FEBRUARY 2018 A Voice of Riverview Park MARCH 2018

# Ode to the wonder of art!

(apologies to Frederic Austin: composer)

10 days before the Art Sale Our community gave to us 22 gifted artists And one most discouraged family;

9 days before the Art Sale Our community gave to us 97 artistic pieces 22 gifted artists And one very worried family;

8 days before the Art Sale Our community gave to us One Wall Space Gallery 97 artistic pieces 22 gifted artists And one somewhat hopeful family;

7 days before the Art Sale Our community gave to us 200 Christmas cookies One Wall Space Gallery 97 artistic pieces
22 gifted artists
And one very hopeful
family......;

Use your imaginations to get to the full 10 days and save precious newspaper space.

On the day of the Art Sale
Our community gave to us
I perfect winter day
I gleaming silver cash box
\$3467.70 much needed dollars
51 happy buyers
48 Fabulous Fifties
200 Christmas cookies
One Wall Space Gallery
97 artistic pieces
22 gifted artists
And one relieved and grateful
family!

**CONTINUED ON PAGE 12** 



Anna Nitoslawska helped design the Art Show poster inspired by her painting. PHOTO: GEOFF RADNOR

# B-R-R-R-R! Cold days now but spring is coming!

PHOTOS: GEOFF RADNOR





**SEE MORE PHOTOS ON PAGE 27** 



30% Valentines Sale

**JU%**0 Valentines Sale OFF

Offer expires February 28, 2018 when you bring in this ad

Nistins for Unique Crections and Becutiful Pieces!

Ring Sizing | Necklace & Bracelet Repair Precious Stone Replacement Watch Repair | Watch Battery Replacement Free Jewellery Cleaning & Inspection

PULSAR SEIKO OCITIZEN LORUS

13-2651 Alta Vista Dr. Located in Vista Plaza - Bank at Alta Vista



# Hospital Link Road paves direct access to the Ottawa Health Sciences Complex

by Jean Cloutier, Alta Vista City Councillor

s many residents know, on December 14, 2017 the Alta Vista Hospital Link Road opened for vehicles, transit and emergency services.

The new two-lane 60 km/hr road and transit link connects Riverside Drive and the Transit-way to the Hospital Ring Road. This facility provides direct access to the many services offered at the Ottawa Health Sciences Complex (OHSC). New pathways and sidewalks will officially open to cyclists and pedestrians later this spring.

I am grateful for the messages received from residents detailing their overall observations of traffic operations and in particular, the unauthorized right turns from westbound Hospital Link Road to northbound Alta Vista Drive.

The city's initial steps will include employing a large message board, modifying traffic signs and working closely with the Ottawa Police Services to improve communications with drivers and help ensure compliance to the intersection turning restrictions.

As you can appreciate, this newly opened road is in a period of adjustment and its performance will be continuously monitored throughout 2018 with special attention to traffic movement and speeds.

Throughout the evaluation process, as new data is collected, appropriate modifications will



Alta Vista and Hospital Link Road intersection.

be made to optimize its performance. As such, a full review will be undertaken later this year, once the general public is more familiar with the new route.

I encourage those travelling from across the city to take advantage of the direct access to the OHSC that the Alta Vista Hospital Link Road provides. Ongoing communication with our office and the City project team is essential to ensure the facility operates as it was intended to. I will also be engaging with the many services

located at the OHSC to increase awareness and promote its use.

While travelling along Alta Vista Drive or the Alta Vista Hospital Link Road, please be mindful of the signage, and modifications. As with all new infrastructure—and our neighbourhood in general, we will continue to work together through this time of adjustment.

Please feel free to share your experiences and observations by phone 613-580-2488 or email JeanCloutierOtt@ottawa.ca.



# WALL SPACE >

#### WALL SPACE FRAMING

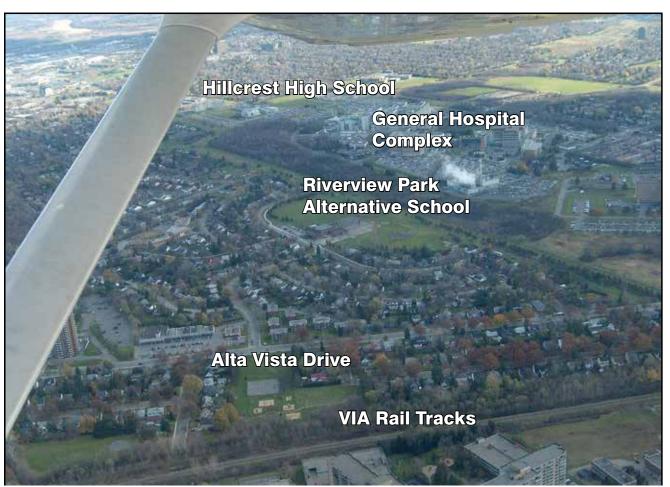
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#### RIVERVIEW...NOW



#### 2006 aerial view before the Alta Vista Hospital Link Road

by Paul Walsh

It always helps to get one's bearings before starting out, and perhaps the best way to see where we were in this 2006 photo is to locate the Hospital Complex just off Smyth Road. It is just under the wing of the plane and to the right of centre.

Riverview School is in the field to the left of that...at the base of the widened U-shaped road which is Knox Crescent. Alta Vista Drive, its Plaza, the Via Rail lines, and some of the apartments on Riverside Drive, are found toward the bottom of the image.

Hillcrest High School is visible by the field off Smyth, and is found just beyond the The Ottawa Hospital in our photograph, toward the upper part of the shot. Also visible is the field that will be the ultimate route that the Access Road takes, eventually connecting to Walkley Road, near the top right edge of the photo.

## Ottawa Hospital awarded \$12.7m for research

Special to the Riverview Park Review ixteen research groups at the Ottawa Hospital, affiliated with the University of Ottawa, have been awarded \$12.7 million in the most recent project grant competition from the Canadian Institutes of Health Research (CHIR). This represents a success rate of 30 per cent, double the national average of 15 per cent.

The new funding will help researchers harness the immune system to attack cancer, investigate umbilical cord blood to treat kidney disease, test a holistic approach to improve health among homeless people and much more.

"I'm delighted that our researchers have once again achieved such a high success rate," said Dr. Duncan Stewart, executive vice-president of research at the Ottawa Hospital and professor of medicine at the University of Ottawa. "These research projects have the potential to redefine the future of health care both

at home and around the world."

Covered are research on cancer immunotherapy, stroke and vascular dementia, leukemia, critical care, kidney disease, neural tube defects, breast cancer, chronic sinusitis, spinal muscular atrophy, autism, liver surgery, muscle cancer, health among homeless, stakeholder engagement, ovarian cancer and brain aging.

The Ottawa Hospital has scored above the national average in CIHR grant competitions for many years.

"We've been very successful in conducting world-class research and obtaining competitive external grant funding, but none of this would be possible without the generous support of the community," said Dr. Rahmi Kothary, deputy scientific director of research at the hospital and professor of medicine at the University of Ottawa. "I would like to thank the many individuals and organizations that have supported our research."

### A message to Dr. Jack Kitts, President and CEO, The Ottawa Hospital-General Campus

#### Good morning Dr. Kitts,

In June of 1981, I bought my home in Riverview Park. The previous year the General Hospital had been opened at 501 Smyth Road not five minutes away from where I live.

In 1996, our community began its own newspaper. Over the years people wrote about the amazing researchers at our nearby hospital, the programs, the important additions to the hospital, the Community Advisory Committee, and most recently there was a whole page dedicated to the launch of the insightful book, History of The Friends of the Ottawa Hospital-General Campus.

At no time, however, did we write about the exceptional front line workers at TOH-General Campus.

Today I would like to change that by acknowledging the dedication of the people who look after us so well when we become ill.

During the Christmas holidays I was taken to TOH-General Campus with pneumonia. With the exception of an overnight stay at age seven when I had my tonsils removed, I had never spent any

time hospitalized. To say that I was not only extremely grateful for the care I received but truly impressed would be an understatement.

I want to let you know how fortunate I feel for having such an amazing facility in our backyard and to thank you for ensuring that this is so. **Sincerely, Carole Moult,** 

Editor, Riverview Park Review.

Riverview Park

Winter Garniva

\*\*Sunday, February 11<sup>th</sup>

2 to 4 P.M.

Balena Park
1640 Devon Street

Refreshments

Skating
Riverview Park Community Association
Donations welcomed

Riverview Park Community Association
Donations welcomed





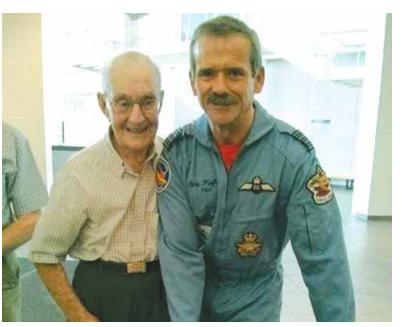
# Sydney Baker 1915-2017

### The End of the Line

Part two of a two-part series. round this time I was becoming quite **\_**concerned at the cost cutting direction that the company appeared to Management be taking. seemed to be suggesting that some of the aircraft maintenance was unnecessary and was costing too much. Consistently aircraft were being sent to fly on extended field contracts without maintenance engineers. I had written two letters to management on this subject, one in 1974 and the other in 1976. I made it known I was not happy with their plans; I was getting close to retirement but had not intended to do so for a while. However under the circumstances I thought it best for me

confrontations. In July 1982 I handed in my resignation suggesting that if my services were re- I must have known that quired I would continue to

to resign and avoid further



Syd with Col. Chris Hadfield was taken at the Canada Aviation and Space Museum in 2015.

PHOTO COURTESY OF LESLEY LAW, SYD'S DAUGHTER.

make myself available on an hourly basis. This proposal was accepted by management and I continued work on a part-time basis for about one and a half years, doing much of the work in my own basement.

Looking back now I feel things were not as they

should be. By 1986 there was not much left of Kentings; the hangar had been sold to Esso Oil Company who had enlarged it to make an executive service centre.

The Thailand contract was completed and the helicopters were sold, as were the fixed wing aircraft and Klondike Helicopter was



Sydney Baker's Spartan employment anniversary pins.

PHOTO CREDIT: COLIN HINE

wound up. I then lost contact and exactly when the whole thing closed down I do not know but what was with Col. Chris Hadfield was left, along with the few of the remaining staff were taken over by Interra, another Ottawa survey company.

#### Note:

Sydney Baker passed away at 10:30 pm, Saturday 30th December 2017. Syd will be remembered by many volunteers and employees at the Canada Aviation and Space Museum; by members of the Ottawa Chapter of the Canadian Aviation Historical Society; and by ex-employees of Spartan Air Services.

Syd was a dear friend and I will sadly miss visiting him

at his Alta Vista Manor resi-

The attached picture of Syd taken at the Canada Aviation and Space Museum in 2015 during a 100th birthday celebratory tour of the Museum, a day many of us will not forget.

Syd might have been old in years (102) but his memory was remarkable. People doing research into Spartan Air Services' history and into DH Mosquito aircraft that Spartan operated, continued to consult Syd on issues, technical and historical, even in 2017!

My thoughts go out to Syd's close friends and family at this sad time. Syd you will missed and remembered by many.

Colin Hine



#### RIVERVIEW PARK REVIEW • Vol. 10, No. 1

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there were three kinds of falsehoods: Lies, damn lies, and statistics. As such, statistics can be funny things. And when one looks at the numbers behind volunteering, for example, the facts can be at least confusing.

tracking volunteer patterns for several years, and notes what most of us have already known: that 10% of the population does most of the volunteering. Over a ten year period, between 2007 and 2017, this has remained fairly consistent. What is hidden under those numbers is some interesting age related data. Youth between 15 and 24 are volunteering more than any other group. On the other end of the spectrum, seniors volunteer the least of any of the age groups. While this may counter popular wisdom, what should be noted, is that

ark Twain was once these youth volunteer in greater quoted as saying that numbers, but also do fewer total hours per person. Fewer seniors may volunteer, but that group actually does more hours per person creating a larger demographic effort equal to over half a million unpaid full-time jobs.

Some of the youth stats come Statistics Canada has been from the influence of the requirement of volunteer hours in order to graduate High School. And some are from young people motivated to see social change, like those that participate in the "We Day" events. Most recently, the Canadian Federal Government, via the Prime Minister's Office, launched a pilot project/grant program funding youth specific volunteer initiatives. It has the potential to increase the inclusion rate even more significantly. Called the "Canada Service Corps" it is even designed to focus on engaging previously under represented social youth groups like the LGBTQ,

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**Cartoonist and Masthead Artist:** Greg Money

**Business Manager:** Anne Stairs Photographer: Geoff Radnor **Printer:** Ricter Web Press



visible minorities and aboriginal groups. In an effort to be less pale, male and stale, the idea is to tap into previously less utilized resource pools. Thereby increasing the statistics of the youth volunteer demographic, and keep its participation rate up over time.

What can be hoped for is that while courting these new groups, established participating groups don't leave the volunteer pool. And even better, that the influx of new ideas and approaches compliments existing ones for the better ment of everybody.

# About the **RPReview** community newspaper

Riverview Park Review is a non-profit community newspaper paid for solely by advertising. It is published five times a year. It is distributed free.

Please support our advertisers. Get to know the persons and companies who serve you. Let them know that you saw their advertisement in Riverview Park Review. This newspaper could not be prepared without their support. If you know of anyone providing a service in the community, please tell them about Riverview Park Review. Email editor.riverviewrpr@ gmail.com for advertising information. All profits will be made available to worthwhile community projects.

#### **Submission formats**

Contributions can be e-mailed to <u>editorriverviewrpr@gmail.com</u> in **Microsoft Word** or **RTF**. Please *do not format* your documents. We may edit for grammar and brevity. Photographs must be e-mailed in jpeg format to editor.riverviewrpr@gmail.com. All photographs must be accompanied with the **name of the photographer and a caption** describing the subject.

Got an opinion to share? Please send letters to editor.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.

RPReview is currently seeking distributors. • Contributions by politicians are paid announcements.

#### RPReview needs volunteers to help with distribution. Please contact Distribution.riverviewrpr@gmail.com

Next deadline for advertising and copy: March 10 for the April-May RPReview

#### WHAT'S THAT NUMBER?

Ottawa Public Library 613-580-2940

Alta Vista Library 613-580- 2424 x 30426

Elmvale Public Library 613-738-0619

Jean Cloutier (City Councillor) 613-580-2488 David Chernushenko (City Councillor) 613-580-2487

Ottawa City Hall 311 (www.ottawa.ca) Police – non-emergencies 613-236-1222

Emergencies only

Ottawa Hydro 613-738-6400

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## A message from the Elmvale Acres Community Association

#### **Residential flooding**

The night of October 30, 2017 should have been a night for carving the family pumpkin. Or, perhaps putting the final touches on a Halloween costume for the kids, or running out to the store to get last minute treats. However, for dozens and dozens of residents in Alta Vista - it was not about any of these things. They were too busy dealing with massive flooding in the basements of their residential homes.

The October 30th rainfall was extremely heavy - particularly in our area of Alta Vista. One of the nearest monitoring stations, (close to Hawthorne Public School) recorded 134mm. In many instances, the heavy rain completely saturated the soil around houses in the area, which led to a great deal of additional water being sent down the sanitary sewers. This put a huge strain on the sewers in our area, which resulted in the pipes being at or above their limits. This ultimately meant that water that couldn't drain through the pipes quickly enough and in many cases ended up in residents' basements.

The Elmvale Acres Community Association (EACA) led by President Kevin Kit immediately took action. Kevin and other members of the EACA reached out to community residents and co-ordinated efforts to supply pumps and/or shop vacs to their neighbours using the EACA website. Additionally, the EACA asked residents to come forward and let them know what homes in Elmvale Acres (and surrounding area) had flooded in order to co-ordinate a message to the City.

One of the main objectives was to obtain a meeting with the City to try and understand some of the underlying causes of the flooding and what can be done to mitigate against the risk of flooding in the future. Mr. Kit requested a meeting with the City and on Friday December 15th members of the EACA attended a meeting with Councillor Cloutier and City staff working in Infrastructure Renewal, Asset Management and Water Resources to discuss the flooding and its impacts.

During the discussion, Mr. Kit was told that areas where the sewers may have damage, partial blockages, or insufficient slope may have contributed to sewer backups and flooded basements. In this light, the City said that they attempt to conduct regular inspections & cleaning of the sewers - approximately once every 5 years.

Records of such maintenance

the meeting on December 15th. However, Mr. Kit requested that these records be made available, to determine if areas in Elmvale Acres (and surrounding area) have had maintenance and inspections conducted within the 5 year window - especially in the areas that received some of the most significant local flooding. An additional request was made to obtain any and all pertinent information from the maintenance records; in order to determine what problems/issues might have been identified by these inspections. This information is critical for determining whether the City is implementing some of the key mitigation measures to protect against residential flooding.

In addition, many residents also reported to Mr. Kit and the EACA that they were not satisfied with the level of service that they received from first responders working for the City. Specifically, they were told that in many instances there was no documentation left at the door for the residents who had experienced flooding. This documentation could have helped people identify

were not available at the time of the meeting on December 15th. However, Mr. Kit requested that they have questions or concerns on these records be made available, how best to move forward.

However, Mr. Kit and the EACA are still waiting for answers. Mr. Kit was just recently informed by the City Councillor that it appears that the answers to these questions will have to wait until approximately mid-February.

From the EACA's perspective this is particularly problematic as residents have been waiting for answers; and deserve them. That is why Mr. Kit reached out to the Riverview Park Community Association as well as the other community associations within the ward to bring awareness to this issue. Hopefully, by continuing to push and working with other community associations residents in Elmvale, Riverview Park and other areas of the ward will get the answers that they deserve.

For more information on the Elmvale Acres Community Association and its work please contact: elmvaleacresca@gmail.com or visit their website at www.elmvaleacres.org

 $\mathsf{GM}$ 

### Ottawa Public Library's Most Read Adult English Titles, 2017

\*As determined by number of circulations.

With a special thank you to the I See You by Clare Mackintosh OPL for providing this list.

#### **Adult Fiction**

The Woman in Cabin 10 by Ruth Ware The Whistler by John Grisham The Witches of New York by Ami McKay

Do Not Say We Have Nothing by Madeleine Thien

Small Great Things by Jodi Picoult No Man's Land by David Baldacci The Girl Before by JP Delaney The Best Kind of People by Zoe Whittall

Into the Water by Paula Hawkins My Not So Perfect Life by Sophie Kinsella

#### **Adult Mystery**

The Wrong Side of Goodbye by Michael Connolly
Night School by Lee Child

Garden of Lamentations by Deborah Crombie Rather Be the Devil by Ian Rankin

Never Never by James Patterson
Heartbreak Hotel by Jonathan Kellerman

Golden Prey by John Sandford

Echoes in Death by JD Robb Right Behind You by Lisa Gardner I See You by Clare Mackintosh

#### **Adult Non-fiction**

Born a Crime: Stories from a South African Childhood by Trevor Noah

Astrophysics for People in A Hurry by Neil deGrasse Tyson

The Stranger in the Woods: the Extraordinary Story of the Last True Hermit by Michael Finkel

Scrappy Little Nobody by Anna Kendrick

Talking as Fast as I Can From Gilmore Girls to Gilmore Girls, (and Everything in Between) by Lauren Graham

The Undoing Project: A Friendship That Changed Our Minds by Michael Lewis

Hidden Figures: The American Dream and the Untold Story of the Black Women Mathematicians Who Helped Win the Space Race by Margot Lee Shetterly

Option B: Facing Adversity, Building Resilience, and Finding Joy by Sheryl Sandberg

The Princess Diarist by Carrie Fisher

CONTINUED ON PAGE 31



#### DAVID CHERNUSHENKO COUNCILLOR CAPITAL WARD

# House of Sport gives organizations a home on Riverside



#### **DAVID CHERNUSHENKO** David.Chernushenko@Ottawa.ca

The House of Sport at the RA Centre is officially open, giving national sporting organizations (NSOs) and multi-sport organizations (MSOs) a place to call home in a collaborative and innovative sport hub in Capital Ward. What better time to celebrate than during the month of the Pyeongchang Olympic Winter Games in South Korea, as Canadian athletes — including many from the Ottawa-Gatineau region compete among the world's best.

This new facility on Riverside Dr. hearkens back to a golden age for Canadian sports and recreation organizations in the 1990s, when many moved out of far-flung, lowrent locations into the shiny new, government-subsidized James Naismith centre in Gloucester. The problem with that model became apparent several years later, however, as leasing costs rose while government support dwindled. Bit by bit, the experiment in co-location fell apart.

The House of Sport is learning from the mistakes of its predecessor by keeping the spaces flexible, with many shared amenities and a more central location next-door to the Billings Bridge transit station.

The facility which occupies the west wing of the RA Centre, operates a bit like an entrepreneur incubator or innovation centre for sports. It's a collaborative hub that brings together various sports federations, organizations and companies under one roof, creating opportunities for sharing costs, cation networks and best practic- ence team. es. Several local businesses have

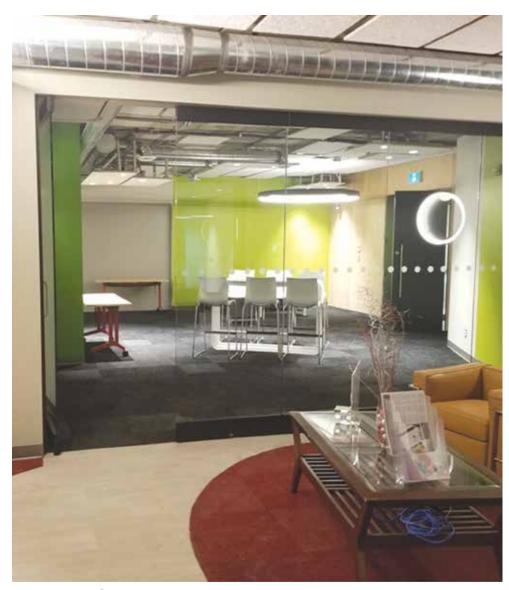
also joined to provide services to House of Sport members running the gamut from the Aboriginal Sports Circle to Wrestling Canada

The \$6.9 million project repurposes 35,000 square feet of the RA Centre. The City of Ottawa supported this important economic initiative with a one-time, \$500,000 capital funding contribution. The balance of the project is funded by the RA, or Recreation Association of the Public Service of Canada, the largest private notfor-profit recreation and leisure facility in Ottawa.

This is a smart investment. The Ottawa-Gatineau region is home to more than 60 percent of all NSOs and MSOs in Canada, and a May 2015 study underscored the importance of this sector to our local economy, with an annual economic impact of \$76.25 million.

The House of Sport demonstrates a strong commitment to sustainable building and providing a healthy, pleasant and functional environment for tenants and visitors. The RA Centre incorporated a number of beneficial features and amenities into the space, including energy-efficient lighting, HVAC and building automation systems; network infrastructure for wifi and security; natural light; food services, including a kitchen and a café; and meeting rooms with technology supports such as smartboards. Members of the public are welcome to make use of the new café, and to rent meeting rooms business development, communi- through the RA Events & Confer-

In terms of access, the House



The House of Sport at the RA Centre

of Sport engaged with the City of Ottawa and my office to encourage transportation to the site by public transit and active modes. The design provides additional protected bicycle parking, and — given the close proximity to the Rideau River paths — we are exploring ways to add bicycle maintenance equipment in a location that would be accessible to both RA Centre users and the passing public.

We are also looking at ways to improve safe access by foot, bike and wheelchair across Riverside Dr., and to and from nearby bus and train stations. For those who must drive, we are exploring the possibility of installing electric vehicle charging facilities.

As of mid-January, the House of Sport had 21 members, such as the Coaching Association of Canada, Aboriginal Sports Circle, Canoe Kayak Canada, Speed Skating Canada, the Ottawa Sport Council, Ausome Ottawa and Physical & Health Education Canada.

