



FEBRUARY 2016

A Voice of Riverview Park

VOL.8 NO.1

Meet our new neighbours in Riverview Park



A warm welcome awaits Rita Maatouk (in red), son Mateo in front, to his left his brother Kevin, with his father Jobran behind him
Photo credit: Bob Power

by Carole Moul

A Syrian refugee family has arrived safe and sound in Riverview Park. On Sunday, January 10th, the Maatouk family of four were enthusiastically greeted at the Macdonald - Cartier International Airport by over 30 parishioners from Immaculate Heart of Mary Church on Alta Vista Drive. These well-wishers were just a few of the very generous sponsors for this Syrian family.

The Maatouks left Beirut, Lebanon on Friday, January 8th, and after a plane changeover in Jordan they landed in Toronto at 12:40 at night. Originally the

family thought that they were in Ottawa. That confusion was eliminated with a few quick, but worrying text messages between contacts in both cities. Only one suitcase per person was allowed for their journey from Lebanon, with important papers to be included for their arrival in Canada. No doubt when they fled Syria their possessions included little more.

A dedicated committee

At the beginning of October Suzanne Carr was asked by Father Stephen Laing to chair a committee dedicated to do-

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The legacy of a lumber baron: One short story about William Goodhue Perley



Perley & Rideau Veterans Health Centre

by Geoff Radnor

“The Perley” is known to many of us. Some remember the old Perley on Smyth Road, but most of us know of its presence on Russell Road, with its new seniors’ apartments facing on to Russell Road and the grand entrance to the whole complex there. It is now the Perley & Rideau Veterans Health Centre. But, why the “Perley”?

Let’s go back a few years, in fact almost 200 years, because this was when John and Susanna Perley of Enfield, New Hampshire had a baby boy, born on the 4th of June 1820. He was christened William Goodhue Perley. The small village of Enfield was near Lebanon

NH, a hundred or so miles south of Montreal.

After attending school, William entered the lumber business. There were lots of trees to cut and the market for the resulting lumber was sold in the growing cities of Boston and New York. In partnership with Gordon Pattee, a new source for lumber was sought, and they decided to move their business close to the Chaudière Falls on the Ottawa River; giving them access to the rich forests of the Ottawa valley.

The move was successful, and by the 1870s they were employing 250 men. Almost 70 million board

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Radio station helps out Mike

by Carole Moul

Recently, after hearing an unsettling story, a friend commented that there were still a lot more good people in the world than bad. And this, before I had even told her about how one small independent internet radio station came to the support of one small business in our local community, to help make things better.

Community matters to John Mielke, and according to the owner of *BlastTheRadio.com*, and host of the on-line radio show, *The Milky Way*, both he and his radio audience “are all committed to making a difference. We believe that local matters... because it does.”

And thus, with this axiom in mind, John and a number of his upbeat listeners celebrated the first anniversary of *BlastTheRadio.com* at Mike and Rachel Ayoub’s *White Horse Restaurant* at 294 Tremblay Road, in Eastway Gardens Ottawa... and for a very good reason.

1st. Anniversary Dinner

“A listener of mine notified me on Facebook that he had been into the White Horse recently and that they had been broken into. After all that the owners had been through with road construction affecting their business, I was heartbroken to find this out. I called Mike on Monday morning and he confirmed that it was true, but insisted that they were alright.”

Obviously, John Mielke was not alright with what had happened, which was why he announced to his listening audience that *BlastTheRadio.com* was going to hold its celebratory anniversary dinner, the very next night, at *The White Horse* - to help make up for some of Mike Ayoub’s loss... and which was why so many wonderful people dropped in, ordered, and enjoyed the delicious home cooked food of Rachel and Mike.

They came, they greeted each other, they laughed, some stayed longer, while others left; and all the while John Mielke treated each and everyone as his friend. Later, when asked about a breakfast that John had had at *The White Horse Restaurant* this past summer, he responded, “Yes!” There was a breakfast.

A breakfast to remember

“This summer, while on vacation in New Brunswick, one of my listeners sent me the link to a story CBC had done about *The White Horse Restaurant* and how road construction on Tremblay Rd. was affecting it. My listener asked simply if there was anything I could do.

“It was obvious from the video I’d seen that Mike was a hard working man who was unsure of what kind of devastation he’d be facing with the ongoing construction. He also struck me as someone incredibly sincere. Having



John Mielke (centre, in white) joined by just a few of the fun people who dropped into The White Horse on January 5th.

launched my on-line station earlier in the year, I was seeing significant growth in listenership by August, and I knew right away that there was an opportunity for us to step up and do something fun for our listeners, but that would most especially help this man and his family make ends meet during a difficult time.”

Thus, John Mielke called Mike and introduced himself, who at first thought that it was some kind of a joke.

“He kept asking why someone whom he had never met would want to help him and wasn’t asking for anything in return. I insisted that this was a win-win for each of us. For him, it was a chance to make up some lost revenue, and for me, it was a chance to showcase the station, and to get together with a growing community of listeners who I knew would support this and then some. I wasn’t disappointed!”

As soon as John had Mike tell his story on the air, people were e-mailing him and posting to Facebook about how much they wanted to help.

“That lead to one of the local artists I play (Fancy As Fawk) to volunteer to perform. Then Sue, from Sue’s Sweets of Westgate Shopping Centre (who initially sent me the story) said that she was bringing baked goods, and on and on it went!

“By the time we arrived for breakfast with *BlastTheRadio.com* that morning, people were already there, and we watched group after group of people come in, eat, enjoy some time with us, then leave, only to have another family or group of people come walking in to take their seat. Even the patio was packed!

“Mike told us it was not just his best

Saturday ever, but his best day in business. Period.”

Kim Lamonte, President of Eastway Gardens Community Association, later noted that over the course of the morning probably 180-190 customers had enjoyed their breakfast at *The White Horse*...not just *BlastTheRadio.com* listeners, but many who live nearby the restaurant, hold Mike in high regard, and appreciated what John Mielke had done for him.

Other good deeds

As to whether they had ever done other events such as this, John responded that while they hadn’t done other events quite like that one, they have been live from local craft shows, a local craft beer show, as well as a craft market in Bells Corners just before Christmas. *The Milky Way* listeners had also helped raise more than \$1500. for the Ottawa Boys & Girls Club’s Angel Tree campaign, while earlier in the fall they again sent in donations to support the cause of an individual student.

BlastTheRadio.com has just celebrated its first year of operation and already it has left such a positive mark. “People like Mike inspire us to become even more involved in our community and to help where we can,” John Mielke e-mailed recently.

“Small businesses helping small businesses. We’re all better when that happens! I can’t wait to see what we can accomplish in year #2!”

It is doubtful that Mike Ayoub would argue with that. And, as to the friend from the story’s introduction who was noting about there still being a lot of good in the world today? Well, she’s checking out *BlastTheRadio.com* to find out what all this upbeat news is about.



Way to go Rachel and Mike. You serve up great food to a lot of people.

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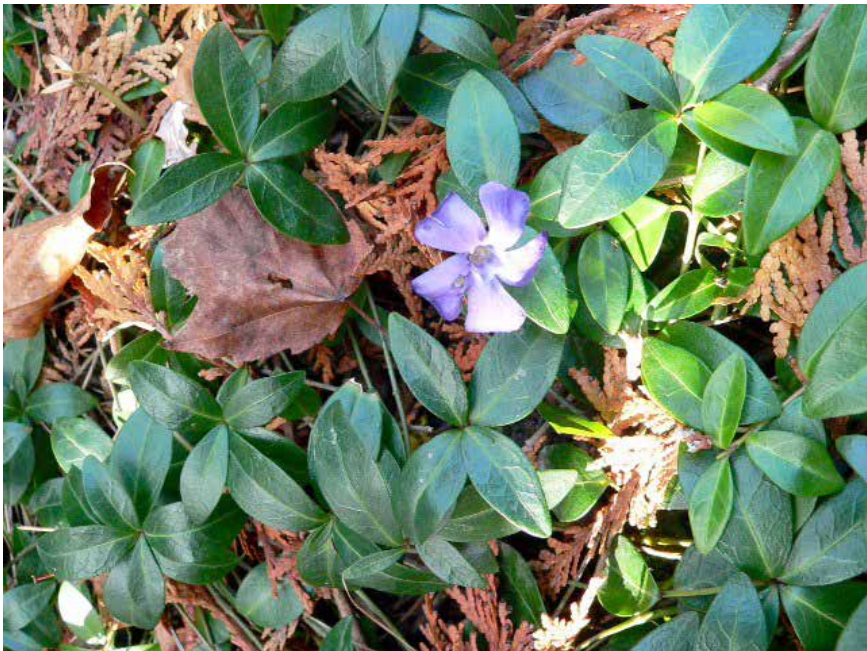
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It happened on Caverley Street



Female Cardinal on Caverley St.
Photo credit:Elga Radnor



A December Periwinkle
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A December 2015 Rabbit
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Sydney Baker centenary

by Colin Hines

Alta Vista Manor resident Sydney Baker celebrated his 100th birthday on September 15, 2015. For all his 100 years Syd is very sprightly; his memory is amazing, and several writers and historian still consult Syd, particularly about the 30 years he spent with Spartan Air Services in the firm's several manifestations. Syd wrote a career memoir *My 53 Years in Civil Aviation* and I thought it would be interesting to print a few extracts from it in the RPR over the coming issues.

Colin Hine

The Early Years

I had my first airplane flight at Somerton aerodrome, Cowes, Isle-of-Wight in 1924. It was in a de Havilland DH 4 aircraft called "The Youth of Britain" and was flown by Alan Cobham who was later to be knighted for his work in aviation. His company "Flight Refuelling" pioneered the development of the flight refuelling systems still used in aircraft today. My flight took place from a base in Bournemouth on the south coast of England.

I left school in 1929 at the age of 14 and commenced an apprenticeship with John Samuel Whites a boat builder at Cowes, Isle-of-Wight. This company was building destroyers, lightships and cargo vessels. I started work in the shop where small rowing boats and dinghies were being built. Although I found the work very interesting I never seemed to settle in; some of my best friends were working for Saunders Roe a company building flying boats, so after about 10 months at boat building I thought I would try the aircraft industry and I obtained a position with Saunders Roe.

My start at Saunders Roe (the name is an amalgamation between S. E. Saunders and A. V. Roe - both these gentlemen being pioneers in the aircraft industry) was in the foundry where parts for small boats were being cast. These were all sand castings and required a wooden pattern of the item to be cast. A mould was made from the pattern and molten metal (was) poured into it from a crucible.

When items being cast were for military contracts a test bar was cast with the item. The test bar was cleaned of sand (we called this fettling); and a government inspector would stamp all the cast items and the test bar for identification purposes. The test bar was then cut off and submitted for testing. On completion of tests the

casting would be released for machining and further checks. Some of the castings I remember quite well were side plates for aircraft bomb winches; these were cast in aluminium. We also cast small propellers for small boats out of phosphor bronze. I stayed at this for about a year.

At about this time a small aircraft company called Spartan Aircraft Ltd. moved their operation from Southampton to Cowes and negotiated an arrangement with Saunders Roe to use their facilities. At the time this company was building two types of light biplanes. Both planes had open cockpits; one was called the Spartan Arrow; the other Spartan Three-Seater.

The latter aircraft was a unique design with a Clark Y symmetrical wing. Using this design the same wing type can be used in any of the four positions. This made production and the purchase of spare parts more economical. The left and right elevators were also identical and one of these could also be used as a rudder.


I managed to get a transfer to the wing manufacturing section at Spartan Aircraft Ltd. Complete wings were manufactured here. The two main spars for these

wings were constructed of Sitka spruce and were cut from logs 6 by 6 inches square and 25 feet long. Before the logs were cut a measurement of moisture content was required. This was carried out by cutting a one inch cube from the log. The cube was split into matchstick size pieces that were weighed, dried in a small oven then weighed again. The difference in weights was calculated to determine moisture content percentage. Spars were cut from these logs then machined and spindled to the design drawings and templates. The spars were then placed into a jig and ribs, and internal struts and diagonal bracing wires were installed. The completed wing was covered with fabric (Irish linen). This work was mostly carried out by women as it involved a lot of sewing. It was then treated with several coats of red dope to tauten the fabric.

All this work was carried out under the watchful eye of the company's inspectors and the resident Air Ministry aeronautical inspector. I found this work to be very interesting and I think it was then I decided to make the aircraft industry my career.




Sydney Baker alongside a Tiger Moth at the Canada Aviation & Space Museum





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Advertising Manager: Carole Moulton – Advertising@RiverviewParkReview.ca
Staff Writer and Editor Emeritus: Bill Fairbairn 613-737-3212
Layout and Design: François Allard

Distribution Manager: Distribution@RiverviewParkReview.ca
Cartoonist and Masthead Artist: Greg Money
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While northern athletes prepare for the Arctic Winter Games in Nuuk, Greenland, in March, Riverview Park will hold its much tinier but welcome Winter Carnival on February 7 at Balena Park.

Though volunteerism has been going down generally in Canada and specifically locally in preparing our ice rink and watching over the skaters, diehards have again rallied round this popular event.

Some blame El Niño for the mild winter weather and what may be the latest-ever opening to skaters of the downtown Rideau Canal and indeed of our rinks here in Riverview Park. El Niño may indeed be preventing or delaying the consecutive cold days needed to set up rinks, but the popular Riverview Park Community Association carnival is scheduled irrespectively.

A fire permit, kindling and logs,

music, bales of hay, pick-up of pucks, orders of hot chocolate, chips, marshmallows, hot apple cider and prizes are all in hand. Councillor Jean Cloutier is donating materials for a snowman making contest if El Niño permits it of course. The shoot-to-win junior ice activity will go ahead while dowelling for marshmallows will engage one and maybe all.

Just how popular are the Balena rink and the carnival itself?

Last year's winter skating season was one of the longest on record with 2,716 skaters taking to the ice. This year possibly will be the shortest thanks to El Niño. Some 200 people at the 2013-14 carnival ranged from politicians seeking fun to the 101st Ottawa (St. Aiden's) Scout Troop looking after the comforting fire. By the grace of El Niño they will be back on February 7, 2016.



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Contributions can be e-mailed to Editor@RiverviewParkReview.ca in **Microsoft Word or RTF**. Please **do not format** your documents. We may edit for grammar and brevity. Photographs must be e-mailed in **jpeg format** to Editor@RiverviewParkReview.ca. All photographs must be accompanied with the **name of the photographer and a caption** describing the subject.

Got an opinion to share? Please send letters to Editor@RiverviewParkReview.ca. Your name, address and phone number is required for verification. Please remember to recycle this newspaper.

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Dear Editor,

I am writing to raise the issue of sledding in our neighbourhood.

Given that the construction of the Alta Vista Hospital Link has crossed to the east side of Alta Vista Drive, my 9 year old daughter Veronica, has asked Mr. Cloutier the ever important question: Will a replacement sledding hill be created for winter 2016-2017?

We have received a response from his office: "We're hopeful that a replacement hill could be established for the 2016-17 winter season, however we don't have confirmed details." To me, there remains no guaranteed replacement hill for next winter. I am asking the Riverview Park community to share their ideas for the location of a sledding hill: Balena Park? Riverview Park? A new berm alongside the new AVHL road? What do other members of the community think? Are there other suggestions?

The sledding hill conversation in the west part of Riverview Park has raised another issue. Riverview Park has

had drainage issues in the past (i.e. the park has been extremely swampy/soggy in spring, summer and fall), since the construction is coming so close to this park, will the drainage be improved or worsened by the addition of so much more concrete? Although not providing a solution, the response from Mr. Cloutier's office has left me hopeful that the project manager of the AVHL is open to our concerns and possibly, the city may actually factor the poor drainage of Riverview Park into the planning/future work on AVHL.

With my fingers crossed, I will be sledding down the hill this winter.

Sincerely,
Josie Sirna

Alta Vista Christmas Concert: Appreciation and Thanks to IHM parish choir and contributors:

The Alta Christmas Concert held on Sunday, December 6, 2015 was an overwhelming success. It was a magnificent performance. It was splendidly organized, orchestrated, and brilliantly executed by Francine Brisebois, Choir Director; her associate, Joslyn Brodeur; and the organizing committee members headed by Bill and Cathy Rowe, with the participation of Anthony Churko and Suzan Guirguis responsible for pre-concert fundraising and accounting.

The members of our parish choir sang with angelic voices. Dr. Sephora Tang, Psychiatrist, played the violin as an instrumental accompaniment. It was simply magnificent! Thank you to all our singers and musicians for their dedicated and outstanding performance.

Special thanks goes out to our musical guests: tenor soloists Dr. Fraser Rubens and his son Zachary Rubens, the singers of the Kanata Choral Society, the Ottawa Catholic School Board Chamber Choir, and the Instrumentalists of the Ottawa Wind Ensemble.

I wish to express my profound gratitude and thanks to all our participants, as well as my sincere appreciation and admiration for such an enjoyable and awe-inspiring performance. The IHM Choir is a credit to our whole parish.

Our Concert's success is attributed to a combined team/parish effort consisting of many contributors with numerous talents and skills. Special thanks go out to Monique Jobin, Bob Power, and Bren-

dan Reid and their volunteers' team for their collaboration in setup tasks and parking lot duties; Suzanne Carr for decorations; and Helen McGurkin, Moira Matthews and their volunteers' team for overall reception and hospitality duties. The Concert supported a very worthy cause, namely our local Heron Emergency Food Centre.

Congratulations to all for a job well done! You have much to be proud for.

Best wishes and God bless!

Fr. Stephen Liang M.D.

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Lend a hand and reach out

On Monday November 23, 2015 Mrs. Kadoura's homeroom class of R7/8A from Vincent Massey Public School put together over 300 lunches for the Debra Dynes Community

House Emergency Lunch Program. The Emergency Lunch Program gives lunches to students who can't afford it. Even though it was decided back in September that we would be a part of this, it took two months to prepare everything.

As the weeks dragged on and the important day crept closer, our class of 23 proudly collected and donated nutritious snacks for the lunches. We talked, planned and made sure that we were ready for the demands of making this happen.

The morning had finally arrived and the students strolled into the classroom of R7/8A. We gathered the donations into a pile along with the items Angela Begin, volunteer coordinator from Ottawa Community Housing, brought in to make sandwiches. What used to

be rows and rows of desk were now groups of desks for different lunch making needs such as sandwich making, trail mixing, packaging and popcorn popping. Kavi (from Debra Dynes Community House) also arrived to help us get organized and started.

We began with our special guest, Councillor Cloutier, who thanked us for our thoughtfulness and kindness that other students would be getting lunches. Later in the morning Stephane Giguere, the CEO of Ottawa Community Housing thanked us for our contributions. They both gave us short speeches on the people who will benefit from the lunches.

After 2 hours of hard work, we finished making the lunches. Our class found it fun and enjoyable. We were very happy to help out with no reward needed. We felt happy knowing that people who need it most will have a lunch and not go hungry. We would love to help again in the future.

by: Tiana, Momina and Shamsa, Grade 8

Heart and Sole: A Report from Mr. McKean's Grade 8 class

Helping others and giving back to the community brings out a great feeling of warmth and joy from within us.



It not only sends a tingling feeling of excitement to rush through our bones but also teaches us the critical skills of leadership. This year Vincent Massey's Heart and Sole (R8A class) has decided to do just that.

Over the last couple of weeks our class has discussed on how we can help in the companionship of the Russell Heights community. We had concluded our brainstorming with four main ideas of focus: Literacy program, sports program, glee club and bike tune up day. We also further discussed on how we could run these programs and what areas we see ourselves helping in.

With our plans set, one of the first

tasks we had to tackle was to create posters that would advertise and promote our work. We rigorously worked on some posters and had the final selection done by Sarah Dwyer (the community housing coordinator) and Stephanie (the community helper). Two different posters were selected based on two different audiences : Teen and adult, Children.

