

APRIL 2017

A Voice of Riverview Park

VOL. 9 NO. 2

Look out for... Big changes to our Canadian ca\$h

by Maria CampbellSmith

any of us use debit or credit cards more often than we use cash. Pay cheques get electronically deposited into bank accounts. Bills can be paid and purchases made online, or using apps. Still, most of us carry hard currency too. Money is much more than it seems.

We save and spend dollars-but we rarely study them. As times and technology change, so too does our money. Are you ready for the dramatic changes coming to Canadian cash?

The history and intricacies of our money are not always common knowledge. How about a crash-course in Canadian currency?

Decide which statements are true and which

are false:

• The Bank of Canada has issued \$1,000,000 notes.

- Canada used to print separate English and
- French currency. Canada has had a
- \$25 bill. Canada has over \$76 billion in bank notes in circulation.

(The first statement is false. The other three are true!)

The federal government's central bank

The Bank of Canada was chartered by an Act of Parliament in 1934. It formulates Canada's monetary policy-striving in particular for a low and slow rate of inflation. It is the central bank for the federal government, and it is the sole issuer of Canadian bank notes. (Our coins are issued by the Royal Canadian Mint, and the previous Dominion of Canada bank notes were steadily withdrawn from circulation between 1935 and 1950.)



When the Bank of Canada issued its first series of bank notes in 1935, they produced separate English and French bills for each denomination. The reigning monarch and members of

the British royal family were the faces on the front of the bills. In addition to the standard denominations, they issued a unique purple \$25 bill and an orange \$500 bill to commemorate the silver jubilee of King George V. These were issued only in 1935. Those denominations have never been used since, making collector items of those bills.

With six successive series of bank notes since 1935, the Bank of Canada has developed the bilingual, multi-coloured currency we know and use today. Our bills feature the Queen and **CONTINUED ON PAGE 3**

In celebration of Canada's Sesquicentennial Year From Junction Gore 1792 to Riverview Park 2017 in 150 facts



The Early Days

Gloucester Township was surveyed in 1792 and named for the second Duke of Gloucester, a nephew of King George

III. The Township was laid out in four parts, one of which was named Junction Gore, in the northwest part of the Township. Lot sizes of 200 acres au and Ottawa Rivers. in Junction Gore were laid out in narrow strips fronting on the Rideau River.



ea's modern name, was in part of Junction Gore. A gore was a small, triangular tract of land. The junction referred to was the

the north; Rideau River on the northwest; St. Laurent Boulevard

on the east and Walkley Road on

Broken span Hurdman's Bridge, from downtown to Junction Gore (at right), Ottawa, 29 June 1902. SOURCE: LIBRARY AND ARCHIVES CANADA, JAMES BALLANTYNE FONDS, #771.

Junction Gore's boundaries were: Ottawa River on

intersection of the Ride-

Riverview Park's boundaries are: the Rideau River on the west; the CN tracks on the north; St. Laurent Boulevard on the east **CONTINUED ON PAGE 13**





by Bruce Dudley

I n our last issue we traveled from Bank St. and Grove Ave. in Ottawa South to Charlotte and Rideau at the eastern end of Sandy Hill. As this is the downtown 'end of the line' for the Bank Street cars I try to arrive right on time as I can't lie about and tie up traffic. I've adjusted the scroll signs to read "BANK", my transfers are changed from 'Bank' to 'Rideau' and I set the departure time on the transfer cutter and we're ready to roll.

We head south on Charlotte St. for a few blocks and just before we swing right on Laurier we pass an imposing structure on our left, the Embassy of the Soviet Union, as it then was. On to Laurier Ave. then, heading west along one of Ottawa's loveliest streets and looking to our left we see beautiful Range Road Park and off in the distance the Isolation Ward of the Civic Hospital. Then coming up on the right is Laurier House and then we are rolling past Ottawa University before swinging right onto Nicholas St. then passing the old city jail.

Ogilvy's department store comes into view on the left and we're back to Rideau, this time westbound. We cross Mosgrove, pass Freiman's Department Store on the right and then start up-grade to the island car stop with the Chateau Laurier on one side and the Union Station on the other. Then it's past the War Memorial and across the Plaza and Elgin St. onto Queen



864, Bank at Clemow. PHOTO: AL PATERSON, BRUCE DUDLEY COLLECTION.

St. with McIntosh & Watts China Shop on the corner. The Ottawa Citizen is on the right as we approach O'Connor, then past the 'back doors' of the 5 and 10-cent stores of Sparks St. and we come to a stop at Bank St. with the elegant Capitol Theatre across the way. Then it's left on Bank for the long run to the Glebe.

Streetcar traffic is heavy here for a few blocks as we share our track with four other lines, but soon Preston and Britannia cars turn off Bank onto Albert. Past the Diamond Barbeque, the new Odeon Theatre and National Bakery we go and as we approach Somerset St. a Holland-bound car in front of us turns away to the west leaving one other car a block or so ahead. Continuing south we go by the Imperial and Rialto theatres and that car ahead swings west onto Gladstone Ave. We then dip into the underpass beneath the CNR tracks and coming up the other side we are now in the Glebe. Central Park and the five Avenues go by then it's the Coliseum and Exhibition grounds.

Leaving the Glebe we take the Bank St. Bridge over the canal, passing the Mayfair theatre before swinging right onto Sunnyside Ave. then left on Seneca and left again onto Grove and as we ease up to stop at Bank St., we have completed our return run to Ottawa South.

In our next issue I'll take you for a ride on the Preston-Rockliffe line.



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Big changes in Canadian CaSh continued from page 1

Canada's notable prime ministers on the fronts, and artwork highlighting Canada's military history, culture, achievements, or natural flora and fauna on the backs.

Demise of the small and the big

The style and security features of our bank notes have changed over the years. Denominations have even been eliminated. Canada's one dollar bill was a green bank note featuring since 1952 the face of our reigning monarch, Queen Elizabeth II. It had basic buying power and might have ended up in your birthday card or allowance way back when. In 1989, the \$1 bill was decommissioned and replaced with the less costly, more durable "loonie" coin.

In 1996, our pinkish-red \$2 bill was decommissioned and replaced with the "twoonie" coin. Suddenly, loose change could add up to big dollars, but the changes did not stop there.

Canada's largest denomination was the \$1,000 bill. The majority of Canadians did not use this pinkish-purple bank note on a frequent basis. As mainstream Canada became more corporate and technological wages were paid electronically and large ticket items purchased with credit or debit cards, \$1,000 bills were thus seen less and less.

Thousand dollar bank notes do allow for large amounts to be carried, saved, or transferred discreetly. Nicknamed "pinkies" by banks, the RCMP, and on the street, these bills were favoured by organized crime. Consequently, in the year 2000, the Bank of Canada halted their printing. Well over 900,000 remain at large. (That's nearly one billion dollars in outstanding currency!)

Stores no longer honour these male face on our currency, making es are in the bills themselves! bills, but the Bank of Canada does. her a national role model. This new As more of them are turned in and \$10 bill is expected to be in circula-The power of Polymer bills deposited at banks, the serial num-First of all, our paper money is no tion by late 2018. longer paper. The "Frontier series" bers are checked, then they are tak-A second public survey and selection process is planned to iden- of Canadian bank notes changed en out of circulation and destroyed. closer look.

This leaves Canadians with five standard bank notes: the blue \$5 bill with the face of Wilfred Laurier, the purple \$10 bill with John A. Macdonald, the green \$20 bill with Queen Elizabeth II, the red \$50 bill with William Lyon Mackenzie King, and the brown \$100 bill with Robert Borden. Compared to other nations, Canada is left with a very limited range of bills and denominations. But even more changes await.

Changing the faces

The Governor of the Bank of Canada usually serves a seven-year term, and the current Governor is Stephen Poloz. As we celebrate 150 years of Confederation, and continue to build Canadian democracy and culture, plans have been made to change the face - or *faces* – of our currency.

You may already know of the new Canadian \$10 bill, meant to honour Canadian activists and achievements. For the first time in history, the Bank of Canada initiated an on-line campaign, inviting citizens to submit names of iconic Canadian women (citizens renowned for leadership or significance, who had been dead for at least 25 years) for a newly designed bank note. The list narrowed from thousands, to hundreds, then to a short-list, and eventually to the selection of Viola Desmond, referred to by some as "Canada's Rosa Parks".

Viola Desmond was a black Canadian businesswoman from Nova Scotia who struggled against racism and injustice. She defied segregation in society at a New Glasgow movie theatre in 1946, nearly a decade before Rosa Parks took her stand in the United States. Her face will be the first Canadian fe-



Viola Desmond



Canadian polymer notes. PHOTO: BANK OF CANADA

tify another modern-aged, iconic Canadian to be featured on the redesigned \$5 bill. That new bank note is expected by 2020.

One change often leads to another. If the Bank of Canada removes Prime Ministers Laurier and Macdonald from our \$5 and \$10 bills, will they be eliminated from our money altogether? The answer is no. Instead, the \$50 and \$100 bills will drop the images of Mackenzie King and Borden, and become the new positions to honour Canada's first Prime Minister, John A. Macdonald, and first French Canadian Prime Minister, Wilfred Laurier.

This certainly means a lot of change for the bank notes that we see and use, but even bigger chang-

that. Now, our money is made of multi-layered Polymer. These bank notes have a glossy or slippery feel. They are more durable, and double the previous lifespan of bills in circulation to seven years or more. Each bill is uniform in dimensions, weighs about 1 gram, and costs 19c to produce. Polymer bills can also be re-

cycled once taken out of circulation, whereas our old paper bills were destroyed.

> The Bank of Canada employs chemists, physicists, artists and engineers to develop our bank notes. They even tested the limits of the new poly-

mer bills by boiling, freezing and washing them! Their efforts to redesign and improve Canada's money is a science in itself.

The peak year for counterfeiting in Canada was 2004. However, by 2012 and the "Frontier series" of Polymer bills, ours had become one of the more secure currencies in the world. Canada's Polymer bills have a myriad of tactile and security features including micro-printing, holographic (3-D) images, and raised ink (on words like The Bank of Canada or on the shoulders of the image of the Queen). There are also watermarks, embedded thread, and random white security fibres (that glow red when exposed to ultra-violet light). Metallic portraits and symbols, transparent areas, and colour changes are built into the bills. These features allow for all sorts of checks to test for counterfeits.

An original, commemorative \$25 bill from 1935 can fetch \$2,000 as a collectible, or, one can deposit it as \$25 into a bank account. It is still money, but it is so much more. The faces and scenes on our bank notes past, present and future, read as a mini-text of Canadian history, symbols, and technology. Our bank notes are much more than just "promissory notes to pay". Open your wallet and take a



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Journalist speaks out at retirement home

Revera Home heard journalist Bill Fairbairn speak about his latest book, Newsboy, and warn that if United States President Donald Trump keeps up his attacks on television and newspapers Americans risk having no real journalism at all. "Journalists are not enemies of the people as Trump put it," Fairbairn said. "Not that the American media is without fault and not that the world media is without fault."

Fairbairn said broadcasting has become so fast today that no sooner than one big story is screened or reported bigger news follows at a hectic pace.

"Journalists are human and sometimes in the unruly rush to be first they get facts wrong," said this journalist, who started delivering newspapers in Scotland at age eight and now at age eighty-one writes, photographs and delivers The Riverview Park Review on two streets.

"Had I not signed off my book, Newsboy, to the printer before Donald Trump came to power I would have defended the media against Trump in print.

Fairbairn's talk came in the wake of Trump attacking, on grounds of false news, media like America's CNN television, the British Broadcasting Corporation, the Washington Post and the New York Times and selecting only journalists he wishes to see at White House briefings.

"Journalists must challenge authority. That's what journalism is all about," he opinionated.

"When the BBC reported wrongly recently that the Queen had died while suffering from a bad cold, the 95-year-old British broadcaster immediately apologized for its error," Fairbairn said. "Donald Trump doesn't just make errors; many luminaries believe he lies. "One example is a recent comment he made to a rally of his supporters that Sweden had suffered a terrible event at the hands of refugees the country had taken in. There was, in fact, no terrible event by refugees. Nor to my knowledge did Trump apologize when confronted by Sweden's prime minister." Fairbairn, who is editor emeritus for The Riverview Park Review, said he had taken licence in his talk since he was invited to reflect on his Newsboy book and not on Donald Trump. He gave a taste of what is in its 355 pages recalling hearing on the radio at age four then British Prime Minister Neville Chamberlain's deep voice declaring war on Germany. "I had no idea then what he was talking about but his voice gave me the long-time creeps and I knew it was bad news."

esidents of the Alta Vista career starting at age 15 in 1950 not suffered to teach and ennoble the race counting my earlier delivery of newspapers during World War II. My life as a journalist took in 14 full-time editorial jobs on newspapers on three continents. I saw out struggles for independence in three African countries and touched on a war in Katanga. I also worked fulltime for CBC's Radio Canada International, the Sun in London and The Scotsman in Edinburgh as well as Montreal and Vancouver newspapers. Enough journalism adventures there for my fifth book!

> "I now write for our *Riverview* Park Review, so I don't expect Donald Trump to personally counter-attack my view of him.

Fairbairn ended his talk with a poem: When they who have striven and Shall march at the front of the col-

umn, each one is his God-given place As they enter the gates of the city with proud and victorious tread

The editor, printer and newsboy will travel not far from the head.

A question period revealed a wide audience interest in Trump. "There are two sides to every story," Fairbairn acknowledged. "In his State of the Union address Trump did reveal a more moderate comportment." He agreed with a member of the audience who said Canadians would have to wait to judge President Donald Trump.

Thanking Fairbairn for his talk, Jean Thompson, secretary of the



Resident association secretary, Jean Thompson, warmly thanked Bill Fairbairn for his talk. PHOTO: JANINA NICKUS

Revera Home Resident Association, said: "Your comments on recent events in the United States were most interesting as we all wonder about effects on Canada of what happens south of the border."



"My book outlines my newspaper



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There is a lot of buzz around the 150 celebrations in Ottawa. And included in this issue of the Riverview Park Review, there is a section devoted to the landmarks throughout the 150 years of Riverview Park's history as part of that "buzz". From a river front farming community to a modern residential community with commerce and industry, Riverview Park has been a part of the stories of Ottawa, Canada and the world.

Local and national newspapers have been a part of the telling of these stories. And with the rise of them approximately 150 years ago, they have been a way for readers to participate in the local and extended communities. As a democratic tool, newspapers told the news of the day to everybody. And as people got together at church, the market, or on the street, that news got passed around, discussed and acted upon.

Today we have far more sources of news thanks to the internet newspaper and social media. Arguably more happened.

democratic than newspapers, these sources allow everybody to contribute to the conversation, all the time. The problem is that without interpersonal contact, opinion replaces wisdom, feelings replace facts, and "alternative facts" breed distrust.

The online sense of community is starting to replace a sense of physical community. Personal ownership of local community issues, let alone the capacity to act in that community is being replaced by virtual participation. Parks and public spaces are empty, to be replaced by garbage that nobody picks up. It is getting harder and harder to get volunteers to participate in local activities in part because they are not outside in their own community. Digital devices are not bad in the least, but one day we may discover we don't own them, they own us. And by then not even a newspaper will be a means of being connected. Nor, will there be a newspaper to ever record what has

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Got an opinion to share? Please send letters to *editor.riverviewrpr@gmail.com*. Your name, address and phone number is required for verification. *Please remember to recycle this newspaper*.

Please note that the opinions published in *Riverview Park Review* are those of the authors and do not necessarily reflect the views of Riverview Park Review.

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LETTERS TO THE EDITOR

ITC REFUGEE APPLICATION STALLED! MAJOR SETBACK: Here is the situation:

the Winnipeg Processing Office on Noveer 2, 2016. Applications are not accepted without proof of needed funding which took us until fall. The government's initial push to resettle 25,000 Syrian refugees was achieved by March 31, 2016. Applications from Groups of 5 and Community Sponsors continued throughout 2016 until the government announced a cap on January 1, 2017. We had every reason to believe that 2016 applications would continue to be screened. We contacted David McGuinty's office, M.P. for Ottawa South for information and advice; they were helpful but their news was not. The Winnipeg Office is processing only those applications received by March 31, 2016 by the end of December, 2017, and will not estimate when applications received between April 1, 2016 and December 31, 2016 will be processed.

This has been devastating news for the family of 7 waiting in a one bedroom apartment in Beirut and very disheartening for the Core Committee and our supporters. We have advised the family that we will do all we can to correct this situation, and WE NEED YOUR HELP.

Our application was received at ters to one's local M.P. and to the Minister may help. We are asking you to lend your name and support. On the RPCA website, rpca. wordpress.com you will find an announcement about the letter writing campaign and a link to a template letter to The Honourable Minister Ahmed Hussen, Minister of Immigration, Refugee and Citizenship and copied to David McGuinty, M.P., Ottawa South. These letters can be downloaded and sent by e-mail to the members' e-mail addresses provided; just add your name and contact information at the bottom of the letter. You can also personalize the letter if you wish, but this is not necessary.

> Please take a few minutes to add your voice asking that this be corrected not only for us but for other sponsoring groups across Canada. Please do this soon. We have all worked too hard to be roadblocked now and cause additional heartache for Syrian refugees. The ITC thanks you as does the family of 7 so eager to come to our community. Please go to rpca.wordpress. com and add your voice.

ITC Refugee Action Group Lynne Bezanson, Chair, We have been advised that let- mlynneb@magma.ca; 613-733-2946



Dear Editor,

Following the articles, about Bletchley Park, by Bill Fairbairn and Geoff Radnor I contacted Becky White at the Perley Rideau as my sister, Ann, was in the Wrens, stationed at Bletchley Park. Orrin and I visited Becky and shared some of my sister's stories.

In a photo of Ann in Wrens uniform one notices that the uniform had no insignia (for secrecy). Ann said that everyone knew that no insignia meant Bletchley Park! At Ann's interview for Bletchley Park she was asked whether she liked puzzles. Ann was a good crossword solver. (Our family often spent the evening solving the day's crossword puzzle). Who would have guessed where that would take Ann!



Becky White, née Brimacombe, in her early twenties, as a Wren.

Years later, Ann, living on the west coast of Scotland, was friends with her neighbour,

Aileen. Whenever the topic of the war years arose they were both reticent, beyond the fact they had both been Wrens. However, when the book, A Man Called Intrepid, by William Stevenson was published, Ann deciding that she was no longer bound by the Official Secrets Act, asked Aileen where she was stationed during the war. What a surprise to discover they had both been at Bletchley Park. They had been in different huts and had never met.

Ann returned to Bletchley Park to receive her pin of recognition for her service. She wore it with pride.

Ann passed away in 2015, but her children and grandchildren visited Bletchley Park and learned of the plans for its future.

Pam Clayton



\$10 MILLION TO OTTAWA FOR 150TH BIRTHDAY BASH MPP John Fraser, seen with Revera retirement home residents Eleanor Wildman and Jean Lacroix, spoke on what Ontario is doing for Canada's 150th birthday celebrations. He said the provincial government was giving Ottawa \$10 million for events such as a concert on Canada Day, an NHL classic hockey day and a picnic on Alexandria Bridge with the site sodded by Manderley on the Green Golf Course. He explained that some of his responsibilities as Parliamentary Assistant to the Ministry of Health and Welfare dealt with diet and exercise, addictions and having children's sight tested at an early age. PHOTO: BILL FAIRBAIRN

DAVID CHERNUSHENKO COUNCILLOR CAPITAL WARD Fake news, no news and the erosion of journalism



DAVID CHERNUSHENKO David.Chernushenko@Ottawa.ca

to be thankful for this quality community newspaper, you should do so now. Not just because it's a valuable source of information and debate about issues and events that touch our lives, but because it could someday be the only such source.

Many smaller cities no longer have a local daily newspaper, nor TV or radio offering daily coverage of local issues. In some cases, there are no longer any paid journalists assigned to cover City Hall. I know what you're thinking: Is that really such a bad thing, given the nonsense that often passes for political discourse? I feel that way too some days.

But seriously, what would the world look like if we had no professional, credible sources of arm'slength news coverage and analysis of government and politics? Unfortunately, we're closer to that scenario than I ever thought possible.

Much of our news is already delivered online, often with little or no fact checking or clarity regarding who produces the news, and what their interests or biases might be. We're seeing more and

f you've never taken a moment more fake news and "alternative facts".

> Ottawa is not immune to this trend. When I took office in 2010, City Hall still buzzed with journalists. Despite recent cuts by national news chains and broadcasters, there were at least three full-time reporters covering City Hall for the Citizen and the Sun, plus regular columnists writing about municipal issues. The same for CBC and CTV, although the A Channel had already shuttered its news operation. There was strong coverage by CFRA and a couple of other news radio stations, Metro and various for-profit community newspapers, not to mention the French-language media. Most had multiple reporters.

> Fast-forward six years: Some of these media outlets no longer exist or no longer have dedicated municipal reporters. The two English-languages dailies share a newsroom as well as content. Reporters are also videographers, photographers, sound technicians and bloggers, plus they're expected to fill a Twitter feed. I've had a Radio-Canada reporter simultaneous

ly interview and film me in French, then do it all over again in English, with the results ending up on both radio and television, in both languages. Some might call this efficiency. I call it stretching journalism to the breaking point.

Journalists play a critical role in sustaining the informed, engaged citizenry that is at the heart of a functioning democracy. When we lose that kind of journalism — whether through editorial interference, staff cuts, less quality control or excessive commercialization of the news democracy gets throttled.

Without a strong fifth estate, the ability of governments or politicians to communicate is limited. Social media cannot in itself replace independent, professional journalism. City Hall and councillors can distribute newsletters, send emails, maintain a website, Tweet and more, but our reach will always be limited. Furthermore, our message will always and should always be suspect: You should always be asking yourself, "Well, that's one version of this story, but I wonder what's not being said?" Asking hard questions, digging deeper and filtering all relevant information is the job of journalists.

So while I'm happy there are still some media out there delivering accurate news and analysis, I lament the deterioration of this fundamental pillar of society and democracy. But because lamenting won't change this trend, I recently decided to act by renewing my subscription to a local newspaper, despite the slow erosion of its size, scope and quality.

Then, I considered how much news I access online, often via Facebook links, and realized: I'm not paying a cent for any of this. If I'm not paying and you're not paying, is anybody? So how can I expect my most reliable news sources, like the Guardian and the National Observer, to employ professional reporters, analysts and editors, and to fund essential investigative journalism? If nobody subscribes and if Google and Facebook now rake in more than 80% of the advertising dollars that used to go to traditional media, they can't.

When all the reliable media outlets have closed up shop, what are we going to be left with for news? A smattering of individuals and small outlets working for nothing, plus news releases, and privately funded sources of information. Expect less truth and more harmful and divisive fake news.

So please support your community paper, subscribe to a local paper (and tell them what you do and don't like about their coverage), and subscribe to at least one or two of your favourite "free" online sources. Our democracy depends on it!

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

Hearing loss: the missing link

but we listen with our ability to gather basic sound, but untreated hearing loss is linked to listening is where these sounds decreased cognitive abilities, and are processed into actual meaning the more severe the hearing loss and thought. This requires a lot of mental energy, and when hearing levels diminish, the brain must pick up the slack and do all the heavy lifting. As we age, our cognitive abilities decline and it becomes more difficult to process information as fast as we once could. Hearing loss can cause mental fatigue, as the brain compensates by increasing its workload and takes away resources from other tasks. This is similar to a chronic ailment like a bad knee, where the rest of your body has to work harder just to walk.

e hear with our ears, cus, and even social issues like depression and withdrawal from fambrain. Hearing is the ily and friends. Studies show that and the longer the wait before initial diagnosis and treatment, the higher the incidence of dementia. For those with any degree of hearing loss, hearing aids can improve the quality of sound signals and therefore improve the ability to decode relevant speech and sounds. By providing enhanced auditory sound quality, it is easier to listen and our response times improve. This allows listeners to "keep up with the conversation" without putting an additional strain on their mental resources. Addressing and understanding your hearing loss can have significant benefits. Wearing a properly fitted and adjusted hearing aid can



models include powerful digital processors with complex speech enhancement algorithms for better speech recognition in a variety of environments. With a wide range of competitors on the market, the "best" hearing aid technology is constantly evolving from year to year. Currently, Oticon hearing aids offer unique performance and are popular with our patients in comparison testing and product demos. Testing your hearing regularly provides you with a baseline indicator for your current hearing ability, and a hearing test should be part of your annual checkup. Hearing loss is different from other health issues, as it cannot be seen or felt, so diagnosis and treatment are very important. Healthy hearing is healthy living.

