, the member for North Bruce, Ontario, rose in the house to make a motion seconded by Wilfrid Laurier that resulted in Campbell being given a position in the library of Parliament. However, he was paid only \$1.50 a day as a temporary clerk. “Fortunately, Campbell went on to have a substantial career in the public service

and a prominent career as a poet.”

Dr. Artelle said that *The Mother* was reprinted all over the United States and Canada. “Reviews and editorials sang its praises.”

Though disappointed at first in Ottawa, Campbell soon would publish books of poetry, novels, essays and start a literary magazine as well as become a member of the Royal Society of Canada, receiving honorary degrees and having prominent admirers to the point where he was a guest at Buckingham Palace for the coronation of George V.



Dorine Best

Ottawa was very good to Campbell and he is very deserving of recognition on the Poets Pathway here in Riverview Park.

COMMUNITY BULLETIN BOARD

COMMUNITY BULLETIN BOARD

Community Activities and Events at **Rideau Park United Church**, December 2014 - January 2015
2203 Alta Vista Drive (at Cunningham)

Harmony Club for Seniors

will hold their Christmas gathering on Wednesday December 10th. From 1 - 2 p.m., join us for a Christmas Carol sing-along led by Harold Black from our Chancel Choir, accompanied by Ian Bevell, our Music Director. 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.

In the New Year, the Harmony Club for Seniors will meet on Wednesday January 21st. From 1 - 2 p.m., please come and listen to Andrea Auget of the First Nations Child and Family Society of Canada.

You are invited to a **Christmas Celebration Concert** at Rideau Park on Sunday December 21st at 3 p.m., featuring the Chancel Choir and the Touch of Brass Handbells. Enjoy Christmas music and sing your favourite carols. All are welcome. Freewill offering.

On December 24th, join us for **Christmas Eve Services** at Rideau Park. There are three services:

- 6:30 p.m. **Lessons and Carols by Children and Youth:** A musical retelling of the birth of Jesus, with music by Rideau Park's children and youth choirs, hand-chimes and bells.
 - 8:30 p.m. **Christmas**

Reflections: A service reflecting on the birth of Jesus, in readings and music by Rideau Park's Chancel Choir and soloists.
 - 10:30 p.m.

Candlelight

Communion Service:

A service of Communion, featuring music by Rideau Park's Chancel Choir, soloists, and Touch of Brass Bell Choir.

50+ Exercise Group: Please join us each Tuesday and Thursday, 9 - 10 am, starting on Tuesday January 6, 2015 for an hour of gentle, yet thorough movement for women and men. Fee of \$40.00 is payable at the first class for the January - February session. Plan to stay fit as the New Year begins

On Sunday January 25th at 10 a.m., you are invited to join us for the **"I Have A Dream" church service.** The guest speaker is Khwaka Kukubo who has responsibility for the refugee sponsorship projects of the United Church Of Canada.

Winter Dinner: After a brisk winter day, please come and warm up with a delicious dinner of roast pork and scalloped potatoes followed by lemon meringue pie, at Rideau Park on Friday January 30th, starting at 5 p.m., with a second sitting at 6:30 p.m. All are welcome. Proceeds will go to the work of the church. For tickets and information, please call 613-733-3156 ext 229, or come to the church office (M-F 9-4). Adults: \$18.00, Children 6-12 years: \$10.00, Children 5 years and under: free.

For further information on any of these services, activities or events, please call: 613-733-3156 ext 229, or visit www.rideaupark.ca

Emmanuel United Church, 691 Smyth Road, 613-733-0437. ADVENT 2014. Advent is a season of longing and the readings make this personal. Isaiah longs to return home. John the Baptist longs for a world without greed and violence. Mary longs to cradle a baby in her arms. We all long for the light to shine in our lives. Advent invites us into this holy longing for a better world.

There is much that happens in the season of Advent at Emmanuel. As a faith community we gather to worship, to reflect and to celebrate the season of hope, peace, joy and love.

December 3: Advent Evening Service-7:00-7:30 There will be three ½ hour Wednesday evening Advent worship services from 7:00 - 7:30 p.m. December 3, 10 and 17. A group from Emmanuel United, who were on a pilgrimage to Iona, Scotland in June, will lead these services. The worship will be formatted with inspiration gained from services held in the ancient 5th century Abbey to include singing, prayer, reflection, candlelight and Celtic images. All are welcome to attend.

December 5: An Evening of Christmas Readings from Distant Lands 7:00 - 9:15 pm; At the third annual evening of Christmas Readings on December 6, we will hear a variety of stories and readings from the five continents across the globe. This year's program includes stories about Christmas traditions abroad, magical stories from the realm of fairy tales, tales of personal experiences with unexpected outcomes, and touching stories about how families come together to celebrate the day in their own way. Hallie Cotnam, host of Ottawa Morning on CBC Radio, is returning as our MC for the evening. In addition to readers from the Emmanuel community, guest readers will participate from two organizations that we support during the year, the Ottawa Mennonite Refugee Association, and the South-East Ottawa Community Health Centre. This event has become one of Emmanuel's favourite Christmas traditions and we warmly invite people from the community to join us for the evening. Tickets are available through the Church office.

December 7: The second Sunday of Advent - Peace Worship Service at 10 am.

December 7: Journey in the Light- Sunday at 3 pm; Christmas is not an easy time for many people. Loneliness and loss can cause us to feel out of sync with the season. Because of this we are offering a special service at 3 pm on Dec. 7. There will be a short service of prayers, carols and candle lighting followed by light refreshments in the lounge. This is a time to remember, to receive words of strengthening hope and support, to be together. We are not alone. God is with us.

December 10 Advent Evening Service - 7 - 7:30 pm (see description under December 3)

December 14 The third Sunday of Advent - Joy Worship Service at 10 am, White Gift Service

Sing Noel - A Community Carol Sing at 3:00 pm. Come and join Emmanuel bells, choirs and other musicians for an afternoon of singing much-loved Christmas carols, a few anthems and delicious desserts. There will be a free will offering to support Emmanuel Pilgrimage trips.

December 17 Advent Evening Service - 7 - 7:30 pm (see description under December 3)

December 21 The fourth Sunday of Advent - Love Worship Service at 10 am

December 24 Christmas Eve Services: 5:00 pm -A service of story and song designed for children and their families; 7:30 pm -A service of lessons and carols; 11:00 pm -A contemplative service with Communion and candlelight

December 28 "Just the Facts" Drama 10:00 am

January 4- Epiphany Celebration with Joint Choirs-Worship Service at 11 am - Shared by the congregations of Emmanuel, Southminster, Riverside, and Rideau Park, hosted by Rideau Park.

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

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.



COMMUNITY BULLETIN BOARD

Contact for CBB
RPR.editor@gmail.com

Under the baton of Antonio Llaca, Coro Vivo Ottawa presents **Coro Vivo Celebrates Thirty Christmases**, featuring new arrangements of beloved carols. Friday December 5 and Saturday December 6 at 7:30 pm, Orleans United Church, 1111 Orleans Blvd. Tickets: adults \$20, children 14 and under free, available at CD Warehouse, Leading Note, Compact Music, at the door or call 613-841-3902
www.corovivoottawa.ca

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.

"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.

St. Aidan's Anglican Church, 934 Hamlet Road. Join us for St. Aidan's Community Carol Sing, with Special Guest Performers, Thursday, December 18th at 7 p.m. Refreshments to follow. Free will offerings for the Heron Emergency Food Centre will be gratefully accepted. For more information please call the church office at 613-733-0102.

Alta Vista Baptist Church, 887 Canterbury Avenue, Nov. 29th Carolyn Arends in Concert 7:30pm tickets \$15.
 The Sounds of Christmas presented by our choir Sunday, Dec. 14 at 7pm
 Christmas Eve (Candlelight) Service Dec. 24 at 7pm

St. Timothy's Presbyterian Church, 2400 Alta Vista Drive.
 Coming events:
 December 7- Community Concert and Carol Sing at 2 p.m.;
 December 21- Christmas Pageant at 10 a.m.;
 December 24- Christmas Eve Candlelight Service with Communion at 7 p.m.

A Wood Lyric

by William Wilfred Campbell (1861-1918)

Into the stilly woods I go,
 Where the shades are deep and the wind-flowers blow,
 And the hours are dreamy and lone and long,
 And the powers of silence is greater than song.
 Into the still woods I go,
 Where the leaves are cool and the wind-flowers blow.
 Come where the bells of the forest are ringing,
 Come where the oriole's nest is swinging,
 Where the brooks are foaming in amber pools,
 The mornings are still and the noonday cools.
 Cast off earth's sorrows and know what I know,
 When into the glad, deep woods I go.

**Land of Sheba author
 Dr. Qais Ghanem honoured by city**

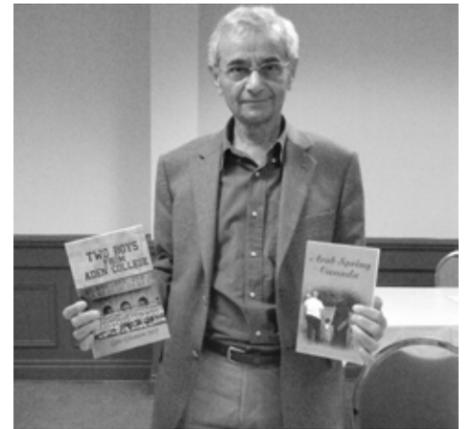
Dr. Qais Ghanem, of Alta Vista, author, medical practitioner, neurologist and educator in Ottawa for more than 20 years, was one of 15 residents inducted into the Order of Ottawa on November 20.