We had also recently visited the community of Russell Heights and had a small tour of the neighbourhood. This tour included seeing the community

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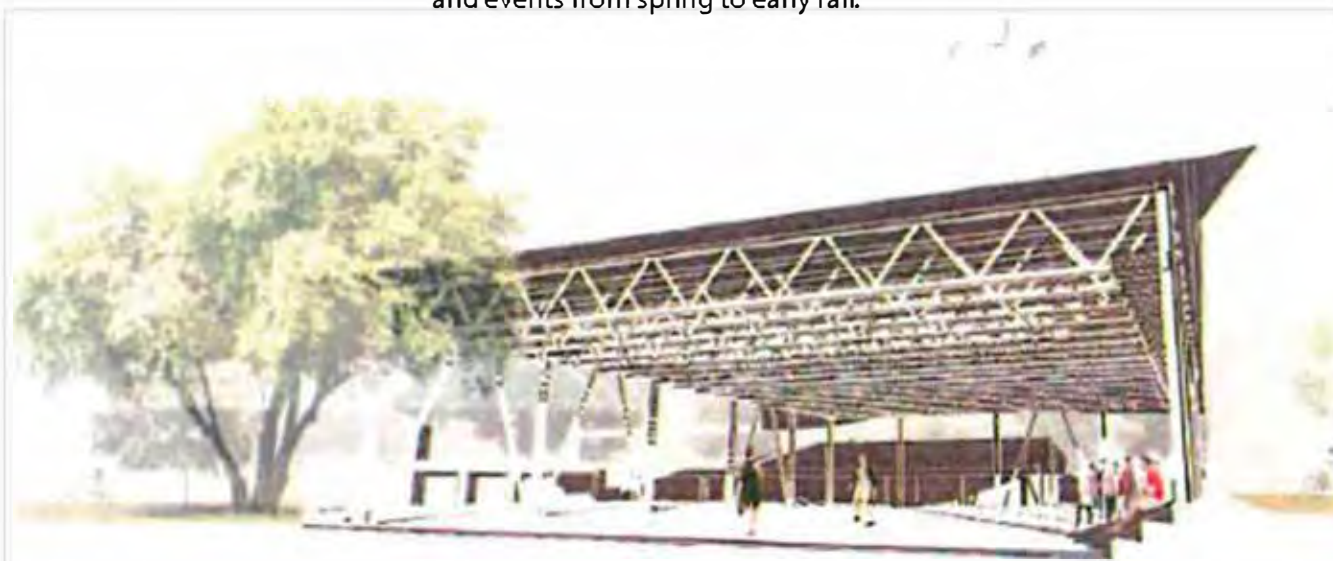
Jean CLOUTIER

Moving forward with investments in innovative recreational facilities for Alta Vista A proposal for the Canterbury Community Outdoor Covered Rink

During the 2014 municipal election campaign, many Alta Vista residents told me they were looking for investments in recreational facilities to address the growing needs of the community and create functional spaces to play and exercise. In response, I committed to exploring avenues to make this happen. Eleven years ago, we used a combination of funding sources – development charges, community contributions and an area-specific levy to modernize and expand the Canterbury Community Centre. The Centre is now a thriving, year-round hub for recreation and cultural programming. I have seen firsthand how this funding model was successfully used and believe it can be applied to improve other facilities in Alta Vista.

The Brian Kilrea Arena has served us very well, but the hockey community needs more ice time; recreational skaters are looking for more access too. While twinning the arena is just not affordable, I campaigned to add an outdoor covered rink to the Canterbury complex.

The past year I have worked closely with city staff to study the feasibility of constructing and funding this unique multi-purpose recreation facility. It will feature a roofed, refrigerated ice surface that will offer all-weather outdoor programming to the Canterbury community and beyond. The combination of surface refrigeration and a roof structure will allow for year-round community use, from ice sports and events from November through March to non-ice programs and events from spring to early fall.



The proposed facility would be located beside the Brian Kilrea Arena to share existing site infrastructure and services, as well as increase the community's use of an already significant and multipurpose City recreation asset.

As an expansion project, it is eligible for funding from the City's Development Charge Reserve. Our community partners are excited about the potential for community programming and are anticipated to contribute. To raise the balance of the funds, I'm proposing to reinstate the area-specific levy, at an approximate rate of \$16 per average household annually for a 10-year period. The Municipal Act allows communities to fund expansion programs, such as the one proposed here, by placing an area rate or levy (similar to a local improvement charge) on the service area of the recreation complex.

I am very pleased with progress to date and wish to start the broader community discussion on the potential for such an exciting and innovative addition to Alta Vista. To learn more about the proposed preliminary concept, the funding model and the community partnerships, please plan to attend:

Tuesday, February 9, 2016
7:30 – 9:15 p.m. (Presentation begins at 8:00 p.m.)
Hall B, Canterbury Community Centre
2185 Arch Street

For further information, please contact JeanCloutierOtt@ottawa.ca.

I want to hear from you, Alta Vista

I will be holding neighbourhood office hours across the ward, where residents can drop by and chat about a range of issues. I will be available to answer questions and concerns, discuss current projects and initiatives or just drop by for a quick hello. For a complete schedule of Neighbourhood Office Hours, please see below:

Wednesday, February 17, 2016 | Starbucks Elmvalle | 4:30 – 6:30
Saturday, March 5, 2016 | Three Sisters Bakeshop | 1:00 – 3:30
Saturday, April 9, 2016 | Tim Hortons on Alta Vista | 1:00 – 3:30

Councillor Jean Cloutier - Alta Vista

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Making the right choice for your skating needs...

Figure 8: one of Canada's leading skate retailers

by Carole Moul

Today, after more than eight expansions and three changes of address, *Figure 8 Boutique* remains in the forefront of an ever-changing skate market. It has the wonderful history behind it of an entrepreneurial woman named Madeleine Simard, and is a true success story of a business that actually did begin in someone's basement.

The year was 1974, and Mrs. Simard, similar to other business pioneers, noted that there was a market that needed to be filled; in this case one for the needs of figure skaters. It didn't take her long, however, after opening her basement shop, to realize that the niche to be filled required much larger facilities than what she currently had. She also knew from as-

Continued on next page





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From previous page

sessing the positive reaction of her customers that what she was planning was the right decision. Thus, Madeleine Simard, bank loan in hand, moved her growing business to a commercial site.

The store's focus of figure skating has never changed over the years, although the stock lines continue to grow, as has the business. Jasmin Simard now looks after the business that his mother began over 40 years ago; however it is a 12,000 square foot store and not the family home that now houses an expanded *Figure 8 & Hockey One*.

"It was my Mother and a lady named Edna who worked for *Figure 8* for 23 years, who taught me how to properly fit skates," Jasmin noted recently. "They told me that the most important thing in fitting skates is to 'listen', address the customers' concerns, provide information, and don't assume they know the answers.

"Answers to questions such as, 'What kind of blade do you want?' 'Why do you need a certain blade?' will become a frame of reference.

"Or someone may come in and say they have a wide foot, and using a standard measuring guide, not brand specific, we can establish that their foot is actually very normal." *Figure 8* then provides the options because they know skates. Admittedly, there are some skates that they just don't carry because they aren't good for any customer, and are created only to meet a price point.

Figure 8 is a skate specialist that knows there is a segment of the population that requires customization of their skating equipment; some more than others. In some situations it is a case where the physical strength of a person may require that they need a stronger boot with some less advanced blade or in others it will be vice versa. Or, some customers have special needs because of their feet physiology. Perhaps their feet are not the same width.

"We can customize skates for everyone no matter their needs. It will be slightly more expensive, but when you consider what you get out of these skates, they are actually less expensive because they last longer," Mr. Simard replied to a series of questions.

"I recently sold a size 6EEEEEE width skate. This was an example of having to customize. It could take a little longer, such as from 3-5 weeks to receive the skates, but they will be right."

Over the years, *Figure 8* had expanded their expertise in skate fit-

ting to include hockey skates. In April 2002, the store added to its core figure skating business by creating a new division called *Hockey One Skate Specialists*. The store is an authorized pro shop dealer offering a full range of hockey skates and equipment from manufacturers such as Bauer, CCM, Easton, Graf and Reebok.

The expert staff at *Figure 8* is there to help. The store offers professional skate sharpening, replacement blades and mounting, custom blade contouring, heat molding, boot stretching and skate rentals all under one roof. And right from the moment when you enter the front door, it is obvious that this is a place that understands what skating needs are all about.

Jasmin Simard knows the importance of properly fitted skates. He likes to skate, and like thousands of others he enjoys skating on the 7.8 km. Rideau Canal Skateway.

He could also no doubt tell you better than most about Ottawa's Winterludes, since, not only do his customers head for the skating rinks, both inside and out, but once winter officially begins, people of all ages get their skates ready at *Figure 8 & Hockey One* for those three fun-filled weekends.

Figure 8 and Hockey One is conveniently located at 380 Industrial Avenue, just south of the 417 and east of the intersection of Riverside Drive and Industrial. You can shop online at www.figure8.ca or a member of the knowledgeable staff can be reached by telephone at 613-731-4007 or fax at 613-736-7747.

Vincent Massey Continued from page 8

gardens, community centre, and some of the flawed and working light posts in the neighborhood. Thanks to Sarah, we got the opportunity to explore the community house and Dempsey centre. Not only that, but we also got a chance to help out with the neighborhood food drive! We had to help by carrying some enormous and heavy boxes filled with food (cookies, cereal, eggs, etc). In the end it was worth it (for the neighborhood not our backs).

We also finally created and updated all of our social media accounts (which include twitter, facebook, instagram, gmail, blog, youtube, and our very own website) and we are also working on getting our business cards printed and ready to go. Once we have done that we will be going to Russell Heights, to hang the posters and promote the new programs.

We are looking forward to a wonderful year filled with outstanding long lasting memories and hope you would join us in this momentous journey.

Don't forget to follow us:

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Facebook: Vincent Massey

facebook page

Instagram: heartandsole2016

Email: heartandsole2016@gmail.com

And the blog: Heart_Sole2016

*submitted by Rakshita and
Adriana, Grade 8e*

Giving back in the community

Vincent Massey Public School is having a wonderful year so far relating

to helping and giving back to the community. The grade 8 Social Action Project and the leadership group are doing amazing things but it is also a great pleasure to hear other philanthropists within the community that are helping out the best they can. Nick Samimi is one of those people who has assisted our school in the sharpening of our school skates. Nick of Sportek, sharpened over 70 pairs of skates. This is an incredible thing that he has done for us and we are glad that he is helping us out. With his great act of philanthropy, our school is not only saving a great deal of money but also ensuring the safety of everyone using the skates in the future. So, we would like to graciously thank him and encourage everyone else to practice philanthropy and give back to the community.

Submitted by Rakshita, Grade 8

News from the VM Leadership Group

This past December, the Leadership Group (about 60 Intermediate and Junior students) engaged in a campaign that we call the Intermediate/Junior Cakewalk raising money for two causes: the global Spread the Net and the locally-based SOLE (Students on the Leading Edge), Mr. McKean's grade 8 group that works with the Russell Heights community. Our volunteers baked eighteen beautiful and delicious cakes to raise money. For these causes we were able to raise \$1685.50! We will be holding another Cakewalk for the primary students in March.

Submitted by Kate and Leonie, Grade 8



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Picking kale on Christmas Day ... and other unexpected pleasures of gardening at Trinity Community Garden

by Bernadette Bailey

Trinity Community Garden lies tucked away in a corner of Riverview Park. Here, about 35 gardeners tend the plots they have rented. There will be a few available plots this season so new comers can share in the expected and unexpected delights of gardening here. In the spring, many of us come together on a common work day to prepare our plots together. This sense of community is one of the benefits of gardening here that we've come to expect. Spending a warm summer's evening in this pleasant open space, tending our individual plots is another. Harvesting our own fresh, organically grown vegetables is yet another.

The expected benefits of growing our own local food is what brings us back each year, but the unexpected have added much pleasure. While preparing plots in the spring, we came across a salamander, its dark purple skin almost invisible in the mud and I felt the same sense of delight upon seeing

such a rare creature as I remember feeling in childhood. This feeling of surprise and wonder happens occasionally when a frog hops out of some dense foliage, or a butterfly alights on a nearby flowering plant.

An old abandoned apple tree stands in one corner of the Church property and this summer we cleared out the brush that surrounded it, letting the sunlight touch the fruit that was growing there. In the fall we were able to harvest some delicious apples which the gardeners shared. While we worked, we shared some wonderful stories. I have found that working together outdoors is sometimes a catalyst for conversation, whether with another gardener, or with family members. Last spring my son was home for the weekend. I had planned to go to the Community Garden to do some needed digging on a plot and he decided to join me. While we worked together we talked about how he felt as he approached the end of student life and the beginning of full time employment. He spoke of how his up-



The frog and the kale
Photo credit: Bernadette Bailey

coming 25th birthday was making him think about his future, and his desire to have someone to share it with. I was so grateful to have that conversation with him, there in the garden, for it was not one that I could imagine happening amidst all the technology and activity in the house.

Coincidentally, soon after that he began dating a young woman, and as her family lives far away, she joined us for Christmas. My daughter offered to make her fabulous squash soup with kale for our Christmas lunch. The surprisingly warm weather meant the kale was still flourishing and I intended to pick it beforehand, but it the busy-ness preceding Christmas I neglected to do so. After the flurry of gift giving on Christmas morning, my son and his girlfriend took a quiet

walk over to the Community Garden to harvest it. The bright green, curly leaves were beautiful in the luscious orange soup. For a variety of reasons, I have never liked green Christmases, but this one was made a little better by the satisfaction of eating freshly picked kale.

As the garden lies now covered in snow, I look forward to spring, bringing with it the first fresh greens to be harvested in the garden. I don't know what surprises there will be this year, but I'm pretty sure there will be some.

Trinity Community Garden is located at the corner of Avalon Place and Braydon Avenue. If you are interested in renting a plot or would like further information, please contact us at

Trinity.garden@rogers.com.

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The Lebanese Palace Fine Cuisine Grand Opening and Ribbon Cutting Ceremony, Friday, December 4th, 2015. 919 Industrial Avenue, Ottawa. Ribbon cutting participants included: (L-R) Ali Mahmoud; Councillor Jean Cloutier- Alta Vista Ward; Mr. Sam Haddad, Counselor & Charge D'Affaires a.i.; John Fraser, MPP Ottawa South; Yasmine Mahmoud; Ibrahim Mahmoud (Owner Lebanese Palace Fine Cuisine); Mayor Jim Watson; Councillor Michael Qaqish, Gloucester-South Nepean; and David McGuinty, MP Ottawa South

Photo credit: Lawry Trevor-Deutsch

Were you born in the year of the Monkey?

More about this as we look at Chinese New Years 2016

by Carole Mault

Chinese New Year is the most important and the longest celebration in the Chinese calendar. It depends on the phases of the moon or on a lunar or lunisolar calendar rather than on the Gregorian calendar, and always falls between January 21st and February 20th.

The origin of the Chinese New Year Festival can be traced back for thousands of years with a continually evolving series of wonderful legends and traditions. Numerous sources note that billions of people around the world now honour the Chinese New Year.

Traditions

On New Year's Eve there is a huge feast, and everyone makes a special effort to return home for a reunion dinner. Families gather together to bid farewell quietly to the old year and many will stay awake all night to welcome the New Year.

Traditions abound for Chinese New Years, with the belief that whatever happens on New Year's Day will influence the rest of the year. Much family visiting takes place, and guests are presented with gifts of sweets and fruits.

Older and married people give children and those who are single presents of 'lucky money' in little red envelopes, while the colour red is used everywhere because it signifies good luck. It is said that evil spirits fear fire, loud noises and the colour red.

Houses are swept and cleaned before the holiday, and then brooms are put away out of sight. Sweeping must be done inwards in order to keep in good fortune.

Washing is also considered unlucky on Chinese New Year, since good fortune might be swept or washed away.

New clothes are worn, especially new shoes, since tradition holds that bad luck will come to anyone who steps on the ground in old shoes on New Year's Day.

Debts are paid. It is believed that it is extremely bad luck to begin the New Year if you owe money or you have kept something you borrowed. Old quarrels are also to be settled, so that everyone can begin anew.

Community celebrations may include both the Lion Dance and the Dragon Dance. A Lion Dance, which is to bring good luck and prosperity to the whole community, is performed by just two people inside the same costume dancing to a drum, cymbals, and a gong. The Dragon Dance is performed by a larger group, and the dragon can vary in length from just a few metres up to 100. Similar to the purpose of the Lion Dance, the Dragon Dancers

hope to ward off evil spirits and bring good luck to

The Year of the Monkey

Each Chinese New Year is represented by one of the twelve creatures of the Chinese Zodiac and legends are plentiful as to how or why these particular twelve animals were chosen; with most of these stories connected to the choice of Buddha himself. All twelve animals, including the rat, ox, tiger, rabbit, dragon, snake, horse, goat/sheep, monkey, rooster, dog and pig are reputed to have different attributes, while people born in the same year are said to share similar characteristics.

If you were born in 1920, 1932, 1944, 1956, 1968, 1980, 1992, or 2004, then this is your special year; for 2016 is the Year of the Monkey.

Chinese Monkeys are described as lots of fun, charming, and energetic, and are known for usually having an upbeat personality, being witty and intelligent. Other personality traits are their excellent listening skills, and easy facility to figure out complicated puzzles and situations.

It is wise to remember however that all the animals have a shadow side. The positive and negative qualities of the Monkey Year 2016 culminate in a year in that anything can happen.

When it comes to making suitable career choices, those born in the Year of the Monkey can do almost anything they set their mind to, and may do well in accounting, banking, science, engineering, stock market trading, air traffic control, films or sales.

Celebrating here in Ottawa

Traditionally SUN NIN or Chinese New Years finishes 14 days after New



Years with the Feast of the Full Moon, or as it is popularly called, the Feast of the Lanterns. In China homes are decorated with paper lanterns for two or three days before the Feast, which marks the last day of the Lunar New Year Celebration.

In Ottawa there will be many celebrations for Chinese New Years around the city celebrating the Year of the Monkey. A Lion Dance that will be held in Chinatown on Somerset Street between Preston and Bay Streets from 1- 2:30 p.m. on Sunday, February 14th during Winterlude-rather than on the actual date, with this free event an exciting one.

Over the years, many traditions have changed or evolved. Formerly families mainly enjoyed New Year's celebrations at home; increasingly many now go to local restaurants.

Here in our neighbourhood, families and friends have the choice to gather together at 168 Sushi, 1760 St. Laurent Blvd., for their Chinese New Year celebrations where there is a very large dining room and there are over 180 food choices from which to choose. It is estimated that one in five- six people around the world celebrate some form of Chinese New Years. Wouldn't this be a great way for you to celebrate the arrival of the Year of the Monkey too?

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When we all give a little...it turns out to mean a lot:

Helping support 21st century cancer care

by Carole Moul

Every year hundreds of thousands, if not millions of generous Canadians reach for their pocket books, write out cheques, run marathons, participate in walks, play in golf tournaments, or join in some other activity to support cancer care and research in their communities. Some relative or friend may have been diagnosed with cancer, even themselves, and

they know that there must be a way to show support in making positive things happen.

Statistics from *The Ottawa Hospital Foundation*, report that every year 9,000 people in our region are diagnosed with cancer, while last year alone The Ottawa Hospital Cancer Centre treated 24,000 patients. The Ottawa Hospital Cancer Centre (at the General Campus and a satellite site at the Queen-



The Ottawa Hospital Cancer Centre
Photo credit: Geoff Radnor



It was a full house for the WO models.
Photo credit: Carole Moul

sway Carleton Hospital) is the hub of cancer care in our region.

100 % of all radiation treatments and 90 % of all chemotherapy treatments in Eastern Ontario take place at The Ottawa Hospital; and according to *The Ottawa Hospital Foundation*, 80 % of all cancer-related surgeries are performed there as well.

The transformational journey in cancer care has already been helped by donors of all kinds supporting the construction of an expanded Ottawa Hospital Cancer Centre and the new Centre for Innovative Cancer Research, with researchers in this centre conducting world-first clinical trials of new cancer drugs and therapies.

Donations of a caring community have also facilitated the purchase of the daVinci Robotic Surgical System, currently being used for prostate cancer, and the CyberKnife radiation machine.

Today, people are also hearing more about molecular or genetic testing that is used to develop customized treatments for patients, and they want to know whether this is available at The Ottawa Hospital Cancer Centre as well. Yes, there is good news.

Up until recently, doctors in Ottawa had been limited in the types of genetic tests they were able to order, with most tissue samples being sent to Toronto. The consequence being that patients in Ottawa often waited weeks for the results of out-of-town testing, thus causing a delay of their personalized cancer treatment plans.

In the summer of 2014, all of this began to change when Dr. Bryan Lo became the lead scientist and

medical director for The Ottawa Hospital's Molecular Oncology Diagnostics Laboratory, opening the doors to Ottawa's first lab devoted to treating and studying the genetics of cancer. It would also mean that cancer patients in our region would have better access to leading-edge cancer care.

In an article, 'Baby Steps and Sniper Attacks' in the *Ottawa Business Journal*, published on December 7th, 2015, Dr. Lo and his work with targeted therapy was shared with the readers.

