



APRIL 2015

A Voice of Riverview Park

VOL.7 NO.2



Zoé Allard  
Photo credit: Geoff Radnor



Abby Smith, Norah Smith and Willow Herbert  
Photo credit: Carole Moul

# Down they went!

by Carole Moul

On Sunday, February 22nd, the beautiful toboggan hill near the co-generation plant was the scene of the fourth annual Riverview Park Forest Winter Adventure. About 60-75 people and some of their pets enjoyed the event over a period

from 2-4 on a near perfect afternoon, and Tammie Winsor and Geoff Radnor took some beautiful photos of a number of the very upbeat participants. Tammie was also great in helping spread the word to friends and neighbours. Riverview Park Community Association President, Kris Nanda, and RPCA

Board of Director's member Bryan Orendorff walked Councillor Jean Cloutier and Councillor David Chernushenko through the green space where the Alta Vista Hospital Link is proposed- which is also going to cause the loss of this neighbourhood hill. The Riverview Park Community Association sup-

ported the toboggan party, snacks were provided, and everyone had a tremendous amount of fun. Well done to all the good sports who once again brought merriment to our hill.

**Additional pictures on pages 14 & 15.**

**Construction work is underway for the 1.7 km Hospital Link section of the controversial Alta Vista Transportation Corridor (AVTC) between Riverside Drive and the Hospital Complex. See page 8 for the Planning and Development column.**



Trees removed to make way for the new road  
Photo credit: Geoff Radnor



Grading down from Alta Vista Dr. towards Riverside  
Photo credit: Carole Moul

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# RPCA Soccer Club: Looking ahead to summer 2015

by Josie Sirna

It is about time to begin planning for another upcoming year of Riverview Park Community Soccer. This is a parent organized and parent coached community soccer skills development evening founded in 2009 by a group of Riverview Park residents for kids aged 2 to 12. Over 100 children were registered in the 2014 season which ran from June to August. A dedicated and good natured group of parents and neighbourhood youth coached, assisted or substitute coached and organized the season for the 4 age groups. Thank you from the whole neighbourhood!!

In previous years soccer players convened on Wednesday nights from 6:15 to 7pm (or to 7:30 for the older ones) on the grounds of the Riverview Alternative School on Knox Crescent for a nominal fee of \$20 per child or \$30 per family to cover equipment needs and Riverview

Park Community Association (RPCA) membership.

**The success of running this program and the ability to run it again in the summer of 2015 relies very heavily on the commitment of our Riverview Park residents and the response to this call for volunteers.**

Although it is an informal club, there are many people needed to keep it fun and safe for the kids. Roles are available for either administrative (coordination, fun events, equipment management) or coaching, substitute or assistant coaching. The volunteer commitment can range from only a few evenings throughout the summer to more consistent attendance over the three month period. No coaching or soccer experience is necessary, skill levels can be anything from previous coaching or playing experience to none at all. We can find a role for all to become involved!



The 7 & 8 yr olds pose with volunteer coach Jenn Ellis

If you are able to offer to volunteer please contact : [RPCAsoccer@rogers.com](mailto:RPCAsoccer@rogers.com)

As the roles have been heavily concentrated to a few in the past years we are looking to enlist an even broader group of parents this year so that commitments can be spread out more.

**Also consider involving your**

**older children!** A great opportunity to hone their skills and experience at volunteering and receive volunteer hours. They can help coaches with drills or also some administrative tasks, especially in instances where younger siblings are playing.

RPCA Soccer Club



Volunteer coach Lindsay Hunter chats with the young 2-4 year old soccer group



The age 9+ soccer players with their volunteer coach Jim Thompson



The 5 and 6 year olds listen closely to soccer coach Brad

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# A very special guest visits Cora St- Laurent

by Carole Moul

Where do you breakfast, lunch, or brunch when you come to the Ottawa- Gatineau area? Well, to the

ers. Today the Cora family includes over one hundred and twenty-five franchises, in all ten provinces, with the walls of each displaying

the wonderful images of many of the popular breakfast menu items. Cora is a wonderful example of a self-made business woman, and sets a beautiful model for others.

Her awards have been numerous, prestigious, and well- deserved. What an experience of a life-time for all those who have had the good fortune to meet Cora Tsouflidou.



delight of guests, servers, and staff alike, on a recent Thursday morning, the ‘real’ Cora came to visit the Cora Ottawa St. Laurent location at the corner of Belfast Road.

It was one of the nine Cora restaurants in the National Capital Region that Cora was escorted to by Field Representative, Miguel Cardoso, and to the truly surprised customers, it was made even better when Cora herself readily posed for photos, answered questions, and even helped the guests create some selfies.

The excited comments by the various diners could be heard throughout the restaurant, as Cora spent about two hours there enjoying both her meal and all the friendly people. One lady visiting from Sudbury said that she was ‘over the moon’ to meet Cora, while other diners commented about the ‘friendliness’ of this well-known lady.

The history of Cora herself goes back twenty-eight years ago to 1987 when she bought a snack bar in the Saint Laurent district of Montreal. It wasn’t very long however after the opening of her modest restaurant that Cora could see the wise-ness of changing the snack bar concept into making breakfasts her speciality. Again, it was only a short time later when her successful little eatery became much too small because of all her delicious meals and enthusiastic customers.

Not long after, Cora took over a new establishment, and her three children ran the original Cote-Vertu restaurant. She quickly branched out to owning a third, then five more Chez Cora Dejeun-

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It's hardly news that circulation of daily newspapers is not healthy in Canada. If you doubt the numerous stories of revenue losses in the industry, just look around any morning to see how few homes near you have a morning paper at the door. This is not, however, the situation for community newspapers; just over a thousand of them exist in this country and last year, circulation was up almost five percent from the previous year.

The Riverview Park Review is part of that growth. Every second month, we about 5,000 copies and reach many other readers via [riverviewparkreview.ca](http://riverviewparkreview.ca), our online edition.

Community newspapers similar to the RPR exist across Ottawa, including the Glebe Report, Newswest, OSCAR, Vistas, Mainstreeter, and the Barrhaven Independent. While we work in different neighborhoods, our goal is pretty much the same: to keep people connected to, and informed about, their community. We aren't alone, social

media such as Twitter and Facebook, along with various blogs and Web sites, also connect and build communities.

But whether on paper or online, whether daily, monthly or bi-monthly, the one factor we share is that to survive, we all need content and support.

The RPR is only as strong as the articles, pictures and columns that people in this neighborhood provide to our editorial staff, which is why we welcome contributions from people in the area. As well, because the newspaper gets no financial assistance from government or community groups, we welcome advertising and hope that the businesses and groups that do buy ads pay for those ads on time.

The RPR always can use more help from people beyond the small group that assembles and delivers it. Without regular contributions from community volunteers and timely payments from community advertisers, it would quickly disappear.

That's not a cry for help, but a simple fact of life for local media. So if you like what you see – and even if you don't – think about becoming part of it. We would love to hear from you.



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Got an opinion to share? Please send letters to [Editor@RiverviewParkReview.ca](mailto:Editor@RiverviewParkReview.ca). Your name, address and phone number is required for verification.

*Please remember to recycle this newspaper.*

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A sincere **thank you** to all the distributors for taking the time to deliver the *Riverview Park Review*.

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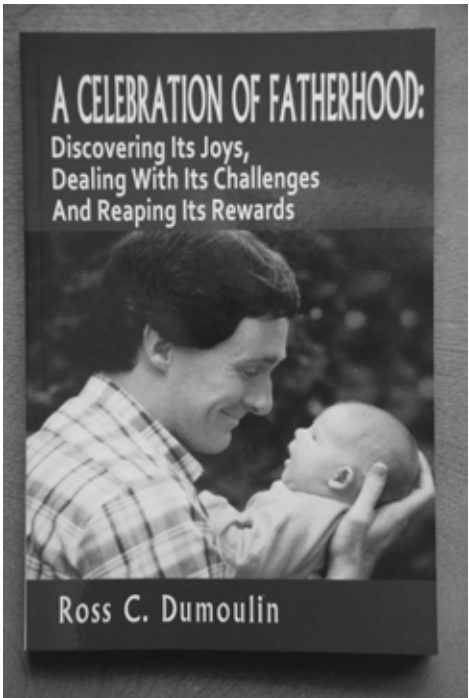
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Book overview: “A Celebration of Fatherhood”

Ross Dumoulin is an exploration of family and parenting at every stage from the birth of your child to the time she/he leaves home. It relates Ross’s journey as he experiences the joys, challenges and rewards of fatherhood and shares what he’s learned. This true story touches upon the themes of love, faith, values and priorities, married life, pregnancy, the school years, raising your teenager and becoming an empty-nester. The text is filled with excerpts of heart-felt letters, humorous descriptions of events and engaging anecdotes.

The book also offers many practical insights on family-related topics such as facing the passing of one’s parents, buying a house, negotiating a mortgage, buying a car, how to spend your money on the smaller things, the benefits of travel and even lawn care!

“A Celebration of Fatherhood” focuses on the positive and is inspiring and uplifting. But it also addresses important problems such as children’s behavioural issues at home and at school. The level of physical fitness among children is declining and their rate of obesity is rising. Parents don’t know how to say no to their kids. The book addresses these issues and provides researched solutions. It shows how parents can work with their child and his/her school teachers and how sports and exercise can have a positive impact on a child. Readers also



learn what are teenagers’ most common well-founded complaints about their parents, what parents can do to address them, how they can recognize early on the signs of depression in their teen and how they can help.

But, the big “secret” the book reveals is that fatherhood is not a mere job, but can be a joy—and that fathers can share in the fun with their children and find it rewarding. It encourages men to truly embrace their role as fathers.

If you are interested in purchasing a copy of the book, please e-mail Ross at [r.dumoulin@rogers.com](mailto:r.dumoulin@rogers.com)

**Dear Editor,**

This is a letter from a constituent and the response from the Councillor.

David Chernushenko

(There was a recent article about Ghost Bikes written by Citizen reporter Kelly Egan. This letter was in draft before the article appeared.)

I drive past the South end of Billings Bridge every day. I have noticed that the site of the memorial is becoming more crowded. First there was a bike and bunting on the railing, then someone added a planter and now there is a coloured ice sculpture. Eye-catching and well-meaning but in a dangerous place. I shiver whenever I see a crowd gather there waiting for the light – winter and summer. Walkers of all sizes, fast and slow cyclists, and jerky unsteady rollerbladers, all sharing the same narrow sloped space.

Wasn’t the woman who died there caught up in the undercarriage of a truck that was turning? Who will be next? I strongly suggest the City limit so-called Ghost Bikes to areas which do not impede the engineered traffic flow.

Public commemorations are for headstones, not public streets.

Yours truly,  
Terry Warner  
CC  
Jean Cloutier

Dear Terry,

Thank for your email. The Councillor appreciates your input on the bike memorial located on Bank and Riverside Dr.

In the past few months he has heard from many residents on both sides of the subject matter. Some people are as passionate about permitting such memorials to remain as others are opposed to allowing them on public rights of way.

Councillor Chernushenko will continue to look for opportunities to find an acceptable solution, whether it be small plaques in the memory of accident victims, a general memorial for all cycling accident victims or a new bylaw that limits the location and duration of sidewalk “ghost bikes” or other forms of spontaneous memorials.

Regards,  
Sarah Loomis  
Assistant to Councillor Chernushenko

**It has been a long, hard winter.  
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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 work with other community associations on issues of common interest through organizations like the Federation of Citizen's Associations (FCA) and communicate regularly with local councillors on planning and development issues of concern.

A pressing issue that the RPCA continues to follow is construction of the controversial Hospital Link portion of the Alta Vista Transportation Corridor (AVTC) road between Riverside Drive and the Ottawa Hospital Ring Road. In particular, the RPCA is closely monitoring developments related to the relocation of the VIA rail line on Abbey Road residents and has requested that an Open House be held on the AVTC, ideally this Spring, to give local residents a chance to provide input into the design plan and potential mitigation measures. In the meantime, Councillor Jean Cloutier arranged for the lead City engineer on the project to meet with the RPCA Board on March 18.

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

### Alta Vista Transportation Corridor – Hospital Link

Construction work is underway for the 1.7 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 facilities that comprise the Ottawa Health

Science Centre (OHSC). The plans included an at-grade signalized intersection at Alta Vista Drive and a bridge passing over the Transitway and Riverside Drive, with an underpass below the Via Rail line, and the realignment of Riverside Drive that is needed for the Hospital Link.

The first stage of the planned three years of construction activity includes the temporary relocation of the Via rail line up to 32 feet east of its present location during construction of an underpass to allow the AVTC to travel underneath the railway. Although 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 was unsuccessful in its 2014 request to the provincial government for an addendum to the Assessment, due to the Via Rail Line relocation and changes in light and noise mitigation measures that were not considered in the original Assessment.

In addition to the rail corridor relocation behind Abbey Road, work is now going ahead full-bore along Riverside Drive and in the AVTC between Riverside and Alta Vista, including building an access road to allow trucks and equipment to get to the construction site. Some preliminary clearing has taken place in the AVTC just east of Alta Vista Drive to set up a staging area, but no additional work is planned for that sector in 2015.

A City handout distributed in March 2015 to local residents shows that the Eastern terminus of the Hospital Link is just east of the toboggan hill and Co-gen plant. This is considerably further

west than the previous design and detail drawings for the AVTC that the RPCA had received in January 2015, and this change is partially in response to concerns raised by the community. The drawings from January showed the Hospital Link intersecting the Ring Road directly south of the Lindsay/Acton intersection –which would have involved cutting through a swath of the woods that has special environmental protection (EP). The exact location of the Eastern terminus has not been finalized.

RPCA Board members have reviewed detailed drawings that Councillor Cloutier shared in January and have also spoken with the City engineer for the project regarding several technical questions on certain aspects. They are also seeking confirmation 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. Councillor Cloutier also arranged to have the City engineer for the project come to the March 2015 meeting of the RPCA Board where board members and a few guests were able to ask questions and provide preliminary input.

In a 2014 communication to RPCA Board Members Councillor Hume indicated that “given the unique nature of this project, the City, in the tender documents, has retained the right to make adjustments to the design right up until physical construction. This means that although the City is seeking comments at this time, should issues arise after the tender is awarded, adjustments can be made.” With this in mind, the RPCA has asked Councillor Cloutier for his assistance in

arranging a Spring 2015 open house. This event would allow City staff to answer questions and accept input from the broader local community and other interested parties regarding design issues, including the parameters and impact of the project, well in advance of actual construction and the finalized design.

During the recent “Winter Frolic” event” in February RPCA Board members were able to give Councillors Cloutier and Chernushenko a “walk-through” along the proposed route in the woods between Alta Vista and the Hospital Ring Road, to allow them to see first-hand the greenspace where construction will take place.

### National Defence Medical Centre (NDMC)

The Department of National Defence and Canada Lands Corporation (CLC) are still working on 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 at the earliest. The RPCA has heard from at least one federal official that there is a potential Algonquins of Ontario land claim for NDMC property. Board members are investigating and following up to get more details on the nature and scope of this potential claim as it refers to both the NDMC lands and the AVTC.

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

Staging work continues in the area just north of the existing Hurdman Station, in preparation for preliminary construction work on the new Light Rail Transit (LRT) station. Foundation work for the new LRT station will start this spring once piling activities (placement of structural support poles) for the foundation and elevated guideway of the new LRT station 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



Photo credit: Geoff Radnor

Continued on next page

## Planning and Development Update

### From previous page

OC Transpo operations are not anticipated to be affected. City officials will be invited to make a follow-up presentation to the RPCA Board in the Spring. More information on the LRT project, including weekly construction summaries, can be found at [www.ottawa.ca/confederationonline](http://www.ottawa.ca/confederationonline)

### Pedestrian and Cycling Connections

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

While the Coventry Pedestrian and Cyclist bridge across the 417 between Tremblay and the Baseball Stadium was opened in February 2015, re-opening of Belfast Road between Tremblay and Coventry to pedestrians and cyclists is delayed until May 2015. This section of Belfast Road is expected to remain closed to vehicular traffic until spring 2016.

The opening of the new Coventry bridge over the Queensway leaves the gap between the Trainyards and the Via property as the only missing link for safe pedestrian and cyclist travel between Riverview Park or the Trainyards and Coventry Road (that would also benefit Trainyards customers and staff seeking quick access to the Transitway and future LRT system).

An Overbrook Community Association representative recently approached the RPCA. There is a condition in the original Trainyards complex project approval that requires a new pedestrian connection between Train yards and the VIA Train Station/ LRT stop. (e.g. either Tunnel or pedestrian bridge) to be built once certain square footage of space in Train yards complex is constructed. There is a question as to whether timing of this project could be tied in with LRT construction and both the RPCA and its Overbrook counterpart have raised this issue with their councillors.

### 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, though as this article went to press, the tenant(s) had not been confirmed.

Plans for a 40,000 sq ft. building at 595 Industrial (in the vacant space on Industrial Avenue just west of Pioneer Gas station) to house two major retailers are going through the site plan approval process now. Meanwhile, Skechers is expected to move into the retail facility at 575 Industrial in April.

At 600 Industrial (the former lumber yard), plans call for up to 6 smaller buildings to be built over the next several years. Part of the approvals includes completing a pedestrian pathway through the site to connect with Coronation Avenue, potentially coming out at the bus stop at Weyburn. The City is also requiring Trainyards

to go through a downtown Urban Design Review Panel, so this project will probably be delayed until 2016.

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.

### Other Industrial Avenue/ Russell Road Issues

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. RPCA has raised with Councillor Cloutier original questions to Councillor Hume confirming that sidewalk will extend to crossing into access road for Farm Boy/ LCBO and ideally to Russell Road along with a sidewalk on the west side of Russell Road between the Perley-Rideau complex and Coronation. RPCA has received written support from the Perley's CEO for the proposed new sidewalk on Russell Rd.

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.

### Community Mailboxes (CMB)

The RPCA is proactively looking to identify locations for where CMBs would be located in Riverview Park, although they are not expected to be installed in Riverview Park until 2016 at the earliest. Councillor Cloutier is being advised on the RPCA's interest in working together to identify potential CMB locations, given media reports about lack of Canada Post consultation with some communities in other parts of the country.

### Alta Vista Shopping Centre

The RPCA Board has been in contact with Brentcom, the property management company regarding new tenants for the long-vacant storefronts in the Alta Vista Shopping Centre. The mall is under new ownership and two new tenants opened earlier this year (Simply Chiropractic and Sophia's Nails Spa). A tenant for the third space had not been identified at the time this article went to press.

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](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](mailto:krpp1415@gmail.com). For more information on this and other activities in Riverview Park, please see the RPCA website at [www.RiverviewPark.ca](http://www.RiverviewPark.ca). The contact email for RPCA is [info@riverviewpark.ca](mailto:info@riverviewpark.ca)

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by Whispering Pine

The thundering of horses' hooves fades away—a kind of Doppler effect. “Oh my Goat!” The year of the goat is fast approaching—well, maybe not with the speed of horses. As the New Year arrives, we prepare to start anew, and make fresh resolutions. There is hope in all things.

I start by looking back at the year gone by, at what was lacking, and where there could be room for improvement. I must make some decisions—what would I like to accomplish in the coming year? What new opportunities lie ahead, and what goals should I set? There are many areas that I would like to work on. Some carry over from last year; maybe a few new ones.

There are two aspects: one is a commitment to daily self-cultivation, both the spiritual side and the physical aspect (health and environment), including the many material and immaterial things. How do I take on this commitment and see it through, as I am aware that to know is to apply and do, otherwise my knowledge is useless.

How do I learn to unclutter my mind, or for that matter as my wife also says, my room.

I would personally like to simplify my martial arts practice, as well as the many various

techniques, and come to an understanding of the purpose of all I do during practice and also when I teach students.

The other aspect is to be able to see all things as they are, clearly, with “a beginner’s mind” or “the mind of a child”—seeing clearly as



if for the first time, unconditionally and without any prejudice or biases. Only then can we learn new theories and acquire new ways of doing new things, or adapting the old ways to newly acquired insights. What was yesterday may have changed: “nothing is permanent”. Am I flexible and versatile like the goat that can live in all kinds of environments, harsh or not?

In Aikido or Taiji, the beginner mind sees and slowly learns many techniques done differently by various students, so the mind may be full of options, of different ways of executing a technique. It is just the nature of things. Before long, we start feeling like an “expert”, our common response to new teachings or new techniques may be full of “sensei yes, but...”. We want and try to understand, based on what we think or on our own personal “expertise”. Understanding can then become very difficult, as we start to think within our own box. For example, it is very difficult for me to explain how cold our climate is to my relatives living in tropical

Malaysia. That is because we cannot know what we have not experienced, or reach the level of maturity or understanding required to fully grasp a new concept, for example, a cold climate.

Unlike the beginner student, the expert or advanced student is more likely to realize that a technique gives rise to many possibilities. Once on top of the mountain, our view of things should be clearer, not obscured by our preferences or prejudices. Perspective and maturity make it easier to understand that nothing is permanent. So, be flexible and willing to see with a beginner’s mind again. An expert is not a specialist. Do not mistake the trees for the forest. A single tree cannot make a forest and a forest consists of many single trees. An expert works with the one principle, and does not rely on a single technique.



free spirit and take a break from our daily problems.

Even with extra effort, you might feel that things do not work out as well as you have planned. However, don't give up! All these are only momentary setbacks. Make the year ahead a “training” year, and you will reap all the benefits next year. The more you work, the more energetic you feel. This spurt of energy is beneficial. If it is a smooth-sailing year for you, you might get stuck in your comfort zone, both in work and in your personal relationships. However, even when you are not doing much and staying put, things can only get better! You could also consider taking a short break and travelling around the world. Travelling with your family could improve your relationships with them.

In fact, as long as you are cautious and honest, negativity will not affect you too much. Pass on good fortune by helping others, and that will bring you even more good luck.

Remember to exercise to keep yourself healthy, despite your busy schedule. Take extra care of your health and get ample rest.

**Continued on next page**



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## David Chernushenko Councillor Capital Ward

# Access to nature is not optional

by David Chernushenko

With all the attention paid to road maintenance, waste management and other municipal priorities, it's easy to overlook the importance of urban parks and greenspace. And yet they are crucial to maintaining our mental and physical wellbeing, and to strengthening the social fabric of a thriving city.

Studies have shown that encounters with the natural world are beneficial, whether it's a walk in the woods, a few moments sitting in the shade of a large tree, or taking your children to watch ducks dabble in a pond.

Time spent enjoying the outdoors leads to measurable decreases in depression and stress among people of all ages. Educators believe that contact with nature promotes children's intellectual and emotional development, fosters imagination and creativity, and helps them build social relationships. It has also been shown to reduce symptoms of Attention Deficit Hyperactivity Disorder.

In dementia patients, spending time in a garden improves cognitive function and reduces agitation and aggressive behaviour. Speaking of gardens, community plots provide not only nutritious pro-

duce, but also ample opportunities for social interaction — two health benefits in one!

In short, parks and other open public spaces offer opportunities to rest, relax, play, get some exercise and make friends, all of which deliver physical and psychological benefits. That's good for everyone, regardless of your economic or social status, level of education, or stage of life.

Considering the many positive effects, it's unfortunate that parks and natural areas are thought of by many as good, but not essential; nice, but perhaps less important than filling potholes — especially if that pothole is on your street and you have a spacious backyard in which to putter around.

