

JUNE 2018

A Voice of Riverview Park

JULY 2018

Will our new LRT be this good?

by Geoff Radnor

Sitting in my seat in an almost empty train early on a recent Sunday morning, slowly and silently I started to move. My train was leaving on a trip from a capital city in Europe on its three hour trip to another city in another country. It was due to depart at 8:12 am, and it did, exactly to the minute. I had ordered and paid for my ticket on line here in Canada, and was instructed to pick up my ticket at the station prior to boarding. Having found the railway service desk, my two tickets were in my hand in seconds, they were for a trip there and back in one day. I was advised by email a week in advance that the journey would take about 30 minutes less than originally planned as the train was to be diverted onto

CONTINUED ON PAGE 11



One of our new trains going under the Belfast Road Bridge on a training run, May 8th 2018. The train is heading east; there is Tremblay Road on the left and the Queensway on the right. PHOTO: JAMES RADNOR



Hi, I'm Dalia!

I am a Grade 5 student at Riverview Alternative. I love to write and to socialize with my friends. Speaking of writing, I would like to tell you about my school and what we have been doing. This school year, students at The River were able to choose their mascot to represent our school. The students voted between the otter, the fox, the owl and the wolf, with the wolf becoming our official school mascot! Soon, the teachers developed the idea of "Howl Abouts". Howl Abouts are certificates given to students for showing lead-

ership, teamwork and treating others with respect and kindness. When a student gets a Howl About, their name and what they are recognized for is put on the morning announcements and as well as being displayed on the bulletin board for students and parents to see. For fun and learning, our teachers organize River Electives. Students can pick out different activities for an afternoon of fun, cooperation and teamwork with our peers. Here are some of the things we did:

- Physical Fitness

CONTINUED ON PAGE 17



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VINCENT MASSEY PUBLIC SCHOOL

by Sofian Tarfas, Anthony Gellatly,
Sam Rayment
Photos by Thomas Cormier and Greg
McKean (Teacher).

Beginning in May, Goals4SOLEs launched one of its main initiatives: A STEM-based program (Science, Technology, Engineering and Math.), laden with exciting activities and problem solving possibilities, targeted at children ages 6-10 in the Russell Heights community. The first session educated participants about architecture, along with concepts such as loads, sheer and structural efficiency. Then, they applied this knowledge in a competitive challenge, where teams of 5 would engineer towers out of marshmallows and pasta. The program was exciting with many successful towers built.

After their first major success in running the program, the group began implementing the second stage of the STEM unit – Clothespin Catapults. Participants were exposed to a series of scientific topics, including kinetic and potential energy, as well as the effects of gravity on structures. With the mentorship and oversight of a team of 4 students, a total of 20 individuals from the community took part in the project-and were able to cre-

Goals4SOLEs



ate unique and effective structures, the complexity of which impressed both the team and the participating individuals.

This hard work of Goals4SOLEs attracted the help of many-including John Fraser, MPP, The Honor-

able Mayorship Jim Watson, and City Councillor Jean Cloutier. They maintained interest in the projects, meeting with the students and offering support for the community based initiative.

Goals4SOLEs launched their third annual Bike tune up Day on May 17, geared at upgrading the state of neighborhood bicycles. Students who attended bike training sessions, worked on tuning up a steady stream of community donated bikes. The event was well attended and very successful, with the team working on over 50 bikes. A huge thank you to Andrew Dowd, Safer Roads Ottawa and others that came out to support and volunteer



their time and expertise.

Goals4SOLEs will conclude their journey with the implementation of a planting day. They will use their \$5000 grant to install various native plants in the front of Russell Heights on May 30 and June 6. This sustainability grant was awarded by the City of Ottawa last June and students are excited to see the final product.

In summary, Goals4SOLEs was thrilled to be taught about the concept of philanthropy and are excited to to see the evolution of new ideas next year with the wonderful community of Russell Heights.

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VINCENT MASSEY PUBLIC SCHOOL

Why kill them for something that doesn't affect you?

by Maya Mohammed
and Naomi Hagedorn

In 1967, the year of Canada's 100th birthday celebrations, Everett Klippert's final court hearing took place, keeping him in jail indefinitely for being gay. This situation was a confusing matter for the Canadian government because we were emerging on a new outlook towards gay rights. They weren't sure what to do. Though this case was considerably unjust, we can also look at it from a different point of view. This was the LAST person to be imprisoned in Canada for being homosexual.

Among some of these occurrences in Canada are the ban of gay people in the military, and the 1981 raid on bath houses in Toronto where police arrested more than two hundred and fifty gay men.

Considering that all this happened at least twenty-five years ago we, as a country, are ahead of most of the world on the topic of LGBTQ+ rights. This includes the Chechnya Republic of Russia, and South Sudan, whom have had difficulty maintaining civil rights related to this issue.

In South Sudan, members of the LGBTQ+ community do not have many of the basic human rights. Homosexuality alone is considered a crime punishable for up to 10 years in prison. South Sudan used to be a part of Sudan, where homosexuality is punishable by death. South Sudan separated from Sudan on June 9, 2011. They immediately established their laws, a couple of which concerning LGBTQ+. Homosexuality was illegalized, gender transitions were banned, and there were no protections against discrimination for LGBTQ+ people.

Mrs. Kiden, whose name has been altered to protect her identity, is a transgender woman in South Sudan. "Transgender people

in South Sudan suffer daily ridicule from the public," Kiden said. "They ask me why I 'chose' to be a woman when my posture is 'masculine.' Sometimes, they address me locally as 'acal tik,' meaning 'woman in man'." (RNS, 2018)

She could always find comfort and acceptance in her church until one day, when a visiting pastor declared that it was "against God to cross from one gender to another."

Pastor Manasseh Maring, claimed "It's against God, those crossing from one gender to another. We are not going to sin against God by blessing same-sex relationships in our churches."

Over 60% of South Sudan is composed of Christians. The religious rulers of South Sudan are highly respected, and what they say often goes. One religious leader in particular, Daniel Deng Bul, believes that marriage should be strictly between a man and a woman. Many Christian leaders describe same-sex relationships as 'unnatural' and 'wrong'.

Even the president of South Sudan, Salva Kiir Mayardit, said: "Homosexuality is not in our character... It is not even something that anybody can talk about here, in Southern Sudan in particular. It is not there, and if anybody wants to import or to export it to Sudan, it will not get the support, and it will always be condemned by everybody."

The Chechnya Republic of Russia, situated in southwest Russia, is mostly surrounded by the Russian Federal territory. It is where, according to reports, starting in March 2017, the government has been kidnapping gay men, taking them to secret prisons and torturing them, sometimes to death.

This is not only violating civil rights, but is also completely illegal. Several European leaders have expressed their concern on this

matter as well as some other questionable laws that were recently passed in Russia, such as the ban of Jehovah's Witnesses and the arrest of anti-Kremlin protesters.

Among these was the "gay propaganda" law. Passed in 2013, it forbids the sharing of information on homosexuality to people under the age of eighteen.

A CNN article, published in June 2017, states that, "Russia's so-called 'gay propaganda law' is discriminatory, promotes homophobia and violates the European Convention on Human Rights."

Yelena Mizulina, the Russian politician who introduced the gay propaganda law is now trying to eliminate fines and imprisonment relating to domestic violence, calling them "absurd".

Among these cases are also some of disappearances. Zelim Bakaev, a Russian singer who identified himself as homosexual, disappeared on August 8, 2017 while on a brief visit to the capital for his sister's wedding. Though no one has actual proof of what happened to him, there have been many different suggestions as to what happened.

We became aware that that day was his 26th birthday. The 26th year of his life with no one knowing whether he's alive or dead. Something so horrible we could barely fathom it. Being killed for a part of you that's uncontrollable is unjust. Love is love. Nothing more, nothing less. Why should who you love matter?

After we researched this topic, we became aware of all these horrible things that are happening around us. But we also became aware of what is being done to give the LGBTQ+ community equal and fair rights worldwide.

We should consider ourselves very lucky to live in a country where we get to be who we are

without the fear of being cast out because of our sexual orientation. In the words of Cecilia Mason, It just seems that things have become way more open. We just hope that it will be this way everywhere and forever, and that is when we can consider ourselves a free world.

Good News from Canada

In response to these detainments the Rainbow Railroad, an organization based out of Toronto, was formed. They offer safe houses to gay men in Russia, and when it's possible, help them get out of Chechnya. So far thirty-one men have been given refuge in Canada and more have been helped out of the country.

Though this may not seem like many, it's definitely a start. Thirty-one lives saved, thirty-one minds unburdened, at least in the meantime. We must continue to help those around us who suffer. The smallest things mean the most.

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The Counterculture of the 1960s: Where Have All the Flowers Gone?

by Brian McGurrian

The counterculture of the 1960s was characterized by hippies, a younger generation with long hair, sporting beads and headbands - a subculture with a taste for hallucinogenic drugs and a disdain for capitalist values - and a subculture expressing strong opposition to the political and military interference by powerful states in the internal affairs of less powerful nations, such as Vietnam.

In 2010, the British political magazine, *New Statesman*, selected Pete Seeger's anti-war, *Where Have All the Flowers Gone* as one of the top twenty political songs:

*"...where have all the soldiers gone?
They've gone to graveyards every one
When will they ever learn?
When will they ever learn?"*

The best-known version of Seeger's song was published in 1960, a disquieting time of Cold War tensions, when the Iron Curtain had cut Europe in half, and when the United States was nervously engaged in an arms race with the Soviet Union, and a national witch hunt for Communist spies.

A demagogic Wisconsin Senator by the name of Joe McCarthy claimed to have a list of commie spies who had infiltrated the American government and the universities and the film industry; and in the ensuing fallout (now called McCarthyism) pacifists and civil rights activists such as Pete Seeger were blacklisted and rendered unemployable, but Seeger made good use of his time by entertaining and speaking out on campuses and in churches and union halls.

Folksinger Arlo Guthrie recalled an occasion when his sixth-grade class had a school outing to attend a Pete Seeger concert. When they arrived at the venue, they were confronted by members of the far-right *John Birch Society*, handing out pam-

phlets and yelling, "*Pete Seeger is a Commie!*" So Arlo and his pals said "*How about giving us some pamphlets so we can hand them out for you?*" Then they went inside and enjoyed the concert and later dumped all the pamphlets.

In 1962, a young, Jewish folk singer named Bob Dylan composed a satirical song to ridicule the anti-Communist zeal of the John Birch Society, a talking-blues about a paranoid recruit to the Society who is obsessively searching for Reds - under his bed, in his toilet, in his glove compartment...