'Targeted therapy is a growing part of modern cancer treatment. Imagine dropping a nuclear bomb on a city in order to take out one bad guy. The collateral damage would be immense. But what if you could employ a sniper to eliminate that bad guy with pinpoint accuracy instead? Targeted therapy is the sniper- it is cancer treatment that precisely identifies and attacks cancer cells, usually while doing little damage to normal cells.'

Dr. Lo also described molecular oncology as "the business of defining a cancer on molecular terms." It's about what works for an individual on a molecular level. No two cancers are alike, and when technicians look at these cancers with the latest technologies, they can identify their complex molecular signatures.'

In layman's terms, the same article noted, 'it means better-calibrated sniper attacks as well as more personalized treatment. Cancer treatment is already personalized to a degree, but TOH wants to get



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OBE Reunion donates to The Marjorie Loughrey Artists in the Schools Programme

Adapted from a *Marjorie Loughrey Bio* written by Judy Kirsh with

Input from the www.obereunion.ca website

Marjorie Loughrey was a dedicated trustee and former Chair of the Ottawa Board of Education. Many often referred to her as the 'Guardian Angel for the Arts'.

She believed that an education in the arts was fundamental to the emotional, intellectual and social development of each child. As an OBE trustee, she spearheaded the development of the Arts Canterbury Program and was the driving force behind the creation of the Advisory Committee on the Arts in 1987.

Marjorie was a strong supporter of her community. She had wide-ranging interests and was an active volunteer and leader. Her activities included serving as an (OBE) trustee, 1980-1982 and 1984-1994, including terms as Chair of the Board

Her contribution to the arts, as an advocate and as a consumer, was felt at the local, provincial, and national levels. Her lifetime interest in the arts and art history, lead her,

as a mature student, to graduate from Carleton University in 2000, at age 72, with a BA degree

Before she passed away on October 12, 2005, the Marjorie Loughrey Endowment Fund was created to honour her, by promoting the arts in elementary schools. *The Marjorie Loughrey Artists in the Schools Programme* provides students in the Ottawa-Carleton District School Board (OCDSB) elementary schools with the opportunity for active involvement with an artist from any of the arts' disciplines.

The first Marjorie Loughrey Award was granted in 2006, and since then, 11 awards have been granted and over 2275 students have had an enriched experience in the arts.

On Saturday, September 26th, 2015, 200 former OBE staff members gathered for an evening of entertainment and reminiscing almost 18 years after the dissolution of the OBE. Profits from the 50/50 draw, silent and live auctions were donated to the Marjorie Loughrey Artists in the Schools Programme,

lion for the new Molecular Oncology Diagnostics Lab will soon become a reality.

And, as they have done in the past, volunteers who work both on the front lines and behind the scenes will no doubt want to continue to help bring 21st. century cancer care to the community.

There will be car washes, silent auctions, bake sales, head shaves and the list goes on. Upcoming events will be planned and funds will be raised; all of this for the next phase of cancer care, whatever that might be.

Preparations are already underway and people have already begun booking their calendars for Saturday, April 9th at 10 a.m. for one such event which donates funds to cancer research and cancer care in Ottawa. Given the name, '*Fashion with Compassion*', this twice yearly fashion show is held at *The Wholesale Outlet*, 1877 Innes Road, and what makes this particular occasion so special is that all the WO models are cancer survivors- and proud of it.

It takes each one of us to make a difference for us all. Why not make 2016, the year that you are going to be part of the success story in the fight against cancer. Wouldn't you say that this is one beautiful example of a win-win situation?



A proud presentation on behalf of the OBE Reunion Committee on December 17th. at the OCDSB Board Room

Participants included: Chris McGarvey, Executive Director, Ottawa Education Foundation; Bonnie Cheung; Murray Sands; Elda Allen; and Judy Kirsh, former Arts Co-ordinator, Canterbury HS (currently on the Marjorie Loughrey Fund Grant Committee)

Photo credit: John MacKinnon, Central Audiovisual Technician at the OCDSB

which will again help local students. Five thousand dollars was donated to *The Marjorie Loughrey Artists in the Schools Programme*. Donations from the last three OBE Reunions have now totaled over \$10,000.

Should you wish to donate to *The Marjorie Loughrey Artists in the Schools Programme*, go to the following link: <http://www.educationfoundationottawa.ca/donate/> and specify your donation to the fund.

From previous page

much better at it, with individualized treatment based upon information found on a molecular level.'

But why the term 'Baby Step' in the *Ottawa Business Journal* title?

"The first step was a baby step," noted Dr. Lo "We repatriated a lot of tests that were being sent out to other laboratories and now we're able to do these tests in Ottawa. We're able to interpret these results in the context of the pathology- and the context of the clinical information- much better because we're all right here."

Having the tissue samples at TOH reduces wait times, paperwork and added costs, and improves efficiencies in the clinic. It also makes it easier for clinicians to re-examine samples for additional testing if needed.

The Ottawa Hospital has now raised \$2 of the \$3 million needed for an expanded Molecular Oncology Diagnostics Lab, with these funds going towards the building of the laboratory and "next-generation" equipment. A generous community has already shown its support to the professionals who are already making so much happen in cancer care, now hopefully through donor generosity the goal of \$3 mil-

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Chicken & Ribs

by Geoff Radnor

A collage of 15 photographs showing various residential buildings. The top row features three images of large, multi-story apartment complexes with balconies and brick accents. The middle row shows four images of smaller residential structures, including a row of townhouses with a red car, a modern-looking house, a two-story house with a covered porch, and a multi-story building with a dark facade. The bottom row contains six images: a tall, modern high-rise apartment building, a large multi-story apartment complex, a multi-story building with a glass-enclosed entrance, and three images of street signs. The signs include a blue sign for 'prive Sienna Priv.' and green signs for 'RENOVA PRIV.' mounted on poles in front of buildings.

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UFOs require more evidence in this book

by Janina Nickus

When my husband, Bill, asked me to review the book *UFOs: Proof Positive! Debunking UFO Debunkers*, I was quite excited to do so because I enjoy books about space, science fiction, etc. I anticipate reading stories akin to those depicted in the *X-Files* television series. *The X-Files* follow the careers and personal lives of *FBI Special Agents Mulder and Scully* as they investigate paranormal cases including extraterrestrial life and alien conspiracies within the U.S. government.

Unfortunately, the author, Rob Brun Del Re, tends to dwell instead on ways to “assist believers and serious researchers (on UFOs) increase awareness in their fellow human beings by understanding the basic reasons underlying the often steadfast refusal to even consider the possibility that UFOs are real.” Most of the 165-page book has chapters where the writer tediously analyzes the various reasons people cite to deny the existence

of UFOs ranging from not interested/don’t care; it conflicts with my religion; this is scary: I don’t want to know; they couldn’t have kept it secret for so long; and noisy negativists.

Mr. Brun Del Re encourages readers to look at the “huge range of historical evidence on UFOs from biblical references, references in art, architecture, folklore, historical records and the like ... to convince yourself of their reality.”

My favourite parts are the interesting tidbits such as the infamous Roswell Incident of 1947. In July 1947, a strange object, first noted as a flying saucer by the U.S. Air Force in a press release, then retracted the next day, was observed falling out of the night sky into the desert near Roswell, New Mexico. Some witnesses to the clean-up of the wreckage, mentioned handling strange, non-human bodies.

The book includes a copy of a very interesting Department of Transport memorandum from November 1950 where Wilbert B.

Smith, a Canadian Senior Radio Engineer, states “we are on the track of something which may well prove to be the introduction to a new technology” when writing about the potential energy of the earth’s magnetic field. This is “borne out by investigations being carried on at the present time in relation to flying saucers.”

The investigations he was referring to were being carried out by the U.S. Government at that time. In late 1950, Mr. Smith had attended a North American Radio Broadcasting conference in Washington, DC, and while there, he made enquiries through the Canadian Embassy staff who were able to inform him that:

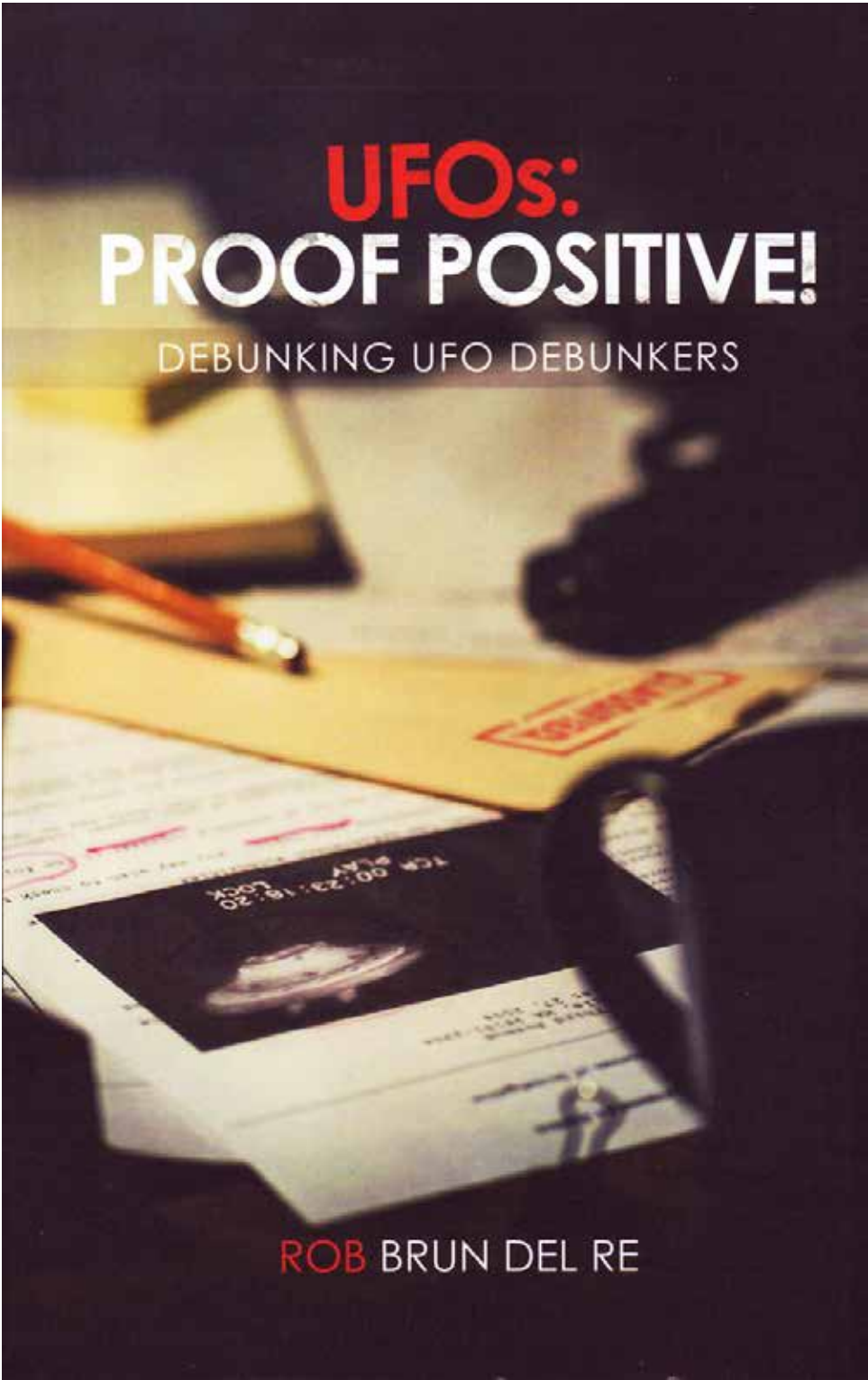
- the matter of UFOs was the most highly classified subject in the US, rating higher than the H-bomb
- flying saucers exist
- the matter is considered by US authorities to be of tremendous significance

from the Department of Transport to set up some UFO detection equipment at Shirley’s Bay, near Ottawa, and by the end of October the installation was complete. The instruments included a gamma-ray counter, a magnetometer, a radio receiver (to detect the presence of radio noise), and a recording gravimeter. At 3:01 p.m. on August 8, 1954, the instrumentation at the Shirley’s Bay installation registered an unusual disturbance. In Smith’s words “the gravimeter went wild”, as a much greater deflection was registered than could be explained by conventional interferences such as passing aircraft. Smith and his colleagues rushed outside only to find a heavy overcast. Whatever was up there was hidden in the clouds. The only evidence they had was the deflection registered on the chart recorder paper.

Are you a UFO believer, non-believer or a fence-sitter?

Published by Baico Publishing Inc., 280 Albert Street, Ottawa

During the summer of 1953, Mr. Smith obtained approval



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David Chernushenko Councillor Capital Ward

Ottawa taking action on environmental in 2016

This year, the Environment Committee is set to advance several important environmental initiatives, including the City of Ottawa's Air Quality and Climate Change Plan (AQCCMP) and our Renewable Energy Strategy (RES). Both have taken on renewed importance since world leaders met in Paris in December to negotiate a global climate agreement.

These issues will be on the agenda at the Environment Committee's Feb. 16 meeting, when we debate the motion I tabled in November to strengthen Ottawa's current actions on climate change. Central to this is a commitment to an emissions reduction target of 80% below 1990 levels by 2050, which will bring us in line with long-term targets already set by the Province of Ontario, while sending a strong signal that the City of Ottawa is prepared to do its part to decrease human impacts on the Earth's climate system.

My motion also calls on Ottawa to join the Compact of Mayors, a global initiative for local climate action coordinated by the world's leading city networks. It charges the AQCCMP interdepartmental working group with preparing an implementation plan to reach the 80% reduction target, and asks City staff to assess the feasibility of developing minimum energy performance standards for new residential and commercial buildings.

The Environmental Services Department will present an update on the AQCCMP, including a list of actions being undertaken to reduce GHG emissions — for example by increasing access to electric vehicle charging stations, and improving public transit, pedestrian and cycling infrastructure — and to adapt to the impacts of climate change — for example by expanding the urban forest cover and protecting natural areas and waterways.

We expect an overview of the work undertaken to date on the City's recently launched Renewable Energy Strategy (RES) — a key strategic initiative approved by Council for the 2014-2018 term. Staff are also analyzing how grants, tax credits and other mechanisms could be used to help homeowners, co-ops and private sector landlords finance retrofits and install renewable energy sources to help us achieve GHG reduction targets.

As Committee members prepare to deliberate on these issues, I want to invite residents to provide feedback by letter or email, or verbally by registering to speak to the Committee as a public delegation. Whether supportive or critical, your comments help ensure that decisions made at City Hall reflect diverse views. For more information on these environmental initiatives or for assistance in registering as a public delegation, please contact my assistant, Jon Connor, at Jon.Connor@ottawa.ca or 613-580-2424 ext. 42022.

Airport Parkway widening delayed

As Riverview Park residents adjust to bus detours and multi-use pathway closures during construction of the Confederation Line, future plans for the Trillium Line (formerly O-Train) are having effects of their own. The City of Ottawa has decided to delay the widening of the Airport Parkway from two lanes to four south of Brookfield Rd. until Phase 2 of the Transportation Master Plan (2020 - 2025).

Budget shortfalls are one reason cited, but the City also wants to first evaluate the impact of extending the Trillium Line on traffic volumes along the corridor. The Stage 2 LRT plan (see [stage2lrt.ca](#)) calls for an extension south to Bowesville Rd. and the airport.

While this comes as a disappointment to those who believe that widening the road will ease congestion during peak periods, I think this is a logical way to prioritize the projects. Why spend money on this at the same time that we are expanding rail service? I support waiting to see the full benefit of better north-south rail before concluding that a yet another road needs to be widened.

Beware water treatment scams

The City of Ottawa is warning residents about door-to-door salespeople making false claims about the quality of municipal drinking water in order to sell water filtration or treatment systems.



Ottawa's drinking water exceeds federal and provincial water quality standards, and the Ministry of the Environment considers it to be among the safest in the world.

City employees do not contact residents to sell products or services, and all employees who might request access to homes have City-issued photo identification cards. Except in emergency situations, any visits by City staff that may require access to homes or businesses are scheduled in advance.

If anyone claiming to be a City employee shows up at your door, ask for identification and, if you have concerns, contact the City before allowing access. Please report suspicious calls or visits to the police at 613-236-1222.

Councillor
David Chernushenko
613-580-2487
David.Chernushenko@Ottawa.ca
www.capitalward.ca

Stan's Diner Continued from page 23

25 years ago. He drives and delivers all kinds of freight in the east end of Ottawa, and because their headquarters is on Sheffield Road, he is able to drop by every week day for his morning meal.

"When either the cook or waitresses see my truck coming down the road, they start making my breakfast," he commented laughingly, as he sat down at a table that although doesn't have a sign on it, is understood to be reserved for a special group of friends.

Some of these table mates are other truckers who have dropped in from either nearby or across the city, or are retired truckers; while several others such as Peter, are retired OC Transpo drivers. And not surprisingly, each person sitting at the table appears to have their own breakfast favourite.

Peter, who comes from Casselman

almost every day prefers a Spanish Omelette, while Yves chooses an extremely nutritional morning meal, including salad, and is definitely razed about it by the group.

Everyone at the table praises the great service, and it is obvious that the servers know most of the customers, not only by their choice of breakfast, but their first names as well.

Service with a smile

Both Robyn and Jenny have each worked at *Stan's Diner* for over 20 years. Jenny has been there for 28 years, while Robyn began serving meals 21 years ago. With Robyn her history with the diner goes back to when, as a young girl, her father Doug Woodburn would bring her, along with the farm hands, to eat their lunch there every day. Stan Raelffe owned the diner at the time, and when Robyn turned 18, Stan and his son Pat asked her to work there for them.

"It's the people. We're family. It's

the connections," Robyn answered to a series of questions. "This morning it was the snow plough operators. There were at least 20-25. They are probably competitors, but here they all were visiting and joking together.

"I've worked every shift so I get to know the regular customers, and there are many who have been coming here for a long time," said Robyn, with nothing but praise for the great people who eat at *Stan's*.

Jenny's experience with *Stan's* is similar. "I came here for a summer job. I liked it and so I stayed on. You get to know the customers and they become friends, and if you left here, you'd be leaving those friends.

"When I came to work here 28 years ago, it was Stan and his son Patrick in a trailer. In the late 1980s, *Stan's* was advised that they would need to move. It had been Stan Raelffe's dream to build a restaurant one day; thus he did. And, with the help of his son, Patrick, the restaurant became a success."

In for the long haul

Not all of *Stan's Diner* customers are truckers or operate machinery. A number work in nearby businesses or have done so over the years. Many, like a second customer named Peter, have also known the original family. "I've been acquainted with the Raelffe family through their sons Bobby and Pat since High School in the mid 1960s. Over the years they evolved through numerous changes, eventually opening up a restaurant on Newmarket Street. This restaurant became a very popular spot with long-haul truckers," he noted on a recent Thursday afternoon.

When Alex Jin and his family bought *Stan's Diner* in 2008, little did they realize that they were also buying a piece of local history. All kinds of long time regulars know the story, and know it well. This is quite a legacy for the Jin family to have inherited. This is quite a story for those long time customers to remember.

by Bald Eagle

On developing efficiency
in martial arts practice



Aikido training can be hard. I do a lot of reps, a lot of rolling, and a lot of sweating. Something that Sensei keeps repeating, over and over, is "Relax". It took years to figure out what he meant and longer to actually start doing it. But I think I'm on the right track now.

If I look around class while the black belts are practicing, I notice they don't seem to be working as hard as I am. Do you know why that is? It's because they aren't! They've learned how to reduce the amount of effort and energy it takes to perform a technique. This means they can "do more with less". They save their energy for when they need it. This is what I want to happen to me and my Aikido practice! I need to strive for efficient, relaxed techniques.

When I say "Relax", in a martial arts context, what I mean is "try to minimize energy expenditure". That's it. That's the whole deal. I don't mean "go floppy". I don't mean "stop paying attention". I don't mean "slow down". I just mean "stop fighting yourself, and try to minimize energy expenditure". Find how the technique can be performed with the least possible effort and with the least possible strain on my own body.

Imagine a samurai, full armor (sixty-five pounds), standing in a field, facing another samurai. He's in a classic stance, like "Jodan no Kamae", sword raised above his head. He may need to hold that pose a long time, waiting for the right moment to either attack or defend. He won't be able to do that if every muscle in his body is flexed, twitching, and getting tired out. He will have found how to stand in that pose, in a way that minimizes the effort involved. This is what I need to try to do for every technique and motion taught in class. There's a reason that boxing matches are only three

minutes long. Effort like that is very hard on the body! I need to learn to minimize energy expenditure.