We are lucky here in Capital Ward to have parks and greenspaces accessible to many residents so close by: Landscaped as well as natural areas along the Rideau River and Rideau Canal, the expanded park on Springhurst Ave., Hurdman Wood, Brewer Pond, Sawmill Creek, and the Arboretum and Experimental Farm.

Yet a frank assessment would show that we have the National Capital Commission, rather than the City of Ottawa, to thank for much of that, not to mention that existing greenspaces continue to

disappear due to development, including the Oblate Lands off Main Street and, yes, the Hospital Link road.

I was reminded of the importance of local, "unofficial" parkland when I recently joined RPCA president Kris Nanda and other residents at the Riverview Park Winter Frolic. During our 30-minute walk in the snow, you could imagine yourself in a forest. For a lot of people this is their forest — not quite Gatineau Park, but a brush with nature and neighbours in a calming setting just minutes from their doorstep.

Its value is clear, and I have been working with Alta Vista Councillor Jean Cloutier (and previously Peter Hume) to ensure that the Hospital Link plans minimize the amount of cutting and occupy only as much of the currently green corridor as necessary. I hope that, after landscaping and tree planting are completed, there will be a net gain in tree cover.

I am also working to have a greatly improved walking and cycling pathway network as one of the positive outcomes of building a road that not all agree with in the first place. Though much will be lost, some will nonetheless be preserved and some will be gained.

Such construction work, includ-



ing the imminent realignment of the Via Rail track, is unavoidably disruptive and will have noticeable impacts on residents. Those closest to the construction corridor should expect some dust as well as periods of significant noise and vibrations as work progresses. The City is informing affected residents and plans to hold a public meeting about this project once more details are finalized.

I will provide updates via my website and newsletter as information becomes available. Please subscribe at [capitalward.ca/subscribe](http://capitalward.ca/subscribe) so we can reach you.

**Councillor David Chernushenko**  
613-580-2487 | David.  
[Chernushenko@Ottawa.ca](mailto:Chernushenko@Ottawa.ca) |  
[www.capitalward.ca](http://www.capitalward.ca)

### From previous page

The key for this year is to keep your confidence level high, stay motivated and 'never' procrastinate or slack off. Staying in your comfort zone is not good enough to get you anywhere.

Only with a clear mind can you execute your plans seamlessly to perfection. Don't get caught up in any form of argument, and try to stay clear of taking sides.

Take one step at a time and be a little more patient when awaiting the results of your hard work. If things don't work out after putting in all your effort, take it positively. Think of it as a learning experience, as even this will be useful to you in the future. You are most certainly going to meet with some difficulties in some aspect of your life. Keep your spirits up, and be cautious when it comes to decision-making. As the saying goes, slow and steady wins the

race: this is how you should take on the New Year.

If there seem to be more hurdles for you to overcome, fret not; things will work out at the end of the day.

As we pass the end of the year of the horse, we cannot contemplate the future without looking back and seeing what we have done or achieved. Did we meet our goals, big or small? It is important to gain this perspective so we can better plot for the near and distant future. Knowing and being aware of the past helps by providing a stepping-stone to our next goal or goals. Being sincere and honest in this process helps us with our resolutions. It is essential to start with a definite goal in mind, and to avoid going astray and living without a purpose.

I guess it is important to be happy, just to live the year and still able to sit down and write this. The past is passed. We just need to be aware of the whys and the hows

to improve what was not to our satisfaction.

The New Year will start with a celebration at the dojo, a fondue dinner with my students and my family. It is time to take a break before the next task. This is important, as it provides an opportunity to recharge and renew, making us stronger and ready to face the coming year.

My life goes around in cycles, some big and some small: night-to-day is a small cycle, the beginning of the month to month's end is a bigger cycle, and the end of the horse and the beginning to the year of the goat represents a yearly cycle. In the Chinese calendar, each year is represented by a different animal, total of twelve animals, which represents another longer cycle still. Furthermore, there are also five elements associated with each animal: water, fire, metal, wood, and earth. Each of the twelve animal years can therefore be combined with the five elements, giving rise to

another larger cycle of sixty years—one cycle nesting within another. Then the time cycle starts again. In Chinese culture, there is always a big birthday celebration when anyone completes a full sixty-year cycle. Children, do not forget this important date for your parents.

In this life on earth, there is, of course, one more important cycle that begins with birth and ends with death. Actually, it is not auspicious to mention this last word during the New Year celebrations, which last for fifteen days: fifteen days of visiting old friends and of eating good food for the benefit of both body and soul. Beyond this, I do not know what the New Year holds for me.

There are, of course, many different religions and teachings. You just have to do the best you can, and, most importantly, not neglect your spiritual health and well-being.

GongXi GongXi !

# Trinity Community Garden has plots available for new gardeners

by Bernadette Bailey

Trinity Community Garden will hold its information and registration evening on Wednesday, April 8, 2015 at 7.00 P.M. at Trinity Church of the Nazarene, 480 Avalon Place (at the corner of Avalon Place and Braydon Ave). The garden is located behind the church 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 harvesting their own plots. In 2014 there were 28 gardeners, and we are happy to say that there are vacant plots for those who wish to join us in 2015. Each gardener plants on their own plot, tends it, and harvests it. The plots are 20 feet by 4 feet, and the cost is \$20.00 plus a \$5.00 membership fee (cash only please) for the season. If you

are interested in renting a plot please attend the registration meeting. If you would like more information you are welcome to email us at [trinity.garden@rogers.com](mailto:trinity.garden@rogers.com) or find us on Facebook at Trinity Community Garden. The garden is a member of the Community Garden Network of Ottawa administered by JustFood. We received a grant from them in our first year but since that time we have managed to be self sufficient. In addition to the plot fees, we have held a successful plant sale in the community each year on the first Saturday in June during the Alta Vista Garage Sale. Each growing season we acquire mushroom compost and reimburse the church for the water costs. In addition, the garden has a shed and some tools for the gardeners' use. Current gardeners have found many



benefits of membership at the garden. One is the control it gives us over what we are consuming. In a time where many of the details of the food we eat are mystery to us, we unknowingly consume things that have travelled thousands of miles, or may contain genetically modified organisms, or amounts of herbicides and pesticides that we are uncomfortable with. For these reasons, many people prefer local and/or organic food. Growing your own is a good way to have control over what you consume and can provide you with substantial savings. 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 a sense of community in a number of ways. Even though each person plants and maintains their own plot, there are also shared times and shared tasks. Early in May gardeners come together to prepare their plots on a common preparation day. In the fall, we have a garden clean up day where gardeners remove vegetation from their plots, as well as the common areas of the garden. This year we plan to have a midsummer work day as well. On each of the days we share a potluck lunch. In the past these have been well attended and enjoyed by all. It is a nice opportunity to chat, exchange gardening tips and ideas, and to try some great recipes,



often made with produce from the garden. Each gardener volunteers to perform one of the required tasks, filling the water barrels, managing weed growth in the common areas or maintaining our compost system. We also plant and maintain a common herb garden and are working towards distributing our surplus produce to those in need. This is a place where people of varying ages and backgrounds come together to share in the joy of gardening. Parents may be motivated by the wish to teach their children about where their food comes from and to allow them the experience of growing it themselves. The retiree who has moved from a house with a yard appreciates the ability to continue a lifelong hobby of having a garden. Others enjoy being able to grow vegetables from their country of origin which may be harder to obtain here. Whatever the reason, on a warm summers evening it is a very pleasant place to be, whether you happen to find yourself alone or in the company of others.



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Staging area off Alta Vista Drive  
*Photo credit:Carole Moul*



Construction area on Alta Vista Drive  
*Photo credit:Carole Moul*



More Construction area  
*Photo credit:Carole Moul*

**Construction work  
has begun for the Alta  
Vista Transportation  
Corridor**  
*Photos by Geoff Radnor and  
Carole Moul*

**See P&D column  
on pages 8 and 9**



Staging area off Alta Vista Drive  
*Photo credit:Carole Moul*

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Seamus and Finnegan Swandel with their father Nicholas in the background  
*Photo credit: Carole Moul*

# Down they went!



Luka Flanigan  
*Photo credit: Tammie Winsor*



Bryan Orendorff of the RPCA, Councillor Jean Cloutier, RPCA President Kris Nanda, and Councillor David Chernushenko  
*Photo credit: Carole Moul*



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Gavin Morris and Chelsea  
*Photo credit: Tammie Winsor*



Kade Brearley  
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Emily, Sarah and Max Money  
*Photo credit: Geoff Radnor*



Stefan Dubowski and son Dash  
*Photo credit: Tammie Winsor*



Jack Nowak  
*Photo credit: Geoff Radnor*



The toboggan hill  
*Photo credit: Carole Moul*



Naomi Munn-Venn  
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Leah Gilbert Morris and Ainsley Morris  
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# Responses to some Eastway Gardens' Residents' Questions



Tunnel under 417 to St. Laurent Shopping Centre  
*Photo credit: Carole Moul*



The mud from the spring's freeze/ thaw cycle  
*Photo credit: Carole Moul*



Belfast Road Bridge closure between Tremblay Road and Coventry Road  
*Photo credit: Carole Moul*



Traffic lights on St. Laurent Blvd. turning left (west) on to Tremblay Road  
*Photo credit: Carole Moul*

ture improvements undertaken to fix the 417/174 split, this will avoid having cars weave across multiple lanes of traffic to access the eastbound 174 lanes from the St. Laurent onramp. The City will be widening Innes Road eastbound this summer; drivers wishing to head from Orléans from the St. Laurent area south of the Queensway should use either the newly widened Innes or access the Queensway eastbound from Riverside Drive.

**Q4.** Traffic lights on St. Laurent turning left (West) onto Tremblay Rd.: we have two ways of getting onto Tremblay Rd. and one of them is from St. Laurent Blvd. -- is there any way they could install an advanced green light for us? I can drive in the heaviest of traffic at the best of times, but when cars are coming from the opposite direction at speeds exceeding the speed limit most of the time, it makes it very difficult to turn left. It is even more difficult now, since they've recently installed a Yield at the end of the Queensway Exit ramp.

**A4.** The City continues to monitor traffic at the St. Laurent / Tremblay intersection and, to date, we have not found reason to alter the signals there to accommodate an advanced green.

The primary flow of traffic going through that area is northbound and southbound on St. Laurent, to add a left turn signal would decrease the amount of capacity available through the intersection in the southbound direction, leading to potential issues and backups in that direction – particularly with the Eastbound highway off-ramp relatively close to the intersection.

**Q5.** Apparently the tunnel under the 417 connecting the St. Laurent Shopping Centre to Tremblay Road will have access for LRT riders only, meaning I guess we'll have to play for the train prior to entering the tunnel, which also means we lose a huge short cut to the mall. If someone has an answer that would be great.

**A5.** Actually, the station design has the pathway under the 417 outside the fare control zone. Residents will be able to use the tunnel to access the mall without needing a transit pass once the LRT is in service.

**Q6.** What is being done to prevent internet outages to Eastway Gardens? It appears that Roger's internet customers suffered two outages due to cut lines in the area.

**A6.** We are not aware of any internet service outages in Eastway Gardens related to Confederation Line project work. Residents experiencing issues with their internet service are encouraged to contact their internet service providers.

**Q7.** We were told that the bridge on Belfast Road to Coventry would be open to pedestrians and cyclists by

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by The City's Rail Implementation Office

**Q1.** Intersection of Tremblay & Belfast Roads: could they please ensure that the **entrance to the construction site be kept in better condition** by placing more gravel etc., to fill in the holes? I realize it is a construction site, but if they're going to allow vehicles to go through, we have to think of our cars and so should they. What can be done about this?

**Q2.** Tremblay Road approaching St. Laurent Blvd.: **is deteriorating so quickly**, and again, we have to think of our cars and so should they. I had to call the City a few times last year, but we shouldn't have to call them, they should know. What can be done about this?

**A1&2.** Road maintenance is always a challenge with spring's freeze/thaw cycle, especially around construction sites where heavy vehicle traffic is more frequent. The City and our project contractor, the Rideau Transit Group, continue to monitor and keep our work sites clean and the roadways nearby maintained. If you should spot any areas of concern, please contact 3-1-1 and we will be pleased to follow-up and have a look at the site in question.

**Q3.** The St. Laurent entrance to the Queensway going East: do they have any idea on how soon it will be ready to re-open?

**A3.** The St. Laurent eastbound onramp to the Queensway is permanently closed as part of the infrastruc-

# For the love of Hockey and Family @ Balena Park

*by Ad Abidi*  
**T**his -20°C and families are out playing hockey under the lights at Balena Park!!!

Ahhhhh, but for the love of hockey and family ...  
We have excellent community spirit in Ottawa and Riverview Park. Our hockey night at Balena Park is always a blast – the highlight of winter and a great cure for cabin fever. But what happens when you turn up and Mother Nature has blessed us with 15cm or more of the fresh, white, fluffy stuff? It is an OMG moment for sure.

A little history and community announcement: The two ice pads are an annual tradition at Balena Park – one for hockey and the other for skating. They are there because of the generous support from the City of Ottawa and City Councillor Jean Cloutier. The ice pads are created and maintained by volunteers, Chris and Warren, who are supported by volunteer monitors.  
The RPCA is looking for someone to coordinate the ice pads at Balena Park for next season. Please contact RPCA if you are interested. Chris Khoury, the coordinator for the past few years describes his experience as one of “dedication, hard work and volunteers; like Sherry and her family”.  
Volunteer monitors are also needed for next season – usually December to March - week nights 6-9PM (in one hour time slots) and weekend days.

Volunteering at Balena Park is a fun and rewarding experience. Sherry describes it thus:  
“It’s much more than an opportunity to volunteer for the benefit of the community. It’s a weekly time set aside to play hockey and have a great time with a regular group of family, friends and whoever else shows up to play. Grandfathers to toddlers, all skill levels are playing together. It’s great fun, no hassle to organize and amazing exercise.”  
Back to our OMG moment –  
The first monitors of the night, Gilles and Sarah, with Celeste and

**Continued on page 24**



Adam Abidi



Noah Wightman



Ad Abidi



Member of Parliament | Député

**David McGuinty**

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

**David McGuinty, MP | Député**

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Bruce Aho and the Dale Park Winter Carnival Team: It doesn't get much better than this.

Photo credit: Michelle McLellan



Louise & Marlene enjoy a hot beverage & a good chat.



Families came with their babies . The dogs Libby & Pippa also enjoy the social



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Declan gives Rhys some "goalie" tips



Little Nora takes her position in nets

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Claudia enjoys a bowl of fresh fruit salad, Graham opts for a quick hot dog, eager to get back to the hockey game



Bruce Aho: the one who makes it all happen



After skating with his wife Wendy, Bob takes a “sunshine” break – good chance to enjoy the hockey game



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Break time for Ethan and his best friend Amare, love those Cheesies!



Claudia savoured the maple taffy on the snow treat while Michelle prepared the Beaver Tails

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Ontario is taking action to improve the quality of life for more children and youth in our community living with chronic pain.

A recent study found that up to 38% of children and adolescents will suffer from chronic pain as a result of injury, surgery, trauma, childhood illness or unknown causes.

Approximately five to eight percent of these children will develop significant pain-related disabilities such as sleep, mood or anxiety disorders; limitations in physical functioning; or social isolation – all of which can severely impact a child’s ability to lead a happy and productive life.

Recently, I had the honour of joining Ontario’s Minister of Health and Long-Term Care at the Children’s Hospital of Eastern Ontario (CHEO) to announce an additional \$881,517 per year that will be invested in our community to help children suffering from ongoing pain. With this new investment, CHEO will now be able to treat 106 paediatric chronic pain patients each year compared to only 36 last year.

CHEO will also work with four other hospitals across the province as part of a comprehensive network to better assess, prevent, manage and treat paediatric chronic pain patients. Together, the network of hospitals will help children, youth and their families by providing care and services from a range of health care workers, offering an intensive in-patient rehab program, and reducing wait times, primary care visits and emergency room visits.

Ensuring faster access to essential care is part of our government’s efforts to build a health care system that our children can rely on throughout their lives.

## Our Office is Moving Soon to Serve You Better

In early April, my community office will be moving to a brand new location at 1828 Bank Street. We look forward to continuing to serve you at our new location.



**John Fraser, MPP**  
Ottawa South

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Ottawa, ON K1V 7Y6  
T: 613-736-9573 | F: 613-736-7374  
[jfraser.mpp.co@liberal.ola.org](mailto:jfraser.mpp.co@liberal.ola.org)



# What makes a person choose a certain profession?

by Carole Moul

In the case of Dr. Charles LeBlanc it was when, as a youth, he was cured of insomnia by a chiropractor.  
“It was that special unique mo-

ment when I realized that someone was able to adjust my spine and I was able to sleep again. I was intrigued that by an adjustment of a bone in the neck I now had a much better quality of life.”  
Not even 8 years of education,

four of these working toward an undergraduate degree, and four at the Canadian Memorial Chiropractic College (CMCC) deterred Dr. LeBlanc in his mission to become a chiropractor and be able to help others. And to this day, he has been

“passionate about treating children, to make them have a full life, and not be restricted by disease, conditions or the pain of ear infections, asthma, bed wetting or even colic. With adults, it is not just a matter of getting people out of pain, but wanting them to be healthy 10-20 years from now.”

*Simply Chiropractic* opened its doors at 1569 Alta Vista Drive on January 5<sup>th</sup>, 2015, and since then Dr. LeBlanc has appreciated getting to know the patients who have been coming to his new practice.

After a recent move from Burlington, he has also been taking pleasure in all the amenities that Ottawa has to offer. He likes the fact that a person can be out of the city and into the country, going in any direction, with only about half an hour’s drive.

“There are these amazing bike-ways and parks along the river, and all are available nearby. I like roller-blading and martial arts as well, and there is also easy access to these.”

Likewise, Dr. LeBlanc enjoys the multiculturalism here in Ottawa, not only interacting with the people, but also eating at the various ethnic restaurants that are spread across the city.



Dr. Charles LeBlanc



Simply Chiropractic is located at 1569 Alta Vista Drive

Continued on page 23



## Simply Chiropractic

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# Visiting on a Free Day at the RCMP Stables

by Geoff Radnor

Here in the nation’s capital we are fortunate to have so many national institutions. The National Gallery full of great Canadian and international art, the National Arts Centre and the museums of History, Aviation, Science & Tech., Nature, War, Agriculture as well as the Royal Canadian Mint. To many Canadians these fine institutions are thousands of miles distant (km. I wrote about this in another article) taking hours of travel by air or days by road or rail to visit. But to us in Ottawa and Gatineau they are right here on our doorstep.

Our six-year-old granddaughter took a field trip last week, (not in the old sense of a field trip to a working farm or sugar bush) she went to the National Arts Centre (NAC). How many adults from Riverview Park went to the NAC in the last week/month/year? Not nearly as many as the school kids there last week, I bet.

The summer months see many more visitors from the farthest reaches of Canada and they will visit the museums and other national sites, but come Labour Day those places rely on the visits of the locals to help them over the financial crunches that they all face. Culture and the arts are always favourites for budget cuts by governments.

We used to visit the farm regularly, it is part of the Agricultural Museum, but now they even charge for parking out in the field next to the barns, so we don’t visit so often. We are not so fortunate as our neighbours to the south, where in Washington, DC, all the Smithsonian museums and galleries are free and attract many millions of visitors every year. The institutions



Elizabeth: Not old enough yet to ride this beautiful machine



A wintering Musical Ride horse



Constable Allison Barker showing Taboo to the enthusiastic visitors



Inspector Patrick Egan: the Officer in Charge of the Musical Ride Branch



Geoff Radnor testing some of the equipment on display at the RCMP Food Bank Open House  
Photo credit:Elga Radnor

Continued on page 24



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# Spring Garden Calendar

by Fran Denmett

Last fall in the article on putting your garden to bed, I presented a list of possible chores that you could use as a reference when preparing your garden for the winter. The January to July list I had planned on presenting in the spring. I think spring will eventually come so I offer the following for your perusal. Again remember this is a guide of possible chores to do in the spring. You cannot do everything on the list, indeed you would not have time to do them all. This is more a guide of what to do when. When you read this, it will be April, but the January through March list you will have for next year. N.B. If a chore appears in more than one month, it means it can be done in either of those months.

## JANUARY

- Plan this year’s garden projects from last summer’s notes on what to change.
  - Research new perennials, annuals and vegetables to try next year.
  - Brush heavy snow from evergreens and shrubs.
  - Tramp snow down around young trees, shrubs, Rhododendrons, to deter mice from eating bark.
- Check houseplants for pests and disease. Repot, if necessary, and fertilize.

## FEBRUARY

- Feed houseplants weekly with ¼ strength of the recommended concentration of fertilizer. Every fourth watering, use fresh water to flush out accumulated salts.
- Take cuttings of geraniums, coleus, Lantana, fuchsia, abutilon, hibiscus or any other houseplants to use as fillers in outdoor containers or in the garden.
- Check stored gladioli, dahlia and other bulbs, corms or tubers for thrips and rot.
- Buy new gladioli, dahlias, tuberous begonias and other summer flowering bulbs and store them in a cool place until you start them in late

## March. Do not allow to freeze.

- Check supplies for starting seeds (e.g., soilless mix, labels, clean pots, etc.)
  - Sow seeds that need a long growing period before flowering, e.g., fibrous begonia, verbena, lobelia, arctotis and torenia.
  - Cut spring flowering shrubs for forcing in water. Allow 6-8 weeks to flower.
  - Prune storm damaged trees and shrubs.
- Take a gardening course.

## MARCH

- Prune fruit trees and grape vines only while the ground is still frozen. Prune first year grape vines to 2-3 buds. Prune second year and older vines to keep a manageable size and to remove vines that bore fruit.
  - Check houseplants for pests and disease. Repot, if necessary, and fertilize.
  - Prune dead or damaged branches from trees, except bleeders, such as maple or birch, which are best pruned after July or in September/October when the sap will not bleed.
  - Gradually unwrap protection from more tender plants (e.g., holly and rhododendrons) so they acclimatize to the cool weather. As weather warms by mid April remove protection completely.
  - Start tuberous begonias and dahlias in pots after the middle of the month and grow on the cool side to prevent leggy growth and aim for short stocky plants.
  - Sow annuals in early March that take 70-90 days to bloom, e.g., ageratum, snapdragon and petunia. Plant according to packet information.
- Sow tomatoes, peppers, eggplant and quicker maturing annuals toward the end of the month, e.g. marigold, asters, stocks.

## APRIL

- Spray with dormant oil before buds burst to control mites on fruit and shade trees, hardy shrubs. Apply it on a calm/warm morning (above freezing) to allow time for drying. Never use on sugar or Japanese maples, beech, hickory, birch or butternut. **Always read the label.**

- Weather permitting, gradually remove hilled soil from around roses, and incorporate it into the surrounding soil.
  - Prune off winter kill on roses and feed.
  - Rake debris from the lawn only after it has dried enough so if walked on would leave no foot print. Repair bad spots, add new soil and reseed. Fertilize with high nitrogen fertilizer.
  - Once the snow has melted be on the look out for the overwintering adult red Lily beetle. These beetle attack Lilium only and destructive in all stages.
  - Prune non-flowering shrubs. Fertilize trees and shrubs as ground thaws.
  - Check houseplants for pests and disease. Repot, if necessary, and fertilize
  - Plant sweet peas and/or garden peas.
  - Feed perennials and remove dead stalks.
  - Edge beds, install peony rings and any other staking for tall perennials.
  - Plant new shrubs, evergreens, trees and vines.
- Put out hummingbird feeder and bird bath.