Hearing loss can result in symptoms such as diminished memory, a lower attention span, decreased fodecrease the demands on cognitive processing, and provide additional resources for critical thinking, memory and focus. The human body only has so much energy to use each day, and solutions such as hearing aids can offload some of these functions to a digital processing device.

Hearing aid technology is constantly improving, just like cell phones and computers. The latest

Agnes Kowalski, HIS Reg. AHIP Kowalski Hearing Solutions

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The Text Neck Syndrome

The rapid evolution of technology in the 21st century brings us a lot of tools to make life easier. However, we realize over time that these gadgets have an significant effect on people's health. As part of the appearance of smart phones, a new syndrome has emerged: *Text Neck Syndrome*. It is spreading at an incredible speed and particularly affects the children and teenagers who are increasingly inclined to use these devices.



First, it is important to realize the importance of good posture. If our spine is properly aligned the messages between the brain and the spine are transmitted well and the body can function properly, regenerate and heal normally. It is also important to know that the head is the heaviest part of the human body. If we advance the head even by one inch this increases the pressure felt at the level of the spine. When the head is tilted in a frequent position while using smart phones, the pressure exerted on the spine increases. This displacement of the head will also apply additional pressure on the discs. If the curve of the cervical spine is misaligned it prevents the messages from circulating well to the rest of the body. It is estimated that cellular users spend between 2 and 4 hours per day on their phones with their heads leaning forward. This position can cause damage to the spine and cause early onset of osteoarthritis, predisposing to cervical disc herniation and prolonged flexion of the head; this causes symptoms such as neck ache, headaches, migraines, decreased strength of the respiratory muscles, numbness in the hands, problems with carpaltunnel syndrome and much more. This can have a major impact on your quality of life.

t is therefore essential to start making smart use of these smart phones immediately before symptoms appear.

- **1** Take frequent breaks when using mobile devices.
- 2 Try to bring the device to a height that will keep your head as horizontal as possible. The ideal is to have a support at the elbows to not fatigue the arms.
- **3** Avoid viewing long-running movies or programs on these devices and instead use the TV. This will save your eyes as well as allow you to adopt a better posture.
- 4 Avoid holding the phone to your ear using your shoulder. This position causes a lot of tension in the neck and shoulder. Furthermore, as the fashion for phones become more and more thin, this position requires an increasing flexion of the neck

If you follow these tips, your spine will certainly thank you. We only have a healthy spine when we take care of it every day.

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JISEIKAN AIKIDO – THE FIRE ROOSTER



by Whispering Pine

his is the year of the Fire Rooster. Rooster has represented many different virtues or symbols in different cultures. However, for the Chinese, from its behaviour and appearance, the rooster symbolizes five distinct virtues.

Starting at the top:

The rooster's comb makes it look like an officer in the Mandarin court, with the cap that the officials wore in earlier times in China. Thus, the rooster is regarded as noble as well as wise. The rooster always holds itself upright, projecting great confidence and pride.

It has two spurs which represent martial virtue. As a young boy I would often watch the adolescent roosters chasing each other, back and forth, forth and back, trying to establish dominance. They may fight for days, until one gives up. Thus its conduct is associated with courage in battle.

Leadership in taking care of the hens and chicks- it will always call to them when it finds a delicious snack, a fat worm; always busily scratching the ground, helping to look for more food to feed the family. Rooster has a very generous,

compassionate and caring heart.

The fearless rooster is also believed to chase and drive evil influences from the house. It is one of the favorite subjects among the Chinese brush painters. He is so full of life and colour.

Each day it greets the dawn with its call, more reliable and accurate than an alarm clock, it never fails. It always looks so confident when it crows. One rooster call will trigger another, and pretty soon you will hear a symphony of them from different corners - that is if you did not party too much and stay up late the night before, and are able to wake up early enough.

Thus, it is a symbol of honesty, as well as physical and moral fortitude. So what if you are born in the year of the rooster? You are supposed to be very observant, courageous, hardworking, resourceful and talented. So do not fail the rooster, you've got to keep on your spurs... toes, I mean.

Chinese New Year follows the lunar calendar, and is just like the New Year that follows the solar calendar, it is a time of new beginnings, and signifies a fresh start for everyone. A whole new year to start accomplishing all our goals and carrying out our resolutions, or to fin-



ish ones left over from last year.

Looking back, 2016 was supposed to be a difficult year, as you may have heard or read in the media. But with 2017 less than a week old I had to turn off the radio often, with so much anger and predictions of horrible things to come. Wow! Where can I hide?

It reminds me of my childhood primary school book with the story of the chicken that ran amok screaming and shouting to every other creature that bothered to listen, "The sky is falling, the sky is falling." Well, the morning that happened, the rooster was busy pecking and scratching the ground with its head down and suddenly, a loud bang sent it panicking. I think if we double check and look around we could be calmer and less hysterical.

There is never a lack of experts in any field or subject. Just look, there are even books on all kinds of topics for 'dummies'. The book on Tai Chi for Dummies disturbs me. There is a funny story that I heard, it goes like this

Farmer Smith has a pond in his backyard. Every spring and summer he has difficulty to fall asleep. There is a symphony of frogs singing every evening and night. It is not singing of course to the farmer's ears, but noise. So he decided and went into town to see Mr. Wong, a Chinese, who owned a restaurant. Smith proposed to Wong a business deal, by which he would provide him with frog legs, a culinary delicacy. Smith guaranteed he has millions of frogs in his backyard by the amount of the croaking they make. However, next day Smith came back with empty hands, to sheepishly break the truth to a disappointed Wong, that actually there were only two frogs that made all the racket. So it is important to check the source.

Chinese New Year is very much a family event where the social side of things is concerned and is a time of reunion and thanksgiving. Chi- ited due to our knowledge, experinese people will always try their best to get home for the New Year Eve dinner and be with the family. Many delicious dishes will be prepared and good wishes exchanged. At the dojo, I celebrate with my family and students on Chinese New Year Eve. Students being an important part of the dojo with all the time we spend learning together, we have developed a close-knit group, each caring for one another. So what better way to celebrate a new year and our journey together on the same path? A path of self-cultivation, self-development and mutual prosperity. We have a beautiful dinner together, with the giving of Ang Pow and singing

the Chinese New Year song, a very happy and merry time together.

I assume you have made some kind of resolution for the New Year, like most of us who have not given up. Here, I think commitment is most important in order to fulfill our heart's desire, and this requires the 'elusive' discipline. In the beginning our resolution is strong and our will to succeed is clear. Every year, I pretty much have an idea what I should try to accomplish. Nothing grand, just something very ordinary or simple. I always want to improve my Tai Chi and Aikido both physically and spiritually. Always I check myself not to fall into laziness. Sometimes it is difficult, as in our life there are always difficulties, conflict of time, tiredness, you name it. The students and the teaching help, as I am aware I should always be better and ahead of my students in order to set a good example for them to follow.

Keeping oneself fit both physically, mentally and spiritually, requires constant practice, taking care of our health, and resting well. Have some idle time for yourself and eat properly etc. as is necessary for good health.

It is also necessary to keep an open, curious mind. There are always two sides to anything, right or wrong, depending on which side you take. We need to go beyond our own thinking and try to understand the other side. We may disagree but if we are aware that there are different others, then we may agree that we can disagree for now. Making an effort, given an opportunity we may understand later. 'Birds of a feather flock together.' We tend to seek out those who agree with us and disregard those who do not.

I think it is better to seek the middle ground, as opinion is just opinion, and taking the extreme will often lead to discord. We all have a right to our opinion, but we just have to remember that it is limence, and our biases, and that we are looking through a filtered glass. In Aikido classes, I often remind the students we have to think and look for what is appropriate in the execution of an attack or defensive move. Different situations and different circumstances require different, appropriate solutions. We are not robots, we always make adjustments to cope with different situations. No one size fits all. This way we will develop sensitivity and improve our awareness. Well, I have to go and do more scratching, to find the morsels of life, 'simplify my life and check my desires'. Do smile. It makes the world go round.

Asian food an ethnic favourite

by Carole Moult

sia is the largest and most heavily populated continent. There are more than 4 billion people or almost 60 per cent of the world's population living there. It is also home to countless cultures, a great many which have their own characteristic cuisine. Numerous ones, however, are similar to each other in a variety of ways, and thus work well together because of their shared history.

China's eight great regional cuisine types

Chinese cuisine has become the most prominent of all Asian styles of cooking. And, although China is only one of fifty-one countries of Asia, with approximately 1.4 billion inhabitants, it constitutes almost one fifth of the world's population.

Much has been written about the 'Eight Greats'. Their unique cuisine attributes have been created by a combination of geographical differences, cultural changes, and the availability of produce and resources throughout the different regions. Some of the eight cuisines are much better known than others outside of China, while several cuisine types are not even included.

From Sichuan province in south western China...

Sichuan Cuisine, known more commonly in the West as Szechuan or Szechwan Cuisine, produces the most popular dishes in China. There are seven basic flavours and each region has its own characteristics.

Typically, Sichuan cuisine is also known as being very flavourful and quite spicy. Cooks use garlic, chilli peppers, and Sichuan pepper among others for seasonings. King pao chicken, fugi fei pran, Sichuan hotpot, pockmarked tofu, and twice cooked pork are some of their dishes. Sautéing, stir frying without steaming, soaking in water or frying are their cooking techniques. The broad mixture of landscape in Sichuan province shapes customs and distinct ingredients.

From Guangdong province in China's south...

Guangdong or Cantonese cuisine is said to be the most widely served style of Chinese cuisine worldwide, in part, because most Chinese who immigrated and set up restaurants overseas were from Guangdong province.

Basic cooking techniques include roasting, sautéing, braising, stewing, deep-frying, stir-frying, and steaming. The latter two are most frequently used to preserve the ingredient's natural flavours. Dim Sum originated from Guangdong province, as did sweet and sour pork, Cantonese fried rice, chow mein, and wonton noodles. Chinese meals are eaten with chopsticks as you probably know.



iPad ordering displays just how well an Asian Buffet works. PHOTO: CAROLE MOULT

Thai cuisine is one of the most popular in the world.

In January 2016, Thai was the third most popular ethnic cuisine in Canada according to Statista, The Statistics Portal. Thai cuisine consists of four regional cuisines corresponding to the four main regions of Thailand.

Typically, Thai meals consist of rice with shared dishes, served at the same time, including soup. Traditionally, a meal would have at least five elements, with a dip or relish for raw or cooked vegetables the most crucial component. Thai cuisine is usually created by stir-frying, deep frying, grilling, boiling, steaming and tossing. Some essential ingredients are Jasmine and sticky rice, fish sauce, coconut milk, fresh herbs and Thai chillies. Cooking methods are generally simple and easy. Meals are eaten with spoons and forks.

Japan's food presentation is important

The Japanese archipelago stretches from north to south, which means that each region has a different climate, thus seasonal changes and countless numbers of regional dishes. The four main islands of Japan, plus hundreds more, are home to over 126 million mostly urban inhabitants.

Seafood is a major part of the Japanese diet. Many foods are seared, boiled, or eaten raw and minimally seasoned. Japanese cuisines serve many more uncooked ingredients and foods compared to Chinese cuisine. Both use chopsticks for eating, although they are slightly different.

North Americans have become very familiar with Japanese sushi and sashimi. Teriyaki is also very popular. Mealtime courses include a few small items, often fresh and simply flavoured.

Koreans love to mix food together

Characteristics of Korean cuisine are seldom seen anywhere else in the world. All foods for the meal are placed in small dishes on a single table and each person chooses from the diverse variety. These are then combined together in a bowl by the diner, thus producing an entirely different taste than that of the various ingredients. With the changing seasons, assorted vegetable dishes are created from ingredients of the fields, mountains, rivers and seas.

The seas surrounding the Korean peninsula provide not only many types of seafood but also moisture for the fertile soil needed to grow rice, grains and vegetables. Much of the traditional cuisine is centered on grilling or sautéing and the use of hot chilli spices. Fermented dishes are also well-liked. Food is eaten with metal chopsticks and a spoon.

The Asian buffet

In Canada, Asian food is the number one preference when diners are choosing an ethnic restaurant experience. The clever use of cooking techniques and spices has transformed what was once modest food into specialties now known world wide. Thus, travelling over 10,000 kilometers is no longer a prerequisite for enjoying the exceptional variety of dishes provided, since Asia has come to us via our local restaurant.

168 Sushi Asian Buffet is located at 1760 St. Laurent Blvd., between Smyth Road and Industrial Avenue. Open 7 days a week + holidays. All You Can Order from over 168 items. Order the On-Line Sushi for Take- Out or Delivery. In the restaurant there is iPad ordering right at your table. Telephone: 613-523-1680. 168SushiBuffet.com

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School Reviews

Alta Vista & Hunt Club Accommodation Review Starts September 2017

School Board (OCDSB) has finalized the Western and Eastern Accommodation Reviews, which culminated in decisions to close 6 elementary schools in the west and Rideau HS in the east.

Accommodation Review is now set to start September 2017 which is a delay from its original proposed How To Get Them. It will be a start date of April 2017.

heOttawa-CarletonDistrict I would like to explore what the community wishes our schools to be: dual track, single track, inclusive, and how to meet community expectations.

To this end, I will be hosting a panel discussion and Q&A on The Alta Vista and Hunt Club Monday, April 17 from 7:00 pm to 9:00 pm at Queen Elizabeth PS - The Schools We Want And candid discussion of the challeng-Taking advantage of the delay, es of the English program taking



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

www.SchoolZone6.org 613-818-7350 - Chris.Ellis@ocdsb.ca



CHRIS ELLIS Chris.Ellis@ocdsb.ca

into account that 70% of students take French Immersion, the high income/low income divides and how we can all work together to build bridges so all students gain the highest possible education. All are invited.

Budget

It is budget time and again this year the OCDSB is having to reduce front line staff - teachers, office staff, vice principals and special education teachers to mention a few - and delay maintenance and reinvestment in needed infrastructure.

Much of the budget is driven by provincial decisions on funding and limits on how money can be spent. One of the challenges is that while funding for Special Education has pretty much remained the same for years, not even keeping pace with inflation, needs and directives from the province to do more keep rising. For example, the need for specialized Autism Spectrum Disorder classes is growing and, in the last three years the OCDSB has added a number of classes. The criteria to qualify is rigorous and the cost for staff and support for each class of 6 is about \$250,000. So just for this exceptionality the board spends \$3.5 million more than it did 3 years ago but the province has not recognized the increased need or expense. The board has had to reduce services in other places to meet this critical need.

Chris Ellis OCDSB Trustee Zone 6 Rideau-Rockcliffe and Alta Vista Chris.Ellis@ocdsb.ca 613-818-7350



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In celebration of Canada's Sesquicentennial Year From Junction Gore 1792 to Riverview Park 2017 in 150 facts



CONTINUED FROM PAGE 1

and Smyth Road on the south. Riverview Park is in the Rideau Front of Junction Gore. Those living on the other side of the river were in the Ottawa Front of Junction Gore.



Map of Junction Gore. [H. BELDEN, ILLUSTRATED HISTOR-ICAL ATLAS OF THE COUNTY OF CARLETON (INCLUDING CITY OF OTTAWA) ONT., (TORONTO, H. BELDEN, 1879.]

The land where the National Defence Medical Centre is located was once the property of Captain, later Lieut. Col. William Smyth (1794-1877), an emigrant from the United States. The Smyths, William and Sarah, settled on Lot 12 of Junction Gore about 1822. There was more land acquisition and later they relocated to Lot 15, north of today's Smyth Road, obviously named for him. [Belden Atlas]

Two Hurdman brothers, William (1818-1901) and Robert (1830-1904) settled in Junction Gore in the 1870s; William on Lot 13 in 1871 and Robert on Lot 14. Robert's house was named Victoria Cottage; William's was Waterford Farm. [Belden Atlas]

The Hurdmans were above all lumbermen, operating on the Ottawa River and its tributaries. They styled their firm William Hurdman & Brothers in 1841.

In 1875 The Hurdman brothers built a wooden truss bridge across the Rideau River. They allowed free access to all. It collapsed about 1902. [For the year 1875: Glenn Clark, "A Historical Timeline for the Township of Gloucester," in Gloucester Historical Society newsletter. Glenn Clark's source was the Ottawa Citizen, 16 December 1875.]





Four bridges, c.1940. The Hurdman Bridge is the third from the left and is probably on the exact site of the wooden Hurdman Bridge. PHOTO SOURCE: THE NCC COLLECTION.



Waterford Farm. SOURCE: BELDEN ATLAS.



George Hurdman Farm, 20 July 1901. LIBRARY AND ARCHIVES CA

1894 "A resolution has been proposed to introduce at the next meeting of the County Council for raising \$10,000 for the construction of a new iron bridge across the Rideau River to replace the wooden structure known as 'Hurdman's Bridge.'" [The Railroad Gazette, 14 December 1894.]



Wooden bridge over the Rideau, 15 July 1895. SOURCE: LIBRARY AND ARCHIVES CANADA, JAMES BALLAN TYNE FONDS, #705

In 1895 "The county council is calling for tenders for the construction of a bridge across the Rideau River to replace the old Hurdman Bridge. Tenders for a wooden bridge and a bridge partly from iron and partly wood are asked for." [The Railroad Gazette: A Journal of Transportation, Engineering and Railroad News, vol. 27, p.125, 22 February 1895.]

1898 The C.P.R. built a new bridge over the Rideau River near Hurdman's Bridge. [Website: "Local Railway Items From Ottawa Papers-1898" from the Ottawa Free Press of 15 February 1898]

1899 The Canadian Pacific Railway began to build its Rideau Round House at Hurdman's Bridge. It had fou tracks leading into it. [Harvey Chartrand, "Rail: The Light at the End of the Tunnel," posted 28 March 2012, on the OLM Ottawa Life Magazine] **1906** The new Hurdman's Bridge was in place, built of reinforced concrete arches. It was demolished about 1987 "Reinforced concrete was first used in bridge construction in the early 20th century, eg, the Hurdman Bridge in Ottawa built in 1906." [The Canadian Encyclopedia, 296] **1908** The Gazetteer of the Dominion of Canada, published in 1908, described the "post village" of Hurdman's Bridge in Russell [sic] County thus: "It contains I general store and I tannery." The population then was eighty. 1912 "In 1912, the motherhouse (of the Grey Nuns of

Victoria Cottage. SOURCE: BELDEN ATLAS.

JAMES BALLANTYNE FONDS, #284.

Where exactly was the village of Hurdman's Bridge? The jumble of roads, ramps and bridges next to RCMP Headquarters on the Vanier Parkway was once the thriving village of Hurdman's Bridge." [Website, Gloucester Historical Society]

1879 A post office opened on July 1. Pat Cassidy was the Post Master. [Library and Archives Canada, Postal Archives]

1881 The census of 1881 located Patrick Cassidy, a grocer, living in Gloucester, in the Sub-District of Gloucester, in the District of Russell.



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the Sisters of Charity of Ottawa) had become too small to accommodate all its personnel. The general administration decided to build a substantial edifice on the St. Louis farm, at Hurdman's Bridge." [Soeur Paul-Émile, S.C.O., The Grey Nuns of the Cross, Sisters of Charity, Ottawa, Vol. II: Evolution of the Institute. 1876-1967] **1914** The Grey Nuns now had a four-story stone convent to house their novitiate and rest home on the River Road. Its official name was Novitiate Hurdman's Bridge. It was completed in April in a rural, quiet part of Ottawa. The Nuns developed a farm on part of their property to supply the No-

vitiate and the Mother House on Water Street at Sussex with vegetables and dairy products. [Soeur Paul-Émile, S.C.O.]



Novitiate Hurdman's Bridge. SOURCE: ARCHIVES DES SOEURS DE LA CHARITÉ D'OTTAWA.

1922 Tuberculosis infected many cattle herds this year.

The Government of Canada paid owners of animals that had to be slaughtered. Among those who lived in the Hurdman's Bridge area who received payments were: John D. Anderson (\$533.32); the Grey Nuns' Novitiate (\$266.66) and W. P. Hurdman (\$280.00). [Sessional Papers of the Parliament of the Dominion of Canada, Vol. 1, 1922] **1933** There was a farmhouse near the Novitiate for the overseer and his family and many outbuildings, including barns

and stables, a milk-house, and a large silo to hold corn. [*Ottawa Journal*, 19 December 1933; *Ottawa Citizen*, 19 December 1933]

1933 Towards midnight on December 18, a fire started in one of the barns on the Nuns' farm on the River Road. The Novitiate was one hundred yards from the nearest burning barn. All buildings were lit by electric light rather than lanterns. The farm manager, Donald Potvin, later attributed the cause of the fire to defective wiring. He added that none of his boys smoked! The substantial loss was partly covered by insurance. [*Ottawa Journal*, 19 December 1933; *Ottawa Citizen*, 19 December 1933.]

1939 "On June 29, 1939, the Novitiate celebrated the twenty-fifth anniversary of its transfer to Hurdman's Bridge." [Soeur Paul-Émile. S.C.O.]

1940 (November) The Department of Defence needed a building to function as a convalescent hospital for soldiers repatriated from European battlefields. St. Joseph's Orphanage, operated by the Grey Nuns, was the first choice of the Minister of Defence. The nuns, however, offered their Novitiate instead and it was leased to the Department as of December 2 that year. The Nuns retired to their Mother House at 9 Water Street. The 300bed hospital opened on December 16, 1940. The initial cost of equipping the Novitiate as a convalescent hospital was \$33,703. [Canada, House of Commons, Banking and Commerce Standing Committee, 19 May 1941]

1941 The *Ottawa Journal* of June 18, reported that Alice, the Princess Royal, the wife of the Governor-General, visited the Military Hospital.

In 1941 the '100 foot highway' was to be named Churhill Drive to honour Prime Minister Wins Churchill. [Historic Gloucester, Vol. 16, No. 4. 2015] 1945 (September 24) The Rideau Health and Occupational Centre officially opened on 280 acres facing the Rideau River and on Smyth Road. This would later become the Rideau Veterans' Home. [Ottawa Journal, 25 September 1945] 1947 In April, the Rideau River flooded, particular ly onto its east bank. "The village of Hurdman's Bridge faced almost total isolation by flood waters late today with the flooding of the Hurdman Road entering the village from the east." [Ottawa Journal, 11 April 1947.] 1947 The Department of Veterans' Affairs planned to turn the Rideau Military Hospital back to the Grey Nuns as early as June 1947. "At the very latest the Department will terminate its lease by midsummer." The Department of Defence had turned over the operation of the hospital to Veteran's Affairs "about two years ago." [Ottawa Journal, 17 April 1947] 1948 The Nuns rented the convent in October to the National Research Council on a five year lease. [Ottawa Citizen, 12 January 1949] 1949 There were spies in Riverview Park! The Communications Security Establishment, the Communications or Signals branch of the National Research Council (CB-

Riverview Park Review

NRC), moved into the former convent in December 1949. It was called the Rideau Annex and was surrounded by a high fence. Those who worked in the convent affectionately called it The Nunnery. The Establishment expanded during the Cold War. When the CBNRC required larger quarters for their signals intelligence (SIGINT), they moved to the Sir Leonard Tilley Building at the corner of Riverside Drive and Heron Road in November 1961. [Mark Kristmanson, Plateaus of Freedom: Nationality, Culture and State Security in Canada, 1940-1960, (Toronto: Oxford University Press, 2003).]