Why try to relax

Relaxing during martial arts practice helps in both the physical and the mental side of training. By working less, I can train longer, and enjoy it more. I don't breathe as hard, or get as tired and sore. Relaxing the body also seems to help the mind to relax as well. I can stop being worried in class, react more readily to what happens during practice, and start to see the lessons that the techniques are trying to show me. Maybe I'll even get a little better at Aikido!

What happens if I don't relax

I get tired. My body gets tired and my mind gets tired. Errors and mistakes start to



happen, and these make me more frustrated, and then more mistakes happen. Frustration just makes me more tired.

Another direct effect of not relaxing is that my "sphere", the range of motion and area of action that my body allows, becomes smaller. My motions contract, my arms will shrink into my core, and my technique will become tight and "small". I need to be open and relaxed to do a big arm swing like for Robusé. Without relaxation, this can't happen.

Another thing that lack of relaxation impacts is sensitivity. If I'm too stiff, I can't feel how my partner is moving or reacting. In Aikido, we need to know how balanced (or unbalanced) our partner is. Without knowing that, we're just waving our arms around. In order to be sensitive to my partner, I need to relax both mind and body.

"Flexibility overcomes stiffness" – This is one of the Founder, Minoru Mochizuki's favorite sayings. I used to think

that this was just an old proverb, something like "Don't count your chickens before they hatch". Now that I've thought about it more, I think what its trying to say is "Keep going - sooner or later, you'll figure it out". Sooner or later, I'll learn how to become relaxed. Don't worry about it – that doesn't help anything. Just keep trying.

Tips

- Imagine the technique working easily and perfectly, no adjustment needed. If the technique will "just work", there's no need to stress about it. There's no need to 'fight' the technique to make it better.

- Realize that in class, you're in no danger - we don't hurt one another! You don't need to worry about someone else hurting you.

- There is no time limit on learning - it takes as long as it

immediately effective. It's okay if it feels like you're just going through the motions. That's the first step. Don't try and 'fix' the technique before you understand it. Don't try and 'make it work'.

- Breath. Find the muscles that are unnecessarily clenched and let them relax. Over time, you'll learn which muscles are needed when practicing, and which aren't. When that happens, practice suddenly gets much easier.

- Practice. Do it over and over (and over and over and...) Practice builds stamina and confidence in the technique. Without that confidence, the technique will seem 'wishy-washy', and that's not going to be an efficient technique.

- Don't stress out about not relaxing! This may be counter-productive! :)

- Go to the camps - I find that in camp, we get to do techniques with enough repetition that the body gets very tired, and then you can finally notice where you're wasting unnecessary energy. It's kind of like a stress test on a tire that shows you where the air is leaking out. Once I know where the leak is, I can fix it.

- Don't just "chin up and bear it". Don't just "push through the pain". That's not "thinking during class". Examine the technique; examine what you're doing, how you're doing the technique, and how you're feeling while doing it. This isn't Marine training. If something feels "off", or seems too hard, you MAY be doing it wrong. Find the right way. Trim away the fat, and leave the technique behind.

I need to relax during martial arts practice to improve my technique. Without relaxation, I'm just going to get more frustrated, sore, hurt, and tired. Just relax - what's the big deal? :)

- ~ -

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Ever heard of the Arctic Winter Games?

by Maria CampbellSmith

Winter is here. With it come sub-zero temperatures, outdoor ice rinks, snowshoe and ski tracks in nearby fields and forests. Some people grit their teeth for the next few months and walk icy or slushy streets with caution. Others relish the chance to see their breath as they pursue snowy outdoor sports.

Every two years winter also brings the Arctic Winter Games. Ever heard of them?

The Arctic Winter Games are not new. They were actually founded in 1969. Cal Miller (advisor to the Yukon team of athletes at the 1967 Canada Winter Games) aptly explained them as “an event where athletes from the circumpolar North could compete on their own terms and on their own turf”.

To participate in the Arctic Winter Games you must live north of the 55th parallel. The goals of the AWG are to connect the Arctic nations and celebrate circumpolar sports and cultures.

They focus on cultural diversity, traditional and modern sports, participation and fair play. This is a frigid and fantastic international event!

The first Arctic Winter Games took place in 1970 and involved over 500 athletes, trainers and officials from Yukon, Alaska and the Northwest Territories. Canadian Prime Minister Pierre Elliot Trudeau officially opened the first games in Yellowknife, NWT. Ever since then, the AWG occur every two years hosted in Canada, Alaska or Greenland.

The next Arctic Winter Games will occur March 6 -12, 2016. They are being hosted by Nuuk, Greenland with the hockey event hosted by Iqaluit, Nunavut. (Nuuk and Iqaluit also co-hosted the Games in 2002.) The slogan for the 2016 Arctic Winter Games is “Join – Feel – Jump” and it promises to be a very exciting winter celebration. Over 2000 athletes and trainers from 9 national/regional teams will participate.

Teams come from Alaska,



Greenland, Russia (Yamal-Nenets and Sápmi) and from Canada’s provinces and territories (Yukon, Nunavut, Northwest Territories, Northern Alberta and Northern Quebec). Up to 20 different sports are contested. Indoor sports include badminton, basketball and wrestling. Outdoor and Arctic sports range from alpine skiing and ice hockey to sled dog racing and Dene games.

Never heard of Dene games?

The Dene are the northern Athabaskan people – aboriginal people of Northern Canada and Alaska. These regional groups have lived off the land and developed survival skills generation after generation. Specific games were developed to hone skills and strength, to test individuals and to promote small group work. “Snowsnake” games grew out of the caribou hunt and challenge participants to throw spears for accuracy and power. “Finger pull” games allow for fierce one-on-one competition while also building hand strength and dexterity. “Pole push” games grew out of the need to portage canoes. Rather than pulling like a tug-of-war, teams push each other with a 20 foot long pole as a trial of strength and endurance. “Stick pull” games (often with bear grease coating the stick) hone coordination and fish-grabbing skills. While these Dene games are rooted in practical survival skills, they are also great activities for contests and audiences. The Dene games are part of what makes the Arctic Winter Games so special.

To date, Alaska has won the most AWG medals, totalling over 200 (68 gold, 60 silver and 74 bronze). Russia has accumulated over 130 medals. Alberta North has won 129. The Northwest Territories has 86. Yukon has won

85. The goals of the Arctic Winter Games are *not* medals though. Since their inception, the games have really been about promoting health and fitness, participation and celebration of community.

It’s much more than winter sports

A unique and thrilling component of the Arctic Winter Games is the celebration of art, dance and culture. Each participating team contributes performances of song, dance, drama or art over the course of the week-long event. The highlight of the Arctic Winter Games is the awarding of the Hodgson trophy, an Inuit soapstone carving, for fair play and team spirit. Truly, *that* captures the positive and celebratory nature of these unique international games.

As winter unfolds and freezes some of us... look for news of the Arctic Winter Games this March. Even if you are south of the 55th parallel, the internet lets us travel with ease. The 2016 Arctic Winter Games promise to offer vigorous athletic competition and joyous cultural celebrations. Check them out. You won’t feel the cold at all!




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RPCA President's report

Many hands make light work - What can I do to help?

by Kris Nanda

During my many years as a member of the Riverview Park Community Association, including my time on the Board, I have been impressed with the level of commitment of RPCA volunteers working to make (y) our neighbourhood a better place. There is a loyal dedicated core group of volunteers who spend untold energy and hours on your behalf – in front of and behind the scenes. They are supported by other community members who pitch in where they can. And yet more helpers are needed.

For like many volunteer organizations, the bulk of the RPCA work is carried out by a small group of people and sometimes we need to look beyond “the usual suspects,” as there are increasing demands for help so that we can continue to serve. Whether you are new to Riverview Park or a long-time resident, the RPCA and your neighbours can use your

help in a variety of areas depending on your interest, available time (on occasion or on a regular basis) and skills.

The RPCA's three main Committees (Communications, Parks, Recreation, and Environment plus Planning & Development) could all use additional peoples as each has seen several long-time members recently step down for a variety of good reasons. (Diane Hoddinott is the Communications Chair, Carole Moulton and Janina Nickus are Parks and Rec co-chairs and I head up P&D).

There are also one-off occasions to serve the community (and meet some of your neighbours) at the RPCA Winter Carnival (Feb 7), the Winter Frolic at the sledding hill (Feb 21) and the Spring and Fall Park Clean ups. We will also be looking for input on how to the final design and tree planting that will be carried out in connection with the Alta Vista Transportation Corridors.

Other opportunities where you can join in are welcoming newcomers to the neighbourhood, selling RPCA memberships, providing input into Balena Park Fieldhouse revitalization efforts, and helping plan for the next RPCA Fall Social.

Finally, a new Riverview Park initiative that is looking for help is, “It Takes a Community Refugee Action Group (ITC)”, a local effort to “test the waters” in the hopes that our community can support a Syrian refugee family. If there is sufficient support, ITC will take the lead and the RPCA is prepared to lend a willing hand with some funding, expertise and community connections. Even if you do not have the time to join the ITC, I encourage you to participate in the ITC survey by February 14 so that they can know if the Community would be sufficiently behind this initiative to proceed with the next step in sponsorship.



Interested? Have Questions? You are invited to come to our next RPCA Board Meeting Wednesday February 10 at 6:45 PM at Maplewood Retirement Residence on Neighbourhood Way) or you can just drop me a line at krpp1415@gmail.com. RPCA Board members and I will also be at our Membership Table during the February 7 Winter Carnival at Balena Park and look forward to seeing you!

Reducing Isolation, Fostering Inclusion – The Seniors Community Grant Program

As the MPP for Ottawa South, I am pleased to announce that the Ontario government is now accepting applications for the 2016 Seniors Community Grant Program. The Seniors Community Grant Program aims to reduce social isolation that can have negative effects on seniors' quality of life. Since its launch, the program has supported 544 projects, helping close to 116,000 seniors participate in their communities.

We are taking action to help more Ottawa South seniors stay active and engaged in the community. Seniors contribute knowledge, wisdom and experience to our community, which is why it's important we continue to create programs that address their needs. The projects funded through the Seniors Community Grant Program are important programs and activities that engage and entertain seniors in our community, helping them to lead healthier, more fulfilling lives.

The province is calling on individuals representing non-incorporated seniors groups, incorporated not-for profit organizations, municipalities, Local Service Boards and Aboriginal groups to submit an application between November 30, 2015 and March 4, 2016. Grants have previously been awarded to projects that help seniors learn new skills like healthy cooking, personal safety, social media, cultural dance and tai chi. This year, applications for projects aimed at the planning and promotion of Canada's 150th birthday in 2017 will also be considered.

For information, application guidelines or to submit an application visit: Ontario.ca/seniors.

We are Here to Help

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



John Fraser, MPP
Ottawa South

1828 Bank Street
Ottawa, ON K1V 7Y6
T: 613-736-9573 | F: 613-736-7374
jfraser.mpp.co@liberal.ola.org



What do *you* know about the universe?

by Bill Fairbairn

It's a stretch for me to explain the universe because I never even gained a pass mark in science at school. So I have before me, *The Cosmic Bucket to Explain the Universe and You*, written by the Egonomore Centre for Positive Change team in Ottawa for dummies like me.

Egonomore's mission in a nutshell is to promote education, social healing, enlightened living and good governing.

Within the organization, executive director and author Ton Laurijssen cares for physical education, the integration of allopathic and naturopathic medicines, the integration of sciences and religions as well as female equality and one world at peace. Co-writers are executive directors Karen Watson and Oudone Aphayavong

Wonderful illustrations by Penelope Xidou and a great deal of written words dedicated to all children of humanity to bridge or link science and religion are in this booklet.

"You are everything the universe is," states the Egonomore Centre team. "You have everything the universe has. You are a product of the universe. If you know yourself, you will know the universe. If you know how you work, you will know how the universe works."

So there you are! The booklet, dedicated to its full-blown more expensive book, *47 Words to Explain the Universe and*

You, explores dark space, black uni-matter pole stars, white non-matter stars, superuniverses, galaxy systems, cosmic units and everything in between that people like me know little about. Egonomore deduces that the H₂-molecule is the smallest common denominator in the non-living molecular universe as well as the living cellular molecular universe itself. It concludes that the H₂, the smallest complete universe possible, holds all the answers to the universe and you.

"The current state of the Earth is at code red," the booklet warns. "This can no longer be ignored. The knowledge is there. The results are there. People are suffering. Scientists are crying. All levels of government and nations must decide together to end the madness of Earth's destruction at all levels and end the insanity of abusive, aggressive and violent extremist behaviours and attitudes on our planet that threaten peace on Earth.

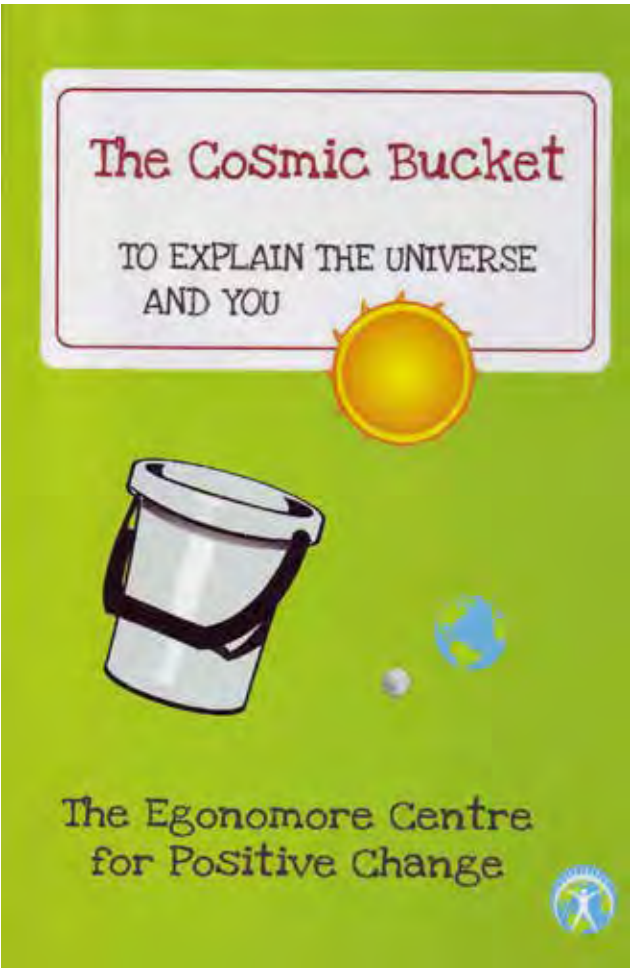
Egonomore proposes a new United Nations Allegiance Alliance as well as an active open-course democracy.

Its booklet hopes to open people's hearts and minds to the next evolutionary stage on Earth. This is the "soul stage." It asks how *you* can help bring about the return of the soul stage

Egonomore's ultimate mission is to bring all nations and peoples to talk, work

and walk together hand in hand. "Not fist over fist."

Published by Baico and available from the Egonomore Centre for Positive Change at \$29.99 for the booklet and \$74.99 for booklet and book.



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A friendly place for truckers is Stan's Diner

by Carole Moul

A small informal and inexpensive roadside restaurant is probably one of the best descriptions or definitions for the popular kind of restaurant that today is frequently referred to as a *diner*. Originally built to resemble the dining car of a train, these popular eating establishments have, over time, taken on a life of their own.

Now diners can be found in just about any size, are characterized by offering a wide range of foods, mostly North American, have a distinct exterior structure, a casual atmosphere, a counter, plus they usually provide early, late or 24 hour operating hours.

Moreover, diners are probably one of a trucker's best friends. Word of mouth is how most people find out about a diner.

The truckers' point of view

Stan's Diner at 1188 Newmarket Street, Ottawa, just off Innes Road, could be one of the most well-known diners in the city. Located in an industrial park, just off Highway 417, and open at 5 a.m., it has become almost like an institution for truck drivers who transport finished goods and raw materials to and from manufacturing plants, or even local retail and distribution centres.

With numerous warehouses nearby

and a huge parking lot both in front and to the side of *Stan's*, this diner provides the type of services that truckers want. In the basement there are shower facilities, and on the menu even a breakfast 'Trucker's Special', while it is not at all unusual to find drivers already waiting for *Stan's* to open before 5 a.m. Many want to get a head start to their day or are waiting for the warehouse doors to open.

"The most interesting part of owning this kind of diner is that you can see the economy through the eyes of truck drivers travelling from coast to coast," noted Alex Jin recently. Alex, who is part owner of *Stan's Diner* with his parents, has been following this

phenomenon since the family bought the restaurant a number of years ago.

"Here you meet people from across the country. You get a wide spread of views and a lot of first hand observations through these drivers," he added. Their visits also tend to follow the trends of the economy; almost like an insider's story of the business section of a newspaper.

Customers become friends

Yves Seguin has been a trucker for 31 years and has come to *Stan's Diner* from when it was a chip stand at least

Continued on page 18



Robyn Melski Woodburn serves retired OC Transpo Bus Driver, Peter, his usual Spanish Omelette.



Transport driver, Yves Seguin, has been a Stan's Diner customer for 25 years.



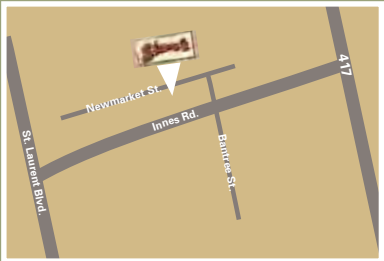
Jenny has been serving customers such as this other Peter for over 28 years.

All Day Breakfast
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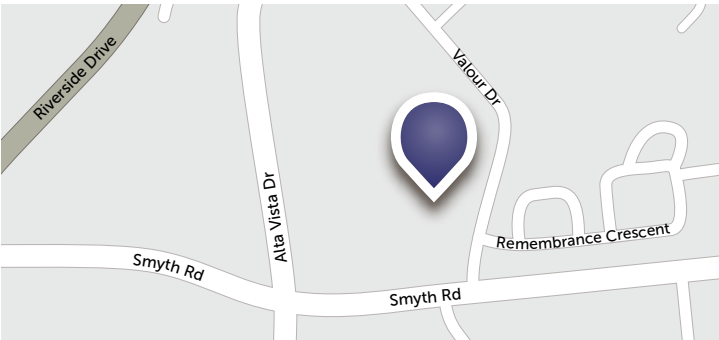
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When it comes time to start thinking about moving to a retirement community, you want to stay in the neighborhood where you have built your life and where you are proud to call home.

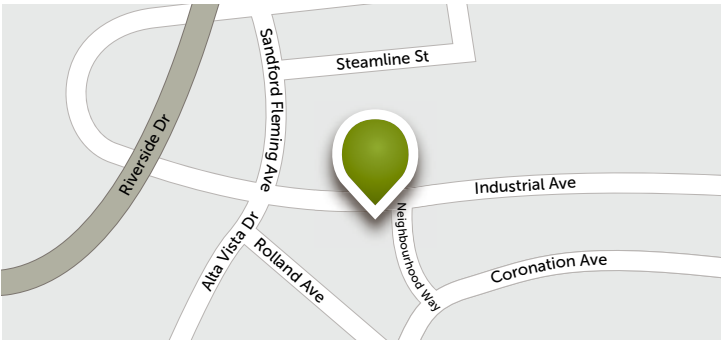
Memories have been made, friendships have formed, and comfort has been built. Maintaining these connections in your community will help with the adjustment of moving to a new home. You might be surprised as to the friends you reconnect with that you didn't know lived in your new retirement community!

Book your suite now to avoid another winter at home—stay warm at a Riverstone community this winter and let us take care of the winter worries.

Availability is limited so call today to see what Riverstone has to offer.



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Just a reminder: The Fifth and final Annual Riverview Park Forest **WINTER FROLIC** will take place Sunday, February 21st from 2-4 p.m. @ the toboggan hill. (Follow the steam of the co-generation plant.) Bring your family and friends. Meet your neighbours and play in the green space with your dogs, snowshoes, skis, toboggans, etc...



Photo credit: Geoff Radnor




Photo credit: Tammie Winsor



Photo credit: Geoff Radnor



Photo credit: Geoff Radnor



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Perley

Continued from page 1

feet of lumber was shipped south to the American market.

As his wealth increased, John became involved in other business opportunities in Ottawa. He was 46 when he and other partners started the Ottawa City Passenger Railway Company, the city's first urban transit system, using horses to pull both the trams and sleighs. This also assisted in moving his lumber to the shipping points for transportation to the markets on the east coast.