## MAY

- Press back into the soil perennials that have heaved due to thawing.
- Plant cool weather crops like lettuce, peas onion sets and spinach.
- Harden-off seedlings started indoors. Begin with those that can tolerate cool days, e.g., pansies, snapdragons and perennials.
- Watch for adult lily beetle (red) which over winter as adults. Hand pick and squash. Later watch for red eggs masses on the underside of Lilium leaves.
- Deadhead tulips and daffodils. Their leaves should be allowed to yellow, replenishing energy needed for next year’s blooms.
- Check local nurseries for new stock. The master plan you made in January will now save you time. It will tell you what you want and need.
- Plant nasturtium, marigold, Queen Anne’s Lace and goldenrod and Sweet Alyssum to attract ladybugs and other beneficial insects.
- Plant vegetables and direct seeded annuals when danger of frost has passed and you can sit on the soil in your bathing suit (about 10°C).
- Check trees for tent caterpillars and other pests. Vigilance is the first line of defence.
- Use appropriate supports for vines, e.g. clematis, honeysuckle, grapes, sweet peas.
- Set lawn mower to cut grass at 2.5-3” high. This chokes out annual weeds, makes the lawn thicker and better able to withstand drought. Leave clippings on the lawn as a

- source of nitrogen. If the grass is too long rake-up the “hay” and compost.
- Compost last winter’s waste and incorporate leaves (source of carbon) you saved in garbage bags last fall. Allow to decompose over the summer.
- Remember houseplants sunburn easily, you must harden them off before placing them outside. Fertilize *Amaryllis* and put outside in a shady spot, they love it! You will be rewarded with huge blooms about December.
- Rejuvenate flowering shrubs by removing 1/3 of the old wood after blooming.
- Sow the remaining vegetable seeds. Cultivate to eliminate weeds or use black plastic as mulch. Plant a row for the food kitchens.
- Prune cedar hedges and recycle prunings.
- Divide fall flowering perennials now.
- Note to yourself to buy more hardy bulbs in September.

Watch for presence of iris borer when the iris fans are 6” high. Check Canadian Iris Society website for information on control of iris borer in Ontario.

## JUNE

- Remove hardy bulb foliage after yellowing. Dig bulbs up only if relocating.
- Thin annuals and vegetables if they are planted too closely.
- Stake tall plants, e.g., dahlias, delphiniums and tomatoes.
- Pinch back hardy fall mums only until June 15th.
- Fertilize annuals and perennials to maintain strong healthy plants which can resist pests and diseases. Start biennial (pansy, Sweet William) and perennial seeds outdoors. Label well because labels get eaten by garden elves.
- Watch for red lily beetle adult and larvae which is covered with black, mucousy excrement. Hand pick and squish or drop in hot soapy water.
- Hill up potatoes when they are about 8” high. Plant green peppers and eggplant seedling out in June as they are susceptible to late frost. When planted too early, the cool nights cause their blossoms to drop resulting in no fruit in August, just lush green plants.
- Control weeds by cultivating or mulching.
- Plant non-hardy gladioli, dahlias and other summer flowering bulbs.
- Check roses for pests and hand pick, green worm (end of May), rose chafer and Japanese beetle.



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Continued on next page

### From previous page

To propagate shrubs, take soft wood cuttings after July 15th.

### JULY

- Water generously any newly planted trees or shrubs, especially if the weather is hot and dry.
  - Prune bleeder trees (maples and birch) now or in September/October when they are dormant.
  - Check for Japanese beetle (iridescent copper and gold), 10mm long x 15mm wide. The beetle skeletonized leaves of roses, raspberries, grapes and over 200 other plants. Pheromone traps are proving to be ineffective.
  - Press flowers for crafts.
  - Cut back and fertilize delphiniums after they have bloomed. They may rebloom in the fall.
  - Side-dress cabbage and broccoli. Use 5-10-5 fertilizer for root crops.
  - Pest alert; slugs, earwigs and lily beetles can all be dropped in hot soapy water.
  - Pinch back straggly annuals; deadhead annuals and perennials when necessary to guarantee more blooms.
  - Don't feed or prune roses after the middle of July. Allow a few hips to form. As this is a signal to the plant to shut down and prepare for winter.
  - Hose down evergreens to discourage spider mites.
  - Dig up and dry garlic.
  - Prune water sprouts on crabapple/apple trees.
  - Pick raspberries and sour cherries.
  - Divide oriental poppies when foliage has turned brown and starts regrowing.
- Seed Chinese cabbage, white turnip and beets for fall harvest. Water potatoes.

This should keep you going for the

summer. I am sure there are a lots of other chores that should be on this list. You can add them to your own list.

I encourage you to join a horticultural society for several reasons:

- to hear guest speakers on a wide range of gardening topics.
- to visit members' gardens (tours of members' gardens are usually only open to members of that horticultural society).
- plants sales and other perks only available to members.
- to meet other gardeners and benefit from their experience. Remember they have been gardening in this hardiness zone for many years.
- gardeners love to share information, experiences and plants.

I hope you find this calendar useful during the next gardening season. Again I would also enjoy any feedback.

Master Gardeners of Ottawa-Carleton (MGOC) will be offering a garden design workshop on April 25 and a lecture series for the Friends of the Experimental Farm.

Please visit us at our booth at 2015 Ottawa Home and Garden Show, March 26-29.

If you would like to receive TROWEL TALK, our free monthly electronic newsletter, contact : [troweltalkeditor@rogers.com](mailto:troweltalkeditor@rogers.com) to be added to the list.

Check out THE EDIBLE GARDEN, our monthly on line guide for those who wish to grow their own food.

Phone Help Line: 613-236-0034, Wednesday and Thursday only, 1-3pm. Year round.

Email Help Line: [mgoc\\_helpline@yahoo.ca](mailto:mgoc_helpline@yahoo.ca)

Information about all of MGOC activities, visit the MGOC website: <http://mgottawa.mgoi.ca>

**Q8.** We are down to one sidewalk on Tremblay Road where it intersects Belfast. The northern sidewalk has been detoured onto the paved shoulder near the overpass connecting to Coventry, however when work is taking place at this intersection our one sidewalk is closed and pedestrians are forced to brave the roadway. What is the city's policy concerning sidewalk closures? It seems inherently unsafe to force pedestrians into a roadway that is reduced to one lane of traffic at a time.

**Q8.** The multi-use pathway to the north and sidewalk to the south of Tremblay Road remain open through construction. There may occasionally be times when traffic, including pedestrian traffic, is stopped through this area to allow haul trucks to back up into the work zone on the north side of Tremblay. When this happens, flaggers will be onsite to assist with controlling traffic and are available to help pedestrians cross the street when requested.

### Simply Chiropractic Continued from page 20

Raised in New Brunswick, "an East Coaster and Acadian" he notes that he learned both English and French as a youngster of about five or six. And when his young friend next door to him on one side spoke only English and the young neighbour on the other side spoke only French, he was able to translate for both of them; enabling all three to happily play together.

As a graduate of CMCC in Toronto in 1995, Canada's only English Chiropractic College, Charles LeBlanc was one of three students from the Maritime Provinces in a class of about 155. Good marks and a successful interview earned him his place. Canada's only other chiropractic college is the Université du Québec à Trois Rivières (UQTR), and it is French.

The training of a chiropractor is almost the same as that of a medical doctor, with the first two post-graduate years being spent studying biochemistry, physiology, biomechanics, and working with cadavers. In the education of chiropractors, however, the last two years consist of specializing in the spine; includ-

ing learning how to take, read and then report the results of x-rays.

"When the spine is properly aligned, then there is a better brain-body connection," Dr. LeBlanc noted recently. "There are three reasons for misalignment of the spine: damage, injury, or weakness." When treating patients chiropractors also take into account, not only posture, but the nervous system and organ system as well.

As it is with other professionals, in order to retain accreditation, chiropractors must maintain a certain level of clinical proficiency by continually taking courses in x-ray reading, diagnosing, patient management and current techniques. Seminars can be given in Ontario, Quebec, or the United States, and individual chiropractors are to report these activities to the College of Chiropractors of Ontario (CCO).

According to the Ontario Chiropractic Association, almost 2 million patients in Ontario rely on chiropractic care every year to help them live healthy, active lives.

Simply Chiropractic at 1569 Alta Vista Drive is now open and ready to help you with your health care as well. Why not give Dr. Charles LeBlanc a telephone call at 613-520-0123 or drop into the office at the Alta Vista Shopping Centre?

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### Eastway Garden questions Continued from page 16

January. This has not happened. Why? When is expected?

**A7.** Drinking water distribution for Ottawa East relies on two large feeder mains which pass through the Belfast-Tremblay intersection. These mains are in direct conflict with construction of the O-Train's Confederation Line Belfast Yard Access Tunnel. The approach required to ensure reliable water service delivery while relocating these mains needed to be delayed until the Orleans Water Link near Coventry Road, another major water distribution initiative was completed () and temporary by-pass connections could be constructed.

As communicated previously, this revised approach has impacted the schedule for the opening of Belfast Road between Tremblay and Coventry and, as a result, we now anticipate opening Belfast Bridge to pedestrians and cyclists this summer.

# Confederation Line - Belfast yard construction update

by Councillor Jean Cloutier

With spring just around the corner, I'd like to take the opportunity to update you on a number of activities taking place as part of the construction of the O-Train Confederation Line Light Rail Transit (LRT) project and its new Belfast Yard.

The Belfast Yard maintenance and storage facility is the future administrative hub of the O-Train Confederation Line. The city has made a lot of progress on this construction project over the winter. If you drive by Belfast Road, you can see the work that has been done on the roof and walls for the Belfast Yard's future maintenance building and storage shed. Inside these buildings, work is now ongoing on underground plumbing, electrical works, drywall and other internal infrastructure.

Perhaps not quite as visible has

been our progress in the connector tunnel that runs parallel to Belfast Road and will link the Belfast Yard with the Confederation Line track that will be installed on the Transitway. Over the winter, a concrete support box underneath the VIA Rail tracks was successfully installed, and crews have made significant progress installing the tunnel walls. Work on this connector will continue through spring 2016.

Finally, I am very pleased that this February we were able to open the Coventry Pedestrian and Cycling Bridge, which will link the Overbrook community with our ward and provide us with convenient access to the revamped Ottawa Champions baseball stadium.

As we look ahead to the project's work plan for this year, you can expect to see work continuing on the watermain between Tremblay and the Queensway. To support some of this utility work, Tremblay

Road will be temporarily narrowed to one lane, controlled by traffic lights. Residents will receive notification in advance of the lane narrowing, which is expected to begin in June and last until September.

The last of the old buildings at 805 Belfast will be demolished this spring, work on the new structures completed and the first stretches of trackwork will be laid at the Belfast Yard site to allow crews to start vehicle assembly and testing.

As work on the connector tunnel continues through the year and reaches its final stages next winter, work will begin to reconstruct Belfast Road between Tremblay and Trainyards Drive to have it re-open to vehicles in the spring of 2016.

As with any project of this size and scope, there are going to be local impacts while we build. The City and the contractor, Rideau Transit Group, are doing everything they can to minimize these

impacts. I appreciate your patience during this difficult time, especially as we are now in the freeze/thaw spring cycle that can make road maintenance a challenge.

My office is always ready to assist in ensuring issues are addressed, if you have any concerns related to sidewalk or road conditions, noise or dust in these work areas, please don't hesitate to contact me and I will follow-up with the construction team to address them.

Later this spring, I look forward to sharing with you details of the commencement of construction on the new LRT stations that will be located in and near our ward. In the meantime, you can view the latest weekly construction updates via the project website [www.ottawa.ca/confederationline](http://www.ottawa.ca/confederationline). If you would like to receive weekly project updates directly from my office, email [jeancloutierott@ottawa.ca](mailto:jeancloutierott@ottawa.ca) or call, 613-580-2488.

## RCMP open house Continued from page 21

there are supported by the many philanthropic agencies of which the US has so many more than Canada, they seem to have had more billionaires.

However, there is one bright spot in Ottawa. If you take a drive out on Sussex drive and go around New Edinburgh you descend down to the flat lands to the east heading towards the Aviation and Space Museum. If you want to visit this museum that is so far from the city centre it is well worth it. However general admission is \$13 and if you take your youngster to see the

planes, it will add another \$8, for a total of \$34 for a couple and child.

Whooaa! Hold Your Horses! If you don't go all the way there but turn to the right a bit before the museum, you get to the RCMP training centre and home of the most famous of Canadian icons "The Musical Ride" and the home for all those gorgeous black horses that we see so often at special occasions. There you can park for free, visit the gift shop and buy even just a postcard to send to your friends around the world. From May to August the stables are open daily to visitors and you can get guided tours to tell you all about the horses and their riders. From September to April the stables are open only on Tuesdays and Thursdays.

You can see the Ferrier's station at work on the horse shoes and visit the Tack Room. Also on show is the state Landau, the royal carriage that was made in Australia.

We first took our granddaughter to the stables when she was about one year old, when she met TABOO the biggest and oldest horse there. TABOO is retired and just lives out the rest of her life in the stables and in the adjoining fields. She also gets lots of attention from all the visitors as she knows how to behave with guests. We have been back to visit almost every year.

There is one unique opportunity to visit the RCMP stable each year and it comes around early March. If you had noticed a small ad in the Ottawa Citizen you would have

been able go to the open house held this year on Saturday March 7<sup>th</sup>. There was no admission fee. In addition to the normal stable operations there were many activities added for kids. On display was the bullet-proof Cadillac for Prime Minister Harper to ride in, (there will be no comments as to why he needs it instead of a Toyota Convertible), The Swat Team from Ottawa police and patrol cars with flashing lights and, la piece de resistance, a Harley-Davidson RCMP Motor Cycle. Donations were being accepted for The Food Bank at the Open House. Truly a real treat for all the family and a chance to help those in need at the same time. Many thanks to the RCMP.

## For the love of Hockey Continued from page 17

Beatrice in tow, were there – they had managed to shovel a path to the ice pads and enough surface for the young tikes to skate on. The second monitors, Chris and Sherry, with Noah, Luke and Erik, arrived early to clear the ice pads for our hockey night. Out came the snow blower and just like that, the surface would be cleared ... except the snow blower stopped working ... NOW WHAT!!!

Shoveling – that's what. By this time we had all showed up. Every able bodied soul at Balena Park was handed a shovel and ... guess what ... that community spirit ... the kids, Adam,

Erik, Matt, Connor, Scott, Liam, Luke and Noah; the parents Chris, Sherry, Adnan, Stu, Doug, Heather and the others banded together and did what we had to for the love of hockey and family ... we cleared the hockey surface just like that – and then the snow blower started working again for the final touch-up!!!. We still had energy for our weekly "game" – yup, Kids vs. Parents/Adults ... the kids score a couple, the adults get one ... the kids usually destroy the parents – but not always!!!

Me? If it weren't for my wife Sarah's zeal to make friends with winter and choosing skating as the *modus operandi* ... I wouldn't be on the ice enjoying time with our son, Adam. Sarah's initiative got me back on skates after

decades – she had recently arrived in Canada from India and decided to learn skating – inspired by the Ottawa Rideau Canal Skateway. I am still the wobbliest skater, sporting a bicycle helmet and short, flat stick; unconventional – but I can pass and shoot both left and right handed. And at least I am wearing a helmet. Sarah's skating initiative has inspired Adam to be a speed skater. Adam's speed skating club – Gloucester Concorde Speed Skating Club and Ottawa Speed Skating – have a motto ... "helmet first, skates second". There aren't nearly enough helmets on the ice ... whether at Balena Park or the Rideau Canal Skateway. We, the parents and adults, need to change that and keep hockey and skating safe.

The Balena Park Field House, our warm shelter and changing area, is an old facility. It needs a refresh, which is a Council Priority that is scheduled to be completed in the future. Councillor Cloutier, his office staff and the RPCA will need to effectively communicate the benefit of refreshing and expanding the field house to the neighbours.

Our week night hockey season at Balena Park has drawn to a close; leaving behind lots of great memories and community spirit. The season will eventually yield to tulips, spring and the real hockey season – hoping that the Stanley Cup returns home to Canada.

Ahhhh, but for the love of hockey and family.



# Jean CLOUTIER

## **Community Update: Alta Vista Hospital Link Construction**

Since hosting the Community Information Session at Vincent Massey Public School March 26, 2014, the City has moved forward with the Alta Vista Hospital Link (AVHL) construction project.

Through the tendering process, the city has hired contractor Ottawa Greenbelt Construction to complete the work over the next three years. You may have noticed the contractor has established a staging area for construction equipment just inside the AVHL corridor to the east of Alta Vista Drive. Work areas will shift as construction operations progress or are completed.

A majority of the current construction activities is underway in the unoccupied property between Riverside Drive and the Rideau River primarily focussed on drainage work. Details for each stage of work will be made available once the contractor supplies more scheduling information.

In order to help residents stay up to date on the progress of the project, I am dedicating a page to the AVHL on my newly launched website: [JeanCloutier.com/HospitalLink](http://JeanCloutier.com/HospitalLink). Here you will find an overview of the construction project and important background information, including the display boards from the March 2014 Community information Session, as well as links to project resources found on the City of Ottawa website.

Every effort will be made to keep the information current with new project details posted as soon as they become available. In the early days, this could mean monthly updates, however, as the project progresses the frequency could increase to weekly.

**If you are interested in receiving notifications of these updates sent directly to you, please email me at [jeancloutierott@ottawa.ca](mailto:jeancloutierott@ottawa.ca) or call my office at 613-580-2488 to make the necessary arrangements.** Further comments or questions should also be directed to this email address.

## **Reserve your Alta Vista Safe Streets lawn sign!**



As spring rolls around, our office will lend lawn signs to promote awareness and remind heavy-footed drivers to slow down. These signs will be provided on a 'first come, first serve' basis. To secure your "Kids at Play" or "Drive with Care" sign, please call 613-580-2488 or email [avsafestreets@ottawa.ca](mailto:avsafestreets@ottawa.ca).

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# The Ottawa Hospital Community Advisory Committee

## Improving the hospital discharge process

by Helen McGurrian

TOH receives excellent ratings on the care it provides, but how a patient is discharged leaves much to be desired. It seems too often a patient is told that they are discharged and their families told to pick them up as soon as possible, without any prior notification either for the patient or her/his family. Adverse events occur in 25 percent of patients after discharge from hospital, and about 50 percent of those adverse effects might have been prevented with better discharge planning. Thanks to Karen Nelson, Chief of Social Work, who headed the Pilot Project to identify problems with discharge planning and to address these critical gaps. Three initiatives were implemented through this Project:

(i) Standardize Discharge Processes: To provide a safe post-discharge patient experience and meet TOH's goal that all discharges occur prior to 11 a.m.(mostly to clear the Emergency Department) requires Discharge Planning. And to plan treatment, requires the physician to identify on the patient's white bedside board, an Expected Date of Discharge. This date (not cast in stone) informs

patient, family, staff, of a common goal to work towards. New Nursing Station Discharge Boards track and update treatments, referrals, consultations, lab tests, done or to be done prior to discharge. The goal is to think "**tomorrow**" in terms of discharging a patient as opposed to the surprise ten minute notice.

ii. Improving Communications: All health professionals involved with the patient have a responsibility in the discharge process. TOH's Social Workers are the key professionals in arranging post-discharge care for the patient. New on-line referral Community Care Access Centre (CCAC) forms help physician fill out the forms correctly and eliminate delays in arranging the required home services or respite care placement. Discharge Rounds with physicians and nurses, the Social Worker and CCAC manager ensure that all areas of post-discharge care are ready when the patient is discharged. Discharge Rounds occur at the patient's bedside and patient and family members can take part in the discussion.

(iii) Plan/Do/Study/Act: Every four weeks, the Units piloting

the above approaches review all discharges (including feedback from patients/caregivers) to monitor progress and make adjustments to correct any gaps. Six Hospital Units are in this Pilot Project; plans are to introduce Standardized Discharge Processes in all units.

In summary, here are three key things that I would flag for you or your family member, especially if you are a senior and/or the patient is a senior:

Social Worker Consult: The Social Worker should be your principal link and advocate. The sooner you involve the Social Worker, the easier will be the Discharge Process, (beware of week-end discharges). Family concerns, especially their concerns of their ability to provide the qualified safe care required for the patient, should be brought to the attention of the Social Worker. Never hesitate to raise your concerns about what happens after discharge.

Pharmacy Prescriptions: Ask that all post-discharge medications be faxed to the Pharmacy you regularly use the day before discharge. Pharmacists will then have the time to review the list,

check back with the hospital if necessary, and order the prescribed meds so you have them on the day of discharge.

Feedback to Family doctor: Ask the treating physician to send your family doctor a summary of the hospital treatment and what follow-up is required. This is especially important if the treating physician orders the patient to be seen by the family doctor shortly after discharge. In my view, ideally, the first appointment, post-discharge with the family doctor should be made before the patient even leaves the hospital. I have often heard family doctors tell me that they did not even know their patient had been hospitalized and are then called by the family to see the patient as soon as possible. Making the appointment before the discharge, avoids any unwelcome surprises, such as the family doctor being away for 2 weeks, and allows for contingency planning.

You can contact me at [hbmcgurrian@gmail.com](mailto:hbmcgurrian@gmail.com) or 613-521-0241



## Canadian Medical Association takes leading role on end-of-life care

by Helen McGurrian

On February 6, 2015, the Supreme Court of Canada ruled that the Criminal Code sections against physician-assisted suicide are unconstitutional and are in conflict with an individual's Charter Rights. (PAS in this article includes physician-assisted suicide, physician-assisted

death, euthanasia.) The Canadian Medical Association (CMA) has been working for years on issues related to end-of-life care.

– It has advocated that end-of-life discussions with patients should become part of a physician's routine medical practice. It has promoted Advanced Care Planning where a person's end-

of-life wishes are made known to family, and legal assignment of a substitute decision-maker for health care, just as a Power-of-Attorney may be assigned for property issues in the case of illness. It has also recommended that Advanced Care Planning directives be reviewed periodically, as part of physician and

patient end-of-life discussions in medical visits, and revised as needed, in legal documents.

The CMA has consulted widely with physicians, ethicists, and the general public across Canada through online surveys, personal interviews, and open Town Hall

Continued on next page



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## Ask a Lawyer

# What are the most common mistakes in estate planning?

Estate planning—organizing where your assets will go when you pass away—is a responsibility that no one should avoid. It truly is a case of “failing to plan is planning to fail,” because without an estate plan, it’s the tax-man who most often benefits.

### 1. Not making a will

Many people don’t have a will. And the only reasonable explanation is that they don’t fully understand what’s at stake. Someone who dies intestate (meaning they don’t have a will) loses the opportunity to control how his or her estate (assets such as real estate and investments) is distributed. Did you know that, if there no will, Ontario law dictates that the estate is distributed according to a specific formula? If the deceased is survived by a spouse and a single child, for instance, the first \$200,000 goes to the spouse and the remainder is shared equally between the spouse and child. If there are two or more children, one-third of the remainder goes to the spouse and the children share the other two-thirds. This, however, might conflict with the family law Act which could result in significant legal fees to resolve. Further, where there is no surviving spouse or children your estate goes to your parents and then to your siblings or their children (nieces

and nephews) equally regardless of family relationships. In addition, the funds are paid into court until minor reaches 18 making the funds much more difficult to access by the surviving spouse to care for the children. If you are the surviving spouse, you have no say as to who the guardian should be taking care of your children during their minorities. Once the child turns 18 all the funds are paid to him or her regardless of future needs or spending habits. In addition, if there is no lawful heir all of the estate goes to the government of Ontario. Even where there are heirs the funds could be tied up for up to a year creating an undue hardship on your family.