Bringing these organizations together under one roof in worldclass shared facilities will ensure they have access to the critical infrastructure they need to flourish. I expect the House of Sport will prove to be a valuable addition to Capital Ward.

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



# Research Reveals the Key for Relieving Neck Pain

Your neck is stiff, sore and locked up. Sleeping comfortably is a major feat and it takes an hour just to get moving in the morning. Should you call your doctor for a prescription, or maybe try a new pillow? In your case, a Chiropractor may hold the right key.



In addition to supporting the body's innate healing processes, a bonus effect of Chiropractic adjustments is the alleviation of neck pain. A recent study funded by the National Institutes of Health (NIH) and published in the Annals of Internal Medicine verified that after 12 weeks patients who used a Chiropractor and exercise were more than twice as likely to be pain free.

Don't wait to have pain before consulting Dr. Stéphane Chillis. He will advise you in order to develop a preventive lifestyle and a permanent solution to add quality to your health.

# Une recherche révèle la clef pour soulager les douleurs au cou



Votre cou est tendu, douloureux et barré. Dormir confortablement est un grand exploit et ça prend une heure seulement pour commencer à bouger le matin. Devriez-vous appeler votre docteur pour une prescription, ou peut-être essayer un nouvel oreiller? Dans votre cas, un chiropraticien peut en être la clef.

En plus de supporter le processus de guérison du corps, les ajustements chiropratiques soulagent les douleurs du cou. Une étude américaine récente, financée par l'institut national de la santé et publiée dans les annales de la médecine interne, a vérifié qu'après 12 semaines, les patients qui consultent un chiropraticien et qui font de l'exercice physique étaient deux fois plus susceptibles d'être sans douleur.

N'attendez pas d'avoir mal avant de consulter le Dr Stéphane Chillis.

Il vous conseillera afin de développer un style de vie préventif et une solution permanente pour ajouter de la qualité à votre santé.



1569, Alta Vista Drive, Ottawa Ontario K1G 0E9 613-520-0123

# Movie buffs: your tastes are changing

by Greg Money and Carole Moult

With the rise of internet movie viewing, a niche has opened for informed and articulate movie specialists. Local video store owner and movie enthusiast, Peter Thompson, of Movies 'N Stuff, is exactly the person to fill that niche. Having several years of experience tracking movie production and with personal connections in the industry, he has a rare insight into movie viewing habits, history and trivia.

Recently, the Riverview Park Review had the opportunity to sit down with Peter and seek out his expertise with regard to the changes occurring in movie viewing. Some of his responses may be surprising, but others not so much.

#### Only in Britain, you say? Not any more.

Riverview Park Review:

"What is the most popular kind of movie rental today?

**Peter Thompson:** That used to be an easy question. New releases, the better the more popular - and while that still applies, the BBC series have rocketed in popularity to the point where they're almost as popular and in some cases even Martin, Last Tango in Halifax, Mrs more so.

Ten years ago, the BBC series were an afterthought, now they're the biggest. And with the exception of a few here and there, the amount of quality series coming in It's a Global Village with from around the world was noth- indie movies ing compared to now."

most popular of the BBC Series?



A regular customer (L) receives advice from Peter Thompson on a recent release. PHOTOS BY GEOFF RADNOR

of Duty is probably the most popular detective series, followed by MI-5, Foyle's War, George Gently, Broadchurch, Shetland, Luther, Scott and Bailey etc, but if I was to pick one series we couldn't do without (and probably the top renter), it would be Endeavour. It probably doesn't hurt that it's my favourite as well.

There are also the big guns that aren't detective series like Doc Brown's Boys, Indian Doctor and The Hour. Probably, Endeavour, Doc Martin and Foyle's War are the three most popular."

**RPR:** Are there some top independent films that you could name? **RPR:** What are about three of the **P.T.:** Some of the top indie films come from other countries, but the **P.T.:** Three...that's a tough one. *Line* US has a couple of top entries this



Check out the T.V. Series among the choices.

year. Robert Pattinson (yes, that one) gives a terrific performance in Good Time, Daniel Radcliffe was excellent in Jungle and probably

the top indie film of the year is the wonderfully understated Wind River. However, docs and movies like Kedi, The Salesman, Drishyam, Dangal etc. represent a big global presence, which makes the category feel vibrant and fresh."

#### Hollywood: and the winner is...

RPR: This year the Oscars are being held on March 4th. Do they have an influence on movie rentals both in the weeks leading up to and following the big night?

**P.T.:** The Oscars are the big one for the awards season, but the littler ones leading up to it all boost the movies, especially little, indie films that might have been forgotten otherwise. We're waiting to see the nominees as there's the potential to boost a film like The Florida Project - by a lot. Same as Three Billboards...which will be a massive hit on DVD once it's nominated (it will be without question)."

#### Do the classics endure today?

**RPR:** What about some obscure or older classics?

**P.T.:** It's fun to find something you had never seen, or overlooked. I keep pumping some of the new Indian films we have, but there are a lot of really solid films out there that many people haven't seen. The Green Butchers is a lot of fun. Gods and Monsters, Waking Ned Devine, The Lives of Others, As it is in Heaven, The Secret in Their Eyes (Argentina), Wild Tales, Pan's Labyrinth, Memento, Departure, Hitchcock, Spielberg, Kubrick, Leone, Kurosawa... You could go on all day.

#### I realized early on that I loved movies.

**RPR:** So, when did this love of movies begin?

**P.T.:** Probably the time it really struck me was in the mid '80s where I was profoundly moved by movies like E.T., Back to the Future, Top Gun, and on and on, while starting to see some of the classics as well.

For me, the most influential movies began in the awards season of '94, where films usually are released to compete for Oscar nominations. I saw Pulp Fiction and it blew my mind. Every facet of that movie astounded and awed me. Then mere weeks later The Shawshank Redemption came out and it also would have a big impact and it was around this point that I absolutely devoured hundreds and hundreds of movies. When the next Oscar season came it was Brave-

**CONTINUED ON PAGE 11** 



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If you like scary try some of these.

PHOTOS BY GEOFF RADNOR



are a new addition.



Movie Theme Gift Baskets Peter Thompson shares a laugh and a movie with movie buff, Jean-Guy

heart, The Usual Suspects and Seven. These were the movies that really drew me in and opened the door to many, many others.

#### The desert island question

**RPR:** If you were stuck on a desert island what movie would you want to have with you?

**P.T.:** It's a coin toss between *Pulp* 

Fiction and The Empire Strikes Back. Today's message from Movies 'N Stuff.

We're leaning towards DVD sales in our catalogue section. Films from Hitchcock, Criterion Collections; classics like The Shawshank Redemption can be found in store for a reasonable price - and if it's sold out, we'll continue to bring in more. Retail therapy is a big thing and people love to buy movies, we've found. We also buy people's DVDs, professionally clean them and re-sell them, so if people have movies kicking around that they don't need anymore, that's where we can come in!

The change in focus to sales of the older movies has also opened the door to selling movie tie-in toys,

like Star Wars merchandise, coffee table books featuring the likes of Hitchcock and Downton Abbey and my personal favorite Studio Ghibli merchandise. Also look for really cool gift baskets coming in the very near future. All this and we'll continue to bring in new releases, new foreign films, new indie films and of course new BBC series.

# There's help in moving to a retirement community!

by Pam Maskell

aking the decision to move to a retirement community is often times a daunting task for seniors and their families. How do you know when it's the right time? What do you do with all your "stuff"? The thought of selling the family home, downsizing to a smaller space, and a change of lifestyle are often times the biggest barriers holding people back.

Many seniors find that they gain independence following a move to a retirement community, and wish they had done it sooner. Having chores such as grocery shopping, meal preparation, and housekeeping taken care of allows you the time to enjoy life – whether that be through catching up with friends, learning a new card game, sitting in on a guest speaker, or simply enjoying a coffee in the lounge.

At Oakpark Retirement Community, we strive to make the transition to a retirement community as seamless as possible. Our management team is available to walk with you through the process, and to provide help and recommendations through what is often an emotional and difficult time.

We strive to make the transition... as seamless as possible.

Did you know that there are companies who specialize in helping seniors through the downsizing process? These knowledgeable and experienced professionals are able to provide support with things like packing, moving, setting up your new apartment, organizing, decluttering, and staging your home for sale. Many people put off a move because there's too much work to be done at home – allow a specialist to help you through the process so you can enjoy the worry-free lifestyle of living in a retirement community.

At Oakpark, we offer a broad array of activities and recreation programs; there's something for everyone, and residents can be as busy as they choose. Having open concept amenity space throughout the main floor of the building offers residents the ease of participating in activities when they are looking for social opportunities.

The serenity of having a multitude of services located in our community offers a much simpler lifestyle – imagine simply walking down to the main floor for a haircut or doctor's appointment rather than fighting the winter weather or relying on a family member for transportation. Shovelling the driveway and scraping snow off the car are inconveniences of the past!

A retirement home is an affordable option providing a variety of services ranging from Independent to Assisted Living Care. At Oakpark, families have a great sense of relief knowing that their loved one is not only living in an enriching environment, but also one that is safe and secure. A variety of care services are available and care is customized to each person.

If you or someone you know is thinking about making a move to a retirement home, call Oakpark Retirement Community today at 613-260-7144 to learn more! You can also visit us online at www.oakparkretirement.ca to view floor plans and see what Riverstone communities have to offer.

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# You did it!

"Somebody said that it couldn't be done But he with a chuckle replied That maybe it couldn't but he would be

Who wouldn't say so til he'd tried"

Perhaps you too recall that poem from your childhood and its inspiring conclusion:

"Just start in to sing as you tackle the

That cannot be done and you'll do it." (It couldn't be done...Edgar Albert Guest)

Perhaps I overstate the case a trifle but in November when our application to sponsor a Syrian refugee family of 7 was "in process" for over two years and still no word on any progress, we were as a group discouraged. The family, now also for over two years in a one-bedroom apartment in Beirut were losing hope and their own resources were almost depleted. There was a worrying undercurrent that they might give up and return to war-torn Syria. We most definitely did not want that to happen. We were struggling to find a way to "tackle the thing" but to do it in a way that would excite the community and our own networks, all of whom had been so generous in the past. We needed a new idea or ideas that would ideally fit with the upcoming holiday season.

It started with Anna Nitoslawska, a neighbor and very talented professional photographer who is often seen with her dog and camera exploring the woodland and fields in the neighborhood. Anna wondered whether a print sale might attract interest and generously offered 35 of her prints. The idea was brought to the ITC Core Committee (It Takes a Community) and the result was a hugely successful Art Gallery, Ottawa Train Yards. The word went out and by the time of the art sale, 22 artists had come forward with donations of over 90 artistic pieces, well beyond any response we could have hoped for. Wall Space Gallery had a framing sale on at the time, scheduled to expire at end November. The owner was approached and asked if he would consider extending that sale to cover purchases at the Art Sale. Without hesitation, Ed Barr agreed and casually opined "Where are you holding it?" Of course we had no idea and he continued "Why don't you have it here?"

What could be better? An actual gallery with beautiful lighting



Edward Barr of Wall Space Framing, Ottawa Train Yards offered not only the gallery but all the accoutrements. PHOTO: GEOFF RADNOR



Jacqueline Mallais (R), with family George and Anne Stairs, bought some Canadiana art to take with her to a new job posting in Suzhou, China. PHOTO CREDIT: GEOFF RADNOR



Sherry Woodburn and Lynne Bezanson. PHOTO: GEOFF RADNOR



Well known artist, Lise Butters (L), shown with Lynne Bezanson, gen-'Anticipation'. erously donated PHOTO: GEOFF RADNOR

and Photo Sale that took place on to showcase art, all the accourte-December 15th at the Wall Space ments needed to hang art carefully and appropriately, a location with plenty of parking, 22 gifted artists, Christmas cookie donors (FarmBoy, Loblaws and others) and a hard working core committee. Why did we ever think it couldn't be done? At the end of the day, the Art and Photo Sale had yielded \$3467.70, well beyond what we had hoped could be achieved.

At the same time, we had launched a "Fabulous Fifty" fundraiser which appealed unapologetically to the spirit of holiday giving to those less fortunate. It was not an original idea. My niece in Toronto who lives downtown very close to a Starbuck's decided to appeal to people to donate one



When Syrian refugee, Mohamed Ali (L), who has been in the country for a few years, heard about our event he painted an art piece just for the show. Mr. Ali is shown here with Karin Keyes Endemann.

PHOTO: KARIN KEYES ENDEMANN



ITC Syrian Refugee Committee members include: Alan Landsberg, Lynne Bezanson, Carole Moult, Paul Puritt and Marilyn Minnes. Missing: Karin Keyes Endemann PHOTO: ANNA NITOSLAWSKA



The very first picture sold at the art show was bought by Margaret Le-Valliant. The painting, by ITC Core Committee Member, Karin Keyes Endemann, is called Summer glade.

PHOTO: KARIN KEYES ENDEMANN

cup of coffee a week to the family they were sponsoring. After all, who among us cannot afford to forego one double double a week! We stole that idea and asked donors for the twelve weeks before

Christmas to donate \$5.00 a week (or whatever they could afford) to help support the family. At time of writing we have 48 "Fabulous Fifty" donors and are still hopeful that we can reach the magic 50 and beyond. Emmanuel United Church joined with this initiative as did other churches in the area and to date, the "Fabulous Fifty" has raised \$3,515.00.

By Christmas Day we could inform the Atieh family that we could cover their rent for six months. Just before Christmas we were advised that the applications had finally arrived at the Canadian Embassy in Beirut, a true sign of progress. Finally we can affirm the application is not just "in process"; it is moving forward. Perhaps being able to welcome them in the Spring has its advantages!

Once their application is approved, we will start to mobilize supports to settle them. We will need to furnish and equip two apartments/townhouses as fully as we can. For now we have no storage space and are reluctant to spend any of our funds on storage. If however you are able to hold onto any donations you may have, this would again be greatly appreciated and hopefully this will be for a relatively short period. We will of course keep you informed on progress as soon as we have news.

As we noted in the December edition of the Riverview Park Review, we cannot help all the families but we can help one. With the generosity of the community and our networks, we have!

To help us reach the Fabulous Fifty objective and beyond, go to www.fundrazr.com/itcrefugeeactiongroup or contact Lynne Bezanson at mlynneb@bell.net (613-733-2946) for more information. All funds will go directly to sustain the family in Beirut and/or to support their airfare to bring them to Riverview Park.

#### Lynne Bezanson

Chair, ITC Core Committee Core Committee Members Karin Keyes Endemann, Alan Landsberg, Marilyn Minnes, Carole Moult, and Paul Puritt

#### A special Thank You to all the generous ITC Syrian Refugee **Art Show and Sale donors:**

Mohamed Ali, Andrée Bichon, Lise Butters, Marilyn Charpentier, Karin Keyes Endemann, David Fisher, Chris Mark, Simon Moor, Barbara Moore, Anna Nitoslawska, Martha Nixon, Sherry Oomen, Vaclav Pisek, Josée Robillard, Karen Savage, Diana Smithson, David Stevenson, Harry Turner, Paul Walsh, and Doug Welykholowa.

#### Can viruses take cancer immunotherapy treatment to the next level?

Special to the Riverview Park Review

mmunotherapy, which helps the body's immune system attack cancer, has revolutionized treatment for such as melanoma and leukemia. However, many other kinds of cancer remain resistant. A new study led by researchers at the Ottawa immunotherapies (oncolytic viruses and checkpoint inhibitors) could be much more successful in treating breast cancer and possibly other cancers. Their study, which uses mouse models, is published in Science Translational Medicine.

"It was absolutely amazing to see that we could cure cancer in most of our mice, even in models that are normally very resistant to immunotherapy," said Dr. Marie-Claude Bourgeois-Daigneault, lead author of the study and a postdoctoral fellow in Dr. John Bell's group at The Ottawa Hospital and the University of Ottawa. "We believe that the same mechanisms are at work in human cancers, but further research is needed to test this kind of therapy in humans."

In the current study, the researchers focused on "triple negative" breast cancer, which is the most aggressive and difficult-to-treat kind of breast cancer.

The researchers studied three mouse models of triple negative breast cancer, and found that all were resistant to a checkpoint inhibitor which is commonly used to treat other kinds of cancer. They also found that while an oncolytic virus called Maraba could replicate inside these cancers and help the mouse's immune system recognize and attack the cancer, the virus alone had minimal impact on overall survival.

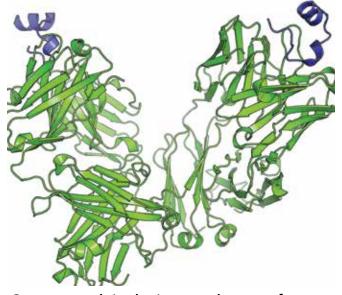
#### Cancer cells hide

The researchers then tested the virus and checkpoint inhibitor together in models that mimic the metastatic spread of breast cancer after surgery, which is very common in patients. They found that this combination cured 60 to 90 percent of the mice, compared to zero for the checkpoint inhibitor alone and 20 to 30 percent for the virus alone. In these models, the virus was given before the surgery and the checkpoint inhibitor was given after.

"Our immune system is constantly trying to recognize and kill cancer cells, but the cancer cells are always trying to hide from it," explained Dr. Bell, senior scientist at The Ottawa Hospital and professor at the University of Ottawa, who lives here in Riverview Park. "When you infect a cancer cell with a virus, it raises a big red flag, which helps the immune system recognize and attack the cancer. But in some kinds of cancer this still isn't enough. We found that when you add a checkpoint inhibitor after the virus, this releases all the alarms and the immune system sends in the full army against the cancer."

A recently-published clinical trial confirmed that oncolytic viruses and checkpoint inhibitors have potential for treating melanoma, but this is the first study to show the potential in breast cancer. It is also the first study to test viruses and checkpoint inhibitors in a surgery and metastasis model, which is particularly relevant for patients.

Ongoing clinical trials are testing oncolytic viruses in combination with checkpoint inhibitors in people with cancer. People who are interested in these trials at The Ottawa Hospital can read these frequently asked questions.



One approach in the immunotherapy of cancer patients involves vaccination with peptides derived from tumour-associated antigens. PHOTO: WIKIMEDIA COMMONS

#### Acknowledgements and additional information

Dr. Bell's research is supported by generous donors to The Ottawa Hospital. This study was also supported by the Canadian Institutes

of Health Research, the Terry Fox Research Institute, the Canadian Cancer Society, the Ontario Institute for Cancer Research, the Ottawa Regional Cancer Foundation, Bio-CanRx and the Alliance for Cancer Gene

Maraba virus therapy was jointly pioneered by Dr. John Bell (The Ottawa Hospital, University of Ottawa), Dr. David Stojdl (Children's Hospital of Eastern Ontario, University of Ottawa) and Dr. Brian Lichty (McMaster University). Drs. Bell, Stojdl and Lichty founded a company called Turnstone Biologics which is advancing the development of the virus. Turnstone did not fund the research described here.

Dr. Bell is also the Scientific Director of Bio-CanRx, Co-leader of the Immuno-oncology Translational Research Initiative at the Ontario Institute for Cancer Research and founder of the Canadian Oncolytic Virus Consortium.

The Ottawa Hospital is one of Canada's largest learning and research hospitals with over 1,100 beds, approximately 12,000 staff and an annual budget of over \$1.2 billion.



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#### NEW BUSINESS COULD COVER ALMOST ALL OF A DOG'S NEEDS

# Give a friendly woof for this Ruff House!

by Carole Moult

It didn't take long for local dog lovers to start dropping in to the wonderful new Ruff House at 16-800 Industrial Avenue. After hearing from other dog owners about this unique service and wonderful daycare business that caters to 'man's best friend', people were curious to find out just what Jonathan Sumner was able to achieve with this 4,500 square foot space.

Jonathan is the owner and manager of Ruff House. "My goal was to create a business that could cover all of a dog's needs with the exception of veterinary services. My passion is to help people develop healthy relationships with their pets by providing options for exercise and socialization. This really enhances the experience of having a dog.

Jonathan said recently. "In terms of the services you can find at the Ruff House, we offer dog daycare to help exercise and socialize pups. We have a "boutique" dog hotel service for overnight guests. We have an on-site groomer who offers a variety of grooming services; everything from haircuts to nail trims. We offer several different types of group training courses



Five furry friends join Manager, Sophie.

and one-on-one sessions that help with obedience to ensure well mannered pets. And, last but not least, we have a retail store that focuses on high quality dog food (both raw and dry food) as well as treats and other dog accessories".

"My vision for the Ruff House was to have a one stop facility and store where you can leave dog with us in the morning, and they get all the exercise and socialization they need. When you pick them up at the end of the day, you could also grab a bag of dog food, and get their nails taken care of. All of a sudden, your calendar becomes a lot less cluttered. I wanted to help with all the responsibilities that come with being a dog owner, at

least a couple of times a week."

"I have always loved dogs and over the last 10 years I studied dog behavior and training through Animal Behavior College. I got certified as a trainer and took other courses such as dog first aid and canine nutrition. I also volunteered at the Vancouver SPCA and adopted three dogs of my own."

When Jonathan's wife was offered an opportunity that brought them to Ottawa from Vancouver, it was the perfect time to start fresh and make a career switch.

#### Impressive statistics

The statistics of pet ownership in Canada are quite impressive. According to a recent online survey by GfK, a source of relevant market and consumer information, Canadians surpass the global average, with 61% of the population owning a pet. Of that percentage, 33% are dog owners, about the same as the global average. Fresh water fish and cats come in at numbers one and two for pet ownership. And, according to figures released for the Canadian Animal Health Institute, the cat and dog population figures continue to rise with the dog population figure for 2016 at 7.6 million, up from 6.4 million two years before.

"I knew that the location would determine our level of success." Jonathan said recently. "It was very difficult to find a space that was large enough for our business plan, but was also in a high traffic, high density area that was convenient for people 'on the way to work'. We are only a minute off of St Laurent and a couple of minutes from the exit off the 417. Another factor in my decision to set up shop on Industrial was that the local community did not have a facility or place to take their pets. It certainly helped that the dog population was reported to be pretty high in the area."

#### Three play areas

Dog daycare is a very important part of the Ruff House business and is a great option for many dogs and their busy people. Dropping your dog off at daycare when you have long days at work and packed evening schedules, is also a great way to ensure that your dog's exercise needs are met and more importantly, your stress levels are managed.

CONTINUED ON NEXT PAGE

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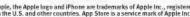
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"I believe we have a top-notch facility with one of the largest dog play areas in Ottawa," Jonathan notes. "Our space is separated into three play areas and a time out room. The fencing can be adjusted to change the play area sizes while the floors are lined with recycled rubber that is better for the dogs to run on than concrete. Each area has tunnels, couches, ramps and obstacles that the dogs love to use and run through when chasing each other. Each dog that enters the daycare has all their required vaccinations and we conduct a temperament test prior to the dog being allowed into daycare." Temperament tests are for the safety of both the dogs and the staff. It helps to determine if the daycare is right for your dog. Not all dogs are suitable for daycare play. It's also used to match your dog's personality with appropriate playmates so your dog is placed in the correct playgroup.

Another unique feature of the Ruff House is the Dog Hotel. Jonathan describes it this way: "As much as possible we tried to create a space that would be comfortable and familiar to your dog. So, the hotel suites have all the things you would expect in a normal hotel room; beds, side tables, alarm clocks, lamps and radio. Our de-



Jonathan Sumner, Ruff House Owner and Manager (C) is joined by Manager, Sophie, (L) and Dog Supervisor, Jake. PHOTO: GEOFF RADNOR

luxe, private suite (that we call the Presidential suite) has a big bed, dog couch and a flat screen TV, complete with all the best dog movies! We limit the number of dogs we accept as overnight guests to ensure that they have a positive experience and attention. Our overnight attendant sleeps right beside the dogs so they are never alone."