"Inductees are remarkable residents who are being honoured for their service to our city through a variety of professional and civic-oriented endeavours," said Mayor Jim Watson conducting the investiture.

The award was established by City Council in 2012. A selection committee comprises the Mayor, City Clerk and Solicitor, Chief of Police, Chief of Protocol, City Archivist and the Chief Executive Officer of Library Service.

Dr. Ghanem is a former clinical professor at the University of Ottawa, a former president of the Canadian Society of Clinical Neurophysiologists and former director of Neurology and Sleep Lab at the Military Hospital in Ottawa as well as sleep labs at the Ottawa and Montfort hospitals. He earlier studied medicine at The University of Edinburgh and at Aden College.

He has authored three novels, including *Forbidden Love in the Land of Sheba* primarily focused on gender inequality in the Arab world, co-authored *My Arab Spring, My Canada* and published a book of Arabic and English poetry. He is the founder



of CHIN Radio's four-time award-winning show, *Dialogue with Diversity*, winning awards from the Canadian Ethnic Media Association, the Ottawa Community Immigrant Services Organization and the United Way.

He now writes for the *Gulf News* and the *Yemen Times* while blogging for the *Huffington Post* and *National Yemen*.

Dr. Ghanem is president of the Canadian Authors Association of the National Capital Region and besides promoting a spring book fair continues to promote interfaith, understanding and gender equality.

Others inducted were Dr. Angel Arnaut, Dr. Tim Aubry, Manette Carrier-Fraser, Barbara Crook, Nicole Fortier, David Gourlay, Greg Kane, Gilles LeVasseur, Glenn McInnes, Peter Morel, Tom Schonberg, Gary Sealley, Jesse Steward and Mary Wiggin.



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RPCA President's report

by Kris Nanda

Community – a feeling of fellowship with others, as a result of sharing common attitudes, interests and goals. (Oxford Dictionary)

Community is important to us all – particularly at this time of year when we hear references to peace and good will to all men and women. Those of us who live in the Riverview Park community are fortunate that we reside in a good neighbourhood, with parks and greenspace, conveniently located close to downtown, transit, retail establishments and the hospital. The Riverview Park Community Association (RPCA) – *your* community association – has been working to make this an even stronger community where people can get to know their neighbours better.

Great strides have been made in recent years, including the past five years when Karin Keyes-En-

demann was the RPCA President. As the new RPCA President, I look forward to working with the new RPCA Board and with you as Riverview Park residents to promote a greater sense of fellowship and liveability in our community. My wife and I, along with our two children, have lived in Riverview Park since 2002 and I work downtown for the federal government, so I am familiar with the issues and concerns of local residents.

The RPCA aims to continue to build on existing work that has been done – park clean ups, garage sales, lobbying campaigns on issues of interest (such as the Alta Vista Corridor), supporting the local Riverview Park soccer program – and other initiatives to bring together people in the neighbourhood. One such upcoming activity is the annual RPCA Christmas carol sing (Friday December 12 at 6:30 PM at the Cancer Survivors Park) to which the whole community is

invited. Our new City Councilor for Alta Vista ward, Jean Cloutier, will be continuing the tradition of donating hot chocolate and rumour has it there may be cookies and Timbits – so come on out.

At this time of the year, when we hear about the message of Christmas and the importance of giving, I urge you to join in with material and non-material gestures of help. Donate to your local charity or food bank which helps out the less fortunate members of our community, but also reach out to your neighbours and strangers. Shovel an elderly neighbour's sidewalk, or just check in to see how they are doing. Make a conscious effort to avoid looking at your electronic devices when walking – instead look around and make natural eye contact. Take off your earbuds, look up from texting and smile – it can make a difference noticing others around you including strangers, particularly if they

might need your help. I was the recent beneficiary of this type of assistance when I fell off my bike while riding home on a slippery road and two strangers jumped in to help me – making sure I was not seriously hurt. One person even waited with me until my wife could come and take me to the hospital (I ended up with cracked shoulder blade – it could have been worse).

I bet that these two Good Samaritans were in the habit of noticing others and looking out for them and I would encourage us all to do the same – not just during the Christmas and Hannukah season but throughout the year. My wish is that you will all enjoy your holiday season with friends and family and have a happy and peaceful 2015 and that next year will see an even more cohesive community in Riverview Park!

You could be a snow-walker

by Maria CampbellSmith

Skiing, skating and snowmobiling are thrilling winter sports but there's a much older, simpler and inexpensive hobby perfect for adventures in our national capital region. Consider the humble snowshoe.

It's older than you think!

The historic origins of snowshoes reach back to Central Asia, many thousands of years ago. For early humans this transportation invention ranked right up there with the wheel! Without it, aboriginal peoples could not have traversed the northern hemisphere. On snowshoes they migrated north and west into Scandinavia and north and east into Siberia and over the Bering Strait land bridge. Eventually, in Northern Asia and Europe, they developed and favoured the ski. Migrations to North America continued to develop and maximize the snowshoe.

Who perfected it?

Historians and snowshoe enthusiasts believe that North American natives perfected the snowshoe. The Athabaskan of the West Coast, the Algonquin of the Ottawa and St. Lawrence River valleys, the Cree, Ojibwa, Iroquois, and Plains Indians, all used snowshoes for hunting in

winter, generation after generation. Huron descendants in New York State still hand-craft and sell snowshoes to this day.

Early French colonists (in the 1600's) around the St. Lawrence River quickly adapted to the native technologies of canoe and snowshoe. By the late 1700's, American colonists had also made snowshoes necessary equipment for their military forts and expansion treks westward. By the 1800's, utility and military uses of the snowshoe saw the development of fitness clubs and big races.

Snowshoes get social!

Parish and community snowshoe clubs flourished in winter time, especially in rural and French Canada. Perhaps your own family tree offers tales of communal snowshoe hikes? These were popular in the 1900's with male and female, old and young, in groups of 10 to 100, who joined in lengthy snowshoe treks. People decorated their snowshoes and made a whole day of it. They would visit and sing as they blazed a new trail. Picnic foods waited at certain locations or a farm or church might arrange to feed everyone dinner. The snowshoe became a community builder!

By the late 1900's, in affluent Canada and the United States, downhill and cross country skiing

were the popular winter sports, but snowshoeing is making a comeback. The benefits are many. Snowshoeing allows for time out in nature, unplugging from technology, bonding with family or friends, and exercising your muscles and lungs. This hobby does not vigorously strain the body and is not too costly in equipment or fees. Snowshoeing is open to anyone who likes a good hike and the crisp winter air.

The Changing Shape of Snowshoes

The earliest snowshoes had wooden frames and rawhide lacing (rawhide is animal skin with the hair removed). The "Bearpaw" snowshoe is the universal, oval or egg-shaped model. It is especially good in heavily wooded areas or when quick navigating and turning is required. The "Otter" snowshoe (or "Modified Bearpaw") offers a longer, narrower shoe with rounded toe and tail. This makes it especially good for hilly terrain. Other snowshoe modifications turn up at the toe, square or teardrop the shape, or extend the tail to allow for less drag, easier strides, or more stability.

Modern snowshoes have aluminium frames and nylon or neoprene-coated webbing to make them very strong, water repellent and resistant to decay. Plas-

tic frames and a wide variety of bindings, clips or straps also offer snowshoers lightweight choices that cost very little and require minimal maintenance.

The Other Gear You'll Need

When buying snowshoes, bigger is not always better. Choose the lightest weight snowshoe possible for your body weight to reduce drag, fatigue and injuries. The next key is to wear warm, light socks. Snowshoe enthusiasts recommend silk socks worn next to the skin with wool socks over top, or a combination of felt boots and overshoes. Your clothes should be lightweight too, with an open weave worn next to your skin to dissipate perspiration and keep you dry and comfortable. Dress in layers, which you can remove as you overheat or replace to warm up again.

Ear muffs, head bands or touques keep your head warm, and sunglasses or visors shield your eyes from bright sun and reflected light outdoors. Walking poles can assist with balance and stability. A whistle or a cellphone should be carried in case of emergency or injury. If you are blazing a new trail or headed out for a long hike, bring along a snack and water. Matches and a compass are also

Continued on page 39

OCDSB Trustee Chris Ellis

I'm honoured to be the new Public School Trustee for Zone 6 Alta Vista & Rideau-Rockcliffe.

I'd like to thank all who voted for me and a heart felt thank you, to supporters who took lawn signs, deliver fliers, talked to their neighbours and supported me financially. I am very grateful for their help and touched by their faith in me.

Bell Time Changes for Alta Vista Area Schools

The Ottawa Student Transportation Authority (OSTA) is recommending that for September 2015 school start times for Alta Vista PS and Arch Street PS be changed from 9:00 am to 9:15 am. OSTA is also recommending that Vincent Massey PS start time be changed from 8:00 am to 8:30 am. for September 2015.

These recommendations will be presented to the school board and

trustees will be voting to accept or reject them in January

Riverview Alternative PS Proposed Boundary Expansion

Currently the catchment area is east of the Rideau River and inside the Greenbelt. The proposed expanded catchment will include the area beyond the Greenbelt east of the Rideau River.

The Trustee vote on this is slated for the December 16, Board meeting.

Strategic Plan Consultation

It is time once again to renew the 4- year Ottawa-Carleton District School Board strategic plan. During December parents, students, employees and the community will be able to give their insight and advice in regard to the direction the school board should take for the next 4 years.