### 2. Failing to update a will

Life is full of changes: births, deaths, marriages, divorces and more. As life’s circumstances change, wills often need adjusting, too. In Ontario, getting married without updating your will essentially cancels the existing will; a divorce can also have a significant impact on an existing will. Parents should ensure that their will provides for children, with appropriate trust provisions to cover the period until they grow into adulthood. If a beneficiary passes away, you will want to list an appropriate alternate in your will. In general, wills should be

reviewed at least every five years if you have children and at least every ten years thereafter.

### 3. Omitting powers of attorney

In Ontario, there are two types of powers of attorney: for personal care and for property. Most people are familiar only with the former—the authority to make decisions regarding

personal care in the event that the person becomes incapacitated. While this is obviously important, it is also important to authorize an honest, trustworthy person to make decisions about property. Further, consider that if you should die in an accident and are survived by your spouse, who is badly injured in the same accident and can’t care for him or herself then the will is of no effect and the ability to care for your children could turn into a nightmare. A well-crafted estate plan takes care of both powers of attorney. Do-it-yourself wills often omit powers of attorney and the consequences can be expensive and emotionally difficult for loved ones.

### 4. Downplaying the complexity

While many wills are simple, there are many factors that — if left unaddressed — can derail an otherwise solid estate plan.

Citizenship or residence in another country, for instance, along with blended families and disabled beneficiaries, all have significant legal impacts. If you or any of your intended heirs are U.S. citizens, or if you have children from a previous marriage, it is crucial to obtain the appropriate advice. Only an expert in estate planning can help you ensure that your wishes are met...and only if you share all relevant personal and financial information.

Michael D. Segal, B.A. (Hons), LL.B., T.E.P.

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[www.robertlewislaw.com](http://www.robertlewislaw.com)



*Mike Segal is a long-serving Ottawa lawyer with considerable expertise in estate planning. He is a member of the national board of directors of the Society of Trust and Estate Practitioners and chairs the organization's Ottawa branch. This article is for general information only and is not intended as legal advice.*

### From previous page

meetings, leading to the following observations and recommendations:

- Both physicians and the general public are divided on the issue of PAS, but the percentage of those opposed is higher among physicians;
- Prior to establishing a legislative framework for PAS, palliative care services with qualified physician resources, and funding should be accessible across Canada; and

There is a need to investigate and communicate Inuit, Metis, and First Nations’ perspectives on PAS.

### NEXT STEPS

The CMA will work with the Government to ensure that any legislative framework protects and respects the rights of both pa-

tients and physicians. It has made a commitment to protect physicians’ rights to practice medicine according to their conscience and the right to not perform nor refer patients for PAS. However, on that point, within a month of the Supreme Court decision, the College of Physicians and Surgeons of Ontario (CPSO) released a new policy that obliges Ontario physicians to refer patients to another physician when their conscience will not permit them to provide that service. In response, CMA President, Dr. Chris Simpson stated: “we simply cannot accept a system that compels physicians to go against their conscience as individuals on something so profound as this.” (Wouldn’t forcing a physician to perform or refer, someone for PAS against his/her conscience be a violation of the physician’s Charter Rights?)

The biggest challenge will no doubt be in establishing clear Ter-

minology in relation to PAS specifically to defining the meaning of the Supreme Court decision relating to the Criminal Code sections that: “*are of no force or effect to the extent that they prohibit physician-assisted death for a competent adult person who*

- (1) clearly consents to the termination of life and
- (2) *has a grievous and irremediable medical condition (including an illness, disease or disability) that causes enduring suffering that is intolerable to the individual in the circumstances of his or her condition.*

The declaration of invalidity is suspended for 12 months.”

Who, how, and what will be required to legally assess “competent” or “clearly consents”? How long does consent last, hours, days, months? How will vulnerable elders be assessed to determine if PAS is their free choice, or due to pressure from family, or due

to feeling of guilt for being a burden? Will psychiatric assessments be required? Those are several examples, and there is need for a consensus on the meaning of the whole section.

What happens if there is no legislative framework established within the 12 months allotted by the decision of the Supreme Court? I have no answers and it worries me. So here is my proposed interim solution: if there is no legislative framework in place, then each Supreme Court Judge who approved this decision should volunteer, on a rotational basis, to participate in the actual PAS as legal advisor, ensuring that the patient who opts for PAS meets the interpretation of the Judges’ wording, and as a witness to the physician’s PAS service, protect that physician from any potential legal repercussions, given that there is no legislative framework yet developed.

# Yes, you did hear this right.

## “It’s all about the customer at the Cedars & Co. Food Market”

by Carole Moul

If the words ‘great selection, friendly and knowledgeable service, competitively priced food, and convenient hours’ are the ones you want to hear when choosing your grocery store, then *Cedars & Co. Food Market* is for you.

Without miles of aisles and the time it takes checking out the shelves at larger supermarkets, your first trip to either store: 1255 Bank Street or 1793 Kilborn Avenue will soon have you realizing that this is the place to shop for the products of local producers and also many items that are available internationally. One regular customer even fondly refers to *Cedars & Co.* as her ‘one stop food shop’.

It does not take the *Cedars & Co.* shopper long to discover that there is a well-known specialty produce department in the store, a gluten free dedicated section, organic products, a wall of coffee and teas, spices from around the world plus an extensive selection of pantry needs. For the cook, there are many different flours, salts, and baking mixes among the superb selection of dry goods and bulk foods, along with a good variety of choices for both bread and dairy products.

There is also an extensive cheese section. Whether it’s local cheese from St. Albert’s, Prince Edward County, or Maple Dale, or perhaps the cheese that you enjoy from Holland, Ireland, Scotland, or France; the *Cedars & Co* team work together to ensure that these are available.

Ibrahim (Brian) Mahmoud is the owner of the two stores, and is well known for being both ‘hands-on’ in the business and extremely personable as well. In the summer of 2010, he opened the original *Cedars & Co. Food Market* in Old Ottawa South, af-

ter totally rebuilding the interior from the ground up. In 2014, the Alta Vista area welcomed Brian when he opened the second *Cedars & Co.* He listens to the shopping needs of his customers- and is always looking for ways to make their food shopping experience even better.

Marilyn Dib is Operations Manager of both stores, and makes the important strategic decisions in ordering all dry goods. A lot of this is now done electronically by e-mail, which is good for Marilyn, since she moves between the two stores every day.

With a background of working in the government for many years, plus helping run a family business in Alta Vista. Marilyn understands the importance of a good team effort, and is quick to praise the staff and the strength in each department.

She frequently shares how people readily come to Mahvash, the Produce Manager, for her expert advice, and that it is not unusual for customers to even ask her how to cook a particular item, or the food value of a certain raw vegetable or fruit. Mahvash takes an interest in the customers, and it shows.

George handles the ordering of bread, milk, the free range eggs, poultry and meat, fish and various other food supplies, and is the Catering Manager.

“If you are looking for any catering for a government event, for your office, or your home, George is your contact,” Marilyn noted recently.

“Our concentration is on nutrition and delicious foods, and we are trying to bring back having fresh food that is homemade- such as you would serve at your own table at home,” she added.

Taleb is the Lead Chef, and is an important part of the rea-

son for the success of the Deli Department and home-made food counter. He is the one who marinates the meat, prepares the salad bar, and also makes your sandwich taste ‘awfully good’. Everything at the deli counter is homemade, and the famous *Cedars & Co.* Shawarma has ingredients that are freshly prepared each day. Customers also rave about their other popular Middle-Eastern dishes such as Baba ghanoush, the beef and rice cabbage rolls, tabouleh, couscous, and quinoa salad.

Currently being built is a wood burning oven for pizzas and the ever-famous spinach pies, and already people have arrived asking when this will be ready.

“It’s coming this spring,” has been the reply to their queries.

The reviews continue to come in and *Cedars & Co. Food Market* is winning high praise from the customers who already appreciate all the great food and services that the store has to offer. Brian and Marilyn and their 8 year old daughter Yasmine should be proud of their family’s accomplishments in just these few short years. Well done to everyone who has helped make this happen.

*Cedars & Co. Food Market, 1255 Bank Street can be reached at 613-288-2797. For Cedars & Co, Food Market at 1793 Kilborn Avenue, telephone 613-422-6526.*



This produce department has a wonderful reputation



Brian Mahmoud loves checking out vintage cars  
Photo credit: Marilyn Dib



Look what’s at the Kilborn Avenue store



Great bulk foods



1255 Bank Street opened in the summer of 2010



Marilyn Dib checking out the shelves at the Bank Street store



Healthy vegetables await at Cedars & Co.

# iPad ordering has arrived at 168 Sushi

by Carole Moul

Paper menus aren't going away any time soon, however some of these are now being replaced with the recent technology of iPads. And the customers who use them seem to love them- which is great for the businesses that are pouring thousands of dollars into helping improve the dining experience.

iPads are a recent phenomenon from early 2010, and since their arrival on the technology scene, they have made great inroads in education, health care, and business. Lighter than laptops, and easy to use, these tablets allow for greater interaction or in the case of many businesses, offer the many pluses of customer engagement.

As of October 16<sup>th</sup>, 2014, over 225 million iPads have been sold worldwide, and 168 Sushi at 1760 St. Laurent Blvd. helped add to these numbers this past March 2015 when they introduced their over 168 food option photos onto one version of this tablet.

Manager John Ke became extremely interested in this type of technology as part of his restaurant's food services about two years ago, and began taking food photos of real dishes being served at 168 Sushi during the month of January this year. He was able to contribute about 10% of the pictures this way.

With the collaboration of the 168 Sushi Head Office and a com-

pany called QuickPOS Technologies Inc., both located in the Toronto area, iPad ordering came to the St. Laurent Blvd., 168 Sushi this past month.

To customers such as Kamal Jaouhari, who found the iPad ordering experience "Very convenient, fast, plus entertaining," and Bruno Fonseca who appreciated the iPad tablet use because he liked "being able to see the food better than you would with a menu," the 168 Sushi introduction of iPads has been a great success.

Anton at his table of three was the one chosen to do the ordering, and was high in his praises for a restaurant that would spend the amount of money needed to accommodate its customers. "It is like a signature," he noted, after

ordering several dishes from the Sushi Buffet iPad menu.

John Ke notes however that presently about 20% of customers still prefer a paper menu, but this will no doubt change as customers become more familiar with iPad ordering. Some type of in-house training takes place every day for the servers, since as it is with any new technology, questions do arise.

When several servers were asked as to whether they liked the iPad ordering system, all approved- and all were young. At the same time, a family was working through incorporating the iPad menu, and felt that it would perhaps take some adjustment for them to get used to it.

At 168 Sushi 1760 St. Laurent Blvd., iPad ordering is done

through a wireless system, with three kitchen printers located in the sushi bar and three in the actual kitchen itself. The paper used in each machine is the same as you would receive for any cash register receipt, and this is what each chef works from, as the individual orders are placed and printed.

Increasingly restaurants are working towards ensuring that the customer's dining experience is an even more positive one. Today's restaurant guests want fast, convenient, and good customer service. Now with the use of tablets the communication between the guest and the kitchen just got that much quicker. It will be interesting as to what you think when you check out iPad ordering. Our local 168 Sushi is a great place to give it a try.



Kamal Jaouhari appears to be an iPad ordering experience



Bruno Fonseca shows just how easy it was to order dessert



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# Enjoy the low-tech appeal in a Little Free Library here in Riverview Park

by Bill Fairbairn

When Barry and Judy Rashotte set up their Little Free Library box at the end of their front lawn on Knox Street last summer they were disappointed when after only two weeks box and books were stolen. Undeterred, Barry built another library box using plywood and plexiglass mounted on a bar-becue stand base.

This chained-down Little Free Library box and its books have made it through the long winter and is now in full operation possibly only a block or two down the street from where you live. You can browse a tiny version of the public library then borrow a book with no worry about a library card or paying a fine for an overdue book.

LFL stewards like Barry and Judy are keys to the growing success in Canada of the library box concept.

The not-for-profit LFL organization in the Mississippi bank town of

Hudson, Wisconsin, has grown quickly since the first box library went up outside Tod Bol's home in 2009. More than 5,000 box libraries are helping adults and kids read books on all subjects. They simply take a book and return a book. And some readers must surely wonder who the stranger was that put the book there for them to borrow.

The organisation started as a simple tribute to Bol's mother, a teacher and bibliophile. Bol put up a miniature version of a one-room schoolhouse on a post outside his home, filled it with books and invited his neighbours to borrow them. They did in spades! Then a friend in Madison put out similar boxes and had the same reaction.

Bol today finds himself at the head of the LFL organization. Whimsical boxes with books in them are a global sensation. They number in the thousands and have spread to at least 36 countries.

The Rotary Club plans to use the book boxes in its literary efforts in Ghana. The American Books for Africa distributor, which has sent millions of books to 48 countries since 1988, recently decided to ship books and little library boxes to Ghana, too.

Book stewards in Canada, Mexico, Australia, Africa and Afghanistan are a few in the 48 countries that have adopted the concept.

SFL co-founders Bol and his partner Rick Brooks recently sent the following tribute in a letter to Barry and Judy thanking them for their support: "By building or installing a Little Free Library and proudly registering and displaying your numbered sign, you will be part of the growing system of LFLs around the world. When we set out on this journey to create more little libraries than Andrew Carn-

egie's system of real libraries (2,510), we could never have dreamed how many would share our passion for connecting and sharing with our neighbors through a love of books. Your official number takes us one step closer to what is now a collective, global goal!"

A visit to the Rashotte family home tells the inside story. They have shelves and more shelves filled with books of all kinds in living-room, bedroom and elsewhere to the extent that Barry has reverted to reading E-books because they don't take up as much space as the hard paper print copies.

Barry's book box outside is portable enough for him to take inside each night for its security. His wife and he proudly say that the Riverview Park School librarian visits their Little Free Library and that curious children peer in and sometimes borrow a book.



Photo credit:Barry Rachotte



Photo credit:Bill Fairbairn

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OMS Montessori students’ oil paintings sell at The Gordon Harrison Canadian Landscape Gallery

by Kendra Hoskin

“Always find time in your life for art,” renowned artist Gordon Harrison encouraged OMS Montessori students at an exhibit in February hosted at his boutique gallery, The Gordon Harrison Canadian Landscape Gallery.

Students had a unique interest in this exhibit on Sussex Drive; “The Creative Canadian Souls” exhibit featured 21 oil paintings created by Elementary students at OMS Montessori.

The paintings, which were created during the “Gordon Harrison’s Art In-

spiration Project” were auctioned off and sold for a maximum of \$100. Although families had the first right of refusal, many paintings received bids from the public, including clients from out west and the United States.

Soren McMillan, a Grade 6 student at OMS Montessori, sold his painting to a client in Regina, Saskatchewan. He said it was hard to sell his painting because most of his family wanted to keep it, but in the end, he wanted someone unrelated to him to enjoy it.

“The best part is knowing someone out there appreciates my art work,” said

Soren, who described the whole experience as “excellent.”

For many of the participating students, it was their first time working with oil paints. “It’s like using coloured butter,” joked Grade 6 student, Samantha Taubman.

All students left the exhibit with a keepsake: a personalized card displaying the 21 paintings from “The Creative Canadian Souls” exhibit. However, they left with a lot more than that: They left inspired to live a life with art whether it be as a career, a hobby, or as an admirer.

Gordon Harrison created the “Gordon Harrison Art Inspiration Project” with his partner, Gallerist, Phil Émond in 2009 as a way to give back to the community while simultaneously inspiring young people to pursue their artistic talent. Each year the duo works with one school and the participating students experience “life as an artist” from a blank canvas to the selling of their work.

OMS Montessori, in Alta Vista, was the lucky school for the 2014/2015 school year and it is surely an experience the students will never forget.



Students from OMS Montessori enjoy “The Creative Canadian Souls” exhibit at Gordon Harrison’s boutique gallery, The Gordon Harrison Canadian Landscape Gallery



Gordon Harrison presented each participating student with a keepsake: a personalized card displaying the 21 paintings from “The Creative Canadian Souls” exhibit



Students look at the oil paintings created by Elementary students at OMS Montessori.



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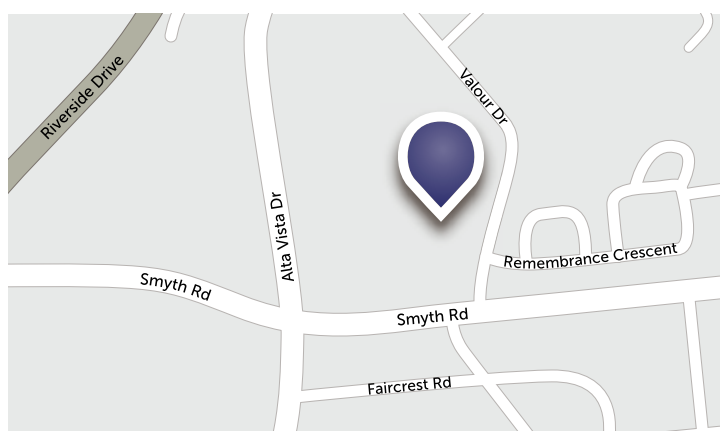
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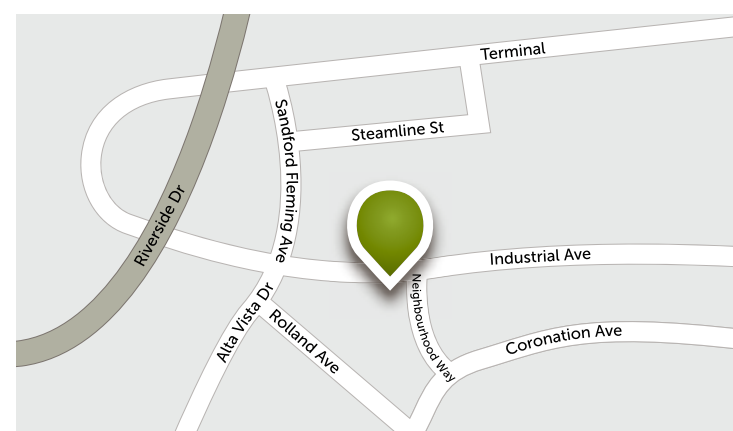
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# PIP, PIP Hooray!! What is PIP?

by Catina Noble

In June 2014, a discussion took place between Aylmer novelist Ian Shaw and Sang Kim of Toronto's *Wind up Bird Café*. Both noted the lack of an open air literary festival in Ottawa that brought together the various writing groups in the national capital region. Ian and Sang agreed to work together and put together this event Prose

in the Park (PIP). The goal was to attract both emerging and established authors.

Ian took on the task of approaching writing groups in the Ottawa area to join in the festival and Sang approached prominent Canadian authors across Canada. There are a lot of amazing au-

Continued on page 41



Sang Kim



Vincent Lam



Book Cover  
Photo credit: Marie Bilodeau



Marie Bilodeau  
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Rosemary Sullivan

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*Photo credit: Trevor Denis*





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Vincent Massey Public School

Grade 8 SOLE update March 2015

by Vandad Azad

With the SPEAKUP grant money we have now printed posters to display our initiatives around the community. We have also received our order of 500 business cards to hand out to get more people involved in helping the “COS”.

However, we have run into a rough patch for setting up the ESL program. As of now we are still in need of an adult interested in running a weekly conversational English class during the evening

in Russell Heights. If you are interested in helping please contact us at [communityofsole@gmail.com](mailto:communityofsole@gmail.com)

On the bright side, our dance program (SOLE Dance) is going strong. We have already selected a song and are now in the midst of choreography. The dance will be done to “Uptown Funk”, by Mark Ronson and Bruno Mars.

SOLE Brothers: they are now conducting a survey to determine how many students between the ages 6-10 are in the Russell Heights

community and are interested in participating in the self esteem program.

Lastly, the Public Service Announcement group is learning to handle a camera and how to make an effective Public Service Announcement.

For more frequent updates on our progress please follow us on Facebook and [Instagram @communityofsole](#) also on [Twitter @justcos2015](#).

A POEM BY NAJI, grade 8

That Dark Day

It was a nice place with no tears,  
It was a nation who has never  
known fears.  
All lived together,  
In that precious land.  
All built together,  
to achieve that prosperity.

In that dark day,  
We saw the first tear.  
Because of the greed,  
the horrible deeds.  
Parks became graveyards.  
Factories became bases.

Men carried weapons,  
and the children and the women  
all went to heaven.  
Martyrs so they were called,  
their names were written on  
God’s board.  
Everything was gone  
with the time passing on.

JENNA’S STORY:  
MISCHIEF IN THE  
VALLEY

*This is the second chapter in a story about a girl and her special friend.*

CHAPTER TWO

Layla was born in Southside-Durham, England on September 5, 1942. She was the first and only child of Barbara and Edward. When she was born, she was small with a bit of red fuzz for hair. Layla’s parents absolutely adored

Continued on page 39



Mr. McKean and the SOLE Project Team showing us their business cards  
Photo credit: Ms Austin



Nadine Chamorel  
displays a special  
certificate that she  
received for her  
many years as an  
exceptional volunteer  
and member of the  
Board of Directors  
for the Riverview  
Park Community  
Association. Well done  
Nadine!

Photo credit: Carole Moulton

COMMUNITY BULLETIN BOARD

COMMUNITY BULLETIN BOARD

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

Spring Nearly New and Book Sale: Friday April 17th, 6 - 8:30 p.m. and Saturday April 18th, 9 - 11:30 a.m. It's all second time 'round. Pick clothes for the whole family. Find fashion pieces! Search out amazing deals on household items! Choose from a huge array of recent and vintage books at great prices. Proceeds to the work of the church.

Rideau Park Chancel Choir Sings Rutter's Requiem: Saturday April 18th, 7 p.m. Please join us for our spring choir concert. Experience some enjoyable listening. There will be a free will offering.

Turkey Dinner: Friday April 24th: Celebrate spring by joining us for a Turkey Dinner with all of the trimmings, followed by an ice cream dessert, starting at 5 p.m., with a second sitting at 6:30 p.m. All are welcome. Proceeds will go to the community outreach work of the church. For tickets, please call 613-733-3156 ext 229, or come to the church office (M-F 9-4). Adults: \$18.00, Children ages 6-12: \$10.00, 5 & under: free. See you there!

The Harmony Club for Seniors will hold their monthly gathering on Wednesday April 29th. From 1 - 2 p.m., Bob Roy will speak about the resurgence of the Acadians in Atlantic Canada since the period of the expulsion in the mid

1700s. All seniors in the community are welcome to attend. Prior notice is not required. The church is wheelchair accessible and parking is free.

The "Bells In Spring" Concert: Sunday May 3rd, 7 p.m. You are invited to our annual Massed Handbell and Chimes Concert, featuring the music of bell ringing ensembles from three other local churches, including Emmanuel United, St. Andrew's Presbyterian, and Trinity-Kanata Presbyterian, as well as from the five handbell and chimes choirs at Rideau Park United. The bell choirs will perform en masse, as well as individual selections. It is a treat that should not be missed! There will be a free will offering.

Rideau Park's Production of Disney's Aladdin Jr. - Saturday May 9th with two showings at 2 p.m. and 7 p.m. There will be 29 children and youth performing in this exciting musical, with many more working behind the scenes. Come one, come all! For tickets, please call 613-733-3156 ext 229, or come to the church office (M-F 9-4). Adults: \$15.00, Children and Seniors: \$10.00.