*"...Now we all agree with
Hitler's views, although he killed
six million Jews;
It don't matter too much that
he was a Fascist -at least you can't say
he was a Communist."*

The nineteen-sixties in America had begun with the election of JFK, a bold young President still remembered for his electrifying initial challenge to the nation: "*Ask not what your country can do for you - but rather ask what you can do for your country.*" With that single sentence, JFK inspired many Americans to embrace new dreams.

In the fall of 1962, I was a student at the University of Wisconsin, and I recall that the song blaring forth in every coffee shop was another Pete Seeger composition, *If I Had a Hammer*:

*"....I'd hammer out danger,
I'd hammer out a warning,
I'd hammer out love between
my brothers and my sisters,
All over this land...."*

But that ideal of hammering out love between my brothers and my sisters was unfulfilled in many parts of America. A black Air Force veteran named James Meredith, inspired by JFK's inaugural address, decided in

1962 to apply for admission to the segregated University of Mississippi. Ross Barnett, the racist governor of Mississippi, declared that, "*no school will be integrated in Mississippi while I am your governor,*" and sent in state troopers to block Meredith's access to the U of M campus. President Kennedy and his Attorney-General, Robert Kennedy, responded by sending U.S. marshals to guarantee Meredith's civil rights.

In August 1963, during a massive civil rights march in Washington, D.C., Martin Luther King stood on the steps of the Lincoln Memorial to deliver his iconic address, proclaiming, "*I have a dream,*" and reminding his massive audience that a hundred years had passed since Lincoln's emancipation proclamation, but that, "*the Negro is still not free.*" And folk group Peter, Paul and Mary were on hand to sing, *If I Had a Hammer*, and folksinger Joan Baez stepped forward to sing, *We Shall Overcome*:

*"...Oh, deep in my heart, I do believe /
That we shall overcome, some day."*

But by 1968, JFK and Dr. King and Bobby Kennedy had all three been gunned down, and were eulogized, along with Abraham Lincoln, in a song titled, *Abraham, Martin and John*:

*"...Didn't you love the things
that they stood for?
Didn't they try to find some good
for you and me?
And we'll be free, some day soon,
it's gonna be one day."*

In 1969, the Woodstock Festival of "*Peace and Music*" attracted 400,000 youths who cheered a black humour tirade that seemed to sum up the prevailing ethos. I-Feel-like-I'm Fixin'-to-Die Rag, as performed by Country Joe and the Fish, included a jaunty invitation: "*... Come on mothers throughout the land, pack your boys off to Vietnam...*"

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Advertising Manager: Carole Moulton – advertise.riverviewrpr@gmail.com
Staff Writer and Editor Emeritus: Bill Fairbairn 613-737-3212

Layout and Design: Patti Moran
Distribution Manager: distribution.riverviewrpr@gmail.com
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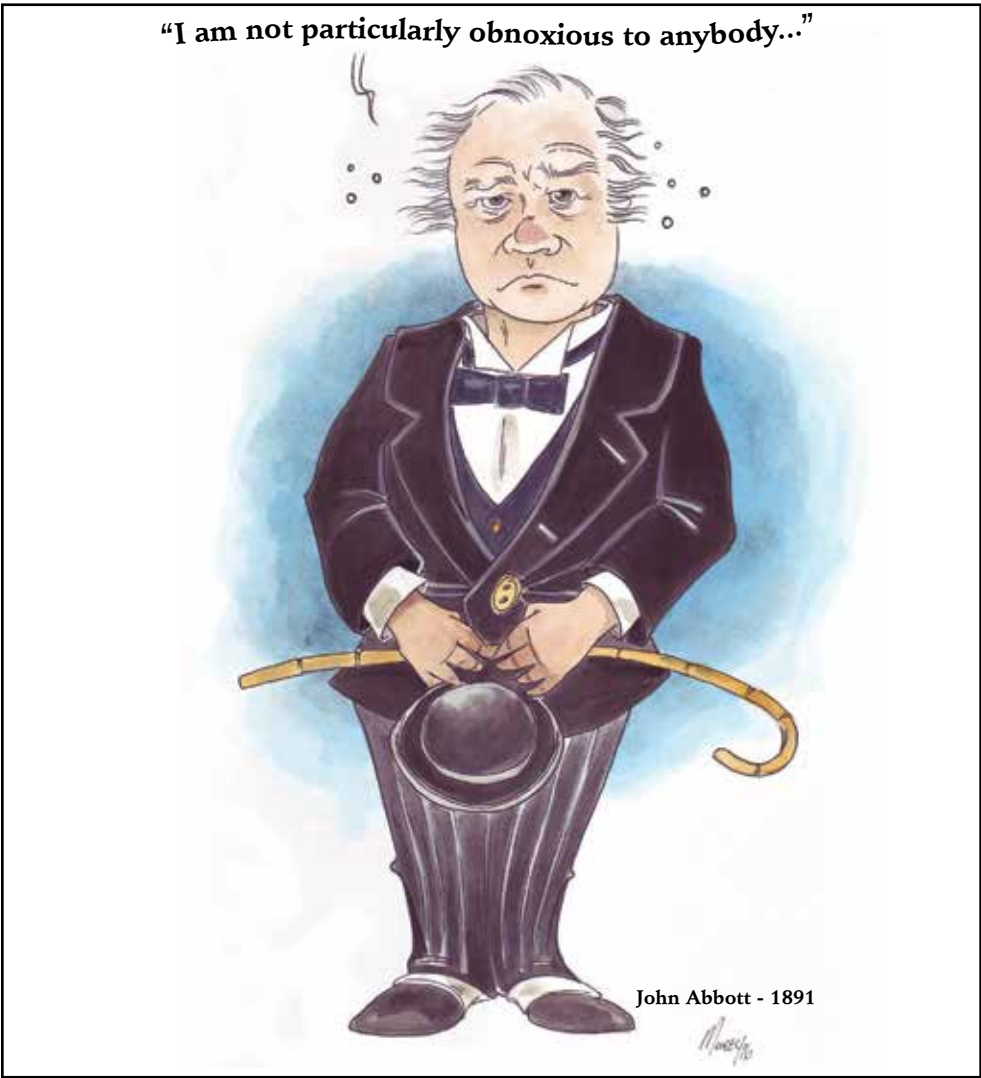
This provincial election promises to be a real show. But give a thought to the Honourable Sir John Abbott. You can not be faulted for not remembering the third Prime Minister of Canada. He wasn't particularly notable, and didn't really want the job. He is quoted as saying that he hated politics and "Why should I go where the doing of public work will only make me hated and unpopular and where I can only gain reputation and credit by practising arts which I detest to acquire popularity?"

In an election that is being contested based on the personality of the party leaders, rather than on substantive policies, it seems we are in the middle of a high school popularity contest. All the parties are contrasting themselves with the others, and are willing to "practice arts" in order to acquire power and popularity. And necessarily in that order.

Locally we have many repre-

sentatives that are willing to step up with the best of intentions. All with the idea that they can see how to make the community and province strong, healthy and vibrant. Each has their own vision and direction. As voters, the problem is to vote based on good local representation, solid provincial leadership, or a personal issue we want to see promoted. It is hard to have all three of these in one candidate.

And let's not forget that a punishment vote rarely works out in our favour. Anybody remember Rae Days as the Harris Conservatives got punished? It may be the hardest thing to do, but exercising one's franchise in a thoughtful, well reasoned manner will make sure that the province doesn't end up with a caretaker Premier who, like Mr. Abbott, is not "particularly obnoxious to anybody".



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Spring cleaning with meaning

Furnishing a new home for our Syrian Refugee family of 7

At long last (well over two years) it appears that our Syrian family of 7 will arrive before the fall. They have passed their interviews and their medicals and applied for airfare loans and now are waiting for their security clearances before final approval to come to Canada. There are of course no guarantees but we are VERY optimistic and excited about welcoming them to safety and a new home.

We are now actively looking for housing for their first year, ideally a 4 bedroom townhouse or apartment. The family has been living together in a one bedroom apartment for over two years and they prefer to stay together for the first year so they can all get their footings, support each other and have time to figure out their longer range preferred living arrangement. To remind the readers, the family of 7 includes parents (2), married son, daughter-in-law and two children aged 3 and 5 (4) and one single son (1). They will be

supported not only by us but very strongly by another son, daughter-in-law and one child aged 2 who are already Canadian citizens. Their assistance will be invaluable during the adjustment period.

The Core Committee is at work. Carole Moulton is actively looking for housing (cmoulton@sympatico.ca; 613-731-6646); please contact her with any housing leads you may have.

Karin Keyes-Endemann (keyestone613@gmail.com; 613-884-8446) has contacted those who volunteered to help with settlement issues many months ago during early community consultations and meetings to find out who is still available and willing to be involved. Others are most welcome to assist. Contact Karin and she will send you a list of areas of need so you can indicate where you are most able to help. Some ways to help are very time limited and infrequent; others are more involved. Contact Karin to find out what might best suit your availability and interest.

Lynne Bezanson (mlynneb@bell.net; 613-733-2946) will coordinate the initial furniture and furnishings inventory. Lynne will be the Spring Cleaning Contact! The family will need almost everything! Spring Cleaning seems the perfect time to ask the community to do their own inventory of any furniture items, furnishings, kitchen pots and pans, small appliances, linens, towels, lamps, etc., etc., and ready to be donated. Obviously we want the family to be well housed so any donations need to be in very good condition. You may have items that are in very good condition but that you are simply tired of or they no longer suit your décor but you have not yet replaced them. This might be an ideal time, budgets of course permitting! Send a list of items you can donate to Lynne. She will compile and keep updated a master list and advise you if there are too many or too few offerings of any specific items.

As soon as we are certain of the family's approval and have a reason-

able estimate of their arrival, the Committee will rent storage space and will also hire a moving truck to pick up items on a designated date and/or drop-off details (or perhaps we will be most fortunate and be able to move the furniture into their new home immediately). Until then we must ask donors to store their own donations. We recognize this is not ideal but we want to avoid wasting money to the extent possible. All our funds will be needed to support the family's needs for their first year in Canada.

Other members of the committee will canvass local retailers to check out donation possibilities. Many are remarkably generous.

We know this has been a very long wait and it has been hard to stay optimistic and motivated. If so for us, imagine for the family! The wait is almost over; the time to move to real community action is now. Your help and support will be most welcomed and appreciated. Members of the ITC look forward to hearing from you!



The gardeners of tomorrow- inspection day. PHOTOS: DENISE KENNEDY

May 8th was INSPECTION DAY at Riverview Alternative School!

by Denise Kennedy

The sun shone on these gardeners-in-training on May 8th! They came to inspect the bulbs they planted last fall. From now until summer break they will watch for progress and perhaps plan where they can plant more bulbs later this year. They are also planning what vegetables they will plant in the raised beds. You cannot buy this kind of enthusiasm! Ah oui, la vie est belle!