In Jonathan's previous life, as he calls it, he was a director of sales at a successful IT recruiting company in Vancouver. And, while he may have left behind his high-tech colleagues, he has adopted the latest technology, including an online registration system that is con-

venient for clients and the online streaming video that provides the owners with all day access to their dogs. "We know that it's hard to go away and leave your pet behind. So, just like child daycare we want our clients to be able to check in on their dog at all times. We find that people really like watching their dogs play in real-time, and this feature and it gives them peace of mind. The feedback from owners has been excellent."

Dogs and their owners are also responding well to Ruff House training sessions that range from teaching puppies basic manners through to a high level of obedience training. "We prescribe to a positive approach focusing on positive reinforcement to achieve optimal learning results and a stronger relationship with your dog," comments Jonathan.

#### Products made in Canada

The Ruff House is also committed to supporting other Canadian small business as much as possible. "We actually have a large retail footprint and we focus on highend dog food and dog accessories. Right now, 95% of all our products are made-in-Canada. We carry dry food such as Go and Now, Open Farm, and Pulsar, while our raw selection is focused on two awesome brands called Big Country Raw and Iron Will; both produced here in Ontario. We also carry the J-Walker harnesses as well as Chilly Dogs jackets, both of which are Ottawa-based companies.

The role that pets play in our households is definitely changing. No longer are they seen only as companions, guardians or even hunters, but are more often than not viewed as a family member. Thus, with these facts in mind, it would be difficult to take a tour of Ruff House without a smile on your face, since Jonathan and his team do everything possible to provide dogs and their owners with the most amazing experience possible.



#### iWelcome to Bienvenidos Ottawa!

Do you know that feeling you get when you're travelling down south to a tropical Latin destination? The music, the food, the hospitality. This is the experience Bienvenidos Latin Market tries hard to replicate.

We are a family run store. We came to Canada many years ago and although Canada is our home, we still cook like we used to back in Latin America. We want everyone to have access to the same delicious ingredients we use to make our savoury dishes.

Don't feel like cooking? We also have some dishes that are ready to eat. Just warm them up and you're ready for a delicious Latin American dinner. Or you can also stop by at Lunch, have a seat and enjoy some Latin empanadas or pupusas.

We carry all the necessary products for you to make home made empanadas, tacos, burritos, quesadillas, nachos. Not sure what to make or how to make it? Don't be shy, let us know and we'll gladly assist you and give you suggestions.

So, when you're in the mood for something different and delicious or you just want to practice your Spanish, come pay us a visit. At Bienvenidos Latin Market, you're always *Welcome*.



# A new addition to Alta Vista Ward



Sharing the ribbon cutting for the new Jim Tubman Chevrolet SENS RINK were L-R: Christopher Griffin –Local Artist; Councillor Jean Cloutier, Alta Vista Ward; Danielle Robinson, President and CEO, Ottawa Senators Foundation; John Marshall, President, Canterbury Community Association; Anne Harcourt, President, Jim Tubman Chevrolet; John Fraser, MPP Ottawa South; and Councillor Mathieu Fleury, Rideau-Vanier Ward.

PHOTOS: GEOFF RADNOR

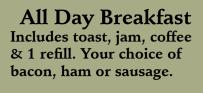
n Wednesday, December 20th, Councillor Jean Cloutier and others celebrated the official opening of the Jim Tubman Chevrolet SENS RINK at the Canterbury Recreation Complex. Sponsors for the new rink included Jim Tubman Chevrolet, the Ottawa Senators Foundation and the Canterbury Community Association.

Construction began in May 2017. In winter, the new rink will increase access to public skating For the remainder of the year, the it will be used for a wide range of community activities.

Students from Arch Street Public School and École élémentaire catholique Sainte-Geneviève were the first ones to enjoy a public skate.



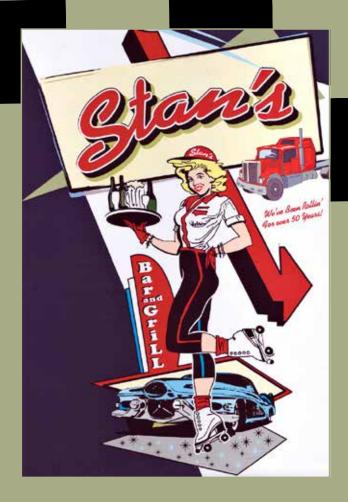






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# New Rate Structure:

New water, wastewater & stormwater rate structure

The City of Ottawa has improved how it bills for water, wastewater and stormwater to create a fairer and more sustainable system for its residents.



The new structure identifies three components: water, wastewater and stormwater. The The water and

wastewater charges will have a fixed rate prorated over the year, and a variable component, based on monthly consumption.

We are currently in the second phase of implementation of the new rate structure. During this phase:

Connected properties will see 3 components — water, wastewater and stormwater — identified on their water bills where previously there were two.

The best way to manage your water consumption is by reducing water consumption, repairing leaks and installing retro fits such as water saving devices on existing fixtures.

For more information, visit:

www.ottawa.ca/en/residents/water-and-environment/waterand-sewer-billing/new-rate-structure

# Ottawa City By-law: Report sick and injured animals to

the City of Ottawa

If you see an injured domestic animal, such as a dog or cat, or small wild animal, such as a raccoon, squirrel, rabbit or skunk, please call 3-1-1.

The City does not respond to calls regarding humanwildlife conflicts, such as raccoons in the garbage or squirrels in attics. These issues are the responsibility of the property owner, who may consult the Ottawa Valley Wild Bird Care Centre or the Rideau Valley Wildlife Sanctuary for information on what to do.

To report animal abuse or neglect, please call the Ontario SPCA at 310-SPCA.

Visit **JeanCloutier.com** for more information.





# You're Invited!

Winter Skating Party at the Jim Tubman Chevrolet SENS RINK

Canterbury Recreation Complex | 2185 Arch St.

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Please join me and our generous sponsors for a FREE family friendly skating party at the Jim Tubman Chevrolet SENS RINK.

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#### OTTAWA STREETCARS AT MID-CENTURY

# Article 6. Aride on the Hull-St. Patrick Line

by Bruce Dudley

from the OTC terminal on the west side of the intersection of Bridge Street and Main Street (Rue Dupont and Rue Principale) in Hull, as it was known at the time, in the Province of Quebec. This was in the heart of the industrial area built up around Chaudière Falls on the Ottawa River.

As seen in the photo the turning loop had about as tight a radius as an OTC car could negotiate and it was built on an incline into the bargain! Behind the terminal on Main Street stood the Ottawa House Hotel and to the left of the picture, out of camera range, was the Standish Hall.

Cars leaving Hull had one of two destinations; Lindenlea or New Edinburgh (signed as St. Patrick) and successive cars alternated between the two. Our Streetcar is a 900-class unit, one of 22 built in 1933-34. I set my scroll signs for LINDENLEA, put transfers titled HULL in the carrier, set the cutter at the departure time, close the doors and ease off the brakes to slowly coast down the incline and swing gently to the left, stopping at



The Hull terminal at the intersection of Bridge (Dupont) and Main (Rue Principale). PHOTO: KENNETH CHIVERS, THE BRUCE DUDLEY COLLECTION

Bridge Street.

When traffic clears I cross both lanes on Bridge Street moving onto the single track on the trestle that takes us tight alongside one of Eddy's buildings and carries us toward the Chaudière Bridge. About two hundred feet along this single track the trestle widens, the track doubles and a spring switch directs us onto the right-hand track where we then take a left "No Clearance" curve before the track leads us off the trestle and onto the Chaudière Bridge.

Only one streetcar at a time is allowed on the single track leading

to or from the loop. Thus, the next car going to Hull must wait on the Ottawa side of the 'no clearance' curve until we go by him before he can head into Hull.

As we head into Ottawa we pass the Gatineau Power generating station, and Chaudière Falls as well as numerous buildings of E.B. Eddy's paper mill and we also go by Middle Street where an OTC garage houses the old AEC Ranger diesel buses, soon to be retired. Then as we come off the bridge we are on Booth Street and into Lebreton Flats, the area of approximately 300-350 homes and business establishments that will be flattened in the 1960s.

Passing Oregon Street on the right and Duke Street on the left we then swing left onto Queen Street West on which we leave the flats as we move eastward on Wellington Street. Then we are passing the new Veterans Affairs building on our right, then the Supreme Court of Canada on our left followed by the Bank of Canada on our right.

Now with the west side of Parliament Hill on our left we swing south onto Bank Street stopping briefly at the Regent Theatre before turning left on Sparks to run through its popular shopping area. Remember

Bryson Grahams and Murphy Gambles? Birks, Devlin's Men's Wear and the Centre Theatre?

Next we are on the Plaza passing the War Memorial, going by the Chateau Laurier and the Union Station before drifting down Rideau Street into that great shopping district with Frieman's, Ogilvy's, Caplan's as well Laroques at the corner of Dalhousie which we now turn onto.

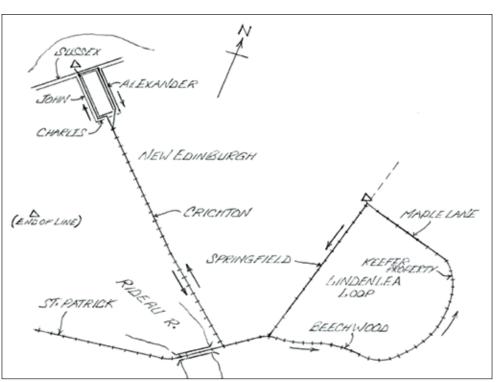
We are now passing by the Byward Market district before we swing right onto St. Patrick Street which takes us through much of old Ottawa and across King Edward Avenue, at the time one of the most beautiful boulevards in the entire city, crowned with seemingly endless lines of majestic Elm trees. As our trip nears its end we cross over the Rideau River on the St. Patrick Street Bridge to the intersection of Crichton Street and Beechwood Avenue.

Our destination is Lindenlea and, as shown on the map, this takes us along Beechwood almost to the entrance of Beechwood Cemetery where we swing left and travel up-grade through the Keefer Property onto Maple Lane. We follow this along past Ashbury College to Springfield Rd. and the end of the line for our trip. For the return I would change my signs to "Hull" then turn left on Springfield for a downhill run to Beechwood and back to the bridge.

The car following us would be signed ST. PATRICK and when it came over the bridge it would turn left onto Crichton Street, traveling through New Edinburgh to Charles Street, John and Sussex, end of the line. Returning, it would take Sussex to Alexander to Crichton and back to the bridge.

I hope you enjoyed the trip and mind your step getting off.





# A new church takes root in the Alta Vista Ward

by David Hood

been living in Riverview Park for about six years and we absolutely love it. I love that we can get downtown in ten minutes but then we can drive ten minutes in the opposite direction and be hiking forest trails with our dog and kids. I love that we have easy access to a lot of shopping and restaurants, but it also feels like we don't live in the city, that we're set apart, and that there are lots of parks and greenery and walking paths.

Riverview Park, and the Alta Vista Ward in general, is a beautiful place to live in our great city. And when Diana and I felt God prompting us to start a new church in Alta Vista, we weren't hesitant about the place.

Last August, Diana and I and a small team started meeting weekly in our home for Bible studies. We called, and still call ourselves, Southeast City Church. We are a new church startup in southeast Ottawa. When people ask us what our church is about the answer is simple- we want to help people explore the claims and teachings of Jesus, and we want to bless our neighbourhood and our city.

Jesus said of Himself, "Come to Me, all of you who are weary and burdened and I will give you rest" (Matthew 11:28). Jesus is saying, 'come to Me all of you who feel lost, anxious, disconnected, burned out on performance and people pleasing and perfectionism and empty religiosity; Come to Me all of you who are afraid, driven, stressed, frustrated, skeptical, worn out, and I will give you rest.'

The rest Jesus promises is a per-

God, the One who made us and y wife Diana and I have loves us and who we were made for but we have become disconnected from. Jesus promises to reconnect us, and that reconnection will bring peace, not a cessation of warfare and stress, but a deep knowledge that you are right with God and He unfailingly loves you, forgives you, accepts you as His own child, and nothing can separate you from Him. That is a peace that can weather any storm. Not everyone believes this, but we do, and so we want to help people explore Jesus.

We also want to bless our neighbourhood and city. We want to be that church that if we closed our doors people would say 'we didn't necessarily agree with those people about what they believed, but we don't know what we're going to do without them.'

In the Old Testament, when Israel was in exile in Babylon and wondering what they were going to do, God told them to "Seek the welfare of the city...Pray to the Lord on its behalf" (Jeremiah 29:7), and the word translated "welfare" there is shalom, meaning peace, but not just peace: wholeness, health, completeness, fullness, harmony. In other words, seek, actively work for, the peace and harmony and wholeness of your city at every level for every person. And this is what we want to do in Alta Vista and beyond, work for a great community and city for all.

So far we collaborated with the CCA and Alta Vista Baptist for a Canada Day celebration, hosted a Movie in the Park night at Balena with lots of free food and some giveaways, with the help of the RPCA, and we have made donasonal, vibrant relationship with tions to both the Nativity Parish





Our church walking and praying through the neighbourhood.

PHOTO: DAVID HOOD

Food Bank and the It Takes a Community Refugee Action Group.

We're still a very new church. We're still quite small and have a lot to learn and figure out and do

Our first preview service on November 19 at Emmanuel United Church.

PHOTO: RYAN DAWSON

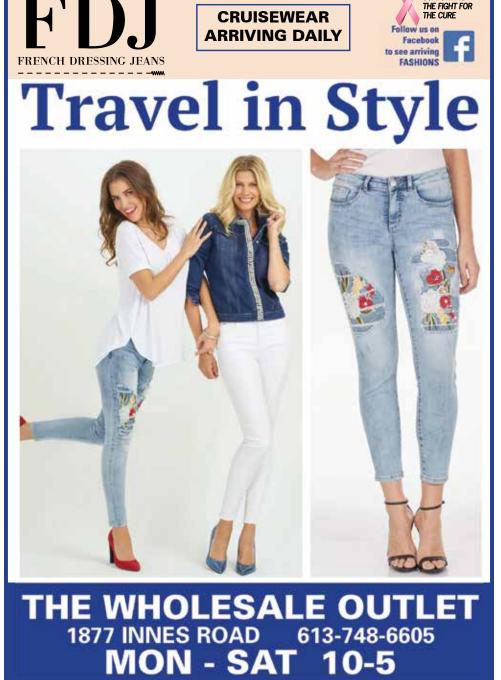
better, but we're here. If you'd like to check us out sometime we still have our weekly Bible study at our house on Sunday evenings exploring the life and teachings of Jesus in the Gospel of Mark. The curious and skeptical are welcome. And the last Sunday of every month we're having preview services, gatherings that allow you to worship with us, hear our heart and vision, and experience what our Sundays will eventually look like. Again, the curious and skeptical are welcome.

Check us out on facebook, twitter, and instagram @seccottawa, or on our website at www.southeastcitychurch.ca for all the details. We'd love to have you join us.



Our team that organized the Movie Night in the Park.

PHOTO: CAROLE MOULT



# The Many Faces and Places on the Canada 150 Commemorative Note

Special from the Bank of Canada

t's not easy representing 150 years of Confederation on a single bank note. But the Bank of Canada's new commemorative note does just that with a story about our history, land and culture.

This new \$10 note, celebrating the 150th anniversary of Confederation, was unveiled on 7 April and hit the streets June.st.

For the first time, portraits of four public figures are featured on the front of a Bank of Canada note. Sir John A. Macdonald, Sir George-Étienne Cartier, Agnes Macphail and James Gladstone are four parliamentarians who played significant roles in our history. Since some Canadians may not be familiar with these individuals, let's learn a bit more about them.

James C muka (his mitted him of Indigen and, in 195 senator of Indigen and Indiana and I

Sir John A. Macdonald likely doesn't need much of an introduction. He was Canada's first prime minister and one of the Fathers of Confederation, under whose leadership and vision the Dominion of Canada formed, grew and expanded until it stretched from sea to sea

to sea.

Sir George-Étienne Cartier, also one of the Fathers of Confederation, was a principal architect of Canadian federalism and a proponent of Confederation as a means of safeguarding French Canada and other minorities.

Agnes Macphail was a champion of equality and human rights who, in 1921, became the first woman elected to the House of Commons in Canada.

James Gladstone, or Akay-namuka (his Blackfoot name), committed himself to the betterment of Indigenous peoples in Canada and, in 1958, became Canada's first senator of First Nations origin.

Together, these four remind us that the Canada of today was shaped by people of different backgrounds, who, through their vision, courage and effort, created a better country.

The back of the note emphasizes Canada's natural landscapes—the rugged splendour of a land as diverse as its people. Five landscapes represent different regions of the country: the West Coast, the





PHOTOS COURTESY OF THE BANK OF CANADA

Prairie provinces, Central Canada, the Atlantic provinces and the North.

Beginning on June 1st, 2017, 40 million commemorative bank notes were distributed through Canada's financial institutions. The commemorative note was circulated alongside the current 2017-\$10 note but will not replace it. The existing \$10 note will continue

to represent the majority of \$10 notes in circulation for the life of the Polymer series. Visit www.ban-kofcanada.ca/banknote150 to learn more about the design and security features of the commemorative note. Follow the Bank on Twitter (@bankofcanada) for additional information on this special note marking the 150th anniversary of Confederation.



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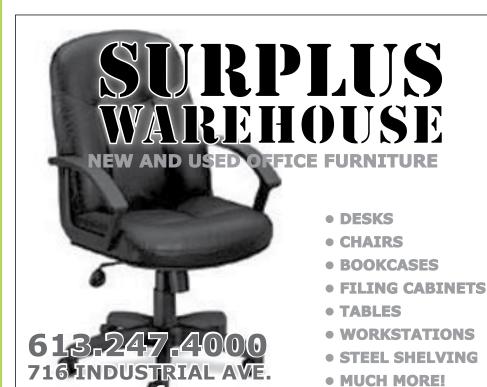
Recieve \$2/sq ft up to \$3800 for upgrading your home's exterior wall insulation

Recieve \$500 per window opening for upgrading the windows in your home

for more information and other rebates go to: **WWW.greenon.ca** 

To book your free estimate call: 613-523-8598

www.rndconstruction.ca



# Stay or move? How to decide

o you sometimes look for houses for sale **Understanding Market Value** online? Do you drive by an open house sign and feel the urge to stop and check it out? Those are common indications that, at least on some level, you're thinking about the possibility of making a move.

But how do you decide if you should actually move? The first step is to consider whether there are any practical reasons to consider buying a new home. What's pushing you in that direction?

- Is your current home too small for your needs?
- Is the commute to work, for you or your spouse,
- Are there property features you would now like to have?
- Has the neighbourhood changed in an undesirable way?

Carefully consider those things that can't change unless you move. If there are no practical reasons for moving, there may still be other reasons for wanting a new home. You may want to move your family to a neighbourhood with better schools or you may simply want a bigger home, with a larger backyard, more rooms, and a wider driveway.

There's absolutely nothing wrong with simply wanting a better place than the one you have now. In fact, that is a common reason why many people make a move. The point is, if you've been thinking about a new home for a while, this may be the time to take the next step.

When you decide to put your house up for sale, we will start by working together to determine the market value of your property. That's important to know because if you price your home too much above its market value, you probably won't get any offers. Alternatively, if you price your property too low, it might get snapped up quickly but you'll have left a lot of money on the table.

So how do we determine your home's current market value?

We will look at a variety of factors, such as the desirability of the neighbourhood, the features of your home, how well it has been maintained, renovations and other improvements you've made, and of course, its location. We will also review what similar homes in your area have sold for recently – which is, perhaps, the strongest indicator of current market value.

Once we know the market value of your home, we can make an informed decision as to how to price it so that it will attract the right type of buyers and the best possible price.

Looking for help determining the market value of your home? Call today.

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# **Under Wears**

by Denis Poitras

es, I am going there but it's not what you think. In the world of dance, gymnastics and cheer, more and more active people wear either a full garment or partial garment under their costumes or performance outfits. It has basically become a necessity. If you look throughout a performer's life, often it is required and sometimes appropriate that they wear a skin coloured leotard, bra or panty under their costume. Why? To keep private what should not be exposed to the public.

With everything that is going on in the world in the film industry, sports or whatever, young teens especially girls have to be aware of their surroundings and who is viewing them at large conferences where they are allocated space to change into their costumes. Just lately, I have helped a group with bras that included adjustable transparent straps so that they would not show once the costume was on. It was a full transparent back and they were looking for a garment that would be supportive and yet allow them to be performing actively. This is where this article comes into play.

When you look at gymnastics or other competitive sports, most



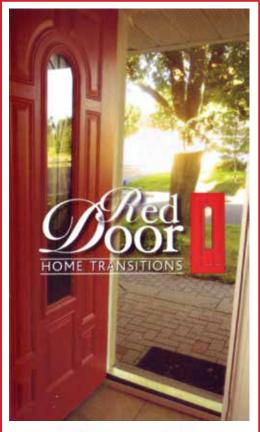
athletes wear a skin tight garment under their outfit that allows keeping what should be private... private. They don't get penalised for wearing such a garment, instead they will feel at ease knowing that they are well covered and that nothing can disrupt their performance. The same for dancers, especially in lyrical or contemporary dance numbers where most are not wearing tights but they are in positions where they are doing splits with one foot on the ground and the other in the air in order to show their flexibility.

These supportive garments are usually available in various colors

but the most popular ones are of different skin tones in color. That allows them to not be visible during any movement. They are made to be worn tight just like a second skin. You will see a picture here that shows what is available at 4 Dance, Gym & Cheerios, as they have a great selection. If you have a young or not so young gymnast, dancer or cheerleader at home, drop by the store to view the quality of these undergarments. The prices range from \$30 and over depending on the piece or pieces that are required.

The undergarments have extra breathability and is moisture wicking so that it keeps you comfortable and dry. It has just the right amount of spandex to give you the perfect softness and stretch. They are smooth, supple and very supportive so that you can feel secure in practice or/and performance. They can also be dyed for those times when you need to match a special garment.

Drop by and check them out. They are available at 4 Dance, Gym & Cheerios located above Figure 8 Skate Specialists at 380 Industrial Avenue (2nd floor) Follow us on Facebook for any promotion or store hours or just call 613-521-2433. It will be my pleasure to help you.





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# Wild Winter Sports!

by Maria CampbellSmith

#### Ready for the XXIII Olympic Winter Games?

The first Winter Olympics were in Chamonix, France in 1924. Military patrol skiing, cross-country skiing, Nordic combined, ski jumping, bobsleigh, curling, ice hockey, speed skating, and figure skating were the 9 events. The XXIII Olympic Winter Games are this February 9 - 25, in PyeongChang, South Korea, and there are now over 100 events!

Four new disciplines have been added for 2018 including mass-start speed skating, mixed doubles curling, mixed team alpine skiing, and big air snowboarding. The XII Paralympic Games will continue the excitement, running March 9 -18. As we face the dead of winter here in Canada, the Winter Olympics will provide weeks of elite competition in some wild winter sports.

#### What do we know about PyeongChang?

PyeongChang lies 125 km east of Seoul and 65 km south of the Demilitarized Zone that separates North and South Korea. Organizers actually altered the spelling of PyeongChang to distinguish it from North Korea's capital, Pyongyang. In a surprising turn of events, however, the two Koreas are planning a unified procession for the Opening Ceremonies and a combined women's ice hockey team at the Games.

Seoul hosted the Summer Olympics in 1988, and PyeongChang beat Munich, Germany and Annecy, France to host the Winter Games this year. South Korea has an ancient past, tumultuous political history, and a thriving, modern economy. It is 14 hours ahead of Ottawa, and temperatures there have been hovering a few degrees above zero. Famous for its work tion, the land of Samsung, LG, and Hyundai is ready to host the world!

#### Who competes in Olympic Winter Games?

Over 80 nations will compete in the 2018 Winter Games, but only a dozen countries have sent athletes to every Winter Games (Austria, Canada, Finland, France, Great Britain, Hungary, Italy, Norway, Poland, Sweden, Switzerland, and the USA). Six countries (Austria, Canada, Finland, Norway, Sweden, and the USA) have earned medals every time.