THE FIFTIES

1950 (January 1) Some 14,605 acres of the Township of Gloucester were annexed by the City of Ottawa. This included Overbrook, Hurdman's Bridge, Billings Bridge, Ellwood, Hog's Back, Manor Park, Rideau Park, Hawthorne and the developing communities of Riverview and Alta Vista. [Gloucester Historical Society-A historical timeline for the Township of Gloucester by Glen Clark]

1950 On June 12, 1950 Mayor E. A. Bourque announced that "the last hurdle in the way of commencement" for the building project in Gloucester had been surmounted. He said that the Grey Nuns of the Cross had made a verbal agreement to sell the site for \$500 an acre. [Ottawa Journal, 12 Jun 1950]

1950 On July 14, Mayor Bourque made another announcement: "The City of Ottawa has signed an agreement with the Grey Nuns of the Cross for an option of 333 Hurdman's Bridge acres for the development of a 1,200-home housing scheme ... I hope a start on the bad-

ly-needed homes can be made by ear-

ly Fall." He went on to say that while the City had secured the option, the actual purchase of the property would be made by the Federal and Provincial Governments, in partnership. [Ottawa fournal, 14 July 1950]

1951 Sale of the individual lots in Riverview Park commenced on September 10, 1951. With a few exceptions, lots were sold at \$250 each, regardless of size or location and were

limited to one per buyer. They were sold on a first-come, first-served basis. [Ottawa Journal, 11 December 1951] By December, 98 of 130 were sold. Riverview Park was developed in four parts over a number of years. Part 1 was north of Alta Vista. Part 2 was west of Coronation Woods. Part 3 was east of the woods and Part 4 was the area developed by Robert Campeau.

1951 Churchill Drive was renamed Alta Vista Drive because of name duplication after the City of Ottawa annexed a portion of Gloucester Township. [Gloucester Historical Society, Vol. 16. No.4. 2015]

1952 The first meeting of the Riverview Park Property Owners Association was held on 17 November 1952 [Or rin Clayton, A History of Riverview Park, 2007]

1953 "After the pioneers had broken ground," demands for lots accelerated. When the final portion of lots went on sale in 1956, "the stampede of prospective lot owners reached land-rush proportions . . . It appears that land was released for development in three stages by the C.M.H.C." [The Ottawa Journal 21 October, 1961]

1953 OTC started a new bus line to serve the growing residential area. [*Ottawa Journal*, 27 November, 1953] **1953** Riverview Park Skating Rink was approved by City Council for Riverview Public School grounds, to be maintained by the Riverview Park Property Owners. [*Ottawa Journal*, 22 December 1953]

1954 Immaculate Heart of Mary Church was built at 1758 Alta Vista Drive.

1954 Charles Rock Lamoureux, Gentleman Usher of the Black Rod (1947-1970) bought his family a new home that was being built on Dorion Avenue next to where the Alta Vista Shopping Centre would be completed two

Dorion were completed in August. Each building had six units. It was a development headed by members of the family of Reuben Palef. (1913-1990). The Palefs were prominent produce dealers in the Market. They had purchased the land, about two acres, from Central Mortgage and Housing.



Marilyn and Judy Matheson in their backyard on Dorion Ave., Part 2 of Riverview Park, PROVIDED BY THE MATHESONS



Robertson children in their backyard on Blair Street, Part 2 of Riverview Park, with the Novitiate (Grey Nuns' Convent), in the background. PROVIDED BY THE ROBERTSONS.



Map of Part 3 of Riverview Park, given to Tom and Shirley Doswell, Bloor Avenue; original and current owners. PROVIDED BY THE DOSWELLS.



The Turnbull family's new home on Bloor Avenue, on the last lot won in the Bloor Avenue lottery. PROVIDED BY THE TURNBULLS.





years later. This home remains in the family.



One of the last homes to be built on Dorion Ave.: the home of the Matheson family (1955) and still owned by them. PROVIDED BY THE MATHESONS

1955 Riverview Park Public School was built at 260 Knox Crescent.

1955 The new Hurdman's Bridge opened on December 19th. [Plaque attached to bridge.]

1956 The seven apartment buildings at Alta Vista and

Alex Turnbull (left) with his sister Penny (right) and neighbour. PROVIDED BY THE TURNBULLS.

1956 The Alta Vista Shopping Centre, on the northeast corner of Dorion Avenue, opened on April 11. It had 12 stores and a service station. It was anchored by Sam and Reuben Palef's Clover Farm Food Market. [*Ottawa Journal*, 11 April 1956] **1956** The official blessing of Don Bosco (French School) took place on November 18th. It was located at 1577 Drake Avenue. In 1961, Don Bosco changed its name to De-la-Nativité. The school closed in 1980. [Ottawa Catholic School Board]

1957 The Palef family built and then opened a warehouse on Industrial Avenue in September. Its 54,000 feet provided storage for the produce of their Ottawa Fruit Company and served also as a distribution centre, with eight loading docks. It also had the latest in refrigeration facilities. 1957 Robert Campeau began selling homes in Part 4 of Riverview Park. There were a number of models, each with its own letter and number. There were model homes to view in Elmvale Acres.



Plan of a Campeau home, B-3, in Part 4 of **Riverview Park.**

1957 Robert Campeau set up a wooden structure on Shelley Avenue and posted a night watchman to keep an eye on the houses being built. There was a huge spotlight but no streetlights as yet.



Elaine and Ken Hammell are the original and current owners of their model B-5 Campeau home, Part 4, Riverview Park (Poets' Corners). PROVIDED BY THE HAMMELLS.

1957 Robert Campeau was pressing for the building of a Smyth Road bridge, not that it would simplify his task of selling homes, he noted, but because the city had repeatedly given assurance that the Smyth Road span would be given top priority. [Ottawa Journal, 27 May 1957]

1958 Ron Lawruk was posted to the NRC's facility in the former Rideau Military Hospital. "It was an old stone building surrounded by a high chain-link fence located next to a small shopping centre...Security was very tight." [Ron Lawruk, Out of the Shadows: The Life of a CSE Canadian Intelligence Officer]

1959 Mrs. Orville Kerr (Yvonne Côté), of the Riverview Park Community Association, organized and chaired a committee whose purpose was to open clinics to inoculate residents against polio. The first clinic was held in the hall of the Immaculate Heart of Mary Church on Alta Vista Drive. The clinics were sponsored by the RPCA as a neighborhood project. [Ottawa Journal, 16 April 1959] 1959 Residents of Riverview Park opposed the apartments on Coronation Ave. [Ottawa Journal, 10 June 1959]

THE SIXTIES

1960 Eglise de la Nativité-de-Notre Seigneur Jesus Christ (Church of the Nativity of Jesus) was to be completed mid-December. [Ottawa Journal, 23 August, 1960] 1961 Official opening of Giles de la Nativité-de-Notre Seignior Jesus Christ on January 17th.

1961 The Smyth Road Bridge opened on August 30th, once the widening of Main Street, the northern approach, was completed. Its official name is the George McIlraith Bridge. [Ottawa Journal, 21October 21 1961]

1961 St. Christopher was officially blessed on October 15th (English School). It was located at 355 Lindsay Street. The school closed in 1977. [Ottawa Catholic School Board] **1961** Fifty per cent of residents joined the Riverview Park Community Association. [Orrin Clayton]

1961 The National Defence Medical Centre (NDMC) opened at 1745 Alta Vista Drive.

1961 Riverview Park's local high school, Hillcrest, opened on Dauphin Road in September.

cated. [City of Ottawa Archives]

964 The RPCA Committee for Trees on Coronation Ave. purchased 300 pine trees. [Orrin Clayton, 2007] 1968 Trinity Church of the Nazarene moved to its current location at 480 Avalon Place.

1969 The first phase of a three-phase \$6,000,000 apartment development on 11 acres of land at the corner of Rolland Avenue and Alta Vista Drive began in May. The property once belonged to the Grey Nuns. Moshe Feig, president of Eiffel Construction Ltd. and part-owner of the development said the first of three 18-story apartment buildings should be ready by 1970. The apartments, which would take about 26 months to complete, were to have a total of 736 units. [Ottawa Journal, 19 March 1969; Ottawa Journal, 30 June 1969]

1969 The demolition of Novitiate Hurdman's Bridge began in October.



The demolition of the Novitiate, Hurdman's Bridge, at the time of the construction of Alta Vista Towers. PROVIDED BY JEAN LAMOUREUX.

1969 The first phase of a three-phase \$6,000,000 apartment development on 11 acres of land at the corner of Rolland Avenue and Alta Vista Drive began in May. The property once belonged to the Grey Nuns.

though the barrel of one tank could be seen poking out. **1972** Lycée Claudel opened at 1635 Riverside Drive,

previously the University of Ottawa High School. 1974 CHEO opened on May 17, 1974 at 401 Smyth Road.

1976 The Canadian Dental Association Head Office was built at 1815 Alta Vista Drive.

1977 Dempsey Community centre was dedicated. The mayor was Lorry Greenberg. This whole area had once belonged to the Dempsey family farms.

1978 April 29th, Rock Lalonde opened Rock's Barber Shop; the official place to go for local information.

1979/1980 Residents of Abbey Road began the first Neighbourhood Watch in Ottawa.

THE EIGHTIES AND NINETIES

1980 The Ottawa General Hospital opened at 501 Smyth Road.

1980 Conversion from oil to natural gas extended to Riverview Park. [Ottawa Journal, 19 June 1980]

1980 A Hillcrest High School team, coached by teacher and Riverview Park resident Roger Taguchi, won the Reach for the Top National Championship. They placed 2nd in 1982.

1983 The Balena Park Speed Skating Oval was relocated from Balena Park to Brewer Park. [City of Ottawa] **1985** The OMS-Montessori purchased two closed Alta

Vista schools to accommodate the expansion of their ever-growing program. 1986-1991 Aselford-Martin Ltd. built the condo-

minium complex on Riverside Drive (now referred to as the Riviera). The proprietors of the Company were John Garth Aselford (1934-2014), the President, whose roots were in Carp and John W. Martin, the Secretary-Treasurer. Both had worked for William Teron, as vice-presidents of his company, before establishing their own company in February 1966.

1986 Canadian Pharmacists Association building, 1785 Alta Vista Dr. completed early 1986.

1987 The Canadian Blood Services (formally the Canadian Red Cross until 1998), officially opened its building on August 31st at 1800 Alta Vista Drive

1992 TransAlta Co-Generation Plant began operating



The iconic, three-hundred-year-old burr oak tree in the Rideau Veterans' Memorial Park, in Oak Park.

Moshe Feig, president of Eiffel Construction Ltd. and part-owner of the development said the first of three 18-story apartment buildings should be ready by 1970. The apartments, which would take about 26 months to complete, were to have a total of 736 units. [Ottawa Journal, 19 March 1969; Ottawa Journal, 30 June 1969]

THE SEVENTIES

on the Ottawa Health Sciences Centre (OHSC) grounds. **1993** A helicopter pad was established next to the emergency department of CHEO.

1994 Franco Cité opened at 623 Smyth Road.

1994 Construction began on what would become The Perley and Rideau Veterans' Health Centre.

1994 The Conference Board of Canada opened at 255 Smyth Road. **1995** The Action Committee of the Riverview Park

community held numerous meetings to stop Petro Canada from changing the Danny Dear Service Centre at Alta Vista and Dorion into a huge and brightly lit 24-hour gas bar and convenience store; the prototype of which was Petro's existing station situated at Fallowfield and Woodroffe. The committee was unsuccessful, but in the end, Petro Canada did not follow through with its plans. Danny Dear moved to 850 Industrial Avenue, Unit #3, in order to stay in the neighbourhood. 1998 Riverview Park Community Association adopted the parks of Alda Burt, Balena, Coronation, Dale, Hutton and Riverview as a part of the City of Ottawa's Adopt-a- Park Program.

1962 Governor General Georges Vanier and his wife Pauline Vanier attended a mass and reception in their honour at Giles de la Nativité-de-Notre Seignior Jesus Christ on January 28th.

1962 Mayor Whitton called a meeting about proposed housing at Mimosa & Avalon St. [Ottawa Journal, 23 June 1962] **1962** The average value of homes in the area of Mimosa & Avalon was about \$16,000. [Ottawa Journal, 23 June 1962] 1963 In May, the City of Ottawa approved a public housing development for 71units in Riverview Park on Station Boulevard. The completed development was named Blair Court. [Ottawa Journal, 10 May 1963] 1964 Riverview Park at 256 Knox Crescent was dedi-

1970 - The Canadian Medical Association Headquarters was opened at 1867 Alta Vista Drive (October 2). A four-storey 'Pod' was added in1993. The whole structure was demolished at the end of 2016.

1970 Canada Post's Ottawa Mail Processing Plant opened on October 5th. (The street where it is located was previously named Caledon Place but is now Sandford Fleming Avenue, since there already was a Caledon Street nearby.) [Ottawa Citizen, 7 October 1970]

1970 During the October Crisis, and with the use of the War Measures Act in place, the area which now includes the Ottawa Hospital General Campus was the home of a Royal Canadian Army tank brigade. The tanks stayed hidden from the road, behind clumps of trees, al-

1998 When Canada Lands acquired the property of



the Rideau Veteran Home it decided that a block of land should be set aside to create a memorial park dedicated to all Canadian v veterans and especially those who then occupied the home. It was to be called the 'Rideau Veterans Memorial Park' and in it stands a 300-year-old burr oak tree. **1998** The RPCA appealed to the OMB against rezoning 580 Bathurst Avenue (part of Balena Park) to permit townhouses and single family homes. The land had been owned by the Separate School Board for many years but was maintained by the City of Ottawa. The RPCA lost its appeal. [Riverviews]

THE YEARS 2000-2010

2001 The first annual Riverview Corn Roast was held at Balena Park.

2001 The Celtic Tigers began cycling in the MS Bike Tour. The Team Captain is Aileen Comerton and as of 2016 the team has raised over \$140,000 for Multiple Sclerosis.
2001 The final phase of the Dale Park three year development and beautification project was completed. [Riverviews, September]

2001 The MD Financial Services Building opened at 1870 Alta Vista Drive.

2001 A bench in Balena Park was dedicated to the memory of Ellen Lanthier who had been on the RPCA Board of Directors. She had also joined three others to challenge the city and the developer before the OMB to try to save the north end of Balena Park. [Riverviews, September]
2001 Over 600 concerned citizens packed Hillcrest High School to hear a presentation on the Alta Vista Transportation Corridor Environmental Assessment. [Riverviews, December]

2001 Vincent Massey students launched a Pennies & Teddy Bears campaign to raise money and teddies for families affected by the crisis in New York City. Over \$350 and 100 bears and stuffed animals were sent to the Red Cross and Hugs for America.

2003 Volunteers planted 93 trees in the Dale Park Extensive and Naturalization Project. Work began in 2002.



The Richard and Annette Bloch Cancer Survivors Park opened at Alta Vista Drive and Industrial Avenue. PHOTO PROVIDED BY JVL PHOTOGRAPHY, OTTAWA

2003 A land swap took place between the City of Ottawa and the National Capital Commission. The Aga Khan Foundation agreed to relocate its property to the other side of Riverside Drive. This created a new three-acre parkland for Riverview Park at Alta Vista Drive, Industrial and Riverside Drive. In the end, the property became the Cancer Survivor Park.

2003 Safe Cycle Sunday took place in Dale Park on June 26th [Riverviews, September]

2003 A group of mosquitoes tested positive for West Nile Virus. Residents in the areas of Alta Vista, Canterbury and Riverview were among those asked to take extra precautions to avoid mosquito bites. [Riverviews, September]

2003 The RPCA suggested that stop signs be installed in all directions at the intersection of Coronation Avenue and Neighbourhood Way in the upcoming Coronation Avenue construction. [Riverviews, September]

2004 Alta Vista Crossing townhouses were developed off Rolland Avenue and on Blair Street.

2004 RPCA Director Helen McGurrin joined Mayor Bob Chiarelli and the City of Ottawa's Paul McCann for the kickoff ceremony for the City's 'Spring Cleaning the Capital' campaign. Alta Vista Ward had the greatest number of parks adopted by a community association in the city in 2004. [Riverviews, October]
2004 Two hundred ten participants ran, walked or jogged in the 5 & 10 K Run through Riverview Park to

raise funds for the Perley Rideau. [Riverviews, October] **2004** Vincent Massey School was recognized by Brock University researchers as a caring, professional, learning community. [Riverviews, December]

2004 Alta Vista Manor opened at 751 Peter Morand Cr. **2005** Local Vincent Massey Public School students, families and friends raised over \$8,000 in five days for the victims of the December 26, 2005 tsunami in South Asia. [Riverviews, 2005]

2005 The Vincent Massey Math Team of intermediate students won the Ottawa championship in the COMA (Carleton-Ottawa Math Organization), April 9th.

2005 After an OMB hearing, the Walmart store in the Ottawa Train Yards agreed to adopt a plan to create a store that would be pedestrian friendly.

2005 Major construction began at The Ottawa Hospital (General Campus), 501 Smyth Road for the Critical Care Wing.

2005 Riverview Alternative School students participated in a Read-A-Thon to raise money for Haiti. Over \$1,000 was realized. [Riverviews, April]

2005 Thirty-one grade six Riverview Alternative School students were the lucky recipients of brand new bikes, helmets, and locks through the Kids and Values in Motion Bike Program. [Riverviews, June]

2005 Fifty-three grade six Vincent Massey School students also benefited from the same Program. Riverviews, June]

2006 Local resident Robert Bourdeau was the recipient of the City of Ottawa Karsh Award.

2008 The Ottawa Cancer Survivor Park was dedicated on September 24th. [Riverviews, December]

2008 ABC (Against Browning Corridor) Community residents were requested to protest to have the proposal for a transportation corridor behind Browning Avenue removed from the City of Ottawa Official Plan. [Riverviews, December]

2008 Bill Fairbairn won the U.S. National Best Books 2008 Award for his book, 'On the run in Africa'.

2009 Oakpart Retirement Community was built on 2 Valour Drive.

2009 The Ottawa Hospital Cancer Centre officially opened in November.

RECENT YEARS OF RIVERVIEW

2010 A pressing issue for the RPCA was the expanded OC Transpo Bus Storage and Repair Facility, then under construction on Industrial Avenue. [*River Park Review*, April] **2010** The Riverview Park Community Association held its first scarecrow contest on Saturday, October 27th. [RPR December]

2011 The Cancer Survivorship Centre at Maplesoft House opened on Alta Vista Drive adjacent to the Cancer Survivors Park. [EMC Ottawa South, 10 November 2011]



The Cancer Survivors Centre at Maplesoft Centre PHOTO PROVIDED WITH PERMISSION OF MAPLESOFT CENTRE.

2012 Trinity Community Garden, beside Trinity Church of the Nazarene, enjoyed the first harvest of its garden plots. [RPR]

2012 Blair Court Community House hosted a Community Safety Day to celebrate the initiative of having Neighbourhood Watch. [RPR June]

2012 Riverview Park was well represented at Rattle Me Bones with Colleen, Helen, Claire and Kelly McGurrin, plus Carlie McLellan supporting The Ottawa Hospital JR PR Decemberd

Da Ma, two giant pandas from China, on loan to the Toronto Zoo. [RPR, April]

2013 The initial phase of 30 units opened for occupancy at Alta Vista Ridge, 1757 Russell Road.

2013 Construction was completed on two independent living apartment buildings at The Perley and Rideau Veterans' Health Centre.

2013 Elmvale Acres Library celebrated its 50th Anniversary. [RPR, December]

2013 The official opening of Maplewood Retirement Community was October 24th. [RPR, December]

2014 OMS Montessori became home to an award-winning natural playground in the Landscape Ontario Awards of Excellence, (Our Natural Playground) 2014. [RPR, April]

2014 The Russell Heights tree replantation project was a huge success due to the Vincent Massey students raising funds well over \$6,000. Twenty native trees were purchased. The RPCA donated \$1,500. [RPR, October] 2014 Poets' Pathway put up its 10th engraved plaque at the edge of Coronation Park on Oct. 31st. [RPR December] 2014 Vincent Massey teacher Greg McKean won the

Volunteer Oscar Award for the category of Inspiring Youth to Volunteer (September 18th). 2014 Vincent Massey Public School unveiled its natu-

ralized playground after winning \$90,000 in the Aviva Community Fund competition. [RPR, December]

2014 The Blair Court-Station Blvd. Tree Revitalization Project took place on September 30th with the great assistance of the Health Canada Team from the Pest Management Regulatory Agency. The RPCA donated \$1,500. [RPR December] **2015** Four houses at the edge of Balena Park were target-

ed for a zoning change from residential to commercial, to allow owners to operate small businesses in their homes. The proposal was withdrawn after residents wrote letters and went to a meeting at City Hall. [RPR, February]

2015 Lalit Aggarwal, a Director of Manor Park Management, represents the new owner of the Alta Vista Shopping Centre. [RPR, February]

2015- Notices were provided to homeowners and others that construction would begin on the Alta Vista Hospital Link in March.

2015-The Ottawa Hospital launched the world's first clinical trial of double virus cancer treatment. Three of the researchers involved in the clinical trial- Dr. John Bell, Dr. David Stojdl and Dr. Brian Lichty began investigating cancer-fighting viruses when they worked together at The Ottawa Hospital 15 years ago.

2016 Residents on Balena Ave., Chomley Crescent, Caverley Street, and Sonata Place received notices from Hydro One that it planned to double the 115kV lines close to their homes. The power goes from the hydro towers in Balena Park to the Overbrook Transformer station. [RPR, October]

2016 Riverview Park is situated in the riding of Ottawa South, both federally and provincially. Most of Riverview Park is in Alta Vista Ward (18), although there is a small portion along Riverside Drive that is in Capital Ward (17). According to the 2016 Census, Riverview Park had 12,218 residents then.

2016 Riverview Park's Carlie McLellan was one of 400 youths chosen to participate during the Fire of Friendship Torch Relay to welcome the year 2017.



Carlie McLellan (L) preparing to join the other youth for the Fire of Friendship Torch Relay. PROVIDED BY MICHELLE MCLELLAN

McLellan supporting The Ottawa Hospital. [RPR December] 2012 Riverview Park residents raised their voices against the possibility of having a casino in the Ottawa Train Yards. It was "No casino!" [RPR December] 2013 The students of the Hillcrest High School Concert Band won a trip to Toronto to welcome Er Shun and

2017 (March 13th) Street name changes: Part of Botsford Street (north of Smyth Road/south of Perley Rideau) changed its name to Botsford South and Blair Street changed its name to become an extension of Neighbourhood Way.

ACKNOWLEDGEMENTS

For their contributions to this project, the following merit thanks: Orrin Clayton, Councillor Jean Cloutier, Louis Comerton, Danny Dear, Tom and Shirley Doswell, Sister Justina Graham, Barbara Griffith, Elaine and Ken Hammell, Rock Lalonde, Jean Lamoureux, Albert Lauzier, Gabrielle Marchand- Dauphin (Archiviste en chef, Archives des Soeurs de la Charité d'Ottawa), Jean Matheson, Michelle McLellan, Greg Money, Carole Moult, Marian O'Connor, Winnie Odumo (City of Ottawa), Marie Perkins, Tammi Pettigrew (Ottawa Catholic School Board), Pascale Portelance (Canadian Pharmacists Association), Bruce Ricketts, Dorothy Robertson, Ziad Saab (Canadian Medical Association), Claire Sutton (City of Ottawa Archives), Penny and Alex Turnbull, Burl Walker (City of Ottawa), Paul Walsh. *Every effort has been made to ensure the accuracy of facts and dates in this special supplement*.