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There’s more work to be done to ensure appropriate intensification



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‘I am not against intensification, just *inappropriate* intensification!’ How many times have we heard those words — or uttered them ourselves? Sometimes, we substitute *over-sized, massive* or *incompatible* in place of *inappropriate*.

When I took office in late 2010, urban intensification was becoming a major issue, with enormous, flat-roofed buildings springing up in empty lots or as replacements to smaller, older homes throughout Capital Ward. These infill projects often occupied almost the entire lot, at the expense of trees and natural landscaping.

In response, the City of Ottawa began the deliberative work of defining what attributes constituted “streetscape character” in “mature” residential neighbourhoods. It was only by doing this — measuring and defining existing attributes that citizens wish to protect — that we could create tools to ensure that neighbourhood characteristics are preserved.

With the active participation of many residents and community associations, as well as architects and developers (sometimes reluctant, but not always) engaged in these infill projects, what emerged was an innovative approach known as Streetscape Character Analysis (SCA), and a set of “Infill 1” and “Infill 2” By-laws. Ultimate-

...what emerged was an innovative approach known as Streetscape Character Analysis

ly, Council enacted these by-laws, along with a commitment to monitoring their effectiveness for a period of two years in affected mature neighbourhoods. The City was also tasked with examining how to address challenges regarding the implementation and application of the new regulations.

Jumping forward to 2018, we now have a report to Planning Committee that describes staff findings from a review of 262 SCA forms submitted by applicants, and 249 decisions by the Committee

of Adjustment. Additionally, staff have engaged in consultations with the Federation of Citizen’s Associations and the Greater Ottawa Home Builder’s Association, and with internal departments charged with implementing these by-laws. All the community associations in Capital Ward were engaged in this process as well.

The resulting report is dense and full of technical terminology. Here are some excerpts:

Staff are satisfied that the Committee of Adjustment are following the intent of the Infill 1 and 2 By-laws and applying these correctly. In almost all of the requests for relief from the regulations, the Committee concurred with staff comments. Even in those areas not subject to the Overlay, where staff rely on the Low-Rise Infill in Residential Area Urban Design Guidelines, the Committee of Adjustment refused requests not in keeping with the Guidelines. The vast majority of the minor variance requests were reasonable...

Staff observed few requests where the Committee granted approval on a development where Planning Services expressed concerns. While these did occur and will always occur as decisions are reviewed on a site-by-site basis, these occurrences were limited and do not speak to the overall pattern of intent. Where some inconsistencies were recorded, these had more to do with unclear terminology of the Zoning By-law...

Staff are of the opinion that Infill 1 and 2 regulations have led to a decrease in building mass and volume in the range of 10 per cent to 20 per cent (depending on lot size and subzone require-

ments) and have led to an improvement to adherence to streetscape character. There are issues that have occurred on a site basis, but in broad terms Infill 1 and 2 have achieved the intent for which they were developed. There remains work to do to encourage higher rates of tree retention and preservation of soft landscaping, better management of on-site parking, and compatibility in design.

A number of modifications to be considered are outlined that will require drafting of technical amendments to the Zoning By-law, with a statutory process to occur per the Planning Act. Additionally, changes to the Streetscape Character Analysis will require revisions to the current tool and process manuals for both internal and external users.

So where are we now, and what next?

We are considerably better off than in 2010. We are seeing fewer, and more compatible projects. But egregious buildings out of keeping with the character and function of our streets are still too common. Piece by piece, Council and planning staff are working on new by-laws and closing loopholes. There is more work to be done, that is certain, and I remain committed to refining the tools to ensure that infill, when it does occur, will be more predictable and compatible with what Capital Ward residents expect.

You can download the memorandum “Findings of Monitoring of Infill 1 and Infill 2 By-laws” at capitalward.ca/infill, or request a copy from my office.

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Hyperkyphosis, or hunchback, endangers people’s health



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A Tip from Dr. Stéphane Chillis

Hyperkyphosis refers to an excessive curvature of the thoracic spine, commonly referred to as hunchback. This excessive curvature will put the neck and lower back forward to compensate. The whole spine and spinal cord are affected because it creates stress on the vertebrae and ischemia in the spinal cord. This stress, if not corrected, can have a devastating effect on people’s health.

Usually it starts from a misalignment of the neck forward and a thoracic start to round-up. The change of curvature will affect the muscle which will get yet more and more stiff. The shoulder will move anteriorly to create even more stress resulting in more chance to develop bursitis or frozen shoulder.

This excess curve will also put stress on the neck and lumbar area to create osteoarthritis on the spine. For the cervical and lumbar the osteoarthritis puts pressure on the nerve affecting leg, arm, hands and bladder control.

In the most severe cases additional symptoms may develop, such as difficulty in breathing due to compression of the lungs. The breathing difficulty, in the long term, might also affect the heart. Hyperkyphosis puts the shoulder forward increasing the chance to develop frozen shoulder, bursitis, difficulty to elevate the shoulder etc. A lot of people will suffer from heartburn due to the compression of the spine.

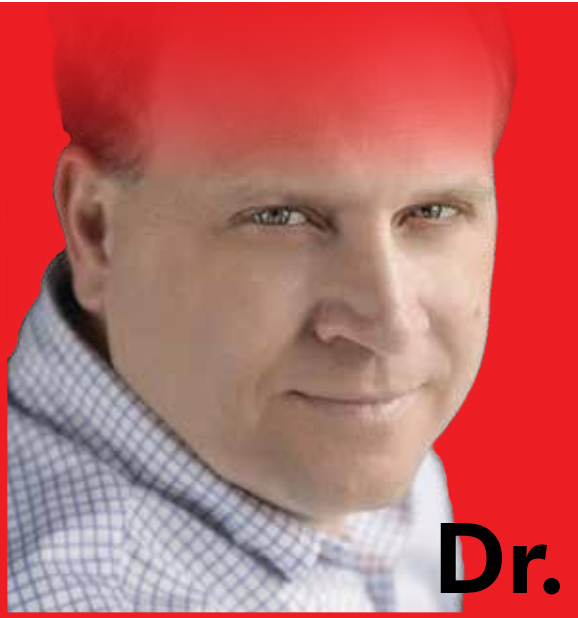
There are several common causes of kyphosis, which is important because to a large extent the underlying cause of the kyphosis will dictate the treatment options. But the problem is that people wait until their symptoms are very bad which lets the spine degenerate further. People should get their spines checked as soon as their spines are misaligned to prevent health problems.



Don’t wait to have pain before consulting Dr. Stéphane Chillis.
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TALKING MOVIES BY PETER THOMPSON OF MOVIES 'N STUFF



Diabolique



The Bicycle Thieves

Once old is new again

Last month I talked about some of the series of Criterion Collection films we’ve brought in, and since then I’ve gone a little wild and probably obliterated the budget I’d set out for myself. As of right now, we’ve added some amazing films and now have a collection of over 80 titles!

What’s so special about these films and this specific line of film? A simple definition of this collection is that they acquire what they deem to be important films from all around the world; they then clean up the footage and transfer them to video in the highest technical quality. The amount of influence these movies have on filmmakers that came after them is astounding.

Here are six of the Criterion Collection we either have now or

are on order that would be a good start for movie watchers sick of the same old superhero films, plus some honorable mentions.

1. Diabolique – France
Very Hitchcockian film, in fact Hitchcock tried to acquire the rights to this and barely missed. Expertly directed and acted and may be one of the first movies ever to have a director’s plea at the end to not give away the end to anyone.

2. Persona - Sweden
Bergman’s brooding film about a stage star who has gone mute due to mental issues and the nurse who is designated to take care of her. When the doctor in charge of the actress suggests they go to a summer house by the water to contin-



Persona

ue rehabilitation, it seems like a great idea, but how long could you stand doing all the talking before incendiary emotions ignite. Really, really neat film that builds to a great climax!

3. Wages of Fear - French
This one is a little slow in the first half, but the second half

paves the way for basically every white-knuckle thriller that came after it. A group of men, desperate for jobs, agree to drive two trucks of nitroglycerin across a treacherous mountainous trail. Many moments of holding your breath in this.

Honourable mentions:
The Seventh Samurai, The Battle of Algiers, Rififi, Solaris.

Coming in and I’m really looking forward to:

1. The Bicycle Thieves
I’ll admit I’ve never seen this and I can’t wait for the Criterion to come in. Heard a lot about it and De Sica’s other masterpiece, *Umberto D.* Also looking forward to the documentaries on the second disc – which are apparently wonderful.

2. Scenes from a Marriage
Another Bergman film, this Criterion comes with both the theatrical cut, which is 3 hours and the TV mini series which is 5 hours, but before you cringe and stop reading, IMDB has this at 8.6 out of 10, which is one of the highest rated works in history, so likely worth the time! A stark look at a marriage crumbling, this promises to show Woody Allen’s film roots.

3. The Bad Sleep Well
Kurosawa is a master storyteller. His samurai movies are amongst the greatest films ever made, but he had an incredible period away from those (*Ikiru* and *High and Low*, both classics, both available now). When I researched this film, I got more and more intrigued. A vengeful man marries the daughter of a corrupt businessman who was responsible for his father’s suicide? Hmmm, count me in!

Honourable mentions:
The Great Dictator, High and Low, The Magician.

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New LRT

CONTINUED FROM PAGE 1

the high speed track for the last part of the trip. I arrived at my destination, on time to the minute.

Leaving the train station I looked for the tram that was to take me to my ultimate destination. Prior to leaving home I had researched this part of my travels on line. I had found that I needed to take a #16 tram from the station. There were so many trams and buses there I was unable to find where my #16 was. The service centre was open and a kind lady there told me, in perfect English, where the #16 tram was, and sold me a ticket for all my tram rides for the day.

One reason for my trip was to go to a concert that afternoon. I had also booked that on line. Besides enjoying a wonderful concert I was surprised to discover that all refreshments at the intermission were included in the price of the ticket. There was plenty of space at the several locations serving coffee, wine and alcoholic drinks. My tram back to the station was just outside the concert hall.

Although I had my return ticket I was interested in how that worked if you needed to buy a ticket. First there are many automatic ticket machines. No line up to speak to a live person as in the Ottawa station.

Select your destination, pay with a credit or bank card and proceed to the turnstiles, swipe your ticket and you are on your way. I found that my train left from platform 14a, all the signs for destinations, platforms and train times were in three languages.