Together with another Otta-



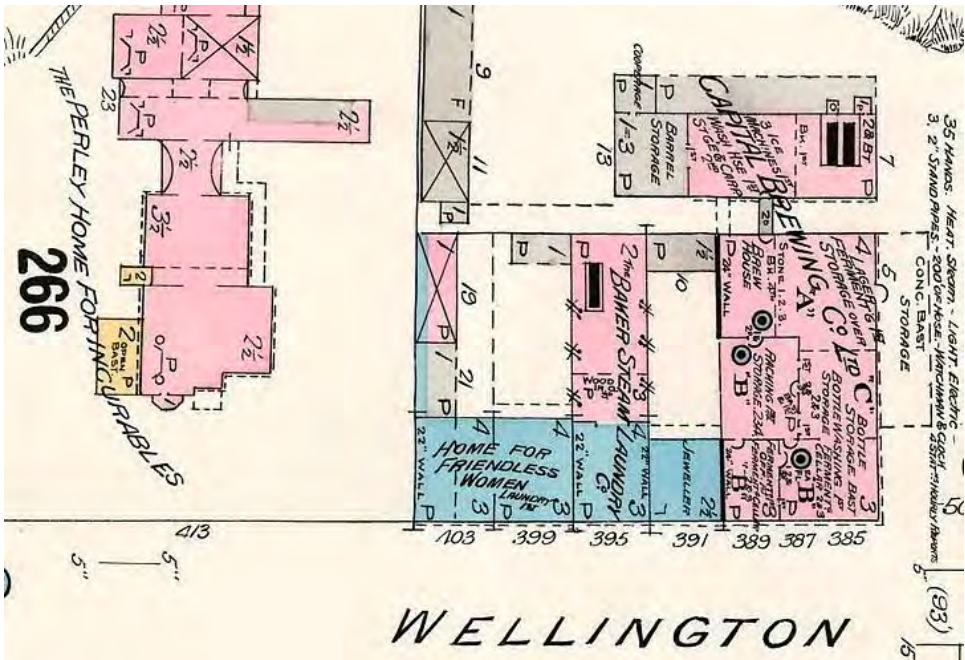
Perley & Rideau Veterans Health Centre

wa businessman by the name of Bronson, Perley also started the Upper Ottawa Steamboat Company, again to help move his product to the markets. Not content with starting these businesses he was next to establish a railway from Ottawa that could take his lumber to New York via Montreal and then to extend the railways westward to Parry Sound.

Like many of the lumber barons of that era, he had a nice house built in Ottawa. This was located on Wellington Street where he could see his business at the Chaudière Falls from his window. He later became involved in politics and was elected to the House of Commons in 1887, but failed to distinguish himself there and he died in 1890.

Upon his death in 1890 the house at 415 Wellington Street was donated to charity by his heirs. His second wife Georgianna Perley continued to live in the house on Wellington Street until her death. It then became the first site of The Perley Home for the Incurables. Its neighbour was the Home for Friendless Women, about which we shall hear more one day.

In 1912, the federal government



Plan of Wellington Street showing the Perley House



The Perley Grave in Beechwood Cemetery

came along and expropriated the site for government buildings. This included all the buildings westwards from the Parliament Buildings through to the site of the new bridge across the river. The parking lot and the theatre building of Library and Public Archives Canada now occupy the site.

The Perley Home had to move and chose a site on Aylmer Ave., at Barton Street. On July 6 1928 a new wing to the Home on Aylmer Ave. was opened, bringing its total beds to over 100. William's son

Sir George Perley was there at the opening of the new wing and said that his friend J. M. Garland was the person that suggested the house at 415 Wellington become The Home for the Incurables. So we now have two people to thank for its creation.

The Freiman family, who at one time owned many of the properties on the north side of Rideau Street and who eventually opened a department store that is now the Hudson Bay store, were

Continued on next page





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From previous page

very involved with the new Perley Home. Lillian Freiman was at one time president of the Ladies Auxiliary. The family were also supporters of the Synagogue on King Edward Ave., The Ottawa

Protestant Hospital, the Protestant Home for the Aged, the Salvation Army and the Jean d'Arc Institute. The Perley home on Aylmer Ave. experienced many additions over the years, and in 1956 it became known as the Perley Hospital.

After the return of the service-



Perley house drawing
Original charcoal drawing by:
Wilfred John Flood, 1904-1946,
OSA, GSPWC, FCA, CGP, CSGA



The Perley Home on Aylmer Avenue (1914)



The home of William Goodhue Perley, 415 Wellington Street

men from the WWII, the Rideau Veterans Home was opened in 1945, and was in 'temporary' buildings on Smyth Road. Those temporary buildings lasted almost 50 years, until the move to the new premises on Russell Road started in 1995. Discussions had started in 1987 concerning a new more modern home for the Perley Home. However, a year later these were to include a proposal of combining the two Homes.

This finally came to fruition nine years later with the opening in 1995 of the new buildings on Russell Road. Later its official name became The Rideau and Perley Veterans Health Centre. Like all its predecessors it continues to expand.

There are now two new apartment buildings for seniors offering varying levels of care. The revenue from these two buildings supports the work of the Centre. There is also a Foundation that raises funds for its continued operation. Over 750 staff work at the centre, so it is a major contributor to the growth of Riverview Park.

What can we expect in the future? The number of veterans of WWII and the Korean conflict



Mr. William Goodhue Perley

are becoming fewer and fewer as the years pass. Part of the funding for The PRVHC comes from the Department of Veteran Affairs, so that funding might be reviewed as the number of veterans decreases.

Could some of the longer term patients at The Ottawa Hospital be looked after at the Perley? That would ease the pressure on the occupancy of beds at the hospital.

Or, might some Riverview Park residents eventually decide to move into the beautiful 'Seniors Village' at 1750 Russell Road? Who knows?

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An Elephant Ear Sandwich on Rye Bread – The story of Jumbo

by Bruce Ricketts

A guy goes into a restaurant. He passes a sign that says that anyone who can order a sandwich that the restaurant cannot supply will get \$1000. He sits down, thinking this could be the easiest money he has ever made and, without even looking at the menu, he asks the waiter for an “Elephant Ear on Rye Sandwich”. The waiter returns ten minutes later with a check for \$1000 and hands it to the guy. The guy says, with a smirk, “Out of Elephant Ears?” “No,” replies the waiter, “we are out of rye bread.”

The essence of a good joke is that you don’t see the punch line coming. The chance of being out of rye bread but not elephant ear is remote and what makes the joke funny. But for the people of St. Thomas, on September 15, 1885 – it was not a joke.

Jumbo was an African elephant, born in 1861 in the French Sudan. He was exported to France in 1863 and then to London Zoo in 1865, where he became famous for giving rides to visitors. Jumbo’s name is from a Swahili word, jumbe, which means “chief.” Unfortunately, Jumbo grew bored in London and began to “act up”.

Jumbo was sold by the London Zoo in 1882 to the “The Greatest Show on Earth” – the Barnum & Bailey Circus - for \$10,000 and shipped to New York City. In New York, the ship was met by thousands of onlookers who wanted to catch a glimpse of the 12 foot high “monster”. He was big, but not a monster. Jumbo became very even tempered in

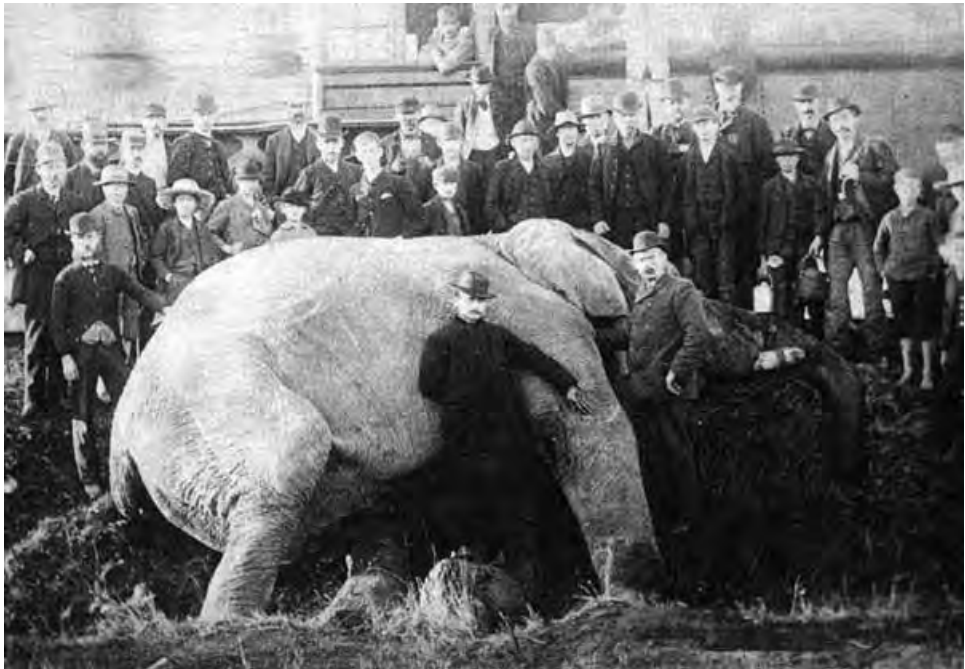
New York. He became the headliner of the B&B Circus and was featured on most of the Circus’ posters.

Jumbo was transported from venue to venue around the US and Canada in a specially built rail carriage. The six ton Jumbo was accompanied by his handler, Matthew Scott.

On the evening of September 15, 1885, the Circus was playing the town of St. Thomas, Ontario. The circus’ 29 elephants had completed their routines and all but two had been led from the big top to their waiting railway cars. Only the smallest, named Tom Thumb, and the largest, jumbo, remained until the end of the show to take a final bow. After the completion of the show, as Matthew Scott guided Tom Thumb and Jumbo along the tracks, a loud whistle announced an impending doom. An unscheduled express train, unable to stop, hit Tom Thumb, scooping him up on its cowcatcher and knocking him down a steep embankment. Jumbo, who was leading Tom Thumb was caught between the embankment and circus train and had no place to flee. He was hit from the rear. The train was derailed and Jumbo was crushed; his skull reportedly broken in over a hundred places. Still conscious and groaning, even with the massive injuries, the mortally wounded elephant was comforted by Scott until it died.

A life-size statue of the elephant commemorates the tragedy in St. Thomas. Some town folk also painted a circus mural on one of their buildings.

Jumbo’s skeleton was donated

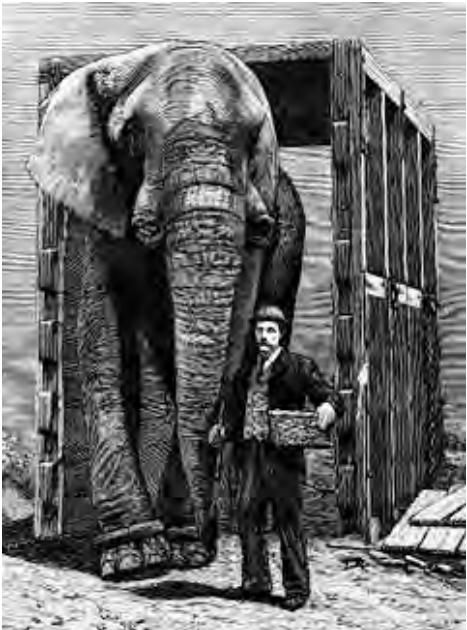


to the American Museum of Natural History in New York City. The elephant’s heart was sold to Cornell University. Jumbo’s hide was stuffed and traveled with Barnum’s circus for a number of years. In 1889, Barnum donated the stuffed Jumbo to Tufts University, where it was displayed until destroyed by a fire in 1975. Jumbo’s tail, which survived the fire, is kept in the University archives. The great elephant’s ashes are kept in a 14-ounce Peter Pan Crunchy Peanut Butter jar in the office of the Tufts athletic director. A statue of “Jumbo” was purchased from an amusement park and placed on the Tufts campus after the fire; however this statue erroneously depicts an Asian elephant, not an African elephant. In honour of Barnum’s donation of the elephant’s hide and more than \$50,000, Jumbo became the university’s mascot and remains such to this day.

As a result of Barnum’s publicity the word “jumbo” is now synonymous with “large” or “huge”. For example, a large hot dog or sausage may be called a “jumbo hot dog or sausage” and the Boeing 747 is known as the “Jumbo Jet”.

Out of reverence for Jumbo I do not think that anyone in St Thomas ever again asked for an elephant ear sandwich.

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



SUDOKU

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

Sudoku on page 40



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Review of the past year – a look at 2016

by Helen McGurrian

Here is a quick review of topics covered in the 2015 columns.

Hospital Discharge Planning: Three things to check before discharge:

a) Social Work Consult: Ask to see the Social Worker if home care and community services may be necessary for the patient and /or family.

b) Pharmacist Review: Ask that your new prescription be faxed to your pharmacy the day before your discharge so your pharmacist can check the new prescriptions with your existing prescriptions and contact the prescribing physician if necessary. It also allows time for the pharmacy to order the new medications if they are not in stock at that pharmacy.

c) Feedback to Family Doctor: Ask that a summary of your health status, treatment and re-

quired follow-up care be sent to your Doctor, request a copy for yourself. (You can bring your copy to the Doctor if there is a delay in sending the hospital copy, plus you become part of your health team.) Ongoing monitoring required by patients and families..

Canadian Medical Association (CMA) and Physician-Assisted Death: In February 2015, the Supreme Court of Canada struck down the law prohibiting assisted dying but delayed its implementation for a year. The CMA conducted Canada-wide consultations with physicians and recommended a framework for implementation on physician-assisted death that would apply across Canada. The Government asked the Supreme Court for a 6 month delay the implementation of its Decision to August 2016. On December 1, 2015, the CMA document was

published www.albertadoctors.org/media-publications/. under Title above.

Advance Care Plan: Every adult should have an Advance Care Plan, and a legally appointed Substitute Decision Maker to make health care decisions if that adult be unable to communicate. Hospital Staff have been advised to ask all patients or families, if the patient cannot communicate, if the patient has an Advance Care Plan and a Substitute Decision Maker, Expect to be asked these questions when admitted to hospital or emergency. Go prepared!

TOH Cancer Centre: We are most fortunate to have this Centre in Ottawa. It has won awards for its research, piloted new experimental cancer treatments, has a well-established active Patient-Family Advisory Committee and works closely with the Patient

Experience Co-ordinator always available to help patients and

families through the system. The Aboriginal Patient Coordinator provides knowledgeable assistance to the most vulnerable, First Nations, Metis and Inuit patients, many who come from far away for treatment.

TOH Regional Nephrology Program: Amazing! how else to describe 95,000 dialysis treatment a year! A friend is doing her home peritoneal dialysis because of the program's support, teaching, and follow-ups and her health has improved as a result.

A Happy and Healthy New Year Everyone.

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



The Ottawa Hospital Community Advisory Committee dissolved

Dear Readers:

When The Ottawa Hospital (TOH) Community Advisory Committee (CAC) was originally created its purpose was to be a link with the community and the Hospital, by providing community feedback, input and advice to TOH on its policies, services, and programs, especially as these affected patient care. However in the past few years, a number of TOH departments, specifically the Cancer Centre, the Rehabilitation Centre and Critical Care Unit, have each established their own Patient and Family Advisory Council, with more departments preparing to do

so. These Councils include TOH staff, physicians as well as the patients and families, who through their direct first-hand experience in those departments can provide better input, feedback and advice on how the patient experience can be improved. Thus the mandate of the Community Advisory Committee has been fulfilled and its role will be assumed by the more focused Patient and Family Advisory Councils.

It has been my privilege and honour to have been this community's representative on The Ottawa Hospital Community Advisory Committee for well over a decade. It has been a most enjoyable, learning and gratifying experience.

I owe a special thanks to my husband Brian, for not just patiently proof-reading my columns, but telling me (quite courageously) that I needed to clarify what I was trying to communicate, even when I was rushing to meet a deadline.

And to you all, I express my sincere and humble gratitude for your wonderful support, feedback and suggestions for columns you have given me for these many years.

I am not saying Goodbye. Al-

though I may not be writing as frequently in the Riverview Park Review, I hope to submit some health related articles in the future. If you have any suggestions for future columns, I welcome them. Thank you all so very much.

Sincerely,
Helen McGurrian

P.S. You can contact me at 613-521-241 or at Hbmcgurrian@gmail.com

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Malcolm and John Harding

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 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.

The main development the RPCA has been following is the controversial Hospital Link of the Alta Vista Transportation Corridor (AVTC) road between Riverside Drive and the Ottawa Hospital Ring Road. Other issues the RPCA is monitoring include developments related to the Light Rail project, activity in the Trainyards, proposed secondary dwelling unit (Coach House) regulations, and the need for greater pedestrian and cycling connectivity to help reduce traffic congestion and promote more active transportation.

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

Alta Vista Transportation Corridor – Hospital Link

Construction work continues on the 1.7 km Hospital Link section of the AVTC between Riverside Drive and the Hospital Complex. The RPCA Board received a detailed update from Bruce Kenny in late 2015 along with a revised project map. Links to the Map and the City's fall 2015 presentation are on the RPCA website

The large swath of clear-cut woods now extends east as far as the Steam Generation Plant (the "Plumerator"). The only additional tree-cutting and clearing is expected to be along the final portion between the sledding hill (adjacent to the Plumerator) and the Eastern terminus link at the Hospital Ring Road. (The sledding hill is still open for use this winter before it is leveled in spring 2016 to make way for the AVTC link with the Hospital Ring Road.)

The exact location of the Eastern terminus should be finalized in the near future, pending a response from Hospital officials. The preferred option for the Hospital Link is for it to end in a T-junction with the Hospital Ring Road just east of the Plumerator sledding hill. A replacement site for a new sledding hill has not been confirmed, and the RPCA is soliciting ideas from the community for the location

Councillor Cloutier's most recent project update reports that "sewer work along Alta Vista Drive affecting traffic and pedestrian movement is essentially complete, with the sidewalks reinstated with asphalt until the construction of the ultimate Alta Vista and Hospital Link intersection configuration begins sometime in 2016." The RPCA has received and communicated to the City concerns about pedestrian and cyclist safety along Alta Vista Drive during construction.

Major blasting and clearing work in the Alta Vista Woods (east of Alta Vista Drive) was completed in December. Installation of storm sewers will continue followed by actual road construction work later in the year. Relocation work along the VIA Rail right of way behind Abbey Road is not anticipated until shoring activities begin, potentially as early as March. Councillor Cloutier's website has more details on the AVTC project at: <http://jean-cloutier.com/hospitallink/>

The RPCA is in frequent contact with Councillor Cloutier and City officials on this project and has been offering suggestions on ways to reduce disruption during and after its construction. Further public meetings will be held in 2016. The City will also host a walk-through along the AVTC route to focus on pedestrian and cyclist connectivity and final design issues, including location of berms and tree planting. The RPCA plans to speak with arborists and take advantage of tree-planting programs to mitigate the sound and light effects from the Hospital Link and to restore aesthetic value that has been lost.

Implications from Light Rail Construction Project

Construction of the structure of the new Hurdman transit sta-

tion is expected to be complete in summer 2016. The bus station at Hurdman is expected to be moved from its temporary location back to a new facility at its old location in spring 2016.

With the Transitway and Rideau River Transitway closed between Hurdman Station and Lees Station for conversion to Light Rail, buses, pedestrians and cyclists are being detoured. The RPCA and others have asked for clear signage and enhanced safe cycling features on Lees Avenue westbound from the Transitway to handle the increase in bicycle traffic, following the closure of the Transitway Bridge,

Preparations continue for laying track between the Belfast Yard buildings and the now closed Hurdman-to-Blair section of the Transitway. Landscaping, paving and rehabilitation of Belfast Road will continue until spring 2016.

Detailed information on the LRT project, including weekly construction summaries, can be found at www.ottawa.ca/confederationonline. There is also a link on the RPCA website.

Coach Houses/Secondary Dwelling Units

The City recently released the results of a questionnaire regarding changing regulations to permit secondary dwelling units (Coach Houses) -- self-contained living units either attached to or on the same grounds as a detached or semi-detached home, duplex building or townhouse. Some Ottawa residents have expressed concern that the survey was not adequately publicized and the fact that only 436 people responded. Issues surrounding Coach Houses include balancing the desire to intensify versus loss of privacy due to proximity and height of new unit, increased traffic, appropriateness for certain neighbourhoods, and the potential loss of large trees to make way for new dwellings.

While a majority of respondents expressed interest in building a Coach House on their property, public consultation is still ongoing with a second questionnaire being released to the public in January 2016. RPCA representatives will take part in the Open House and information session on

selected draft option to be held in March.

The final draft study is to be released in April. Those wishing to receive notifications and updates on the proposal can email emily.davies@ottawa.ca or visit www.ottawa.ca.

Pedestrian and Cycling Connections

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). In 2001, as part of the original Trainyards complex project approval, City Council included a requirement for a pedestrian pathway or an access tunnel to be built from the Via train station to the Ottawa Train Yards, prior to 50% of the approved commercial development being completed.