Norway definitely dominates Olympic Winter Games history, having won the most gold medals (118) as well as the most medals overall (329). This is remarkable for a nation of only 5 million peo-

Canada's best performance was also the year it was host. Our athletes won 26 medals at the Vancouver Games in 2010, and set a new world record, winning 14 gold medals at one Winter Games.

Winter sports refers to games or competitions held on snow or ice. Most organized, international winter sports are versions of skiing, skating, or sledding. With modern technology we can create and control artificial snow and ice, so more nations are exploring the games of traditionally colder climates. Singapore, Malaysia, Eritrea, and Ecuador are set to participate in the Winter Olympics for the first time this February.



#### How about the hockey?

Canadians consider hockey to be "our game". Many believe it was invented here, with the first formal game played in Montreal, in 1875. Hockey's roots are actually much older and international. In Britain, they played organized "hocky" or "bandy" games as far back as the 1700s. Scandinavia, Holland, and Russia have long, proud histories of hockey-like games as well. Hockey is the most popular winter sport played around the world. The 2018 Winter Olympics will not include our most skilled and famous hockey stars, however.

Previously, the NHL (National Hockey League) halted the regular season so players could join their respective national teams and play for Olympic gold. This ethic and internet-savvy populatime the NHL and the IOC (International Olympic Committee) disagreed about who should cover the costs of insuring the elite players. Consequently, no NHL players are allowed to participate in these Games. Olympic hockey events are still a big draw and more nations than ever will compete. To maximize the drama, PyeongChang has scheduled the men's hockey final for the last day of the Games.

#### Some other sports stories?

Historians trace skating to 13th century Holland, when the Dutch filed down animal bones and strapped them to their boots to travel on frozen canals. Speed skating has become a passion in



This is clear the Netherlands. when you examine their Winter Olympic history. Of the 110 medals the Netherlands have won - 105 were for speed skating - and 35 of those were gold!

Curling is another long-standing winter sport. It originated in Scotland in the 1500s, with set rules and champions by the 19th century. Folks have curled in Canada since the 1750s and officially established the Montreal Curling Club in 1807. Curling was included in the first Winter Games, and then only staged as a demonstration sport until the Nagano Games in 1998. At one time iron stones weighing 60-80 lbs or 25-35 kg were thrown down the ice. Today, competitors use 17-19 kg granite stones, synthetic brooms, special shoes, and customized ice surfaces. Once known as the "rumbling game", curling has become a game of strategy and finesse. Canada's teams will be fierce competitors this February.

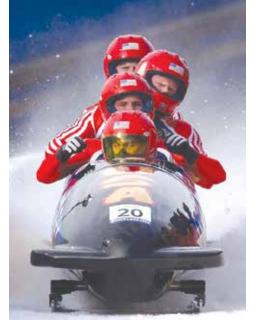


For freestyle or aerial skiing, the USA, Canada, Australia, Switzerland, and France are nations to watch. Freestyle skiing became an Olympic event in the 1990s. Athletes launch themselves 20 m into the air (that's 6 storeys high!) and execute aerial flips for the judges. The new event of big air snowboarding uses different equipment to do similar acrobatics. Freestyle also includes moguls (mounds of hard snow positioned on ski slopes) that test skiers' reflexes and muscles in poetic but punishing races. These thrilling ski events always draw big crowds.

Biathlon is a very different skiing contest. Biathlon means "two tests" and combines rigorous cross country skiing with rifle shooting. Rooted in Scandinavian military training exercises, it was an event called "military patrol" in the first Winter Games in 1924. It did not reappear in the Games until 1960, and will be in the PyeongChang Games. Germany has won the most Olympic biathlon medals

with 45, and Norway comes in second with 35. It is a gruelling, fascinating sport to watch.





If speed is what you crave, then luge is your event. They say luging began in the 1880s with hotel delivery boys in St. Moritz, Switzerland, racing sleds on curved tracks. It evolved into skeleton sleds or "cresta", then bobsleigh, and luge events. Now, solo athletes or teams race down curved and winding ice tracks, lying face-up and feet-first on fibreglass sleds that reach 130 km/hr. Their runs are timed to the thousandth of a second! It is a wickedly fast and precise event. In fact, the world's record luge speed was set on a practice run at the track in Whistler, B.C. at the 2010 Olympic Winter Games. Austrian luger, Manuel Pfister, was sledding at 154 km/hr!

#### Something extra special?

Each host nation aims to make the Games extra special. The 2018 Winter Olympics will offer biathlon, ski jumping, and luge events at night under floodlights. There will be live coverage of all the events. The mascot of the PyeongChang Winter Games is an animated, white tiger named Soohorang. It is a symbol of trust, strength, and protection in South Korea. An Asiatic black bear named Bandabi is the mascot for the Paralympic Games. It symbolizes courage and commemoration. For a few weeks nations and athletes from around the globe will meet to compete and to celebrate.

May all the athletes and spectators at PyeongChang's Winter Games perform well, display honour and sportsmanship, and stay safe. For those of us watching it on TV, it is sure to be a wild winter ride!

#### **ESSENTIAL HEALTH**



#### SHANNON FARRALL **RMT**

#### **Tummy Troubles?**

about massage, think of decreasing stress and anxiety, relaxing tense muscles and injury repair. We generally think of massage on our back, arms, legs, neck and shoulders, but one area not commonly considered, is the abdomen. Abdominal massage not only helps with stress reduction, but it can also aid digestion, help with waste elimination, secretion and elimination of hormones, and reproduction!

The abdomen contains abdominal muscles related to core strength, the abdominal apron that helps hold our organs in place, and many vital organs such as the liver, gall bladder, pancreas, bladder, bowels and uterus. Massage to this area can help abdominal contents lay in their most natural positions allowing for better functioning.

Stress and anxiety can often hen many of us think cause nervous digestion, which can lead to acid reflux and heartburn. Abdominal massage increases blood flow to organs around the stomach and intestines, which can improve digestive functioning. Those suffering from conditions such as constipation, irritable bowel syndrome (IBS), and Crohn's disease experience relief as manual massage of the large intestine can help remove backed up waste - abdominal massage is VERY good at stimulating the colon!

> Abdominal massage can help relax the muscles and fascia allowing for deeper breathing, and drawing better blood and lymphatic flow to the area. An increase in oxygenated blood to the abdominal organs stimulates liver, gall bladder and pancreatic func-

tions, which promote secretion and elimination of hormones and other forms of metabolic waste. This can prevent toxicity in the body that can lead to symptoms other such as headaches and migraines.

There are particular benefits of abdominal massage for women. Massage to this area can actually help decrease menstrual pain. Regular treatments can also help regulate menstrual cycles and decrease PMS symptoms, as well as symptoms related to conditions such as Endometriosis.

When booking an abdominal massage as a focused treatment, it is better to keep to a shorter time period, such as 30 minutes. It can also be included in the routine of a full body massage. Just be sure to indicate to your therapist that you would like it included in the

treatment.

As with all forms of massage treatment, there are some instances when abdominal massage is not appropriate.

> These include during active menstruation, if an IUD is present, if there are any forms of active infection in the abdominal area, during the first trimester of pregnancy, after recent abdominal surgery and during active bouts of diarrhea or loose bowels.

If you have any questions about abdominal massage and how or if it can help you, discuss it with your therapist at your next visit!

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.

If you have any questions about how massage might be able to help you, please email info@essential-health.caw



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#### Feb 8 - Songs from the Heart at 10:30am

Featuring: Soprano, Rachel Eugster & Andrew Mah on Classical Guitar

#### Mar 8 - Dazzling Duets at 10:30am

Featuring: Claudia Cashin-Mack & Sonja Deunsch Plourde



#### Feb 6- Feb 20 Alzheimer's Learning Series

Brought to you by the Alzheimer's Society of Ontario. Tuesdays from 6pm-7:30pm

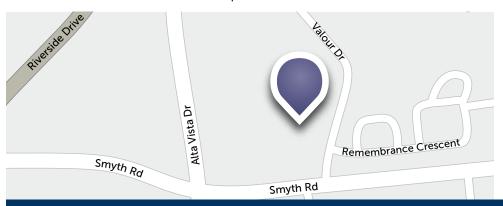
#### Feb 21- FREE Senior Outing at 1pm

Space Available, All are welcome!
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RSVP must be made in advance.

Call either property to RSVP or learn more about our upcoming public events.

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340 Industrial Ave | **613-656-0556** 





### RiverstoneRetirement.ca

# Reducing your home's carbon footprint: it's not just your windows!

By Susanna Kam and Angela Plant arious opportunities are available for residents of Ottawa to save money and fight climate change by reducing their energy consumption. Currently, this includes the Green Ontario Fund's (GreenON) energy-saving program for Ontario residents. In celebration of Earth Day 2018, local environmental organisations are partnering with the Glebe Community Association (GCA) Environment Committee to host the second Old Home Earth Day Event (OHEDE 2018) on Saturday April 21, 2018 to provide residents with an opportunity to learn and share ways they can conserve energy, reduce carbon emissions and live more sustainably.

Ontario's new carbon pricing system brought in nearly 2 billion dollars last year, some of which has been used to create GreenON, which is a fund tasked with reducing greenhouse gas pollution in buildings and industry. The most recent addition to this fund is a series of home retrofit rebates for homeowners and renters.





By working with a registered contractor, homeowners can potentially get thousands of dollars back towards projects such as insulation, draft sealing, and windows in their home. Low-income residents who meet certain criteria can also apply to have energy-saving devices and appliances installed

in their home free of charge.

With so many options available, determining the most efficient ways to reduce your carbon footprint requires the consideration of various factors. For example, did you know that windows are not always the best way to save money on energy? Instead, a more cost-efficient way of reducing energy consumption can include ensuring that your walls and attic have been properly insulated. In this regard, GreenON currently offers homeowners rebates of up to \$7,200 for insulation of homes built before 1980.

The goal of OHEDE 2018 is to help Ottawa residents identify optimal ways to take action to reduce their energy costs and carbon footprint. This event is targeted at all types of residents, including homeowners and renters, from those who are just starting to think of ways to reduce their energy costs to those who have already undertaken some energy retrofits and are looking for the next step.

OHEDE 2018 will feature information on available grants, energy

advisory and design services, and specific topics such as air sealing, insulation, windows, mechanical systems and renewable energy systems. The format of this event will include workshops with home energy experts and neighbours who are able to share their experience with home renovations and energy upgrades, as well as interactive information displays.

For more information on energy rebates, the GreenON.ca website has an up-to-date directory for all of the provincial programs that residents in Ontario can take advantage of, whether they are a homeowner, renter, business-owner or landlord.

The Old Home Earth Day Event will take place at the Glebe Community Centre on Saturday April 21, 2018. Admission is free. For inquiries on how to participate or contribute to the event, please contact: glebeoldhomes@gmail.com.

Susanna and Angela are members of the organising committee for OHEDE 2018.



# Were you born in the Year of the Dog?

### More about this sign as we look at Chinese New Years 2018

by Carole Moult

hinese New Year, also called Spring Festival, has more than 4,000 years of history. It is the most important annual event for Chinese people and the time for

whole families to reunite; similar in popularity to Christmas Day for westerners. It is also a time when many millions board planes, trains, boats, buses and cars to be together.

#### New Year's Day influences the year.

Chinese people observe the festival by adhering to many ancient and interesting traditions; they also try to avoid violating various taboos. Some of these may be for first few

Others may be kept until the Lantern Festival or even for a whole month.

During the whole festival, words with negative meaning are avoided in daily conversations. Nev-

er break a bowl, plate, glass, vase, or mirror, because breaking may result in money loss and a family split in the future. The first two days of the Chinese New Year are considered the birthday of the Water God so, if you wash clothes during these two days, the god will be offended.

On the first day of the New Year, it is a taboo to sweep the house or dump the trash. Otherwise, all the savings and valuables will be swept away. If really necessary, the house

days of the New Year. owner should start the sweeping from the outside to the inside, which intimates collecting money.

> Do not lend or borrow anything on the first day of lunar New Year especially money. Asking for return of debts owed is also a taboo. Using scissors is also an omen for possible quarrels with others. Nor should people get their hair cut during the first lunar month,

> Filling the rice jar to the brim before the New Year's Eve is a means to attract a healthy financial situation, while it is believed that people could become lazy all the year around if they take an afternoon nap on the first day of the Spring Festival.

#### 2018 is the Year of the Dog.

This year Chinese New Year falls

on Friday, February 16th. Dog is the eleventh in the 12-year cycle of Chinese zodiac sign. The Years of the Dog include 1922, 1934, 1946, 1958, 1970, 1982, 1994, 2006, and 2018. This is a Year of Earth Dog, starting from Feb. 16, 2018 and lasting to Feb. 4, 2019. Combining the 12-zodiac cycle and the 5-element cycle, Year of the Dog people show diverse traits and horoscopes. The Year of the Dog highlights the traits of loyalty and hard work.

Wood Dogs were born in 1934 and 1994, Fire Dogs were born in 1946 and 2006, Earth Dogs were born in 1958 or will be born in 2018, Metal Dogs were born in 1910 and 1970, and Water Dogs were born in 1922 and 1982.

Patrick Ho is a Sushi Chef at 168 Sushi, 1760 St. Laurent Blvd. He was born in the year of the dog, and while Patrick doesn't exactly agree with the traits attributed to him as a Water Dog, he agrees that his wife, a Wood Dog, has many of the traits of that sign of the Chinese Zodiac.

#### Celebrating locally

In Ottawa, meet the Kings of Good Fortune on Saturday February 17th, 2018 from between 12:30 and 1:30 pm in Chinatown. Whether in restaurants, stores or on the street, the Kings will give away 2018 lucky red envelopes with their best wishes in Chinatown. Among the 2018 red envelopes there will be 108 special gifts from various Chinatown merchants for the even luckier winners.

Over the years, traditions and celebrations like this one have changed or evolved. Just as many families formerly enjoyed New Year's celebrations at home; now many go to local restaurants. It is estimated that about one in five people around the world celebrate some form of Chinese New Years.

You don't have to be Chinese to celebrate Chinese New Year. In our neighbourhood, families and friends or anyone wishing to celebrate has the opportunity to gather together at 168 Sushi, 1760 St. Laurent Blvd., where there is a very large dining room and over 180 food choices for your celebration.

168 Sushi 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



# Our 2018 winter









PHOTOS: GEOFF RADNOR

# Wildlife Too Close for Comfort?

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Birds
Rats
Mice
Opossums
Skunks
Geese
Bats
Deer
Moles
Gophers
Snakes

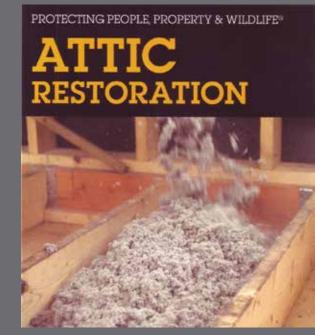
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#### **FINANCIAL PLANNER**

# This Year, Try Making and Sticking to a Financial New Year's Resolution

by Bob Jamieson

New Year's resolutions are easy to declare but often much harder to actually keep.

This year, for a resolution with real significance, why don't you try committing to improving your personal finances? It might help you stay on target toward key goals, such as a comfortable retirement.

### Here are four ideas you might want to consider:

- **1.** Understand your full financial picture It's important to know where you stand today in terms of your assets and debts, as well as your goals for the future particularly as they relate to your retirement so you can come up with an appropriate plan to help you get you where you want to go.
- 2. Take full advantage of your RRSP, TFSA and RESP As part of your retirement and children's education planning, don't miss out on the chance to utilize these valuable savings' vehicles the government has put in place for you. As

early as possible this year – and every year after that – make sure you contribute the maximum amounts you can. All three programs have the enticement of key tax advantages.

With the Registered Retirement Savings Plan (RRSP), you have an attractive structure for housing a portfolio of investments such as stocks, bonds, mutual funds and more. Your contributions can be deducted from your income, which will help reduce the amount of income tax you pay. In addition, any growth earned in your RRSP is not taxed as income until funds are withdrawn, usually in a lower tax bracket during retirement, meaning your RRSP investments grow tax-deferred so the total value may grow more quickly.

You can also save and invest up to \$5,500 per year in a Tax-Free Savings Account (TFSA). Your investment choices are the same as an RRSP, as is the fact that whatever growth occurs within the account does so tax-free. In addition, with a TFSA you can take the money out

whenever you desire, with no tax is paid on that withdrawal. It can be a great complement to your RRSP.

The Registered Education Savings Plan (RESP) allows you to save and benefit from tax-deferred growth until the accumulated amount is used for financing your children's education. Although you are not able to deduct your contributions from your income, the money you contribute can generate additional funds through the Canada Education Savings Grant (CESG), a program that adds government contributions to your RESP.

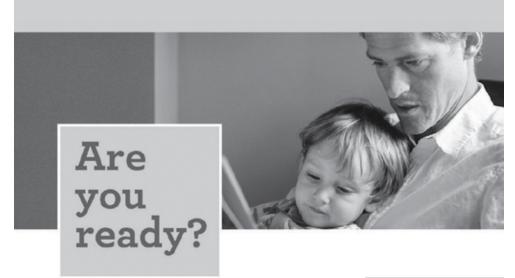
**3.** Build an emergency fund – You should have some easily accessible cash kept aside specifically for emergencies. If something unforeseen happens, you want enough in your emergency fund to avoid relying on your credit cards for the necessities of life. And it's just as important that you not tap into your retirement savings, or you could put your retirement plans in jeopardy. So you might find it's a prudent goal in 2018 to have the ability to get the equivalent of three to six months' worth of living expenses into an emergency fund.

4. Cut your debts – It sounds simple, but it's difficult to achieve. Remember that every dollar that doesn't go toward a debt payment can be applied toward your retirement savings. So this year, you might want to commit to borrowing only when necessary, shopping around for competitive rates, paying off credit card balances every month, consolidating your investing or banking in one place, and generally looking for ways to cut whatever costs you can while living within your means.

Here's one other commitment that might be the most valuable of all: If you don't already have a financial advisor, make this year the year you get one. A qualified financial advisor can objectively evaluate your situation, suggest appropriate financial strategies for helping you achieve your long-term objectives, and maybe even help you stick to your financial New Year's resolution. Feel free to give me a no-obligation call at 613-526-3030.

#### Bob Jamieson, CFP

www.edwardjones.ca/bob-jamieson Edward Jones: Ranked #1 in Canadian Investor Satisfaction, Five Years in a Row.



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- Your risk tolerance and investment strategy that helps you meet your short and long-term goals

Opening an Edward Jones Registered Retirement Savings Plan (RRSP) and/or Tax-Free Savings Account (TFSA) is a great start.

An Edward Jones Advisor can help you take simple steps today to help you get ready for the future, and develop a strategy to achieve your goals. Also, remember the RRSP deadline is Thursday, March 1st, 2018.

Let's set aside some time to review your retirement strategy. Call today.



Bob Jamieson, CFP® Financial Advisor

2211 Riverside Drive Suite 100 Otlawa, ON K1H 7X5 613-526-3030

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MAKING SENSE OF INVESTING

# What's happening at Maplewood?

Join the people at Maplewood for Alzheimer workshops **Tuesday Feb 6, 13 and 20.** There is also a free outing to the Diefenbunker on **February 21, 2018.** All interested people have to do is call Maplewood at 613-656-0556 to sign up, come to Maplewood that day and get on the bus. The outing is from 1 to 5. *Also, join us for Maplefest at Maplewood on March 22<sup>nd.</sup>* 

Again, please call us and leave your name.

# Won't you be my Valentine?



by Brian McGurrin

alentine's Day, or if you prefer, St. Valentine's Day, despite its modern association with the sending and receiving of saccharine, mass-produced greeting cards, seems an ideal occasion for lovers to express their enduring affection for one other, preferably accompanied by (listen up guys!) a gift of flowers or confectionery. However, I have it on the highest authority (i.e., Wikipedia) that prior to the poems of Chaucer in the 14th century, there were no links between romantic love and any of the various saints named Valentinus; so, no, I won't go there.

No offense to hermits, monks, mystics, anchorites and loners, but I've noticed that most adults seem quite pleased and eager to enter into romantic love relationships, and I've also noticed that poets and songwriters have had a lot to say about these relationships. It would be difficult to see a clearer expression of this practice than may be found in popular recordings such as, for example, Dean Martin's, Everybody Loves Somebody Sometime ("... everybody falls in love somebow...") or in Leonard Cohen's, Ain't No Cure for Love ("...It don't matter how it all went wrong, that don't change the way I feel...").

Maybe it would be going a bit too far to assert (as in an earlier song from 1944) that, You're Nobody Till Somebody Loves You; but as far as I know, no composer has ever had a hit recording titled, You're Nobody Till Nobody Loves You, or, You'll Always Walk Alone.

I'd be the first to admit that songwriters don't always get it quite right. In a hit recording from 1957 titled, *Wonderful Wonderful*, Johnny Mathis warbled about enjoying the company of that special someone, but it was in a sort of dream world where lovers blissfully walk hand in hand along the seashore sniffing the salty air, or stand together atop a hill gazing at the sky.

Perhaps you've experienced something similar with a beloved partner - or perhaps not. But our everyday experience is quite different from this sort of romantic dreaminess. I mean, did that guy ever arrive home late for dinner without calling, or forget his wife's birthday? I think not.

I don't mean to diss Johnny Mathis, but, sad to say, we know that many people marry for the wrong reasons or without much practical forethought. They "fall in love" and jump into long term commitments, and then things begin to ... deteriorate. That's pretty much what happened to songwriter Fats Waller. In 1920,

the 16-year-old Fats decided to marry his teenaged girlfriend Edith, and the young couple moved in with Edith's parents, who were strict Baptists. At this time, Fats was just beginning his career as a professional musician and entertainer, and Edith was shocked to dis-

cover that Fats had a huge appetite for fun and food and bootleg liquor, and that he loved the Harlem night life. Within two years his marriage was kaput, and Fats spent the rest of his days trying to ignore his responsibilities for alimony and child support.

Is it any wonder that Waller's many recorded love songs were used

simply as vehicles to ridicule their romantic sentiments by interjecting sarcastic asides and rolling his eyes and making clownish gestures? For example, whenever he performed his most memorable composition, Ain't Misbehavin', which includes the line, "I'm savin' all my love for you," he would extend the lyric to include, "and you, and you, and you," winking at various females in the audience.

With respect to attitudes to love and romance, I suspect that most of us come somewhere between the two extremes of Mathis' idealism and Waller's cynicism. But the crux of the problem, for which no songwriter has yet proposed any real solution, is this: how are we supposed to recognize that special someone if and when the real thing comes along? It's all very well for Dino to croon that, "everybody finds somebody someplace," but we note that he quickly adds "the release to the problem to the prob

adds: "there's no telling where love may appear."

George Gershwin may have been thinking along these lines back in 1924 when he co-composed a farcical song about a guy who's convinced that "somebody" must love him, so he wanders around shouting at "every girl who passes by, 'Hey, maybe you were meant to be my lovin' baby!" I would strongly advise against using this technique today.

"Falling in love" is such a powerful and captivating experience that we're ever so tempted to just give in to it and damn the torpedoes. In fact, that's exactly the approach taken by the sexy and liberated Sophie Tucker, on the prowl for a man back in 1928. In a song titled, He Hadn't, Up Till Yesterday, she announces, "when I get my arms around him and hug with all my might/ If he's never called for his mother, then I guess he will tonight!"

I would be remiss if I were to conclude this article without any mention of the very real possibility of bitter pain consequent upon rejection or infidelity in a romantic relationship. A dramatic example of this situation appears in Leoncavallo's *Pagliacci*. In this opera, Canio and his wife Nedda are members of an acting troupe, but as Canio dresses for a performance he is made aware of Nedda's infidelity. The show must

go on, but as Canio continues to put on his clown makeup, he pours out his anguish in the bitter aria, Vesti la Giubba: "Put on your costume, powder your face! The people pay, and they want to laugh, so laugh, clown, so the crowd will cheer!"