Alta Vista High School Attendance and Boundaries

Over the last few years student enrollment at Hillcrest High School has fallen. This year Hillcrest has 530 students. The challenge when student numbers are low at the high school level is being able to offer a full range of course options in a flexible manner so students don't find courses they want to take in conflict with each other.

In September board staff recommended:

(A) students who attend Canterbury High School, and who are not affiliated with the Arts program, would be directed to attend Hillcrest High School to pursue the standard secondary school diploma program, and;

(B) Canterbury High School would exist to support and host the Arts Canterbury program as its only program

The trustees rejected this recommendation for a number of reasons, one of which was a lack of consultation.

The enrollment of the Alta Vista high schools is an important issue to address and will be my highest priority. I will be working to get the school board to have a fulsome consultation on this matter, so a long term solution is found.

More details on these and other items as well as my contact information can be found on my web site www.SchoolZone6.org.

**Sincerely
Chris Ellis**

Trustee Ottawa-Carleton District School Board Zone 6 Alta Vista & Rideau-Rockcliffe



Snowshoeing

Continued from page 38

vital outdoor gear. The best gear of all though is energy and a sense of adventure!

Snowshoeing Techniques

Walking is second nature to us, but walking in snowshoes requires an exaggerated stride to avoid stepping on one snowshoe edge with the other and tangling your own feet or pinning your own step. Stretch your step wide enough ahead of the other snowshoe to build up a steady walking pace.

Ascending hills, you can dig into the snow with your tips or use a "herringbone" or V-step, where you walk uphill with your snowshoes spread out at open angles for greater stability. You can also "side step" slowly in a lateral pattern up a hill.

Descending terrain demands slow, steady steps with your weight over your heels to avoid slipping or falling. If the trail down is very steep, snowshoers use a "glissade" technique to rest their legs and avoid injury by intentionally squatting or sitting on their bums as they slide down the hill.

"Breaking new trails" is the most adventurous part of snowshoeing, but it is also very tiring. The "stamping" or "stomping" technique means you step, pause, and push your weight down to flatten the snow underneath. The more snowshoers who follow, the more compact the snow on this new trail becomes. Breaking a trail also requires skill and quick judgement to identify the most balanced footings and usable routes.

There are few thrills that match the one you get cutting a brand new path on a deep blanket of snow. This winter try snowshoeing! Become an explorer – a snowwalker like other daring hikers have for thousands of years.

Snowshoes On The Job?

Snowshoes are not just fun and games.

They are essential equipment for :

- rescue units and emergency crews
- alpine resort workers
- electrical line repair crews
- farmers and hunters
- sugar bush operators
- military and police units in the North
- mountaineers (who add cleats and gaiters)

RPCA 2013/2014 report from the Parks, Recreation and Environment Committee

by Co-Chairs:

*Kim Fisher & Cheryl Khoury
Members - Louis Comerton,
Carole Moulton, Janina Nickus,
Janice Dabms, Paul Puritt
and Jane Rutherford*

The Committee had another very successful year and were pleased to accomplish the following:

(1) looked after our six neighbourhood parks. We carried out our annual Spring and Fall park clean ups;

(2) engaged Blair Court residents to help with the Spring clean-up of Coronation Park, and Russell Heights residents to help with the Fall clean-up of Alda Burt Park. Both of these initiatives were very successful. Following the clean-ups, the RPCA provided all participants with pizza and juice at a post clean-up party;

(3) supported tree planting initiatives at both Blair Court and Russell Heights;

(4) coordinated the running of two neighbourhood outdoor ice skating rinks during the winter;

(5) organized the Annual RPCA Winter Skating Party at Balena Park;

(6) supported two enthusiastic neighbourhood moms with an Easter Egg Hunt at Balena Park;

(7) collaborated with Councillor Hume and city staff for the construction of a future neighbourhood kids toboggan hill; and

(8) and last but not least, we collaborated with Councillor Hume for the rejuvenation of the close to 50-year old Balena Park Field House. In May, our RPCA Board of Directors unanimously supported the need for this high priority neighbourhood park improvement.

The 2014/15 Goals for the Parks, Recreation & Environment Committee are:

- Continue doing what we are already doing;

- Investigate the feasibility of constructing a Splash Pad at Coronation Park;

- Obtain our new City Councillor's support for the upgrade of the Balena Park Field House; and

- Obtain our new City Councillor's support for the construction of a neighbourhood kid's toboggan hill;

On behalf of all our committee members, I would like to thank our outgoing Councillor Peter Hume for his support in particular to our committee, during his term. Likewise, we give a big thank you to all his hard working staff.

Please consider joining the Parks, Recreation & Environment Committee for the coming year. We are unofficially known as the "Fun Committee" and welcome new members; and since we have many returning members new members will have a lot of support.

Ask a Lawyer

When should I prepare a will?

by Rob Lewis

Most people have the mistaken impression that there's no need to prepare a will until they're in their late 30s or early 40s. Like so many things in life, though, it's wise to get an early start. If you're a parent, or own a home, a business, significant assets or even a life-insurance policy, you should have a will, even if you're only 20 years old. A properly drafted will is the key to sound estate planning.

A will is the official document that appoints the person or people you want to handle your estate when you pass away, and sets out precisely how you want things done. The only way parents can choose a legal guardian for their children, for instance, is through a will. When parents die without a will, extended family members often contest guardianship in court,

a process that can be expensive and difficult for all involved. And few parents want to risk an uncertain future for their children.

Through a will, parents can also ensure that money flows from their estates to guardians to help pay for raising the children. Without a will, children cannot inherit anything until they're 18—and then, they receive their entire share, even though they may not be mature enough to handle it wisely. Through a will, parents can implement a different plan, such as authorizing tuition payments or paying out inheritances incrementally over a number of years.

A sound estate plan ensures that your assets can be passed along to beneficiaries quickly with minimal taxes and expenses. Along with wholly owned assets, a will should consider jointly held assets, such as a family home held in joint tenancy,

as well as assets that have designated beneficiaries, such as insurance policies. As circumstances change, estate plans should be updated—typically every three to five years.

A well-drafted estate plan and will also take into account the ownership of other assets, along with life-insurance policies and beneficiaries. Naming a spouse as direct beneficiary of a life-insurance policy keeps the proceeds out of the estate, and is often the best option. Naming the estate as beneficiary may sometimes be a better option, though, if the estate will be facing capital gains taxes or existing mortgages—another point to discuss with your lawyer.

A business owner should also prepare a proper will. Although a future article will provide more details, the will should—at a minimum—plan for the purchase of the deceased's shares or equity in

the business, particularly if the business has significant assets or liabilities.

As with any kind of plan, getting an early start on estate planning is a good idea. Gaining an understanding of the relevant legal concepts and risks at a young age will go a long way toward avoiding disputes and safeguarding the future of loved ones. Many lawyers offer a free initial consultation and can point you toward best course of action.

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

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www.ottawarules.com

Holiday plants can be poisonous!

by Maria CampbellSmith

As we come to the end of the calendar, we have numerous holidays and reasons to celebrate. Special spaces get decorated. Gifts are given. Holiday plants play a part in both of these activities, but we need to be alert. Several popular, holiday plants are actually poisonous!

Many people believe that the poinsettia is poisonous. It isn't really. This crimson, pink, or white flowering plant has been a Christmas icon since the 17th century. Its natural environment is Mexi-

co, but it is grown and sold around the world as an indoor houseplant, especially at the holidays. As pretty as they are, poinsettias should not be ingested. Accidentally eating poinsettia leaves may cause nausea or vomiting. The sap can cause itching or even a rash. Some people with latex allergies may also have allergic reactions to poinsettias (similar proteins). So keep the plants away from small children and pets to avoid problems, but know that over all, poinsettias are not truly poisonous.

Mistletoe is another story. As much as we like the legend of

it hanging at doorways to promote kisses and good will, mistletoe is toxic! The small berries and leaves appeal to children and to pets. There may be little or no reaction if only one or two berries are tasted, but if many of the waxy, white berries are ingested you should quickly call Poison Control or seek medical attention. Reactions can involve nausea, cramps, diarrhea, breathing and blood pressure changes, even seizures. European mistletoe (*viscum album* species) is more toxic than American mistletoe (*phoradendron serotinum* species), but both mistletoe types might be best hung high out of reach or avoided altogether. A plastic mistletoe cluster can still promote kisses, but without the threat of poison.

Decking the halls with boughs of holly is another famous holiday tradition, but holly is also a poisonous plant. There are several hundred species of holly that grow around the world. Holly has figured in Christmas décor since medieval times, but it was also used in winter celebrations long before Christianity (e.g. Druids). Poison Control Centres consider Christmas or English Holly to be mildly to moderately

toxic. These holly berries can be bright red, brown or black. Eating numerous berries can cause vomiting, diarrhea and drooling. Holly bark, the spiky, glossy green leaves and the plant seeds are toxic too, especially to dogs and cats.

The Jerusalem Cherry or Madeira Winter Cherry is another brightly coloured holiday plant that needs to be handled with care. This plant is actually a species of night shade native to Peru and Ecuador. It is a perennial, grown and sold as a decorative houseplant, also popular as a holiday gift. The small, round bright orange and red fruits look a bit like cherry tomatoes, but they are poisonous! Eating them can cause headaches, nausea, vomiting and diarrhea in people. They are even more toxic to pet birds, cats and dogs. As lovely as they do look, they should be kept well out of reach.