On a recent visit to the VIA rail station here in Ottawa, I saw a line of well over a hundred people standing and waiting to board the train to Toronto. Just like it was when the station was built in the 1960s.

My return trip, being on a Sun-



The first Metro Steam Engine 1864. Built by Beyer, Peacock and Co. Manchester.

day evening, was quite full but nowhere was I forced to wait in line. On the way, there was hot coffee served with snacks and cookies, but these were not included in the price of the ticket. Again the return trip was exactly on time. My hosts in the city told me to take a #4 tram and then transfer to a # 92.

At the tram stop outside the train station I saw the screen that indicated that a #4 tram will arrive in 3 minutes. It did. The next one was 12 minutes later. At my transfer stop the illuminated sign told me when the next #92 would arrive. Inside the tram were several electronic screens announcing the stops, so I knew when to get off. Most of the trams were made by the Canadian company Bombardier Transportation in their factory in Berlin.

These recent initial experiences of city transport in Europe make me look forward to such similar enjoyable trips when our new LRT is up and running. (Can anyone suggest a snappier name for our train than the "LRT"?) Montreal and the majority of cities around the world have the Metro, London has the Tube, San Francisco has the BART, Chicago has the "L" and Vancouver has the Skytrain. So what do we call the O train and the Confederation Line? There was a competition to name the trains but how about the name for the whole system?

Our trains are made by Alstom, a huge French company that does



Bombardier tram in Brussels; note the 4 articulated parts.

PHOTO: GEOFF RADNOR



With exteriors unfinished, trains in operation May 8th.2018

PHOTO: JAMES RADNOR

business around the world. Where they are actually made is a big question. Alstom has a factory in San Paulo Brazil that makes part of the train. Then there is their factory in Hornell, NY that makes more parts and then it is all put together here in the OC Transpo shop on Belfast Road.

The LRT may be the latest thing in Ottawa's transportation history but there are over 200 other cities

in the world that have had light rapid transit systems for many years. London was the first, when the Metropolitan Railway opened on January 9th 1863. It used a steam engine that was modified to be used in the underground tunnel. The new Alstom units are much better looking. Will there be one as an exhibit in 2078 at the old (or new) Museum of Science & Tech. in Ottawa?

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RPCA PRESIDENT’S REPORT

Greening the Neighbourhood

Pick up the Garbage and Plant Flowers and Trees



KRIS NANDA
RPCA President

“When is the best time to plant a tree?”
The answer: “Twenty years ago.
The second-best time? Today.”
Ancient Chinese Proverb

A “green” neighbourhood is a good neighbourhood in many ways – not just cleaner and more pleasant and visually appealing but it also makes houses and apartments more valuable for those who live and own them (another type of “green.”) Greening involves removing the unwanted (i.e. litter) and putting in something good (i.e. trees, flowers, and plants)

In past columns, I have written about cleaning the neighbourhood

by picking up litter left behind by others and making sure that you don’t litter yourself – even if it means carrying your personal garbage a little further until you find a trash can. It involves thinking beyond yourself and remembering that tossing your trash on the ground DOES affect others. (Of course, using your own mug rather than a paper coffee cup at Tim Horton’s means one less thing to worry about throwing away.)

Individuals are responsible and there are companies who are at fault as well. For example, just recently, the property management at our local mall removed the trash receptacles in front of stores. Now the garbage is piling up everywhere, much

to the chagrin of the shop owners and their customers who want to see the garbage cans returned.

Thankfully, there are people who do care about looking after the environment. One such group is the Community Social “Enviro-walk” on Wednesday evenings. They meet every Wednesday in the Alta Vista Greenspace (Knox/Cluny Greenspace) You can join them or start your own neighbourhood clean-up or do some “plogging” – by yourself or with your friends and neighbours. (Plogging is “an eco-friendly fitness mashup of jogging and picking up trash”).

Turning to trees; one of the saddest things that seems to be happening in Ottawa is that more and more people who lose a big tree never replace it, leaving the front yard looking “naked” as some people would say (even though there are City tree replacement programs – call 311 for more details) Or they have healthy trees taken down or randomly hack off limbs with seemingly little thought to how this affects their neighbours, and perhaps without realizing the benefits trees provide. (Trees have been proven to have economic and environmental benefits.

For example, a US Government study showed that a large front yard tree adds at least 1% to house prices – which translates to several thousand dollars for a home in Riverview Park. The Champlain Park neighbourhood in Ottawa recently did a study to demonstrate the financial benefits of trees in their community)

Not only is a tree-lined street pleasant, visually beautiful and a bonus for property value -- adding trees to a neighborhood could be a “first line of defense” against greenhouse gasses associated with climate change. And there are other environmental and economics benefits: when a tree naturally provides shade, that reduces the energy (and money) needed to cool down houses and buildings. (And of course, trees and bushes attract songbirds)

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CONTINUED FROM PAGE 12

Trees are nature’s water filters, capable of cleaning up the most toxic wastes and tree leaves also serve to filter air pollution. In fact, a 2008 Columbia University Study found that more trees in urban neighborhoods correlate with a lower incidence of asthma. Properly cared for, landscape trees are assets whose benefits are worth three times the cost of investment in terms of planting and care.

So, what can individuals or families do? Take the time to make sure your trees are healthy and well-looked after. If you lose a tree through disease or storm, replace it. Take part in the City’s Trees in

Trust program. If you don’t live in a house (or even if you do) pick up litter or go “plogging” – at least make sure you don’t add to the litter problem (and you can always call the City or local businesses and suggest locations for more trash cans.) With your help, Riverview Park CAN become a greener neighbourhood.

For more information on the Enviro-walks, the City’s Trees in Trust Program, or other items of interest in the community, check out the Riverview Park Community Association (RPCA) website at <https://riverviewparkca.com/> , drop me a line krppi415@gmail.com with your questions or thoughts, and/or come to our next RPCA Board meeting on June 6 at 6:45 PM at Maplewood Retirement residence (Corner of Industrial Avenue and Neighbourhood Way).

NOTE – The RPCA has been in touch with our local Councilor about a possible tree-planting program in the neighbourhood, perhaps as part of the landscaping that will take place next to Alta Vista Corridor Hospital Link

Trees in Trust link is <https://ottawa.ca/en/residents/water-and-environment/trees-and-community-forests/planting/trees-trust>

Your Leaf link is <https://www.yourleaf.org/estimator>



Riverview Park gardener Wilson Parks demonstrates his horticultural skills with the 'blooming' of his Corpse Flower. Blooming for the first time in ten years, the Corpse Flower has a strong pungent smell that attracts insects in order to pollenate the flower. After this summer, it could be another 10 years before the plant will bloom again.

PHOTO: GEOFF RADNOR



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Going green in your home

by Geoff Radnor

Looking for a new home or even renovating the one you have can be a long, serious and trying time for many families. Maybe the family is growing and there is a need for more space, or the present house is older and needs lots of up grading. There may even be the desire to move to a new neighbourhood.

The first step is to find a company or an individual who can offer you the basic advice on how to proceed. One company that has recently moved into our community is RND Construction Ltd.

Just last week we had an opportunity to talk with the owner Roy Nandram about the most up-to-date ways of going green with your home. Mr. Nandram provided many invaluable suggestions and spoke about a number of the most current strategies.

“There are five important considerations to include in your green home plans.” he noted. With the focus today on keeping our planet livable and avoiding further pollution of our environment, many of us will want our new or renovated home to be very ‘planet friendly’. First off, it must be energy efficient. Secondly it must be designed so that there is no harm to the air that we breathe. Beware some paints and internal finishes can emit fumes that over time can be harmful. Materials used in the construction must not give off any toxic substances that could harm the occupants over the years. Our goal is to provide thermal comfort and be green in every way possible.

Energy efficiency includes having the optimal amount of insulation in the exterior envelope of the house; that is the walls, the windows, the doors and the roof. Less energy consumption means lower costs. Thermal comfort is being able to sit next to a window in the winter,



RND Construction Ltd. recently moved into 675 Industrial Avenue, a ‘green’ structure that the company built. Just one example of building ‘green’ is the office window (top right) taking advantage of the light from the main room.

and not feel the cold. Being green is also today’s way of ensuring the livability of our planet.

The cost of any new home or renovation is one very important consideration, thus it is essential to get an accurate and reliable quote. The cost of an architect’s services and the tradesmen involved must be clearly defined prior to beginning work. Moreover, if you want your new home to be distinctive and act as an asset to the neighbourhood, not just another suburban cookie-cutter house, then you must seek out a company that suits your needs.

So how do you proceed in your quest for a new green home? First of all, select a company that is well established, has a sound reputation, and can provide a quality product that will offer you personalized service so you get exactly what you want. RND Construction Ltd. at



Roy Nandram, President and CEO of RND Construction Ltd., has been a ‘green’ advocate since establishing his company in 1990.

675 Industrial Avenue is one such company. Recently they won the prestigious Canada Green Building Council 2018 Green Building Pioneer Award and a visit to their website lists countless awards and shares many examples of their

amazing work. RND is currently involved in the construction of 10 new homes on Kingston Avenue near the experimental farm close to Fisher Avenue. Aptly called ‘Farmside Green at the Experimental Farm’, this inviting enclave of 10 homes will consist of three pairs of semis and four singles. And, although the company has been in business since 1990 this is the first time that it has ventured into a green project of such scope. Needless to say, the Farmside Green community will be a very ‘green’ one in which to call home.

So, if it is just a new bathroom you want or perhaps you’ve decided to have even your whole house ‘green’, talk to the people at a locally owned company with an exceptional reputation. You could well be taking the first step in realizing your dream.

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Artist Rendering

What you need to know about socializing your puppy

by Jonathan Sumner

When your dog is introduced to different sizes and types of well-balanced dogs, they will learn lessons that we cannot teach them as humans. They receive physical and mental cues while learning how to appropriately communicate. It is often implied that if you do not socialize your puppy early, they could face behavior issues as they mature.

Although this may be true, it is not that simple.

Socialization includes exposing your puppy to all experiences including sights, sounds and smells. Most assume that the only way is to bring your pup to the dog park. Other methods to socialize your dog include walking down a busy street seeing sights, people and cars to desensitize them to these distractions. Let's talk about some things you should know before you push your pup out into the big world to socialize.

For starters, does your pup have their initial vaccination and booster shots given around 16-17 weeks? They will need these to safely attend and interact with other dogs. Know that just because they are vaccinated does not mean they cannot get sick. You need to keep a close eye on your dog to prevent mud eating, drinking dirty water and feces. If you are planning on visiting dog parks I would recommend getting the vaccine Bordetella to protect against kennel cough.