The Harmony Club for Seniors will also meet on Wednesday May 27th. From 1 - 2 p.m., Guy Thatcher will speak about his experiences in walking the Camino de Santiago pilgrimage route in northern Spain. All seniors in the community are welcome. This will be the final Harmony Club meeting of the season.

For further information on any of these activities or events, please call: 613-733-3156 ext 229, or visit [www.rideaupark.ca](http://www.rideaupark.ca)

**Contact for CBB**  
[Editor@RiverviewParkReview.ca](mailto:Editor@RiverviewParkReview.ca)

On Wednesday, April 29th at 7pm, St. Aidan's is hosting a presentation 'Questions Grievers Ask'. Speaker is Ian Henderson of Bereavement Education Ottawa. This event is free and open to the public.

**St. Aidan's Anglican Church** is located at 934 Hamlet Road. 613-733-0102 [staidans@bellnet.ca](mailto:staidans@bellnet.ca).

A free Labyrinth workshop led by a Certified Labyrinth Facilitator will be held Saturday, May 9th at St. Aidan's Anglican Church, 934 Hamlet Road. Call St. Aidan's 613-733-0102 for details.

**Ottawa Brahms Choir** Concert and reception Sunday, April 19 3 pm  
St. Thomas the Apostle Church  
2345 Alta Vista Drive  
Admission \$20 \$18 advance, \$10 student, under 12 free

Emmanuel United Church, 691 Smyth Road  
**EASTER SERVICES**  
Wednesday, April 1: 7:00pm Faith on Film - The Last Temptation of Christ  
Thursday, April 2: 7:15-7:45 pm Maundy Thursday Service, Communion by Intinction  
Friday, April 3: 9:00am Walk of the Cross starting at Emmanuel United Church (691 Smyth Road) to the Ottawa Mennonite Church (1830 Kilborn Ave)  
11:00am Good Friday Ecumenical Service at the Ottawa Mennonite Church (1830 Kilborn Ave)  
Sunday, April 5: 8:00am Easter Sunrise service, followed by breakfast  
10:00am Easter Sunday service

**Raising Resilient Children in a Digital Age**

**April 14-** Expert Natalia McPhedran presents Raising Resilient Children in a Digital Age **Place:** OMS Montessori, 335 Lindsay Street, Ottawa. **Date & Time:** Tuesday, April 14, 7 p.m. Tickets are \$10 at the door. To reserve a spot or for more information, email Kendra at [communications@omsmontessori.com](mailto:communications@omsmontessori.com).

Dr. Steven Hughes visits OMS Montessori on cross-country tour **May 12-** Renowned Dr. Steven Hughes presents "Building Better

Brains: How School and Home Life Can Build Higher-Order Cognitive Ability in Children (but generally don't!)" Steven J. Hughes, PhD, ABPdN is a pediatric neuropsychologist and director of The Center for Research on Developmental Education, based in St. Paul, Minnesota. He speaks about education and brain development at conferences, universities, schools, and training centers all over the world. **Place:** OMS Montessori, 335 Lindsay Street, Ottawa. **Date & Time:** Tuesday, May 12, 7 p.m. Tickets are \$15 at the door. To reserve a spot or for more information, email Kendra at [communications@omsmontessori.com](mailto:communications@omsmontessori.com).

**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.

**Trinity Community Garden**  
Registration and Information Meeting  
Wednesday, April 8, 2015, 7.00 P.M.  
Trinity Church of the Nazarene  
480 Avalon Place



Ottawa Board of Education

# Staff Reunion

# 2015

**Saturday September 26th 2015**

for more information  
[www.obereunion.ca](http://www.obereunion.ca) or Ross Maxwell at 613-271-8405

Mix & Mingle 4:30

Dinner 6:15

## Pet Memorial Balena Park

Thanks to the generosity and caring of our Riverview Park residents there are now 23 inscribed memorial bricks in the Balena Park Pet Memorial Patio. For every brick the Canadian Guide Dogs for the Blind receives sixty-five dollars. This is not only a way to remember your pet (dog, cat, bird, goldfish) but to support a very worthwhile organization.

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

COMMUNITY BULLETIN BOARD

COMMUNITY BULLETIN BOARD

**FRIENDS OF THE FARM**

**April 7 Master Gardener Lecture from 7 to 9pm.** Plant for Incredible Edibles with David Hinks. Yes indeed you can grow a bounty of vegetables in your urban space. FCEF members \$12, non-members \$15, Bldg 72 CEF Arboretum, east exit off Prince of Wales roundabout. 613-230-3276 [www.friendsofthefarm.ca/events.htm#lectures](http://www.friendsofthefarm.ca/events.htm#lectures)

**April 11 Volunteer Recruitment Orientation from 10am to 12pm.** Come and meet garden team leaders at the Volunteer Recruitment Orientation on Saturday April 11, 2015, from 10am to 12:00pm in Bldg. 72 CEF Arboretum, east exit off Prince of Wales roundabout. [www.friendsofthefarm.ca/activities.htm](http://www.friendsofthefarm.ca/activities.htm)

**April 18 Spring Craft & Bake Sale from 10am to 3pm, Free.** An incredible selection of local hand-crafted items and gourmet baked goods. **NEW LOCATION** in the Cereal Barn at Canada Agriculture and Food Museum, 901 Prince of Wales Drive. Free admission at gate if attending the craft sale. 613-230-3276 [www.friendsofthefarm.ca/events.htm#events](http://www.friendsofthefarm.ca/events.htm#events)

**April 21 Master Gardener Lecture from 7 to 9pm. Earthly Delights or Do-It-Yourself Dirt** with Edythe Falconer; **Keeping the Garden Going Strong** with Josie Pazdzior; **Trees and shrubs for the urban garden** with Laura Henderson. FCEF members \$12, non-members \$15, Bldg 72 CEF Arboretum, east exit off Prince of Wales roundabout. 613-230-3276 [www.friendsofthefarm.ca/events.htm#lectures](http://www.friendsofthefarm.ca/events.htm#lectures)

**May 5 Master Gardener Lecture from 7 to 9pm.** Rejuvenating a Tired Garden with Mary Reid. Step-by-step approach to renovate your garden. FCEF members \$12, non-members \$15, Bldg 72 CEF Arboretum, east exit off Prince of Wales roundabout. 613-230-3276 [www.friendsofthefarm.ca/events.htm#lectures](http://www.friendsofthefarm.ca/events.htm#lectures)

**May 10 Rare and Unusual Plant Sale 9am to 2pm. Free, Rain or Shine** New and retuning specialty growers and plant vendors plus **new products** – garden accessories! Master Gardeners ready to answer gardening questions and a **new service** – plant “coat checking” under the Friends’ canopy then volunteers help carry new treasures to your vehicle. In Neatby Building parking lot at Carling & Maple Drive. Free admission, donations to Friends of the Farm kindly accepted. 613-230-3276 [www.friendsofthefarm.ca/events.htm#events](http://www.friendsofthefarm.ca/events.htm#events)

**May 19 Master Gardener Lecture from 7 to 9pm.** Plant for Continuous Garden Joy with Judith Cox. Maintaining colour and creating interest throughout the seasons. FCEF members \$12, non-members \$15, Bldg 72 CEF Arboretum, east exit off Prince of Wales roundabout. 613-230-3276 [www.friendsofthefarm.ca/events.htm#lectures](http://www.friendsofthefarm.ca/events.htm#lectures)

**May 23 Lilac Walk Tour 2pm, Donation.** Take a guided tour with the Friends’ Lilac Team and discover the many varieties of lilacs and their history at the CEF. Meet at Macoun Garden in the CEF Ornamental Gardens, park at Ag Museum lot, follow the signs, donations kindly accepted. 613-230-3276 [www.friendsofthefarm.ca/events.htm#garden](http://www.friendsofthefarm.ca/events.htm#garden)



**June 23 to 25 “Three Gardens in Three Days” Bus Tour.** Visit 3 magnificent gardens in three days – Sonnenburg Estate in upstate NY, Royal Botanical Gardens in Burlington, and Parkwood Estate in Oshawa, first come first served, \$450/pp double occupancy. 613-230-3276 [www.friendsofthefarm.ca/events.htm#bus](http://www.friendsofthefarm.ca/events.htm#bus)

**The Pacesetters Walking Club** at Billings Bridge mall welcomes seniors. Join us and put a **spring** into your steps ! Space has been provided by mall management in the basement of the Tower. Open from 7:30 to 10 am. Other activities such as social gathering, puzzles, knitting for charities, library. A low cost of \$10 per year covers our expenses. Call 613-521-6740 during our open hours for information.

**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. Carole wishes to set up a confidential email list of pet owners (and others who care) in Riverview Park. If you wish to participate please email [cmoult@sympatico.ca](mailto:cmoult@sympatico.ca) with your email address and postal address and telephone number. When [cmoult@sympatico.ca](mailto:cmoult@sympatico.ca) is notified of a lost pet all participants will be sent

a confidential email with a description of the lost or found pet. When a pet is found Carole 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.



Retirees in Motion Ottawa

**A New Program created for Boomers, Young Retirees and Older Adults**

**Who Wish to Remain Active and Healthy**

Through a federal grant issued for Senior Programming to New Horizons, and sponsored by the South-East Ottawa Community Health Center, the new program Retirees in Motion Ottawa was launched on September 10<sup>th</sup> 2014, with 27 persons in attendance. Within several months, this new group has more than 105 members and it keeps growing. Membership registration is free for the first year, although there are fees attached to some outings/activities. As membership continues to increase, the organization looks forward to offer a wider selection, depending on the seasonal interest of the membership.

So far, activities are introduced under 5 different sectors

Social and Recreation sector with Meetings of the passionate. The next one will take place on March 12.

Travelling with trips in Canada and to different countries

Cultural and Educational sector with Watercolour workshops, Art Club, Business Tours, Visits and Day Trips, Writing Circles and Literature, Computer Club, Photo Club.

Community Involvement program

Health Living and the Outdoors with Hiking/Walking Clubs, Cycling Tours, Golf league, Snowshoeing, Alpine and Cross Country Skiing.

Programs are launched 3 times a year, at the start of September, January, and May with most of the activities taking place during the week. For the time being, Hunt Club/Riverside Community Center is the first and unique site offering this program: as the membership expands, the organization looks forward to start other groups across the city.

For more information on Retirees in Motion Ottawa or to register, please view the website at [www.retireesinmotion.ca/ottawa](http://www.retireesinmotion.ca/ottawa) or call Jean-Luc Racine at 613 612-2119.

**BARBARA LEWIS at SHENKMAN CENTRE**

Vocalist, Barbara Lewis brings her acclaimed concert, “Passionate Heart” to Ottawa’s Shenkman Centre for the Arts (Richcraft Hall) on Friday, April 17th at 7:30PM. Purchase tickets online at [Shenkmanarts.ca](http://Shenkmanarts.ca) or call: 613-580-2700 • Toll Free: 866-752-5231 Regular price: \$22.50 / Advance - \$27.50 / Door

Seniors (65+): \$17.50 / Advance - \$20.00 / Door

On this magical evening, the noted Montreal-based songstress Barbara Lewis will lend her incomparable vocal artistry to some of the best-loved songs of Joni Mitchell, Leonard Cohen and other great composers. Known for her haunting voice and wide vocal range, it is Barbara’s ability to emotionally connect with her audiences that makes her performances unique.

**“PASSIONATE HEART: Love Song to Leonard and Joni”** is her personal musical tribute - timeless melodies selected for their intimacy and expression of joy. Joni’s “Both Sides Now,” Leonard’s “Hallelujah” and classics (such as “Fever” and “Try to Remember”) are interpreted anew, with a beauty not even the composers might have imagined.

Since her first, highly-successful Ontario appearance (at London’s Aeolian Hall last August), Barbara has given concerts in Mexico and in her home province of Quebec, and has begun recording tracks for her new album to be released later this year.

Accompanying Barbara on April 17 will be the versatile pianist, composer and arranger, Doug Balfour, who has appeared on stages throughout Europe and North America, including in productions of Phantom of the Opera, Sunset Boulevard and Ragtime. Well known Toronto-based bass-player, Bob Hewus will join Barbara and Doug onstage.

Visit Barbara’s web site - [barbaralewis.com](http://barbaralewis.com).

**THE SHRED-IT PROJECT; MAY 9<sup>th</sup>, 2015**

“Do you want to clear some of those boxes of old files out of your basement—but make sure the information in them stays protected? Here’s how. Bring them to the Shred-It project team, working in partnership with the Knights of Columbus from Resurrection of Our Lord church who live in your neighbourhood. The team will be at Elmvalle Centre on Saturday, May 9<sup>th</sup>, 2015 from 9AM until 1 PM in the parking area near the intersection of Smyth and Othello. All you have to do is load your store of confidential personal information into the car and drive to the site. The shredding team does the rest while you watch. Here is a worry-free way to get rid of a storage problem for only \$8 per one cubic foot box of material, about the size of a banker’s box. Maximum: 5 boxes per person. And here’s the best part. Money donated will benefit charities that support local families and youth.”

Computer Tips and Tricks

Things to try before you have to call us

by Malcolm and John Harding,  
of Compu-Home

A bit of exploring and a few simple steps when things go wrong with your electronics can save you the cost of a service call, or at least simplify the conversation when your technician is asking you about the issue. If you try these strategies in order until the problem is solved, you just might become your own technician.

MY EMAIL ISN'T WORKING

: Is the problem just your email, or is your Internet down completely? Can you open a browser and go to a web page? If not, then this is more than just an email issue.  
: Is it time to enter your email account password again? Of course you have recorded the passwords for your email accounts and kept them in a safe place.

I CAN'T GET ON THE INTERNET, FOR BROWSING OR EMAIL

: Re-start the computer.  
: Disconnect the power from your modem and your router (or your modem/router combination device).

Leave it/them unplugged for a few minutes, re-connect, wait another few minutes, and try the Internet again.  
: Call your Internet provider. Don't be dissuaded by their immediate knee-jerk suggestion that the problem is with you, your computer, or your software. Be assertive that you want them to test their service.

I CAN'T SEND EMAIL, ALTHOUGH I THINK I AM CONNECTED

: Check your Outbox. Messages should simply pass briefly through the Outbox while they are being sent. If one is stalled there because of a typo in the recipient's address, for example, that will jam your email function entirely.

MY FRIENDS RECEIVED AN EMAIL SUPPOSEDLY FROM ME, BUT I DIDN'T ACTUALLY SEND IT

: Your email account has been hacked. (This is different from your own computer being afflicted with malware, although it may lead to that eventually.)  
: DO NOT attempt to write to all of your contacts explaining the situ-

ation. This problem is so common nowadays that all but the greenest newbies know perfectly well that you are not to blame.  
: Go to your email account website and log in. Find the settings tab, and change your email account password. Write it down. In all but the (rare) most severe cases, this is all that you can do, or need to do. (If you don't know the web address of your email account website, find it now and record it, in case you need it someday.)

MY COMPUTER WON'T TURN ON

: Is it really off? Are there any lights, or sounds of fans or hard disk?  
: Has the power cord become dislodged? A laptop battery can run down overnight if the power cord is loose in any one of the three places it is connected.  
: Press and hold the power button for eight seconds. If the computer was actually on, that will turn it off. Wait for 30 seconds and press that button briefly again. If it comes on properly, and this doesn't happen again soon, you don't likely have a serious problem. If it recurs soon, you should have it checked by a professional.

MY COMPUTER IS ON OK, BUT MY MOUSE (AND/OR KEYBOARD) ARE NOT WORKING

: Restart the computer now, and after each step below.  
: If the keyboard or mouse is cordless, check the batteries. If replacing the batteries, make certain they are inserted with the correct polarity.  
: Cordless keyboards and mice have a very small transmitter plugged into a USB port on the computer. Remove it, and plug it into a different USB port.  
: If the keyboard or mouse is not wireless, disconnect their plug from its USB port and plug it into a different one.

Go to [compu-home.com/blog](http://compu-home.com/blog) for an archive of our columns (including this one) and lots more tech-related articles. There is a space right after each item for you to make comments and suggestions, and ask questions. You can even sign up for automatic updates. Have a look at [compu-home.com/blog](http://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](mailto:info@compu-home.com)

**VOLUNTEER** needed to help with **delivery** on the following streets:

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

To complete the puzzle:

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

Sudoku Solution on page 41

SUDOKU

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

OCDSB Trustee Chris Ellis

# Canaries in the Coal Mine



The budget process is underway for the Ottawa-Carleton District School Board (OCDSB). By the time you read this, the Board will have decided on academic staffing levels for regular and special education classes for the academic year 2015-16. However, as I write, we are facing some challenging choices. One of the hardest relates to Special Education and, specifically, teaching support for children with autism. The draft budget recommends opening 4 new specialized classes for children with autism next September. It would take 10 new classes to serve the 63 students who currently meet the criteria for such a class. The challenge is that each autism class costs \$250,000.00 for a small number of students.

The alternatives are to:

- i. come up with \$2.5 million to open 10 new classes by taking funds from other areas (e.g. other special education supports; regular programming; transportation; playground renewal), which could jeopardize other student services or safety; or,
- ii. keep students who have been recommended for specialized classes in regular classes, ideally with extra support. I have concerns about whether available resources will provide enough extra support to ensure the needs of all students in the classroom can be met.

**Between a Rock and a Province**

I believe that we cannot adequately meet the needs of our special education students without more funding from the Province.

The Province sets the overall budget for school boards. It includes a designated amount for special education, which must be spent to support students who have identified exceptionalities (behavioural, communicational, intellectual and/or physical) including autism. The OCDSB, which received \$102 million for 2014-15, has been spending 5% more than the amount designated by the province for a number of years to meet the needs of its special education students. Special Education funding has not increased, but the incidence of students with exceptionalities, especially in the autism spectrum, continues to rise. School boards are thus under pressure to reduce specialized classes and increase integrated service delivery in a regular class setting. I support integrated classes but have my

doubts that there are enough resources to meet the needs. The Province says that it is spending more on education than ever before. It would be helpful if it also explained that the increased spending is due to new initiatives such as full day Kindergarten. It would also be helpful if it mentioned that the extra funding for full day Kindergarten falls short of the actual needs. The 2014-15 approved OCDSB budget had a shortfall for full day Kindergarten of \$5.8 million. If the Province covered the shortfall, there would be more than enough funds for the needed autism classes. It would be better, in my view, if the Province also funded Special Education appropriately.

**VM chapter 2**  
**Continued from page 35**

her. They would spend lots of time with her and hold her until she fell asleep every night. They would go swimming in the ocean with her, bring her horseback riding while holding on to her, and brought her to Scotland, once to Glasgow. One rainy night, when Layla was three, her parents left her with her grandparents. Her parents went to a party. On their way home back from the party, they had a car accident. They slid off the road and were killed instantly. For a little while, Layla and her grandparents lived in her parents' home. As Layla grew older, her memories of her parents started to fade. Her grandparents became

like her parents. When Layla was ten, her grandparents decided to tell Layla what really happened to her parents. They showed her pictures of Barbara and Edward. She looked like her mom but she had her dad's forest green eyes. Layla was pretty sad for a while; she kept a picture of her parents in the playroom. At the same time, Layla and her grandparents moved to a farm where they grew vegetables and raised animals. The school that Layla goes to is Durhamshire Middle School. It is located in the village of Durhamshire just outside of London. There are 200 girls in the school and ten teachers and a principal, Miss Mabus who is always late for school. Layla's homeroom teacher's name is Mrs.

Markham who can be kind and mean at the same time. Layla is in grade seven. After school, on Thursdays, Layla goes to a tutor who is a former teacher. His name is Mr. Giles. He has white fuzz on his head, hairy, white and brown eyebrows like caterpillars and ice blue eyes behind thick, circular eyeglasses. Sometimes, Mr. Giles loses patience with Layla because she is fooling around and not listening. When he gets impatient, he stares at Layla with his ice blue eyes and she gets a brain freeze headache. He tutors her in math. Layla has one good friend, Lucy, who is twelve. Lucy is calm and she does not like to take risks. She is different from Layla in that way. They enjoy horseback riding. They each have horses. Lucy's horse's name is Taffy and Layla's horse's

name is Fickle. Layla called him Fickle because one day he could be good and the next day he could be acting up. Layla also has a cousin named Edward who is six years old. He lives on the farm next door with his parents. He has no brothers and sisters and he adores Layla. He follows her almost everywhere. On Sundays, they all go to the little stone church. Right next door to the church is the cemetery where Layla's parents are buried. It was one rainy day, the anniversary of Layla's parents' death, that she decided to go to the cemetery to visit the grave. And that was where she met Hannah. The author: Jenna is a 12-year old girl who goes to Vincent Massey Public School. She likes to play hockey, write stories and she is a camper at Christie Lake Summer Camp.

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WEEKEND TO END WOMEN'S CANCER

See in store for details

1559 Alta Vista Drive

Chris Ellis

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

www.SchoolZone6.org

613-818-7350 - Chris.Ellis@ocdsb.ca

## Mark K. Habib

# Closing day headaches - what to do when things go wrong?

While most real estate transactions close on time without any issues, there are those rare instances when things pop up on or before the closing date that can be quite stressful to both homebuyers and to sellers. This article will identify a few of those instances and how the situation can play out.

### **Fact Situation 1 - A title problem is discovered prior to closing**

Assuming that the Buyer's lawyer has completed a title search of the property by the date specified in the agreement for this to be completed ("the Requisition Date") and a title problem has been identified, the Buyer's lawyer will "requisition" the Seller's lawyer to remedy the defect prior to closing. There are too many examples of such title defects to mention here. Suffice to say that it is the responsibility of the Buyer's lawyer to identify such defects and to requisition their repair in a timely fashion.

In most cases the problem can be resolved without much difficulty, or an adequate answer can be provided to the Buyer's lawyer, such that the closing can proceed. In some cases, the problem can be resolved by the Seller agreeing to pay the cost of a Title Insurance policy where such an insurer is agreeable to insuring the risk. Sometimes the transaction must be extended due to the time constraints involved. In other instances, the parties may agree to a reduction in the purchase price or some other mutually agreeable solution, although if the problem goes to what is known as "the root of title" the Buyers' mortgage company must be made aware of the problem and agree to the suggested solution.

If the problem cannot be easily remedied, and the Seller is "unable or unwilling" to satisfy the requisition, the standard OREA Agreement of Purchase and Sale provides that the agreement is then automatically terminated and the Buyer's deposit refunded without interest. This result can be less than satisfactory to a Buyer who was anticipating moving into the property within a week of learning of the problem! This scenario would most often play out when there is a quick closing.

One solution to this would be to amend the standard agreement to avoid this result although from a practical standpoint this is not always possible or easy to do.

It is therefore critically important that the Buyers lawyer strictly adhere to the timelines required by the agreement to conduct the title search so that any such defects may be discovered well in advance of the closing date. It is also important for realtors to be mindful of the "Requisition Date" when negotiating

the agreement and any amendments to it so as not to prejudice either party.

### **Fact Situation 2 - The buyer does not have funds to close**

In most instances, a Homebuyer will have made the offer to purchase a home "conditional" upon the obtaining of satisfactory mortgage financing. If a Buyer has been "Pre-Qualified" or "Pre-Approved" for the mortgage before entering into the agreement, he/she would still have to obtain a formal mortgage approval after the agreement was signed and presented to his bank. This formal process may require a Buyer to provide satisfactory evidence of downpayment and valid proof of employment, or for the lender to obtain a satisfactory appraisal or a number of other requirements.