Plants with blooms or berries do brighten up the holidays, but be forewarned. Protect your pets and loved ones from holiday plants that are popular, but also **poisonous**.

The Ontario Regional Poison Control Centre 24-hour advice line is 1-800-268-9017



Poinsettia not actually poisonous

RPCA is in good shape in its membership and board

by Bill Fairbairn

Riverview Park Community Association is a growing one, and in her closing remarks at the annual general meeting in November, retiring president Karin Endemann noted that there is an amazing group of people on the RPCA Board of Directors.

Ms. Endemann also introduced and welcomed John Fraser, MPP for Ottawa South, who thanked the RPCA for inviting him and remind-

ed the audience about the availability of his offices to the constituents. Ms. Endemann sent the regrets of Peter Hume and also Jean Cloutier, Ward 18's newly elected Councillor.

Succeeding Ms. Endemann is Kris Nanda who was elected as president, and is very well known for the excellent Planning and Development update that he has written in the Riverview Park Review for many years.

Heather Dunlop, presenting the

Communications Committee report, stated that a summer membership drive netted 50 new members, and that another 22 signed up at the AGM; while the community soccer brought in 80 members.

"The membership drive started in May and extended over the summer. Although each of the board members was out canvassing, we could have used some help to cover all the streets in Riverview Park," she said.

"A number of members indicated on membership forms that they

were interested in helping out, and if you would like to volunteer we'd like to hear from you. You can talk to me, or any of the board members. Or, if you are just curious about what we talk about, feel free to come to any of the RPCA board meetings held at the Maplewood Retirement Community at the corner of Industrial Avenue and Neighbourhood Way."

These meetings have been start-

Continued on page 45



Past President, Karin Keyes Endemann receiving well deserved gifts on behalf of the RPCA from Kris Nanda, in-coming President



Matt Eason presenting display boards of several LRT stations



Newly elected RPCA Board, L-R, Anne Stairs, Paul Puritt, Bryan Orendorff, Dianne Hoddinott, Kris Nanda, Heather Dunlop, Carole Moul, Shawn Bardell, Alan Landsberg, Ad Abidi, Missing: Jane Rutherford, Marilyn Minnes and Maureen Collins



David Chernushenko, Councillor, Capital Ward 17

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The Russell Height's team does it again

by Carole Moulton

What a great turnout!! Over 50 Russell Height's residents joined members of the RPCA - Parks and Recreation Committee

for the Fall Clean up in October at Alda Burt Park behind the Dempsey Community Centre. There was a lot to pick up after the summer season, however the group made

quick work of it and filled many bags. All the hard workers enjoyed pizza and juice afterwards. Thanks

to Sara Dwyer for helping organize this successful event.



Susan, Chrissy, Ruby and Hajara made a great clean up crew.



All hands on deck! Great work by front row with bags, Kimly, Emilie, and Edwin. Back row L-R: Yves (waving), Sara, Baldwin, Kerin and Joelle

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Happy tenth anniversary for the Alta Vista Retirement Community

by Carole Moul

A tenth anniversary is certainly a milestone worth celebrating, and the people at the Alta Vista Retirement Community did this with style on a recent Saturday afternoon. With the theme of the event appropriately titled, "Celebrating 10 Years of Excellence", several hundred people enjoyed the upbeat mood of a very remarkable day.

Beautiful blue and yellow roses dotted the festive environment,

and on the main floor Pianist Steve Boudreau played favourite songs on the grand piano. Harpists Marg Lapage and Talyn Maranne in the second floor lounge impressed the hundreds of visitors with their gentle music, and everywhere you looked servers were providing the guests with wonderful hot and cold hors d'oeuvres, prepared under the direction of Christian, the Food Services Manager.

Arta Shala welcomed Mayor Jim Watson, residents, their families,

people in the community, employees, staff, and management to the 10 Year Anniversary Party, and noted what an "honour it was to be the General Manager of the Alta Vista Retirement Community".

Laura Fabbro, Community Relations Manager, spoke about how she "enjoyed seeing the success of the business and the fact that so many people have come to call the

Continued on page 47



Jennifer Martel, Director of Regional Operations cutting the cake
Photo credit: Laura Fabbro



Helene Jabour and her daughter receiving an award, presented by Community Relations Manager, Laura Fabbro
Photo credit: Jenna Lacharity, Community Marketing Manager



Congratulations to Ruth St. Pierre for receiving a plaque
Photo credit: Carole Moul



Mayor Jim Watson presenting the award to Alta Vista Retirement Community's General Manager, Arta Shala
Photo credit: Laura Fabbro



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Jack is back

by Carole Moulton

The unusual book launch of *Caveman Jack*, the second book in the That Jack series, was not just about introducing Tammie Winsor's and Greg Money's most recent success story to neighbours and friends, but it

emonies of many countries, this book launch took place over both a Saturday and Sunday. The launch was originally planned as a one day outdoor event; however, Mother Nature had other plans, therefore, Tammie hosted those that could not make it on Sunday to come to her home on Saturday. Over 100 people attended with almost an even split between both days.

A wonderful donation from the Mid-East Food Centre at Belfast and St. Laurent, plus a generous gift card from Elmvale Loblaws enabled the guests to experience a caveman diet, of chicken drumsticks, dried fruits, nuts, seeds,



Greg Money checks the poster he created



Tammie Winsor book signing at the launch

became a wonderful example of how a community comes together to celebrate the accomplishments of two of its own: Tammie as the story's author, and Greg, its illustrator. And, what a celebration it was.

Not unlike the wedding cer-



A cash deal is made between Anne Rimes and Finnegan

and beverages, all around a fire, both indoors and outdoors.

The story itself is one that is geared to draw in the young reader or listener from the book's first page to its last. Similar to the topic of dinosaurs; cavemen have always held a certain fascination for young children, and as the story progresses, one cannot help but wonder how Jack is going to handle a typical day as Ooga Jacka.

"I was excited in the second That Jack book to introduce some new characters, there's Jack's sister Lulu, his teacher Mr. Ned Anderthal, and his principal Ms. Hubba Wubba, along with a few of his classmates," said

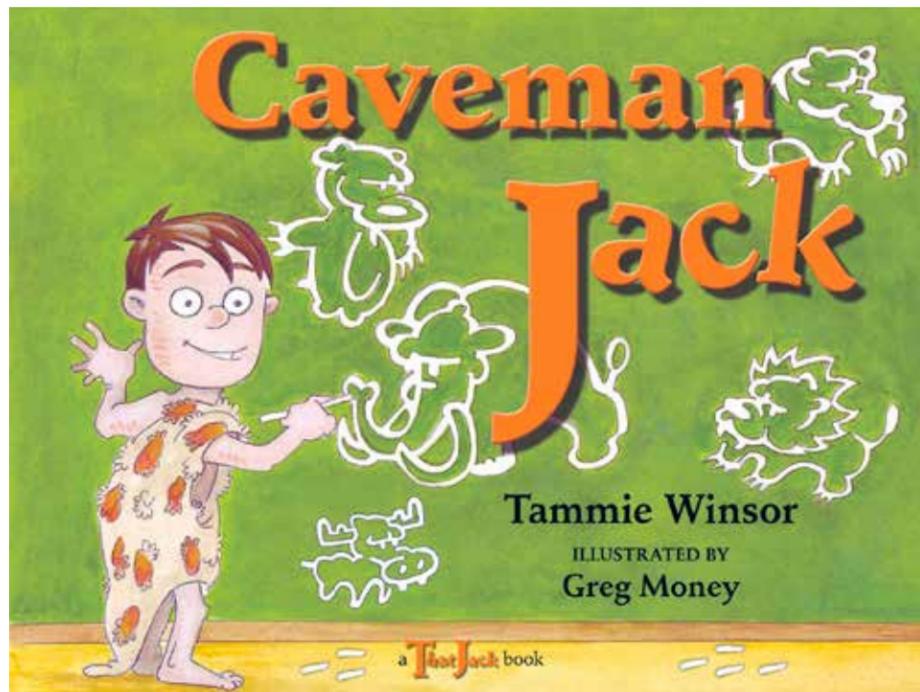


Photo credit: Tammie Winsor

Tammie. She continued, by stating, "Not unlike Jack and the Fairy Dogmother that had an underlining message about manners, *Caveman Jack* also has an underlining message, this time it's peer pressure." I wonder what book three will entail as I



Stephen and Roberte try the caveman diet

license plate on the school bus and the Newfoundland 'jellybean row' mailbox on Jack's house. A side note, Tammie originally hails from Newfoundland.

Greg's whimsical drawings of the rooms where Ooga Jacka lives add to the appeal of the story as well. With just the right amount of detail and humour one wants to reread the story numerous times, and further explore all that has gone into the creation of *Caveman Jack*.

Both fact and fiction could be considered as the tale of *Caveman Jack* unfolds, while discussion evolving from the children's own experiences of trying similar antics could also be explored.

The book itself can be obtained from Kaleidoscope Kids bookstore on Bank Street, numerous Chapters locations on-line and at Amazon or directly from Tammie Winsor or Greg Money. Please take note however, that other than at the two day launch, chicken drumsticks, dried fruits, nuts, seeds, and beverages are not included in your *Caveman Jack* book order! But apart from this very small restriction, you are sure to enjoy this second book in the That Jack series that has become the hallmark of the work of Tammie and Greg. Tammie has also presented her first book to just under 3000 school children in Ottawa and surrounding area. To book Tammie to read at your school or community program, contact her at tammie.winsor@gmail.com

foresee many more books to come!