EVERYBODY LOVES SOMEROUS

Another memorable example of rejection is dramatized in Cole Porter's, What is this thing called love? Nobody puts this song across quite like Frank Sinatra, asking why his lover, either intentionally or unintentionally, "took [his] heart and threw [it] away... [and made] a fool [of him]. And if you listen carefully right to the final shuddering clari-

net in this beautifully-crafted Nelson Riddle arrangement, you'll perceive that Sinatra is not expressing anger so much as incomprehension and vulnerability.

I'm reminded that my comedian son took an entirely different approach to the end of a teenaged romance. Suspecting in advance that he was about to be "dumped" he composed a he/she dialogue, and as soon as his girlfriend began to say: "Terry, I want you to know that I really like and respect you..." he knew that the big moment had arrived. He immediately hauled out his dumper/dumpee script and instructed her to simply read her part. She was not amused.

Ah, the younger generation!

P.S All of the songs referenced in this article are easily accessible on Youtube, often in several versions.



# There are many reasons to celebrate

2018 at Trinity Church

by Pastor Franklin Chouinard

Trinity Church has entered a year of celebration. Fifty L years ago this October the then congregation dedicated their building - "To the Glory of God" – as a place of worship and as a centre of ministry in the Riverview Park area. Through the years people have come and gone, but the building remains as a testament to the vision of the church planters. Many activities have been planned for the coming year as times of remembrance. Current and former friends of the church as well as members of the local community are being welcomed to participate in these celebratory activities.

The Church of the Nazarene first came to Ottawa in 1943 [meaning this year is a double celebration: 50 years in Riverview Park, and 75 years in Ottawa]. "First Church" was located on Fourth Avenue in the Glebe. In 1951 a second congregation was formed - Grace Church met on Boyd Avenue. By 1968 the churches had merged, purchased property on the corners of Avalon Place and Braydon Avenue, and the current facility was built. A "daughter" church was started in Kanata in the early 1980s [the Bridlewood Church], and a Sudanese congregation met for a brief time at the Avalon location in 2010. Along with the current Trinity congregation that meets Sunday mornings, an Hispanic congregation meets Saturday evenings and Sunday afternoon, and the Alta Vista Cooperative Nursery School also used the facility. Trinity Community Garden has been given space on the property as well.

Along with various events that will take place through the year, two weekends are being emphasized for the anniversary celebrations. The weekend of September 7-9 will have a community focus, and the weekend of October 27-28 will be a time of congregational celebration.

September's community celebration will begin with a now-annual "cinema under the stars", Friday evening September 7. A family

movie [yet to be determined] will be shown from the front yard of the church at dusk. Popcorn and snacks will be available. All are invited to bring a lawn chair or blanket and join with others from Riverview Park and the church for a fun family time.

Saturday afternoon [September 8] the church will hold an open house and family fun day. All are invited to meet with members of the congregation and tour the building to see what is happening in the life of this local community church and how it is involved in Riverview



Friends joining friends at the January family fellowship skating at Rideau Hall.



Teens gather together for Thanksgiving dinner.

Park. The staff of the Alta Vista Cooperative Nursery School will be on hand as well as members of the Hispanic congregation and the community garden. A mini-carnival will be set up for children.

Following the Sunday [September 9] celebration church service those involved in the Trinity Community Garden will gather for their annual harvest potluck meal, as the gardening season nears its end. Weather permitting, the potluck tinues, "as usual". The congrega- [www.ottawatrinity.ca] or Facewill be held outside.

The congregational celebration [which is not limited to church members - all are welcome!] will feature a banquet meal held at the Kanata location on Saturday October 27. Many who were previously associated with Trinity Church will



Sharing his message is Rev Cosmos Mutowa, Compassionate Ministries Director of the church in Southern Africa.



Pastor Al and his grandson join our Christmas musical day.



Pastor Charmaine Kofler of the Bridlewood Church, shares her story at a joint service in November

be part of this time of remembrance, including Rev. Bill Coulter, founding pastor of the church. The activities will conclude with the Sunday morning worship service, with National Director of the Church of the Nazarene in Canada Dr. Ian Fitzpatrick speaking.

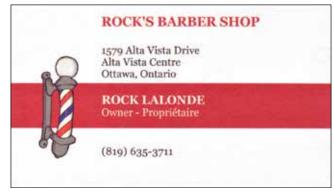
Although it is an anniversary year, life in the church also con- be found at the church web site tion continues to be a part of and participates in the life of the local community. The nursery school continues to meet needs of young parents. The community garden leadership committee will soon meet to plan for the coming growing season. And church activities

continue, with youth gathering Friday evenings for times of fun and laughter and Wednesday evenings at a YouthSpace - a place set aside for teens and young adults to get together. Family times are planned and organized, such as skating at the Governor General's mansion.

At the forefront of the life of the church is meeting the needs of those who are searching for a deeper spiritual life. The congregation meets for a time of worship - for "church" - Sunday mornings at 11:00. All are welcome to the services. The sanctuary will be open Ash Wednesday [February 14] from 7:00 pm for those who might want to meditate and pray. Holy Week services [March 26-29] will alternate between the Bridlewood and Trinity churches. Services will begin each evening at 7:00; prayer, meditation, and reflection will be emphasized, with a brief message following. The week's theme: the People of the Week. Bridlewood Church will host a Good Friday Service. Pastor Frank will speak at Trinity Church on Easter Sunday.

More information about the activities of Trinity Church can book page, by following Pastor Frank on Twitter @TheFrankPastor; by e-mailing the church at ottawatrinity@rogers.ca or by calling the church at 613-731-8926 . . . or join the congregation in worship Sunday mornings at 480 Avalon Place [at Braydon].







#### OPL's most-read books, 2017

#### **CONTINUED FROM PAGE 7**

The Little Book of Hygge: The Danish Way to Live Well by Meik Wiking

The Little Book of Hygge: The Danish Way to Live Well by Meik Wiking

Adult Graphic Novels

The Secret Path by Gord Downie

Big Mushy Happy Lump: A Sarah's Scribbles Collection by Sarah Andersen

Yuge!: 30 Years of Doonesbury on Trump by GB
Trudeau

Paper Girls 2 by Brian K. Vaughan

Star Wars Darth Vader: Vol. 4, End of Games by Kieron Gillen

The Walking Dead Vol 26: Call to Arms by Robert Kirkman

Wolverine Old Man Logan Vol 1: Bezerker by Jeff Lemire

The Walking Dead Vol 27: The Whisper War by Robert Kirkman

Saga: Volume 7 by Brian K Vaughan Star Wars Vader Down by Jason Aaron

### Ottawa Public Library's Most Read Teen and

Juvenile English Titles, 2017

\*As determined by number of circulations.

#### **Teen Fiction**

Carve the Mark, by Veronica Roth
The Hate U Give, by Angie Thomas
The King's Cage, by Victoria Aveyard
Lord of Shadows, by Cassandra Clare
13 Reasons Why, by Jay Asher
The Outsiders, by SE Hinton
A Court of Wings and Ruin, by Sarah J. Maas
Caraval, by Stephanie Garber

Geekerella, by Ashley Poston
Always and Forever, Lara Jean, by Jenny Han

#### Children's Fiction

Big Nate (Series), by Lincoln Peirce
Lost in Time: The Fourth Journey Through Time, by
Geronimo Stilton
Bad Kitty Takes The Test, by Nick Bruel

The Dark Prophecy, by Rick Riordan
The Princess in Black Takes a Vacation, by Shannon Hale

#### Children's Non-fiction

Weird But True (Series), by National Geographics Kids

Pokémon Visual Companion, by Simcha Whitehill 365 Things To Do With LEGO Bricks, by Simon Hugo

Guinness Book of World Records
Just Joking Gross: 300 Hilarious and Disgusting
Jokes, Tongue Twisters, Riddles and More, by
Rosie Goswell Pattison

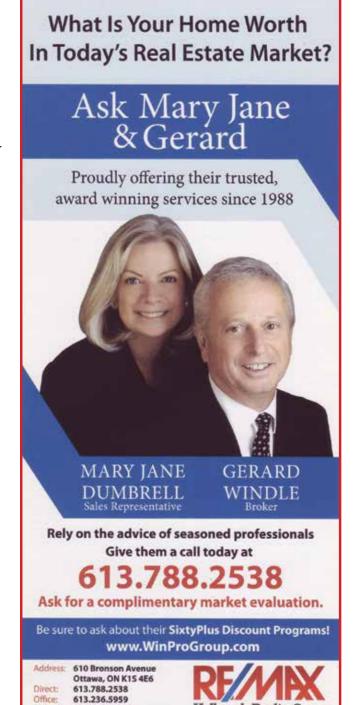
#### **Children's Picture Books**

Braids, by Robert Munsch
Carson Crosses Canada, by Linda Bailey
How Do Dinosaurs Choose Their Pets?, by Jane
Yolen

Olivia The Spy, by Ian Falconer
Dinosaur Pirates, by Penny Dale
Pete the Cat: Five Little Ducks, by James Dean
Mighty Mighty Construction Site, by Sherri Duskey Rinker

I Am Canada: A Celebration, by Heather Patterson

Is That Wise, Pig?, by Jan Thomas Triangle, by Mac Barnett



## Changes in Ontario as of January 1, 2018

One of the government's priorities is supporting families first.

That is why we introduced and passed OHIP+: Children and Youth Pharmacare, a new program that provides free coverage of 4,400 prescription medications to all children and youth under 25 regardless of family income. There is no deductible or co-pay. Just present your health card and a prescription and get your medication for free. A new mobile-friendly tool is available to find out if your prescription is among the drug products covered. For more information, please visit: www.ontario.ca/page/check-medication-coverage

**The Fair Workplaces, Better Jobs Act**, 2017 includes broad ranging amendments to Ontario's Employment Standards Act, 2000 and Labour Relations Act, 1995 and Occupational Health and Safety Act.

#### The Act has:

- Raised Ontario's general minimum wage to \$14 per hour and then to \$15 on January 1, 2019, followed by annual increases at the rate of inflation
- Mandated equal pay for part-time, temporary, casual and seasonal employees doing the same job as full-time employees; and equal pay for temporary help agency employees doing the same job as employees at the agencies' client companies
- Expanded personal emergency leave to 10 days per calendar year for all

- employees, with at least two paid days per year for employees who have been employed for at least a week
- Banned employers from requiring a doctor's sick note from an employee taking personal emergency leave
- Provided up to 17 weeks off without the fear of losing their job when a worker or their child has experienced or is threatened with domestic or sexual violence, including paid leave for the first five days
- Brought Ontario's vacation time in line with the national average by ensuring at least three weeks' vacation after five years with the same employer

 Made employee scheduling fairer, including requiring employees to be paid for three hours of work if their shift is cancelled within 48 hours of its scheduled start time

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# Lees Green Space versus Roadway: What's next?

by John Dance

n the eve of the first phase of the Alta Vista Transportation Corridor (AVTC) and Light Rail Transit (LRT) opening, what will happen next? Will the complete four-lane AVTC be built, resulting in Old Ottawa East losing its large Lees Avenue green space and Lees Avenue and adjoining streets becoming increasingly busy, noisy and polluted? Or will the Hospital Link (the name for the AVTC's first phase), much improved transit and a shift to more cycling, walking and sharing of vehicles kill the rationale for the full AVTC?

"The Lees Avenue green space strengthens the community fabric," says Chestnut Street resident Betsy Kitchen. "To have a highway go through here would be like taking a pair of scissors and cutting through the fabric."

"The LRT and its new Lees Avenue station is one step forward but building the AVTC roadway beside the LRT would be two woefully regressive steps backward and would undercut the massive investment in LRT," Betsy says.

Conceived more than half a century ago, the AVTC proposal aims to provide transportation relief for the growing southeast sector of the city. The corridor begins at Conroy Road and Walkley and winds through green spaces in Alta Vista (behind the Ottawa Hospital's General campus), through Hurdman Park, across the Rideau River and through the Lees green space to terminate at the Queensway and Nicholas with ramps to and from Lees Avenue.

The newly-built Hospital Link



Chestnut Street resident Betsy Kitchen says the half-century old AVTC proposal would eliminate the Lees Avenue green space and would isolate Lees apartment residents. PHOTO: JOHN DANCE

eastern end of Old Ottawa East's Centennial Boulevard. The roadway runs 1.2K from the hospital to Riverside Drive and is, according its 2005 environmental assessment, "the southerly two lanes of the ultimate four-lane design solution."

A lot has happened since its conception in 1965 and even in the 11 years since Betsy Kitchen moved to Old Ottawa East. Over the last decade, notes Betsy, more members of the community are actively using the Lees green space between the Lees apartment buildings and Springhurst Park. Many teams play there three seasons of the year and pedestrians and dog-walkers make segment is very visible from the daily use of the area. Also, says Betsy, the new expanded play area in Springhurst Park and the outdoor fitness equipment are being used more and more.

Many community members of Sandy Hill, OOE and Riverview Park have long campaigned against the full build-out of AVTC. In 2013 the City excluded the project from the "affordable" road network to be built by 2031, but kept it on the "ultimate" road network schedule. However, this downgrading of the complete project was preceded by approval of the \$62 million Hospital Link segment.

A number of politicians have declared their opposition to the complete project. "It's not needed ... it defies logic ... we're putting our infrastructure money into transit," Mayor Jim Watson told Capital Ward community leaders several years ago.

"For now, the full AVTC connection is below the 'affordability line' in the current Transportation Master Plan, which means it is essentially not being considered by anyone for more than another II years," says Capital Ward Councillor David Chernushenko. "This ensures that all of the transit, cycling and pedestrian improvements underway and planned will have been built, and we will have seen how dramatically they change travel patterns and modes in the city."

"I am opposed to a 'parkway style' AVTC ever being built," says Councillor Chernushenko. "That is very much 'old think.' There may come a time when we all (or most of us) agree that an actual complete street and bridge across to the other side of the river in this

corridor makes sense, but I believe such a decision is more than a decade away, and will hinge on the success of Transportation Oriented Development growth around both Lees and Hurdman stations."

Councillors to the south, notably Jean Cloutier of Alta Vista and Diane Deans of Gloucester-Southgate Ward, remain concerned about the growing transportation requirements of those in expanding southern communities like Riverside South.

"I have been a strong advocate for improved north-south transportation options and as such continue to support the future construction of the AVTC," says Councillor Deans. "Having said that, I also recognize that the way that people choose to move around this city continues to evolve. Should the city move forward with the AVTC, the environmental assessment would need to be updated to reflect multi-modal transportation options including dedicated transit lanes, high-occupancy vehicle lanes, and cycling infrastructure."

Councillor Cloutier, who supported the proposal to make Main Street a complete street and took some heat from his constituents for this position, notes that Alta Vista has a lot of cut-through traffic from the growing communities in the south end and AVTC would reduce this.

However, he sees that when the Hospital Link opens in December there will be a positive impact on Smyth / Alta Vista traffic, better emergency access to the hospitals and a better transit link for hospital visitors and employees. Another improvement is new bus service between the Civic and Smyth hospital campuses.

"We need to find solutions for better north-south transportation - be that transit, AVTC or encouraging other active transportation," Councillor Cloutier says. The councillor was a strong supporter of the LRT to south Ottawa, a large portion of which will parallel the proposed AVTC-Conroy roadway. Its completion is scheduled for 2022. "Let LRT roll out and see what its impact is," says Councillor Cloutier.

Meanwhile Betsy Kitchen says she and her neighbours, including many residents of the Lees apartments, are going to continue their vigilance over the Lees green space. "If we lose this vital community green space, it will further isolate the Lees apartment towers, and deprive all the residents of this corner of Old Ottawa East of a unique and vibrant urban oasis."

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info@compu-home.com Malcolm and John Harding

# Massage therapist Cindie Helmer is a true believer in helping you live well

by Carole Moult

Then Cindie Helmer took home her text books for the very first time her husband Mark thought that she had mistakenly registered for medical school. And, who could blame him, since the Registered Massage Therapist course is actually designed around a four year pre-med program, and Cindie had just enrolled.

Previously, she had been a travel agent for many years. Needless to say, from the comment about the books, this would not have been her usual type of reading material in the past.

To say that the training to become a Registered Massage Therapist is quite extensive would be an understatement. There are medical classes in anatomy, physiology, pathology, neurology, all 11 systems of the body; plus much, much more. Cindie chose the two year course at Everest College. From the outline of all that was to be covered to become a RMT, it would be suffice to say that a strong work ethic should have been listed as one of the most important prerequisites for that course.

Students practice on each other for the first year of the program then, after that, each student works in the student clinic where they must complete a minimum of 300 clinic hours plus student outreach and placement. The minimum passing grade is 70%. Of her class which began as 30 students, there were only 14 graduates at the end of the two year course.

Once the program has been successfully completed along with all hands-on clinical hours, students must then pass certification exams directly with the College of Massage Therapists of Ontario, (CMTO); the regulating body. Afeducation, which is traced and re- the oasis of Essential Health Masported to the CMTO regularly.

#### **Countless hours**

For Cindie, all the countless hours of study and hands-on practice were well rewarded when on August 11, 2010, she received her certification as a Registered Massage Therapist. For a number of years after graduation she was the Manager and Primary RMT at the Health Club of the Chateau Laurier Hotel.

It was in early 2016 while eating brunch with a fellow RMT friend that Cindie came to the conclusion that she could and should open her own clinic. Sixteen weeks later, and with some superb professional



Cindie Helmer enjoys the sunny lounge just a much as her patients do. PHOTOS: GEOFF RADNOR



Just sitting here in the lounge is a great stress reducer.



ter successful registration, each No matter the weather, people at RMT is responsible for continued the # 86 Bus Stop are very close to sage Therapy.

advice on many fronts, Essential Health Massage Therapy welcomed its first patient on June 1. Today she notes that she has patients from age four to 92 who come from as far away as Perth. There is a staff of six including herself.

What makes a person decide to become a RMT one might ask? In Cindie's case, it was after she completed a career assessment tool that surprisingly pointed her in the direction of health care.

"I took quite a bit of time to decide what about health care really mattered to me. I decided on massage therapy because I really believe in preventative health care. Massage therapy offers an option to patients to take their health care into their own hands, so to speak, and to prevent many physical injuries and stress before they occur."

Not surprisingly, after working downtown, Cindie's one important stipulation in opening her own clinic was the availability of park—walk and read at the same time. ing for her patients. Fortunately, a real estate agent helped find Cindie the perfect spot. Ironically, the choice of location for opening up her own massage therapy clinic ended up being practically in her own back yard. "It was a nice surprise," she commented recently.

Cindie and her husband moved to Riverview Park in 2011. When, after a Google search for a clinic location, Cindie discovered that Riverview Park was under-serviced with regard to having dedicated massage therapy clinics, she was 'thrilled' to say the least.

#### Feeling of peace

Along with the question of parking,

it was important for Cindie when planning her clinic that the ambiance of the spacious waiting room create a feeling of peace for the clients seeking RMT. Likewise, she made certain that the fully equipped treatment rooms did so as well. Now, it isn't unusual for patients to comment about the 'oasis' on the second floor at the back of 700 Industrial Avenue, facing Coronation, just steps away from an # 86 Bus Stop.

Nor is it unusual for potential patients to ask Cindie what a Registered Massage Therapist can do for them. From her response it appears that they can do quite a lot.

"Massage therapy has a therapeutic effect on the muscular, nervous and circulatory systems of the body. Massage therapy is a handson manipulation of soft tissues of the body including muscles, connective tissues, tendons, ligaments and joints with the intention of maintaining or improving physical function, managing or reducing pain, and decreasing stress.

"The length of time spent with each patient depends on each individual. We individually cater appointment times and treatment plans for every single patient we work with. Appointment times are from 30-90 minutes. If we are working with a specific injury, we will often recommend shorter treatments at more frequent intervals. If we are managing routine aches and pains and/or stress, we recommend 45-60 minute treatments every 4-8 weeks," she added.

#### Role commended

As part of her own routine, Cindie sees a massage therapist for treatment every three weeks. She also includes strength training, cardio, and yoga on a regular basis. Neighbours have also noted that she can

As part of her volunteerism, Cindie also writes a very useful column for this paper on page 23. Topics have included: running, managing stress, Carpal Tunnel Syndrome, preventative health care, winter blues and migraine headaches, among others.

As the Essential Health Massage Therapy website notes: "Our goal is to provide the best quality care and education in order to reach our mission: Helping You Live Well."

Cindie, you and your team are to be commended for the role you are willing to take to keep us healthy. We are indeed fortunate that you are so close and we thank you for all the effort that you have gone to for this.

#### THE ARTS IN RIVERVIEW PARK

# How I Became a Musician, Writer and Poet

by Diane Schmolka

Ye been asked by our editor to tell you how I 'became' the creative 'roles' above. I feel honored to have been asked.

First, I began my life (4/18/1944), in Montreal's below Dorchester working class neighbourhood. My grandmother and grandfather had a rooming house on (what was), Coverdale Street. I had no toys, just a teddy bear and twelve coloured blocks my granddad made me.

There was an old Leach Upright on the main floor. My mother and I lived on the 4th floor. The basement was the kitchen and dining room. I was by myself most of the day, because my grandparents took care of me, while my mother worked at St. Pauler–Mitt Armaments plant.

My father was not 'around' until after the war. I was an early walker and talker, (speaking in complex and compound sentences at two). I discovered the excitement and wonder of sounds very early, beginning with finding the piano, making up my own stories, and adding the 'right music' to them.

Granddad was very influential in my 'becoming' a musician, composer, writer, poet, because he read so many rhymes and stories to me, sang to me, and took me to many parks by streetcar. I had my singing voice by the age of 3. I experimented with many rhythms, furniture, pots, glass, metal, sounds my voice could make, and more, inside and outside our old home, and composed them together.

Soon after granddad died of cancer, my mother, father and I moved from McGill University. away. I was heartbroken and afraid. PHOTO: HERBERT MILES I hardly knew my father, and was not close to my mother. My grandparents were When we

my parents emotionally.

First, we went to Sweetsburg, (Eastern Townships), for a short time, (no piano, no friends, no relatives, just fields), for a year, then to Montreal North to a tarpaper-imitation brick clad home near Riviere-des-Prairies, (10861 Leblanc St.).

Having no children my age with whom to play, a pregnant mother, father working daily as a machinist, and in grief over being separated from my grandparents, I was glad that we had the upright, and my nursery rhymes, my imagination, and the radio. CBC was my lifeline, as was also CFCF for my mother and me. I heard classical, pop, folk and swing jazz on both. I was introduced to ballet, tap and acrobat at age of 4, as well as beginner's piano, (my mother trying to teach me to read music and play simultaneously).

I loved dancing and loved learning to play





Diane as a young teenager in grade 8 at St. Laurent High School plus Grade 8 in piano as well.

PHOTO: HERBERT MILES

with both hands. Mum didn't really know how to play piano, but she could read directions from the book. There was no music teacher nearby until I was nine. She was a student at the Conservatoire, and taught in a home in Ahuntsic. I began school, with no social skills, frightened, awkward and bullied (physically and emotionally), but knew how to read books, print, sing and play piano at the same time.

When we moved to Ville St. Laurent, (Dec. 26, 1956), I began lessons with Isabel Davis, who put me through Mc.Gill Conservertorium exams every year. I disliked playing by memory. I'd much rather entertain audiences, share my music, sing and tell them why the music was written the way it was.

My first performance, (5years old), a church whole family event in Mtl. North, was a recitation of "We'll All Wait Up For Santa", which gave me thunderous applause. My dance performances, (for two years only, and was the leader of my class), I enjoyed immensely. I loved playing for family friends who visited to play card



Diane Schmolka receives a bouquet after performing on September 16th, 2014. PHOTO CREDIT: LUANN ACHIATAI



Cover photo, 'Fedora and Other Hats' by Diane Schmolka, published by Chelsea Books, 2008. PHOTO:

IRENA GEORGIEVA

games. I enjoyed singing and playing, but hated the exams.