Spring -a season of renewal and a time to celebrate. Happy Easter to you and your family!

Community Safety and Resource Night Delivers Wealth of Knowledge

On Monday, March 2nd interested residents braved the cold and joined me and representatives from a large selection of community resource services for Alta Vista's first ever *Community Safety and Resource Night*.

Residents had the chance to visit various booths, gather information, ask questions and found comfort in the added insight on the roles and functions of the different community resources. The open house styled evening was capped by presentations by Ottawa Police, Ottawa fire Services and Ottawa By-law Services.

The event brought a mix of safety, social, housing and youth



services under one roof, and focused on the importance of a proactive approach to addressing concerns within the community, and the ease of access to all these community services.

The take-away message from the evening is the importance of a connected, informed and engaged community in the formation of a warm and vibrant neighbourhood.

Renaming our Streets "A Street by Any Other Name..."



Providing ease of identification through clear street names and distinct civic numbers is imperative to ease of location especially in emergency situations.

It was through collaborations with city staff and residents of the streets slated to be renamed, that the following name changes were made on Monday, March 13th:

Blair St. changed to Neighbourhood Way

- Emslie Ave. (Featherston Dr. to the dead end) changed to Bogen Pl.
- Botsford St. (Smyth Rd. to the dead end) changed to Botsford St. South
- Ayers Ave. from Walkley Rd. to dead end) changed to Sibling Pl.



The sun is shining, snow is melting, temperatures are climbing, and unfortunately, so are speeds.

Help keep our streets safe. Add your name to the "KIDS AT PLAY" or "SLOW DOWN FOR US" sign lists by calling my office at 613-580-2488.

Distribution set to begin in May 2017!

Bringing City Hall to the people of Alta Vista

Councillor Cloutier will be holding neigbourhood office hours on Saturday, April 22nd, from 10 - 11:30am at the Alta Vista Library, located at 2516 Alta Vista Dr.



Cycle into Spring with our Annual Cycling Safety Blitz

Our *Annual Cycling Blitz* is set to take place at **Alta Vista and Industrial** on **Wednesday, April 26th**. from **3:30-5:30pm** (weather permitting).

The event will feature Safer Roads Ottawa, Paramedic Services, Ottawa Police and the Pathway Patrol and more! Join us for an information session on cycling safety.

www.JeanCloutier.com Conseiller / Councillor Jean Cloutier

110, avenue Laurier Avenue West / ouest, Ottawa ON K1P 1J1 613-580-2488

jean.cloutier@ottawa.ca

Volunteers are the heroes of winter carnivals

snowstorm, Balena Park held its Winter Carnival on February 12th. On February 19th, one week later, on one of our warmest winter days, Dale Park held theirs. And, it was the volunteers who made each carnival so successful.

At Balena, the shovellers and snow blowers were in full force. At Dale, the potluck table was outside and even some participants had off their jackets. But, boy did everyone have fun at both events!

This was Derek and Manon Dion-McElheran's first year looking after Balena Park Skating Rink and they did an amazing job. At Dale, Bruce Aho has been keeping the ice rink at in great shape over a number of winter seasons now; with compliments to him for another great year. The community is indeed fortunate to have the superb ice skating surfaces it does.

February 12th. With winter in full force at Balena all their carnival events took place. The RPCA and family and friends looked after the hot chocolate and snacks. They also helped get firewood, sticks, carnival equipment and prizes.

The campfire was in the care of the 101st. St. Aidan's Scout Troop. This troop has successfully helped

uring Ottawa's heaviest the Riverview Park Community Association for several years. François Marier, Group Commissioner, 101st. Ottawa Scouting Group looked after obtaining the permit and equipment so appreciative people could sit on hay bales, get warm, and roast marshmallows. Dan Mc-Carthy and Bill Woodley, Venturer Advisors, also kindly assisted.

> The Donovan family organized superb games for the younger people and even created coloured snow to add to the setting. With the assistance of two International students from Ottawa University this was an excellent team. They gave out loot bags and Councillor Cloutier donated colourful snowman making kits.

Even the heavy snow couldn't temper the enthusiasm and competitive spirit of Riverview Park's budding hockey legends After all; this year's edition of Shoot to Win had all the elements of a classic challenge:

- A hard, cold ice surface
- Many competitors in three (3) ٠ different age groups
- Valuable Prizes for the challenge winners
- Corporate sponsorship for the event!! WOW professional indeed!
 - The athletes waited patiently for

their turn while the ice was constantly cleared by volunteer "manual zambonis". The expertise was evident and the competition fierce. In the end, most walked away with a puck for their efforts. Our three champions took home a prize package (Thank you Sonja Payette - Riverview Park Realtor from the Sutton Group) and of course bragging rights till next year. Fun times for all.

February 19th. Once again, the creative cooks of Caledon, Dale and Alta Vista provided a fantastic spread for their Winter Carnival potluck. Lunch was served from eleven until one and the food choices, as usual, were excellent. Have you ever tried mac and cheese with different delicious toppings- well you could have, hot dogs too. It seemed that every kind of chip and taco was on the table, and the list continues.

This event is run by an incredible team that works well together, and the photos of the day speak for themselves of the group's many talents.

Winter 2017. Well done to evervone who helped at Riverview Park's winter carnivals this year. You were the favourites of both great afternoons

DALE PARK CARNIVAL





Charlotte and Norah in front of the rink- just no skates!





Did Marie and Helen win a Tim's Bruce, Marie and Carlie enioving car? Perhaps not!



the sunny day – just no rink.

Follow us on Facebook to see arriving SPRING FASHIONS

FDJ

at the Ottawa Hospital

Saturday, April 8th 10 am

Free Admission Tickets will be available to purchase for draws of items donated by various suppliers and local artisans

ESA **E OU 1877 INNES ROAD** 613-748-6605 **MON - SAT 10 - 5**



Bruce, Declan and Jen gave high praise to Michelle's mac & cheese.

BALENA PARK CARNIVAL



Sonja Payette, with her back to us, and Bob Perkins, in the bright yellow jacket: great organizers of the Shoot to Win game. Photo: Bill Fairbairn



The Donovan Family of Marlene Steppan and Sean and Sandra Donovan went above and beyond expectations! PHOTO: SANDRA DONOVAN



Sonja Payette used a megaphone to supervise play on and off the ice. PHOTO: BILL FAIRBAIRN



Indira, Nicholas and Mathieu enjoy the wonderful St. Aidan's Scout Troop campfire. PHOTO: BILL FAIRBAIRN



Claudine Giroux (centre) welcomed our great International student volunteers from Ottawa U: Di on the left of Claudine, Judy on her right.



PHOTO: SOMEONE AT THE WINTER CARNIVAL



Shoot to Win: and the winners are ... PHOTO: BILL FAIRBAIRN

Eagle Automotive gives your car a close-up eye

by Carole Moult

't's been over 12 years since Vilbert Enviye became the owner of Eagle Automotive and people such as Alan Landsberg, Paul Puritt and Hill Goldberg are certainly glad that he chose Riverview Park for setting up his business. Although, truth to tell, it would seem as if fate had a hand in picking out the 730 Industrial Avenue location.

It all began when one of Vilbert's good neighbours noticed him arriving home late each night from work and questioned him as to why he would be employed by someone else and not have his own place. Friends on the street knew that Vilbert was an automobile mechanic.

"I said to him, you find it and I'll buy it," noted Vilbert, with one of his familiar laughs.

Eventually, this same neighbour found what he thought was the perfect spot. And, with a great deal of excitement drove Vilbert over to see the building; only to discover, quite unbelievably, that it was none other than the one that had already caught Vilbert's eye as he drove to work each morning. Did providence play a hand? We'll never know, but this was positively the right choice for Vilbert and his customers.

Vilbert had always enjoyed working with cars, even as a youth, thus it seemed quite natural that he would sooner or later apprentice as an auto mechanic at Algonquin College.

"I would spend two months a year at Algonquin, then for the other ten months I would work at a car repair garage; and this went on over a three to four year period."

Today, people in this trade are referred to as automotive technicians since, over the past 12 years, the most notable changes in the automobile industry have been with technology.

"We continually take courses, and these are all to do with the technology of new cars," Vilbert has frequently noted.

Friendship unchanged

What has not changed, however, are the cus-



A happy customer took some great photos of Vilbert.



Paul Puritt and Vilbert Enviye: Great service yields grateful customers.

tomers, since over his 12 years in business Vilbert has seen many of his customers become friends. **Riverview Park resident Paul Puritt's comments** are a perfect example of how this can happen.

"Usually when one goes to a car mechanic, one goes to talk about our car and repairs. Not at Eagle Automotive. We go into the waiting room and are greeted with huge smiles and lots of photos on the wall of Vilbert and his staff (taken by a satisfied customer). They take care of car issues, of course, but Vilbert also talks with us about his family, our family, and neighbourhood projects (which he supports). Best of all he laughs at all my terrible jokes."

Positive input also came from another long time





Open the door to great service.



customer, Hill Goldberg, who actually suggested that a story be written about Vilbert Enviye.

"I work at Canada Post," explained Hill, "so one day when my car broke down I brought it to Eagle Automotive since the breakdown happened not far from the garage. I had experienced bad service somewhere else so I thought that the best I could do would be to give this place a try.

The little things too

"I asked if my car needed a new timing belt, and Vilbert's response was, 'I can take your money, but your timing belt doesn't need replacing.'

"After that, I also came to appreciate how, with every visit to Eagle Automotive for repairs, they not only inspect your car, but also wash and vacuum it, even if your vehicle goes in for just an oil change."

And, as Hill reflected, "It was 12 years ago when I first had my car repaired by Vilbert," and I've been coming to Eagle ever since. Now, it has developed into a long-lasting friendship."

Local resident, Alan Landsberg, shares Hill's trust. "The essential feeling we have about dealing with Vilbert "The Eagle" Enviye is that we never have that typical feeling of dread when your car disappears into the ominous unknown; we're always confident that we'll be treated with fairness and utmost competence. Vilbert not only attends to what's needed, but he checks for all the little things that could go wrong and result in more costly future repairs; most of those he'll either bring to your attention, or repair on the spot at little or no cost. His sunny disposition speaks volumes about how much he cares for his clients and their valued automobiles."

Habib & Associates Law Office. Conveniently located on Lancaster Road, across the street from the Canadian Museum of Science & Technology, our office enjoys easy access to the Queensway and ample free parking.

A long time resident of Alta Vista, Mark Habib has been practicing law in Ottawa for over 25 years. Fluently bilingual, Mark has extensive legal expertise in the areas of Residential & Commercial Real Estate, Business transactions and Wills & Estates.

Mark and his team are dedicated to providing you exceptional legal services at a reasonable cost. They look forward to serving the residents and businesses of South Ottawa for many years to come.

Honesty • Integrity • Experience

Delivering Exceptional Legal Services in Ottawa for over 25 years

Smiling face

Any Eagle Automotive story would not be complete if we missed including Vilbert's wife, Donna Karam. She's the smiling face who pops out of the office from time to time on the days she helps, answers questions, and then returns to her desk to do the paperwork.

And as Vilbert humorously quips, "We can't forget her. She is the one who not only looks after the books, but she is the one who gives us our pay!"

You don't have to live in Riverview Park to appreciate Eagle Automotive. Countless customers from across the city are already grateful for the excellent service that they receive. And, while it may have been chance that originally brought Vilbert Enviye to this neighbourhood, in the end it has been the dedication and hard work at the shop that has kept the customers returning to 730 Industrial Avenue.

Mandy's Café: A Vibrant Additon to a Busy Kilborn Avenue Mall

Mandy's Café is what neighbourhoods dream of for their local community. Located at 1791 Kilborn Avenue, it is warm, friendly and best of all it is filled with the most delicious foods. A huge blackboard menu, seen from any place in the café, will tell you just what awaits your taste buds.



Already, regular customers keep coming back for its excellent selection.

Mandy herself is the team leader of talented chefs, baristas and servers. She is also a fifth generation resident of the Alta Vista area.

It was just in the spring of 2016 that Mandy opened the doors of this now very popular location. Previously, she had run a bakery home business, making custom-themed cupcakes,



cookies, cakes and chocolates. As frequently happens, clients would suggest, 'why not open your own shop.'

As a university student, Mandy worked at different restaurants, so serving customers satisfactorily is her number one priority. She also worked in retail and banking, which is responsible for the exceptional interpersonal skills she has. Interestingly enough, this was all in the community. If breakfast at any time of the day is what you hunger after, then the All Day Breakfast will make you happy. Mandy's Café is open from 8 a.m. Monday-Friday and 9:30 a.m. on weekends.

In addition, Mandy's menu is on UberEats.

"It's a really neat concept. We

receive an order on a tablet, prepare it, then the Uber driver comes, picks it up in 10-20 minutes and delivers the customer's choice across the city," noted Mandy. "You download it through the App Store or download Google Play."

Uber customers from outside the area often make the trip to Mandy's Café after their wonderful experience.

There is a complete Expresso Bar at Mandy's Café and when people walk in, many recognize this right away. The huge machine was bought locally, and with the expertise of the barista behind the counter, a wonderful selection of coffee, cappuccino, espresso, latte, teas and hot chocolate are served to the highly anticipating customers.

While many now regular customers were at one time new to knowing Mandy and her staff, others recognize the personable café owner as schoolmates at either McMaster

elementary or Hillcrest high school, or even through her volunteer work.

Spring and summer should be right around the corner, when the mouthwatering Italian Gelato, organic ice lemonade and other cold beverages will all be in high demand. Try any one of these with a Mandy's Café treat and you definitely will be pleased.

The warmth and congenial feeling at Mandy's Café has turned out to be a wonderful addition to Kilborn Avenue and the community. A



"My vision for opening Mandy's Café was importantly inspired by my great grandmother, Mary," Mandy noted one Friday evening. "She owned a successful Ottawa restaurant back in the 1950s and 60s."

On-site, you may also see Mandy's very talented father, a retired local caterer owner, providing Mandy's Café customers a selection of mouth-watering homemade food, including delicious soups, salads, Italian Panini and pasta, to name just a few. You may also consult with Mandy on all of your catering needs for work and home events.

Favourites include the Vegetarian Panini and Mandy's Salad - there is definitely something for everyone. Customers who are required to eat gluten free can also have their needs met on Panini and desserts. sincere welcome, kindness and efficiency, served along with scrumptious homemade meals are always on the menu for you to enjoy everyday.







Carol Richenhaller, Nicholas Swandel, Anna Nitoslawska, Bruce Kenny, Kris Nanda, Councillor Jean Cloutier, and Martha Lush brave the cold for the February 26th AVTC-Hospital Link walk- through. Lead project engineer, Bruce Kenny, and landscape designer, Martha Lush, provided the walk-through of the AVTC for local residents on February 26. The confirmed site for the replacement of the sledding hill has been finalized a couple of hundred metres west of the existing location.



The sledding hill is starting small, but will be much higher.



Plans are for a toboggan hill on this **spot.** PHOTO CREDIT: CAROLE MOULT



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Dinner Menu Options From \$9 – \$19⁰⁰

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Tuesday	8:00 AM - 10:00 PM
Wednesday	8:00 AM - 10:00 PM
Thursday	8:00 AM - 10:00 PM
Friday	8:00 AM - 10:00 PM
Saturday	8:00 AM - 10:00 PM
Sunday	8:00 AM - 9:00 PM
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ESSENTIAL HEALTH

Running Into Spring!



CINDIE HELMER RMT, Clinic Owner

K, let's face it. We've had a terrible winter for runners! After many days of freezing rain and grey skies, the urge to get out into the fresh air is undeniable. While it's tempting to jump right back into your old routine, I'd caution you to take it easy so you don't blow your whole running season before it even starts, due to an early, avoidable injury.

Don't forget that running on pavement is very different from running on a treadmill. According to "Runner's World" running coach, Jenny Hadfield, runners often expect to get back to their regular, pre-winter routine right away, and then overdo it.

For the first 2-3 weeks of springtime outdoor running, remember to slow your pace by a minute or so, or cut your mileage back to half of

what you were doing pre-winter (or on a treadmill.) This will allow your body time to adapt to the feel of running on unforgiving pavement. After the 2-3 week mark, you can start increasing your pace or mileage incrementally over the next 2-3 weeks.

Don't forget to warm up before you run. You should be doing this anyway, but it's especially important when getting back into outdoor running. Walk at a brisk pace for 3-5 minutes before you start to run.

When you're finished your run, don't forget to stretch. You should be focusing on glutes, quads, hamstrings and calves in particular, but don't forget about your upper body. Stretching is vital after every run to help keep muscles limber and prevent injury.

30



When you're getting back into your routine, you should also take longer breaks to give your body time to recover and prevent injury early in your season. Triathlon coaches recommend running once every 72 hours in the beginning to give your bones, connective tissues and muscles time to rest and regain their strength.

Your body gets sore after new or changes to your exercise routine, there's no way around it. To better help manage muscle soreness, and decrease your recovery time, book

regular massages during your running season. Just like wind sprints and 'long, slow distance' days, make preventative massage an integral part of your running workout schedule.

If you would like to learn more about your body and conditions you have, please subscribe to our newsletter through our website at www.essential-health.ca.

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Frame your art with Wall Space

by Carole Moult

homas and Edward Barr are professionals who really know their business. After starting in Montreal almost 30 years ago, they returned to their home city of Ottawa about five years later and have been serving Ottawa ever since. Their field of expertise is custom framing.

Wall Space is a specialty store that moved, after 25 years in Orleans, to the Ottawa Train Yards in October of 2016. You might have to look a bit to find Wall Space; it's tucked away in the same building as Sleep Country. The front entrance is located directly behind the Bouclair and Structube stores.

The building itself is actually a former Harley Davidson repair shop. Some of the original markings on the floor add personality to the expansive rooms. What does the huge X on the floor near the Wall Space front door mean? No one is quite sure on that question or several others.

What the two brothers, do know is custom framing. With over 60 years combined years of experience in this field, they have completed thousands upon thousands of custom frames; from super custom gold leaf to the most simple and economical.

"We say 'Frame it like you mean it'," noted Edward Barr recently. "When you are framing, it's forever. People do re-frame, but if something is framed properly and appropriately then you may never have to change it," he added. "Your furniture, upholstery and carpets will be replaced, but chances are that your favourite photos or artwork will stay in their frames for life. That's why good framing can be such a smart purchase."

"People always frame for a reason. Perhaps an important part of One example of their work is a



Thomas (L) and Edward Barr have been sharing their expertise in custom framing for over 30 years. PHOTO: SUBMITTED BY WALL SPACE





"It seems like every week there is a shadow box to

create..." notes Edward.

A nostalgic sign on the outside, the most up to date framing services on the inside. PHOTO: CAROLE MOULT

your life or history is in that picture. Some things come in and they are really special pieces. Part of our role is to help you sift through all the framing choices," Edward commented in a recent interview. "The main thing is that you want to visit a store that takes your needs seriously."

Shadow boxes

beautiful shadow box of a First ing, Wall Space also features a beau-Communion, complete with an antique photo, rosary and prayer book. . The contents in the shadow box are unquestionably unique and personal, and the significance of this particular framing is certainly not lost on anyone viewing it. It is definitely the sort of framing that makes you pause and think about what mementoes you might have that Train Yard's Wall Space custom are worth framing in a similar framing store that this is a place fashion. "It seems like every week there is a shadow box to create; it is very interesting what comes through that door. For example, these days we get to frame a lot of war medals and memorabilia," Edward added. over when the frame is complete. Customers often request specialized help or advice about how and where to place their artwork. As Tom mentions, "It turns out that there is quite a skill to hanging art properly. It's not as intuitive as you might expect."

tiful range of contemporary Canadian fine art. This is especially true at their Westboro location, Wall Space Gallery, located at 358 Richmond Road in Westboro Village. Their web site at www.wallspacegallery.ca shares an extremely informative overview of what is available at both locations.

It is obvious from visiting the where the owners and well-trained staff truly know their field. They are design- centric; always looking at what will work the best, not only for the customer but the artwork itself. "We take the time to make cer-However, Wall Space's job is not tain that our clients is not just satisfied, but thrilled," Ed commented in summary. So, what are you going to do with your own wall space? You might just find the answer at this 505 Industrial Avenue store in the Sleep Country Building. You'll know you're at the correct place when you see the nostalgic, bright red, lighted sign right near the front door.

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Youth volunteers have fun while developing communication and service skills

Submitted by The Perley and Rideau Veterans' Health Centre.

The Perley and Rideau Veterans' Health Centre is seeking volunteers, ages 13 to 18, to participate in our Summer Youth Program. Teens will support residents in our Seniors' Village with Recreation,



gram. Teens will support Blake Kusiewicz, age 14, shares residents in our Seniors' his thoughts on volunteering.

Creative Arts, Physiotherapy, Church Services, Barbershop/Beauty Salon, one-to-one visits and portering throughout the home. This is a great opportunity to get to know amazing seniors in our community, including war-service veterans. Youth volunteers have fun while developing communication and service skills.

Please note that candidates must commit one or more days per week, for five weeks during July and August. Screening includes an interview, reference checks, police records check for service with the vulnerable sector and TB testing. Attendance at a full-day orientation on July 4th is mandatory for all new volunteers. Apply before June 5th at www.perleyrideau.ca or email volunteer@ prvhc.com for more information.

Community Easter Egg Hunt

Saturday, April 15th, 2017

LOCATION:	Balena Park (washrooms will be accessible) 1640 Devon Street
DATE:	Saturday, April 15 th , 2017 - rain, shine or SNOW!
TIME:	9:15 am – parents arrive to hide the eggs 10:00 am – kids arrive and the hunt begins!
WHAT TO BRING:	 - 10 plastic eggs with peanut & nut free treats inside (10 eggs per child) - Consider non-candy option like stickers, temporary tattoos or erasers
SNACKS:	There will be coffee and hot chocolate provided. ** *SPECIAL NOTE: There will be people present with serious nut allergies. Please try to keep all treats in the eggs nut free. ***

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



There is a \$1.00 Surcharge for Breakfast Specials served after 11:30 AM

Group Reservations Welcome





See our menu for a variety of sandwiches, platters, pizza, Italian and Mexican dinners, Seafood, and meat from the grill.

Plenty of Free Parking

Yasmine's gift for cancer was her hair





Before: This is what thoughtfulness looks like.

by Carole Moult

hen 10 year old Yasmine Mahmoud first heard about donating hair to cancer it was after a classmate came to school with her long hair cut into a much shorter style. Yasmine was curious, therefore with the computer savvy of an enterprising Grade 5 student, she decided to go on the internet and find out everything she could about what her friend had done with her hair.

Yasmine discovered that her own hair was also long enough to donate. The question then was to find out where and how and what and as much as possible about donating hair for wigs for cancer patients. Her interest remained high and she made many useful discoveries as she continued her research.

No stranger in giving to charity, two years ago, at age eight, Yasmine had already raised funds for cancer by selling lemonade outside her parents' store. It was the 5th anniversary of Cedars & Co. on Bank Street and she made an amazing \$87.00.

When asked why she wanted to donate again, the ten year old responded, "I want to help because there are people in my family who have had cancer."

"I searched out different charitable organizations that accepted these donations and I chose the Pantene one," Marilyn replied as she was asked about her only daughter's request.

share.

Since 2007, over 120,000 Canadian women have donated their ponytails to the program that was founded by Procter and Gamble Canada in association with the Canadian Cancer Society. It takes eight ponytails or eight people donating hair to make one wig. There is also a strict procedure that has to be followed.

Over the next few days, the idea was thoroughly discussed by mother and daughter.

Then, on the Saturday morning of January 7th, Yasmine came downstairs for breakfast and announced that this was the day.