Apart from just reading the 35 page picture book for pleasure, predictions for subsequent pages can become a great part of the fun of enjoying *Caveman Jack*. Greg's wonderful illustrations, in particular the facial expressions, go a long way in assisting the young readers to understand the mindset of Jack. There are numerous opportunities where feelings and respect, among other topics, could be discussed.

"It was fun to get Tammie's text and be the first to see what Jack was up to this time," commented Greg recently. "The trick was then to imagine his mannerisms as he negotiated his way between the real world and his imagination. Also, this book allowed me to try and add more detail to Jack's world. There are bits and pieces to find, like the Avro Arrow poster, or the family portrait of The Three Stooges," he noted, as well. I also noticed several references to Newfoundland within the illustrations such as the PUFFN





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AGM

Continued from page 41

ing at 6:45 p.m. on the second Wednesday of each month, however in January 2015, the RPCA will begin meeting on the third Wednesday of each month at Maplewood.

Positive reports also came from the Planning and Development and the Parks and Recreation committees.

Planning and Development: Kris Nanda noted that his committee continues to monitor issues related to constructing the 1.2 km hospital link portion of the Alta Vista Transportation Corridor now costing about \$65 million. "The RPCA board remains opposed to this project, both for the amount of money involved and because we believe that based on the evidence to date, instead of resolving traffic congestion as its proponents claim, the hospital link will more likely just move the bottleneck onto Alta Vista Drive.

"RPCA has also pointed out that this proposed road goes against many of the principles the city is putting forward in its Building a Livable Ottawa document, most notably affordability and encouraging the use of other modes of transit besides cars."

Kris added that RPCA concerns have been put forward to city councillors and the mayor. He also said that the RPCA has been told it would have an opportunity to provide input into the detailed design plans for the hospital link and for the National Defence Medical Centre, whose transfer to Canada Lands

Corporation has been delayed until at least 2016.

He mentioned too that the RPCA had pressed the City and the Trainyards for resolution of a dangerous traffic situation involving accessing the Pioneer Gas Station on Industrial Avenue, but with no concrete results so far.

Louis Comerton, of the **Parks, Recreation and Environment Committee**, said members would continue keeping our parks clean and tidy, engaging with local community groups and supporting the running of the outdoor rinks. "We will pursue rejuvenation of the Balena field house, negotiate for new toboggan hills and inquire into the feasibility of a splash pad at Coronation Park."

Concern came from the audience that the field house rejuvenation plan as seen, might simply transpose a dilapidated building into a larger dilapidated building and one person present was against the renovation altogether.

Treasurer's Report: Treasurer Alan Landsberg reported total cash and assets of \$20,097 with main operating expenses on the Balena and Dale rinks, special events, directors' insurance, advertising and donations. He also noted that the RPCA had donated \$1500. in support of the Vincent Massey, *Students on the Leading Edge Project (SOLE)*, and their goal to raise money to replace trees affected by the EAB at Russell Heights. Fifteen hundred dollars was also donated to the Blair Court Station Blvd. Tree Rejuvenation Project, again to help replace trees that had to come down because of the EAB. A donation was also given

to the Perley Rideau Veteran's Centre in memory of Brant Scott, a former President of the RPCA.

Councillor David Chernushenko of Capital Ward, which takes in part of Riverview Park, said he was carefully monitoring the detailed designs for the Alta Vista Transportation Corridor Hospital Link to ensure that pedestrian and cycling improvements are achieved wherever possible. He would maintain his position that the full AVTC should never be built as the wide commuting corridor that was once envisaged. Such a project would undermine the city's entire emphasis on shifting travel behaviour away from its predominant focus in favour of more transit, cycling, and walking. It would also have severe social and environmental consequences for residents "downstream" in the centre of the city.

He said that cut-through traffic and speeding issues are best dealt with through the gradual conversion of residential streets into 'go slow' neighbourhoods. Initially 40 kph zones should be the norm, with infrastructure to emphasize this. "But I see a greater move towards 30 kph streets and zones, once again, relying on proven calming techniques. We all benefit from safer, calmer residential areas. We save lives, clean the air, reduce noise and promote livelier street life when we do this."

Matt Eason of the City of Ottawa gave an update on the **Light Rail Transportation project**. He said the Confederation Line would have 13 stations with three of them underground. Preliminary work was underway on the foundation for the

Hurdman Station. "Possible difficulties OC faces for bus passengers is because this is a significant project," he said after screening slides on rail progress.

Marty Koshman, Ottawa Train Yards Inc., Pres. brought those in attendance up to date on the recent developments at the O.T.Y.

AGM Closing: Having welcomed the 40 or so people to the AGM, the RPCA retiring president, Karin Endemann, asked returning board members to stand up. "Every one of those dedicated folk has given up evenings with their families, traipsed through cold and wet to clean up parks and spent afternoons lobbying the city to be sure we are heard. You could not ask for a more dedicated group to represent you. Let me say that I am proud to live in Riverview Park and I hope that you are too."

In turn, the now Past President was gifted with a Cross pen, with the RPCA logo, from the RPCA, plus a Spa Trip that she can enjoy with some of her additional free time. Later, a thank you note from the Past President noted that these were excellent choices and she would truly enjoy both.

A special thank you to Lynne Bezanson who ran the elections so efficiently.

Elected to office were: President, Kris Nanda; First Vice-President, Paul Puritt; Second Vice-President, Jane Rutherford; Treasurer Alan Landsberg; Secretary, Anne Stairs; board members: Dianne Hoddinott, Carole Moulton, Marilyn Minnes, Heather Dunlop, Ad Abibi, Shawn Bardell, Maureen Collins and Bryan Orendorff.

What you need to know about HPV

by Dr. Jin Soo Song

Recently the Royal College of Dental Surgeons of Ontario forwarded a PEAK (Practice Enhancement and Knowledge) article to Ontario dentists, providing them with important information on The Human Papillomavirus (HPV)

Written by Dr. Vivien Brown, Assistant Professor in the Department of Family and Community Medicine, University of Toronto, and Dr. Pamela Liao, CCEP Candidate, University of Toronto, also of the Department of Family and Community Medicine; the message is clear in that oral health care providers are at the forefront of counselling their patients for preventative health care, and can be major stakeholders in education about HPV vaccine. (*HPV 101: What Dentists Should Know, Supplement to August/September 2014 issue of Dispatch magazine*).

Oral cavity and oropharyngeal

cancers (OPC)-cancers of the tonsils, throat, and base of the tongue- have been increasing over the last 30 years, and are considered the sixth leading cause of cancer deaths in the world. Thus, as such, these cancers are an area of concern for both medical and dental health care providers alike.

In fact, as reported in the *Ontario Dentist Journal*, Oral Cancer, 2014, the Canadian Cancer Society estimates that in Canada in 2013, 4,100 new cases of oral cancer were diagnosed; with a greater mortality rate than breast cancer and prostate cancer. Oral cancer, however, can be treated successfully if it is caught at an early stage.

Originally oral cancers came with certain risk factors such as smoking and chewing tobacco, heavy alcohol consumption, age and gender, excessive sun exposure to the lips and a diet low in fruits and vegetables. Now more recently, research is connecting

The Human Papillomavirus infection (HPV) with oral cancers-especially HPV-16: the most common sexually transmitted infection in Canada.

According to the *Ontario Dental Hygienists Association*, (VSF14.1), about 70% of all oropharyngeal cancers (OPC) are caused by HPV infection. The virus infects the mucous membranes i.e., those moist linings of the body cavity, it is extremely contagious, and is transmitted from person to person by skin-to-skin contact. Moreover, once the mucous membrane is infected with HPV, the virus multiplies throughout the body, and lesions may appear within weeks, months or even years, although often individuals don't even know that they are infected with HPV.

At present, there is no screening in place for oropharyngeal cancers (OPC), thus both prevention and ear-

ly detection are key to the survival of HPV-related cancers.

HPV infections are more likely to be transmitted when lesions or warts are visible, although transmission is still possible even when the warts can't be seen. Genital HPV infections also occur most often in teenagers and young adults, thus over the last few years, there has been a preventative approach of provincial governments in response to The Human Papillomavirus.

In Canada, there are two approved vaccines for HPV, and across the country the provincial health programs have taken a preventative approach with regard to HPV. Here in the Province of Ontario, the HPV vaccine is available free of charge to all Grade 8 girls through school-based

Continued on page 50

Alta Vista Library

STORYTIMES / CONTES

Babytime / Bébés à la biblio

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

Session 2

Mondays, November 3 – December 8, 10:30 - 11:00 AM.

Les lundis 3 novembre – 8 décembre, 10h30 - 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 PM.

Les jeudis 6 novembre – 11 décembre, 13h - 13h30.

Family Storytime

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

Session 2

Tuesdays, November 4 – December 9, 10:30 - 11:00 AM.

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 AM.

Les mardis 5 novembre – 10 décembre, 10h30 - 11h.

SPECIAL PROGRAMS FOR CHILDREN

Gingerbread Houses

Celebrate the festive season by getting creative with the whole family! One house per family. Registration is required, spaces go quickly so don't miss out! Crafters can bring extra candy for decoration if they wish. Saturday, December 13, 3:00 - 4:30 PM.

Jingle jangle storytime!

Join us for a silly and snowy storytime. Wear your Christmas best, and share in the holiday fun featuring stories, crafts, and more. Wednesday, December 17, 6:30 - 7:00.

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.