It is very dangerous for a Buyer to waive the financing condition on the strength of simply a pre-approved mortgage or where the lender has provided the Buyer with a written "conditional" mortgage approval. In these days of heightened mortgage regulations, we are seeing greater instances of deals not closing on time (or at all) due to this fatal oversight. I always recommend to my clients that they not waive the financing condition until they have a firm, unconditional mortgage commitment in their hands. Unfortunately, that is not always feasible. In many cases, what was a routine approval process can go sideways at the last minute when the appraisal comes in too low, or when a Buyer is self-employed and the lender discovers discrepancies with reported income.

In those cases where a Buyer has waived the financing condition and then learns that the lender is not able or willing to grant the mortgage, several scenarios can play out. In some cases the Buyer may be able to secure financing from an alternative "B mortgage lender" at typically a higher interest rate. Perhaps a parent or sibling may be willing to co-sign the mortgage in order to satisfy a lender's concern. Or perhaps the Buyer simply needs an extension of the closing date in order to line up the financing. If an extension is required, the realtors or lawyers will often negotiate specific terms for the granting of such an extension.

In the rare instance where a Buyer is not able to complete the transaction by the scheduled (or even the extended closing date), a breach of contract is said to occur. The Buyer will automatically forfeit the deposit money to the Seller. However, in practical terms, it may be difficult to have the Real Estate Brokerage that is holding the deposit to release it to the Buyer. Typically the brokerage will only do so with the written consent of both parties or the obtaining of a Court Order directing it to do so. The law is quite settled however that the Buyer will lose his deposit if he

has breached the agreement, even if the home later sells to another buyer for a purchase price that is equal to or higher than the original price.

The Seller's lawyer must properly follow certain technical steps in order to ensure that a Seller will be able to recover this deposit through a process called "tendering." In addition, the Seller will be able to sue the Buyer for all additional damages that are suffered as a result of the breach. This process will often result in court litigation between the parties.

As for the Seller, there is a legal requirement that he/she "mitigate" the damages that can be claimed by re-listing the property for sale immediately and to sell the property as soon as possible. This may even require that the Seller reduce the asking price after a reasonable period of time.

### **Fact Situation 3 - Discovering problems on move in**

There is nothing more disconcerting to homebuyers than for them to discover a problem in the home once they obtain the keys. In the relatively rare instance where this does arise, we usually learn after closing that the Seller had removed fixtures or appliances that they were intended to be included in the agreement or that there is some physical damage in the property or fixtures that did not exist (or was not noticed) when the Buyer first viewed the property. We also see situations where outstanding utility bills were not paid and instances where the Seller left old appliances behind or failed to remove garbage from the property. These situations leave the Buyer looking to his lawyer for an explanation and a satisfactory solution.

Unfortunately, the Buyer's lawyer is not in any legal position to insist upon a holdback of money from the Seller's lawyer prior to closing, making it virtually impossible to prevent these problems from arising. Any requirement for a monetary holdback prior to closing must be set out in the agreement of purchase and sale. Unfortunately, most Sellers and their realtors would not agree to such a provision, at least in Ottawa.

I always recommend that the Buyer clearly identify in the agreement every appliance or fixture that they want included and for every item to be excluded to also be specified. If a home is cluttered or dirty, the agreement should specifically require a Seller to leave the home cleaned and vacuumed or to have any old furniture or appliances to be removed by a certain date. A warranty on the appliances should also be inserted. Moreover, a Buyer should insist upon an opportunity to visit the property at least a few days before closing to view the state of the property. If there are issues that are discovered during that viewing, at least they may be brought

to the lawyer's attention before closing in the hopes that a satisfactory solution can be negotiated.

I also recommend to my clients that upon taking possession of the home that they immediately run all faucets, toilets, and other appliances to ensure that they are in good working condition. If they are not working or they are damaged, then they should advise both their realtor and lawyer of the problem, pictures should be taken and, if necessary, a few estimates of repair obtained that can be forwarded to the Seller's lawyer. A written statement or affidavit from a realtor concerning the state of the property both before and after closing is also useful evidence to obtain.

It is not advisable to wait more than a day or two to notify a Seller of any alleged damages that may be discovered. Otherwise it can be alleged that the appliances were in fact working on closing and that any such damage was caused by the Buyer. If there are any outstanding tax or utility bills that show up, these should also be forwarded to the lawyer for follow up and possible submission to the Title Insurance company who typically cover such liabilities for the Buyer.

In those cases where damages are discovered after closing, a demand letter can be sent by your lawyer seeking compensation from the Seller. Some lawyers may charge for this additional service as such legal work may be considered beyond the normal scope of a lawyer's retainer. This is because the lawyer's task is to convey good title to the property, not to guaranty that the appliances are working. In the event the Seller is unable or unwilling to compensate the Buyer, the only recourse is for the Buyer to pursue a claim in the Small Claims Court. Such court claims are relatively easy and inexpensive for a Buyer to pursue without the necessity of using a paralegal or a lawyer.

It goes without saying that it is never too early for a Buyer or a Seller to engage the services of a real estate lawyer in order to obtain information and advice that will help protect their interests before an Offer to purchase is negotiated. Alternatively, a provision can be inserted into the Offer that would make the agreement conditional upon your lawyer's review of the agreement. While there is never any guaranty that a newly purchased home will be problem free, there are certainly steps that can be taken to minimize the risk of a closing day headache.

*Mark K. Habib has extensive legal expertise in the areas of Residential & Commercial Real Estate, Business transactions and Wills & Estates. He can be reached at: 16-2450 Lancaster Road, Ottawa, 613-820-8888, [mark@markhabiblawyers.com](mailto:mark@markhabiblawyers.com), or [www.markhabiblawyers.com](http://www.markhabiblawyers.com)*

PIP

Continued from page 33

thors on board with the festival. PIP is happy to announce Vincent Lam (Giller Prize winner), Rosemary Sullivan (Governor General Award winner) and Science Fiction writer Julie Czerneda, Science Fiction writer Marie Bilodeau (Nominated 4 times for the Aurora Award and winner of the Bronze Medal in the Foreword Book Awards) and bestselling Fantasy author Charles de Lint. All of these fabulous writers, vendors and more will be at Prose In the Park!

PIP will take place on Saturday June 6<sup>th</sup> from 11am-6pm in the Parkdale Park. There are still a few spots for authors/vendors. For more information on PIP you can check <http://deuxvoiliers.wix.com/prose-in-the-park>.

A big thank you goes out to the Board of the Ottawa Independent Writers for their support from the beginning. OIW leadership has been the key to engage other six writing groups in the Ottawa/Gatineau region.

But wait, there is more! I had a chance to sit down and chat with Marie Bilodeau who will be on the Sci Fi panel at PIP. Marie's name is known to many Sci Fi fans. She has done panels/conventions across Canada and a few in the states. In fact, next month she will be at a convention in British Colombia. Her most recent book is, **Nigh**. Part 1, 2 and three are available as e-books and it just came out in print (Hardcover). There will be 2 more parts released.

I asked Marie what it was like to be involved in a panel and she said, "Basically I have to inform and entertain the audience." Marie has 6 traditionally published books and is excited, **Nigh** is currently on the bestseller list in Canada, the States and Italy!

As I am a poet (and I am sure other people have thought about giving a try) I asked Marie if she had any tips for writers and she said;

1. Read.
2. Write
3. Get to the end (of the piece you are writing)
4. Edit

To follow Marie, or find out more, drop by at <http://mariebilodeau.blogspot.ca/>.

Thanks for taking the time to chat with me-Ian and Marie!!

SUDOKU

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

Sudoku on page 38

# A reply for my plea for help

by Colin Hine

In the December 2014 issue of RPR I asked for help explaining the purpose of the bearing graduation markings on the windscreen of the Consolidated Liberator tail gunner turret. I posted a similar request in a recent issue of the Observair, a newsletter I edit for the Ottawa Chapter of the Canadian Aviation Historical Society and am pleased to report that I received an answer.

Second World War RCAF pilot Flying Officer Bob Power flew some 50 missions in Liberators with RAF No. 356 Squadron in the Indian theatre. At the end of the war Bob pursued a career in medicine in the RCAF/CF, retiring with the rank of Lt. Colonel in 1970. Dr. Power continued his career in medicine in civilian life. He is now 95 years old.

Bob explained that the window graduations were used as a tail gunner aid in determining and reporting the bearing of airborne threats and targets to the pilot, thus helping the pilot decide on appropriate action. Many thanks to Bob Power for this explanation; wonderful hearing from a veteran of the South-East Asian campaign. Also many thanks to CAHS member Keith Walker for taking the time to refer Bob to me in response to my question.

No.356 Squadron was a heavy bomber squadron that



Consolidated Liberator tail turret, Canada Aviation and Space Museum  
Photo credit:Bill Upton

operated over South East Asia and that took part in the last bombing raid of the Second World War. The squadron was formed in India in January 1944, and was equipped with Liberators. The squadron had a lot of RCAF members because the British Commonwealth Air Training Plan Liberator Conversion Unit was located in Boundary Bay, BC. The squadron was used to attack Japanese bases in Burma, Sumatra and Malaya and to drop sea mines. In July 1945 the squadron moved to the Cocos Islands in preparation for the planned invasion of Malaya. On 7 August 1945 three Liberators from No.356 Squadron took part in the last bombing mission of the Second World War [http://www.historyofwar.org/air/units/RAF/356\\_wwII.html](http://www.historyofwar.org/air/units/RAF/356_wwII.html).

## Tim Hortons commits again to Clean the Capital Campaign

by Bill Fairbairn

Tim Hortons store owners representative Bill Houldsworth told a 2014 Clean the Capital Campaign awards presentation that as sponsors, partners and supporters his colleagues look forward to the City of Ottawa's 2015 campaign.

"I am excited to be here today to recognize the outstanding volunteers and participants who help make our events an amazing success," he told an audience at the Centrepont Theatre in Nepean.

Riverview Park Community Association was one of the organizations that won one of the awards, accepted by RPCA member and Riverview Park Review editor Carole Moulton. The Parks, Recreation and Environment Committee of the RPCA adopted the six area parks in 1998, and as part of the Cleaning the Capital that they do each spring and fall, their name was placed in a draw after their fall report was submitted.

Mayor Jim Watson, in presiding, recognized the forthcoming retirement of Paul McCann, coordinator of the Community Pride Program and an Ottawa City worker for 30 years, 17 with Community Pride.

Speaking on behalf of Tim Hortons store owners, Houldsworth said: "As local business partners, it is our goal to give back to our valued customers, the residents of Ottawa, and to make a difference in the communities in which Tims restaurants operate. We do this through many of the programs we support such as Timbits sports, Smile Cookie, Camp Day and Clean the Capital."

He said that Tim Hortons stores give a 10-cent discount to guests who bring in re-fill mugs. "This reduces the amount of garbage going into landfill sites."

Houldsworth disclosed that Tim Hortons, in sponsoring community clean-up in more than 150 regions across Canada, is committed to doing its part for the environment including waste water and energy consumption.

Every year, the spring and fall events attract more than 80,000 participants, who since 1994 have collected over 1.7 million kilograms of waste from Ottawa's parks, roadways, bus stops, woodlots, ravines, shorelines, and pathways during the Tim Horton's Cleaning the Capital.



Paul McCann (centre) is recognized for his Clean the Capital leadership, with (L-R) Councillor Alan Hubley, Councillor Jean Cloutier, Mayor Jim Watson, Paul McCann, Councillor Marianne Wilkinson, Bill Houldsworth of Tim Hortons, and Councillor Keith Egli

Mayor Watson said the amount of garbage collected and work involved was immeasurable and that a clean Ottawa would be invaluable in coming years that would see important events come to the city such as games in the 2015 Women's World Soccer championship and the 2017 anniversary of Canada's birth as a nation. The mayor, with a laugh, said that he had zero wins in six attempts at prizes in the Roll-Up-The-Rim draw and he wished good luck to Paul McCann in rolling up the rim over a coffee during his retirement. He described Mr. McCann as Mr. Clean and said that Alta Vista, where he lived, was always clean.

Alta Vista Councillor Jean Cloutier voiced support saying he could see his ward had a challenge before it in the 2015 campaign. Ward 18 was the recipient of the 'Ward Award' with the highest percentage of participants per population for the Fall Clean the Capital.

Awards were presented to at least 20 organizations from all over Ottawa ranging from a cadet corps to a branch of the Royal Canadian Legion.

A Centrepont room adjoining the theatre resembled a Tim Hortons shop as coffee, hot chocolate, muffins and cookies were enjoyed and merchandise displayed.

# Join the fun for the Balena Park Community Egg Hunt

Photo credit: Allison Klus-Palermo



## Community Easter Egg Hunt



- LOCATION** Balena Park 1640 Devon Street  
(washrooms will be accessible)
- DATE** Saturday, April 4th, 2015  
Rain, Shine, or SNOW!
- TIME** 9:15 am – Parents arrive to hide the eggs  
10:00 am – Kids arrive and the hunt begins!
- WHAT TO BRING** 10 plastic eggs with peanut-free treats inside  
(10 eggs per child)  
Consider non-candy options like stickers,  
temporary tatoos or erasers
- SNACKS** There will be coffee and hot chocolate provided

**Special Note:** There will be people present with serious nut allergies.  
Please try to keep all treats in the eggs nut free

Hope you can make it!  
Please come and share the event with  
your friends and neighbours!



# The hour long show that can help make a lifetime difference

by Carole Moul

It's time to circle the date of April 11<sup>th</sup> on your calendar, include it in your Agenda, or even input the reminder into your Blackberry, because plans are already in the works for one of Ottawa's most upbeat events in raising funds for cancer research. It's held at *The Wholesale Outlet*, 1877 Innes Road, and once you've attended one of these great fashion shows you won't want to miss another one.

For many years these twice yearly 10 a.m. shows didn't even have an official name, although it just seemed appropriate when someone recently came up with the 'Fashion for Compassion' idea. After all, each of the W.O. models is either a cancer survivor or a cancer patient, and does an exceptional job of providing not only fashion ideas for the audience, but lots of fun too.

With the professional assistance of Lise Butters, who will share just how easy it's going to be to step into spring, the models will mingle among the audience, and show what either they or Lise have chosen to wear on the big day. There will be two and three piece outfits of every colour, and the huge range of accessories is sure to be a big hit.

Admission is free, and on the day of the show 25% of all sales will go to the Ottawa Hospital for cancer research. The Victoria's Quilts ladies will be serving



Orange just happens to be Lynne Bezanson's favourite colour.



Lynne Bezanson checking out some potential fashion show outfits.

refreshments, and a donation will also be made to their organization.

There will be draws for various items donated for the fundraiser, including a beautiful painting, 'satisfying and delicious' by Lise Butters, plus a unique and handmade pillow by Dominique, cleverly created from recycled men's ties and fabrics. A number of lucky people will also win items donated by suppliers of *The Wholesale Outlet*, and everyone will be a winner with all of the fun.

Sherry Woodburn is the owner of *The Wholesale Outlet*, and there could not be better hosts for this fashion show than she and her family. From your first warm greeting in the parking lot right until after the last model has taken her bow, you will know that you are definitely in the right place for a very good time.

This past winter has been both long and cold. Time now to look forward to the warmer weather, and the clothes we will be wearing while enjoying the sun.

What better way is there to welcome the upcoming season than attending this Spring 2015 event? Best tie a string around your finger so that you won't forget this upcoming April 11<sup>th</sup>.



Lise Butters: ready for the April Fashion Show in a new Italian silk tunic top.

## FDJ

FRENCH DRESSING JEANS

### Spring 2015 Fashion Show & Breast & Cancer Awareness

Saturday, April 11th  
10 am

**Free Admission**  
Fashions will be modeled  
by customers who are also  
cancer survivors

**FDJ**  
FRENCH DRESSING JEANS  
SUPPORTING THE FIGHT FOR THE CURE

**FASHION**  
created  
by women,  
for women

Follow us on Facebook  
to see arriving  
SPRING FASHIONS

**THE WHOLESALE OUTLET**  
1877 INNES ROAD 613-748-6605  
MON – SAT 10 – 5

# Costumes galore at 4 DGC

If one drops by 4 Dance, Gym & Cheerios they will see that they are in heavy production of competitive dance costumes for various schools in Ottawa and Gatineau. The designer is getting more and more known in the costume aspect of designing and was asked what makes this more interesting than couture which you were doing in the past? He states that costuming is allowing him to be more creative and more out there. It allows pushing the barrier which most people would not dare to wear on the streets of Ottawa. Each costume has its own sketch with measurements taken



to allow building the pattern from scratch. The fabrics vary from very extravagant to normal fabrics usually used in the fabrication of costumes. Creativity is surely at its best in the studio which is run by Denis Poitras, Fashion Designer.

As for what the future holds for this studio style boutique, the store is growing in popularity and it is getting to be known for its uniqueness in dance and gymnastic leotards. "Who wants to wear the same thing as everybody else in the class right" states Denis Poitras. He has spent many hours creating building blocks that will allow being more creative and he is always inspired by various things that he sees on a regular basis."

For instance, he was recently fascinated by the artist Piet Mondrian and his choices in colors and the fine lines that he was using in his paintings so he decided to tackle it in a leotard. He continued by explaining the difficulty that he faced while creating such a piece. (See picture) "Keep in mind that this was created using stretched fabric and one tends to lose control on how the fabric will react to

Continued on page 49

# The story of a book

by Geoff Radnor

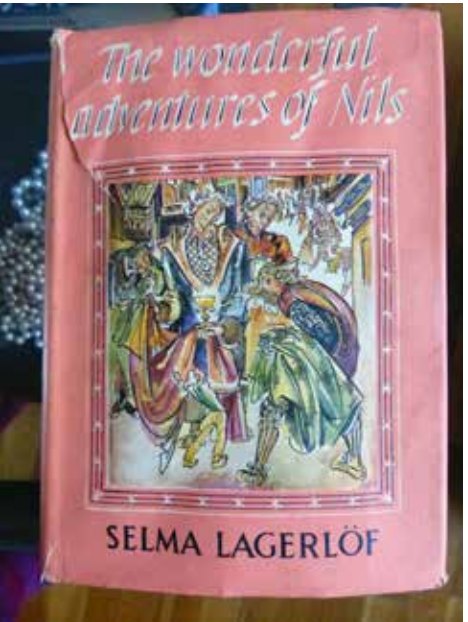
It has been well over a century now since the book about the adventures of young Nils Holgersson appeared. The writer was Selma Lagerlöf, a Swedish author in her late 40s. She had started her working life as a teacher but the financial success of her first book *Gosta Berling's Saga* enabled her to devote all her time to her writing.

As she had become well regarded as a writer, the Teachers Association in

Sweden asked if she could contribute to a geography reader for the schools. This she did not take up lightly. She spent the next three years expanding her knowledge of animal and bird life of her country. She learned more about the folklore and legends of her homeland. She used this knowledge to frame her story about young Nils.

The book was originally conceived as a book to teach children more about

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An Afternoon with  
*John McDermott*  
in support of  
The Perley and Rideau Veterans' Health Centre Foundation  
and McDermott House Canada.



Sunday  
June 14, 2015

Cocktail reception  
and concert  
2:00 - 5:00 pm

Beechwood National Cemetery  
280 Beechwood Ave, Ottawa K1M 8E2

Tickets: \$150.00  
includes \$80 income tax receipt

Tickets available at  
613 526-7173  
or foundation@prvhc.com

www.PerleyRideau.ca

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# The Riverview Park Review

## The production of the RPR just looks like Magic

“Putting a newspaper to bed” is a term intrinsically going back to the days of hot metal production when pages of moveable type faces and lead spaces were held tightly together in metal chases then placed flat in the bed of

flat-bed printing machines that rolled ink over the type before contact with newsprint. No such production method puts the Riverview Park Review to bed today. Once all the articles and advertisements have been assembled in pages

in the layout program, InDesign, the press of a computer keyboard button does the trick like magic. When the final front page is checked and the pages finally come together, the files can be sent to the printer and there is usually a triumphant call of “That’s it!” Well, for one edition at least.

The RPR Board of Directors, Peter Bishop, Michelle McLellan, Rob Southcott and Bill Fairbairn meet the month before each upcoming paper in the local Tim Hortons. Carole creates an agenda for the board of directors to consider for the next edition,

and over coffee, tea or hot chocolate they decide on an editorial, a cartoon to be created by artist Greg Money and numerous more mundane things such as boosting circulation right down to evaluating criticisms of the previously published paper. Each meeting also includes mulling over various approaches regarding how to collect from advertisers who owe the newspaper money. After the board meeting the newspaper’s small staff hits high gear! Essentially Carole and Bill Fairbairn go after articles and photographs. As well, Carole also hunts down the advertisers. Greg puts the advertisements together in typographical design, Catina Noble coordinates work by designated columnists, and a host of contributors and photographers send in superb material.

Getting the production ball rolling is Riverview Park Review editor Carole Moulton who canvasses for new advertisers, tallies incoming articles, assigns coverage of events and helps voluntary distributors get the published edition to readers. Carole



Board of Directors, (L-R) Rob Southcott, Peter Bishop, Bill Fairbairn (Missing: Michelle McLellan)  
Photo credit: Carole Moulton



P&D Columnist and RPCA President, Kris Nanda  
Photo credit: Carole Moulton

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Geoff Radnor: Article contributor & Photographer  
Photo credit: Elga Radnor



Editor & Advertising Manager: Carole Moulton  
Photo credit: Greg Money



Catina Noble, Column Coordinator  
Photo credit: David Villeneuve



François Allard - Layout, design and website  
Photo credit: Xavier Allard



Bookkeeper: Anne Jackson  
Photo credit: Mick Steers



Greg Money: Graphic Artist, Cartoonist and Masthead Artist  
Photo credit: Emily Money

From previous page

methodically organizes articles, photographs and ads in her production schedule book. With such a simple tool she corrals her contributors like so many cats.

As with any paper, the question is not just what to print but to evaluate and decide on which pages to place the articles. Decisions on front-page stories and photos are what newspapers all over the world face. The television line-up of stories on the

National is settled by discussion or by the line-up editor in much the same way.

In spite of being as organized as possible, things can dramatically change just as the editor is about to say, "That's it." February's edition of the Review was a case in point. The front-page lead story was on proposed Riverview Park zoning revisions introducing the possibility of commercial development. Headline, story and photographs were in place and checked. Then, at the last moment before deadline, these zoning changes were cancelled. The commercial development hanging over our heads was lifted. The front-page threat depicted in the story suddenly became history.

Carole and Bill frantically revamped the article to bring it up to speed. Desktop publishing done by François Allard, in the early hours, changed the layout to reflect the revised story. Even among several related columns there had to be revisions, thus it was back to the drawing board for these and the various people who wrote them.

The determining news factor with the Review is its relevance to the Riverview Park community first and importance to the city second. There may even be a universal appeal in any article, but the editor knows most people in Riverview Park enjoy community stories more than world ac-

counts that readers can get from the Citizen or the Globe. Desktop Publishing plays such a role. It affects readability and page design. François lays out the RPR's pages verified closely by Carole and Bill. He has an incredible understanding of computers and the InDesign program, plus a superb eye for placing the abundance of material that he is sent. Typography and typos can ruin a story. And laying out fifty-two pages perfectly is a dream. François does it against sometimes trying formatting incompatibilities and glitchy software.