Dear Y Mahmoud

On behalf of Pantene Beautiful Lengths and the Canadian Cancer Society, it is with heartfelt appreciation that we thank you for your very kind and meaningful donation to our wig program

Your ponytail donation will help give confidence to a woman who has lost her hair because of cancer treatment. Many women who receive Pantene Beautiful Lengths wigs tell us that, thanks to you, wearing a real-hair wig makes them feel like themselves again and not just someone with cancer. We also hope that your generosity will inspire others to support Pantene Beautiful Lengths

As you may know, it takes a minimum of 8 ponytails to make one Pantene Beautiful Lengths wig. Your donation will join at least 7 others to be transformed into a high quality, real-hair wig by HairUWear*, ou campaign partner and the leading global producer of real-hair wigs

The Canadian Cancer Society distributes Pantene Beautiful Lengths wigs at no cost to women in need through its national network of community offices

If you would like to learn more about this program and the incredible difference you are making, please visit www.BeautifulLengths.ca. We also encourage you to visit cancer ca to learn more about cancer. and the support services provided in your community by the Canadian Cancer Society

Together, we are helping to improve the lives of women with cancer. Thank you!

Sincerely

Eric Breissi President, P&G Ca

President and CEO, Canadian Cancer Society

Yearn more

Tell us your storm Facebook.com/PanteneNA

The conversation

Needless to say her mother Ever nervous? needed to call their stylist very quickly, since it was, after all, a Saturday. Luckily for everyone, the appointment could be booked for one o'clock, and, right to the letter they followed the procedure as outlined on the net.

Now the ten year old's comments go from, "I was actually relieved after my hair was cut, but now sometimes it stays straight and sometimes it goes curly, but it's some weight off your shoulders," to "I would encourage other kids to donate because donating hair is really fun, and it is a good experience."



When asked, if there was a time when she was nervous, it was only as to whether they actually received her hair that caused concern. They did, and she received a certificate acknowledging her generous donation on February 24th. Ponytails for wigs must be sent by regular post and not courier, therefore no tracking is available for the donors.

For her mother's part, Marilyn Dib noted, "I was really proud of her to take the initiative to do something as admirable as this. It proves that children really do listen in school and to their friends to act out in these wonderful decisions. Plus, she looks adorable with this new look." Diplomatically, the girl's mother did not mention the extra time it takes in the mornings before school when she can be found straightening the Grade 5 student's very curly hair.

Dad, Brian, is equally proud of his young daughter. "I can't believe that my 10 year old would think that way. What a blessing. I'm so touched. Always stay the way you are, don't change," he added when voicing his praise to Yasmine. As for Yasmine, besides thinking of others, she really enjoys reading, dancing, gymnastics and sports, and remains very active with a number of school teams. However, no one should be surprised, if in the not too distant future Yasmine Mahmoud has found yet another way to donate to cancer. You see, this ten year old has already looked around and has seen where there is a need to be filled. It certainly gives hope that a future generation will do well for us.

Determined to do it

Thus, with the wonderful focus of a young person determined to help others, and after a few days with a strong rationale, Yasmine approached her mother with her plan. She also, by this time, had enough information to be able to support her idea with facts.

Next, it was her mother, Marilyn Dib's, time to turn to the web. If Yasmine was determined to do this, and she was, then her mother was impressed with The Pantene Beautiful Lengths campaign.

Did you know...? Daffodil history at the Canadian Cancer Society

'n the 1950s, the daffodil became the symbol for the Ca-L nadian Cancer Society almost by accident. In Toronto, afternoon TREND teas were held to raise money for cancer (TREND stood for treatment, research, education, needs of patients, and diagnosis). One April a group of tea volunteers decorated the tables with daffodils, which created a cheery, hopeful atmosphere. After this, these gatherings became known as Daffodil Teas.

In 1954, Lady Eaton hosted a Daffodil Tea at the Eaton's store in Toronto, which was attended by 700 hundred women.

It was in 1957 that daffodils were first sold as an official fundraiser in support of the Canadian Cancer Society. An anonymous donor paid for 5,000 blooms to be flown in from BC where the growing season starts earlier than in Ontario. Daffodil sales raised more than \$1,200 in the first year.

Daffodil sales quickly spread across the country and the daffodil was adopted as a symbol by other cancer organizations, including the American Cancer Society, Cancer Council Australia and the Irish Cancer Society.

In Toronto, a large Daffodil Parade ran for 26 years, featuring floats, bands, clowns and celebrities.



Montreal and Quebec City.

Some years, as many as 5 million daffodils were transported from BC on transport trucks to over 65 drop-off sites across Ontario. The flowers were kept in cold storage before being sold.

Transporting large numbers of fresh flowers from one end of the country to the other has led to some unpleasant surprises over the years: In 1969, volunteers in Montreal discovered that the daffodils, stored in the garages of the Molson Brewery, had been ruined by carbon monoxide fumes and cold air drafts. In 1972, the truck transporting daffodils from Victoria to Calgary went up in flames, taking its load with it! In 1985, daffodils destined for Toronto froze along the way. In 1989, Quebec's Daffodil Similar parades where conducted in Month launch had to be postponed • In 2014, the Canadian Cancer



until the end of April after a hailstorm destroyed the daffodil crop in Victoria.

- In 1961, the Canadian Cancer Society in Quebec embarked on daffodil sales. Since 1965, Canadian Pacific has shipped millions of blooms free of charge from BC to Montreal. Today, Quebec sells more fresh daffodils in the fight against cancer than any other province. Two million daffodils are sold each spring by 10,000 volunteers at more than 1,500 points of sale across the province.
- In 1994, the first Daffodil Ball was held in Montreal. To date, this gala has raised \$30 million dollars.
- In 2000, the Daffodil became the official symbol and logo of the Canadian Cancer Society.
- In 2010, daffodil lapel pins were introduced in BC and were adopted nationwide in 2011.

Society in Ontario started a live daffodil sales partnership with Loblaw Companies Limited. In 2016, this partnership was extended into Atlantic Canada. This year (2017) the partnership has been expanded to include BC, the Yukon, Alberta, the Northwest Territories and Saskatchewan. Since 2016, almost \$500,000 has been raised through this collaboration.

Buying a daffodil pin or flowers means you are supporting a long history of helping people with cancer and funding life-saving research, information and support services. Since the 1950s, the overall cancer survival rate has increased from 35% to over 60% today, thanks in part to research funded by flower sales.

About the Canadian Cancer Society

The Canadian Cancer Society is a national, community-based organization of volunteers whose mission is to eradicate cancer and enhance the quality of life of people living with cancer. Thanks to our donors and volunteers, the Society has the most impact, against the most cancers, in the most communities in Canada. Make your gift today at www.cancer.ca

Ррз9-3333 (ТТҮ: 1-866-786-3934).

Opioids – It's Important to Talk About

Earlier this month, Ottawa police and public health officials issued a public warning about fake prescription pills potentially laced with the deadly opioid fentanyl. We have read about too many youth dying from overdoses in Ottawa and across Canada recently. Increased awareness and open dialogues must take place now more than ever because the reality is that this problem is in our community.

I feel that now more than ever, we must be having these difficult but important discussions around drug use with our children and grandchildren so that they are made aware of the new dangers in drugs circulating through our community.

We have been hearing more and more about naloxone in the news. Naloxone is a medication that can temporarily reverse the effects of an opioid overdose. Opioids include drugs like heroin, morphine, fentanyl, methadone and codeine. Naloxone blocks the effect of opioids on the brain. It temporarily reverses effects on a person's breathing. It has been compared to an EpiPen for overdoses.

In Ottawa, there are a number of addiction service providers. Please contact these local resources if you know someone in need of them:

Ottawa Addictions Access and Referral Service (OAARS)
613-241-5202
Ontario Drug and Alcohol Helpline
1-800-565-8603

- **Distress Centre of Ottawa and Region** 613-238-3311
- Youth Services Bureau of Ottawa 613-241-7788 ext. 300 or ext. 400
- **Dave Smith Youth Treatment Centre** 613-594-8333
- Royal Ottawa Hospital's Regional Opioid Intervention Service 613-722-6521 ext. 6224

If someone close to you is at risk of an opioid overdose, you can obtain a free naloxone kit at over 80 pharmacies in Ottawa. Call (800) 565-8603 to find one.

Currently all paramedics in Ottawa are equipped with naloxone kits and I am working to ensure that all First Responders who require kits will have access to them to save lives as well as for their own protection.

Ontario has also launched a comprehensive opioid strategy to address the dramatic increase in rates of addiction and overdose deaths due to prescription narcotics and opioids.

Ottawa Public Health

ottawa.ca/en/residents/public-health/healthy-living/alcoholdrugs-and-tobacco/drugs

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.



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RiverstoneRetirement.ca

Riverstone breaks ground on its 6th property



ttawa, ON- March 2, 2017-Locally owned Riverstone Retirement Communities breaks ground on its sixth property; Riverpath. The nine-storey retirement community will offer 157 suites, 3 dedicated assisted living floors, and state of the art amenities including: a salt water pool, a roof top terrace, billiards room, demonstration kitchen, library, theatre, and keyless entry. "The project will create 100 new jobs in Ottawa," said Mike Traub Vice President of Riverstone Retirement Communities. Riverpath will be the first bilingual property for the retirement company and is planned to open in Early 2019. Mayor Jim Watson accompanied Riverstone officials in a ground-breaking ceremony at the site of 80 Landry St. in Vanier.



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(CIBC)

– Riverside Dr. St. Laurent Blvd. —

M

Above: Mike Traub, Shawn Malhotra, Mayor Jim Watson, and Neil Malhotra shared the ground breaking task. PHOTO: CAROLE MOULT **Right: Rendering of Riverpath** PHOTO: SUBMITTED BY RIVERSTONE RETIREMENT COMMUNITIES



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SCAM ALERT Emergency! Grandparent Scam



by Marian O'Connor

The emergency scam (also called the grandparent scam) targets grandparent scam) targets grandparents and play upon their emotions to steal their money. In the typical scenario of an emergency scam, a grandparent receives a phone call from a fraudster claiming to be a grandchild.

A typical call can go something like this: Fraudster: *Hi*, *Grandma/Grandpa*

Victim: Hi. Fraudster: Do you know who this is? Victim: John? Fraudster: Yeah Fraudster: I need your help Grandma/Grandpa. I'm in jail (or in the hospital / or in some type of

I'm in jail (or in the hospital / or in some type of trouble). But don't tell Mom or Dad. They would kill me if they found out, please send the money ASAP. I'm scared

You may get a call from two people, one pretending to be your grandchild and the other pretending to be either a police officer or a lawyer. Your "grandchild" asks you questions during the call, getting you to volunteer personal information. Callers say that they don't want other family members to find out what has happened. You will be asked to wire some money through a money transfer company such as Western Union or Money Gram. Often, victims don't verify the story until after the money has been sent.

In some cases, scammers pretend to be an old friend of the family, but most often, the scam targets grandparents.

You can report scam attempts to Ottawa Police by calling 613-236-1222 ext 7300, or to the Canadian Anti-Fraud Centre online at: www.antifraudcentre-centreantifraude.ca or by calling 1-888-495-8501.



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home.

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> Ottawa Regional Cancer Foundation

Please recycle this newspaper

CHEF DENIS ANALYTIS Food trend forecast: What's on the menu for 2017?

nome popular food items that have been trending this year include: watermelon, charcoal, turmeric, jackfruit and cauliflower to name a few.

Here's a recipe that features a cauliflower crust pizza that's sure to delight your taste buds.

After a winter that saw prices triple in some areas, cauliflower is still a hot topic. All indicators point to the cruciferous vegetable continuing to trend in the spotlight this year.

Cauliflower Crust Pizza Servings 2-3

Ingredients:

- 2 cups of grated cauliflower
 - I cup of freshly grated Parmesan cheese
- 1 egg beaten

Preparation:

- 1. Preheat oven to 400° F
- 2. Remove the leaves and stem of the cauliflower and transfer pieces to a food processor.
- 3. Rice the cauliflower by pulsing it in the food processor, or by shredding it on a box grater.
- 4. Once riced, transfer to a skillet, don't add oil or water. Use me-

dium heat, stir until the cauliflower has dried out somewhat, it won't dry completely, but the dryer the better.

Heat at least 10 minutes just enough to evaporate the moisture, not enough to color or cook down.

- 5. Remove skillet from burner and set aside to allow cauliflower to slightly cool.
- 6. In a bowl, beat 1 egg, add grated Parmesan cheese to the egg, add the cauliflower to the

bowl and mix well with the egg and cheese and form into a ball. 7. Line a baking sheet with parch-

- ment paper and place cauliflower mixture in the middle.
- Spread out the mixture and form a circle out of the cauliflower mixture about 1/4 inch thick. The crust will be about 10" across.
- 8. Bake for 15 minutes or until the crust has become golden brown in the center and on the edges.
- 9. Top with your favorite pizza sauce and toppings, being careful not to overload the pizza.
- 10. Bake for another 5-7 minutes, or until the cheese has fully melted. Enjoy!



DENIS ANALYTIS Executive Chef, **Riverstone Maplewood**



For more great recipes, please visit my website: denisanalytis.com



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

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

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

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- » le Supplément de revenu garanti
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- les questions d'immigration »
- le passeport canadien / Affaires Consulaires »
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Si jamais je peux vous aider, n'hésitez pas à contacter mon bureau.

David McGuinty, MP | Député

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FINANCIAL PLANNER

Become Familiar with Wealth Transfer Strategies

by Bob Jamieson

No retire comfortably, you need to save and invest regularly using an effective savings and investment strategy. Maximizing RRSPs or other retirement accounts will likely be essential to realizing your retirement goals. Once you retire, you'll need to "switch gears" somewhat, and begin considering wealth transfer strategies.

An effective wealth transfer strategy can help you accomplish a variety of goals, such as distributing your assets the way you choose, avoiding probate fees and reducing estate taxes. You can explore a variety of wealth transfer tools, including the following:

Gifting — Gifting your assets to your adult chil- • dren can help minimize the size of your estate, reducing the tax burden at death. This could also potentially lower probate, executor and legal fees. Be careful when gifting property (including cash and securities) to a spouse or minor child, as income attribution rules may apply, causing income earned on the gifted property to • be taxed in your hands.

If you donate securities with a capital gain to a registered Canadian charity then there is no tax payable on the capital gain, and you get full credit for the donation, up to the standard chari-

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table deduction limit.

- Will A will is simply a plan for distributing your assets to family members and other beneficiaries. If you were to die intestate (without a will), provincial laws would determine how your assets should be distributed — and there's no guarantee that the end result would be what you would have chosen.
- Beneficiary designations Many of your financial assets — including life insurance policies, RRSP/RRIFs and TF-SAs — allow you to name a beneficiary. Upon your death, your beneficiary will automatically receive these assets, avoiding the sometimes time-consuming, expensive (and public) process of probate. It is essential that you periodically review these designations to make sure they reflect your current wishes and that they do not conflict

with the terms of your will.

- Trusts Different trusts can help you accomplish a variety of wealth transfer and estate planning goals. For example, an inter vivos trust can help you leave assets to your heirs without going through probate. You can also structure the trust to stagger payments over a number of years, rather than all at once, or include other restrictions or incentives.
- As you can see, trusts are when we're unprepared. versatile instruments — but they are also complex. Consequently, you'll need to consult with your tax and legal advisors regarding your particular situation.
 - Permanent Life Insurance — When building an estate for your heirs, you have typically considered both registered and unregistered investment accounts as your principal sources of accumulating wealth. Per-

manent life insurance can be used to pay taxes on the estate, but also to effectively accumulate wealth and pass it along to children or grandchildren, typically in a very tax-efficient manner.

All the wealth transfer techniques we've looked at will require some careful thought and preparation on your part — so don't wait too long before getting started. Time has a way of sneaking up on all of us - but it's especially sneaky

If you would to discuss the above strategies in more detail, please give me a call at 613-526-3030.

Bob Jamieson, CFP www.edwardjones.ca/bobjamieson Insurance and annuities are offered by Edward Jones Insurance Agency (except in Quebec). In Quebec, insurance and annuities are offered by Edward Jones Insurance Agency (Quebec) Inc.

WEALTH MANAGEMENT



Helping you make sense of wealth management strategies

In your neighbourhood

Call or visit your local Edward Jones advisor to help you determine the appropriate wealth management solutions for your family:

- Wealth Preservation
- Business Succession Planning
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Monthly Morning Concert Series at Oakpark Retirement Community

by Pam Maskell

Tince opening in 2008, Oakpark Retirement Community has been fo-**J** cused on offering a wide range of events and activities for both the residents and the community to enjoy. One of the activities that has remained constant since Oakpark opened is our Monthly Concert Series.

This annual series invites local musicians to perform classical music in a ings of a variety of many talented local muhome-like setting. Whether the musicians are preparing for a large concert, have just released a new album, or are simply enjoy playing in the Ottawa area, it's a pleasure to appreciate their talents from the comforts of the Oakpark lounge. The arts are an integral part of life for many of the residents at Oakpark. Many have previously enjoyed attending concerts at the NAC, and although many residents are still able to do this, it's comforting for many to have the ability to enjoy live classical music each month without needing to leave their home. Our Morning Concert Series has grown and extended to the general community over the years. Community members are welcome and encouraged to attend these concerts to enjoy the beautiful music styl-



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sicians. We'll often see familiar faces playing in various groups having formed duos and trios from larger assemblies.

If you're a classical music enthusiast and are free on Thursday mornings, please join us for an upcoming concert!

April 13th featuring "Zephyr Harp Duo" Joanne Griffin & Heather Flinn.

May 11th featuring tenor Iain Macpherson and Andrew Ager on piano.

June 8th featuring "Duo Rideau" Amelie Langlois & Catherine Donkin.

Each concert takes place from 10:30-11:30 in the Oakpark lounge.

For more information about our Morning Concert Series, or to learn about what Oakpark has to offer, contact us at 613-260-1744 or visit us online at oakparkretirement.com.

MYSTERIES OF CANADA

by Bruce Ricketts

istorians will tell you that the Rideau Canal system, which connects Lake Ontario to the Ottawa River, was begun in 1826 under the direction of Lieutenant Colonel John By. But in fact, the history goes back much further and involves around 50,000 First Nations Peoples.

The Algonquin People have inhabited the area we now call Eastern Ontario for around 10,000 years. From their lands around the Rideau Valley they spread south to Lake Ontario. By the 17th century, the lands were split up among the Algonquin, Huron, Iroquois and Montagnais Nations. Small villages, from 35 to 100 populations, sprang up along a series of water trade routes which criss-crossed the territory. Europeans began to arrive into the territory around 1610, when the French took note of the riches that could be had up the Ottawa River. The first major settlement made by the Europeans was the fur trading station and fort built by Count Frontenac at Kingston. The First Nations and the Metis took on the role of fur trappers and used the well traveled waterways of Eastern Ontario.

In 1784, the British government began to make land grants to United Empire Loyalists in the areas between Kingston and the Ottawa River. They used, as their land marks, the First Nation water trade routes and granted certificates of ownership of between 100 and 200 acres per Loyalist. Over the next fifty or so years, settlements began to spring up, including Kingston Mills in 1784, Burritt's Rapids in 1793, Morrisville in 1795, Wright's Town (now called Gatineau) in 1800, a military settlement at Perth in 1816 and the town site at Richmond in 1816. It is worth noting that these land grants and settlements were made and constructed without a treaty between the government and the rence River below Montreal to cept three locks which are more First Nations; an issue that comes back to the forefront on occasion even today. For more information on this aspect of the story, refer to the February edition of this community newspaper.

The real roots of the **Rideau Canal**



The Rideau Canal was constructed beginning in 1826 following a route set out by Col. By but the real route was set out by First Nations a thousand years earlier.

whom died of malaria, over five summer seasons. Although built for military purposes, the canal was used mainly to transport freight and passengers. But it was never economically viable (as is the case for most military projects when then turn to civilian use). However, today the canal is used for pleasure boats and a skating rink.

The locks are still manned by humans to turn the crab winches which control the lock gates (exautomated) and in some cases bridges over the lock. The trek of the Algonquin People became a waterway for the military, then a transportation route for commerce and finally a recreation area for boaters and cottagers. In 2000 it became part of the Canadian Heritage River Systems and in 2007 was designated a World Heritage Site by the United Nations.







The Ottawa Regional Cancer Foundation is hosting a Flea Market and Food Truck Social AND we are looking for

vendors!

Turn Spring cleaning into Summer dollars by to help ensure every cancer patient and their family have access to care close to home.

The Rideau Canal was constructed beginning in 1826 following a route set out by Col.By but the real route was set out by First Nations a thousand years earlier.

But why was the canal project even undertaken?

Following the War of 1812, when the Americans decided that they did not need Free Trade Agreements when they had a powerful army, the British government determined that use of the St Law-

supply its garrisons on the Great Lakes was a point of vulnerability to the Americans. Therefore, it was important to establish an alternate route.

The task fell to 47-year-old Lieutenant-Colonel John By, a member of the Royal Engineers. And his was no mean feat.

Remember the timeframe. Everything had to be done by hand, including cutting swaths through virgin forest, the construction of fifty dams to control water levels and the building of 49 masonry locks (only 46 locks are still in use today).

The construction was done mainly by Irish workers, many of

Quite a piece of history.

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

Reserve your booth online today:



The acorn icon anchoring Oak Park is over 300 years old

by Carole Moult

efore Junction Gore ever existed and when this area was solid forest, a young burr oak sapling began its life in the colony called New France.

Over three hundred years later, it stands proudly in Riverview Park, having witnessed the coming of the immigrants in the 19th century and the demise of all other trees that once surrounded it. Why did this one stalwart oak tree survive the axes of the pioneers, the construction of the Rideau Veterans Home in 1946, subsequent development of the hospital lands and the fungus that killed others of its kind?

No one will ever know. This grand tree in our Rideau Veterans Memorial Park has thus far managed to ward off all threats.

Burr oaks (more commonly spelled bur) are known for their slow growth and longevity, and often live from 200 to 400 years. Their deep root systems enable them to survive periods of drought. Their acorns provide food for multiple generations of foraging wildlife.

Our tree was gifted with an extension of its life by the Canada Lands Company. In 1998, when the CLC acquired the property of the former Rideau Veterans Home, it donated a portion of the site to create a memorial park dedicated to all Canadian veterans and especially those who occupied the home. This special site was chosen for the memorial park because of the majestic oaken sentinel that stands in its center.

The stones in the park once adorned the fireplaces of the home's 13 buildings that were laid out to replicate the cottage hospital model. A panel placed on the stones invites park visitors to pause and remember the Canadian veterans of the First, Second and Korean Wars under the shade of this magnificent burr oak.

Protecting Your Home Is Our Mission!

CANADA



Riverview Park Community Soccer Club

The Riverview Park Community Soccer Club was created many years ago by a group of local moms. Children from 2 years of age to early teens come out each week. Each year it continues with the help of local parents and volunteers. It's a very relaxed, fun, social, parent-run, parent-led and economical Wednesday evening at Riverview Alternative School from June until the end of August.

Vacant positions needed for the club to run again include:

CHAIR - General overseeing of program, events and volunteers

REGISTRAR - Registration and coordination of fees, waivers and parent/child info **COMMUNICATIONS**

- Manage Facebook page, email distribution list and

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answering questions COACH COORDINATOR -

Coordinating and connecting coaches per age group. We'll also need parents/volunteers to again step up for coaching. This is a good way for high school students to get their volunteer hours. Experience is not needed and you are not required to commit to all the Wednesdays in the summer. Even if you can volunteer a few Wednesdays, that's very helpful.

Please connect with us at: RP-CASoccer@rogers.com OR our Facebook page Riverview Park Community Soccer

RIVERVIEW ALTERNATIVE SCHOOL



Grade 3 student, Niko, ready for the show to begin. PHOTOS: CAROLE MOULT





Grade 1 student Alexis (R) snuggles up with mom, Miranda.