Babytime / Bébés à la biblio

Stories, rhymes and songs for babies and a parent or caregiver. 0-18 months. Drop-in. / Contes, rimes et chansons pour les bébés et un parent ou gardien. 0-18 mois. Portes-ouvertes.

Mondays, January 12, 19, 26; February 2, 9, 10:30 - 11:00 a.m.
Les lundis 12, 19, 26 janvier ; 2, 9 février de 10h30 à 11h00

Family Storytime

Stories, rhymes, and songs for all ages and a parent or caregiver. Drop-in. Tuesdays, January 13, 20, 27; February 3, 10, 17, 10:30 - 11:00 a.m.

Wednesday Babytime / Bébés à la biblio les mercredis

Stories, rhymes and songs for babies and a parent or caregiver. 0-18 months. Drop-in. / Contes, rimes et chansons pour les bébés et un parent ou gardien. 0-18 mois. Portes-ouvertes. Wednesdays, January 13 - February 18, 10:30 - 11:00 a.m.
Les mercredis 13 janvier - 18 février de 10h30 à 11h00

Toddler time / Tout-petits à la biblio

Stories, rhymes and songs for babies and a parent or caregiver. 18-36 months. Drop-in. / Contes, rimes et chansons pour les tout-petits et un parent ou gardien. Pour les 18-36 mois. Portes-ouvertes.

Thursdays, January 15, 22, 29; February 5, 12, 19, 10:30 - 11:00 a.m.
Les jeudis 15, 22, 29 janvier; 5, 12, 19 février de 10h30 à 11h00

PD Day : Library Scavenger Hunt / Chasse au trésor à la bibliothèque

Explore the library with our fun-filled scavenger hunt! / Explorez la bibliothèque avec notre chasse au trésor amusante!

Friday, January 16, 1:00 - 3:00 p.m.
Le vendredi 16 janvier de 13h00 à 15h00

PD Day: Block Party / Ça dé "bloc"

Show off your architectural creativity with Lego®, or challenge someone to a friendly board game. No registration. / Architectes en herbe, à vos Lego®; ou jouer à des jeux de société. Portes ouvertes.

Friday, January 23, 2:30-4:00
le vendredi 23 janvier, 14h30-16h00

Memory Fitness: Rejuvenating Your Brain

This presentation will explain changes that happen in an aging brain. Approaches to keep a brain young will be discussed by two brain-health experts. There will also be a fun and interactive demonstration of group brain exercises, with practical tips to help you start rejuvenating your brain. Tuesday, December 2, 3:00 - 4:00 p.m.

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.

Tuesdays, December 2, 16; 7:00 - 8:30 p.m.

Book Banter

Share the enjoyment of good books in a relaxed atmosphere. Join us for a discussion of *The Lowland* by Jhumpa Lahiri.

Thursday, December 4, 2:00 - 3:00 p.m.

Infusions littéraires

Partagez avec nous le plaisir des livres dans une ambiance détendue. Joignez-vous à nous pour une discussion autour de *Historien de rien* de Daniel Poliquin.

Le lundi 15 décembre de 14h00 à 15h00.

Sleuth Hounds Mystery Book Club

Share the enjoyment of good mysteries in a relaxed atmosphere. Join us for our end of year wrap-up. We will have a discussion about the "Best books of 2014".

Thursday, December 18, 6:30 - 8:00 p.m.

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, November 24 - December 15, 6:00 - 7:30 p.m.

Les lundis 24 novembre - 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, November 25 - December 16, 12:00 - 1:45 p.m.

Les mardis 25 novembre - 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, November 25 - December 16, 6:30 - 8:00 p.m.

Les mardis 25 novembre - 16 décembre de 18h30 à 20h00

Teen Programs

Exam Cram! / Études intensives

Welcome high school students! Beat exam stress in the comfort of the library. Questions? Ask library staff—we're here to help! During OPL's Teen Exam Cram time, we will be handing out giveaways to students we see studying at the library. Best of luck on your exams!

Affrontez le stress des examens en toute quiétude à la bibliothèque. Questions? Demandez au personnel – il nous fera plaisir de vous aider! Pendant les Études intensives des ados à la Bibliothèque Publique d'Ottawa, nous distribuerons des cadeaux promotionnels étudiants que nous voyons étudier à la bibliothèque. Bon succès lors de tes examens!

January 18-31 2015 / le 18-31 janvier 2015

Adult Programs

Book Banter

Share the enjoyment of good books in a relaxed atmosphere. Join us for a discussion. 2:00 - 3:00 p.m.

Thursday, January 8 - **The Unlikely Pilgrimage of Harold Fry** by Rachel Joyce

Infusions littéraires

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

le lundi 19 janvier - **Un oiseau dans la maison** de Margaret Laurence

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, January 15 - To be announced

English Conversation Group - Monday / Groupe de conversation anglais - lundi

Practice your English language con-

Continued on next page

Elmvale Acres Library

Up coming December Programs at the Elmvale Acres Branch of the Ottawa Public Library

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

Family Storytime

Stories, rhymes and songs for children of all ages and a parent or caregiver.

Wednesday, December 3, 2014 - 10:15am

Wednesday, December 10, 2014 - 10:15am

Contes en famille

Contes, comptines et chansons pour les enfants de tous âges et un parent ou gardien.

Monday, December 1, 2014 - 10:15am

Monday, December 8, 2014 - 10:15am

Babytime/ Bébés à la biblio

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.

Thursday, December 4, 2014 - 1:30pm

Thursday, December 11, 2014 - 1:30pm

Alta Vista Library cont'd

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, January 5 - February 9
Les lundis 5 janvier - 9 février

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, January 6 - May 26, 12:00 -

1:45 p.m.

Les mardis 6 janvier - 26 mai 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, January 6 - May 26, 6:30 - 8:00 p.m.

Les mardis 6 janvier - 26 mai de 18h30 à 20h00

AV Retirement Community

Continued from page 43

Alta Vista Retirement Community their home over the past ten years".

Jean Thompson, Secretary of the Resident's Association read a message from John Jerome, Association President, who unfortunately had to be out of the city for the celebration. In his letter, Mr. Jerome spoke highly about the kindness, courtesy, caring, and compassion, in particular after he fractured his right hip. He noted how he appreciated the wonderful support from staff and fellow residents, not only when he was in the hospital, but also upon his return to the Retirement Community.

Walter Terentiuk, Association Treasurer, created an analogy with a Trinity, and in it he included Management, Staff, and Volunteers. High praise went to General Manager, Arta Shala, whose door is always open. Mr. Terentiuk noted that she always says that she can "take the work home," and this is greatly appreciated by the residents.

With the staff, as part of the Trinity, these are the people who make life more bearable, especially when residents need more help, and then with humour Mr. Terentiuk added, "My wife and I are going downhill and it's not on a toboggan."

Mr. Terentiuk next included Volunteers as an important part of the Trinity. These people consist of both residents and non-residents, and they are the ones who put the final touches on the help that

they give. Another of his favourite quotes is to note, "The best projects are those that are administered by the residents themselves," and went on to describe the accomplishments of the Resident's Association.

Ruth St. Pierre, whom Mr. Terentiuk included in his speech, was one of those receiving the 10-year anniversary plaques, having lived at the Alta Vista Retirement Community since it opened in 2004. Mrs. St. Pierre also spoke at the 10 Year Anniversary Party.

"My husband was a patient at the Perley Rideau, so I came here to be near him. On Sunday nights he would drive his electric wheelchair over so that we could eat dinner together, plus he would attend any of the special events. I have often referred to the Alta Vista Retirement Community as a five star hotel, and after my husband died two years ago, I decided to stay. Why would I move, I asked myself the question, when I have enjoyed the time that I have lived here?"

Other residents who received the ten-year plaques were Barbara Meier, Basil Kerr, and Helen Jambour, plus Filomena Marquez who has worked at the retirement home since the building was new.

Alta Vista Retirement Community now has a new certificate, as an acknowledgment from Mayor Watson recognizing their ten successful years. It is a wonderful group of people who earned this honour. Please continue everyone with what you all seem to have been doing very well.

What makes a good restaurant?

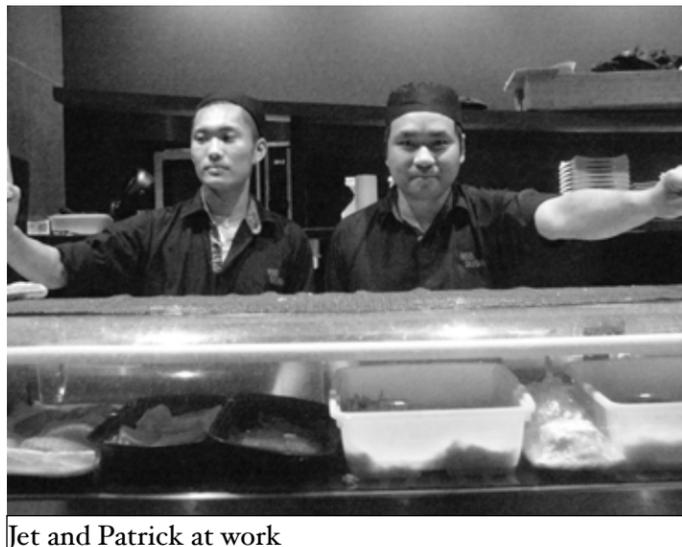
The people at 168 Sushi can show you!

by Carole Moulton

Read any restaurant review and the comments will vary as to what are the most important factors in a diner's experience. Of course, it goes without saying that you have to appreciate the food served to want to return, however, what else do you think makes a good restaurant?