Greg Money creates the wonderful masthead from acrylic paints, and every one tells a different story; although each does include two main

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A Blair Street Distributor: Tony Shewchenko  
Photo credit: Carole Moul



Bill Fairbairn, delivering the RPR as he did his Scottish hometown newspaper 70 years ago  
Photo credit: Janina Nickus



New RPR Distributors: Erin, Zara and Nellie Fraser  
Photo credit: Geoff Radnor



Advertiser Rock Lalonde from Rock's Barber Shop cutting Eric's hair  
Photo credit: Carole Moul



Clarence Huse: Delivering Proofs  
Photo credit: Carole Moul



This is what 5,000 newspapers look like  
Photo credit: Carole Moul



Clarence Huse: Delivering skids of papers for delivery  
Photo credit: Carole Moul



Staff Writer and Editor Emeritus- Bill Fairbairn proof reading  
Photo credit: Carole Moul



Pat Glinka from Peak Sportswear  
Photo credit: Greg Money



Area Captain: Colin Hine  
Photo credit: Carole Moul

# Alta Vista Library

## Book Clubs

### Book Banter

Share the enjoyment of good books in a relaxed atmosphere. Join us for a discussion. 2:00 - 3:00 p.m.  
Thursday, April 2 - **The Monkey Puzzle Tree** by Sonia Tilson  
Thursday, May 7 - **The Golden Spruce** by John Vaillant

### Infusions littéraires

Partagez avec nous le plaisir des livres dans une ambiance détendue. Joignez-vous à nous pour une discussion. De 14h00 à 15h00.  
le lundi 20 avril - **Le château de ma mère** de Marcel Pagnol  
le lundi 25 mai - **La femme au masque de chair** de Donna Leon ou **Illusion de lumière** de Louise Penny

### 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, April 16 - Maigret mysteries by Georges Simenon  
Thursday, May 21 - Thomas Pitt mysteries by Anne Perry

### 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, April 14, 28; May 12, 26; June 9, 23; 7:00 - 8:30 p.m.

### Conversation Groups

(Closed Friday, April 3; Monday, April 6; Monday May 18. Fermée le vendredi 3 avril; le lundi 6 avril; le lundi 18 mai.)

### 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, April 13 – May 11, May 25, 6:00 - 7:30 p.m.  
Les lundis 13 avril – 11 mai, 25 mai 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, April 7 – May 26, 12:00 - 1:45 p.m.  
Les mardis 7 avril – 26 mai de 12h00 à 13h45

### Groupe de conversation en français - débutant / French Conversation Group - beginner

Improve your spoken French in a relaxed setting. This group is for those at a beginner level. No registration required. / Améliorez votre français parlé dans une ambiance décontractée. Ce groupe est de niveau débutant. Aucune inscription requise.  
Mondays, April 13 – May 25, 4:45-6:00 pm  
Les lundis 13 avril – 25 mai, 16h45 – 18h00

### Groupe de conversation en français - intermédiaire / Intermediate 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, April 7 – May 26, 6:30 - 8:00 p.m.  
Les mardis 7 avril – 26 mai de 18h30 à 20h00

## Other Programs

### Media Streaming 101

Broadband internet has significantly transformed the delivery of media content to our households. With more content readily available, a growing number of Canadians are cutting the traditional cable and satellite umbilical cord and opting for online alternatives. Jeff Dubois, Publicity Chair, Ottawa PC Users' Group examines some of the alternatives, restrictions and solutions used to maximize your streaming experience. Registration required.  
Wednesday, April 15, 6:00 – 8:00 p.m.

## Health

### How to Manage Stress and Trigger Relaxation Response

This program starts by teaching you how to identify your sources of stress. Strategies to help manage your stress will be discussed such as nutrition, relaxation techniques, botanical medicine and Reiki. Incorporating these practical strategies into your life will trigger the body's relaxation response so you can successfully protect yourself from the negative effects of stress on your mental, emotional and physical health. Registration required.  
Saturday, June 13, 2:00-4:00 p.m.

### Prenatal Classes - Ottawa Public Health

Prenatal Class offered by Ottawa Public Health (OPH). A public health nurse will lead this mini-series of three small group sessions. Only one parent must register but both are welcome.  
Session 1. Birth Basics-Confidence & Comfort.  
Session 2: Breastfeeding Basics-Tips & Techniques.

Session 3: Baby Basics-Preparing for Parenthood.  
These sessions are meant to go along with OPH's free online prenatal program - A New Life. Start the online prenatal course early in pregnancy. It can be found at [www.ottawa.ca/prenatal](http://www.ottawa.ca/prenatal).

Thursdays, April 2, 9, 23; 6:00 - 8:00 p.m.  
Saturdays, April 11, 18, 25; 10:15 a.m. - 12:15 p.m.  
Thursdays, May 7, 14, 28; 6:00 - 8:00 p.m.  
Saturdays, May 2, 9, 16; 10:15 a.m. - 12:15 p.m.  
Thursdays, June 4, 11, 25; 6:00 - 8:00 p.m.  
Saturdays, June 6, 13, 20; 10:15 a.m. - 12:15 p.m.

## STORYTIMES / CONTES

(Closed Friday, April 3; Monday, April 6; Fermée le vendredi 3 avril; le lundi 6 avril)

### Monday Babytime / Bébés à la biblio les lundis

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 Closed Monday, April 6. Fermée le lundi 6 avril.

Mondays, March 30; April 13, 20, 10:30 - 11:00 a.m.  
Les lundis 30 mars; 13, 20 avril de 10h30 à 11h.

### Family Storytime

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

## Session 2

Tuesdays, March 31; April 7, 14, 21, 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. No registration required. / Contes, rimes et chansons pour les bébés et un parent ou gardien. 0-18 mois. Aucune inscription requise.

## Session 2

Wednesdays, April 1, 8, 15, 22, 11:00 - 11:30 a.m.  
Les mercredis 1, 8, 15, 22 avril de 11 h à 11h30.

### 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

Thursdays, April 2, 9, 16, 23, 10:30 - 11:00 a.m.  
Les jeudis 2, 9, 16, 23 avril de 10h30 à 11h.

## SPECIAL PROGRAM / PROGRAMME SPECIAL

### PD Day : Start Seeds / On plante des grains (Congé pédagogique)

Join us for some gardening fun! Bring a glass jar to plant your own mini garden, and decorate it with any found treasures you have. / Venez nous rejoindre pour du jardinage! Amenez un bocal de verre pour créer des mini-jardins et les décorer avec des petits trésors.  
Friday, April 24, 2:00-3:00.  
Le vendredi 24 avril 14h-15h.

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

## STORYTIMES / CONTES

(Closed Monday May 18. Fermée le lundi 18 mai.)

### Monday Babytime / Bébés à la biblio les lundis

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 3 Closed Monday May 18 / Fermée le lundi 18 mai.

Mondays, May 4, 11, 25, 10:30 - 11:00 a.m.  
Les lundis 4, 11, 25 mai de 10h30 à 11h.

### Family Storytime

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

## Session 3

Tuesdays, May 5, 12, 19, 26, 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. No registration required. / Contes, rimes et chansons pour les bébés et un parent ou gardien. 0-18 mois. Aucune inscription requise.

Continued on next page

Elmvale Acres Library

Book Review

**April & May:** les 5 à 10 ans. **Registration required**

**Homework Club/ Club de de-voirs**  
Saturday, April 4 - May 30, 2015 - 10:30 am - 12:00 pm. Homework help for elementary and middle school students. / Recevez du tutorat et de l'aide avec les travaux scolaires. Pour les étudiants de la 1ère à la 8ième année. Drop-in program

**Groupe de conversation en français / French Conversation Group**  
Tuesday, April 7 - May 26, 2015, 6:30 - 8 :00 pm. Améliorez votre français parlé et rencontrez des gens dans un milieu décontracté. / Practice your French language conversation skills and meet new friends in a relaxed and friendly environment. Drop-in program

**Contes en famille**  
Contes, comptines et chansons pour les enfants de tous âges et un parent ou gardien.  
Monday, April 13 & 20, 2015 - 10:15am. May 4, 11, 25, 2015 - 10:15 am. Drop-in program

**Family Storytime**  
Stories, rhymes and songs for children of all ages and a parent or caregiver.  
Wednesday, April 1, 8, 15, 22, 2015 - 10:15am.  
May 6 13, 20, 27, 2015 - 10:15am. Drop-in program

**Babytime/ Bébés à la biblio**  
Stories, rhymes and songs for babies and a parent or caregiver. 0-18 months. / Contes, comptines et chansons pour les bébés et un parent ou gardien. 0-18 mois.  
April 2, 9, 16, 23, 2015 - 1:30pm.  
May 7, 14, 21, 28 Drop-in program Drop-in program

**Easter Fun! / Pâques en fête !**  
Saturday, April 4, 2015 - 10:30am. Here comes Peter Cottontail, hopping down the bunny trail... Stories, activities and crafts. Ages 5-10. / Mon petit lapin s'est sauvé dans le jardin... Contes, activités et bricolages. Pour

**Book Club - Monday Nights Are Murder**  
Monday, April 13, & May 4, 2015 - 6:30pm. Share the enjoyment of good mysteries in a relaxed atmosphere. Join us for discussion! April 13 - Any of the "Marshal Guarnaccia" mysteries by Magdalen Naab, May 4 - The Tooth Tatto by Peter Lovesey. Drop-in program

**Summer Job Service!**  
Wednesday, April 15, 2015 - 6:00pm. Are you: A student 15 - 30 years old. Returning to school full-time next fall. Ontario resident. Looking for a job? Learn from an Employment Ontario specialist about the summer job service! Registration required

**Earth Day / Le jour de la terre**  
Saturday, April 18, 2015 - 10:30am. Celebrate and discover nature! Stories, activities and crafts. Ages 5-10. / Fêtez et faites la découverte de la nature ! Contes, activités et bricolages. Pour les 5 à 10 ans. **Registration required**

**Resume Preparation Workshop**  
Wednesday, April 29, 2015 - 5:30pm. Today's resumes have changed. Job search starts with a strategy and an effective resume. Registration required


**May: Mother's Day Fun! / S'amuser pour la fête des mères !**  
Saturday, May 9, 2015 - 2:00pm. Celebrate mothers as a family! Stories, activities and crafts. Ages 5-10. / Célébrez la fête des mères en famille! Contes, activités et bricolage. Pour les 5 à 10 ans. **Registration required**

**PD Day: Block Party / Ça dé "bloc"**  
Friday, June 5, 2015 - 2:00pm. Building Boom! Show off your architectural creativity with Lego®. / Archiboum! Architectes en herbe, à vos Lego®! Drop-in program

Imagination *can* shine through a senseless world

“Today nothing in this world really makes sense,” Clanny Mugabe writes in her book, *Life as a Demigod*. That critique of world affairs may have given this Ottawa schoolgirl author reason to invent her own magic world in her book. Hers is a world of adventure in pages completed because her parents wouldn't let her watch television until she finished them. “Hi, I'm Athena,” she introduces her protagonist living in a rented Par is home with godparents May and Joe and a visiting bird called Jay. Athena is no ordinary high schooler. She has been chosen to attend a school for wizards à la J.K. Rowlings's Harry Potter. Clanny introduces her characters logically, one by one, in chapter titles. The predominant ones are demigods like herself. First comes Ravia, born in Canada. Ravia meets Athena on the wizardly

meaning boys who specialize in war magic. After an assembly greeting at Maicy's school by Ms. Slivani, the deputy headmistress, each student is called to his or her house team. To either Grifita, Slukeman, Stormhouse or Faryona. In Faryona Athena and Ravia meet student Adela, a daughter of Hades. After the three demigods are taught what magic their present powers allow them they elect to go on their first quest for the hidden orb that eventually leads them to battle with the traitor Iris. Clanny's book hints that qualifications and resumés are not life itself. Her imagination shines through the shame of wars, poverty and sheer survival so manifest in today's real life. Many people prefer not to exercise imagination at all. They choose to remain comfortable within the borders of their own experience, never troubling to wonder how it would feel to have been born other than they are; they can close their minds and hearts to any suffering that does not affect them personally; they can refuse to know. Not so Clanny. Or is *she* Athena? Let me leave you with a threat from a dream in her book: “Yes, I must destroy Athena!” “After hearing that I almost screamed but in that dream I couldn't even talk let alone scream. Harassed, I woke up, took a shower and dressed. As I ran out of my cabin for breakfast the last words that the hired assassin Calypso said, “*destroy Athena,*” sent shivers down my spine and got me asking myself if my whole life was a lie because of my powers. I didn't know how soon I would find out the truth, but somehow I knew it wouldn't be good.” So future readers of this book must imagine who wins the quest for the orb. *Published by Baico (info@baico.ca). Albert Street, Ottawa.*



mall elevator coincidently buying stuff for wizard school: potions and bowls, cauldrons, uniforms and books. They appear next on board a jet bound for Maicy's academy. Athena is being mercilessly teased by black combats,

From previous page

**Session 3**  
Wednesdays, May 6, 13, 20, 27, 11:00 - 11:30 a.m.  
Les mercredis 6, 13, 20, 27 mai de 11h à 11h30.

**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 inscrip-

tion requise.

**Session 3**  
Thursdays, May 7, 14, 21, 28, 10:30 - 11:00 a.m.  
Les jeudis 7, 14, 21, 28 mai de 10h30 à 11h.

N. B. 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.

Costumes at 4DGC  
Continued from page 44

a body when it is worn. That was my biggest challenge. Making sure that the lines would continue to flow straight and depending on the body type was a challenge. Then by adding basic colors that Mondrian was known for was used to bring the piece to life.” He has also been doing costumes for figure skaters as well. Being located above Figure 8/Hockey One Skates Specialist has been good for business. He has created a line of skirts, shorts and dresses for the store. They are pretty much all

unique. In addition to all this creativity, 4 DGC is the go to store for Cheer sneakers as well as dance shoes. He carries a great brand of shoes that is becoming a major player among other brands. All can be found by dropping by the store to check it out. The store has changed its store hours for the following: Monday and Tuesday remains by appointment only. Wednesday to Friday 12-6; Saturday 10-4; Sunday 12-4. As for summer hours, follow the progress of 4 Dance, Gym and Cheerios on Facebook and see Ottawa little boutique that continues to grow and impress.

# The Letters Project-What is it?

by Catina Noble

**T**he Letters Project is my own personal project I started last year. Last August I was trying to figure out an original idea for me to follow through with, something I would enjoy and might make someone else feel good inside. In a matter of hours, I worked out most of the details for my "Letters Project". Basically I would start in September 2014 and go for 12 consecutive months, with the project ending in August 2015. For more information my project or for updates please drop by at [www.catinanoble.wordpress.com](http://www.catinanoble.wordpress.com)

With how fast pace the majority of us lead our lives, sometimes we forget to take the time to just tell people how awesome they really are. That is what my project is about-letting people around me know I appreciate them. First I started a small list to get me started (as the months went on, I would add to it). I wrote down a list of people who had personally touched my life in a positive way. I would then write a letter (type up, just to make sure everyone could read it, my handwriting can be hen scratch at times!) of up to two pages just telling them about at least one moment THEY made a difference to me. It's taking time to thank them for being a part of my life. Often I enclose a small gift as a token of my appreciation as well.

I wrote about the project on my blog. I would let my audience

know "the letter of the month was out there". When the special person received my letter, I would ask them if I could put their name on my blog, some said yes, some used initials, whatever they were comfortable with. So far my letters have been found in Ottawa and the Kingston area.

April's letter is perhaps my most unusual one, because of the delivery method. But you have to work with what you are given, right?

## The Letters Project-April's Letter (Sept. 2014-August 2015)

Carole Moulton,

I just wanted to take a moment to say thanks for all you do for everyone in the community. On a personal note, you have made a wonderful difference in my life.

A couple of years ago, I wanted to build up my writing portfolio to gain experience. I applied everywhere I could think of, even places that were hiring, I offered to work for FREE, and no one took me seriously. But you did! I remember when I got the email from you on behalf of RPR saying you would be happy to have me as part of the team. This was a few years ago and I am still with RPR. Your encouragement and support have made a huge difference in my life and has helped pave the path I'm currently on as a writer.

You took the time to give me feedback on my articles and let me explore the world of photography. Before I joined RPR, I had taken



a few pictures of my kids but that was it. I started sending in photos I took to go with my articles and you encouraged me. So I kept taking more. Your support helped build my confidence and lead me to send in a portfolio for the Photography Exhibit at the Atomic Rooster this past winter. I even got three of my photos in!!! What a difference one person can make, you with your words and support.

I always keep you in touch with my writing adventures and you always take the time to give me more encouragement and honest opinion. When my first chapbook 'Pussyfoot' got published, you bought a copy of it and had me sign it. You are a great writer, teacher and editor. Every compliment from you to do with my writing is a little nugget of inspiration I tuck away to graciously use on those days where I second my work and how far this writing path has taken me.

At one time I sent a letter into the Editor for RPR, a letter on Bill Fairbairn. I sent the letter because I enjoyed his articles, his stories and I really wanted to meet him in person. It would be awhile before I finally did meet him, but Carole, you got him to sign one of his books for me and left it in my mailbox as a surprise!!!

Whenever I have questions about the writing world in general or a piece I'm working on-you always take the time to be there for me. This means the world to me, more than words can say really.

Carole, thank you so much for being a part of my life. You are an amazing person on so many different levels and capacities. The amount heart and soul you put into your work and the community is admirable and appreciated by many.

Thanks for being you Carole!

Your RPR friend,  
Catina Noble

## Production of the RPR Continued from page 47

characters. There is the mouse that Greg likens to the good everyday person of Riverview Park, going about being quietly constructive. The second character represents the trouble-causing crows that unfortunately spend too much of their time in this community.

After several days of intense work, the paper is finally ready for François to upload the files to Performance Printing. Templates for each page are created at the printers by the next day, a proof is made, and then Clarence Huse delivers the two sections to the RPR team to check for any errors.

When errors are caught and changes made, or when files have been corrupted, these will cost the RPR \$40.00 per page to have each template corrected. While once upon a time errors were blamed on the printer's devil, now it is the computer or software that is the scapegoat.

There is a sign off procedure, and then the wait of several days turnaround before two skids of the printed papers are delivered. Ready for distribution, these skids are separated for delivery by dedicated volunteers. Area Captains receive stacks of a certain number of bundles, then these people in turn get the papers out to the distributors who deliver to houses, apartment buildings, businesses and even dropped off at skating rinks, community centers, public libraries and other locations across the city. François also publishes the RPR on our website [RiverviewParkReview.ca](http://RiverviewParkReview.ca)

Carole has a background in education and as such her writing style contrasts with that of Bill. By nature, she is always trying to teach a fact or two in the content, and believes it important that at least one or more of the local advertisers are highlighted in each issue. Bill is a journalist, and concentrates on the many stories to be found in the immediate community. His ability as a wordsmith shows in his articles and the great titles that headline throughout the paper.

Bookkeeper Anne Jackson looks after the money, paying the bills, and balancing the books. She is the one responsible for sending invoices to the approximately 40 advertisers who support and pay for each issue of the paper.

The Riverview Park Review is an independent, non-profit, community newspaper. It is only when municipal, provincial or federal elections, or other big events, happen to coincide with its publication that it makes any surplus revenue. This surplus unfortunately is often balanced by losses when companies go out of business or end up not paying.

Carole totally believes that all the leg-work she does in seeking out advertisers and contributors is well worth the effort because of the wonderful people she meets. Sometimes all it may take is a quick phone call or e-mail message to achieve great results. She is continually amazed at the talent and cooperation found within the community. Her skill is in being able to balance such wonderful content and advertising in each issue.

Each issue is like putting together parts of a puzzle for Carole and her team of local news junkies. The idea that the newspaper should be a window into the interests and character of the Riverview Park community is the guiding principal behind finding the right fit. And luckily there is a great deal of character in the community. The RPR is also a means of expressing the values of Riverview Park out to the neighbourhoods around us, and the city at large. It is a direct means of defining who we are now, and determining the future of the community we live in.

No one person is responsible for this community paper; it takes a whole team, and even then the Riverview Park Review could always use more help. Area Captains, distributors, Performance Printing, Clarence delivering the proofs, the exceptional contributors, as well as the newspaper Board of Directors and staff; these are all the people that help make your community paper happen. It just looks like magic.

## The wreck of the Moyle R Continued from page 45

station (CBC) and had it aired over during a news broadcast called the Gerald S. Doyle Bulletin.

There was a coop store in Cow Head and they would pay us 25 cents per hour to help unload the freight. And we were more than happy to help! Back then, there was no wharf in the harbour and the cargo designated for Cow Head would be loaded into a scow, which was towed out to the ship with a motorboat, and brought to the beach where it would be unloaded and carried to the coop store. The coop store was located on what we now refer to as the "Head" and was located where H.H. Hopkins now has their fish plant.

It was late in the evening, that day in December 1954, when the freight was finally unloaded, and darkness had descended. With his cargo unloaded at Cow Head, Moyle R's Captain Gillette inquired if there might be a couple of young men interested in sailing on the ship, - as he was short a couple of deck hands. When the Moyle R weighed anchor and made ready to leave Cow Head, it had two men from Cow Head as sailors - Leo Hynes and his brother, Hubert Hynes. It was a job they would not soon forget!

The ship was no more than 500 meters from shore when it hit a shoal. A crowd began to gather at Steamer Point when we realized what had happened to the boat. We watched until 11 or 12 o'clock but there was nothing we could do. At that time, my family lived in a red two-story house and my bedroom window faced the harbour. I remember seeing the boat from there. It was trying to get off the rocks and when the captain gave her full power, you could actually see the fire coming out of the boat's smokestack. This was quite the sight at that time, as you can imagine, because we were pretty isolated and didn't get to see too many incidents like this. Here was a boat over 100 feet in length, weighing in near 150 tons and the more power that the captain gave her, the more stuck she became. Some people stayed up all night to watch.

The next morning, there was a wicked gale of wind blowing and the boat was still stranded. It was actually blowing too hard for the crew of 12 of the Moyle R to launch their lifeboats.

The safety of that crew became a major concern for the whole community. Some of the older men in the community decided that they would tie together all the rope that they could find, tie it to the scow that was used for landing the freight and try to get the scow to the crew. The men on shore could then pull them in. After about a half dozen attempts, the men on shore finally got the scow close enough to the Moyle R that the crew were able to reach it. I remember that the teacher let all of us boys out of school and we were right there along with the men of the community. We were so anxious to get the crew ashore; we began pulling as hard as we could and because the winds were so high, we almost pulled the scow in under the water. Upon realizing this, we slowed down considerably and were successful in getting everyone safely

to shore. The crew and the community were quite happy about this, as you can imagine, and everyone celebrated.

The boat had obviously punctured a hole in its bottom when it went aground on the rocks, but it did not break apart. Very shortly thereafter, a high tide lifted the boat off the rock and it drifted farther down in the harbour. The bottom was ripped up pretty good and was beyond repair.

Eventually, the freight that was still on the Moyle R that that was designated for other communities began drifting ashore, including 100 quarters of fresh beef along with 100 barrels of salt beef (200 pounds per barrel), that had been sitting on the deck. When the people of the community saw this happening, they began devising ways of salvaging these items. There was hardly a man that wasn't out in his boat trying to jig up the quarters of beef and the barrels of salt beef. Even though the beef had been in salt water, when the outer layer was trimmed off, it was perfectly okay.

With time, the cartons in the boat holds were soaked enough that some of the contents were coming afloat and being washed upon the beach. Barrels of apples, full bologna and just about anything you could mention were washing upon the beaches and almost everyone in the community and surrounding area was taking advantage of it. Some people even came after dark with horse and sled. This was probably the last boat for the season before the drift ice came and the merchants had ordered up a good supply because it had to carry them through the winter months until the boats were able to sail again in the spring. As you can imagine, it was well stocked with food supplies, along with building materials. I remember that my father and I picked up several large bologna and 12 or 15 barrels of apples. We'd save about two dozen apples from each barrel that weren't contaminated with oil because by this time the fuel was beginning to leak from the boat and wash to the surface.