1600 Devon Street Riverview Park \$405,000



1601 Chaucer Avenue Riverview Park \$449,000

CONTACT ME TODAY TO FIND OUT THE VALUE OF YOUR HOUSE RIVERVIEW PARK MARKET UPDATE YEAR OVER YEAR COMPARISON WINTER 2017 (JAN & FEB) Number of Homes Sold 6 Average Days on Market 58 Average List to Sell Price 97.8%

Three bags full of popcorn for Good to the last bite! Grade 3 student Mordecai has just enjoyed Rose, Grade 2, and her friends the pizza.

There's a whole lot going on at Riverview Alternative School

Stories for primary students, and there's a wonderful garden waiting for them after winter leaves us. Many family and school events have already occurred over the past year such as the Mobile Vision Clinic, Ottawa Food Bank and Snowsuit Drives, Aboriginal Education Day and there's much, much more to come over the next few months.

How does all this happen? Movie Night was just such an example.

Parents and students arrive at the school around 6 o'clock at night, such as they did on Friday, February 10th. Pyjamas can be worn and teddy bears are welcome. The families pay a minimal price to attend the show, and pizza, popcorn, and desserts are for sale at reasonable prices. Numerous events are just for the families to come together such as a planned potluck. All money raised from a variety of fundraising events, including Movie Night, go to support activities and supplies for the students, such as having the scientist visit or buying sports equipment.

WINTER 2016 (JAN & FEB) Number of Homes Sold 7 Average Days on Market 30 Average List to Sell Price 97.2% Average Sale Price \$422,771

Average Sale Price \$435,516

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THE ARTS IN RIVERVIEW PARK Interview with Marilyn Charpentier, Painter



Sunrise on Blue Sea Lake by Marilyn Charpentier



Sunset at Mazinaw Rock by Marilyn Charpentier





by Diane Schmolka

have lived across the street from us for several years now, with Mike, your partner. We share the love of animals, novels and nature. It is a real privilege to interview you this evening.

When did you begin to paint?

I began ten to fifteen years ago, but I was constantly drawing before that as a child. I used pencil then.

Was anyone else in your family artistically talented?

Yes, one of my two brothers was. My mother wrote poetry, and my brother is a wonderful photographer.

What mediums do you use to transmit your messages in your works?

I began originally with acrylic for several years, and then switched to oils, and now I've added pastels.

When you choose a particular medium, is it the medium which is the foundation. of the message, or is it the catalyst to it?

photos, and sketch items like texood evening Marilyn. You tures of all types, (barks of trees, dead wood, old camper trucks, flowers, animals and more). My pets are present in many portraits. I always want to try something new.

How many hours a year do you spend artistically?

I can't figure it out. I can spend many intense hours for a few days, but then must balance a full-time job, home life, fostering animals and more. I always return to my art as soon as possible.

You are considerably younger than I am, but have launched your art career on the web and have already exhibited in several places. Where are your paintings now?

One of them was in St. Laurent Complex, and another show in the same location.

What are some of your ideas for your art in the future?

I want to keep painting pet portraits for people, try new mediums; for example: water color, mixed media and multi-media. I also wish to obtain more exposure and more shows. My contact info. www.marilynsstudio.ca & marilynsartstudio@ gmail.com

When I paint I try to capture the light, the reflections and the contrast between them. I performed an experiment recently. I painted two works of the same location, same perspective. One is in oil, the other in pastels. The result was that the message was different for each one.

What inspires you to paint your chosen subjects? Many of my paintings are inspired by my travels: e.g. camping in Algonquin Park. I take my sketch book with me whenever I travel, take many Thank you, Marilyn, a great close neighbour not only logistically, but in friendship.


Train Yards Dental Centre serves and educates

by Carole Moult

No one had ever been a dentist in his family, nor even in the health care field, yet, even before Steven Da Costa completed his undergraduate degree in Bio Chemistry from the University of Ottawa, he definitely knew that this was his area of interest. Thus, his decision to enrol in the Faculty of Dentistry at McGill University in Montreal; a commitment that would add on at least another four years to his education.

Following his four years at Mc-Gill, Dr. Da Costa took an optional Residency Program. Consequently, after successfully completing his time at McGill, Steven Da Costa chose the University of Texas in San Antonio for their comprehensive one year program. There, he refined his skills in oral surgery, implantology, and cosmetic dentistry. The University of Texas is well known for its high standards, and Steven Da Costa was not disappointed. This decision was an excellent fit.

"It was the hardest to get into, but the best," Dr. Da Costa shared in a recent interview. "They were very gracious both socially and professionally, it was extremely rewarding and we learned a lot," he added.

Back in Ottawa, after a year of warmer weather in the southern United States, Dr. Da Costa worked for about seven years in Vanier as an associate dentist. Again he was high in his praise for the excellent experience he received.

Dr. Da Costa is now in his fifth year of having his own practice in the Ottawa Train Yards, and patients are using the words, "friendly, efficient, caring and thorough" to describe their experience at the 525 Industrial Avenue *Train Yards Dental Centre*. They also comment about the up to date treatment rooms. Little do they know, however, about the many behind- the scene- changes that have occurred in dentistry over the past 10 years.



A patient at the Train Yards Dental Centre appreciates the up to date technology. PHOTOS: CAROLE MOULT

es are available as well with the CEREC machine which is used to perform these restorations. The newer materials are metal free and very strong so they last a long time. Dr. Da Costa has had extensive training with this technology and has now performed many CEREC restorations with great success

Needless to say, Professional Development is on-going in dentistry. Courses can be taken anywhere in North America, although it is the Royal College of Dental Surgeons of Ontario that monitors Ontario dentists with a point system.

It is obvious from looking at the *Train Yards Dental Centre* web site that Dr. Da Costa is trained to play an important role in the oral health care of his patients. He stays current through continuous education courses such as in orthodontics, dental implants and general dentistry, and is a member of the Ottawa Dental Society, Ontario Dental Association, Canadian Dental Association, the Academy of Osseointegration (Dental Implants) and the International Association of Orthodontics.

Team of eight



At reception, a patient (L) checks with Katarina (C) and Felora (R).



Greatest advance

To Dr. Da Costa, CAD/CAM dentistry has been the greatest advance in the field since he began practicing. The name is an acronym for computer aided- design and computer- aided manufacturing. Needless to say, this technology involves the dentist having not only the most up to date equipment, but proficiency in it as well.

One excellent example as to how CAD/CAM has changed denistry is with crowns. Previously, to make crowns it could take at least a week, now the patient is fitted with one in about one and a half hours. Same day onlays and bridg-

And, according to the Canadian Dental Association, Pursuing a Career in Dentistry, 2017, 'the number and range of services that dentists provide has steadily grown.' It isn't just about drilling and filling patients' teeth, but performing a wide variety of procedures and functions. One crucial role of a dentist today is that of educating patients on how to prevent oral health problems. Teeth are a very important part of overall good health, and as such Dr. Da Costa sees his role as an educator to be paramount. Think of a dentist as a primary health care provider and it becomes evident as to why he and his team of eight provide the range of

Dr. Da Costa presenting a milled form from the CEREC machine.

services they do.

Dr. Da Costa has been most complimentary of the new neighbourhood that he joined just a few

years ago. Well, come to find out, the patients who visit *Train Yards Dental Centre* are equally positive in their appreciation of him too.

Blair Street as a name ceases to exist

by Carole Moult

Page 38

he Ottawa Journal of October 21st, 1961 reflected on the early days in Riverview Park: "It was Ottawa's first Dominion-Provincial Land Assembly project, and started 10 years ago. Now there are 1,100 families in the area ... Its charm, unlike that of the usual subdivision, lies in the originality of house designs, which reflect individual tastes of the residents...Its winding streets were designed to discourage through traffic, and are safe for children...When lots in the first section of the area went on sale in 1950, interest was definitely cool. In 1953, after the pioneers had broken the ground, the demand was great. Then, in 1956 when the final portion of lots went on sale, the stampede of prospective lot-owners reached land-rush proportions...With the final paving of streets in the Bradley-Cole area just recently the entire community had reached a high level of local improvements."

eral and provincial governments would purchase tracts of available suburban land, subdivide it and lay roads. The municipal government would provide services to the edge of the property and cover 20% of the local improvements.

Blair Street was one of the original streets of Riverview Park. It was in Part 2 out of 4 sections. On Monday, March 13th Blair Street ceased to exist and instead became an extension of Neighbourhood Way. Suffice to say, the residents are feeling a sense of loss as several have lived in these homes since they were built, and many others have lived on the street for decades. Street name changes also involve a tremendous amount of work for homeowners amending documents.

So, how might Blair Street have received its name? According to the book, Gloucester Proud Legacy of our Communities, the Blair family was significant in the development of the Gloucester area in which Riverview Park is situated.







The Browns built this Blair Street house in 1953. Family still lives there. Behind this house the Novitiate Hurdman's Bridge can be seen. PROVIDED BY THE ROBERTSONS

Thus, it is probable that the street was named after the family. A map of Gloucester Township from the Belden Atlas, 1879 images includes Hugh Blair's property. When the 1871 Census was taken, Hugh Blair was living in Gloucester Township, Rideau Front. Riverview Park is in what was the Rideau Front of Junction Gore. Hugh Blair lived there until he moved to Glen Ogilvy.

The street name change is to eliminate the confusion having two streets with duplicate names post amalgamation. Ironically, Blair Road was once called Skead Road North and Skead Road South until the Township of Gloucester changed the name. The area of Riverview Park was part of the Township of Gloucester until 1950 when the City of Ottawa annexed it.

To begin the process of the name change, letters were sent to the homeowners last October and a meeting was held to brainstorm name suggestions. Any chance of adding further confusion wasn't permitted such as changing Blair Street to Riverview Park Drive. With Riverside Drive so close, that wouldn't be allowed. There were 60 names not to include. Having the name, 'river' in a name couldn't happen, along with 59 others. The old Belden Atlas, 1879 images was looked at, however the names of many farmers were taken or were unsuitable.



The suggestion of extending Coronation meant a street name change plus a change of house numbers; something the majority of residents did not want. Councillor Cloutier, who suggested the meeting, noted that Neighbourhood Way could be extended. There are no street addresses there, thus the name could work. Neighbourhood Way is a relatively new street, created when Alta Vista Drive was reconfigured and was named, some say, because of its gateway to the neighbourhood. It appeared that the majority of respondents voted for Neighbourhood Way.

Over the years there have been draw backs with the duplicate name of Blair on city streets. However, now try to explain to those making deliveries to a street name that is not yet on their GPS. This too gives problems to the residents.

So, what's in a name? For the people living on the former Blair Street, it turns out to be quite a lot.



Several houses could be seen on the developing Blair Street when the Alta Vista Shopping Centre had its wall blown down during construction. ALTA VISTA SHOPPING CENTRE WALL BLOWN OUT, NOVEMBER 17, 1955 CITY OF OTTAWA AR-CHIVES/MG393/CA035431

COMPUTER TIPS & TRICKS Is a Chromebook in My Future?

By Malcolm and John Harding, of Compu-Home

nyone who has been shopping for a laptop computer Lately has been surprised at least for a moment when they have stumbled across a couple of machines that are much cheaper than most of the others on the shelf. Most laptops of even moderate specifications are \$400 and up, but there are these few particular exceptions that start in the low \$200s and top out at less than \$400. Is this too good to be true? Not necessarily. For many people, the pros and cons of a Chromebook are worth considering.

WHAT IS IT?

Simply put, a Chromebook is a laptop that runs on Google's Chrome OS (Operating System). Although this OS has certain limitations in comparison with Microsoft Windows or an Apple OS, it does have surprising capabilities in today's web-based computing world. Google itself sells models of Chromebooks, but other well-known manufacturers such as Acer, Asus and Hewlett-Packard have their own offerings, in ranges of speed and power. Some versions are even convertible to tablets.

WHAT CAN IT DO?

When you start up a Chromebook, the first (and almost the only) thing that you will be offered is the Chrome browser. This, with a wifi connection (but probably not



One nifty feature of most Chromebooks is to allow various user accounts, so that everyone can log into their own established preferences, look and shortcuts.

Ethernet) will allow you access to any function that the web provides such as web-based email, banking, research, booking a hotel, checking your calendar, planning a route on a map, and so on. A set of very basic apps will also be available, so that you can do rudimentary photo editing, enjoy some games, or play back music and videos. Most important for some people is access to Google Drive, which is basically an online office suite that is integrated with cloud file storage. This allows creation, storage and sharing of documents, spreadsheets,

photos, presentations, music and even (with April looming) tax records. Google Drive offers 15 Gigabytes of cloud storage free, and you can buy additional increments.

One nifty feature of most Chromebooks is to allow various user accounts, so that everyone can log into their own established preferences, look and shortcuts.

WHAT CAN'T IT DO?

You may have noticed that nowhere above did we mention a hard disk for local storage of files and programs. That is because there isn't one - at least not really. Most Chromebooks do have a miniscule solid-state disk to hold the OS, a few apps, and very little else. In fact, many smartphones have a larger hard disk than many Chromebooks. This is why there is such emphasis on web-based apps and cloud storage. That having been said, most models do have at least one USB 3.0 port and many have a slot for an SD camera card. Although these are external storage solutions, the modern-day speed of these devices does allow you to approximate an internal hard disk, in a clunky sort of way.

For once, we are going to go out on a limb and offer some concrete advice: A Chromebook will probably not be satisfactory as the only computer in the house. On the other hand, the speed and low cost make the Chromebook a serious contender as a second or later machine for carrying to class, lugging back and forth to the office, or even for keeping you up to date on a vacation.

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

Riverstone Retirement Communities' Farmers' Markets 10 am - 2 nm

10 a.m. – 2 p.m.			
	Date	Location	Address
	May 21st	Carlingwood Retirement Community	200 Lockhart Ave
	May 28th	Bridlewood Trails Retirement Community	480 Brigitta St
	May 28th	Maplewood Retirement Community	380 Industrial Ave
	June 11th	Stirling Park Retirement Community	310 Titan Pvt.



John Fraser MPP I député Ottawa South I Ottawa Sud

June 18th Carlingwood Retirement Community June 25th Bridlewood Trails Retirement Community 480 Brigitta St Maplewood Retirement Community June 25th Stirling Park Retirement Community July 16th July 23rd Carlingwood Retirement Community July 30th Bridlewood Trails Retirement Community 480 Brigitta St July 30th Maplewood Retirement Community Aug 13th Stirling Park Retirement Community Aug 20th **Carlingwood Retirement Community** Aug 27th Bridlewood Trails Retirement Community 480 Brigitta St Aug 27th Maplewood Retirement Community Stirling Park Retirement Community Sept 10th Sept 17th **Carlingwood Retirement Community** Bridlewood Trails Retirement Community 480 Brigitta St Sept 24th Maplewood Retirement Community Sept 24th Oct 15th Stirling Park Retirement Community **Carlingwood Retirement Community** Oct 22nd Bridlewood Trails Retirement Community 480 Brigitta St Oct 29th Oct 29th Maplewood Retirement Community

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Photo caption: John Jerome relaxes after going through his rat pack. PHOTO: BILL FAIRBAIRN

oday I am determined to de-clutter my room and throw out papers and correspondence that I have pack-ratted over 25 years. I start with a folder in a gray bag and discover an envelope

sent to Mr. and Mrs. John Jerome, 38 Lacroix St., Orléans, Ontario. The postmark is dated 1991.

I am astounded and delighted to find a letter from Mother Teresa dated and signed by her, thanking



INSIDE VIEW with ferome

us for alerting her to the illness of a dear friend, Rev. Frank West, S.J., an Anglo-Indian priest whose friendship with Mother Teresa enabled us to meet her when she came to Ottawa to address a rally on Parliament Hill in 1984.

We first met Mother Teresa in Toronto the day after the Air India crash when she came to open a home for her sisters, the Missionaries of Charity. My story is contained in a book called Remembering Mother Teresa, which I co-produced with my good friend JoAnne Christie. All the money raised from selling this book has been used for charities, especially a school and orphanage in a place called Barwadih, India, 30 hours by train north of Calcutta.

Along with this letter was a small yellow card with this poem:

The Fruit of Silence is Prayer The Fruit of Prayer is Faith The Fruit of Faith is Love The Fruit of Love is Service The Fruit of Service is Peace The card was dated and signed by Mother Teresa

A few years ago, at the age of 78, I was told I had an aggressive form of cancer and that I had to have radiation at the Cancer Centre in the General Hospital. I resolved to keep teaching at the Ottawa Torah Institute, a high school for Orthodox Jewish boys, and was supported in my effort by the headmasters, Mr. Harry Corrin and Rabbi Eliezer Ben Porat. After a number of sessions of radiation, I received a phone call asking me without travels there. fail to meet my family doctor John Kindle at 9 am in his office.

I spent a very anxiety ridden eve-

ing Mother Teresa for her words of wisdom. I also continued my morning prayers with my dear friends Laura and Carmen. The time was spent with more devotion and fervour. For various reasons I left the Catholic Church and then one day I received a phone call from someone asking me to take an elderly lady, Margaret Sakalauskas (Fr. Bob Bedard's former housekeeper) to an 11 am Mass at St. Mary's Church. I was glad to take her to St. Mary's and to meet this amazing priest, Fr. Bob Bedard, whom I had met previously in the early 90s.

I reclaimed my faith and Fr. Bob went on to found an order of priests called the Companions of the Cross, an order that has expanded to many churches in Canada and the United States.

My journey led me to forgive past hurts in my life and to ask forgiveness from those I have hurt including those closest to me.

I returned to volunteering at the Shepherds of Good Hope in Ottawa serving food to the street people and traveling to Guatemala to help build a school in a place called Momostenango, near Guatemala City. I bought a clock for the school, Santa Catarina, as well as pencils, crayons, colouring books and money to pay the teachers and last but not least candy donated by local Ottawa stores to organize a piñata for the students. I thoroughly enjoyed my sojourn in Guatemala and I am happy to tell you that despite dire warnings I was never sick or robbed in my

Some years later I suffered from renal failure, pericarditis and recovered from cancer. I ended up at the where I met wonderful people like Jean Thompson, Walter Terentiuk and others. We formed a resident association and began organizing speakers and musical groups enlighten and entertain the residents. I am reminded of the advice of Mother Teresa. We don't have to go to Calcutta to help others who need our help. Culcutta is right here in our own country, neighbourhood and family. Footnote: John Jerome is a former lay member of Mother Teresa's Missionary of Charity, teacher and writer living in a retirement residence in Alta Vista.

ning wondering what my doctor Alta Vista Retirement Community, had to say. I said many prayers that night and then I read this sentence from one of the many books I have on Mother Teresa. "Take what he gives and give what he takes with a smile." These words calmed me down. I went to sleep and the next morning as I arrived at my doctor's office I was told that I was not taking enough vitamin D. Relieved but frustrated for having to come in, I asked the doctor why I was not told this on the telephone as I had arranged for a substitute teacher to take my class. I immediately went to church in the area, Annunciation of the Lord, and spent time praying and thank-

RPCA PRESIDENT'S REPORT Looking back and looking forward

s Canada's 150th Anniversary celebrations move into full gear, Riverview Park residents can take pride in knowing that even though our neighbourhood has not been here nearly as long, we still have a lot of history behind us. The articles in this issue of the Riverview Park Review touch on many things that have made our community what it is today - a livable neighbourhood with green space, and increasing walkability that is close enough to downtown to be convenient, and yet at the same time, far enough away that it has a residential suburban feel.

The people who planned what is now Riverview Park may not have envisioned exactly what it has become, but their decisions undoubtedly influenced the character of our neighbourhood. While time does not stand still, it is good to take time out and reflect on what we like about Riverview Park and what we wish was better, and to think about how we might be able to guide the future of our neighbourhood and how it develops. Sadly enough, many people tend to leave it to others to speak up about community development and visions for the future - they figure, as the old adage goes, that "you can't fight City Hall."



KRIS NANDA RPCA President

Though there is truth that average citizens by themselves may not have as much clout as well-connected business leaders and developers, together we can have a voice. This is one of the reasons why the Riverview Park Community Association (RPCA) exists – to speak for the community on issues of importance and to help bring community members together

Riverview Park, like the rest of Ottawa, is at a crossroads. We are getting a new light rail system that will open in 2018, and new stores and residences continue to be built. Road construction is everywhere it seems as our streets get more and more congested. Climate change and its associated phenomena, like rapid swings in temperature (which lead to more and more incidents of the icy roads and sidewalks that plagued us this winter), is likely to become more prevalent. The seemingly idyllic life

of the 1950s and early 1960s (if it ever really existed) is long gone, but that does not mean that the sense of community has to diminish.

We can choose to sit back or step up and let our political and business leaders know what our concerns are and what we want to see happen. Do we want more roads and cars, or more sidewalks and bike paths so that people can have a choice to walk or cycle rather than drive?

Do we want to save Hillcrest High School (HHS) and keep Riverview Alternative Elementary School (RAS)? Or, do we want to see these closed and replaced with more buildings; losing vital community hubs and well-used recreation centres? Over the past 60 plus years since RAS opened, or the past over 50 plus years since Hillcrest High School opened, several generations of families have sent their children there. Many of them walked

and biked to the school, but with the changing focus, many Riverview Park residents now go elsewhere.

In the case of Riverview Alternative School, this doesn't have to be the case. Virtually every parent I have spoken to who sends their elementary school children to another school has told me that if RAS had French Immersion, they would send their kids to RAS instead.

Saving Riverview Alternative School and Hillcrest HS is just one of the goals that the RPCA is pushing for to make Riverview Park a better neighbourhood. We are also working with the City to minimize the effects of the Alta Vista Transportation Corridor Hospital Link, promoting more sidewalks and bike paths in our area and elsewhere around the City. What are your visions for Riverview Park in the future? What would you like it to look like in 2042 or 2067? We would love to hear from you - and remember, you CAN make a difference by speaking up and participating!

Drop me a line with your ideas at krpp1415@gmail.com or come to an upcoming RPCA Board meeting (April 12, May 10 and June 14). Also, consider signing the petition to save Riverview Alternative School that is being circulated around.



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ALTA VISTA PUBLIC LIBRARY

CHILDREN'S BILINGUAL PROGRAMS Apr-May

STORYTIMES / CONTES

Babytime / Bébés à la biblio

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

Session 2

Mondays, March 27 to April 10, 10:30 a.m. to 11 a.m. Les lundis du 27 mars au 10 avril de 10h30 à 11h.

Session 3

Mondays, May 1 to May 15, 10:30 a.m. to 11 a.m. Les lundis du 1er mai au 15 mai 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 28 to April 18, 10:30 a.m. to 11 a.m.

Session 3

Tuesdays, May 2 to May 23, 10:30 a.m. to 11 a.m.

Toddlertime / 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 30 to April 20, 10:30 a.m. to 11 a.m. Les jeudis du 30 mars au 20 avril de 10h30 à 11h.



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The library is closed on May 22 /

La bibliothèque est fermée le 22 mai.

Session 3

Thursdays, May 4 to May 25, 10:30 a.m. to 11 a.m. Les jeudis du 4 mai au 25 mai de 10h30 à 11h.

Book Clubs

Book Banter

Thursday, April 6, 2:00 - 3:00 p.m.: Major Pettigrew's Last Stand by Helen Simonson Thursday, May 4, 2:00 - 3:00 p.m.: The Housekeeper and the Professor by Yoko Ogawa

Sleuth Hounds Mystery Book Club

Thursday, April 20, 6:30 - 8:00 p.m.: Defending Jacob by William Landay Thursday, May 18, 6:30 - 8:00 p.m.: TBA

Infusions littéraires

Le lundi 24 avril, de 14h00 à 15h00 : La retraite aux flambeaux de Bernard Clavel Le lundi 15 mai, de 14h00 à 15h00 : Le facteur émotif et La fiancée du facteur de Denis Thériault

Conversation Groups

French Conversation Groups

Practice your French language conversation skills and meet new friends in a relaxed and friendly environment. No registration required. (Closed Monday, April 17, May 22.) Beginner - Mondays, April 3 – May 29, 4:45 - 6:00 p.m.