This Via-Trainyards link could potentially dovetail with the LRT construction and opening. In 2015, both the RPCA and its Overbrook Community Association asked their councillors for a planning study to commence by 2016 on this linkage. The request was also raised during a meeting with the Mayor in early November. This timeframe could allow for the study to be completed before the LRT system is inaugurated in 2018.

Councillor Cloutier's office informed the RPCA that discussions are underway between VIA and the Trainyards regarding this link. VIA will reportedly meet with consultants in early spring to present a feasible option for the actual connection. This activity is prompted by the construction of a new office building at 405 Terminal which puts Trainyards above the 50% threshold (in terms of office space) that triggers the requirement to build this link. The RPCA has been in contact with City Council and Trainyards officials, asking to be included in the consultations (along with the Overbrook CA) as the link is likely to have an impact and positive benefits for many local residents.

Planning and Development Update

Trainyards Developments and New Retail

Construction continues on the 9-storey office building at 405 Terminal Avenue, just east of the Canadian Revenue Agency building at 395 Terminal and is expected to take about 18 months to complete. A tenant has yet to be confirmed. Work on a 40,000-45,000 square foot (sf.) building at 595 Industrial (just west of Pioneer Gas station) is also ongoing. Confirmed tenants are Designer Show Warehouse and BuyBuyBaby.

The revised site plan was submitted in December 2015 for the former lumber yard lands at the south of Industrial Avenue (628 Industrial) and at the signalized intersection for Farm Boy/LCBO. A related challenge relates to the design for a pedestrian path between Industrial Avenue and Coronation to address the roughly 8-foot grade change between the two roads at that point.

Elmvale Shopping Centre Redevelopment Proposal

RPCA representatives attended the November 25, 2015 Open House that RioCan and Councilor Cloutier's office held regarding RioCan's initial concept plan to redevelop the Elmvale Shopping Centre, including converting the indoor part of the mall and adding high-rise residential towers with rental units. RioCan is also looking at this type of redevelopment in two other locations in Ottawa, including the Westgate Mall. No site plans

The first phase of this 25-year plan would see a residential tower where Kelsey's Restaurant is presently located. Long term plans call for better transit access improvements for bicycles and pedestrians, including potentially adding right turn lane at Othello and Smyth. Concerns have been raised about resultant traffic increase on Russell Road north-

bound (towards Coronation and Industrial). While a site plan and formal application have yet to be filed with the City, the RPCA will monitor this proposed project.

Other Developments

The new tenant for the last vacant storefront in the Alta Vista Shopping Centre is an Indian restaurant, Aahar the Taste of India. When the restaurant opens later this year, all units in the shopping centre will be open for business for the first time in many years.

The City held an Open House on December 2 regarding the design and environmental assessment study for transit and intersection improvements on St. Laurent Boulevard between Industrial Avenue and Smyth Road. The project will rebuild and expand the Innes/Industrial/St. Laurent intersection to accommodate additional turning lanes and new cycling facilities. Work will take place in spring 2016 to

widen St. Laurent Boulevard and create a bus-only lane and a raised cycle track in each direction, and minor improvements to the parking lot entrance near the Elmvale transit station.

More information on some of these project proposals can be found at the City of Ottawa website at: http://www.city.ottawa.on.ca/residents/planning/index_en.html. The RPCA welcomes your input on these proposals and any other potential developments in the area.

If you are interested in joining the RPCA P&D group or would like further information, you may contact the Committee Chair, Kris Nanda at krpp1415@gmail.com. For more information on this and other activities in Riverview Park, please see the RPCA website at www.RiverviewPark.ca. The contact email for RPCA is info@riverviewpark.ca

OCDSB Trustee Chris Ellis

Budget

Trustees have had an initial briefing on this year's annual budget process. School boards are funded through Ontario's "funding formula". The Ministry allocates funding to each board using a formula that's based on student enrolment and the unique needs of the students in each board. Last year, financial constraints meant that only 4 of the 10 specialized classes needed to serve autistic students identified as meeting the criteria for placement were opened. This year, the financial picture is worse. It is expected that the province will not increase funding to cover inflation, in fact a reduction is likely, and the surplus of \$40 million that has been used to cover enhanced services to children over the past few years has pretty much been exhausted. A status quo budget would mean a \$14 million shortfall. District staff has outlined some possible measures that could get the shortfall down to \$10 million. But even at that we are probably looking at reducing staff by 100 to 150 positions.

The OCDSB has consistently spent about 5% (1 million dollars) more on Special Education than the province designates. I expect that the additional spending will be carefully reviewed. Running

the outdoor learning centres, MacSkimming and Bill Mason, has also been highlighted for consideration to reduce expenses along with some summer programming currently being offered for high needs students. Continuing Education, especially the non-credit courses, will also be scrutinized. None of these are big buck items. The summer program, if eliminated, would result in a saving of around \$500,000 annually.

Secondary School Review

The public school board has released and will continue to release reports looking at its high schools. The reports include high school configurations, specifically grades 7 to 12 and/or 9 to 12; delivery of the International Baccalaureate and Arts Canterbury district programs; Digital Learning; French as a Second Language; and, Schools as Community Hubs. These reports will help inform a new policy outlining Secondary School programs and program delivery. The thinking is that a draft of the new policy will be brought to the Board of Trustees in February, with consultation to take place in March, April and, hopefully, May for final approval at the end of June 2016. This will lay the ground work for the following

year or two as the school board goes through a district wide look at high schools and strikes Boundary and Accommodation reviews. I am confident that there will be a review that includes Hillcrest HS, Canterbury HS, Ridgemont HS and Brookfield HS.

French in the High Schools

The French as a Second Language Report has implications for Hillcrest HS and Canterbury HS. Currently Canterbury HS only offers extended French and so students go to Hillcrest HS for French Immersion. That could change depending on the outcome of an expected Boundary and Accommodation Review in the

fall to winter of 2016 or 2017.



Budget Zone Meeting Feb. 25, 7pm at Albert St. Education Centre - 440 Albert St.

In partnership with Trustee Menard (Rideau-Vanier/Capital) and Trustee Braunovan (Somerset/Kitchissippi) I will be holding an Open House/Zone meeting. District staff will give a short presentation on this year's budget and then there will be a Q&A session.

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

It Takes a Community to Sponsor a Syrian Refugee Family

Will Riverview Park be such a Community?

You have seen in the media the desperate plight of millions of Syrian refugees who have had to flee their homes due to war raging around them and are seeking a new place to live. Riverview Park has great schools, parks and recreational facilities, various religious support networks, a good deal of affordable housing, and opportunities to connect with people of all ethnic and linguistic backgrounds. As such, Riverview Park is ideally suited to welcoming a Syrian refugee family.

The purpose of this letter is to “test the waters” in the community. If there is sufficient support, the “It Takes a Community Refugee Action Group” (ITC), a group of community volunteers will take the lead and the Riverview Park Community Association (RPCA) is prepared to lend a willing hand with some funding, expertise and community connections. If we are to proceed, the ITC earnestly needs you and other members of Riverview Park to be part of an initiative endorsed by the RPCA to support a family that has chosen Canada as their home. At the end of the letter is a link to access a brief survey that we ask you to complete. It will only take 5-10 minutes of your time; it does not commit you to anything, but it will give us the pulse of the community. **Your responses are needed.**

Some important background information.

No one sponsors a family alone. It takes money, but much more than money. It takes expertise,

time, knowledge of community resources, in-kind donations and a lot of heart. Groups and communities make it happen by pulling together. It takes a core group who will be active with the family for a full year and a larger group who contribute for short periods of time in specific ways.

What is needed to sponsor: **(Note that the survey provides details about the responsibilities and time commitments of each area of support.)**

- **A Core Group:** A Core Group of at least 5 people who organize and coordinate the community support and submit the application. We have a group already but welcome more participation;
- **Money:** To be successful, the application must have secured a minimum of \$20,000.00 to \$25,000.00. This money will be matched (up to \$15,000) by the Government of Canada, as the agreement will be through a local Church which is already approved as a sponsor.
- **Community Action and Expertise:** The Core Group must mobilize a larger group of 20-30 people (or more) who agree to work on specific resettlement needs. Some of these tasks are very time specific and time limited. Others may be spread out over the course of the full first year. Specific needs include:
 - Arrival/Orientation;
 - Finding affordable housing;
 - Finances, opening Bank account and budgeting;
 - Shopping/Transportation;

- Social/Local Community Connections;
 - Cultural/Religious and Translation/Interpretation;
 - School/Child Care;
 - Health and Dental Services;
 - Employment and Language Training;
 - Day Appointments;
 - Applications and Registrations;
 - In-kind Coordination
- **Personal motivation** that comes from a sense of how privileged as Canadians we are and a belief that this is the right thing to do
- **A determination to help a family become self-sufficient and independent within a year.**

So now the request to you: You can be part of the group, donate money, give time and expertise to a specific sub-group, or any combination of these. Attached is a very quick survey with just a few questions. You need not identify yourself but we would ask that you give thoughtful responses. If you say you could contribute \$500 or \$50, is that something we could depend on and that you would be prepared to follow through on if we were to proceed? We could arrange payment on a monthly basis if this makes donating easier. If you have expertise in any of the needed areas and could help, do you actually have time to do so? Your responses do not commit you in any way, but they will help us understand how strongly the Community would be behind this initiative.

If there is community support, it will be a minimum of six months to one year before our family would arrive. Fund raising would start right away as the money must be in trust before the application is approved. So even if pockets are tight with Christmas just behind, there are months ahead. What could you give or do within the coming year? All donated funds will be secured and if, in the end, not enough is raised to support an application, donations will be contributed to an existing settlement agency.

We hope that Riverview Park will be one of the exemplary Ottawa communities that open its hearts, pockets and resources and make a difference. Your reply to the survey will be appreciated by **February 14, 2016**. We will let you know the results via the RPCA website at <https://rpca.wordpress.com> and in our next edition.

Please address any questions to Lynne Bezanson at mlynneb@magma.ca.

Here is the link to enter into your browser to access the Survey:

<http://www.surveymonkey.com/r/refugeeactionsurvey>

Thank you

It Takes a Community Refugee Action Group (ITC) and the Riverview Park Community Association (RPCA)

The ARTS in Riverview Park

by *Diane Stevenson Schmolka*

For my first report of the ARTS in Riverview Park Review, I'd like to know what Riverview residents would like to learn, hear, critique, argue, explore, and more,

about the ARTS scene in our neighbourhood. Yes! We do have an arts community here. It has been quiet, but very active for many decades. I can hardly wait to uncover, explore, review and learn much more of it.

But first... I want to hear from you. Would you like me to interview as many of the artists of all kinds in this great neighbourhood? Do you practise one or more artistic disciplines? Do you enjoy going to local concerts, galleries, literary events? If so, which ones and why?

You must now be wondering who do I think I am asking these questions “out of the blue”.

I am a musician, performer, music teacher, composer and poet. I have also written the occasional short story, an erstwhile amateur actor, and an online magazine columnist.

You will be able to find out more about me by going to: www.officiant-music.ca

Why I volunteered to develop this column was because this small

community has many quiet artists in all fields, about whom most of us are ignorant. In all human developments throughout our world, artists have been both crucial and integral in creating and building communities. I want to get to know many more of the creative people in our midst. I want also to learn what your concerns are about the future of the arts, not only in Riverview Park, but in Ottawa. I will be writing on many facets of the arts, but would like to hear from you first.

E-mail: dandp5219@gmail.com and/or by phone: 613-733-5219.

I live with my husband at 556 Shelley Ave., ('Poets Corner'), for those preferring to drop off a note in our mailbox instead.

Diane Schmolka

B. Mus., B.A.

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613-733-5219 - dandp5219@gmail.com

www.officiant-music.ca

There’s a lot to celebrate at Oakpark Retirement Community

by Pam Maskell
Photos by Carole Moul

Oakpark Retirement Community will be celebrating our 8th anniversary this summer. Walking through the building you’d never know that we’re coming close to a decade of service – the well maintained lobby area, the tastefully decorated common spaces, and the smell of home cooked food, show how well the community is cared for.

Oakpark is the first of the Riverstone properties, a locally owned and operated company, specifically catering to Ottawa Seniors who remain young at heart. We are proud of the reputation we’ve built not only in the Alta Vista area, but throughout Ottawa. Oakpark has maintained its high occupancy and we consider it a great honour that the

majority of our residents hear about us through word of mouth.

Offering a continuum of care allows residents to remain at Oakpark as their care needs change. In reflecting on Oakpark’s history, we’ve asked ourselves, why is Oakpark still so beloved by both residents and the community as a whole? We know the Riverstone difference.

A sense of community is felt from the first time you visit Oakpark. The lobby opens into a lovely, spacious lounge that is always seasonally decorated and offers a warm feeling of home. It’s surprising how many times a new resident runs into an old friend that they haven’t seen for years – neither knowing that the other was at Oakpark. Our wide range of activities offers something for everyone. From exercise

classes, to musical performances, card games, guest speakers, and a wide range of various arts and crafts you’re sure to find common interests among your neighbours.

Situated close to Alta Vista and Smyth, tucked away on Valour Drive, our location is ideal for anyone who resides in the Alta Vista area. Close to churches, hospitals, and bus lines, it allows residents to continue their daily routines while remaining in the neighbourhood where they’ve built their lives.

Whether we’re getting together for a pyjama party to raise money for a community pyjama drive, gathering for a weekly game of bowling, or simply enjoying coffee with a friend, laughter is an everyday theme. There’s no denying that we know how to have a good time!

We hear time and time again how helpful the skilled staff is and how often they go out of their way to ensure a resident’s safety and comfort. We all come to work knowing that we work in the resident’s home. This philosophy is built from the top down; the majority of the management team have been at Oakpark from the beginning and come to the residence with years of experience. Staff and management make a point of getting to know the residents and their families and become like a second family.

Over the years, we have built a great reputation and are proud to say that Oakpark is a tremendous place to live. Call today to arrange a tour and see for yourself why so many people chose to call Oakpark their home. Contact Pam Maskell at 613-260-7144.



1000 pieces you say? Looking for the missing piece to the puzzle.



The Activities Room: a lot goes on in this wonderful room.



Aloise Seally enjoying a good book by the fire

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www.ottawasoccerdsp.com

New Neighbours

Continued from page 1

ing everything necessary to support a Syrian refugee family for one year. And, it is because of the dedication of this core committee of 12 parishioners and their wonderful supporters that the Maatouk family of Jobran, Rita, Kevin and Mateo came to join our local community and moved into Alta Vista Towers this past month.

Suzanne Carr is chair of the Syrian Refugee Committee, and Grace Helle, her second in command.

“Each committee member was asked to be responsible for one part of the settlement of the family, and more than willingly made a commitment for that area,” Suzanne Carr noted in an interview the Sunday following the arrival of the Maatouks. “Committee members also knew that much of the real work would begin when the family arrived.” And it has.

The team effort has been amazing. Dermot Nally and Mary Joy were responsible for finding lodging. Dermot Nally and Grace Helle’s son Martin

were on board for much of the heavy lifting, putting together shelving or even pounding in a nail or two as the need arose. Red tubular bunk beds, French books, toys, and games were among the items for the boys, and if the squeals of delight from nine-year old Kevin, and just turned five year old Mateo when they saw their new bedroom were any indication, then the committee members should all receive high fives for a job well done.

“It seemed that every five minutes Jobran and Rita were thanking us for our generosity and kindness,” Suzanne Carr added.

Communication is key

The importance of a translator cannot be overstated, and while Suzanne Carr speaks French, as do Rita and Kevin Maatouk, Mateo speaks only Arabic and Jobran has a smattering of English. Accolades have gone out to committee member, Edith Arbach, a Syrian refugee herself 30 years ago, who was able to translate for all of the family as she is fluent in the three languages being used.



Malcolm Cantin gives a big welcome to the Maatouk family- in 3 languages
Photo credit: Bob Power

In Lebanon, the Catholic Centre for Immigrants has a former refugee Shadi acting as contact for various Syrian refugee families. Here in Ottawa, high praise has been given to Karen Mahoney of the CCI, since it seemed that she was available almost 24/7 as the Refugee Sponsorship Committee of IHM worked through what was needed for the Maatouks.

Over the last few weeks of their time spent in Lebanon

and once sponsorship arrangements had been made, Suzanne Carr through Edith Arbach communicated with the family on at least six times and always on a Monday. Things such as clothing and shoe sizes were discussed, plus possible allergies, their physical safety, schooling, and other important facts for the family’s well being. Thus, upon their arrival, it was obvious that the Maatouk

Continued on next page



Member of Parliament | Député

David McGuinty

Ottawa South | d'Ottawa–Sud



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» The Canada Pension Plan / Old Age Security

» Guaranteed Income Supplement

» Immigration Matters

» Citizenship Inquiries

» Canadian Passport / Consular Affairs

» Business Opportunities / Grants & Funding

» Student Loans / Taxation Issues

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

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

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

» le Supplément de revenu garanti

» les demandes de renseignements relatives à la citoyenneté

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» les occasions d'affaires / les options de financement

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

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

David McGuinty, MP | Député

Constituency Office | Bureau de Circonscription

1883 Bank Street

Ottawa (Ontario) K1V 7Z9

Tel | Tél: (613) 990-8640

Fax | Téléc: (613) 990-2592

Email | Courriel: david.mcguinty@parl.gc.ca

Web Site | Site Web: www.davidmcguinty.ca

From previous page

family was feeling quite comfortable as their sponsors became new friends.

Their new home

On the Sunday that the family arrived, not only was there a warm welcome at the airport, and their new apartment made ready including food and flowers, but committee members had ensured that everything was up and running. Time was made on their arrival day for one crucial side trip and this was to set up mobile phones.

At Alta Vista Towers, the Maatouks were happy to discover a brand new Dell laptop had been generously donated to the family by DNA Genotek on Palladium Drive in Kanata, where committee member Grace Helle works. Committee members, Bob and Terry Power were responsible for arranging the internet connection, getting the best deal possible to fit in with the Maatouk’s budget.

Lots to learn for everyone

During the family’s first week in Ottawa, many invaluable lessons were to be learned: officially signing the lease and what it meant, finding out about the apartment facilities, plus the opening of a bank account. Much paperwork has been required, and no doubt the learning curve on this aspect of the family’s arrival has been steep.

By their eighth day in Canada the boys and their parents had already been introduced to their new principal and École élémentaire Catholique Sainte-

Geneviève. Helen McGurrin, school liaison on the committee made an appointment once the Maatouks arrived. “The school greeted them so warmly and the parents felt quite reassured,” she has commented. Records and immunization have become very important now, thus a number of trips were organized to complete the required forms, and obtain booster shots for young Mateo, much to his chagrin!

For the parents, the Canadian Government requires language assessment soon after their arrival, and while Rita speaks excellent French, both she and Jobran will take ESL classes.

A positive learning experience also took place for the students of Saint Gemma Catholic School on McMaster Avenue when they thoughtfully held a clothing drive for the new Canadian family, organized by Christina Cantin. Christina was the IHM committee liaison with the school, which also had a monster mash to raise funds and purchase additional items.

Advice for other sponsors

Before the family ever arrived in Ottawa, committee member, Mary McNamara, made extensive investigations into community resources. They are out there and now it is important to be able to tap into these. Grace Helle created spreadsheets noting what was both needed and donated, from the original Refugee Sponsorship Questionnaires.

Right from the beginning a ‘Refugee Sponsorship Fund’ was set up to receive cheques sent by parishioners. Commit-



The Maatouk family at Immaculate Heart of Mary Church
Photo credit: Jean Carr

tee chair, Suzanne Carr spoke at all the masses, members uploaded material up on to the IHM website, placed notices in the church bulletin and formulated a refugee sponsorship questionnaire, left at the back of the church that was indispensable for the committee. And, as anticipated, the IHM parishioners responded enthusiastically, both financially and ‘in kind’.

“This has been a wonderful experience for everyone involved,” Suzanne Carr said after the family’s first week in Ottawa. “There have been

many moving and touching moments. The family’s gratitude is immense, and, they feel safe and cared for.”

Jobran, Rita, Kevin and Mateo Maatouk have been given the best support that it is possible to provide. It will be extremely interesting to interview this new Riverview Park family after their first year in Canada in January 2017, and to hear their side of this wonderful story after a year’s worth of English. Welcome to Ottawa, Maatouk family.