I began writing poetry at the age of nine, my first poem published was written at eleven years of age, in the St.Laurent High Annual, when I'd just turned thirteen. My first short story, written at thirteen, I should have published. From that age, I began improvising in earnest. I could harmonize just about any melody, and turn hymns into 'parodies' of themselves! I had no" friends who played other instruments, nor who wrote poetry or short stories.

I also longed to act in plays, but was too shy to ask the teacher in charge. Though I was the eldest child of three, I was treated separately from them, except that from 1956 to 1966, my sister and I shared a bedroom. (The reasons are a whole other story).

From 1961-1966, McGill was where I spent my days in a Bachelor of .Music.degree program. I had no confidence there, and should have left, and attended Carleton University instead. I graduated unhappy, and wished I could have been more defensive with my strong, closed-minded, unbalanced mother, who insisted that I remain at McGill.

When I began teaching in Ottawa, I ensured my students that I'd help them find the best university for each of them. They've told me how much they've appreciated it.

I didn't really 'become' a musician, I think I was at birth, and just went deeper and wider, occasionally surfacing for 'air'. I don't hold my breath; I just sing or write it out...



Diane Schmolka performing at a Harmelodic Club Meeting. PHOTO: A FELLOW CLUB MEMBER

#### **BOOK REVIEWS**

### Local author tests the writing field with two short stories in one book

by Carole Moult

raeme Watson is a local ←author. His first book was successfully launched just this past December. Or rather, his two short stories were unveiled to an enthusiastic gathering of both family and friends on December

When asked, Graeme noted that originally he had planned on writing a novel, but it became "much more manageable to break my writing down into two separate, but related short stories." Thus The Factory Challenge and Energized follow members of the McConnell family spanning across three generations and a number of decades.

It is obvious that Graeme Watson is a 'history buff' since he is able to position his characters in settings of Canadian interest and happenings. "There are quite a few books about our country on my bookshelf," he notes, "written by the likes of Michael Ignatieff and Pierre Berton." Then he added, "As I neared the end of my undergraduate degree, I went through a phase of soaking up facts about Canada; about how we view ourselves. It was almost an obsession!"

Today, Graeme Watson agrees that in both The Factory Challenge and *Energized*, he is probably trying to teach lessons in a variety of areas; the result no doubt in achieving a Bachelor of Education Degree

several years ago from the University of Ottawa.

Bob McConnell takes the leading role.

With the first short story, *The* Factory Challenge, Bob McConnell, a very likeable character, is the protagonist. He served in the Second World War, returning to Ontario to become a successful investment banker. Fifteen years later, however, the reader sees Bob looking for a change.

Obviously turning his back on his father's advice to toil on the land, the story takes us along with Bob as he becomes somewhat of a risk taker exploring his next career. He is a father of four now, a Christian and on the side he deals in brokering second mortgages and renting rooms in a boarding house he owns. But still Bob seeks something different.

'He had always fantasized about becoming CEO of Bruckenheimmer, but what about if he ventured out on his own and started out on a brand new endeavour? The thought sent a thrill of excitement through him, along with fear. The stakes were high... if Bob failed; he would likely lose his house and maybe even his family.' By the end of The Factory Challenge Bob does neither, and instead uses his business acumen to take the reader on an intriguing path to success in not just one but two more ca-



### This time Josh is the central

Careers are the basis for the second story as well. In Energized, Josh McConnell, a grandson of Bob is introduced to the reader. The time period noted is fifty-two years later. Josh has lost his job in the high paying oil fields, and as a single parent is left to support three young daughters. Definitely representative of a different age than that of his grandfather, Josh consequently approaches life far differently as

"I can't handle it anymore!" exclaimed Josh in the very first line of Part Two of Graeme Watson's book. Josh is frustrated, and this feeling of helplessness seems to follow him for much of the first part of the story. That is until he has a déjà vu moment as he plays hockey with friends.

Installing solar panels could just be a good second best in terms of a career. "Renewable energy... solar panels" Josh later typed into Google. 'The more that Josh researched the subject, the more convinced he became that promoting renewable energy was something he wanted to do for a living.' Thus, with renewed faith plus determination Josh heads with his family out west to Kelowna, B.C.; a much more contented person than when Chapter One began with the second story.

Graeme Watson has already begun his next book, and while he had wanted to include more suspense and intrigue than ended up being the case for these two short stories, that will come next, he has suggested.

Readers can look forward then to meeting up again with many of the same characters that they were introduced to in The Factory Challenge and Energized, thus, sharing the life experiences of people already thought of as friends.

The short stories are available as e-books on Smashwords and Kindle Direct Publishing. The hard copy is available to order on Amazon. Or, e-mail Graeme Watson at: (graeme. watson86@gmail.com).

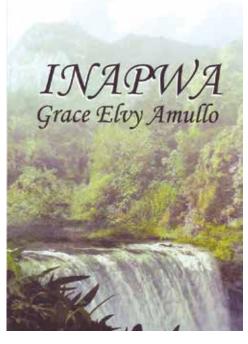
# A book on South Sudan that is a joy to read

By Bill Fairbairn

hat a joy to read a book on the Republic of South Sudan that does not refer to that now-independent African country as the poorest on earth after two civil wars, the last of which lasted 22 years and cost the country the lives of millions. Today civil war is back in South Sudan as rival tribes fight over power and over the land itself.

Yet there was a period of tranquility from 2005 to 2008 after a peace deal was struck between Khartoum and Juba, between north Sudan and south Sudan, which allowed author Grace Amulla to write a book of love. "Without love there can be no peace," she says.

Her book, entitled *Inapwa*, tells how an imaginary group of western archaeologists are enticed by intriguing information on the Internet. They travel to a burial ground in south Sudan, containing the re-



mains of the ancient King of Inapwa, a ruler of one of the world's unknown civilizations. Having decided to excavate to find the King's remains they find on their arrival in Obbo Chiefdom, in Acoliland, that a lethal curse from ancient times surrounds the burial ground they

had chosen to exploit, but they ignore it as a myth.

When Jonathan O'Mera, one of the archaeologists from Ottawa, chooses to be part of the team of Americans, Italians, English and two other Canadians from the west pels him to revisit her in Khartoum going to Inapwa, romance is the farthest thing from his mind.

"When we archaeologists got to Khartoum city, I was perplexed to see modern buildings everywhere because I had anticipated only some mud houses and nothing modern at all." He wonders why the media often portray Africa as the worst place in the world.

At his Meridian hotel he curiously feels he is still in Canada. The workers are polite and speak fluently in English and the black Sudanese girls are beautiful.

Author Grace Amullo believes that love always has a sense of humour in dealing with humanity in that, at first sight in his hotel, he is smitten by his sudden love for a Sudanese girl called Maryam. He dares leave her a love note when due to travel south to Juba and onward to Inapwa. Their relationship blossoms long distance and love com-

Upon returning to Inapwa, Jonathan is plagued by the infamous King's curse that almost takes his life. His colleagues are also affected and they promise to shut down the burial site. For Jonathan's survival he and his family must later go back to Inapwa from Ottawa. Jonathan will die if he does not rebury the ancient King's remains in a fresh coffin.

However, even the curse of Inapwa cannot prevent Jonathan and Maryam from getting married in a Coptic church and his bringing her to Canada because this author believes love is greater than anything else.

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

#### **AIKIDO JISEIKAN FOR EVERYONE**



by Grasshopper
PHOTOS WINKING OWL

Por most of my life I have been interested in martial arts but never took the step to start. The timing wasn't right or maybe I was somewhat intimidated. A close friend of mine who is also nearing sixty said to his wife (who is a black belt in Karate) that he would like to join Karate. She looked at him and said "No. Join Aikido. It is the martial art for seniors."

The next time I spoke with him, he and his wife had been in Aikido for about a year and he stated that they love Aikido and that it is much more than what he or his wife expected. They stated it is a martial arts for all ages and conditioning. Their excitement and passion convinced me to explore Aikido and my search for a suitable dojo began.

I attended three sessions at one dojo. I had a different teacher at each session and felt that there was not a consistent system of instruction. Then I decided to try Aikido Jiseikan. When I walked in to the dojo there were about eight students training. To my surprise, without stopping their practice, all eight students and the Sensei said hello to me. This was my first experience of how this dojo has a

welcoming and supportive atmosphere.

After three sessions I knew I had found a home as it was quite evident that there was a consistent instructional system in place. At the end of one practice I asked Sensei what the difference is between his dojo and others. Sensei responded "Me, I am here."

In the year that I have been at this dojo Sensei has not only been at the practices but has been fully engaged in leading each session. I now understand how valuable this is in creating consistency in the teaching, practice and protocol. It also creates an atmosphere that is not only challenging but trusting and safe not only for me but also the partner(s) I am practicing with.

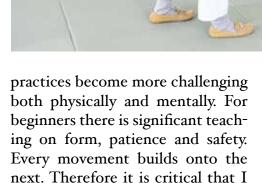
Not knowing martial arts, I was often concentrating on executing the move with speed and strength, and oblivious to everything else.

Then I would hear Sensei say to me "Relax. Be more aware of your partner. Protect your partner. Breath. Take your time. Smooth it out."

Because Sensei leads every practice, he knows what level of knowledge I have and what I am capa-

ble of. When I work with a senior belt and am struggling, Sensei will interject and say to the senior belt "He is not ready for this yet" or "only practice this with the first hand grab and only grab his right hand". When he feels I should know a specific move he will give hints that assist me in working through it. I am accepted for who I am, mentally, physically and technically.

As my experience increases,



execute each movement properly.

Once Sensei determines you are

ready, the speed of practices increases, as well the expectancy of readiness at all times. My practices became more challenging to the extent that I found myself out of breath at times. However with pre-practice workout, stretching and exercise,

my body improves and I enjoy the challenge. "Martial arts for seniors?" Far from it! I modify this to martial arts for everyone.

My confidence has increased as I can defend myself a little better if needed. I have learned a lot and I state 'a little better' as this is my first belt promotion and I can see that there is so much more to learn.

I have been surprised at how much I am enjoying it. The practice seems to fly by and I am often surprised when Sensei indicates that it is time to "bow out."

Other surprises:

- Being able to get up off a mat without using my hands quickly and with little effort.
- My increased confidence when walking on ice or uneven surfaces as I know how to fall/roll both backwards and forwards.
- Better balance using proper foot and body positions
- Mentally, the process continues to challenge me with motor memory and learning new words and moves.
- Increased awareness, settling the mind, calmness and breathing while under stress
- Increased flexibility which has increased my power from the greater range of motion

One of the biggest surprises is the atmosphere of the dojo itself. Prior to starting I had an image of martial arts as being somewhat confrontational and competitive. One student trying to win over another student. Here the objective is to help each other learn a technique and succeed. A team effort.

Lastly and personally a great benefit to me is working out with my wife.







# **MYSTERIES OF CANADA**

# Digging out in the Great White North

by Bruce Ricketts

FEBRUARY-MARCH 2018

hances are that, if you are younger than 50 years, you do not have a first-hand memory of the big snow dump during the winter of 1970/71. I had just graduated from college and was working in the Blood Bank at Riverside Hospital (now the Riverside Campus of The Ottawa Hospital).

Our white Christmas began in November 1970 and we did not see bare ground until well into the next April... one hundred and thirty-nine days later. In the period, nature saw fit to dump a whopping 444.6 cm of the white stuff. For us older folks, that's 175 inches... over 14 and a half feet. Cars disappeared; snow piles and drifts covered homes; and traffic slowed to a crawl along streets which turned into single-lane canyons.

But we are Canadians, so what did we do? We shoveled our way towards daylight. We shoveled our driveways, sidewalks and even our roofs. We helped our neighbours shovel out. We helped to find buried cars and then helped again by boosting dead batteries and pushing stuck cars out of snow drifts.

Then we took a break for some hot chocolate while it snowed again and the whole process was repeated, again and again and again.

Then in mid April the white stuff finally disappeared. Spring had sprung and the daffodils popped their heads up. But so did the squirrels and rabbits, who summarily ate the daffs. We looked around and wondered what had hap-





pened. We were told that it was a 1000-year event. It could not happen again in our lifetime.

Wrong.

While 1970/71 set the record, 2007/08 was not far behind. That year we saw 432.7 cm fall.

And the wheels fell off again.

1999 was one for the record books. That was the year when, while Ottawans were digging out of a 40-cm storm, Mel "Nobody" Lastman, Toronto's flamboyant Mayor, called on the military to help Torontonians clean up their 39-cm dump; much to the scorn of the rest of the country. In their defence, it should be noted that Toronto only gets 60-70cm of the neige all year, so 39 cm was quite a beating. Didn't stop us from chuckling, however.

Also in 1999, the area of Tahtsa Lake in BC received a one dump accumulation of 145 cm of the white stuff... the largest one-day accumulation on record in Canada.

But it was 1947 that stressed the nerves of even hearty western Canadians. Not only was there blizzard after blizzard; burying cars, trucks, trains and towns; but to cap it all off, the temperature in Saskatchewan, on February 3rd, dipped to bone chilling -60 degrees Celsius. (For those who don't understand metric... minus 60 is bloody cold!)

As I sit in my office listening to the wind howling outside, blowing the snow about and dropping the temperature towards absolute zero, I can't help thinking back to the good-old-days when at least you could walk outside without freezing up. Mind you, you could have been walking on the roof of your own car.

Bruce Ricketts is a historian, researcher, and author. Readers are invited to suggest topics for his column at: bruceericketts@gmail.com.



Member of Parliament | Député

# **David McGuinty**

Ottawa South | d'Ottawa-Sud



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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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1883 Bank Street Ottawa (Ontario) K1V 7Z9 Tel | Tél: (613) 990-8640 Fax | Téléc: (613) 990-2592 Email | Courriel: david.mcguinty@parl.gc.ca Web Site | Site Web: www.davidmcguinty.ca NORDSTROM COMING TO TRAIN YARDS

# Our Newest Neighbour

by Geoff Radnor

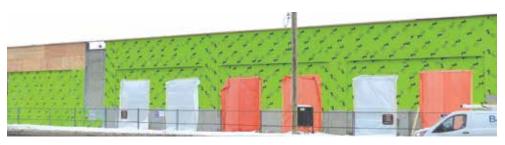
#### In the beginning...

ulea is a small town in Sweden about 80km south of the Arctic circle. It has about the same population as Peterborough ON, approximately 80,000. It is remarkable that despite its remote location it has a university, an arts centre, a museum and has numerous indoor and outdoor sporting facilities. It has its fair share of tourists too as there are abundant skiing trails and lakes to explore. It sounds like a wonderful place to live, it is also less expensive to live

there than in the towns in southern Sweden. In the summer it is one of the sunniest places in Sweden.

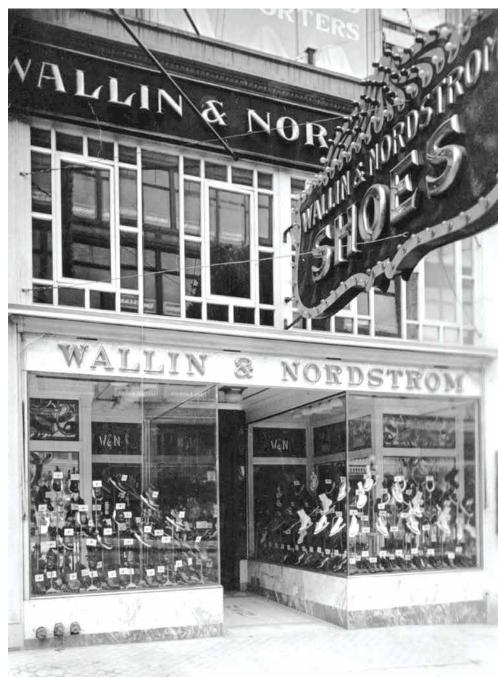
Alvik is a tiny village just to the west of Lulea. Johan Wilhelm Nordstrom was born in Alvik in 1871. His father died when he was eight. Maybe times were different in those days, as Johan, at the age of only 16 decided to seek a new life in America. He had had little education and had even less money.

In America he worked at a variety of jobs and ended up going from Seattle on the west coast to try his luck in the Alaska Gold Rush in



Planned Ottawa 'The Rack' under cover at the Ottawa Train Yards, Industrial Ave.





John Nordstrom with his friend Carl Wallin as a partner, opened a shoe store in downtown Seattle in 1901.

1897. It is more correctly called the Klondike Gold Rush as the gold was mostly in Canadian territory although to get there it meant travelling through Alaska. Well, Johan returned to Seattle with \$13,000, in today's money, about \$500,000.

John, he anglicized his name, was smart enough to invest some of his money by going to a business school. On May 12th 1900 he married Hilda Carlson, she was Swedish too. They must have taken a late honeymoon trip to Sweden as they came back to the USA on board the "SS New York" on Sept 16th of that year. Later they had five children and eventually the three sons all became involved with the company.

#### Setting up shop in America

It was in 1901 at the age of 30, that John Nordstrom with his friend Carl Wallin as a partner, opened a shoe store in downtown Seattle.

Carl had operated a shoe repair business there. It was another 20 years or so before a second Nordstrom shoe store opened in Seattle. In charge of the opening was Elmer Nordstrom, John Nordstrom's 18 year-old son. John sold his share of the shoe retail business to Elmer and his brother Everett in 1928. The following year Carl Wallin sold his share to the two brothers. It had become a Nordstrom only family business. Today three members of the Nordstrom family are co-presidents, Erik, Pete and Blake. Another family member Bruce Nordstrom brought the NFL to Seattle in 1976 by starting the Seahawks.

From these modest beginnings came the Nordstrom stores of today. And today they don't just sell shoes, since in 1963 Nordstrom bought Best Apparel a retailer of ladies fashion. That started the company as being a more complete



There is also a granddaughter of John William Nordstrom, Anne Gittinger, who is now 87, and she is on the board of Canine Companions for Independence, a non-profit organization that provides highly trained assistance dogs plus ongoing

support to ensure quality partnerships. Her goal for the organization is "to increase our ability to breed, train and provide dogs for those in need." She owns about 9% of all the shares of the Nordstrom company and is one of the richest women in the United States



Planned Ottawa 'The Rack' under construction at the Ottawa Train Yards, Industrial Ave.



John William Nordstrom opening a new store.

gradually incorporated into all the Nordstrom stores. That was the start of the Nordstrom rapid expansion. In Vancouver many shoppers looking for new and different things drive south to Bellingham and Seattle in the USA. My wife and I remember Nordstrom as a great shoe store in our frequent visits to Seattle in the early1960s.

#### Coming to Canada

With many successful stores in the USA it wasn't long before the company began looking at Canada for further expansion. Nordstrom today has over 330 stores, and there will be six Nordstrom The Rack Yards store opens later this year. The Rack is an off-price, "cheaper", version of the Nordstrom stores. Two are scheduled to open this spring in suburban Toronto, one in Calgary and two more are scheduled to open later this year in Edmonton and Mississauga.

The Nordstrom family still own over 30% of the shares of the company. Erik, Pete and Blake are the three co-presidents of the company. We could see Erik Nordstrom here at the opening of Nordstrom The Rack at Train Yards later this year.

#### What's next?

department store as fashion was must have been aware of the recent closure of the large Sears store in the St Laurent shopping centre along with all the other Sears stores in Canada. Maybe we might look back a few years and see what happens when other major shopping centres have lost a big tenant like Sears. In Calgary for instance the Chinook Centre opened in 1960, it had a Woodward's store. If you are from Vancouver you must remember Woodward's, a really great store, downtown on Hastings Street next to what is now called Gastown. Woodard's is long gone. Brettons opened in the Chinook Centre, they are long gone, Holt Renfrew was there but they are long gone stores in Canada when the Train too. Zellers opened and when they closed Target arrived, but didn't stay for long. Saks Fifth Ave is opening in their place. Sears was also in the Chinook Centre and they were replaced by Nordstrom's initial venture into Canada. That was in 2014.

The Rideau Centre here in Ottawa saw the opening of Canada's second Nordstrom store in 2015. Their third store opened in the space vacated by Sears (again) in the Pacific Centre in Vancouver in 2015. The old Sears store in Edmonton will be replaced by a Nordstrom store in 2020.

Who will move into the empty space at the St Laurent shopping The residents of Riverview Park centre? Any guesses or suggestions?



The three Nordstrom brothers: Erik, Pete and Blake



Planned Toronto 'The Rack' under construction at Yonge and Bloor

#### Alta Vista Co-operative Nursery School

Where play is learning and learning is stimulating, challenging, creative and fun!



Offering excellent care led by certified Early Childhood Educators in the heart of Riverview Park.

- Morning toddler program
- Full and half day preschool program
- Afterschool care

480 Avalon Place, 613-733-9746, avcns480@gmail.com www.avcns.com

### **COMPUTER TIPS & TRICKS**

# Streaming Radio - The Price Is Right!

by Malcolm and John Harding, of Compu-Home ou may find this hard to believe, but some of us at Compu-Home (okay, ONE of us) is of a certain age and sometimes has a bit of a challenge finding the "right sort" of music on the radio. We once went so far as to discuss a special and very expensive antenna, to bring in a larger selection of radio stations. Luckily, cooler heads prevailed and a more knowledgeable member of the group came up with a far simpler and cheaper alternative that makes use of existing equipment and Internet service. Radio through your computer can now be as simple or as elaborate as you want it to be, starting with a modest-bandwidth Internet connection and your computer's built-in sound and speakers. Then you have the option to bump it up a notch or two by adding a Bluetooth speaker to carry the sound anywhere in your home, or earbuds to keep it personal. Desktop or laptop computers, tablets or smartphones are all quite capable of being your 2018 radio, bringing in stations from all over the world.

#### **SINGLE RADIO STATIONS:**

If you happen to know of specific stations that carry your preferred programs and music it is a simple matter to find their websites and copy shortcuts into a folder on your desktop. The websites all look different but they usually offer at least a schedule and a button for live streaming and sometimes podcasts. Often you can MOSTLYMUSIC: subscribe to podcasts or email programming re-

minders and special events and this can be a good idea, although sometimes public broadcasters' reminders will include appeals for donations.

#### **NETWORKS:**

The advantage of a network of stations can be as simple as time-shifting, or local news from communities anywhere on the globe. Other features might include specific programming, like CBC's Ontario Today, or one of our personal favourites: Wait Wait ... Don't Tell Me! on NPR's WBEZ Chicago. There are lots of national and international networks, such as BBC and United Nations Radio that will provide differing perspectives on world events.

#### **PACKAGES:**

AccuRadio is probably the best known of the services that offer hundreds of international radio stations and the ability to categorize and search within the groups. iHeartRadio is a relative newcomer, and RadioPlayer Canada is a homegrown version, with primarily Canadian content. Sometimes these services can become overwhelming, with Internet-Radio, for example, claiming that it offers music from "37,465" radio stations worldwide!" Often these services have a free version with advertising, or premium subscriptions that are ad-free and offer more features.

If music is your primary interest there is a huge

variety of services for you and we simply have to suggest that you try as many as possible of them before settling on one or a few that suit you best. Our personal favourites and recommendations that have been passed on to us include CBC Music, Spotify, 8Tracks and Deezer. (It is not lost on us that Deezer rhymes with Geezer.) Don't forget YouTube, which we explored in detail in a column last year, and which offers the added bonus of video. Many offer a limited free trial, and then you have to subscribe for a monthly or yearly fee. You might decide that the subscription is worth it, but we think it's a good idea to try several services to make sure you have found the one that is best for you.

#### **YOUR SUGGESTIONS??**

If you write to us with your experiences, suggestions and feedback, we will pass them on (without names if you prefer) in a future column and

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

### VINCENT MASSEY SCHOOL

# Student group makes headway

Written by Sofian Tarfas, Anthony Gellatly and Sam Rayment. Dated January 8, 2018

Tith the continued support of Ottawa Community Housing and the community of Russell Heights, Goals4SOLEs continues to work towards achieving their goal of improving opportunities and quality of life in the community.