Intermediate - Tuesdays, April 4 - May 30, 6:30 -8:00 p.m. Beginner - Wednesdays, April 5 - May 31, 4:45 -

6:00 p.m.

English Conversation Groups

Practice your English language conversation skills and meet new friends in a relaxed and friendly environment. No registration required. (Closed Monday, April 17, May 22.) Mondays, April 3 - May 29, 6:00 - 7:30 p.m. Tuesdays, April 4 - May 30, 12:00 - 1:45 p.m.

Adult Programs

Community in a cup

Tea is a tradition shared by many cultures and ages. Join us for a celebration of this wonderfully unifying drink. Students from Ridgemont High School will display hand-made, decorated teapots. A tea tasting will be led by David's Tea. Enhanced with music by Celtic Rathskallions. Weather permitting; we will take our tea in the courtyard.

Tuesday, May 23, 10:00 a.m. – 12:00 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.

ELMVALE ACRES PUBLIC LIBRARY

PROGRAMS AT THE ELMVALE ACRES BRANCH 1910 St Laurent Bvld April 2017-May 2017

Children's Programs:

Storytelling through poetry || Raconter à travers la poésie Saturday Apr. 22, 2017 at 2 :30 pm Celebrate Canada 150 as a family! Poetry, activities and crafts. Free. / Célébrez Canada 150 en famille! Poésie, activités et bricolage. Gratuit. 45 mins.



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Storytelling through theatre Raconter à travers le theatre

Saturday, May 13, 2017 at 2:30 pm Celebrate Canada 150 as a family! Theatre, songs and crafts. Free. / Célébrez Canada 150 en famille ! Pièces de théâtre, chansons et bricolage. Gratuit. 60 mins.

Contes en famille

Lundi – 10h15 3, 10 avril 1, 8, 15 mai Contes, comptines et chansons pour les enfants de tous âges et un parent ou gardien. Programme portes ouvertes.

Family Storytime Wednesday - 10:15 am Apr 5, 12, 19 May 3, 10, 17, 24

Stories, rhymes and songs for children of all ages and a parent or caregiver. Drop-in program.

Babytime/ Bébés à la biblio

Thursday – 1:30pm Jeudi – 13h30 Apr 6, 13, 20 May 4, 11, 18, 25 Stories, rhymes and songs for babies and a parent or caregiver. 0-18 months. Drop-in program. / Contes, comptines et chansons pour les bébés et un parent ou gardien. 0-18 mois. Programme portes ouvertes.

CONTINUED ON PAGE 43

RIVERVIEW... THEN

Who has seen the chapel?

by Paul Walsh

This c. 1955 aerial photograph shows the Grey Nun's building on the left of the image. What it also really shows clearly is how the first developed part of Riverview Park, Sections 1 and 2, ends just past Rolland Ave., the street to the left of the Nun's location, and heading up to Blair Street. There is no Coronation Avenue yet, no Station Blvd., no school on Drake or Lindsay, but...signs of a farm to the left of Lindsay, more than halfway up that street.

The fields and wooded areas beyond that close-by forest (known as Whitton Park then) show no sign of the roads being carved out, which would have been the first sign of activity in that area's development. No Riverview Park Sections 3 and 4...the second area of Riverview opened up to new home builders...from Crestwood Place all the way over to Botsford St. (A later development would have been added just past Chadburn Ave., on Botsford St., known then as Bradley- Cole, and referred to by many others as Poet's Corner. Just huge cabbage fields then, to me!!)

Over time, some things haven't changed from the days of the photo. The parking is in the same spot today, as in 1955. One can still make out the route of the path leading from between the Nun's building and the parking lot, leading upward, in a straight line toward the top of the picture, across Rolland Ave., and taking a well-used walkway, to the right of a line of trees, and leading to the edge of the woods. Then, ten metres on, and on the left of that path, a clearing, where there appears to be the Outdoor Chapel for the Grey Nuns! (Sharp eyes... or wishful thinking?!)

In a month that has led us to someone who found a picture of the first (1875) Hurdman Bridge over the Rideau River and downriver from the CPR bridge (now the pedestrian crossing) and in the same spot that the second concrete bridge was built (1906 - 1987), I am hoping that someone out there has photographs of this Chapel... which several people have described to me, over the years.

Circular, open-sided, slightly raised, in a clearing with what must have been a spectacular



view of the Parliament Buildings and downtown Ottawa, with a slanting roof and an 8 foot high belfry, with a cupola on top. A cross adorned the upper portion of that cupola.

As a youngster, I played in that open space, saw the damaged Cupola lying on its side, cycled by it to and from school every day, even took home one of the large step-up stones that, I assumed, allowed one to get into the Chapel more easily. There were no remnants of the Chapel however, other than those stepping stones... quickly commandeered by nearby residents... usually for their gardens!

Then, one day, c. 1957, the Cupola was gone, and the last evidence of that Chapel had vanished.

Recently, a Riverview resident recalled make our day!!

playing around that Cupola too, and opened a hope that others may have remembered it, possibly even had family members take a picture of it.

Is it too far-fetched to think that some picture album, picture shoe box, or desk drawer is hiding a shot of this Chapel? Is there a doubt, or curiosity about some image you, or your parents, may have had of an unknown structure similar to what I have described? Is it just awaiting the perusal of the keen history buffs associated with this paper?

If an 1875 wooden bridge photo can be discovered recently, can a c. 1914 Chapel image be far behind?

Please, please, please let us know if you can

Elmvale Acres Public Library CONTINUED FROM PAGE 42

Reading Circle || Cercle de lecture

Saturdays, Mar 11, 2017-May 27, 2017 at 12:00pm

Become a better reader! Ages 5-12. English only. / Devenez un meilleur lecteur ! Pour les 5 à 12 ans. En anglais. 60 mins.

■ Adult Programs:

Mystery Book Club -Monday Nights are Murder April 3rd- 6:30 pm May 1st - 6:30 pm Share the enjoyment of good mysteries in a relaxed atmosphere. Join us for discussion. First Monday of

the month, except for holidays. April featuring Little Elvises by Timothy Hallinan. May featuring The Forgotten Girls by Sara Blaedel.

English Conversation Circle / Groupe de conversation en anglais

Tuesday – 7pm Apr. 4, 11, 25, May 2, 9, 16, 30 Practice your English language conversation skills and meet new friends in a relaxed and friendly environment. / Améliorez votre anglais et rencontrez des gens dans un milieu décontracté. Programme en anglais seulement.

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THE PLANNING AND DEVELOPMENT UPDATE

he Riverview Park Com-Association munity (RPCA) tracks local developments, most notably work on the Hospital Link of the Alta Vista Transportation Corridor (AVTC) Hospital Link road between Riverside Drive and the Ottawa Hospital Ring Road, and the potential school closures of Riverview Alternative School and Hillcrest High School. Other issues the RPCA is monitoring include developments related to the Light Rail (LRT) project, activity in the Trainyards, traffic congestion, and increasing infrastructure for pedestrians and cyclists, including a potential overpass between the Via Train Station and Terminal Avenue

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

Alta Vista Transportation Corridor – Hospital Link

Construction activity is ramping up again this spring on the 1.7 km Hospital Link section of the AVTC between Riverside Drive and the Hospital Complex. Work on the AVTC road is slated for completion by December 1, 2017 with final landscaping scheduled for 2018. Due to adjustments in the construction schedule, the popular sledding hill just north of the Ring Road was spared for another year and was used again this winter.

At the invitation of the RPCA, lead project engineer, Bruce Kenny, and landscape designer, Martha Lush, provided a walk-through for local residents on February 26. They confirmed that the site for the replacement of the sledding hill has been finalized (a couple of hundred metres west of the existing location) and were invited back to do a public presentation and project update at a Board meeting later in the spring. Meanwhile, they have been asked to share the



KRIS NANDA Chair, RPCA Planning & **Development Committee**

the draft Environmental Study Report (ESR) for the Overbrook to Riverview (Balena Park) Transmission Line Upgrade project and the provincial Ministry of the Environmental and Climate Change (MOECC). The RPCA reviewed the ESR regarding the extent to which Hydro One plans to minimize the impact from the project construction on the vegetable and flower gardens and other greenery that local residents planted in the Hydro One right of way.

The MOECC is still reviewing the EA and once they confirm that the EA is final, Hydro One will hold a pre-construction public information session. Depending on when the MOECC review is complete, construction could begin in spring 2017.

OCDSB School Program Review and Boundary and School Accommodations

The Ottawa Carleton District School Board (OCDSB) Boundary and Accommodation Reviews for elementary and high schools in the Alta Vista area will take place in 2017 and are expected to lead to some school closures. Hillcrest High School and Riverview Alternative School (RAS) are among the facilities that are at risk of potential closures. Both schools have seen a decline in enrollment due in part to boundary rule changes (though a survey of RAS student families conducted several years ago showed 82% of parents would keep their children at RAS if it had Middle-French Immersion).

The RPCA has expressed suprevised project drawings with in- port for keeping both Hillcrest cyclists (the \$6.3 Westerly option) and RAS open and has endorsed the idea of an invigorated "community school approach" to encourage more students to walk to their local schools. This system would have added health benefits associated with walking to school rather than the additional costs (in time and money) of being bused from Riverview Park to other schools across the city. One option would be to add a French Immersion program to RAS to attract local families that have chosen not to send their children to the school due to the lack of French programming. On March 2, the RPCA and several other local Community Associations sponsored an information

session on the school accommodations and review process. The purpose was to allow residents to provide input on this issue before the OCDSB releases a draft report and recommendations. Following a background presentation on the OCDSB process by David Knoeckart, a local parent who has conducted extensive research into the facts and issues involving schools in the Alta Vista Ward compared to the OCDSB as a whole, school trustees Chris Ellis and Mark Fisher took questions from the audience of approximately 60 people (including several Riverview Park residents) and asked hard questions. General feedback from participants was that the event was helpful and there will likely be a follow-up session later this spring

The OCDSB's original release date of late March or early April has been postponed and in the meantime, the RPCA and parents at RAS have been circulating a petition to keep RAS open. Further details will be available on the RPCA website and elsewhere.

Pedestrian and Cycling Connections

The RPCA has received and reviewed a copy of the planning study conducted for the City in 2016 regarding options for the link (either a tunnel or overpass) between Terminal Avenue and the Via Station, required as per the original Trainyards Complex project approval in 2001. Many stakeholders, including the RPCA believe that the option of a bridge over the VIA train tracks for pedestrians and would be an excellent candidate for tri-partite infrastructure funding. This message has been shared by the RPCA with local Members of Parliament David McGuinty and Catherine McKenna, and Provincial MPPs John Fraser and Yasir Naqvi as well as City Council members. Ottawa Champions President David Gourlay has also been contacted regarding the option This project would help provide an active transportation route between the soon-to-open LRT, the refurbished Train Station and the Trainyards Office and Retail Complex. It would also fill in the missing pedestrian/cyclist gap between Alta Vista and the north-

ern side of Hwy 417 (e.g. Coventry Road, Baseball Stadium, and St. Laurent businesses) and is part of the City of Ottawa's long-term Cycling and Pedestrian Plan network.

The RPCA has yet to hear back from the City on its request to have the sidewalk widened on the west side of Riverside (between Industrial Avenue and Tremblay) to accommodate the increased pedestrian and cyclist traffic due to detours from closure of Hurdman Transitway.

Trainyards Developments and Tree Planting along **Coronation Boulevard**

Construction on the 9-storey office building at 405 Terminal Avenue is nearing completion, though a tenant has yet to be confirmed. Meanwhile, Kettleman's Bagel Co. is expected to open in early spring in the same area as the M&M Meat Shop and Bulk Barn. A Pet Value store will also open later this year in the same complex.

With new businesses now open in the Trainyards (and increased traffic volume), the RPCA asked the City to look into an advance left green light at the entrance to Farm Boy/LCBO from Industrial (across from the 628 Industrial site - former lumber yards).

The 628 Industrial construction site will have two retail buildings (including a Nordstrom's Rack) plus a small coffee shop.

A sidewalk, trees, grass and some planting beds will be installed on Industrial Avenue later this year. In addition, on the southern side (facing Coronation Boulevard), trees will be planted into what will grow up the fence along the South property line (along Coronation), giving a living hedge effect.

Elmvale Shopping Centre Redevelopment Proposal

The RPCA provided comments on RioCan's plan to redevelop the Elmvale Shopping Centre, including converting the indoor part of the mall and adding high-rise residential towers with rental units. Release of the Master Concept Plan / Secondary Plan originally scheduled for completion in January 2017 has been delayed. A follow up Open House scheduled for February has been postponed as additional time is needed to review and respond to comments that came in from the public. The Open House is now expected to be this spring but a date had not yet been set when this article went to print.

terested Board members.

In addition, a new pathway is expected to be placed along the Ring Road towards Roger Guindon Drive to link up with the AVTC rather than out in the Alta Vista Hydro Corridor. The agreement is being finalized with an expected spring or summer 2017 construction for the new pathway.

Councillor Jean Cloutier's website has more details on the AVTC project at: http://jeancloutier.com/ hospitallink/

Hydro One Overbrook to **Riverview (Balena Park) Transmission Line Upgrade** Hydro One has now completed

Roadwork on St. Laurent CONTINUED ON NEXT PAGE

VINCENT MASSEY SCHOOL

Update from Vincent Massey's Social action team

by Alex Janes and Parth Gupta

rowing S.O.L.Es and the KIGONI -group will be teaming up to plant perennial flowers in the community of Russell Heights this spring. We have decided to deliver flyers around every student's neighbourhood with details about our latest fundraising ideas to help make this a reality. We have also applied for an environmental grant (CEPGP) offered by the city of Ottawa. For our sport program, we have put together all of the required resources for hand baseball, Kinball, soccer baseball and Tchoukball. After the March Break we will be testing our lesson plans with some classes in the school. We hope then to be ready to get active with the children as well as engage them in teamwork and cooperation.

For the coding program, we will be using the popular coding-for-kids website known as "code.org". We are currently learning each lesson and preparing to deliver them to the participants.

For the bike tune-up day, we have started to collect the equipment and are requesting any used bikes from the community. They can be dropped off at Vincent Massey or you can email to set a time to drop off. In addition, if you are interested in volunteering with the tune up session please email us. The City of Ottawa: Safe roads, has also teamed up with the group to help.

We are very excited about our progress, more importantly looking forward to delivering these programs to the community. Please consider contacting us at:

GrowingSOLEs16@gmail.com, or following us at @Growing_SOLEs

Above: The KIGONI women's group meeting.

Right: The finalists for the community poster project. PHOTOS: MR. MCKEAN

We are very excited about our progress, more importantly looking forward to delivering these programs to the community.



CONTINUED FROM PREVIOUS PAGE Boulevard

Work to upgrade the current four lane section of St. Laurent Blvd between Smyth and Industrial/Innes Road is expected to be completed by November 2017. The \$8.9 million project will see installation of transit lanes and raised cycling tracks next to the sidewalk along St. Laurent,

Light Rail Construction

pletion this spring. The bridge itself was fully open (4 vehicle lanes + 2 bike lanes) by the end of 2016. Construction resumes this spring for landscaping and other minor work

Street Name Changes

As a result of a policy in place since amalgamation of Ottawa to eliminate duplicate street names, effective March 13, 2017, Blair Street's name was changed to Neighbourhood Way and the portion of Botsford that intersects Smyth is now called Botsford South. For more information on this and other activities in Riverview Park, please see the RPCA website at www.RiverviewPark.ca. contact email for RPCA is info@riverviewpark.ca

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Project Update

The Hurdman bus loop is slated to be ready to move back to a new facility at its old location later this year. Testing of Light Rail vehicles continues on portions of the track east of the Belfast Yards. The RPCA has asked to have the sidewalk on the Transitway bridge over the Rideau reopened once the track has been installed

Main Street Renewal and McIlraith Bridge Construction

Main Street north and the McIlraith Bridge have now been fully re-opened to traffic with bridge rehabilitation slated for com-

Information on some 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.

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COMMUNITY BULLETIN BOARD

Rideau Park United Church

2203 Alta Vista Drive, Activities and Events, April-May 2017 For more information, call the church office at 613-733-3156 ext 229 (Mon-Fri 9am-4pm) or www.rideaupark.ca

50+ Exercise Group: Tues. & Thurs. 9 am-10 am, Mar 21 - May 25. All levels of fitness (men & women). Fees are \$57 for 19 classes & can be prorated, payable by cash or cheque at your first class. Drop-in fee \$8. More info, Lisa Sadler, 613-523-9101.

Gentle Yoga - Two Sessions: Wed, 5:30 - 6:30pm, Mar. 22 -May 24 (10 classes), OR Fri. 9 -10am, Mar. 24 - May 26 (8 classes). A gentle flow mat class. Choose one or both classes. More info & fees, Lisa Sadler 613-523-9101.

Turkey Dinner: Fri. April 21: Join us for Turkey and all of the trimmings, with sittings at 5pm and 6:30pm. Tickets at the church office (M-F 9-4) or call 613-733-3156. Adults: \$18. Children ages 6-12: \$10.

The Harmony Club for Seniors 60+ meets on Wed. April 26. Lunch at 12 noon (\$6. register at the church office by Apr 19). From 1 to 2pm, Rev. Steve Clifton will tell the story of Sainte Brigit, an early leader of the Christian Church in Ireland. All seniors welcome.

Spring Nearly New and Book Sale: Fri. April 28, 6 - 8:30pm and Sat. April 29, 9 - 11:30am. It's all second time 'round. Pick clothes for the whole family. Choose from a huge array of books at great prices. Proceeds to the work of the church.

Sunday, April 30 at 3 pm at St. The "Bells In Spring" Con-Thomas the Apostle Church (by cert: Sun. May 7, 7pm: The Massed Handbell Concert will feature bell ringing ensembles from Choir and Harmonia Choir of three other Ottawa churches. and **Ottawa** are pleased to present

the five handbell and chimes choirs of Rideau Park Freewill offering.

Enjoy Afternoon Tea on Sun. May 14, 2 p.m., listen to a musical ensemble and savour tea and sweets. Tickets (\$10) at the church office (M-F 9-4) or call 613-733-3156 ext 229. Proceeds to the Refugee Committee.

You are invited to a Spring Musical Celebration on Sun. May 28, 1:30pm, featuring the Chancel Choir and Junior Choirs at Rideau Park. Freewill offering.

The Harmony Club for Seniors 60+ meets on Wed. May 31. Lunch at 12 noon (\$6. register at church office by May 24). From 1-2pm, a presentation by the Competition Bureau about "Scams Affecting Seniors."

Art Lending of Ottawa

Art Lending of Ottawa will be held at the R.A. Centre (Outaouais Room), 2451 Riverside Drive (east entrance) on Saturday, June 6th from 10:00am to 5:00pm. This is Art Lending of Ottawa's show where one may purchase, lease, and lease to purchase quality fine art from local artists. One may visit www.artlendingofottawa.ca to find further Art Lending details and to visit the artist's gallery to enjoy some displayed work.

Emmanuel United Church

691 Smyth Road. 613-733-0437 Judy Joannou Designs Fashion Show & Tea, Saturday, May 13, 2017; 1:00 pm Featuring Spring 2017 Collection. Door prizes, popup shop. Tickets \$20 in advance

St. Thomas the Apostle Church,

their Canada 150 Concert. Music from across the country, both serious and light-hearted. Tickets available at Church office weekday mornings.613-733-0336

■ St. Aidan's Anglican Church

934 Hamlet Rd. will be hosting a Roast Beef Dinner with all the trimmings on Thursday, April 6, serving from 5 pm - 6:30 pm.Tickets are \$16 for adults, \$8 for children 6 - 12, and free for children under 6. Tickets are available at the church office 613-733-0102 or by email, staidans@bellnet.ca.

Oakpark Retirement Community

Morning Concert Series. April-June. Thursday mornings in the main lounge from 10:30-11:30. April 13th featuring "Zephyr Harp Duo" Joanne Griffin & Heather Flinn.

May 11th featuring tenor Iain Macpherson and Andrew Ager on piano.

June 8th featuring "Duo Rideau" Amelie Langlois & Catherine Donkin.

Nativity Parish Food Bank

The local food bank at the Nativity Parish, 355 Acton St. 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.

Friends of the Farm

January to December 2017 -Friends of the Farm's contribution to Canada's 150th celebration is their beautiful new book 'Blooms' about the Ornamental Gardens at Ottawa's Central Experimental Farm. It is a wonderful gift for any- May 14 - Plant Sale from 9am firehall). The Ottawa Brahms one who loves gardens and flowers, to 1pm. Everything you need for as well as a treat for those interest- your garden! Specialty growers and ed in Canadian history. Available at www.friendsofthefarm.ca and local bookstores.

pants will gain knowledge to perform proper pruning. FCEF members \$12, non-members \$15, Bldg 72 CEF Arboretum, east exit off Prince of Wales roundabout. 613-230-3276 friendsofthefarm.ca/master-gardener-lectures/

April 19 - Annual General Meeting 7 to 9 pm. Public is welcome, membership not required. Guest speaker is Richard Hinchcliff, whose topic is "Bloomers are the Craze: Images of the Farm's Gardens." Meeting and presentation at K.W. Neatby Bldg with free parking. To register for this free event call 613-230-3276 or info@ friendsofthefarm.ca

April 25 - Master Gardener Lecture from 7 to 9pm. "Gardening for Beginners" with Mary Reid. Participants will look at the real basics of gardening. FCEF members \$12, non-members \$15, Bldg 72 CEF Arboretum, east exit off Prince of Wales roundabout. 613-230-3276 friendsofthefarm.ca/ master-gardener-lectures/

May 7 -Flowering Tree Tour at 2pm Bldg 72. Flowering Trees in the Arboretum, explore this urban gem with tour leaders, free and open to the public, register at trees@friendsofthefarm.ca, donations kindly accepted friendsofthefarm.ca/arboretum-tree-tours/

May 9 - Master Gardener Lecture from 7 to 9pm. Gardeners Contain Yourself with Rebecca Last. Gardening in containers can be a great way to accommodate more plants, grow things out of zone or out of season. FCEF members \$12, non-members \$15, Bldg 72 CEF Arboretum, east exit off Prince of Wales roundabout. 613-230-3276 friendsofthefarm.ca/master-gardener-lectures/

plant vendors, garden accessories, plant 'coat-check' service, Master Gardener advice. In K. W. Neatby Building parking lot at Carling & Maple Drive. Free admission, donations to Friends of the Farm kindly accepted. 613-230-3276 friendsofthefarm.ca/fcef-annual-events

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-rememberance-patio-in-balena-park or call: 613-523-4339

April 8 -Volunteer Recruitment Orientation at 9:30am Come and meet garden team leaders and event coordinators at the Volunteer Recruitment Orientation on in Bldg. 72 CEF Arboretum, east exit off Prince of Wales roundabout. friendsofthefarm.ca/ fcef-annual-events/

April 11 – Master Gardener Lecture from 7 to 9pm. "Pruning: the Good, the Bad, and the Ugly" with Laura Moses. Partici-

May 23 - Master Gardener Lecture from 7 to 9pm. "Going Grassless: Honey, I Shrunk the Lawn" with Julianne Labreche. Ideas and inspirations on ways to create a grassless front garden. FCEF members \$12, non-members \$15, Bldg 72 CEF Arboretum, east **CONTINUED ON NEXT PAGE**

SYDNEY BAKER I decide to stay in Canada

had taken no leave during the last five months and had accumulated enough leave to take a month off, so I decided to return to England for Christmas. This would give me an opportunity to reflect on the past five months and to make up my mind if Canada was the place for me. I think my flight to England and return is worth a mention, if only to compare with today's modern airline travel. I left Ottawa on December 15th on a Trans-Canada Airlines Douglas DC-3; in Montreal a change was made to a Canadair North Star. After stops at Gander and Prestwick, we arrived in London having been in the air for 11 hours, 35 minutes. After 25 days in England, I decided I would return to Canada. Prospects looked much better in Canada than in England.