Suzanne Carr, Chair of the Refugee Sponsorship Committee of IHM with Jobran, Rita, Kevin and Mateo Maatouk
Photo credit: Bob Power

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YEAR OVER YEAR COMPARISON

FALL/WINTER 2015 (NOV & DEC)

Number of Homes Sold 13

Average Days on Market 61

Average List to Sell Price 95%
Average Sale Price \$399,819

FALL/WINTER 2014 (NOV & DEC)

Number of Homes Sold 4

Average Days on Market 97

Average List to Sell Price 94%

Average Sale Price **\$373,325**

www.ottawarealestatehouses.com

by Denis Poitras

with every movement, and it adds a sparkling effect to the number. Just recently, I have received bodysuits, crop tops and shorts which are full of crystals. Young girls adore them and they even more love to wear them. Who doesn't like bling right?

The use of crystals adds the final touch to any costumes but one has to keep in mind that it can be cost-

ly. A pure Swarovski crystal can cost around \$0.18 a piece so if you add 100 to a costume that might sound like plenty but trust me, it is not. One can add from 500 to 1500 crystals or more depending on the costume.

In competitive ballroom for instance, when one covers an entire dress in Swarovski you can have a beautiful custom dress combined with expensive fabric plus crystals. The total cost can range over thousands of dollars. That being said, it gives you self-confidence because it was specifically made just for you and it represents the art that you are projecting to the audience.

Recently more and more people have been coming into the store for alterations on costumes that were purchased over the internet. Let me tell you that the craft or the fake crystals that went into the fabrication of the costume are very cheap and are not worth the money spent. Yes, internet is a good deal but is it really????

When you buy a costume, pay for shipping, then the cross border taxes, then you have to bring it for alterations every time it comes apart, you need to start asking yourself: Was it worth the money or the time you spent running around fixing it? You think you saved but at the end of the day you are not.

Clothes are the hardest thing to buy without trying them on. In my opinion, people should stop wasting their hard earned money on stuff when they don't even know what it will look like or if it will even last or fit. Yes, you can decorate a piece of clothing and add crystals to it thinking it will add the interest, but ask yourself, if it's cheap, is it worth the money you paid?

Crystals can be very dramatic and when carefully done, can be a work of art. It just depends how you are able to create a beautiful piece or waste a few hundreds of dollars trying to beautify a costume. When the crystals are just thrown on a costume, you can get the glitter from far but when up close it can be a mess.

It also depends on what effect you want to project. It is a matter of either taking your time and just do the best you can or paying someone to do it right at a cost. When it's a kid costume and it is used for recreational purposes, you don't have to spend the extra money to have it done by a professional.

When it comes to competitive, you have to leave a mark on the judges and a well done, well-constructed costume is important because you are going to be evaluated on it. In conclusion, you have to put some thought into a costume if you are going to 'shine bright like a diamond'.

4 Dance, Gym & Cheerios is located at 380 Industrial Avenue, 2nd. Floor. Telephone 613-521-2433



Yes, it's a bodysuit with crystals professionally done.



A gym leotard with crystals just glued on, but not professionally.

COMMUNITY BULLETIN BOARD

COMMUNITY BULLETIN BOARD

Friends of the Central Experimental Farm: info@friendsofthefarm.ca 613-230-3276, www.friendsofthefarm.ca

April 2 Volunteer Recruitment Orientation at 10am Come and meet garden team leaders at the Volunteer Recruitment Orientation on Saturday April 2, 2016, at 10am in Bldg. 72 CEF Arboretum, east exit off Prince of Wales roundabout. www.friendsofthefarm.ca/activities.htm

April 5 Master Gardener Lecture from 7 to 9pm. "Yes, you can grow vegetables!" - Esther Bryan - Come and learn how you and your family can plan, plant and care for a vegetable 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

April 19 Master Gardener Lecture from 7 to 9pm. "Herbs in your garden - easy, nutritious and delicious" - Nancy McDonald - Annual and perennial herbs are great additions to your garden and your kitchen! 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

May 3 Friends of the Farm Master Gardener Lecture from 7 to 9pm. Plant Guilds: Taking Companion Planting to the Next Level - Rebecca Last - Plant guilds are a relatively new concept that has emerged from the permaculture movement. 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

July 12 to 15 "Three Spectacular Gardens" Bus Tour. Domaine Joly de Lotbiniere at Sainte Croix, Que., Reford Gardens in Métis Sur Mer, Que., and the Botanical Garden in Edmundston, N.B., first come first served, \$625/pp double occupancy, 613-230-3276 www.friendsofthefarm.ca/events.htm#bus

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.

GETW.I.T.H It! Kick off your winter boots and join other enthusiasts who walk the halls of Hillcrest High school (corner of Smythe Road and Dauphin) on Monday and Wednesday nights starting at 6 pm. Endorsed by the University of Ottawa Heart Institute and The Ottawa Hospital. Spend a half hour or more and you will feel the difference, getting back home to watch Jeopardy !



Balena Park Pet Memorial
To commemorate a loved pet while supporting the Canadian Guide Dogs for the Blind purchase a brick for the Pet Memorial Patio in Balena Park. For full details go to the RPCA website <http://rpca.wordpress.com/page-1/pet-remembrance-patio-in-balena-park/> or call 613-523-4339

FEBRUARY 9th. - St. Aidan's Anglican Church, Pancake Supper. Shrove Tuesday, Feb. 9th from 5:00 to 7:00pm Tickets \$10.00 for adults \$5.00 for children under 12. Gluten free pancakes available. We are located at 934 Hamlet Road. Elmvale Acres 613-733-0102

Mark Tuesday, February 9 down on your calendar !
It is St. Thomas the Apostle the Anglican Church's annual pancake supper. Two sittings at 5 pm and 6pm. Pancakes (including gluten-free), sausages, ham, beans, ice cream. \$10 for adults, \$5 for children. Advance tickets available at Church office weekday mornings. 613-733-0336. 2345 Alta Vista Drive (by firestation)

Rideau Park United Church, 2203 Alta Vista Drive (at Cunningham)
Activities and Events, February-March 2016

Keep fit for winter activities by joining the **50+ Fitness Group at Rideau Park**. Get moving, strengthening, and stretching, all to the familiar beat of great tunes, each Tuesday and Thursday, 9 - 10 am, from January 12th to March 3rd. All levels of fitness (men and women) are encouraged and supported by Faiza, our experienced Seniors' Fitness Instructor (SFIC). Fees are \$44. for 8 weeks (16 classes), payable at your first class. Fees can be pro-rated according to when you join. Still not convinced? Come by and give us a try. Drop-in fee \$8. Plan to stay fit by continuing with the spring session in March-April 2016.

Shrove Tuesday Pancake Supper, Tuesday February 9th: Everyone in the community is invited to a Pancake Supper at Rideau Park on Feb. 9th, starting at 5:30 p.m. The Supper is hosted by the 28th Ottawa Scouts, with a menu of pancakes, sausages, veggies, and dessert. Tickets are Adults: \$8.00, Children: \$5.00, and are available on Sundays after the church service (11 am) and from the church office (M-F 9-4).

Harmony Club for 60+ Seniors will meet on Wednesday, February 24th at Rideau Park. From 1 to 2 pm, Gunter Kurz, a member of the congregation, will present, "Camino de Santiago: A Journey of a Million Steps," about his experience in hiking the El Camino pilgrimage route in northern Spain. All seniors in the community are welcome to attend. Prior notice is not required. The church is wheelchair accessible and parking is free. Meetings are held monthly.



Winter Dinner, Friday February 26th: After a brisk winter day, please come and warm up with a delicious dinner of chicken cordon bleu and green beans followed by fruit cobbler with maple syrup, at Rideau Park. There are two sittings: at 5 pm and 6:30 pm. All are welcome. Tickets are available on Sundays after the church service (11 am), or from the church office (M-F 9-4). Adults: \$18.00, Children 6-12 years: \$10.00, Children 5 years and under: free.

Harmony Club for 60+ Seniors will meet on Wednesday, March 30th at Rideau Park. From 1 to 2 pm, Doug Robertson, a member of the congregation and an artist, will be speaking about water colour painting and will display several of his watercolours. All seniors in the community are welcome. Prior notice is not required. Meetings are monthly.

For more information on any of these activities and events, please call the church office at 613-733-3156 ext 229 (M-F 9-4) or go to www.rideaupark.ca

LOST AND FOUND PET RECOVERY

We all miss our pets when they become lost. A missing pet is a stressful situation for both guardian and animal. Orrin and Pam Clayton wish to set up a confidential email list of pet owners (and others who care) in Riverview Park. If you wish to participate please email letterit@rogers.com with your email address and postal address and telephone number. When letterit@rogers.com is notified of a lost pet all participants will be sent a confidential email with a description of the lost or found pet. When a pet is found Orrin and Pam will notify the owner and arrangements can be made for the pet to be returned between the parties involved. Your participation may result in a lost pet being returned to their grateful owner.



Alta Vista Library

CHILDREN’S PROGRAMS

FEBRUARY

STORYTIMES / CONTES
(Closed : Monday, February 15.)
Fermée le lundi 15 février.)

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

Session 1
Mondays, January 11 – February 8, 10:30-11:00.
Les lundis 11 janvier – 8 février de 10h30 à 11h.

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

Session 1
Tuesdays, January 12 – February 16, 10:30 – 11:00.

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

Session 1
Thursdays, January 14 – February 18, 10:30 - 11:00.
Les jeudis 14 janvier – 18 février, de 10h30 à 11h.

SPECIAL PROGRAM / PROGRAMME SPECIAL

PD Day: Game On! / À vos jeux! (Congé pédagogique)
Roll the dice, pick a suit or grab a nunchuk! Come play cards, board games or Wii with us! / Joue aux dés, choisis ta couleur ou saisis un nunchuk. Viens jouer aux cartes, à un jeu de société ou au Wii avec nous.

Friday, February 12, 2:00 – 4:00 p.m.
Le vendredi 12 février de 14h à 16h.

TEEN PROGRAM

Un-Valentine’s Day
Tired of all the hearts and flowers? Would you rather see a ‘Pal-entine’s Day’? Join us for a mushy-free afternoon. Ages 14-18.
Friday, February 12, 4:30 – 6:00 p.m.
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.

MARCH

STORYTIMES / CONTES
(Closed : Friday, March 25; Monday, March 28.)
Fermée le vendredi 25 mars; le lundi 28 mars.)

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

Session 2
Mondays, April 4 – April 18, 10:30-11:00 a.m.
Les lundis 4 avril – 18 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 29 – April 19, 10:30 – 11:00 a.m.

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

Session 2
Thursdays, March 31 – April 21, 10:30 – 11:00 a.m.
Les jeudis 31 mars – 21 avril, de 10h30 à 11h.

MARCH BREAK / CONGE DE MARS

Colour Your World /Un monde en couleurs
A rainbow of discoveries. Stories, activities and crafts. Ages 4-6. Registration required. Un arc-en-ciel de découvertes. Contes, activités et bricolage. Pour les 4 - 6 ans. Inscription requise.
Monday, March 14, 10:30 – 11:30 a.m.
Lundi le 14 mars de 10h30 à 11h30.

Fizz, Boom, Pop!/Cric, crac, boum!
Join us in the mad scientist’s lab for some EXTREME explosions! Stories, activities and crafts. Ages 7-12. Registration required.La science s’éclate dans nos laboratoires scientifiques! Contes, activités et bricolage. Pour les 7-12 ans. Inscription requise.
Monday, March 14, 2:00 – 3:00 p.m.
Le lundi le 14 mars de 14h à 15h.

Machines at Work/Zone de construction

Stories, rhymes, songs and crafts for children of all ages, and a parent or caregiver. Family program. Contes, comptines, chansons et bricolage pour les enfants de tous âges et un parent ou gardien. Programme familial.
Tuesday, March 15, 10:30 – 11:30 a.m.
Le mardi 15 mars de 10h30 à 11h30.

Where the Wild Things Are/Retour à l’état sauvage
Explore the wonders of the animal kingdom. Stories, activities and crafts. Ages 7-12. Registration required. Explorez les merveilles du monde animal. Contes, activités et bricolage. Pour les 7 - 12 ans. Inscription requise.
Tuesday, March 15, 2:00 – 3:00 p.m.
Le mardi 15 mars de 14h à 15h.

Can You Measure Up?/ Êtes-vous à la hauteur?
How many? How much? How far? Stories, activities and crafts. Ages 4-6. Registration required. Où? Quand? Combien? Comment? Pour les 4 - 6 ans. Inscription requise.
Wednesday, March 16, 10:30 – 11:30 a.m.
Le mercredi 16 mars de 10h30 à 11h30.

Exploring S.T.E.A.M. with Canada Science and Technology Museum / Découvre S.T.E.A.M. avec le Musée des sciences et de la technologie du Canada
Experiment with three S.T.E.A.M.-themed activities: circuit blocks, a balance challenge and wind racer challenge. You can also try our marble run! Ages 6-12. Registration required. / Prenez part à trois activités axées sur le thème de S.T.E.A.M. : le blocs-circuit, le défi d’équilibre et la course par la force du vent. Vous pouvez également essayer notre circuit de billes! Pour les 6 à 12 ans. Inscription requise.
Wednesday, March 16, 2:00 – 3:00 p.m.
Le mercredi 16 mars de 14h à 15h.

Quick Fix with Billings Estate National Historic Site
In the past people had to be creative with their problem solving. There were no stores to buy things, you couldn’t always hire people to build things and when something broke, you fixed it! Are you up for a challenge? Participants will move between three stations where the boundaries of science and creativity are tested. See if you have what it takes to problem solve like in the past! Ages 7-9. Registration required.
Thursday, March 17, 10:30 a.m. (45 min.)

Shocking Science!/ Science charger
Electrifying experiments that will light up your world. Stories, activities and crafts. Ages 7-12. Registration required.

Des expériences électrifiantes pour illuminer votre monde. Pour les 7 à 12 ans. Inscription requise.
Thursday, March 17, 2:00-3:00 p.m.
Le jeudi 17 mars de 14h à 15h.

SPECIAL PROGRAM / PROGRAMME SPECIAL

Lego® Block Party/Ça dé “bloc”
Create and build with Lego®! Ages 6-12. No registration required Architectes en herbe, à vos Lego®! Pour les 6 - 12 ans. Aucune inscription requise.
Friday, March 18, 2:00-4:00 p.m.
Le vendredi 18 mars de 14h à 16h.

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

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

ADULTS/TEENS FEBRUARY/MARCH

Teen Programs

Teen Crafternoon
Every other week, teens can drop in, hang out with friends, and try their hands at some crafts. Ages 13-18. Drop-in.
Thursdays, February 4, 18; March 3, 31, 4:00 – 5:30 p.m.

Un-Valentine’s Day
Tired of all the hearts and flowers? Join us for a mushy-free afternoon. Ages 14-18. Registration optional.
Friday, February 12, 4:30 – 6:00 p.m.

Read it or not, here I come
Join other teens that enjoy reading for an animated book discussion. We’ll be chatting about a new book each month, and any other books we’ve liked.
Saturday, February 20, 1:30 – 2:25 p.m. – Every Other Day by Jennifer Lynn Barnes
Saturday, March 19, 1:30 – 2:25 p.m. - TBD

Book Clubs

Book Banter
Share the enjoyment of good books in a relaxed atmosphere. Join us for a discussion.
Thursday, February 4, 2:00 - 3:00 p.m. – Helpless by Barbara Gowdy
Thursday, March 3, 2:00 - 3:00 p.m. – Inside by Alix Ohlin

Alta Vista Library cont'd

Elmvale Acres Library

Sleuth Hounds Mystery Book Club
Share the enjoyment of good myster-
ies in a relaxed atmosphere. Join us for
a discussion.
Thursday, February 18, 6:30 - 8:00
p.m. – to be announced
Thursday, March 17, 6:30 - 8:00 p.m. –
to be announced

Infusions littéraires
Partagez avec nous le plaisir des livres
dans une ambiance détendue. Joignez-
vous à nous pour une discussion.
le lundi 22 février de 14h00 à 15h00
- Ces enfants de ma vie de Gabrielle
Roy
le lundi 21 mars de 14h00 à 15h00 - Le
figuier sur le toit de Margaret Ander-
son

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 Series 1 – Hobbs, Melville,
Smith, Shakespeare and Kierkegaard,
and more.
Tuesday, February 2,16; March 1, 15,
29, 7:00 – 8:30 p.m.

Business and Technology

Financing your Business: Credit and
Loan Do’s and Don’ts
This information session will help
you increase your chances of getting
a business loan to start, purchase and/
or or expand your business. Also learn
how the credit scoring system works
in Canada. Offered in partnership
with OCLF.
Saturday, March 5, 2016 - 2:00 – 3:00
p.m.

Upgrading to Windows 10
July 29th marked the release date
of Windows 10, the latest version
of Microsoft’s Windows operating
system. If your computer is currently
running Windows 7 or Windows 8.1,
then an upgrade to Windows 10 is
available free of charge. Jeff Dubois,
Program Coordinator of the Ottawa
PC Users’ Group, will discuss a num-
ber of considerations which should
factor into your decision to upgrade
to the new operating system.
Wednesday, March 30, 6:30 – 8:30
p.m.

Conversation Groups

Groupe de conversation en français
– débutant / French Conversation
Group – beginner
Améliorez votre français parlé et ren-
contrez des gens dans une ambiance
conviviale et décontractée. Aucune
inscription requise./ Practice your
French language conversation skills
and meet new friends in a relaxed and
friendly environment. No registration
required.

Mondays, February 1, 8, 22, 29, 4:45 –
6:00 p.m.

Les lundis 1, 8, 22 et 29 février de
16h45 à 18h00

Wednesdays, February 3 - 24, 4:45 –
6:00 p.m.
Les mercredis 3 - 24 février de 16h45 à
18h00

Mondays, March 7- 21, 4:45 – 6:00pm.
Les lundis 7 - 21 mars de 16h45 à
18h00

Wednesdays, March 2 - 30, 4:45 –
6:00pm.
Les mercredis 2 - 30 mars de 16h45 à
18h00

Groupe de conversation en français /
French Conversation Group – inter-
médiaire
Improve your spoken French in a
relaxed setting. This group is for those
at an intermediate level. No regis-
tration required. / Améliorez votre
français parlé dans une ambiance
décontractée. Ce groupe est de niveau
intermédiaire. Aucune inscription
requis.

Tuesday, February 2 – February 23,
6:30 – 8:00 p.m.
Les mardis 2 février – 23 février de
18h30 à 20h00.

Tuesday, March 1 - 29, 6:30 – 8:00 p.m.
Les mardis 1 - 29 mars de 18h30 à
20h00.

English Conversation Group - Mon-
day / Groupe de conversation anglais
- lundi
Practice your English language con-
versation 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. Au-
cune inscription requise.

Mondays, February 1 – February 29,
6:00 – 7:30pm.
Les lundis 1 février – 29 février de
18h00 à 19h30

Mondays, March 7 - 21, 6:00 – 7:30pm.
Les lundis 7 - 21 mars de 18h00 à
19h30

English Conversation Group - Tues-
day / Groupe de conversation anglais
- mardi
Practice your English language con-
versation 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. Au-
cune inscription requise.

Tuesday, February 2 – February 23,
12:00 – 1:45 p.m.
Les mardis 2 février – 23 février de
12h00 à 13h45.

Tuesday, March 1 - 29, 12:00 – 1:45
p.m.
Les mardis 1 - 29 mars de 12h00 à
13h45.

1910 St. Laurent Blvd.
January – March 2016

Children’s Programs:
Contes en famille
Monday, February 1, 8 - 10:15am
Contes, comptines et chansons pour
les enfants de tous âges et un parent ou
gardien.
Programme portes ouvertes

Family Storytime
Wednesday, February 3, 10, 17 - 10:15am
Wednesday, March 30 – 10:15am
Stories, rhymes and songs for children
of all ages and a parent or caregiver.
Drop-in program

Babytime/ Bébés à la biblio
Thursday, February 4, 11, 18 – 1:30 pm
Thursday, March 31 – 1:30pm
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.
Drop-in program / Programme portes
ouvertes

Homework Club
Homework help for elementary and
middle school students. English only.
Saturdays, February 6, 20, 27 – 10:30am–
12:00pm
Saturdays, March 5, 12 - 10:30am–
12:00pm
Drop in program

Reading Circle
Reading help for elementary and middle
school students. English only.
Saturdays, February 6, 20, 27 – 2:00–
3:00pm
Saturdays, March 5, 12 – 2:00-3:00pm
Drop in program

Special Saturday Storytimes

Valentine’s Day Fun! / La Saint-Valentin
en vedette!
Saturday, February 13 – 2:00pm (45
mins.)
Celebrate Valentine’s Day as a family!
Stories, activities and crafts. Ages 5-10.
Free. / Célébrez la Fête de la Saint-
Valentin en famille! Contes, activités et
bricolage. Pour les 5 à 10 ans. Gratuit.
Bilingual. Registration required / In-
scription nécessaire.