If you are planning off-leash visits your pup should know their name and perhaps teach them a "NO" or "OFF" command to help call them off of these dangers. Your dog will likely be over stimulated and perhaps have selective hearing because everything else is way more exciting than you. Stay calm and don't be embarrassed to keep them on leash or a training line until they do.

Do you know their puppy's body language when they are excited? Scared? Nervous? It is important to know these signs to prevent a negative experience where the socialization experience can backfire. Try to remove your dog before they are completely overwhelmed to avoid leaving a negative imprint of interacting with other dogs.

What is your pup's temperament with other dogs? Are they shy? Excited? Dominant? Fearful? Knowing your puppy is important in choosing their playmates. It is also your responsibility to recog-

nize when your puppy is too much for another dog. This is not only responsible but safe to parenting to prevent escalation or an altercation.

It's not uncommon for your puppy to be overwhelmed so don't be ashamed to set up private play dates with compatible playmates until your pup becomes comfortable. Alternatively go for a walk, change play areas, playmates or give your pup a time out.

Being a responsible dog owner

requires you know your dog to ensure their socialization is healthy and fun. The key to is take the time to understand how your puppy communicates and stay engaged with your dog's play. It is an exciting time to see your dog play so resist the temptation of your smart phone and enjoy the moment.

Jonathan owns and operates the Ruff House, a dog daycare, kennel, grooming, retail and training facility in Ottawa. www.ruff-house.ca





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Meet the professional at Cyril Pharmacy

1795 Kilborn Avenue

In 1867, the year Canada was born, the Toronto Chemists' and Druggists' Association was established to create a unified voice for pharmacists. Its intent was also to set out professional boundaries. The first Ontario Pharmacy Act was passed in 1871.

Over the years, and after several name changes, in 1975 the association became the Ontario College of Pharmacists, which it is today. As of December 31st, 2017, there were 16,103 registered Pharmacists in Ontario according to their Annual Report, with 69% of pharmacists in a community practice. Nader El-Zayat is one of these professionals. He is also the owner and pharmacist of Cyril Pharmacy at 1795 Kilborn Avenue.

As well, Mr. El-Zayat falls in to the report category noting pharmacists who have been internationally educated. There are about 38% or 6,350 Ontario pharmacists who trained elsewhere. The story of how Mr. El-Zayat became a pharmacist in this province has quite a different turn to it than probably most others.



Originally, Dr. El-Zayat was a dentist in Egypt. After his father came to Canada in 1989 he decided to follow him, preparing to set up a dental practice in his new country. Upon his arrival, however, he discovered that regulations had a different set of rules for someone wishing to practice dentistry here. He would have to go back to the beginning and take the courses as if he was a new student.

Thus Dr. El-Zayat returned to Egypt to study pharmacy such as his father had before him. The

course was shorter in the number of years of education and since over the years he had often assisted his father at his pharmacy this career change would not be as drastic.

In both professions the sciences are an extremely important part of the course load and these were Nader El-Zayat's favourite subjects. Chemistry and biology, however, are not the only topics that pharmacists have to address both during and after university.

To become a pharmacist takes at least five years of university. Many pharmacists also undertake additional post-graduate training according to the Ontario College of Pharmacists.

Even after obtaining their formal education and subsequent license requirements, members of the Ontario College of Pharmacists receive exceptional guidelines on topics most of us don't even think about as we pass our prescription over the counter or seek advice from our local pharmacist.

Consider the composite issues around narcotics, the complexities of dealing with prescriptions,

guidelines for the detailed record keeping required, and the day-to-day understanding necessary in working with both insurance companies and the government. Pharmacists appear to take these expectations in their stride and without a second thought; as they carefully and calmly reassure us about the latest medicine we're to take.

It was on June 2nd, 2015 that Mr. El-Zayat opened Cyril Pharmacy and the community immediately welcomed this important professional into its midst. Moreover, it didn't take long for people to value the benefits of having a local pharmacist who could not only answer their questions, but help put some concerns about their prescriptions to rest.

Over the next few years pharmacists could well be at the forefront of change, as our country meets the challenges of brave new laws. We are indeed fortunate to have the expertise of Mr. El-Zayat so close at hand. Thank you for choosing this neighbourhood for the location of your new pharmacy just three short years ago.

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RIVERVIEW ALTERNATIVE SCHOOL

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- Board Games
- Corking
- Card Making
- Avatar Creation
- Building and Design
- Outdoor Obstacle Course
- Paper Stained Glass

My favourite was the obstacle course because we played in the snow.

The grade 5/6's at Riverview are definitely very intelligent. That's why they have come up with having a multicultural lunch to support the World Wildlife Fund. The class has had someone from Bank of Montreal come and help plan and design our event. Ms. Crump, the 5/6 homeroom teacher has divided the class into 4 separate groups. Each group is responsible for doing different tasks. The Creative Group- Responsible for promotional material as well as various design aspects of our project, The Financial Group – Ensuring we are profitable, The Procurement and Sales Group – Responsible for helping out with the sales, The Project Management Group – Managing the project and making sure that all components of the project run smoothly.



We look forward to seeing how the lunch turns out and how much money we raise. Our River Wolves love being outdoors. Everyday of the week, a different class joins Ms. Hicks for Outdoor Education. We did many



things throughout the year including:

- Walking on ropes to test our balancing skills
- Obstacle Courses
- Planting for our vegetable gardens
- Creating forts and structures that are stable
- Snowshoeing

As well as many more activities that build our teamwork and leadership skills in our Outdoor Classroom.

Here at Riverview, we do a lot of amazing activities including our school dances and movie nights

that we do throughout the year. Our most recent and 1st dance of the year was the Spring Dance. We had lots of fun and enjoyed food prepared by our School Council. And, dancing, of course. Our Principal says that the dances we have are ways to have fun and meet new friends.

Our school is built on kindness, leadership, sportsmanship and getting outside to play.

We love being at The River. (Riverview Alternative School)

You should come and visit sometime.

Written by Dalia M.

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.*



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The Rotary Club of Orléans Ontario

Accepting the challenge, one project at a time

On February 23rd 1905, a Chicago, Illinois attorney, Paul Percy Harris, formed the Rotary Club of Chicago. His plan was to have professionals with diverse backgrounds exchange ideas, form meaningful, lifelong friendships, and give back to their communities. The name Rotary came from the group's early practice of rotating meeting locations among the offices of its members. There were four in the club.

Today there are 1.2 million Rotarians in more than 200 countries and territories and more than 35,000 + clubs. In Canada and the UK Rotary Clubs began in 1912. It wasn't until May 4th, 1987 that the gender requirement was removed and women were allowed to join Rotary International.

Story and photos by Carole Moul

The Rotary International PolioPlus Program

Rotarians have become not only local community leaders but leaders around the world. One of their greatest contributions to humanity has to be their goal of eradicating polio; and they are very close.

It was in 1985 when Rotary International launched its PolioPlus Program. Prior to that, the service club began by vaccinating 6,000,000 children in 1979 in the Philippines. The success of that program set the stage for Rotary's top priority to rid the world of

polio. Since then, Rotary International has purchased oral vaccine and sent volunteers to help immunize more than 2 billion children against polio in 122 countries. To date, there has been a 99% reduction in polio cases world wide.

The numbers are huge, since as of June 2017, Rotary had committed more than \$1.6 billion to global polio eradication, seeking to eliminate the virus in the last three countries where it remains endemic: Pakistan, Afghanistan and Nigeria. There is also a full scale effort still in place to ensure that polio does not return elsewhere.



Rotary Club of Orléans President, Gayle Oudeh, and Rotarians Dominique Denis and Xavier Rankin visited *The Wholesale Outlet* to support the fundraising event in the fight against polio.

Currently, money raised for polio eradication is matched 2 to 1 by the Bill and Melinda Gates Foundation. Here in Canada, dollar for dollar raised is matched by the Canadian Government; thus one dollar raised is actually four.

Their meetings are held at St. Martha's Brasserie d' Orléans, 3095 St. Joseph Blvd. The 7:30 a.m. breakfast meetings are a mixture of service and fellowship.

This club was chartered in 2008. It has been recognized locally, provincially and at international levels for its involvement and success with the Rotary Foundation and its PolioPlus Program, the Dominica project and local food drives among its many other positive endeavours. This club has also been instrumental in the development of the Miracle League; creating a fully accessible, purpose-built baseball diamond at Notre Dames des Champs in Orléans for all special needs children and adults.

Local game changers

The Rotary Club of Orléans has 29 members, with five new members soon to be inducted. The club is unique in that it has more women than men. The group meets every Wednesday morning at 7:30 a.m. and is one of the over 35,000 clubs that do an exceptional amount of great work, not only for PolioPlus Fundraising, but for other very worthwhile projects as well.



So many choices...tops, pants, purses, jewellery and shoes. Which to buy? Rotary Club of Orléans President, Gayle Oudeh, and Rotarian Jane Neocleous check out their options.

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A woman wearing a red wide-brimmed hat and sunglasses, standing in front of a building with a balcony. She is wearing a sleeveless dress with a colorful floral and landscape print.

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PolioPlus fundraising this past spring

Just one recent example of the Rotary Club of Orleans PolioPlus projects was their day at *The Wholesale Outlet*. Owner Sherry Woodburn not only extended the hours of opening for Rotary shoppers but donated 25% of the sales from that day for their PolioPlus fundraising. Enthusiasm among the shoppers was high and the draws for the generously donated gifts added to the excitement at the end of the event. For her part, Sherry Woodburn related, "I was happy to host the members from the Orleans chapter of the Rotary Club on April 26th and to help in the challenge of eradicating polio."

The President of the Rotary Club of Orléans, Gayle Oudeh, is full of praise for the club members and notes, "It is amazing what a small group of people can do when committed to service."

More giving to others... throughout the year

The Motto for Rotary International is: Service Above Self. From Gayle Oudeh's description of the projects undertaken by their club, it would appear that the local Rotary Club of Orléans not only gets up very early for its weekly meetings, but once up puts in a tremendous number of hours supporting local communities worldwide.

In the summer of 2017, the club continued its involvement with the Petrie Island Canoe Club. “Originally we gave them funds to help get them started. This summer 2018 we are donating money to transport young people from the Wabano Centre in Vanier to the Canoe Club. They will be taken to paddling camp on private buses,” the Orléans President shared. Last year as well, the club helped establish an edible garden in conjunction with the Orléans Community Association.



Dora, Richard and 3 month old Si-
rena of Toronto stopped by *The
Wholesale Outlet* and bought a
ticket for the draw.

On Saturday, February 24th when the skies were a mix of sun and cloud and the temperature a balmy three degrees, the Rotary Club of Orléans held its highly successful Victorian Tea at St. Helen's Anglican Church, at 1234 Prestone Drive. The beautiful tea was also to raise funds for the PolioPlus Program.