After a second meeting with Sarah Dwyer, Executive Director at Russell Heights community house, the class was able to make some final decisions concerning community programs and the implementation to empower youth. The class is now focused on developing a STEM activity, specialized games and to continue with the Bike-tune-up session. The opportunity for funding our project surfaced in December, in the form of the annual SpeakUp grant provided by the Ministry of Education. Goals4SOLEs immediately began to take initiative, pooling time and effort to complete the grant application process. After being success-



fully submitted, the response from the Ministry is expected to return within a matter of weeks. Backed by the support of a \$5000 city-issued grant, Goals4SOLES has also made plans with OCH to continue to add to the beautification project launched last year.

Goals4SOLEs has expanded its media presence on platforms such as Instagram and Twitter. The students have also made strides to develop the professional appearance of the project, by crafting business cards and posters, both of which will be distributed to the surrounding community residents. For further information on the progress of Goals4SOLEs, visit our website at www.goals4soles.me.



### **RPCA PRESIDENT'S REPORT**

# Just do something!

"We Cannot Do Everything But We Must Not Do Nothing'

- Baroness Caroline Cox's Credo

This reminder that we all can make a difference was brought home to me last fall when I heard a talk by Baroness Caroline Cox, the 80 year-old member of the British House of Lords who continues even in recent years to risk her life to travel to help those threatened by humanitarian and political disasters in places like Nigeria, Syria, Sudan and Burma (Myanmar). Hearing her story and determination to make a difference in the face of overwhelming odds was indeed inspiring.

While I lack the profile of the Baroness, or her connections, her call to DO SOMETHING rings true to me and I suspect to most of you as well. It is encouraging whether or not you are already doing a small bit to make a positive difference or just thinking about it. Though 2018 is now a month old, it is not too late to make a belated New Year's resolution to "not do nothing." It does not have to be



#### **KRIS NANDA RPCA President**

a public commitment – indeed nobody else need to even know about your resolution – but there are so many little things (and not so little ones) that a single person can do.

In past columns, I have encouraged people to do the little things, like picking up a piece of litter a day, helping an elderly neighbour by shovelling their walkway or looking in on them, volunteering at a community event, or phoning an old friend or someone who is lonely. (I remember the old telephone slogan encouraging people to phone because "it's oh so good to hear you smile"). We may not have a major impact on the world, but we can make a difference in someone's life and in the community. Every bit helps! (Just think if we all did one extra positive thing each day!)

My fellow RPCA Board mem-

bers and I realize that we are not going to solve the world's problems either, but we are doing our best to make Riverview Park and Ottawa a better place to live, whether by raising our concerns over proposed developments and potential school closures with elected officials and staff, holding social activities, cleaning up parks or sharing information with residents. We encourage you to communicate your concerns to us - and as appropriate, with elected officials from all levels of government.

It may not necessarily change their minds (e.g. the Alta Vista Corridor Hospital Link has been built despite our objections) but on the other hand, our voices and input can lead to more and better consultations that could reduce negative impacts (e.g. after our

concerns were voiced, the Link's route was adjusted to reduce the number of trees lost to construction). The more involved you are in your community and with local organizations like the RPCA, the more positive impact you can have on your neighbourhood, city and corner of the world.

Ultimately, while it might be nice to see that your actions have had a major impact (usually not the case), it is more important to have at least tried and tried often. As a professor of mine said in his graduation message to our class, "your batting average isn't as important as the fact that you kept coming to the plate." Or for non-baseball fans, as Ralph Waldo Emerson wrote, "to know even one life has breathed easier because you have lived, this is to have succeeded." So, as the Nike slogan has urged, why don't you "just do it." (i.e. "Not do nothing!")

For more information, you can check out our website at www.RiverviewPark.ca, drop me a line at krpp1415@ gmail.com with your questions or thoughts, and/or come to an RPCA Board meeting

# Accolades for World Rugby Hall of Famer Al Charron

by rugby correspondent John Jerome ugby Canada Chairman Tim Powers spoke of Al Charron, the person, at a ceremony in Ottawa honoring not just the former Hillcrest High School player's induction into the World Rugby Hall of Fame.

"None of Al's honors went to his head," said Powers before a huge crowd of devoted rugby fans honoring the man who earned 76 caps with the Canadian national rugby team and remains involved as Rugby Canada's manager of player ada goodwill ambassador.

"He is a man filled with humility and is well respected not just for his play and commitment to the game around the world. He is one of the most esteemed rugby men of his generation."

Canadian women's rugby team coach Jen Boyd said she appreciated Al's interest in the growth of women's rugby ever since her team won a bronze medal at the Rio Olympics.

Responding Al spoke highly of his coaches at Hillcrest starting with his physical education teacher Rick Pollack, coaches Stu Rob-



inson and Dan Demarah. "Those men got me into rugby," he said.

Tributes were also paid to Al's wife, Annette, who was a sports star vancement, alumni relations and as at Hillcrest and went on to become a First Team All Canadian volleyball player at University of Ottawa. Their 13-year-old son Rylan, now at Vincent Massey Public School, hopes to follow in parental footsteps by attending Hillcrest next year.

Al, who early in his career played for the Ottawa Irish Rugby Club, was serenaded with the victory song, In Dublin's Fair City. He thanked organizers, among them Mark Labbay, Marco Piancenpini and James Moran.

Riverview Park Review writer John Jerome left this memorable evening happy after Al came over and gave him a Rugby Canada pin.





### **ALTA VISTA PUBLIC LIBRARY**

#### Feb. 2018/ FEVRIER 2018 March 2018/ Mars 2018

(Closed on Feb. 19 / Fermée le 19 février)

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.

# ■ Children's Programs/ Programmes pour enfants

#### **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 1

Mondays, Jan. 8 to Feb. 12, 10:30 a.m. to 11 a.m.

Les lundis du 8 janvier au 12 février de 10 h 30 à 11 h.

#### \*Session 2

Mondays, Mar. 26 to April 16, 10:30 a.m. to 11 a.m.

Les lundis du 26 mars au 16 avril de 10 h 30 à 11 h.

#### **Family Storytime**

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

#### \*Session 1

Tuesdays, Jan. 9 to Feb. 13, 10:30 a.m. to 11 a.m.

#### \*Session 2

Tuesdays, Mar. 27 to April 17, 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 1

Thursdays, Jan. 11 to Feb. 15, 10 30 a.m. to 11 a.m...

Les jeudis du 11 janvier au 15 février de 10 h30 à 11 h.

#### \*Session 2

Thursdays, Mar. 29 to April 19, 10:30 a.m. to 11 a.m.

Les jeudis du 29 mars au 19 avril de 10 h30 à 11 h.

#### ■ SPECIAL PROGRAMS / PROGRAMME SPECIAUX

Lego Block Party / Ca dé "bloc"

Create and build with Lego! Ages 6-12. No registration required. / Architectes en herbe, à vos Lego! Pour les 6 à 12 ans. Aucune inscription requise.

Wednesdays, Jan. 3 to June 27 from 5:30 p.m. to 7 p.m.

Les mercredis du 3 janvier au 27 juin de 17 h 30 à 19 h.

Friday, Feb. 16 from 2 p.m. to 4 p.m. Le vendredi 16 février de 14 h à 16 h.

#### Game On!/Àvos jeux!

Roll the dice, pick a suit or grab a nunchuk! Come play cards, board games or Wii with us! No registration required. / Joue aux dés, choisis ta couleur ou saisis un nunchuk. Viens jouer aux cartes, à un jeu de société ou au Wii avec nous. Aucune inscription requise. Friday, Jan. 26 from 2 p.m. to 4 p.m. Le vendredi 26 janvier de 14 h à 16 h. Saturdays, Jan. 6 to May 26 from 3:30 p.m. to 4:30 p.m. Les samedis du 6 janvier au 26 mai de 15 h 30 à 16 h 30.

# Reading Buddies / Copains de lecture

This program aims to help children practice and improve their reading skills! Children will receive individualized reading help and encouragement. Ages 6 to 12. Registration required. / Ce programme contribue au développement de la lecture chez les jeunes en favorisant l'accompagnement comme moyen privilégié d'apprentissage et de partage. Pour les 6 à 12 ans. Inscription requise.

#### \*Session 1

Saturdays, Jan. 13 to Feb. 17 from 12:30 p.m. to 3:30 p.m. Les samedis du 13 janvier au 17 février de 12 h 30 à 15 h 30.

#### \*Session 2

Saturdays, Mar. 31 to April 21 from 12:30 p.m. to 3:30 p.m. Les samedis du 31 mars au 21 avril

Les samedis du 31 mars au 21 avril de 12 h 30 à 15 h 30.

#### Valentine's Day Craft

Stories, crafts and activities. No registration required. Ages 4 to 6. / Histoires, artisanat et activités. Aucune inscription requise. Pour les 4 à 6 ans.

Wednesday, Feb. 14, 2 p.m. to 4 p.m. Le mercredi 14 février de 14 h à 16 h.

#### **Kids Book Club**

Come and talk about books, make new friends and enjoy fun activities! For ages 8 and up. Parents and/or caregivers are welcome to accompany their child. No registration required.

Monday, Feb. 26, 6 p.m. to 7 p.m. Monday, Mar. 26, 6 p.m. to 7 p.m.

# Special Game On! / A vos jeux et cinéma!

Animation and group activity for young and old alike. No registration required. / Cinéma d'animation et jeu pour les petits et grands.
Aucune inscription requise.

Saturday, Mar. 10, 3:30 p.m. to 4:30 p.m. Le samedi 10 mars de 15 h 30 à 16 h 30.

# ■ Mar. BREAK / CONGE DE MARS

#### Join the band /Rejoins l'orchestre

Raid the recycle bin to make your own musical instrument. Ages 4 to 6. Registration required./ Dévalise le bac à recyclage et crée ton propre instrument de musique. Pour les 4 à 6 ans. Inscription requise.

Monday, Mar. 12, 10:30 a.m. to 11:30

Monday, Mar. 12, 10:30 a.m. to 11:30 a.m.

Le lundi 12 mars de 10 h 30 à 11 h 30.

#### Science « sounds » like fun!

Join Scientists in School and discover the science behind sound! Learn how to modify sound by changing pitch and volume. Join our vibration orchestra and then make a musical instrument to take home and amaze your family with science of sound. Ages 6 to 12. Registration required.

Monday, Mar. 12, 2 p.m. to 3 p.m.

# Spunky monkeys /En avant la musique!

Come join us for stories that will make you want to sing and dance. Family program. No registration required. / Viens nous rejoindre pour des histoires et des chansons qui te donneront envie de chanter et danser. Pour toute la famille. Aucune inscription requise. Tuesday, Mar. 13, 10:30 a.m. to 11:30 a.m. Le mardi 13 mars de 10 h 30 à 11 h 30.

# Secret Sounds / Symphonie secrète

Listen and watch carefully to unlock a mystery. Ages 7 to 12. Registration required. / Ecoute et regarde attentivement pour dévoiler le mystère. Pour les 7 à 12 ans. Inscription requise.

Tuesday, Mar. 13, 2:30 p.m. to 3:30 p.m. Le mardi 13 mars de 14 h 30 à 15 h 30.

# Nature's orchestra /Mélodie sauvage

Explore the sounds of the wild. Ages 4 to 6 Registration required. / Explore les sons de la nature. Pour les 4 à 6 ans. Inscription requise. Wednesday, Mar. 14, 10:30 a.m. to II: 30 a.m.

Le mercredi 14 mars de 10 h 30 à 11 h 30.

#### Log driver lifestyle

Get in tune with the lifestyles of English and French lumber trade workers from 19th-century Canada. By learning the folk songs and delicate steps of the log drivers who travelled down the Ottawa River, you will get to know the physical and lyrical melodies of this way of live. You will also learn to play their own traditional wooden spoons that they will decorate and take home.

Ages 6 to 12. Registration required. In partnership with Billings Estage National Historic Site, one of the City of Ottawa's local historic sites. Wednesday, Mar. 14, 2 p.m. to 3 p.m.

# En avant la musique! / Spunky monkeys

Viens nous rejoindre pour des histoires et des chansons qui te donneront envie de chanter et danser. Pour toute la famille. Aucune inscription requise. / Come join us for stories that will make you want to sing and dance. Family program. No registration required.

Thurs., Mar. 15, 10:30 a.m. to 11:30 a.m. Le jeudi 15 mars de 10 h 30 à 11 h 30.

#### Feelin' groovy / Pousse la note

Take the stage and sing your heart out with library karaoke. Ages 7 to 12. Registration required. / La scène est à toi. chante à tue-tête au karaoé de la bibliothèque. Pour les 7 à 12 ans. Inscription requise.

Thursday, Mar. 15, 2:30 p.m. to 3:30 p.m. Le jeudi 15 mars de 14 h 30 à 15 h 30.

# "Scene" at the library / Silence, on écoute!

Watch your favorite children books come to life. All ages. Registration required./ Regarde tes livres favoris prendre vie. All ages. Inscription requise. Fri., Mar. 16, 2:30 p.m. to 4:30 p.m. Le vendredi 16 mars de 14 h 30 à 16 h 30.

Registration for all programs requires a valid OPL library card for each registrant. / Toutes les personnes qui souhaitent s'inscrire à des programmes doivent être titulaires d'une carte valide de la BPO. Registration for Jan. 2018 children's programs starts on Jan. 3rd./L'inscription des programmes pour enfants pour janvier débute le 3 janvier./Registration for children's Mar. Break programs starts on Feb. 14. / L'inscription des programmes pour enfants du Congé de mars débute le 14 février.

#### ■ ADULT PROGRAMS

#### **BOOK CLUBS**

#### **Book Banter**

Share the enjoyment of good books in a relaxed atmosphere. Join us for discussions on the first Thursday of every month from 2 to 3 p.m.

Thursday, Feb. 1, 2018

Galore by Michael Crummey

Thursday, Mar. 1, 2018

Left Neglected by Lisa Genova

Thursday, April 5, 2018

News of the World by Paulette Jiles

#### Sleuth Hounds Mystery Book Club

Share the enjoyment of good mysteries in a relaxed atmosphere. Join us for discussions on the third Thursday of every month 6:30 - 8 p.m. Thursday, Feb. 15, 2018 - Jo Nesbo -Harry Hole series

CONTINUED ON NEXT PAGE

### **ALTA VISTA PUBLIC LIBRARY**

Thursday, Mar. 15, 2018 – Sujata Massey – Rei Shimura series. Thursday, April 19, 2018 - Title TBD

#### Infusions littéraires

Partagez avec nous le plaisir des livres dans une ambiance détendue. Joignez-vous à nous pour une discussion. De 14h00 à 15h00. Le lundi 26 février, 2018 Artéfact par Carl Leblanc Le lundi 19 mars, 2018 Chanson douce par Leïla Slimani.

Le lundi 16 avril, 2018 Faire un rapport d'un extrait d'un des livres par Serge Bouchard

# ■ Conversation Groups / Groups de Conversation

#### \*Groupe de conversation en français – débutant / French Conversation Group – beginner

Améliorez votre français parlé et rencontrez des gens dans une ambiance conviviale et décontractée. Aucune inscription requise./ Practice your French language conversation skills and meet new friends in a relaxed and friendly environment. No registration required.

Mondays, Jan. 8 – June 18, 4:45 – 6 p.m.

Les lundis 8 janvier au 18 juin de 16h45 à 18h

Closed Feb. 19th and April 2nd / Fermé le 19 février et le 2 avril

#### \*Groupe de conversation en français (intermédiaire) / French Conversation Group (intermediate)

Improve your spoken French in a relaxed setting. This group is for those at an intermediate level. No registration required. / Améliorez votre français parlé dans une ambiance décontractée. Ce groupe est de niveau intermédiaire. Aucune inscription requise.

Tuesdays, Jan. 9 – June 19, 6:30 – 8 p.m.

Les mardis 9 janvier au 19 juin de 18h30 à 20h

#### \*English Conversation Group (Monday) / Groupe de conversation anglais (lundi)

Practice your English language conversation skills and meet new friends in a relaxed and friendly environment. No registration required. / Améliorez votre anglais parlé et rencontrez des gens dans un milieu décontracté. Aucune inscription requise.

Mondays, Jan. 8 – June 11, 6 to 7:30 p.m.

Les lundis 8 janvier au 11 juin de 18h à 19h30

Closed Feb. 19th and April 2nd / Fermé le 19 février et le 2 avril

#### **■ Adult Programs**

# Improving Income in Retirement

Are you a middle income earner? Are you approaching retirement?

This presentation is an overview of the income sources available to Canadians during retirement. It will highlight important considerations that affect retirement income. In particular, recent government changes to CPP and Old Age Security and the move toward defined contribution plans by corporations are discussed. Learn how proactive planning can help improve after tax income. Presented in partnership with Elie Fakhouri, Chartered Financial Analyst. Elie specializes in tax planning and retirement strategy.

Wednesday, Feb. 21st, 6:30pm – 8 pm. Registration required.

#### **Downsizing**

Downsizing is a very personal journey that can stem from a desire to simplify and enjoy life more fully, or a more pressing need to move on as a result of life changing events, whether your own or someone else's. Join Susan Sowah, of BuyHerself and Houses&Co, to examine various aspects of downsizing. The financial side (the current market, renting vs owning, the effect of baby boomers on Ottawa real estate) and tactics for how to get unencumbered from possessions that can hold people in place. We address how best to begin dealing with a lifetime of possessions or selling the family home. Moving to a more manageable space is easier when we can envision the future and weigh all options to decide what's important. Learn about tips, experts and resources that help.

Wednesday, Mar. 7th, 6:30pm to 8pm. Registration required.

#### ■ Health

#### Prenatal Classes - Ottawa Public Health

Prenatal Class offered by Ottawa Public Health (OPH). A public health nurse will lead this mini-series of three small group sessions. Only one parent must register but both are welcome.

#### Session 1. Birth Basics-Confidence & Comfort. Session 2: Breastfeeding Basics-Tips & Techniques. Session 3: Baby Basics-Preparing for Parenthood.

Thursday, Feb. 1, 8, 22; 6:00- 8 p.m. Saturdays, Feb. 10, 17, 24; 10:15 a.m. -12:15 p.m.

Thursday, Mar. 1, 8, 22; 6:00- 8 p.m. Saturdays, Mar. 10, 17, 24; 10:15 a.m. -12:15 p.m.

Thursday, April 5, 12, 26; 6:00-8

Saturdays, April 14, 21, 28; 10:15 a.m. -12:15 p.m.

Registration for all programs requires a valid OPL library card for each registrant. / Toutes les personnes qui souhaitent s'inscrire à des programmes doivent être titulaires d'une carte valide de la BPO.

## **ELMVALE ACRES PUBLIC LIBRARY**

# Programs at the Elmvale Acres Branch 1910 St Laurent Blvd. February 2018 – March 2018

# ■ CHILDREN'S PROGRAMS:

#### Bilingual Family Storytime / Contes en famille bilingue

Thursday – 10:15 am
Jeudi – 10h15
Feb 1, 8, 15, 22
Mar 1, 8, 22, 29
Stories, rhymes and songs for children of all ages and a parent or caregiver. Drop-in program. / Contes, comptines et chansons pour les enfants de tous âges et un parent ou gardien. Programme portes ouvertes.

#### **Family Storytime**

Wednesday – 10:15 am
Feb 7, 14, 21, 28
Mar 21, 28
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 Feb 1, 8, 15, 22 Mar 1, 22, 29 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.

# ■ March Break Programs:

#### Lego® Block Party / Ca dé « bloc »

Monday March 12th – 10:30 am Lundi le 12 mars – 10h30 Create and build with Lego®! Family drop-in program. / Architectes en herbe, à vos Lego®! Programme portes ouvertes pour toute la famille

# Jewellery Workshop! / Atelier de bijoux!

Monday March 12th – 2:30 pm Lundi le 12 mars – 14h30 Make jewellery! Ages 10-14. / Fabriquez vos propres bijoux! Pour les 10 à 14 ans.

# **Sound, Emotion, Movement and Your Brain**

Tuesday March 13th – 10:30 am Learn why the fiddle was important for Nepean's early Irish immigrants through music and dance. Irish immigrants to Nepean brought their music and dances with them. The fiddle could be played in different ways to make different sounds, for different dances, and to evoke different memories and emotions. Ages 5 – 10. Register online.

# **Secret Sounds / Symphonie secrete**

Tuesday March 13th – 2:30 pm Mardi le 13 mars – 14h30 Listen and watch carefully to unlock a mystery. Ages 7-12. Drop in program. / Écoute et regarde attentivement pour dévoiler le mystère. Pour les 7 à 12 ans. Programme portes ouvertes.

# Hop, skip and jump / Mène la danse

Wednesday March 14th – 10:30 am Mercredi le 14 mars – 10h30 Move your body, tell a story. Ages 4-6. Drop-in program / Agite-toi, remue-toi! Raconte une histoire en bougeant. Pour les 4 à 6 ans. Programme portes ouvertes.

#### Feel the Heartbeat

Wednesday March 14th – 2:00pm Explore First Nations culture through their strong connection to Mother Earth. This interactive workshop includes an opportunity to play horn rattles, as well as learn social and stomp dances. Ages 4 – 12. Register online.

# Discover the Ukulele / Découvre le Ukulélé

Thursday March 15th – 10:30 am Jeudi le 15 mars – 10h30 Come discover the ukulele and learn a song! The instrumentalist Joel Jacques will teach you how to hold it, how to play 2 or 3 easy chords and how to accompany easy songs. Ages 7-12. Registration online. / Viens découvrir l'ukulélé et apprends à jouer une chanson! Le musicien Joël Jacques t'enseignera comment le tenir, comment jouer des accords faciles et comment s'accompagner sur des chansons biens connues. Pour les 7 à 12 ans. S'inscrire en ligne.

#### Feelin' Groovy / Pousse la note

Thursday March 15th – 2:30 pm Jeudi le 15 mars – 14h30 Take the stage and sing your heart out with library karaoke. Ages 7-12. Drop-in program. / La scène est à toi, chante à tue-tête au karaoké de la bibliothèque. Pour les 7 à 12 ans. Programme portes ouvertes.

#### Game On! / 1,2,3... Au jeu!

Friday March 16th – 2:00 pm Vendredi le 16 mars – 14h Play card games, board games or CONTINUED ON PAGE 45

### THE PLANNING AND DEVELOPMENT UPDATE

he Riverview Park Com-Association munity (RPCA) tracks local developments, most notably the status newly-opened Hospital Link of the Alta Vista Transportation Corridor (AVTC) Hospital Link road between Riverside Drive and the Ottawa Hospital Ring Road, developments related to the Light Rail (LRT) project, activity in the Trainyards, traffic congestion, and increasing infrastructure for pedestrians and cyclist, including a potential overpass between the Via Train Station/Tremblay LRT and Terminal Avenue. A new issue is the proposed 5-storey Dymon Storage Facility at 851 Industrial. Details on issues of interest to the RPCA and Riverview Park residents include the following items:

#### **Alta Vista Transportation** Corredor (AVTC) - Hospital

The AVTC- Hospital Link has now been completed and open for service in mid- December with little fanfare. The RPCA is monitoring the new road and any complaints or concerns that residents may have as a result of the new traffic patterns.

To date, there have been numerous concerns received from residents about illegal turns and (particularly right turns onto northbound Alta Vista Drive), confusing signage at the westbound intersection with Alta Vista Drive, the 60km speed limit on the AVTC east of Alta Vista Drive being too high for road that is "residential in nature, similar to a local city street," as described on the City website and newsletter on the AVTC. Residents have also observed increased traffic congestion along Alta Vista Drive as well as rat infestation from AVTC construction. The RPCA has suggested clearer signage, traffic enforcement, and lowering about incremental increases in the speed limit to 50km on the traffic congestion and about light section of the AVTC east of Alta Vista (to and from the Hospital Ring Road)

Landscaping (including additional work on the beams in the Corridor that form the new lower sledding hill) is scheduled in 2018. The last layer of asphalt will be added in the spring along with the green thermoplastics pavement markings at the intersection with Alta Vista Drive. The RPCA has not yet received a response to its request to the City for details about what contingency plans are in place to deal with future flooding events in low lying areas (like the railroad underpass).