First impressions do count. The moment you step in the door at 168 Sushi, you'll notice a bright and happy atmosphere, where not only the surroundings are pleasing, but both customers and staff alike appear to be enjoying the total experience. The décor is simple and streamlined with a tasteful Asian touch.

On a recent Wednesday evening, Lucio, Louie and John were quick to describe their likes in res-



Jet and Patrick at work



Patrick and Camelia check out their sushi

taurants, and 168 Sushi was right up there at the top, according to all three who had just come from a nearby rock climbing gym.

"We've been here many times, we've just been rock climbing,

we're all starving, and we really like the 'All You Can Eat Buffet.'"

One definition of buffet is that it is a 'style of dining where prepared food is on display for you to take what you want.' With 168 Sushi, the concept is somewhat dif-

ferent, in that your choices are laid out on a wonderful laminated buffet menu; another reason why the three men say they return as often as they do. There are colourful

Continued on page 48

Neighbourhood Watch

by Tim Mark

Make the right call:

- 911 Life-threatening Emergency or Crime in Progress
- 613.230.6211 Other Emergencies
- 613.236.1222 x7300 Call Centre – to report a theft, property damage, missing person or stolen vehicle.

Neighbourhood Watch:

Neighbourhood Watch is a partnership between citizens and the Ottawa Police Services to work for a secure and peaceful neighbourhood. For more information 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- Abbey Rd., 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. Rebecca Vander-

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

News: Police apprehended two suspects following a number of thefts in the Riverview Park area. For a full list of all recent incidents in the area go to the Police Crime mapping tool <http://www.ottawapolice.ca/en/crime/Crime-Mapping-Tool.asp>

Neighbourhood Watch has an important role to play in reporting crime or suspicious activities to the Police. If you see a crime in progress, call 911 immediately. It does not have to be a life-threatening or emergency situation if the incident is actually in progress. Also remember to inform your Block Captain and Coordinator. These are steps that any citizen can take to help keep Riverview Park safe. It is important to report even minor offences or crimes because this helps the police identify trends and this may lead to a better chance of catching the person or persons responsible.

Winter driving: Here is infor-

mation from our local Community Police Officer, Const. Rebecca Vanderwater has passed on from Ottawa Police Services to share with the community.

It is that time of the year again!

With the first snowfall of the season, Ottawa Police Services are asking drivers to be mindful of the increasingly slippery road conditions. We are asking the public to drive according to these conditions, to slow down, provide for extra distance between vehicles, and limit driving if possible.

- Be aware and be cautious. Weather conditions can deteriorate quickly or change as you travel.
- Slow down. Posted speed limits reflect ideal conditions, not wet or snowy conditions.
- Keep a safe distance between you and the vehicle in front of you. On slippery road surfaces, double the two-second rule.
- Avoid sudden turns of the steering wheel, and sudden braking and accelerating that could cause a skid.

- Avoid situations where you may have to break suddenly on a slippery surface.
- See and be seen. Always clear ice and snow from all vehicle windows to maximize visibility, and turn on your vehicle's full lighting system when blowing snow and white-outs impair your visibility.
- Make sure you know how to use your braking system in all weather and road conditions.
- Allow more time to get to your destination. Extra time is required to negotiate snow-covered roads.
- Your vehicle's tire treads should be in good condition and you should always have plenty of windshield washer fluid to assist with visibility.

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)

168 Sushi

Continued from page 47

food pictures for your buffet ordering, and the servers are readily available to help you with your options; since after all, you are choosing from over 168 items- thus the restaurant's distinctive name.

"We like the service, the music, and everything about the place," commented Lucio, Louie and John, and this shouldn't be surprising, since Manager John Ke is se-

rious about meeting the needs of customers.

There is always an upbeat feeling to the restaurant, as groups of friends chat together while ordering from the great food selection. With an A la Carte menu, the usual comments might be: "What are you having?" Comments in selecting a 'buffet' meal sound much more like a group of friends having a good time in their exchange, with friendly bantering among themselves about what to order. The same good-natured talk occurs as the food arrives and is shared. And

although A la Carte works well for many people, the 'All You Can Eat Buffet' is extremely popular.

168 Sushi at 1760 St. Laurent Blvd. is open 7 days a week plus holidays, and there is plenty of free parking not far from the door. Reservations are always welcome, plus you can always order the On-

Line Sushi for Take-Out or Delivery.

So, what are you and your friends waiting for? Perhaps, you might even see Lucio, Louie and John or many of the other repeat customers truly enjoying their meal in a nearby booth.

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Welcome!

DESTINATION: OTTAWA



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FACTORY STORE

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Welcome to the Ottawa Train Yards, the largest mix of RETAIL and planned office development in the City of Ottawa.

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Coming Soon:

OLD NAVY

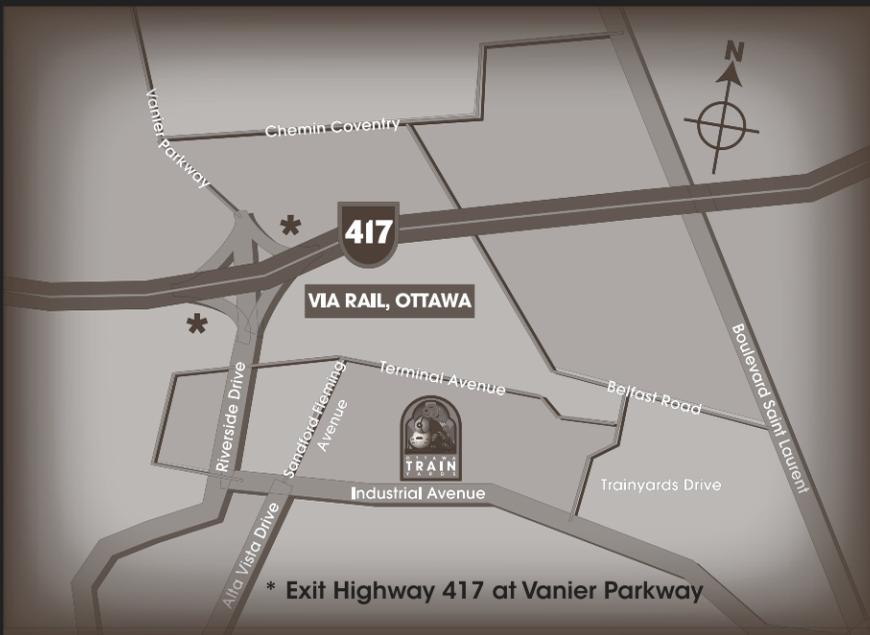
S SNEAKERS

The Ottawa Train Yards is located just off Industrial Avenue, close to the junction of Highway 417 and Vanier Parkway.

The site also enjoys easy access from St. Laurent Boulevard either by Belfast Road or Industrial Avenue.

The Ottawa Train Yards
Industrial Avenue at Trainyards Drive
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www.ottawatrainyards.com



Justice!

by Bruce Ricketts

Justice issues always seem to be in the news so I thought that we could explore some interesting stories about oddities in the Canadian system over the years.

Story one is about an Inuit woman named Kikkik and wise judge named Jack Sissons.

Kikkik was charged with murder. Sissons was the presiding judge for the case.

In 1958 the federal government had forced the relocation of Kikkik and her family from Ennadai Lake to Henik Lake, closer to Hudson's Bay. Traveling with Kikkik, her husband Hallow and her five children, was her half-brother Ootek. Caribou were scarce and the government had not made any provision for the travel of the Inuit. Starvation soon set in and while they were several days short of their goal the group was stranded by a blizzard. Hallow built an igloo and then, with Ootek, went ice fishing. While out fishing the starving and delusional Ootek argued with Hallow and accused him of withholding food. Ootek shot and killed Hallow.

On his return to the igloo, without Hallow or fish, Ootek got into a fight with Kikkik who, in self-defence, stabbed him to death. Stranded and without food for her children, Kikkik made the decision to push on to the nearest outpost, some 5 days walking distance away. Before starting the arduous trek she determined that she could not travel with all five children so she wrapped up the two youngest in caribou skins and left them behind in the igloo.

She was spotted later the same day by a police aircraft and taken to Padley Outpost. Kikkik was afraid of the police and told them that her other two children had probably died. The following day the police found the two girls, one of whom had died in her sleep.

Kikkik was charged with the murder of Ootek (based on her own testimony), child neglect and the death of one of her children. She was brought before Judge Jack Sissons.

In his initial statement to the jury, Sissons explained that Kikkik was a "woman of a Stone Age society" and that she should be judged not based on the black and white letter of the law but rather in light of her circumstances and her culture. The jury of four whites and



KIKKIK

two Inuit acquitted Kikkik of all charges.

Sissons, who was known in the north as *Ekok-toegee* - "He Who Listens" - died in 1969.

Kikkik lived for some years following the trial but she never spoke of the events to her children. Her three surviving children



Jack Sissons

didn't learn of it until they read the tale in Farley Mowat's 1959 book, *The Desperate People*.

I think we need more judges like Jack Sissons

Our **second story** happened in 1778 in Prince Edward Island.

At one time in the history of PEI hanging was a punishment set out for a wide variety of crimes. In some cases hanging was used to alleviate the costs of incarceration. For example, in 1815 two men were publicly hanged for stealing a loaf of bread from a woman's house.

One bizarre situation arose when in 1778 a woman (name unknown) was sentenced to die on the gallows for thievery. However, no one wanted the job of being the hangman.