"Tickets sold out and we did really well with this," Gayle Oudeh added.

A Signature Event close to home

On Saturday, June 2nd, the Rotary Club of Orléans will be proudly presenting the 'Young People of Character Award' to approximately 30 youth who have given back generously to their community. The event is organized with the incredible sponsorship of local businesses, with nominations from schools, churches, other religious groups, Scouts or wherever youth might congregate. The awards are based on the student's strength of character.

The students will each receive a large trophy and certificate, plus each will be acknowledged by a representative of one of the businesses that donate toward the event. A number of businesses may event donate a scholarship.



From one of the great draws a lucky Lynn Morris became the proud owner of a beautiful new set for serving cheese. Everyone agreed the prizes were amazing!

Monetary donations by the businesses will also cover the cost of the Rotary Club of Orléans Youth Exchange Programme, where the club sends one young person to study abroad for a year and a student from another country with a Rotary Club sends a student here.

For the upcoming year, the Orléans Club will welcome an exchange student from Italy and their young student from the Orléans area will be going to Taiwan.

Reaching outward

Each event has a committee, formed to look after both their local and international projects.

It was only two months after the September 20th devastation by Hurricane Maria on the small Caribbean island of Dominica that the Rotary Clubs of Ottawa South and Orléans teamed together with the Rotary Club of Dominica to rebuild a new school. The day featured a silent auction, music and Dominican food with all proceeds going to the disaster relief efforts; just one more instance of living the Rotary motto.

Looking inward

In 1930, Watty Piper wrote the famous children's classic, 'The Little Engine that Could.' It would truly appear from all the wonderful stories that come out of the Rotary Club of Orléans that its members, with all their projects, take on the same positive thoughts of that little engine of almost 90 years ago.

The club sets an exemplary model of a small group of people who set out to achieve and do. What an amazing accomplishment upon which to reflect.

*A very special Thank You
to the following who generously
donated to the draws:*

*Dominique Denis, Jane Neocleous,
Gayle Oudeh, Sue Pitchforth,
Francois Trépannier, Teresa Whitmore
and Sherry Woodburn.*

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The magic of Landmark Court

by Carole Moul

When Magician Michael Bourada entertained with cards, dice, handkerchiefs, ropes and Rubik's Cubes at Landmark Court on a recent Saturday the totally absorbed audience remained none the wiser as to how things happened. How did he do this?

Michael got started in magic at a young age when he received a Houdini magic kit for his 8th birthday. Today he performs over 200 shows a year and with his sleight of hand he has been fooling audiences for over 20 years. Is it any wonder then that the residents, families and other guests at Landmark Court on that sunny afternoon couldn't figure out how torn tissue turned into a hat or white handkerchiefs became red ones?

On the following day, when Psychic Michele read the Tarot cards and tea leaves at Landmark Court she was so close to right that it was unbelievable. How could this be? And, although she has over 20 years professional experience specializing in reading Tarot Cards, a Crystal Ball, Tea Leaves, and Angel Cards it was still all magic for the

guests on that Sunday afternoon; and they loved every minute of it.

Later Psychic Michele said that right from the minute when she walked into the Landmark Court Retirement Community, "The energy in the building was lovely."

And, while Michael Bourada totally engaged a large group of magic show participants on one fun-filled day, on the following afternoon Psychic Michele gave her undivided attention to many fascinated individuals.

Other people were also in one of a number of rooms to help make the weekend the success that it was. The Diamonds, Mike and Karin, had the audience joining in with well-known songs; and it was certainly a fun time as the couple played and sang tunes familiar to all.

On the main floor another team was providing manicures for a special indulgence, while different individuals shared activities and advice around the beautiful large room. And, just in case you might be hungry, the Director of Culinary Services, Barbara Parkinson, was serving up various tasty appetizers and a delicious stir fry.

It was obvious from the comments of those around the retirement community that they were in mutual agreement as to liking the choices given them over two special days. But then, everyone has come to expect the magic that happens at Landmark Court, not just on Open House Weekend but every other day as well.



The Diamonds; Mike and Karin had the audience humming, singing and swaying.



It was obvious that people totally enjoyed Psychic Michele's Tarot Card and Tea Leaf reading.





Director of Culinary Services, Barbara Parkinson, spoiled us with delicious Landmark Court treats.



Magician Michael Bourada dazzled us all with cards, dice, handkerchiefs, ropes and Rubik's Cubes.



Dr. Zofia Wald-Mroz (L) from Hearing Life explained about hearing aids and accessories and Grace Shaver, a resident of Landmark Court shared how she had helped the Heart and Stroke fund with her knitting projects. Both were amazed by Magician Michael Bourada. PHOTOS: CAROLE MOULT



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Alta Vista

Jean CLOUTIER

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Park	Park Address	Closed Day	A/B/ Start Date	First Day	Last Day	Open July 1st	Open Aug 1st
Alda Burt	1816 St. Laurent Blvd.	Sun	A	June 28	August 23	YES	YES
Alta Vista	1309 Randall Ave.	Mon	B	July 3	August 28	NO	NO
Balena	1640 Devon St.	Fri	B	July 3	August 28	NO	NO
Canterbury	2185 Arch St	Sat & Sun	B	July 3	August 28	NO	NO
Cecil Morrison	1332 Avenue N	Sat	A	June 28	August 23	NO	NO
Hawthorne	2139 Tawney Rd.	Sun & Mon	A	June 28	August 23	NO	NO
Heron	999 Heron Rd.	Fri	A	June 28	August 23	NO	NO
Weston	955 Pleasant Park Rd.	Mon	B	July 3	August 28	NO	NO

WADING POOLS

There will be two staggered starting dates for Wading pools in 2018 to extend the weeks of operation across the City:

A-Start Pools: June 28 – August 23

B-Start Pools: July 3 – August 28

Please note this schedule does not capture delayed openings resulting from scheduled repair work.

*For a specific list of swimming hours, please visit: <http://ottawa.ca/en/residents/recreation-and-parks/swimming> and select Wading Pools.

PROGRAMMING IN THE PARKS

Weekly crafts, games and activities will be offered at all wading pool locations. Program information available at your local park.



SPLASH PADS

The City of Ottawa **Splash Pads will be in operation from May 18 until September 14 (weather dependent).**

For a list of locations and scheduling, please: <http://ottawa.ca/en/residents/recreation-and-parks/swimming> and select Splash Pads.

For more information, contact the **Seasonal Recreation Office at 613-580-2590.**



The sap from Wild Parsnip can cause severe skin irritation and make the skin prone to severe burning and blistering when exposed to the sun.

La sève peut causer une irritation de la peau et la rendre sujette aux brûlures graves et aux cloques en cas d'exposition au soleil.

Ottawa

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TTY/ATS 613-580-2401

Keeping our water systems healthy

Water Services maintains the City's sanitary sewers, stormwater sewers, and combined sewers and associated structures – completing routine cleaning, condition assessment, and repair as required to ensure that wastewater is efficiently transported to the water treatment facility.

Between April and November, Water Services provides notification of scheduled routine sewer cleaning activities by ward. Visit goo.gl/UxTxna to stay up to date.

From May until early August, Water Services completes preventative maintenance on metallic water mains as part of its annual Cathodic Protection Program. The program extends the life of a community's metallic water main by attaching magnesium rods to the water main in the City's right of way. These rods provide corrosion protection to the water main.

Additional program information along with a list of all impacted streets can be found at ottawa.ca/cathodicprotection.

FOR THE PEOPLE

An Open Letter to Ottawa South

As you decide how to vote on June 7, please consider these thoughts.

I hope you agree that the highest values in public service are maintaining public trust by accounting for how responsibilities are carried out, ensuring public finances are reported with accuracy, and managing budgets responsibly.

On all counts your choice is clear. The Liberal government has not accounted for many failed efforts, nor has it presented public finances in accordance with accepted principles. It has overspent and now Ontario is a “have not” province, drowning in debt.

My PC government promises to account, to be trustworthy and to aim to balance the books.

Our government is For the People. We will reduce the burdens on you.

Income tax will drop for those in the first two tax brackets. Corporate taxes will drop. Hydro bills will be further reduced. Gas prices will be cut. Childcare will be rebated by up to 75%. And low income seniors will have dental care plans.

We recognize the crisis in hospital wait times, mental health, addiction, housing, and long term care wait times. We will build 30,000 LTC beds, plus put \$1.9 B toward these urgent issues.

After knocking on doors for a year I have met many families who are hurting: let me try to help them by fixing the broken systems we depend on.

I promise to deliver accountable representation in Ottawa South. I have done this before as a city councillor, and will do it again, if you elect me.

Thank you,

Karin



KARINHOWARD.CA
info@karinhoward.ca | 613-702-2183 | @karinottawa
Authorized by the CFO of the Karin Howard campaign

ESSENTIAL HEALTH



CINDIE HELMER
Registered Massage Therapist/
Owner of Essential Health
Massage Therapy in Riverview Park

Don't forget to stretch!

Nicer weather means more outdoor activities! Many people will bike to work, run outside, play tennis or golf - but what about yard work, gardening, property maintenance, or just neighborhood walks on a sunny day? These routine activities that we engage in may not seem strenuous, but they all use our muscles, which will promote tightness, stiffness, and sometimes soreness or injury.

While regular massage therapy can help with the aches and pains of activity, there is something that each of us can do before or after our activities, and in between massage appointments that can greatly decrease the aches and pains that are caused by routine use of our bodies.

Stretching.
We all “stretch” when we wake up

in the morning, but from a physiological perspective how does proper stretching benefit our bodies? Brad Walker, exercise scientist and sports trainer describes stretching as “the process of placing particular parts of the body into a position that will lengthen the muscles and their associated soft tissues”. Stretching not only feels great, it also helps keep our muscles supple, as well as improves our range of motion, balance, and coordination. It can help maintain proper posture, develop better body awareness, increase energy, improve relaxation, and may help prevent injuries when done correctly and regularly.

Everyone can learn to stretch regardless of age, fitness level or flexibility level, and everyone can benefit. Stretching can be done before or after exercise, outdoors,

indoors, or even at your desk at work!!

There is, however, a right way and a wrong way to stretch. It is important to remember that stretching should feel good. It should never be pushed beyond the limits of the muscle group being stretched, and it shouldn't be painful. It's not a personal contest to stretch a little further each time you do it. Your flexibility will improve over time, but this should not be your intention or focus.