Easter Fun! / S’amuser pour Pâques
Saturday, March 19 – 2:00pm (45 mins.)
Celebrate Easter as a family! Stories,
activities and crafts. Ages 5-10. Free. /
Célébrez Pâques en famille! Contes,
activités et bricolage. Pour les 5 à 10 ans.
Gratuit.
Bilingual. Registration required / In-
scription nécessaire.

March Break Programs:
Sur le chantier
Monday, March 14 – 10:15-10:45am
French only. Programme portes ouvertes
Contes, comptines et chansons pour
les enfants de tous âges et un parent ou
gardien. Programme familial.

Where the Wild Things Are
Monday, March 14, - 2:00-2:45pm
Explore the wonders of the animal king-
dom. Stories, activities and crafts. Ages
7-12. Explorez les merveilles du monde
animal. Contes, activités et bricolage.
Pour les 7 - 12 ans.
Bilingual. Registration required / In-
scription nécessaire.

MathXplosion
Tuesday, March 15 – 10:30-11:30am
MathXplosion is a new educational
children’s series of shorts that will air
on TVO Kids and TFO. Join host Eric
Leclerc as he reveals the secrets of the
not-so-hidden world of math. Care-
givers welcome. Ages 6 to 8. / MathX-
plosion est une nouvelle série de courts
métrages éducatifs pour enfants qui
sera diffusée sur TVO Kids et TFO.
L’animateur Éric Leclerc nous révélera
les secrets du monde pas si mystérieux
des mathématiques. Pour les enfants de
6 à 8 ans. Accompagnateurs bienvenus.
Pour les 6 à 8 ans.
Bilingual. Registration required / In-
scription nécessaire.

Wild & Wacky Wather / Météomanie
Tuesday, March 15 – 2:00-2:45pm
Brew up a storm and unleash the pow-
ers of Nature! Stories, activities and
crafts. Ages 7-12. Créez une tempête et
libérez les forces de la nature! Contes,
activités et bricolage. Pour les 7 - 12 ans.
Bilingual. Registration required / In-
scription nécessaire.

Machines at Work
Wednesday, March 16 – 10:15-10:45am
Stories, rhymes, and songs for children
of all ages, and a parent or caregiver.
Family program.
English only. Drop-in program / Pro-
gramme portes ouvertes

Junior Engineers / Ingénieurs en herbe
Wednesday, March 16 – 2:00-2:45pm
Take it to the limit! Stories, activities
and crafts. Ages 7-12. Il n’y a pas de lim-
ite! Contes, activités et bricolage. Pour
les 7 - 12 ans.
Bilingual. Registration required / In-
scription nécessaire.

Science in Motion / Science, ça bouge!
Thursday, March 17 – 10:15-11:00am
Experiments that put science in action!
Stories, activities and crafts. Ages 7-12.
Des expériences qui mettent la science
en action! Contes, activités et bricolage.
Pour les 7 - 12 ans.
Bilingual. Registration required / In-
scription nécessaire.

Toy Factory / Usine de jouets
Thursday, March 17 – 1:30-3:15pm
Inspired by the Pop-Art movement this
workshop allows children to let their
imaginations run wild while simultan-
eously learning about perspective and
proportions as they design and paint
their own 15-20 cm plastic figurine. Ages
7-12 / Inspirée du mouvement Pop-Art,

Computer Tips and Tricks

The CyberScammers have got their second wind

by Malcolm and John Harding, of Compu-Home

We have reported many times in our articles about the creeps from “Windows” who have “Detected suspicious activity on your computer . . .” and we have repeatedly advised you to just hang up on them. Blessedly, the telephone calls seem to be subsiding. On the other hand, what has replaced the telephone scam in new trappings, right on your computer is more aggressive and disruptive than ever before. Dozens of people have called us in the past two months, reporting that while they were in the middle of some safe and benign computer activity, a large popup box appeared, warning of suspicious actions and threats. There is usually a command not to turn off the computer, and to call a telephone number for a remedy. This of course leads to a demand for a credit card payment, and no actual help whatsoever. Anyone who has made the mistake of going down this path will wind up having paid hundreds of dollars for software that is supposed to be free, and

signed up for a service plan that will never be honoured.

Unfortunately, this is a circumstance where Macintosh users can’t think they are safe as usual, because unlike with many threats, Macs are vulnerable to this scourge too.

HOW DID THIS HAPPEN TO ME?

There are two main sources of this attack. First is simply because you blundered into a crooked website while browsing or searching on a subject. These guys are very good at making their sites look legitimate and emulating sites of reputable companies, and so we can hardly be blamed for running afoul of them. The second source, however, is one that we might have been able to avoid. Often when we are installing new software there are check boxes that allow installation of additional programs, and these are not always as carefully vetted as we might have hoped. It is important, therefore, to monitor carefully every step in new software installation, and to uncheck the boxes that will lead to anything unexpected.

Ad blocker utilities (free) reduce somewhat the likelihood of this sort of attack.

WHAT WILL IT LOOK LIKE?

A large box will pop up. Sometimes it will have glaring and threatening graphics or other times just plain text, but there will always be commands and lots of bogus gobbledygook information about security errors, identity theft, and so on. It will often imply that this is all your fault because you have done something wrong, or shady, or stupid. It may seem legitimate because it mentions your own Internet Service Provider. It will seem like you have no choice but to call the telephone number for help.

WHAT SHOULD I DO?

DO NOT call that number! Contrary to the instructions, close your web browser. Windows users can click the X in the top-right corner, but on a Mac, you should actually “Quit” the program, and not just click on the red button. If that doesn’t just press and hold

the Power On/Off switch for 8 seconds, to shut down your computer. If you want to be reassured that no malware has been deposited on your hard disk as a result of this experience, you can do a Malwarebytes (Free Version) scan, as a confirmation that nothing has eluded your automatic anti-virus utility. The chances are that this will be the end of it, but if problems remain it is probably best to call a professional.

If they weren’t such soulless criminals, we might be tempted to admire the ingenuity of these crooks!

Go to compu-home.com/blog for an archive of our columns (including this one) and lots more tech-related articles. There is a space right after each item for you to make comments and suggestions, and ask questions. You can even sign up for automatic updates. Have a look at compu-home.com/blog soon or call us at 613-731-5954 to share your opinions and suggest subjects for future columns. Our email address is info@compu-home.com

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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 28

SUDOKU

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

Elmvale Library

Continued from page 39

cet atelier permettra aux enfants de libérer leur imagination tout en mettant au défi leur sens de la perspective et des proportions lorsqu'ils conçoivent et peignent leur propre 6-8 " figurine plastique de 15 à 20 cm! Pour les 7 à 12 ans. Bilingual. Registration required / Inscription nécessaire.

Colour Your World / Un monde en couleur
Friday, March 18 – 2:00-2:45pm
A rainbow of discoveries. Stories, activities and crafts. Ages 4-6/ Un arc-en-ciel de découvertes. Contes, activités et bricolage. Pour les 4-6 ans.
Bilingual. Registration required / Inscription nécessaire.

Lego® Block Party / Ça dé "block"
Saturday, March 19 – 10:15-11:15am

Create and build with Lego®! Ages 6-12.
Architectes en herbe, à vos Lego®! Pour les 6 - 12 ans.
Bilingual. Registration required / Inscription nécessaire.

Adult Programs:

Job Search Clinic / Séance pratique pour la recherche d'emploi
Need help with your job search? An Employment Ontario specialist will provide one-on-one assistance with job searching, resume review, or interview preparation. Offered in partnership with Vanier Community Service Centre. / Obtenez de l'aide personnalisée pour la rédaction de votre CV ou la recherche d'un emploi. Offert en partenariat avec le Centre des Services Communautaires Vanier.
Tuesday, February 9 – 1:30-3:00pm
Tuesday, March 8 – 1:30-3:00pm
Bilingual

Drop in program / Programme portes ouvertes.

Mystery Book Club - Monday Nights Are Murder
Monday, February 1 – 6:30pm
Monday, March 7 – 6:30pm
Share the enjoyment of good mysteries in a relaxed atmosphere. Join us for discussion. First Monday of the month, except for holidays.
Drop in program

English Conversation Group
Practice your English skills and meet new friends in a relaxed and friendly environment. / Améliorez votre anglais et rencontrez des gens dans un milieu décontracté.
Tuesdays, February 2, 9, 23 – 7:00-8:00pm
Tuesday, March 1, 8, 23 – 7:00-8:00pm
Drop in program

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, Program Coordinator, Ottawa PC Users' Group, examines some of the alternatives, restrictions and solutions used to maximize your streaming experience.
Wednesday, February 24 – 6:00-8:00pm
English only. Adults only.
Registration required.

Seed Exchange / Échange de graines
Saturday, March 26, 2016 – 2:00-3:00pm
Come exchange your seeds with other gardeners! / Échangez les graines de votre jardin avec d'autres jardiniers!
Drop in program / Programme portes ouvertes.

FINANCIAL PLANNING

Time for Some New Year's (Financial) Resolutions

by Bob Jamieson

2016 has just begun. If you're like many people, you might be mulling over some New Year's resolutions, such as hitting the gym more, learning a new language or taking a cooking class. All are worthy goals, but why not add some financial resolutions as well?

For example...

... *Pay yourself first.* Even if you aren't living "paycheque to paycheque," you probably don't have much trouble spending your money – because there's always something that you or a family member needs, always a repair required for your home or your car, always one more bill to pay. But if you are going to achieve your long-term goals, such as a comfortable retirement, you need to invest consistently. So before you pay everyone else, pay yourself first by having some money automatically moved from your checking or savings account each month into an investment.

... *Take advantage of your opportunities.* If you have a RRSP or similar plan at work, take full advantage of it. Contribute as much as you can afford – or at least enough to earn your employer's match, if one is offered – and choose the mix of investments that give you the potential to achieve the growth you need at a level of risk with which you are comfortable.

... *Focus on the long term.* In the short term, you might be excused for not wanting to invest. The headlines are typically scary, the financial markets are frequently volatile and the future often looks

murky. Yet, if you can look past the uncertainties of today and keep your focus on tomorrow, you may find it easier to follow a disciplined investment strategy that gives you the opportunity to work toward your long-term goals, such as a comfortable retirement.

... *Don't be driven by fear.* When the market is down, investors tend to react with fear. Specifically, they may rush to sell their investments, afraid that if they don't "cut their losses," they might sustain even bigger ones. But, you may find that a down market can offer you the chance to buy quality investments at good prices.

... *Forget about the "hot stocks."* You'll hear friends, co-workers and talking heads on television tout today's "hot stocks." But by the time you might hear about them, they may have cooled off – and, in any case, they might not be appropriate for your needs. Forget about "getting rich quick in the market" – it probably won't happen. True investment success requires patience and persistence.

... *Cut down on your debts.* It's easy to pile up debts, but a lot harder getting rid of them. Yet, if you can reduce your debt load even moderately, you'll free up money you could use to invest. So look for ways to conserve, cut back and consolidate – it will be worth the effort.

Making these resolutions – and sticking to them – can help you as you work toward achieving your financial goals. The beginning of the year is an excellent to start,

or reconfirm, your own path to meeting these goals. If you would like assistance, please feel free to call me at 613-526-3030. Or, for more information, visit my website.

Bob Jamieson, CFP www.edwardjones.ca/bob-jamieson
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Dear Fran

dearfrangardener@gmail.com

IRIS-Messenger of Beauty

As you know from previous articles, I am a member of the Gloucester Horticultural Society. In the late 1980s, the Society adopted the Bearded Blue Iris as the Society's official flower. The iris is named for the Greek goddess of the rainbow. Irises are easy to grow and come in all the colours of the rainbow.

For the 1994 year book, I wrote an article on irises. I resurrected the article for the 2016 year book, because in 2015 the Society gave each member an iris to commemorate its 90th Anniversary. I thought you might enjoy the information.

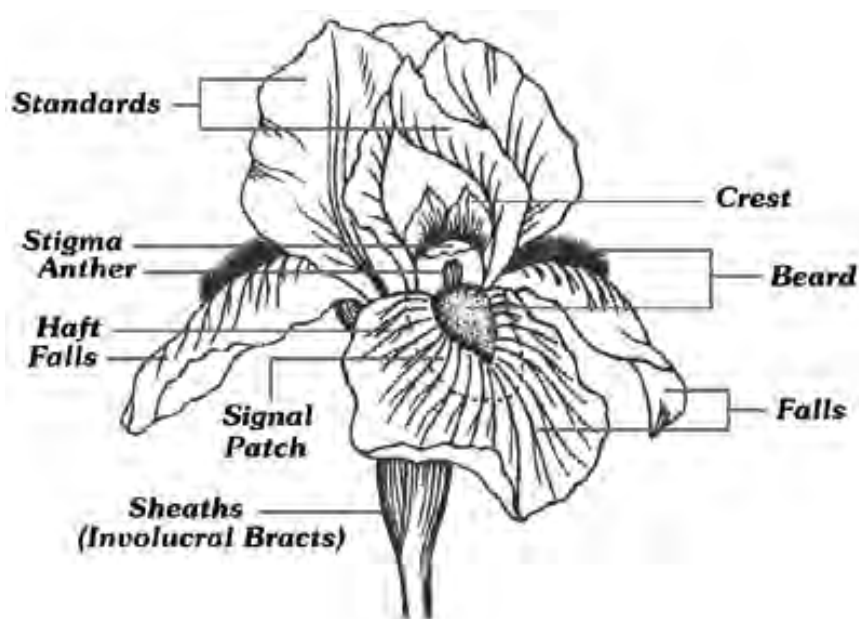
The Iris was planted in gardens long before the birth of Christ and has played a role in religion, mythology, medicine and botany. Grown throughout the northern temperate zone, this genus is comprised of over 200 species ranging in size from three inches (*Iris chamaeiris*) to six feet (*Spuria* hybrids). Irises are blessed with an unlimited colour range and varied flower shape, and its popularity is only rivaled by the daylily (*Hemerocallis*).

The genus is divided into two groups—bulbous and rhizomatous. The bulbous group includes the Dutch, Spanish, English and reticulata irises. The rhizomatous group include bearded (which are further divided by height and blooming time), beardless (which include Siberians), *Spurias*, Japanese, Louisiana and other species irises. All are easy to grow and by choosing the right iris, your garden could have irises in bloom from late winter to late summer and even later if you can find the new rebloomers. The blooming schedule so to speak begins with the reticulatas (the hardest of the bulbous types) in early May, followed by the Juno and Cristata in mid-spring, next to appear (late spring) are the standard dwarf bearded and miniatures, by early summer the intermediate then late bearded followed by the beardless Siberians and then the *Spurias* and Louisiana. The species bloom from spring to August with some of the new hybrids reblooming in the late summer.

The basic flower structure can be simple to complex depending on the species or hybrid. The following description applies to bearded iris but the names of the parts still apply to all irises: STANDARD are the three inner petals usually upright in position and carried higher than the falls; FALLS are the lower three petals and are usually below the standards;

BEARD refers to the area along the centre of the fall which may be a line, multiple rows, a large patch or fuzzy or hairy area along the fall.

The following terms describe colour and patterns: a SELF is all one colour; in a BICOLOUR, the standards are one colour, the falls another; in a BITONE, the standards and falls have two values of one colour; in a BLEND, two or more colours are mixed; in a PLICATA, the standard and falls are a self colour, but overlaid



with stitching, stippling, veining or mottling in a second colour.

All irises with a rhizome type root require good drainage, full sun with a bit of shade from the hot summer sun; except for the Japanese iris which needs acid soil and a moist site early in the growing season. There are irises to suit every garden site from dry to bog; you only have to do some homework to find what suits your site. The bearded iris, the most favorite iris, thrive in the middle of the mixed border with peonies, poppies and daylilies with low perennials or annuals planted in front. I was once told (I cannot remember who) that irises love to bake in the summer and freeze in the winter. This is a true indication of the hardness of irises.

To prepare a new bed, dig in manure, compost/peat moss and 5-10-10 fertilizer into the soil and allow it to settle for three weeks (plan ahead) otherwise the rhizome roots may become exposed after a few weeks or heave out of the soil the next spring. Once the soil has settled plant the bed by digging a wide shallow hole about 5" deep, leaving a ridge of soil. Set the rhizome on top of the ridge spreading the roots down each side of the ridge, cover with soil making sure the rhizome is not more than one inch below the soil surface. Firm and water well over the next two weeks. All leaf

fans should be set facing the same direction 6-8" apart in a triangular or staggered formation in clumps of 3-7 fans. Planting all fans facing outward results in a bare middle and all fans facing inward results in a tangled mess.

Understanding the growth cycle and basic needs of irises leads to a beautiful healthy display. Active growth begins in early spring with most growth occurring shortly before and at the time the blooms stalk emerges from the soil. All energy of the plant is focused on leaf and flower

Iris borer is the most serious pest and is associated mostly with bearded iris. The borer pupates in the soil or in old rhizomes, emerges in August/September as a gray moth, lays its eggs in clusters on old iris leaves and over winters there. In spring, when the new eaves are about 5-6" high, the eggs hatch and young caterpillars enter the leaves and munch their way down the leaf to the rhizome. The adult bores is 1 1/4" long and is white with a black head. Reduce over wintering eggs by destroying all old iris leaves and any infected rhizomes by burning or in the garbage, not composting. The pesticide that killed the iris borer is no longer sold in Canada. The gardener either lives with the damage of iris borer or learns to identify early when a borer has attacked a leaf and squish the borer while it is tunneling down the leaf. The best time to check for iris borer damage is when the iris leaves are about 5-6" high. Sandy Ives, a long time iris grower, recommends lightly flaming the iris fans in late fall with a small propane torch to kill iris borer eggs.

I hope this helps you to understand how irises grow.

References:

Canadian Garden Perennials, A. R. Buckley, Hancock, 1977, ISBN 9-919654-78-9.

The National Gardening Association Dictionary of Horticulture, produced by The Philip Lief Group, Inc., 1977. ISBN 0-670-84982-8.

The Canadian Iris Society @ www.cdn-iris.ca/

Master Gardeners of Ottawa-Carleton (MGOC) will be offering a garden design workshop in late April and several lectures for the Friends of the Experimental Farm.

If you would like to receive TROWEL TALK, our free monthly electronic newsletter, contact :

<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

Information about these items on the MGOC website:

<http://mgottawa.mgoi.ca>





Riverview... then

by Paul Walsh
This aerial shot of the entrance to Riverview Park was from the early 1960's and was part of an Ottawa Journal article. The picture is looking south-west and shows the Rideau River on the right side of the image, with the newly built Smyth Road Bridge visible, crossing it, near the top. Riverside Drive fol-

lows the course of the River and final work was going on between the road and the River to close and cover over what was left of the old city dump.
In the bottom right corner, by the cloverleaf, you can just see the CPR Hurdman Tower shown in the last issue of this paper. Right beside it to the left, the railway right of way used by VIA today,

goes west toward Bank St., paralleling Riverside Drive most of the way.
The overpass by the cloverleaf crosses the roadway heading south-west and veers up toward Alta Vista Drive, crossing through the area that would later become the Cancer Survivor Park.
Heading to the left are the early versions of Rolland Ave. and

Industrial Ave., and below those roads can be seen the CPR and CNR warehouses, still present, that were built in the 1950's.
NO main Post Office is shown opposite them in the field leading to the cloverleaf, but in the middle of the picture, on the left, is the old Grey Nun Building, on the site of today's Alta Vista Towers.

Tribute to a poet

Some people in Riverview Park may have seen Majid Kafai play chess in Tim Horton's or read items of his poetry. One of his poems that should not be missed came second best of nine in the Ottawa Independent Writers Christmas party contest.

O! WISE MAN

*O! wise man
you tell me
to this World
why we came?*

*Oh! wise man
you tell me
the wisdom of this game*

*We all come
we all go
constantly
in a row*

*Not knowing
from where we came*

*Not knowing
to where
we go*



The winner: Majid Kafai
Photo credit: Madame Alberte Villeneuve

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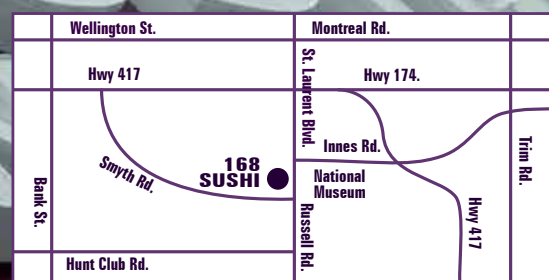


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