There were lots of things picked up that we weren't use to having back in the fifties and people were eager to pick up all they could get of it.

At this time of year, a good number of the community's men were away either working in the woods with Bowaters at Hawkes Bay or Deer Lake or working at their own private sawmills in the backwoods. There was one lady in particular that wanted to let her husband (who was working away) know about the shipwreck and all the things washing ashore on the beach that people were picking up and bringing home. But, off course, she didn't really want the whole coast to know about it, and she didn't want to alarm her husband, so when she sent him a telegram it read as follows: "Come quick. Nobody sick. All around shore." I'm certain it brought a chuckle to those who understood what she was trying to convey to her husband and bewilderment to those who didn't.

Being an isolated community in which very little happened, the wreck of the Moyle R was a major event in which everyone was involved in one way or another. Things continued to wash in along the shore and people were scrambling to salvage them. After some time had passed, the residents realized that by now the cartons that

were stored in the ship's hold must be soaked and they began to think of ways that they could get at the contents. Someone came up with the idea of making very large dip-nets that could be used to scoop the contents from the ship's hold. These large dip-nets were designed with a long handle on one side and a length of rope on the other.

There were two large hatches on the ship that were accessible to the hold and one man would stand on either side of the hatch. One would push the dip-net down into the hold as far as he could get it and the man on the other side would begin pulling it up by the rope that was attached.

Each dip-net that came up was a surprise. There would be Cheese Whiz, Budweiser beer, all kinds of canned goods and almost anything you could mention. I believe this was the first time I'd ever seen Cheese Whiz and it was a real treat to us. My father and I were involved in this and we would have our turn using the dip-net along with everyone else. Off course, after a few days when the news got around that we were doing this, we had people coming from Sally's Cove, St. Paul's, Parsons Pond and Daniel's Harbour to get a share of the contents. There were lots to go around and Cow Head welcomed everyone. Messages continued to be sent to relatives working away and there was always someone returning to get in on the action. There was quite a show going on here for a while.

Most of the canned goods that were salvaged had, off course, the labels soaked of them because they had been in the water so long. Almost always when you opened a can it would be a surprise; you never knew for sure what you were going to get. I remember my brother-in-law opening what he thought was a can of fruit and instead it was a can of tar. Imagine having that stuck to your teeth! There were quite a few incidents like this until everyone began to figure out what was in a particular can. Cans were recognized by their shape and size, the numbers stamped on them, the rings around them and the colour.

Once people had salvaged most of the food that was on the Moyle R, their thoughts turned to the salvage

of equipment that they thought the ship's owners would be interested in paying for. I recall that two of my brothers-in-law, Freeman Payne and George Hewlin, went aboard the ship and salvaged the ship to shore (radio), radar and all the navigational equipment. I also remember that Leo Hynes and I salvaged about a dozen sets of oars belonging to the lifeboats and two containers of survival goods, which included biscuits and condensed milk. The people who were taking all of these things thought it was legitimate to be doing so and did not think upon it as stealing but the owners of the ship thought otherwise. Some of them came to Cow Head and informed us that we would have to give up the goods that we had salvaged but we were reluctant to do that because we felt we had the right to keep it since we had salvaged it.

While all of this was going on, I had one of the ship's owners come to my home to talk to me. My mother answered his knock and when she came looking for me she was very worried. She said, "My God, Adrian, what have you done now?" Off course, I had never been in any kind of trouble before but she was kind of upset because of everything that had been going on in the community. The man who came to see me probably expected to break me down because I was young but I would not tell on my friends and they were happy that I didn't and gave me a lot of credit for keeping quiet.

Approximately a year and a half later, Mr. Gus Payne purchased the boat. He succeeded in re-floating it. He purchased about 50 thousand board feet of lumber from a local sawmill operator and when the tide was low, he filled the ship's holds with it. When the tide rose, the lumber caused the ship to float and Mr. Payne had it towed into the harbour. Shortly thereafter, another ship came to Cow Head and towed the Moyle R to dry dock. It's my understanding that the ship was refitted and resumed its sailing along the coast of Newfoundland.

*Bruce Ricketts is a Historian, Researcher, and author. His Canadian History website, [MysteriesofCanada.com](http://MysteriesofCanada.com) is viewed by over 10,000 persons each day.*



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# Bob Jamieson Financial Planner

## RRSP Strategies for Your 20s, 30s, 40s, 50s & 60s

Financial strategies change as you advance through life. With only a minority of Canadians in the workforce covered by an employer pension plan (about 40%, according to Statistics Canada), many of us will have to look after ourselves in our retirement years. Even with a pension, the flexibility of having non-pension assets to draw upon as required is also an excellent goal. The Registered Retirement Savings Plan (RRSP) and its close cousin, the Tax-Free Savings Account (TFSA), will likely be the most important tools available to support our financial needs in retirement. Here are some key strategies to keep in mind at various stages in your life:

**Your 20s & 30s** If you walk away with just one pearl of wisdom at this early stage in your life and career, it is this — absolutely do not waste your single biggest asset: time. While spare cash at this age may seem modest and there will be plenty of competing interests for your money, you have time on your side to allow even the smallest savings to become significant 30 or 40 years down the road. When you start out, your income will likely be low. A TFSA is usually best at this point. Once your income, and thus your tax bracket, increases is where an RRSP becomes a person's best friend. Unlike a traditional bank savings account, an RRSP allows you to make tax-deductible contributions for retirement to grow quietly, and untaxed, at a steady pace. Consider doing the following:

Automatically send a manageable

amount of money from your paycheque to your RRSP and/or TFSA monthly (even a minor amount is better than nothing)

Take full advantage of any matching employer contributions if there is a group RRSP

Try hard to develop good savings habits, and don't just save for retirement — you will need other savings (e.g. an emergency fund, a car, or a down payment on a home)

Finally, now is the time to start developing a relationship with a trusted financial advisor. Don't worry that you don't have major investable assets yet. A good advisor will appreciate your desire to save for the future, and will provide a financial strategy to help you achieve both your short-term and long-term goals.

### Your 40s

By now, there will be many different interests competing for your money. From children to home ownership to vacations and hobbies, money will likely appear to be going out as soon as it is coming in. It's also at this stage when most people who haven't begun saving will realize the error of their ways. Don't worry, it's not too late. To get on track and begin surging forward, this is an even more critical time to have a relationship with a good financial advisor to help identify your current expenses and income available for a flexible savings plan. You should begin thinking of longer-term goals and objectives, such as envisioning your retirement objectives and choosing a path to get there. If you already have savings in place, this is the time to review and assess whether your money is working hard enough for you.

**Your 50s** For many, these are the years when income potential is peaking and that means having a very clear picture of what you are spending year-to-year, and whether you are on a path to live the lifestyle you desire in retirement. At least 10 years before your planned retirement, you should develop an initial map of the projected annual income and expenses during your retirement years. At 5 years, this projection should be quite accurate. Your financial advisor can help you determine whether you are contributing enough to your RRSP and TFSA to meet future goals. You may also want to re-examine and consider whether to start to lower your exposure to market risk in your investment portfolio, including your retirement savings plans.

### Your 60s

Whether you are ready to fully retire, or just considering another chapter in your life, this is when these projections become reality. It is also an important time for both you and your spouse or partner to talk about how you want to spend future years. Some couples are surprised to learn of each other's different expectations for living in retirement. The reality is that your

portfolio must not only provide for your current income needs, but also must be able to sustain these needs throughout your retired years, which can be 25 years or more. If you would like assistance in developing, or assessing, your own financial strategy, please give me a call at 526-3030 to talk, or to set up a complimentary meeting.

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Bob Jamieson, a certified financial planner (CFP), has served the Ottawa community for well over a decade from his office on Riverside Drive, at the corner of Bank St. As are all Edward Jones advisors, Bob is fully licensed to deal in stocks, bonds, GICs, ETFs, and mutual funds. He also provides Life, Disability, Critical Illness and Long Term Care insurance.

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Unlike other chores that pile up in the driveway, clutter the garage or run wild in the front yard, your financial situation is a little less obvious. That's why it's so important to take advantage of our complimentary financial review at least once a year.

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## RPCA President's report

by Kris Nanda

Now that Spring has finally arrived and we have survived a long cold winter, Ottawa residents are looking forward to warmer weather, getting into the garden, getting their bikes out of storage, and exploring the great outdoors. (Some may even be looking forward to mowing the lawn and whittling down the "honey-do" list). Many Riverview Park residents remained active in winter, tobogganing, walking dogs (and of course shovelling driveways) taking advantage of enjoyed events supported by the Riverview Park Community Association (RPCA) such as skating at Balena Park or Dale Park, and Wednesday night walks along the hydro corridor or Alta Vista Corridor woods. And of course, there was the annual Winter Frolic at the toboggan hill near the Ottawa Hospital cogeneration plant (the "Plumerator") and the surrounding woods, much of which will be lost to construction of the Alta Vista Transportation Corridor (AVTC) Hospital Link in 2016.

But springtime is special – it is a time of renewal. With the Easter season, comes the promise of new life and growth as animals, people and plants emerge from "winter hibernation." As the snow melts away, it also reveals some of the less pleasant aspects of life that detract from community spirit –

such as litter, which is a pet peeve of mine. It would be great if everyone did their bit by picking up a couple of pieces of litter each day and resisted the temptation to just toss away paper coffee cups on the ground (or better yet bring your refillable mug to the coffee shop). I always wonder just exactly who the people are that are so lazy and/or inconsiderate that they just toss coffee cups or chip bags onto the sidewalk, road or someone's front yard – I never seem to see anyone do this, but the cups and chip bags don't get there on their own.

And while you are doing your part, the Riverview Park Community Association (RPCA) will be doing our bit trying to represent your neighbourhood interests, be it monitoring the AVTC, organizing Park clean-ups in the neighbourhood (feel free to join in on May 2, assuming the snow has all melted), passing on your concerns to our Councillors or City staff, and organizing or supporting activities that benefit the community (e.g. the Riverview Park children's soccer program, the Community Garden behind the Church of the Nazarene, efforts to "green" the neighbourhood via tree-planting initiatives and promoting a better sidewalks and pathway systems).

We have been working to build good relationships with our new Councillor, Jean Cloutier and

our returning Councillor David Chernushenko. For example, we reached out to both Councillors who took time out of their busy schedules to come to the Winter Frolic and meet residents plus get a tour of the Alta Vista Corridor woods and see firsthand the route of the future AVTC roadway. Councillor Cloutier arranged to have the lead City engineer, Bruce Kenny, come to present an update and take questions at our March Board meeting, which he did for over an hour. Even though we may question the premise behind building the Hospital Link, work is proceeding and it is important for us to be engaged in the design and rollout of this roadway by representing the needs, concerns and thoughts of the community. In that vein, the RPCA is also hoping to co-host an Open House on the Hospital Link to give the broader community a chance to provide timely input (ideally later this Spring).

There are undoubtedly other areas or issues that Riverview Park residents have and we invite your input. You are always welcome to come to one of our meetings – the Board meets the third Wednesday of every month (except July and August) at 6:45 at the Maplewood Retirement Home (Neighbourhood Way and Industrial Avenue), whom we thank for their hospitality. (Our AGM is in October).

See you in and around Riverview Park!

If you are reading this column, it sounds like you are interested in Riverview Park and what is going on in the neighborhood. The Riverview Park Community Association acts on your behalf and is always looking for your support and participation. A membership is only \$10.00 per family per year (and includes a 5% discount at RONA) and we would be delighted if you would join the RPCA. While the Board members are all volunteers, your membership covers costs such as hot chocolate, snacks and prizes at the Winter Carnival, treats at the Winter Frolic, supplies and refreshments for cleanup days at our parks, donations to causes and needs in the community, (such as providing significant financial support for the large-scale tree planting initiatives with Blair Court Community Housing on Station Blvd., and Russell Heights via the SOLE project) and of course, keeping the wheels of your very busy Association oiled. You can submit your membership fee to any member of the board. For more information on the RPCA or the Board, check out our website at: [www.RiverviewPark.ca](http://www.RiverviewPark.ca); or send me an email [krpp1415@gmail.com](mailto:krpp1415@gmail.com).

### The story of a book Continued from page 44

the geography of Sweden. Since then it has become one of the world's best loved children's books. In 1909 Selma Lagerlöf was awarded the Nobel Prize in Literature, the first female to be so honoured.

We have a six-year-old granddaughter and after we had heard about the book and the adventures of Nils we thought that it would be a good book for her to have, either to read or to have read to her. Like all good grandparents we never stop thinking of things that might stimulate or encourage her love of reading and books.

When it comes to book purchases, if we can afford it we go to Chapters online or Amazon.ca. But if we want to save we go to eBay or abebooks.com and look for secondhand editions. We also look for books at the bazaar held at the Rideau United Church on Alta Vista. They have had some great books at super prices.

I am sure we are all aware of Chapters as they have bookstores in most cities in Canada, and Amazon and eBay are familiar to most internet users. But

abebooks.com may be less known. It started up with four independent bookshops in Victoria who went on line together to sell their wares. It was a great success. The original owners sold out to a German company and then after other corporate changes they are now a very large part of Amazon.com. They have booksellers in about 50 countries and sell all kinds of books for all kinds of prices, some start at \$1 others are in the thousands and more, there is a very specialized market in rare and antique books.

But I wanted a copy of *'The wonderful adventures of Nils'* that wouldn't break the bank. It turned out that eBay was the answer, a used copy was £1.98 from Goldstone Books in Wales, UK. I had it mailed (free in the UK) to my brother in Devon UK. It finally arrived when we had visitors from England last year.

It was a well worn book with a dust jacket that had a rip across the front and it had been stored in a very damp environment as it smelled horribly musty. It was first published by J M Dent in England in 1950 and my edition was from 1953. Even at such a bargain price there were no pages missing or ripped or marked, not bad for

a book well over 60 years old. It had many illustrations by H Baumhauer, a few in colour, the rest were black & white drawings. Its cover and end papers have designs by Alexander H Williamson.

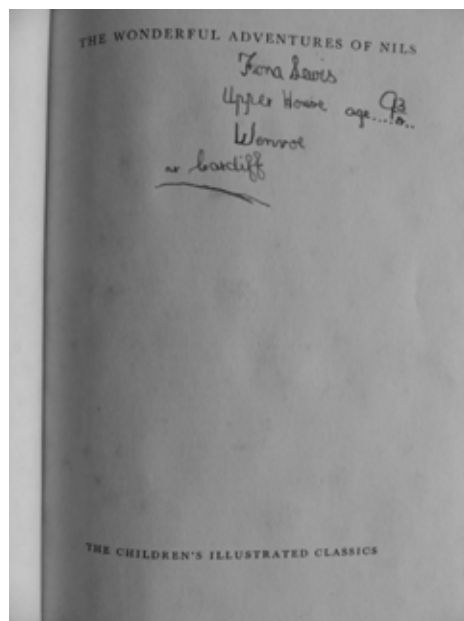
As I turned the first pages I saw an inscription in blue ink

"Fiona Lewis  
Upper House age...9 3/4  
Wenvoe  
nr Cardiff"

In a few seconds using Google Earth I had found Wenvoe, a small village in

Wales. As others who have read some of my previous articles here know I dabble in family history. So it didn't take long to find the birth of Fiona Lewis and her marriage when she was 20, it took a day or so to find her address and her email address. I also had a picture of the gate to the farm where she lived and a little about the archaeological features there.

Fiona replied to my email and hoped that our six year old granddaughter will enjoy the book, she was so happy that it had found a good home.





## Neighbourhood Watch

# Lock that car!

by Tim Mark

*Making 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 is a partnership between a local community and the Ottawa Police Service to work for a secure and peaceful neighbourhood. 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 set up a Watch set up on your Street, call a Coordinator (see the end of this article). Alternatively contact Const. Rebecca Vanderwater, our local Community Police Officer at (613) 236-1222 x 5812 and leave a message.

Thefts from unlocked vehicles in our area (and across the city) continue to be a problem. One

street in Riverview Park has been hit twice over the past months.

Remember to lock that car and to remove valuables from it (such as a laptop computer, cell phone etc.). The police say that many crimes are 'crimes of opportunity.'



For instance, someone walks up each driveway on the street with a parked car and checks to see if it is locked. If it is not, then it doesn't take a moment to scoop up your

parking money or that cell phone you have left on the seat. (It is the same story in the summertime if you leave your front door unlocked while you are enjoying a barbecue in your back yard. It doesn't take long to taken unsecured valuables from your house and for the thief to be on his or her way).

If you would like an "All Valuables Removed" warning card for your car or cars, please contact Tim Mark or Const. Vanderwater at the Community Police Centre.

Display the card on the inside of the driver's side window. "All Valuables Removed." This lets would-be-thieves know not to bother searching the vehicle and alerts other people who read it to take the same precautions. This initiative was started in Edmonton and is now being promoted by the Ottawa Police Service.

### Remember to report it

If you have been a victim of vehicle-related theft, report it to the police. Even if the theft is only minor, do report it. This

is very important as it helps the police to track patterns of criminal behaviour and where to concentrate their efforts and so increases the chance of an arrest. We have seen in the past in Riverview Park how successful such careful reporting can be.

### Get informed and get involved

Take a look at Crime Prevention Ottawa's website. There is lots of useful information – from abandoned cars, to graffiti, to problems in parks and public spaces. Some of the information above is taken from the CPO website and this is acknowledged with thanks.

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)

### The Funeral Co-operative of Ottawa has some questions for you...

by Karen Hill

If you were to pass away tomorrow would your family know your preferences for holding your funeral or memorial gathering? Would they know what type of service you'd like, if you have an MC in mind, and how much you would want (or not want) them to spend? Would they know where to find all your bank and credit card account numbers and passwords? What about passwords for your email, Facebook, on-line banking and PayPal accounts? Would they know where all your valuables are stored?

The Funeral Co-operative of Ottawa has developed a free funeral planning guide that covers these questions and many more. It can be downloaded from their website at [www.fco-coop.ca](http://www.fco-coop.ca).

The Funeral Co-op opened its office at 419 St. Laurent Blvd in October 2014. It operates on a not-for-profit basis and promises not to pressure anyone to spend more than they wish—no "upselling" as it's called in the industry.

Joan, a retired nurse, wishes the funeral co-op had been in operation when her husband passed away suddenly four years ago.

Joan describes herself as a pragmatic person who is competent in a health care crisis, but she found herself in unfamiliar territory as she went through the process of arranging his funeral at a time of vulnerability when many quick decisions had to be made.

She wanted to plan a dignified service within an expected budget but was shocked when she got the final invoice for what she thought was a simple funeral.

"I was caught off-guard," she says. "I had no idea at the time that there were many ways I could have saved money in making those arrangements. I had felt that the modest sandwiches and coffee catered through the funeral home were overpriced but I was embarrassed that our celebration of my husband's life looked

'cheap', despite what it actually cost us to provide food for guests at the funeral."

Joan is now doing her own funeral pre-planning through the Funeral Co-operative of Ottawa and has learned that there are many ways she could have cut costs. For example, she has learned that her own church welcomes its congregation to use their community room for intimate occasions such as reception space before a funeral and afterwards for the "bang up party" she would want her friends to have in her memory.

"They could serve wine and hire a chic caterer for as much as I paid for those humble sandwiches," she says.

In the funeral pre-planning process, Joan is moving through the complex decisions that many families face when they are emotionally vulnerable and under pressure when a relative dies. The Co-op's Funeral Planning Guide has helped her think through what she would want for herself so that she can let her family know what her wishes are.

"I don't want them to have to contact the spirit world to find out my password or where I hid the antique jewellery," she laughs.

Many baby-boomers are now planning their own funerals as well as making arrangements for aging parents. Funeral pre-planning is becoming more popular as the population ages. In Ottawa, the number of seniors is expected to more than double over the next twenty years. Seniors currently make up about 12 per cent of the population but will represent over 20 per cent by 2031.



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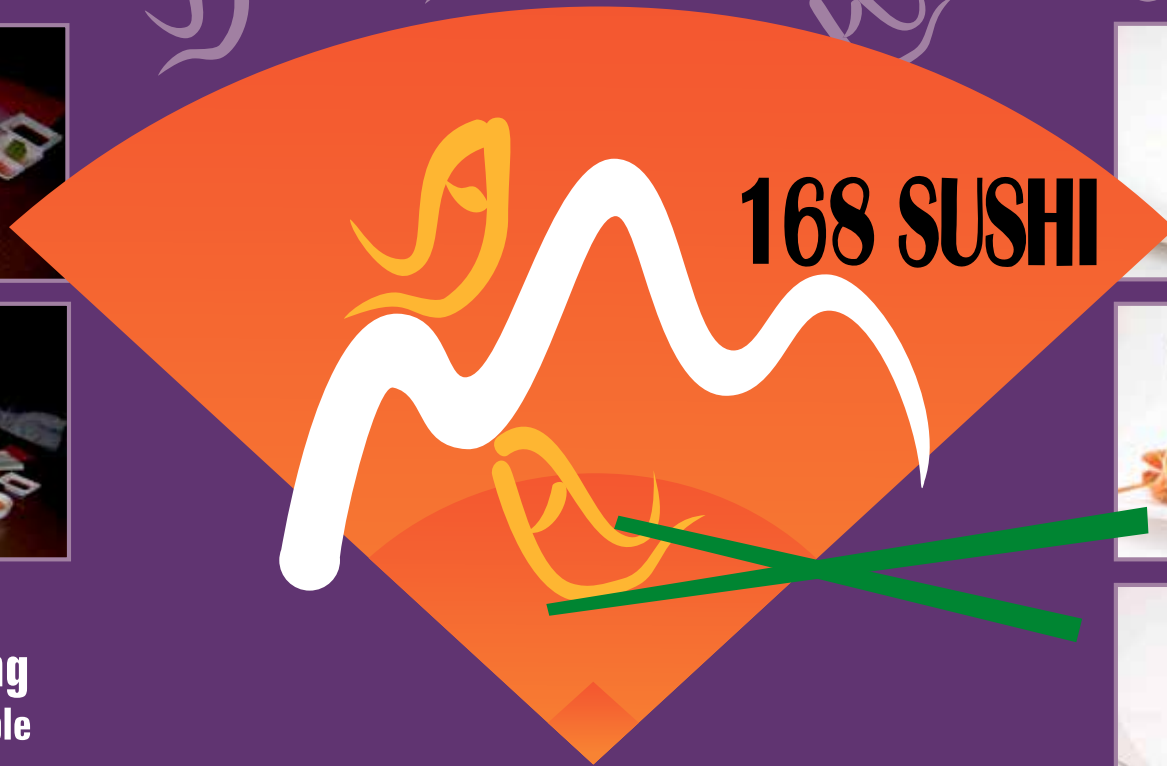
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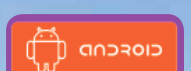
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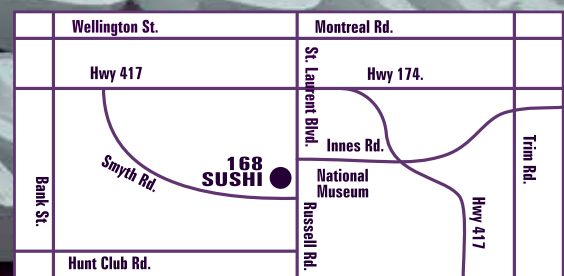
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