Stretching should be done gently and slowly to help relax muscles. Proper stretch techniques include moving into a comfortable stretch slowly. Move to a point where you feel mild tension, not going beyond the muscles capabilities, and holding the stretch for a minimum of 30 seconds, and a maximum of 60 seconds. This length of time allows

the feeling of tension to subside. It's very important not to bounce, and don't hold your breath! You should maintain even breathing. Once your count is complete move out of the stretch slowly to return to the start position.

Like us on Facebook and keep an eye out for our stretch routines and examples. We will be posting new stretch routines for different activities regularly. If you have questions about stretching, please send us an email: info@essential-health.ca

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 questions about how massage might be able to help you please email info@essential-health.ca.





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Meet cancer research leader Dr. Rebecca Auer

Special to the Riverview Park Review

Some days she wears scrubs and removes tumours in the operating room. Other days she wears a lab coat and investigates the secrets of cancer cells. In between all this, she runs clinical trials, trains students and residents, participates on international committees and raises three young boys with her husband. Now this innovative surgeon-scientist has another job: leading more than 300 cancer researchers at The Ottawa Hospital.

When asked what inspires her, she says patients always come first.

“My patients are a great source of strength for me. They approach tough situations with grace, gratitude and resilience. They make me realize how incredible humans are. They remind me what matters the most every day.”

Amazing colleagues and a world-class hospital provide inspiration too, she says.

Of course, inspiration doesn’t go very far without hard work, something that Dr. Auer learned early on.

“I never really felt I had any natural ability, but what I do have is tenacity,” she said. “When I fall down, I get back up.”

Tenacity pays off

That tenacity has more than paid off. The Ottawa native was named the top medical student at Queen’s University in 2000, the top master’s student in science at the University of Ottawa in 2004, the top resident researcher at Memorial Sloan Kettering Cancer Centre in 2007 and Distinguished Young Professor at the University of Ottawa in 2013.

Since starting her own research laboratory at The Ottawa Hospital in 2007, Dr. Auer has focused on the interplay between cancer, surgery and the immune system, and has made many important discoveries.

“Surgery is very effective in removing solid tumours,” she said. “However, we’re now realizing that, tragically, surgery can also suppress the immune system in a way that makes it easier for any remaining cancer cells to persist and spread to other organs.”

Dr. Auer’s team has discovered how this happens and they are now testing different strategies in the

“My patients are a great source of strength for me.

They approach tough situations with grace, gratitude and resilience.”

lab and in patients to modify the immune system and prevent cancer from coming back after surgery.

In addition to her role at The Ottawa Hospital, Dr. Auer is also an associate professor at the University of Ottawa and holds a Tier 2 Clinical Research Chair in Perioperative Cancer Therapeutics from the University’s Faculty of Medicine. She is also a key member of BioCanRx, a network of cancer immunotherapy and oncolytic virus researchers based at The Ottawa Hospital. She collaborates widely with laboratory scientists, surgeons, oncologists, nurses and epidemiologists.

“I’m really excited to take on this new role because I see an opportunity to bring people together, build bridges and accelerate the translation of our research into benefits for patients,” said Dr. Auer. “The Ottawa Hospital is already leading the world in several areas of cancer research and there is great potential for further growth.”

Dr. Auer is an outstanding addition to our leadership team,” said Dr. Duncan Stewart, Executive Vice-President of Research at The Ottawa Hospital and professor at the University of Ottawa. “Her tenacity, collaborative spirit and passion for her patients and science will be a huge asset as our researchers continue to redesign the future of cancer care.”

“Dr. Auer’s research could change how cancer is treated around the world,” said Dr. Virginia Roth, Chief of Staff at The Ottawa Hospital. “We are fortunate to have Dr. Auer inspire our young physicians and researchers at a time of such exciting change and discovery in this field.”

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2018 Alta Vista Centre Block Party

The Alta Vista Centre Block Party Committee wishes to thank the following for their contributions to a very fun day-

Aahar the Taste of India
Councillor Jean Cloutier
Geoff Radnor
Jean Lamoureux
Joëlle Perrier,
Making Music Meaningful
Kiwanis Club of Rideau
Krazy Krazy the Clown
Little Ray's Reptiles
Maplesoft Centre
Maplewood Retirement Community
Paramount Properties
Riverview Park Community Association
Robert Olsen, Heart Tea Heart
Rock's Barber Shop
Roi Street Cart
Runamok Amusements
Shoppers Drug Mart
Simply Chiropractic
Sophia's Nails Spa
Subway
The Nativité Parish
Tin Cup the Clown
Via613Pizza & Shawarma
Vista Min-a- Mart



Councillor Cloutier with Charlotte, mother Valerie, and Henri



Krazy Krazy and Tin Cup



The Roi Street Cart



Aiden



The team from Aahar The Taste of India



Rosalind and Diane from Maplewood



Kaylee



Antoine with his dad, Dr. Stéphane Chillis from Simply Chiropractic



Yilissi



Robert from Heart Tea Heart



Shoppers Drug Mart announces the Fun Day



Katie, Ashlynn and Maeve



Laurence with her mother Dominique from Simply Chiropractic



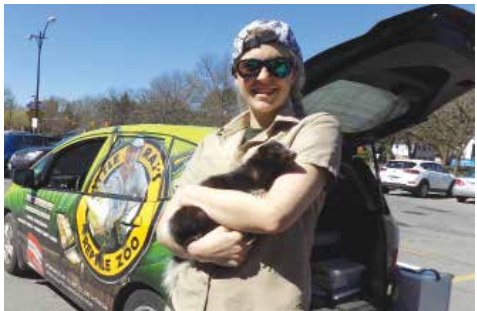
Brent from Little Ray's Reptiles with Chuckie, the Chuckwalla Lizard



Nidal from Via613 Pizza and Shawarma and Antoine



John Fraser, MPP, Ottawa South with Rosalind from Maplewood



Catherine and Smeldon, the skunk



Yilissi, Ronnie and pet Mimi



Saceda and Talia

REMINDER:
Watch for another
Alta Vista Centre Block Party
next June 2019

Meals on Wheels/La Popote roulante

So much more than just great nutrition.

by Carole Moul

When Jayden decided to become a volunteer he looked at the Volunteer Roundup website to see what would suit his shift work as a security guard. He also knew that what he wanted to do was to meet new people. “I love interacting with them,” he noted, and *Meals on Wheels/La Popote* roulante seemed to be the perfect fit.

The volunteer website describes *Meals on Wheels* as ‘the organization that delivers nutritious meals to individuals to assist them in maintaining their health and independence at home.’ The words, ‘A hot meal and a warm smile’ introduces the volunteer request. Jayden soon discovered that “*Meals on Wheels* is much more than just about food.

The number of clients vary on Jayden’s delivery days. There could be 11 or even 14 places to go. Jayden picks up the meals at the General Hospital- Riverside Campus for eleven a.m. and the food recipients know that they are to be home between eleven and one.

“What’s for dinner?” the client may ask, knowing that something both delicious and nutritious is in the red insulated carrying case that the volunteers use. And the clients have come to know that the variety is exceptional.

In the beginning

The very first *Meals on Wheels* was founded by Doris Taylor MBE in South Australia in 1953, and in 1954 the first meal was served from the



Bill Romo has been a driver for almost 20 years. Olive Newman began volunteering for Meals on Wheels in 1984. No matter the weather, these volunteers showed up at doors with a tasty hot meal.

Port Adelaide kitchen. The first meals were delivered to eight elderly Port Adelaide residents on 9 August 1954.

Nine years later, Brampton, Ontario was the first Canadian city to deliver *Meals on Wheels*. It was in the spring of 1963 when Ruby Cuthbert, a nurse, implemented the *Meals on Wheels* programme and with the support of the local Soroptimist Club their programme started with six meals a day.

2018 is the 50th Anniversary of Meals on Wheels (Ottawa)

In our city, *Meals on Wheels* was founded in 1968 by the Ottawa City Union of The International Order of The King’s Daughters and Sons. During the first week of operation there were 29 meals served to 15 people at a cost of 75 cents per meal. Meals were kept warm using charcoal briquettes in “hotlock” boxes. Today over 423 volunteers make the operation run smoothly, contributing a total of approximately 24, 848 hours per year.



Jayden began delivering Meals in February 2017. It is a volunteer job he totally enjoys.

The meals are delivered by trained volunteers who provide a personal contact, a safety and security check as well as an interested daily visitor. The formal name of the organization is The King’s Daughters Dinner Wagon. However it operates under *Meals on Wheels/La Popote* roulante.

All staff members once were volunteers. Funding came from the Ottawa City Union of The King’s Daughters and Sons, fundraising tea and coffee parties, client donations, memorial gifts, and a donation from the festival of Christmas Carols. It was not until 1972 that *Meals on Wheels* received a grant from the Ontario Ministry of Community and Social Services. Currently, financial support comes from: individual donations, service clubs, community and church groups, businesses, the Champlain Local Health Integration Network, the City of Ottawa, bequests and in memoriam donations.

Behind the scenes

Today the hot meals are prepared fresh by numerous kitchens throughout the city and are overseen by licensed dietitians. Suppliers include: Centre d’accueil Champlain, Children’s Hospital of Eastern Ontario, The Glebe Centre, The Good Companions Seniors’ Centre, Garry J. Armstrong Long Term Care Centre, Ottawa Hospital – Riverside Campus, Riverpark Place and St. Patrick’s Home. Frozen meals are prepared by *Apetito*, a frozen food supplier located in Southern Ontario, and *TimeSaver Foods*, a local supplier.

Back in the fall of 1968, Island Lodge (now Garry J. Armstrong Centre) offered to provide 24 meals each day and now is the longest serving meal provider in Ottawa.

The voices of volunteers

Kevin became a *Meals on Wheels* volunteer while also volunteering with The Ottawa Food Bank. His training involved a mandatory orientation session which includes viewing a video that explained about *Meals on Wheels*. He also needed a Police



When volunteering with The Ottawa Food Bank the driver suggested that Kevin might enjoy delivering Meals on Wheels. Clients are certainly glad that he did.

record check. A ride along with an experienced volunteer was part of the requirement.

Last August Kevin began delivering hot meals two days a week. He soon became a welcoming face to those receiving this wonderful service.

“I was drawn to *Meals on Wheels* because it is a way to work directly with the clients,” Kevin noted recently. “I deliver between 9 and 12 meals a day. Comments from clients include complimenting the quality of the food, especially when they get a ‘sweet’, and saying thanks for volunteering. Many ask how the weather is.”

Olive Newman began delivering *Meals on Wheels* in 1984. Currently her day is Wednesdays. You could consider her a ‘volunteer extraordinaire’ since on Tuesdays she volunteers at the Perley Rideau Veterans’ Health Care Gift Shop and on Thursdays she is part of the team at the café at the Rehabilitation Centre on Smyth Road.