The return flight of 11 January 1953 was somewhat different; we made stops at Shannon, Keflavik, Gander, and Montreal before arriving in Ottawa. Our total flight time was 22 hours, 15 minutes, but I understand several diversions were made due to unusual weather conditions.

After arriving back in Ottawa, the next two months were spent in the hangar preparing the Lockheed P-38s for the coming photo survey season. I also assisted with modifications to a recently purchased P-38; this was very interesting.

In all, ten P-38s (known as Lockheed Lightnings in the U.S.) were operated by Spartan Air Services over a five year period. Four were involved in serious crashes with ing photo survey contracts in each we operated from had ideal main-



Lockhead P-38 (Lightning) at Miles City, Montana, 1953



Charging the Turbo Charger on a P-38, Miles City, Montana, 1953

state.

the loss of five lives; two were broken up for spares and four were sold back into the U.S.

In March 1953, I was assigned to a P-38 aerial survey tour of the U.S. using two of our P-38s and one belonging to Aero Services of Philadelphia. We were subcontractors and received our instructions and reported to Philadelphia. We started off in Fort Worth, Texas, then headed north into Colorado, Wyoming, and Montana, complet-

It had been decided that flying piggy-back in the P-38s was too uncomfortable for engineers; also the space behind the pilot had been reduced by the installation of additional radio equipment. So, as long as there was airline service to the base of operations the engineer would use it. On this tour, I logged 17 hours, 20 minutes of airline time, mostly in DC-3s.

I really enjoyed this, the bases

tenance facilities and as long as you purchased fuel from them the ground crew were very helpful. Of course there was always a little spare time when one could take in a little local sight-seeing.

At Miles City, Montana, we ran into a major maintenance problem; the turbo charger on the left engine had failed. I phoned Ottawa for a replacement; they in turn located one in the U.S. and had it shipped to Miles City. Changing this unit was no mean task. I had flown in a P-38 at night and the exhaust turbine section of this unit, situated on top of the tail boom, runs red hot. Also it is exposed to the elements when the aircraft is parked outside. These conditions resulted in most of the bolts holding the unit in place being rusted in and they had to be sheared off or drilled out. However, with help from a local engineer (Sig Urgin) the replacement was installed, the aircraft successfully test flown and our survey at Miles City was completed.

I arrived back in Ottawa on 26 May 1953, but my stay there was very short. On 31 May, I was off again on our Canadian summer operations. These stretched from Ottawa to Vancouver and as far north as Fort McMurray. This again entailed a lot of airline flying; on this tour 56 hours, 20 minutes. This was a very successful photo survey season. The weather had been very kind to us and we completed many contract assignments. After spending seven months away from Ottawa; the remainder of the year was spent in the hangar.

CONTINUED FROM PREVIOUS PAGE

exit off Prince of Wales roundabout. 613-230-3276 mission. friendsofthefarm.ca/master-gardener-lectures/

Pacesetters

Saturday, May 27 from 11 a.m. to 4 p.m. and Sunday, May 28 from 10 a.m. to 3 p.m. Light food and refreshments will be served. A special guest Do you want to put a "spring" into your steps? will join us to meet and greet on Saturday, inal paintings and clay sculptures by local artists. For information, call Dempsey C. C. at 613-247-4846.



Come and join the Pacesetters Walking Club May 27 at 1:30 p.m. Come out to see origat Billings Bridge Shopping Mall. Activities include walking with your friends, social gathering, knitting for charities, puzzles, and library. Located in the basement of the Tower at the northwest corner of the Mall. Open from 7:30 to 10 am. Low cost of \$10 per year covers our expenses. Call 613-521-6740 during open hours for information.

Resurrection Parish

1940 Saunderson Road, SPRING FAIR - Sunday, APRIL 23rd, 9:00 am - 1:00 pm, Tea Room, Bake Sale, Raffle, Silent Auction, Books, jewellery, plants and other assorted items for sale. Everyone Welcome!

Art Exhibition at Dempsey Community Centre 1895 Russell Road - Free AdJoin the Fashion with Compassion Show. Saturday, April 8th at 10:00 a.m. at The Wholesale Outlet, 1877 Innes Road, Ottawa. Arrive early. Free admission. Plenty of free parking.

Community Easter Egg Hunt. Saturday, April 15. (Rain, shine or SNOW.) 9:15 a.m. parents arrive and hide eggs. 10 a.m., kids arrive and the hunt begins. Bring 10 plastic eggs with peanut and nut free treats. (10 eggs/ child). Consider non-candy option like stickers, temporary tattoos or erasers. Snacks, coffee, and hot chocolate provided.

the animal.

Orrin and Pam Clayton have set up a confidential e-mail list of pet owners (and those who care) in Riverview Park. If you wish to participate, please e-mail letterit@rogers.com with your e-mail address, postal address and phone number.

When letterit@rogers.com is notified of a lost pet, all participants will be sent a confidential e-mail 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.

Your participation may result in a lost pet being returned to their grateful owner.



Gwen and Walter celebrated their 60th wedding anniversary, with a cake of course. PHOTO PROVIDED BY THE TERENTIUK FAMILY



GWEN TERENTIUK OBITUARY **Farewell after 60 years**

by Bill Fairbairn

alter Terentiuk, doyen of the Alta Vista Revera retirement home, voiced farewell to his wife of more than 60 years in a eulogy at Emmanuel United Church on February 5.

"Thank you Gwen for sharing 60-and-a-half years of your life with me," he extolled in a moving service directed among others at a bus load of fellow retirement home residents who had come to the church for Gwen's funeral service.

Gwen was born in Westboro, on October 12, 1923, the daughter of English immigrants Florrie and Wilfred. Walter and she met at a dance in 1955, became fast friends and married eight months later. She served in the RCAF in World War II and an RCAF brother, Donald, was shot down over Germany in February 1945.

"She loved to travel," Walter, aged 90, said. "Our honeymoon was to the Adirondacks and to the Maria Von Trapp home at Stowe, Vermont. We visited Sound of Music sites in Salzburg, Austria. We travelled through Canada, the U.S., Europe and countries in Africa."

In Cairo, by the Pyramids, Walter recalled the humorous consequence of a ride on a camel. "I paid the driver who held out his hand. Gwen asked: 'What do you

Hold the Date Back by popular demand Saturday

doy-Vista nent wife doyy h on Wither the driver replied: 'The camel wants baksheesh.' So I gave him a tip."

want?' The driver replied: 'The camel wants baksheesh.' So I gave him a tip."

"In 50 years we made 100 trips," Walter said. "Seventy-five of the trips were written up as travelogues and 25 are works in progress."

Walter described Gwen as a fabulous person. "She was kind, compassionate and caring. She looked after the household and two daughters. I often worked 60-hour weeks on engineering projects. About twice a week I would go to my Totem Ranch woodlot at Oxford Station, near Kemptville. Quite often Gwen came with me. She would pick vegetables in the gardens, make a pot of delicious soup and we would have a feast with friends. Political meetings often took me to Toronto. Gwen would drop me off at the hotel meeting place then visit family and friends."

Walter paid tribute to the former Alta Vista Manor for outdoing themselves in providing comfort for his wife. Often, a staff person would drop in and ask how she was doing. He also praised Emmanuel United Church and Rev. Dr. Christine Johnson for visiting Gwen in hospital.

He paid tribute to the Glen Deyo family, a neighbour on his woodlot who once used tractor and logging chain to pull Walter's car back onto the highway.

"My fire of 1999 stands out," he said. "On a dry spring day at the woodlot I decided to warm up soup for lunch. But that day I had no lunch. Fire sprang up and spread. It burned the trailer, 10 acres of bush and Glen's fence. His pond helped 25 firemen stop the blaze. My liability insurance paid for a new fence for Glen but my insurance premium jumped from \$10 to \$15." By the time his grandchildren arrived Walter had retired from his work in the public service. Gwen is survived by her husband Walter, two daughters, two sons-in-law, six grandchildren, three great-grandchildren and sisters Dorothy and Hilda living in Brampton.



September 23rd 2017

for the Ottawa Board of Education **Reunion 2017**

for more information www.obereunion.ca

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Musical Heritage: a bit of Irish nostalgia

by Brian McGurrin

ing Crosby's 1947 recording of Galway Bay, with its nostalgic images of rural Ireland - turf fires and rippling trout streams and women diggin' praties [potatoes] was a huge international success. Bing was always fond of Irish songs, which is hardly surprising given his Irish roots through his maternal great grandfather who emigrated from County Cork to Miramichi, N.B. in 1831.

The composer of Galway bay, Dr. Arthur Colahan (1884-1952) was born in Enniskillen, County Fermanagh (which is one of the six counties of Northern Ireland) but his mother was from Limerick and he was raised in County Galway (which is in the south-west of Ireland) and he evidently had fond memories of his childhood near Galway Bay.

I feel compelled to raise the vexing business of Northern and "southern" Ireland because the original lyrics of Colahan's sweet, nostalgic song included a bitter-sounding statement that: "the English came and tried to teach us their ways [and] scorned us just for bein' what we are." Of course, you will remember the line as later amended to, "the strangers came." I understand why Crosby and/or the recording executives would have decided to depoliticize the song by changing the word from "English" to "strangers," but I also have great respect for the historical record. It may also be relevant that Dr. Colahan would have been in his mid-thirties during WW1, at the time of Ireland's Easter Rebellion and the declaration of Irish independence.

This article isn't about Irish politics, as such, but it's a topic that does crop up in a lot of Irish music. Helen and I have toured in both the Republic and in Northern Ireland, and we find the Irish to be the most friendly and hospitable people on the face of the earth, but the politics are always came for many reasons, including bubbling close beneath the surface. On one occasion, I paid a visit to a cousin in County Mayo, and as we sat in the local pub enjoying a pint of Guinness, he pulled out a camcorder and asked me to do something that he could show to his invalid mother, so I launched into a rebel song that I had heard many, many times from my anglophobe Dad: O Paddy dear, and did ye hear the news that's goin' round? /The shamrock is forbid by law to grow on Irish ground!/ Saint Patrick's Day no more we'll keep, his color can't be seen /For there's a cruel law ag'inst the Wearin' o' the Green." Well, I didn't get very far into that performance before my

horrified cousin almost dropped and they brought a his camera. Disconcerted, I asked if there was something wrong, and he just laughed it off and said, "No, no, I was just afraid that you would get arrested.' I got the message.

The song that I attempted to sing in the Killala pub, titled The Wearin' of the Green, originated as a street ballad during the 'Rising of 1798' (one of many unsuccessful revolts against English rule) and it was apparently during this period that the colour green became emblematic of Irish culture. This song's lyrics were passed down orally for decades, and became known in several versions. The most popular of these, credited to Irish playwright Dion Boucicault (1820-1890), includes an enthusiastic reference to the then recently established Republic of America: "I've heard a whisper of a land that lies beyond the sea /Where rich and poor stand equal in the light of freedom's day." [Digression: Boucicault himself fled to New York after leaving his wife for a young actress.]

The American Revolution of 1776, no less than the French Revolution of 1789, sent immense shock waves through Ireland, as they did throughout Europe. The enunciation of the principles of liberty and equality, the abolition of privileges, and the reshaping of the institutions of the state in accordance with the rights and wishes of the people seemed to herald the dawn of a new era, and these events led more or less directly to the Irish rebellion of '98.

We have all heard about the avalanche of Irish emigration to America during the "Great Potato Famine" of 1845-1850 but not everyone is aware of the waves of Irish emigration that began long before the Great Famine and continued long after, much of it toward British North America (Canada). They religious persecution and penal servitude, but mostly because they were, literally, starving to death. According to one estimate, between 1825 and 1870, close to nine hundred thousand Irish emigrated to British North America alone. Our recent experience with Syrian refugees helps us to appreciate the magnitude of this diaspora. The Irish immigrants are generally characterized (or caricatured) as rough and rowdy and hard-drinking lower classes; if true, then, I presume that they would have fit right in with much of 19th century North American culture. They also brought their basic skills as farmers and labourers and tradesmen,

rich store of oral tradition music. In this love of music they were supported by hugely а рори collar lection of Irish songs, а multi-volume work titled Moore's Irish Melodies which began to appear in 1808. To say that Thomas

Moore wrote poems and fit them to traditional Irish music is to vastly underestimate his craft. Moore created enduring songs of searing passion, and songs that recall and celebrate Ireland's glorious past. "The harp that once through Tara's halls the soul of music shed / now hangs as mute on Tara's walls as if the soul were fled ... " expresses melancholic resentment of a suffocating English occupation that lasted for over 700 years.

Similarly, I tremble to hear, "The minstrel boy to the war has gone / in the ranks of death you will find him / His father's sword he hath girded on / And his wild harp slung behind him...." based on a traditional Irish tune, The Moreen. It is widely believed that Moore composed The Minstrel Boy in remembrance of a number of his friends, whom he met while studying at Trinity College, Dublin, and who were killed during the 'Rising of '98. The melody is frequently heard, typically on bagpipes, at funerals for members of military or police organisations who have died or been killed in service. It was heard at the funeral of HM Queen Elizabeth The Queen Mother in London in 2002, played by the Pipes and Drums of

the Irish and Scottish Regiments during the procession from Westminster Hall to Westminster Abbey. The Queen Mother had a long association with the men of the Irish Regiment, and presented them with a shamrock every year on St Patrick's Day.

Quite apart from songs of patriotism, Moore also composed poignant love songs that are still remembered. In closing let me mention just one. After Moore's wife, Elizabeth, was badly scarred by smallpox, she refused to leave her room, believing herself disfigured and unlovable. To convince her that his love was unwavering, Moore composed a poem which he set to a traditional Irish melody and sang outside her bedroom door - Believe Me If All Those Endearing Young Charms. He later confided that this song restored her confidence and rekindled their love.

[Recommendations: Austin Gaffney's recording of The Wearing of the Green from The Road to Irish Freedom: a collection of Irish rebel songs, 2015; John McDermott: The Minstrel Boy from Songs of the Isles, 2004; John McCormack's recording of Believe Me If All Those Endearing Young Charms, 1935.]

Help Wanted Part-time Distribution Coordinator (5 times per year)

The Riverview Park Review is seeking a Coordinator for the distribution of the newspaper on 5 designated times during the year (first week of February, April, June, October and December). Remuneration is provided.

Position Requirements: Ability to lift 50 lbs/22.7 kilos Vehicle (a van and garage would be an asset).

For further information and/or to apply: Distribution@riverviewparkreview.ca

Trinity Community Garden valued by long term and new gardeners

by Bernadette Bailey

S now and ice still cover the ground, but many of our members are already preparing for their gardens. Pots have been filled and little seedlings are emerging, under lights, or in a sunny window. These will be nurtured into robust plants that will be ready to go into the plots when May comes, and the community at Trinity Community Garden springs into life again.

At the beginning of May members will gather together on Garden Preparation Day to prepare their plots. Each member pays a fee for their plot, and, among other things, the funds are used to purchase mushroom compost which we eagerly work into the soil in our own plots.

Following a morning of hard, but exhilarating work, we share a delicious pot luck lunch, and

enjoy hearing about each other's winter, and meeting new members.

Each gardener is responsible for preparing, planting, maintaining and harvesting their own plot. In addition, we come together to perform a variety of volun-

teer tasks which are required and which benefit all of us. Members give of their time to fill water barrels, cut weeds in common areas, turn the waste material from our plots into rich compost, plant and care for the herb garden for all members use, and plant and grow in designated plots for distribution to the local food bank and members of Trinity Church.

Apart from the obvious: one of having healthy, local, organic food to eat, new and long standing members find many other benefits of gardening. Debra rented a plot with us for the first time last season and had this to say,

"I loved participating with the garden project. It was something I had not done in 14 years because of a health issue. Boy was I wrong! It felt great and the small garden was a perfect size for me to handle. I found carrying the water tough though. But planting, growing and weeding I so looked forward to. Thank you, you made my summer wonderful."

Sarah has been involved with the garden since it began. As a member of the founding com-



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- Lawn & Aeration Services
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Isobel picks tomatoes at Trinity Community Garden.

mittee, her enthusiasm and dedication were instrumental in its creation. She is motivated by a strong belief in community building and her background as a nutritional coach.

She says, "The garden is so important to me because I feel it is a brilliant way to connect with the community and resolve isolation which is a huge problem. I treat the garden as a means to improve our health through food and also emotional health through connections. I like the fact that we are compelled to come together through volunteering and learn to give back to each other without expectations.

Our kids are learning all about real food and working together and how to start and end a project with finesse. We all learn from and admire each other's skills, especially from those with extensive gardening knowledge and practical hands on skills. I've also learned a lot about staying organized and about negotiation from being part of the committee.



Discovering the wonder of a garden.



Sarah helps Charlotte make a healthy lunch

- General Home Repairs
- Painting (interior & exterior)
- Property Management Services
- Home Sale Preparedness
- Kitchen & Bathroom Remodelling
- Commercial & residential Contracts Available

Sean Doherty **613.862.5307** 3316 Clearwater Cres., Ottawa, On K1V 7S2 dps@rogers.com

The community herb garden is such a fine example of the honour system. This garden is organic not just in terms of the gardening methods we use but also in the way we work together. It's a true blessing. It helps me get out and get vitamin D and I enjoy the unexpected; like growing 11 pumpkins and sharing them with my friends. I hope our son is going to keep these memories and skills in his back pocket and grow up to become an organically productive citizen of this country."

Sarah believes all children benefit from discovering where our food comes from and how to eat healthily and so she joined with me last summer to hold a Gardening and Cooking Day Camp. The children spent time at the community garden, learning how vegetables grow, and picking them.

Sarah then taught them to make their own healthy lunch and snacks. It is wonderful to re-experience the wonder of discovery when you are with children in the garden.

If you are interested in becoming a member, please contact us at trinity.garden@rogers.com. We will have a very limited number of plots available this year, and they will be offered on a first come, first served basis. Whatever your age, Trinity Community Garden is a wonderful place to be.

DEAR FRAN



FRAN DENNETT dearfrangardener@gmail.com Ground Covers

What is a ground cover?

Any vegetation that blankets an area preventing soil erosion and water loss can be considered a ground cover. Ground covers can be shrubs, evergreens, perennials, annuals, vines, ornamental grasses, herbs and even ground-hugging edibles. It depends on how permanent you want your ground cover to be.

The traditional ground cover is a low-growing plant under 18 inches high, and has a means of spreading, either with an over the ground rooting system (thyme, Vinca minor), runners (strawberry) or a spreading underground root system (Pachysandra).

Why plant ground covers?

- to create an attractive cover to an area or give a visual impact using ground covers that have attractive leaves, flowers and berries in the fall.
- to stabilize a slope and prevent erosion.
- to cover bare areas under mature trees.
- to conserve moisture and choke out weeds under shrubs.
- to reduce work in a large garden.

The most common and popular ground cover is GRASS. It is cooling in summer, is cheap, creates exercise when you mow it, can be walked and played on, and has a visual impact - with or without weeds – with flowers beds. In hot weather you leave it to go dormant and it will resurrect itself with rain and cooler weather.

also keep a record of the growing conditions in your garden, which can save you time, money, and heartache when selecting the right plant. If you are renovating an existing site or fixing an eyesore that has developed, this information about your conditions will be very helpful. You should also continue to record these conditions as your garden matures in case problems develop in the future. Conditions to record:

- light: full sun, semi-shade, permanent shade.
- **moisture:** naturally damp or dry areas vary with sun and how much organic matter is in your soil.
- type of soil: clay, sand, a mixture. protection from the winter sun and wind provided by building, shrubs, evergreens-wind swept sites are prone to dryness and with no snow protection, dormant plant will dry out.

The size of an area to be covered can be so small that a single spreading plant is sufficient, or an extremely large area that requires a huge number of plants. The cost and availability of a large number of plants can influence which plant is used to cover the large area. Full coverage of a large area may take 3-5 years before it can be left without weeding and watering. A large container of annuals can be situated among the plants to give colour through the summer, and for spring color, plant hardy bulbs to come up through the ground cover. Mulching a large area with compost will help reduce evaporation, amend the soil and keep weeds down until the ground cover is thick enough to choke out the weeds. Your likes and dislikes is what personalize your garden. Use the information you have gathered to select the right ground cover for your situation and you will be rewarded with fast coverage, less work weeding and a pleasing scene. An example of the wrong plant is using Ageopodium (goutweed) as a ground cover. This plant is highly invasive and eliminating it from your garden will take years, which is why it is important to choose the right plant as it will save you time, money and heartache.



basic gardening whether you are starting a new garden, renovating an existing border, or planting ground covers.

Ground covers by definition are invasive plants. You will need to "cultivate" the habit of removing any that are volunteering where they are not wanted.

Low-growing plants are frequently chosen as ground covers, but there is no rule that says you cannot use taller plants, e.g. a shrub, Hydrangea 'Annabelle', or an evergreen, Mugo pine. Really, any plant that has a large spread at maturity can be used. Witness the common lilac on old farms that have spread into large rows.

Before buying any plant to use as a ground cover, research it so that you know all the pros and cons.

An incomplete list of ground covers for:

sun: Sedum, Thymus species, Anthemis nobilis, Arcrostaphy species,

Comptonia peregrina partial shade to full shade: wild violets, Mitchella repens, Cornus canadensis, Gaultheria procumbens, Tiarella cordifolia, Pachysandra terminalis, Carex species, Vinca major, Galium odoratum, Hosta, ferns, Epimedium

As always I hope you find this information useful. I would enjoy hearing any comments.

References:

guelph.ca/wp-content/.../HealthyLandscapes_Groundcovers

• Ground Covers, John Cushnie. 1999, Kyle Cathie Ltd, London. ISBN 1 85626 326 6

• Harrowsmith Gardener's Guide Ground Cover, edit. Jennifer Bennett, Camden House, 1987. ISBN 0-920656-68-4

• Internet site especially universities with horticulture schools, or agricultural school, or botanic garden sites.

Points to consider when planning any new garden project:

- what do I want to do on this site? e.g. a play area for children; not cut the grass; stabilize a

slope; hide a change in soil level; reduce work load?

- is color important? Or is different shade of green just as pleasing?
- are flowers or fruits important?
- ground covers can also be part of a garden design in a new home.
- to cover a bare area under mature trees or a shrubbery border.
- deal with shady areas.

In addition to knowing how you plan to use the site, you should

Everything discussed so far is

Sagina subluata, Sempevernium species, Phylox subuata, and Juniperus horizontalis

partial shade to full sun: Trifolium repens, Geranium maculatum, Bergenia, Waldsteinia fragarioides, Ajuga reptens, Lamium, Cotoneaster adpressus, Cotoneaster dammeri,

*Fran Dennett is also President of the Gloucester Horticultural Society. You are invited to attend an evening lecture on invasive plants on April 17, 2017. Please call 613-738-9724 to register your attendance. Entrance is free, space is limited.

- Master Gardeners of Ottawa-Carleton (MGOC) check our website for gardening information http://mgottawa.mgoi.ca.
- Rain barrel sale. Information on MGOC website.
- If you would like to receive TROWEL TALK, a free monthly electronic gardening newsletter, contact: <troweltalkeditor@rogers.com> to be added to the list.
- Check out THE EDIBLE GARDEN, a monthly on line guide for those who wish to grow their own food.
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