The local Sheriff of the time was a gentleman by the name of Captain Thomas Marshall (*why do people's names so often match their jobs?*). Marshall placed advertisements in local papers offering the hangman's job - no applications were received.

Since the hanging was originally scheduled for late in the year, Mar-

shall decided to delay the event until the spring when "people from the continent" (Europeans) would arrive. Surely one of them needed a job! There were no takers.

In frustration Marshall resigned his post and eventually the woman was set free - neck intact.

Our **final story** is about justice gone crazy.

Back in 1978 a murder trial was proceeding in Winnipeg, Manitoba. Right in the middle of the trial it was discovered that one of the jurors was completely deaf and had no idea what was going on in the room. He was dismissed from the jury. To make it worse it was revealed that another juror spoke only French and did not even know that the trial was for murder because everything was done in English.

Then the door slammed shut on the trial when it was discovered that there was a third juror what

both spoke no English *and* was hard of hearing.

The judge ordered a retrial... hopefully with a better jury.

Bruce Ricketts is a Historian, Researcher and author. His Canadian History web site, MysteriosofCanada.com, is viewed by over 10,000 persons each day.



Hangman's noose



Confused judge

HPV

Continued from page 45

clinics. In other provinces and the territories, the vaccine remains free mostly just for girls, although Alberta does provide free vaccine for both girls and boys. Grade levels for free immunization vary from 4 to 7, depending on the province.

Infection in the oral cavity can be detected by a sore throat that doesn't respond to antibiotics, voice hoarseness, painful chewing or swallowing, a lump in the throat, bleeding in the mouth, or oral lesions that do not heal.

In the *Ontario Dentist Journal*, Oral Cancer, 2014, the author aptly notes that as oral health experts, dentists are in the unique position to help in the early detection of many medical conditions, including cancer. They are trained in medicine, and as such recognize the relationship between oral and overall health.

Most people visit their dentist at least twice a year, so it is often your dentist who, through the dental ex-

amination, notices changes or abnormalities in your mouth that could be indicative of some health problem such as oral cancer or diabetes.

Authors Brown and Liao have concluded their *PEAK article, HPV 101: What Dentists Should Know*, with the summary paragraph, "In Canada, health care delivery is a team sport. The HPV story shows one way in which an interdisciplinary team is crucial and necessary to not only reducing disease burden, but eliminating it altogether."

Obviously then, the elimination of The Human Papillomavirus (HPV) is going to have to be a team effort of not only health-care professionals, but government as well. Fortunately, it appears that this is the direction in which we are going.

Dr. Song can be reached at the Metro Dental Clinic, 1729 St. Laurent Blvd., just south of Innes Road. Telephone 613-733-6446, e-mail: rejinsoosong@gmail.com, or visit the website: <http://metro dental clinic.com/> New patients and emergencies welcome.

Maplewood puts on music, good food and rooms with a view

by Carole Moul

When the invitation arrived in the mailbox, those of us who have already been to one of Maplewood Retirement Community's events over the past year knew that we would be in for a great celebration- and we were.

Servers were mingling among the guests carrying trays of a wonderful variety of delicious hors d' oeuvres as we arrived, while punch, coffee or tea was being provided to the many people celebrating the 1st Anniversary of the Maplewood Retirement Community.

Self-guided tours ensured that you could move about at your own pace, taking in all the amenities that this retirement community offers; with many of the visitors pleasantly surprised at the exceptional views of the city from the suites on display. Guests also took in the beautiful landscaping that has been created around the building, and thoroughly enjoyed their time spent mixing with others in the beautiful main floor lounge and sunroom.

As usual, hospitality was exceptional at Maplewood. We all look forward to the next celebrations over



Daphne Ravon, Maplewood resident, enjoying the fun



Therese Dulude and Marie Walkinson with Philippe Dugauquier, Maplewood Retirement Community General Manager

Dmitry Egunov, a classically trained musician created a warm relaxing atmosphere with his saxophone during the afternoon party. He also covered a wide variety of material to the appreciation of the residents, families, and staff alike.

the coming months at 340 Industrial Avenue, the location of Maplewood Retirement Community. There are definitely treats there that you won't want to miss.



Dmitry Egunov, Saxophonist, playing the songs people enjoy



Elisabeth Renger, Maplewood resident, shares in the great celebration

A book publisher for all reasons

by Bill Fairbairn

It's not because he published three of my books that I treat Raymond Coderre as a colleague and friend. It is because he is an independent publisher who reads every manuscript that crosses his desk.

Since incorporation in 1997 he has run his Baico Publishing Company of Ottawa without financial support from government departments or agencies. I would estimate he has published well over 1,000 books by authors aged 10 to 85.

Baico is committed to the publishing business with a high degree of integrity. His mission is not only to publish unknown writers who otherwise would not have their work see the light of day, but to help authors reap financial benefits greater than what the industry might offer. This no easy task!

"I don't play by the rules," says Coderre. "I want to decide what I want to publish and not told that I can do only English or French or poetry or general fiction."

He recognizes that going his own way has slowed company growth and a lack of funding has impeded promotion, marketing and distribution. But through the years he has stuck to reading manuscripts and maintaining regular personal contact with every author on his publication list.

It was no doubt difficult start-

ing off slowly and refusing to take no for an answer. By doing so Raymond Coderre realized his dream to own a publishing house and help authors make their dreams come true as he did mine and others from Riverview Park.

Formerly a federal public servant involved in publishing and marketing for some 31 years, he began his second career as head of Baico after taking early retirement from government.

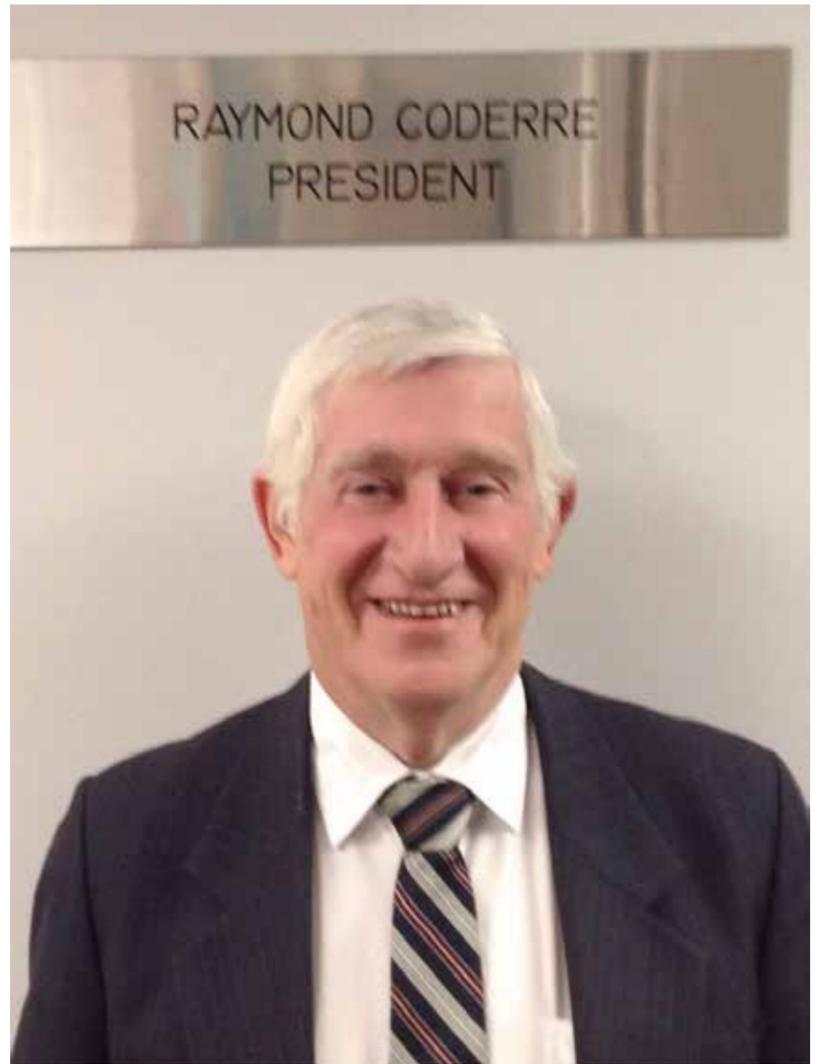
Before launching his business he took time to study the industry and find out how things worked for authors first in North America. He found it clearly did not work for new authors. "Today about 97 per cent are rejected-often unread."

Coderre takes a deep interest in meaningful written words and seeks readable text typefaces and classic typography for the good story well told. He has himself run book fairs in Ottawa and he usually shows up with a booth at other book fairs.

He emphasizes that authors maintain their copyright and that there is no fee for submission of manuscripts.

"We have some incredible writing talent in this area," he maintains. "My challenge is to give it exposure."

Baico is located at 280 Albert Street, Suite 402 (info@baico.ca), 613 829-5141. The website is at www.baico.ca



Raymond Coderre
Photo credit: Baico



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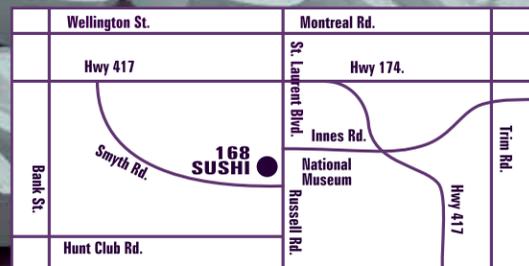


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