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

#### **Proposal for Five-Storey Dymon Storage Facility at 851 Industrial Avenue**

The RPCA has now had a chance to review and provide formal comments on a proposed five-storey (22.3-metre) Dymon Storage facility at 851 Industrial Avenue, opposite the NAPA parts store and to the east of the OC Bus Storage Facility (the present site of Budget Car and Truck Rentals) - it would be the largest Dymon building in Ottawa.

RPCA Board members recently met with Councillor Cloutier and City staff to express opposition to several aspects of the proposal, including the height, adding retail use, potential light pollution and the zoning precedent it would set for Industrial Avenue. The RPCA also asked staff to provide additional information on the proposal and rationale.

At 5 stories (22.3 metres), the proposed structure is considerably higher than other building along Industrial Avenue and from a planning perspective, is definitely out of context in the local area. The applicant has not put forward any justification for the requirement for extra height which requires a zoning change. Additionally there are concerns it might set a precedent with future projects and lead to a "canyon effect" along Industrial Avenue. Retail space is not permitted under the current zoning and there are questions about what type of retail is envisioned given the existing level of nearby retail in the Trainyards complex and other malls. There are also concerns pollution from signage at the top of Dymon building.

This proposal is slated to go to the City's Planning Committee on February 27. Meanwhile, the planning consultant for Dymon has been invited to the February 2018 RPCA Board meeting.

#### Pedestrian and Cycling Connections

The RPCA and several other community associations continue to push for the City to be more proactive in seeking funding from other government levels to construct an overpass between Terminal Avenue and the Via Station. The \$6.3 million Westerly option is an excellent candidate for tri-partite infrastructure funding, especially since the City ranked the Tremblay LRT station (near the Via Station and the proposed northern terminus of the overpass) least pedestrian and cyclist friendly stop on the new Confederation Line This project would help provide an active transportation route between the soonto-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 northern 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.

Both MP David McGuinty and Provincial MPP John Fraser have expressed interest in the proposed overpass which has received support from Ottawa Champions President David Gurley and several other Community Associations (on both sides of Highway 417). Councillor Cloutier has confirmed that a study in 2018 will examine more closely overpass bridge location options, connections, crossing alignments and costing.

#### Trainyards Developments/Industrial Avenue/Tree Planting along Coronation Blvd.

Three buildings are under construction on the Industrial Avenue site across from the signalized entrance to Farm Boy/LCBO where the RPCA has asked the City to install an advance left green light to improve traffic flow. The structures are: (1) At 650 Industrial, right at the signalized intersection, Figaro Coffee, which will have various coffees and pastries is expected to open in February 2018; (2) At 610 Industrial, Nordstrom Rack will take possession in early 2018, and is expected to open by mid-2018; and (3) At 590 Industrial is a multi-tenant retail store, whose occupants have not yet been announced.

A sidewalk, trees, grass and some planting beds are to be installed on the South side of Industrial Avenue, near this parcel of land. A multi-use pathway is also being built along the frontage of the property. In addition, some tree planting has taken place along the South property line (along Cor-

onation Boulevard). The new pedestrian connection between Coronation and Industrial (behind the former 628 Industrial site) is essentially complete, but construction and public safety concerns need to be "all clear" before it can be opened.

The City of Ottawa 2018 Budget also includes cyclist improvements along Trainyards Drive as well as a pedestrian facility for Industrial Avenue and Neighbourhood Way.

The RPCA has asked whether the work at the intersection of Neighbourhood Way and Industrial Avenue could include adding a right-turn lane onto Industrial to promote traffic flow and reduce cars using Coronation Blvd. as a cut-through Meanwhile, an application has been submitted to the city for the multi-family residential part of a development mostly on the site of the warehouse and cross dock building at 1435 Sanford Fleming Drive that is currently under demolition. The target for beginning construction is mid-2018

As this article went to press, there was still no tenant identified for the now-completed office building at 405 Terminal Avenue, though Trainyards officials are speaking with several potential occupants.

#### **Light Rail Construction Proj** ect Update

The actual testing of trains between Blair and University of Ottawa stations (including across the Rideau River Bridge) has recently begun. While the Multi-use Path (MUP) connection over the Rideau River Bridge is currently scheduled to remain closed until revenue service begins in 2018, the City continues to monitor for any opportunities to re-open earlier. The RPCA and the Old Ottawa East Community Association are among the groups continuing to push asking that the re-opening be expedited, especially since safety barriers and fences along the LRT line on the Bridge are already in place.

The RPCA has also raised concerns that the two-lane bus-only road link between the Via Train Tracks and Hurdman bus loop is too narrow and should be widened. Otherwise, there could be congestion and back-ups if a bus breaks down on this road section.

#### **Sewer and Flooding Problems**

The RPCA has contacted Councillor Cloutier to follow the lead taken by the Elmvale Acres Community Association (EACA) President Kevin Kit who met with city staff this fall to discuss the Octo-

**CONTINUED ON PAGE 45** 

# Soup is served!

by Albert Lozier

t is quite possible that a new tradition was born on November 19, 2017, in L Nativité-de-Notre-Seigneur-Jésus-Christ Parish, a neighborhood Catholic community for French-speaking citizens. As we became aware that Pope Francis had established a World Day of the Poor to be held every November, some of us wondered if it was a good time to engage our parishioners in yet another event directed to helping the poor.

We always have a special collection called la Guignolée in early December. This is our main event to help gather funds to supplement the food delivered by the Ottawa Food Bank to the community food bank hosted in our church basement.

Times have changed... The need for a food bank is greater than ever, but the volunteer fundraisers who used to make apple pies and tourtières to sell and who would serve a traditional Christmas parish supper and hold rummage sales have grown older and can't manage the hard work involved. Just the same, the fire is still there, and money comes in as needed. For example, a couple has started a personal bottle drive and, in 2017, they have collected bottles to the tune of more than a \$1,000. The Knights of Columbus are generous financial partners. The Sisters of the Sacred Heart of Jesus congregation who live in our parish since 1989 have been the heart and hands of our food bank and our ministry to people in need.

We thought that having a **World Day of the Poor** at that time of the year might not be wise. We decided just the same to have a simple meal



(for a donation of 10 \$ or more) after our Sunday mass on November 19, the date of the first World Day of the Poor. Six parishioners each brought in a kettle of homemade soup and we also served bread and cheese. Some who could not attend also donated. The focus of Pope Francis's message establishing this special Day is clear: "I invite the whole Church, and men and women of good will everywhere, to turn their gaze on this day to all those who stretch out their hands and plead for our help and solidarity."

As we drive or walk in our fair city, especially near Centertown, we often cross paths with homeless people who beg for help. We do not will again be serving soup after Sunday Mass.

know how to interact with them (feelings of fear, repulsion, suspicion may rise in our hearts). The pope invites us to "create moments of encounter and friendship, solidarity and concrete assistance."

We certainly didn't manage to rise to this level of personal involvement, but we chose the Shepherds of Good Hope Foundation as the beneficiary of our small event, and we managed to send them a donation of 750 \$. We received a nice letter of appreciation, but the main benefit is that our awareness of the needs of homeless people was raised a bit.

Chances are that on November 18, 2018, we

### **ELMVALE ACRES PUBLIC LIBRARY, cont.**

#### **CONTINUED FROM PAGE 43**

Wii games at the Library. Ages 7-12 Drop-in program. / Viens jouer aux cartes, à des jeux de société ou à la Wii à la Bibliothèque. Pour les 7 à 12 ans. Programme portes ouvertes.

#### ADULT **PROGRAMS:**

Mystery Book Club - Monday Nights are Murder Mondays - 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. February 5th featuring Charles Todd's Inspector Rutledge series. March 5th featuring Alan Furst's Midnight in Europe.

#### **English Conversation Circle** / Groupe de conversation en anglais

Tuesday – 7pm Feb 6, 13, 20, 27 Mar 6, 13, 20, 27 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.

# Who's the Boss - you or your

Thursday Feb 8th – 6:15 Take your photography to the next level by getting your camera off "Auto" to achieve the creative effects you want. Learn how to tell your camera to capture what you see - don't let it decide for you. Topics covered will include an understanding of aperture, shutter speed and ISO which can be applied to any camera that has a dial for selecting exposure settings. Register online.

# THE PLANNING AND DEVELOPMENT UPDATE, cont.

#### **CONTINUED FROM PAGE 44**

ber 30th flooding in Elmvale Acres and surrounding area. EACA was told that areas where the sewers may have damage, partial blockages, or insufficient slope (which can lead to flow problems) may have contributed to sewer backups & flooded basements.

In this vein, the City told the EACA that they attempt to conduct regular inspections & cleaning of the sewers - approximately once every 5 years. EACA has

request the maintenance records pertaining to the areas that were affected by the flooding - a particularly the dates of any and all inspections conducted (specifically within the last 15 years) as well as all pertinent information on any problems or issues that were identified. The RPCA is considering following suit.

Hydro One Overbrook to Riverview (Balena Park) Transmission Line Upgrade

Hydro One estimates that corridor restoration in Riverview Park should be completed by spring 2018 with the planned in-service date of the overall project in spring

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.

For more information on this and other activities in Riverview Park, please see the RPCA website at www.RiverviewPark.ca. The contact email for RPCA is info@riverviewpark

### **COMMUNITY BULLETIN BOARD**

# Rideau Park United Church

2203 Alta Vista Drive, Activities and Events, February-March 2017

For more information on these activities, please call the church office at 613-733-3156 x229 (Mon-Fri 9am-4pm) or www.rideaupark.ca

50+ Exercise Group: Tuesdays & Thursdays, 9am-10am, throughout Feb. & Mar. All levels of fitness (men & women) are supported by Faiza, our Seniors' Fitness Instructor. Spring session to follow, starting Mar. 20th. More info, call Lisa Sadler at 613-523-9101.

Gentle Yoga: Wednesdays, 5:30-6:30pm -OR- Fridays, 9am-10am throughout Feb. & Mar. Certified instructor, Lynda Spalding, will lead beginner to advanced students in a gentle flow mat class. Spring session to follow, starting Mar. 21st. More info, call Lynda at 613-422-3565.

Valentine Coffee Party, Thurs. Feb. 8th, 9:30-11:30am. Enjoy coffee, tea and fruit breads while choosing from the Bake Table, perusing the Potpourri Table and checking out the quilts. Children welcome. Freewill offering accepted at the door.

**Shrove Tuesday Pancake Sup**per, Tues. Feb. 13th, starting at 5:30pm, hosted by the 28th Ottawa Scouts, with a menu of pancakes, sausages, veggies, and dessert. Tickets - Adults: \$8. Children: \$5., available on Sundays after the service (11am), at the church office (M-F 9-4), and at the door.

**Winter Dinner,** Friday Feb. 23rd: Join us for a delicious dinner of chicken cordon bleu, rice pilaf and vegetables followed by dessert. Two sittings: 5pm and 6:30pm. Tickets available on Sundays after the service (11am), or from the church office (M-F 9-4). Adults: \$20., Children 6-12 years: \$10., Children 5 & under: free.

"Winter Dreams," a short concert of classical music, on Sun. Feb. 25th, 4pm, performed by Andrew Ager, organist and guest soloists. All welcome. Freewill donation.

> The Harmony Club for Seniors 60+ meets on Wed. Feb. 28th. Lunch at 12 noon (\$6., register at church office by Feb 26). Wed., Feb 28th From 1-2pm, John & Nancy Durkee, members of the congregation, will speak about their extended trips to Australia & New Zealand. On Mar. 28th, From 1-2pm, Lynn Sherwood will speak about the services provided & the challenges faced by the Heron Road Emergency Food Centre. All seniors welcome.

#### ■ St. Thomas the Apostle Anglican' Church

2345 Alta Vista Drive (by firehall)

**Annual Pancake Sup-**

**per** on Shrove Tuesday, February 13. Two sittings at 5 pm and 6 pm. Pancakes (including gluten free), sausages, ham, beans, ice cream. Adults \$12, children \$6, ages 3 and under free. Tickets available at the office weekday mornings. 613-733-0336.

# ■ St. Aidan's Anglican Church

934 Hamlet Rd.

(near Smyth and St. Laurent), Annual Pancake and Sausage Supper on Tuesday February 13, from 5:00 p.m. to 6:30 p.m. Tickets are \$10.00 for adults and \$5.00 for children under 12, and may be purchased from the church office at (613) 733-0102 or by email from staidans@bellnet.ca. Gluten-free pancakes and sausages are available.

#### **■** Friends of the Farm

January 2018 - several books now available for purchase highlighting Ottawa's Farm, Ornamental Gardens, and Arboretum at the Central Experimental Farm. By local authors, they are for anyone who loves gardens and flowers, as well as a treat for those interested in Canadian horticultural history. Available at friendsofthefarm.ca and local bookstores.

April 10 & 24, May 8 & 22: Master Gardener Lectures from 7 to 9pm. April 10: "Gardening with Wildlife" with Rebecca Last. Learn plant and garden design to create a wildlife-friendly garden. April 24: "Flowers and Vegetables " with Judith Cox. Add beauty to your vegetable garden and reap the rewards. May 8: "Unusual Edibles" with Esther Bryan. Come and learn about all sorts of weird and wonderful edibles. May 22: "A Garden for the Bees" with Julianne Labreche. Learn how to attract bees and why they are necessary for pollination. 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-2018/

**April 18 Annual General Meet**ing 7 to 9 pm. Public welcome, membership not required. Free event. Guest speaker is Dr. Paul Villeneuve, presenting "Environmental Impacts of the Farm." Meeting and presentation at K.W. Neatby Bldg with free parking. Registration is required friendsofthefarm. ca/event/annual-general-meeting-2018/ 613-230-3276

#### ■ Pacesetters:

Did you have a New Year's resolution to GET FIT? If so, come and join others walking the mall at Billings Bridge Shopping Centre. The Pacesetters Club, located in the basement of the Tower at the

northwest corner, welcomes new members. Also, knitting for charity, puzzles, social gathering. Open from 7:30 to 10 am. Call 613-521-6740 during open hours for information.

# ■ 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.

#### ■ Emmanuel United Church

691 Smyth Road:

Messy Church is about all ages coming together. February 24, March 24 and May 5., 5:00-7:00 pm Our Messy church includes a meal, games, activities, stories and an interactive worship. Call 613-733-0437 if you need more information or go to www.emmanuelunited.ca.

Shrove Tuesday Pancake Dinner, February 13, 2018, 5:00-pm-7:00pm, Tickets: \$10 adults, \$5 kids (under 8), For information: 613-733-

**Ash Wednesday Service**, February 14, 7:00 pm-7:30pm

#### Art Lending of **Ottawa**

March Show will be held at the R.A. Centre (Outaouais Room), 2451 Riverside Drive (east entrance) on Saturday, March 3rd. from 10:00 am to 5:00pm. With the ALO one may purchase, lease, and lease to purchase quality fine art from local artists. Visit www. artlendingofottawa.ca to find further Art Lending details and to visit the artist's gallery to enjoy some displayed work. Artists will only be able to hang a limited number of paintings or photographs at the o3 March art show. If you see a painting or photograph in our online gallery that you would like to rent or purchase, you can arrange pick-up at the 03 March art show by submitting a request form. Requests for art pick-up at the March art show can be submitted 15 January - 28 February 2018.

#### ■ Oakpark Retirement Community,

2 Valour Dr. Ottawa, 613-260-7144. Oakpark Morning Concert Series, Thursday mornings, 10:30 -11:30: February 8th, 2018- Rachel Eugster, soprano; Andrew Mah, classical guitar - "Songs from the Heart". March 8th, 2018- Dazzling Duets: Claudia Cashin-Mack and Sonja Deunsch Plourde. Works by Debussy, Faure, Williams, Copland and more. RSVP Please.



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

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



# **Balena Park Pet Memorial**

Commemorate the life of your best friend – your pet! For details visit the RPCA Website, or call 613-523-4339





Support the Canadian Guide Dogs for the Blind by purchasing a brick engraved with your pet's name.



#### **DEAR FRAN**



# FRAN DENNETT dearfrangardener@gmail.com Delphinium — Little Dolphin

by Fran Dennett

elphiniums are members of the Ranunculaceae family, and the genus has approximately 300 species with about 100 of them being important to gardeners. This flower received it name from the Greek word delphis meaning dolphin, and another source says that the flower spur resembles the forked tail of the lark, hence larkspur. These hardy perennials are native to the Northern Temperate Hemisphere, with a few scattered in the high altitudes of Africa. The species range in height from dwarf alpines to giants in the eight-foot range. Shades of blue is the common flower colour with red and yellow also represented, but the real colour ranges is reserved for the hybrids—all shades of blue, reds, pinks, white, purples and bicolors.

Under Arthur R. Buckley's curatorship at the Experimental Farm, delphinium species as well as the European and American hybrids were grown, tested and evaluated. The following information on species delphiniums is from Buckley's Canadian Garden Perennials (1977) (A must have reference on perennials, if you can find it!).

Delphinium elatum (common delphinium) Buckley feels that due to its long and obscure history, the true species is only in cultivation as a parent of the modern hybrid delphiniums. The species flower is a simple raceme, branched at the base. The lower petals are blue with the upper petals brownish violet, two-lobed with a yellow beard and long spurred sepals. Native to woodland margins and riverbanks of Southern and Central Europe to Siberia.

D. formosum (showy larkspur) is native to Turkey and about 2 1/2 feet high with light blue flowers that bloom in June-July. D. formosum is a good source of nectar for pollinators.

D. grandiflorum (Siberian or Chinese or butterfly delphinium) varies from 1-3 feet high, with blue or white flowers that bloom in June and have finely cut leaves. It is short-lived but has a long blooming period. It is easy to grow from seed and often blooms the first year. Cultivars: 'Blue or White Butter-



fly', 'Blue Mirror', 'Blue Gem' and 'Azure Fairy'.

D. menziesii, is native to British Columbia and has dark blue flowers that bloom in June-July. It is about 8" high and has tuberous roots. The tuber dries completely after flowering. It is poisonous to cattle as it is found on rangeland.

D. nudicaule (red larkspur) is a short-lived dwarf (about 12" high) perennial with orange-scarlet flowers that bloom in June-July. It is native to California and Oregon and probably best grown as an annual in Canadian zone 5a.

D. tatsiensense is a dwarf (about 18" high) oriental species from Szechuan with blue or white flowers that bloom in June-July. It is considered to be one of the best delphiniums for rock gardens. Seed are usually available from rock garden societies or seed companies.

**D. semibarbatum** (D.zalil), another tuberous type delphinium from Asia. The sulfur yellow flowers bloom in mid-summer on 2-3' high plants. These blooms are used to make a yellow dye to dye silk. If you find seed of this species grab them, as they are hard to find. I grew this delphinium for years Knight', known as the Round Ta- delphiniums in your garden. but once it died I was never able to ble series. find seed again.

Then there are the hybrids based on their parentage, such as Belladonna group, Connecticut Yankees, Elatum group and the Pacific Giants.

#### Belladonna Group (D. elatum x D. grandiflorum)

This hardy (zone 3) cultivars are of the tuberous types 3-4' high with open-branched blue flowers on short stems. This hybrid is only propagated vegetatively by stem cuttings in the spring. They are a good cut flower and a great foil for peonies because of their long blooming season. Cultivars: 'Blue Bees', 'Capri', 'Pink Sensation'.

#### **Connecticut Yankee Group**

This is a hardy American bred group (zone 3) with blue, red, pink or purple flowers, is good for cutting and considered a short-lived perennial in your garden.

#### **Elatum Group**

This group's main parent is D. elatum and that have tightly packed large flowers on tall stems that need staking. Breeders in Europe and USA developed different cultivars. The European hybrids are clonal types (zone 3) and do not come true from their seed. The American hybrids, because of intense seed selection, usually come true from their own seeds. Use your own freshly collected seed to start new plants.

Elatum Group Cultivars: 'Gillan Dallas', 'Mighty Atom', 'Sung-

European cultivars: 'Ann Page', 'Arcadia', 'Silver Moon'.

#### **Pacific Giants**

These very tall delphinium were bred for growing in California and really should not be hardy here which explains why some gardeners cannot keep these spectacular flowers over winter or at best a few seasons. The bonus is they come true from their seed, so collect seed to replace plants every few years. Sometimes the seed you collect and grow yourself produces superior plants that live longer in this zone.

Cultivars: 'Galahad',

Consolida ajacis (annual larkspur, formerly D. ajacis)

The annual common larkspur which botanists feel constitute its own genus with around 40 species, was reclassified. In the Middle Ages it was believed that larkspur

helped blood clotting (consolidate), hence Consolida as the genus name. The name larkspur comes from the nectar spur at the back of the flower only seen from the back. Again the original colour was blue but now breeders produce tall and short cultivars in pink, white and purple and with double flowers.

In general, annual and perennial delphiniums like sun and rich welldrained soil. Buckley recommends keeping old clumps (should you be so lucky to have one) to 5-7 strong stems, by removing the weak stems. Delphiniums are heavy feeders and respond well to a fertilizer with a high middle number just before the buds start showing colour. When the blooms fade remove the flower stem to the first leaves, and they may rebloom in the fall. Also remove any yellow/brown leaves on the lower stems as this increases air circulation and helps reduce mildew. Delphinium seeds are easy germinators, but only use fresh seed as they lose viability after about one year.

Earwigs are the main pest of delphiniums.

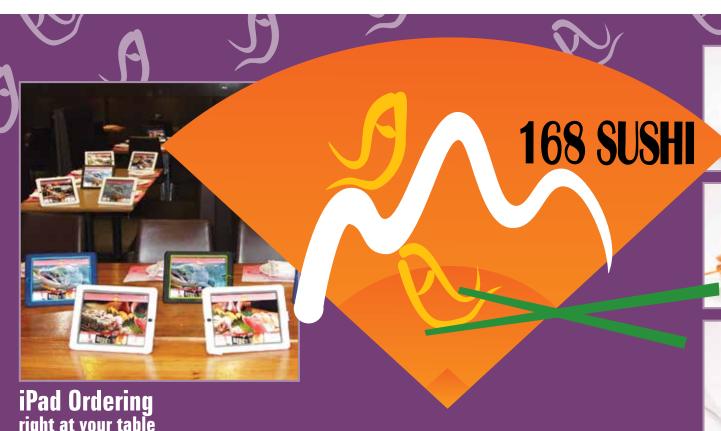
The Pacific Giant Delphiniums are truly majestic when grown well. They do need a support similar to a giant peony ring. I learned this the hard way when a windstorm flattened my large blooming clump. I was heart broken. A friend made a tall support from old copper tubing that works perfectly.

As always, I hope you find this 'Black information helpful and plan to try

#### **References:**

Ontario Delphinium Club www.ondelphiniums.com/ "Canadian Garden Perennials", A.R. Buckley, 1977, ISBN 0-919654-78-9. "Botanica", Raincoast Books, Canada, 1998,

- Master Gardeners of Ottawa-Carleton (MGOC) check our website for gardening information http://mgottawa.mgoi.ca.
- To receive TROWEL TALK, our free monthly electronic gardening newsletter, contact: <troweltalkeditor@rogers.com> to be added to the list.
- Check out THE EDIBLE GARDEN, a monthly online guide for those who wish to grow their own food.
- Phone Help Line: 613-236-0034, Wednesday and Thursday only, 1-3pm. Year round.
- Email Help Line: mgoc\_helpline@yahoo.ca







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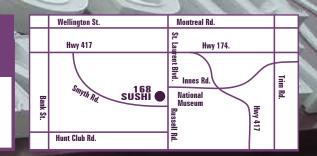
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