It was many years ago that she began as a driver for *Meals on Wheels*. In those days there would be a big box in the back seat that held sixteen meals kept heated by a long cord plugged in to the cigarette lighter on the dash board. Mrs. Newman also remembers that the people that did the delivering collected the money from the clients. Today, people delivering the meals are not involved with the money.

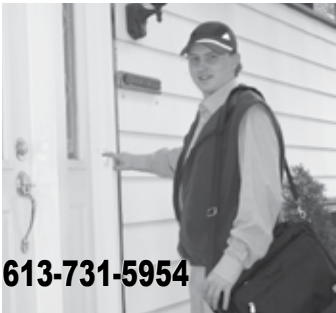
Bill Romo is Mrs. Newman’s driver. He began volunteering as a driver with *Meals on Wheels* in 1995. He shared that a colleague from Carleton University suggested that he give being a driver a try. And so, what began as being a substitute for a day when someone couldn’t drive has turned out to be his Wednesday volunteering for over the past 20 years.

Meals on Wheels is an amazing service. It’s your nutrition, a visit and it’s a safety check. But best of all, *Meals on Wheels* sets an example of people at their finest.

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Malcolm and John Harding



Canada's Top Performing Talent Comes to Perth's Classic Theatre Festival



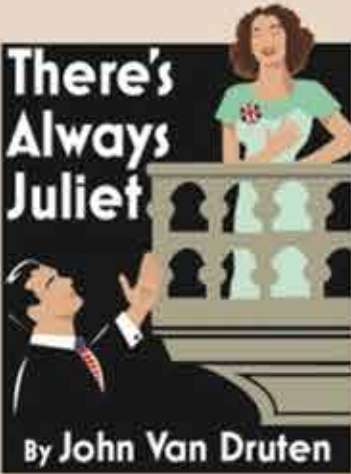
Comedy, History, Mystery, Dinner Theatre, Heritage Walking Plays and More!

Classic Theatre Festival News

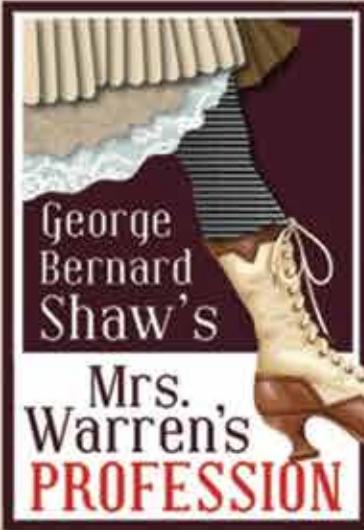


JUNE 5 to SEPT. 9 • 2018

This summer, treat yourself to the most beloved plays of all time as Perth's professional theatre, the Classic Theatre Festival, stages hits from the golden age of Broadway and the London Stage. We also present historic theatrical walking plays and ghost walks, and host a weekly dinner theatre too. You can choose from 16 shows per week of memory-making entertainment.

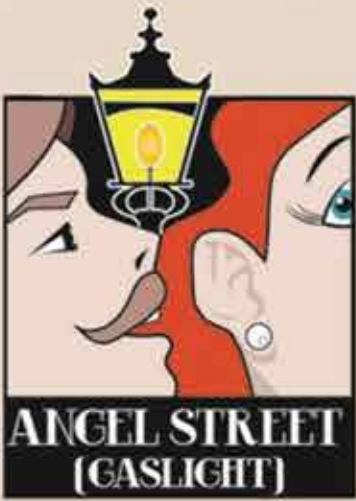


The Festival's air-conditioned, wheelchair accessible mainstage opens with John Van Druten's charming, trans-Atlantic romantic comedy set in 1930s London, *There's Always Juliet* (June 22 to July 15).



It's followed by George Bernard Shaw's warm, witty, engaging tale of conventional morality and unconventional lives, *Mrs. Warren's Profession* (July 20 to August 12).

The Festival's annual mystery thriller, *Angel Street (Gaslight)* by Patrick Hamilton (running August 17 to September 9) is a gripping psychological nailbiter about mind games and the nature of reality. A 1944 film version, *Gaslight*, starred Charles Boyer, Ingrid Bergman, and Angela Lansbury.



All mainstage shows run Tues. to Sun. at 2 pm, with 8 pm shows every Wed. and Sat. at 54 Beckwith Street East in Perth (free parking), with pre-show chats 30 minutes before curtain.



The annual *Perth through the Ages* walking play, running Wed. to Sun. from 11 am to 12 noon, June 27 to Aug. 26, features a story set in World War II Perth.



The Lonely Ghosts Walk, running Thurs. and Fri. from 7 to 8 pm, July 5 to Aug. 24, conjures up a new story with comedy and song about Perth's unsettled spirits.

New this year is the Classic Dinner Theatre at Michael's Table (110 Gore Street East, Perth). Every Tues. from 5 to 7 pm (June 5 to August 28), diners will enjoy the hilarious G.B. Shaw comedy, *Overruled*, about two couples confronted by an unconventional challenge, along with a sumptuous three-course, home-cooked meal.



Grab your calendars, give us a call, and we'll get you prepared for a summer of wonderful memories.

Order your tickets online at www.classictheatre.ca or toll-free at 1-877-283-1283

Ask about our Early Bird and multi-show discounts!



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Celebrate Spring, with delicious treats and strawberry themed party.

WING & BEER FEST | JUL 24TH 2-4PM
The summer essentials are available at Maplewood, join us for wings & beer!

GREAT GATSBY PARTY | SEP 9TH 2-4pm
In honor of Maplewood's 5th anniversary we are celebrating in style with a roaring 20's party. Come join us.



APPLE FEST | SEP 21ST 2-4PM
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**THE FUN CONTINUES
ALL FALL LONG,
TELL A FRIEND.**

Train Yards dinosaurs?

No, the demolition of the last of the loading docks.



PHOTOS: GREG MONEY



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COMPUTER TIPS & TRICKS

Email Frailties

by Malcolm and John Harding,
of Compu-Home

Q I just got a notice that my email account rejected a message that a friend had sent me. (Sometimes the problem is the other way around, and my friend doesn't get a message from me.) I got a gobbledygook note explaining why this had happened which is utterly incomprehensible to me but the bottom line is that I am worried that my email address is not reliable.

A The big guys like Sympatico, Yahoo, Gmail, etc. operate with great suspicion of one another and are always on the alert for an attack. That is for good reason; this happens all the time. Email accounts are constantly being scammed and spammed and if Gmail (for example) suddenly gets several thousand incoming suspicious messages from a Yahoo user (for example) then they will put a temporary block on Yahoo until they perceive that the threat is passed. They may or may not

send out those cryptic messages you mentioned. A few hours or a day later all is forgiven and they are friends again (until the next time).

Q Well, what the heck can I do about it?

A Not much. Well, maybe a few things:

1. Be patient; the problem will probably be resolved very soon without you having to do anything.
2. Ask your friend to send (or receive) a few more messages to (or from) you over 36 hours so that you can monitor how consistent

and longstanding the problem may turn out to be.

3. Don't rely on email only, whoever the provider, for urgent messages. Although the percentage of email that is spam has actually gone down slightly in the past couple of years, spammers are now more sophisticated and effective than ever, and with billions (that's right!) of spam messages being sent every day, a lot of legitimate messages are inadvertently getting caught in the spam filters. See:

www.bloomberg.com/news/articles/2016-01-19/e-mail-spam-goes-artisanal

4. Consider the possibility of creating another email address that you share only with people you trust absolutely – and by this we define “trust” as knowing that they are as careful as you are in how they understand and use email. Inconvenient perhaps but worth it, especially if you set up forwarding of all your email accounts into one, so that checking one Inbox covers them all.

5. Never send an email to more than about 15 recipients. The number of recipients of a message is a flag in the filtering systems of the email providers and if there are too many, most of them won't receive it. If you have to send a message to 60 people, it is better to send it 4 times to 15 recipients.

6. When you send a message to a group of people, make sure to make yourself the addressee, and put everyone else in the Bcc: box, so that you are not broadcasting potentially private information.

7. On the chance that you really do have a problem, take time often to make certain that your anti-virus utility is always up to date and working the way you think it is.

8. See also: <https://glockeasymail.com/email-marketing/emails-blocked/> (First 3 paragraphs; ignore the advertising.), and <https://mailchannels.zendesk.com/hc/en-us/articles/204124374-Why-is-my-email-blocked->

It's our 20th anniversary! Go to compu-home.com/blog for an archive of our columns (including this one) and lots more tech-related articles. There is a space right after each item for you to make comments and suggestions, and ask questions. You can even sign up for automatic updates. Have a look at compu-home.com/blog soon or call us at 613-731-5954 to share your opinions and suggest subjects for future columns. Our email address is info@compu-home.com



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Re-Elect a Good MPP

John Fraser

Your Community Voice



Dear Neighbour,

For the past 19 years, I have had the privilege of working for the people of Ottawa South, and for the last 5 years, I have had the honour of serving as our community's voice at Queen's Park.

I am proud that together, we have made Ottawa South stronger – including expanding CHEO, the Ottawa Hospital and the Heart Institute. Within our community we have: increased access to post-secondary institutions for our young people, established more affordable housing, increased the number of affordable child care spaces and invested in more supports for our seniors.

At Queen's Park and at home, I have worked hard to expand access to palliative care and championed an initiative that would ensure that all children have their vision tested before entering Senior Kindergarten. I have also introduced legislation aimed at protecting vulnerable workers and increasing transparency in government.

I have worked with my elected colleagues from other parties to deliver the kind of change that is needed in our communities, being part of the team that brought forward Rowan's Law, concussion legislation that will protect our young athletes; as well as a bill that established "Remembrance Week" in Ontario.



I successfully advocated for the Ontario Energy Board to conduct a province wide consultation into the Energy East Pipeline and successfully fought to save TVO's over the air broadcast in Ottawa along with eight other communities across Ontario.

In the last 5 years, my priorities have remained unchanged. I want to continue to fight for the things that matter most to our families:

- Protecting the world-class healthcare in our community
- Excellent schools and student success
- Good jobs and a strong economy
- Support for our most vulnerable neighbours
- A clean and safe environment

Ottawa South has been my home for my entire life. My wife Linda and I raised our three children here, and now, they are raising their own families here. I care very deeply about this community and about the people that live, work and raise their families here. I want to continue to make a difference for the people of Ottawa South as your MPP.

I am asking for your support on June 7th so that together, we can continue to build a strong, vibrant, successful community. I will continue to work hard for you and for your family.

Sincerely,

John Fraser



For more information, or to learn how you can support John Fraser:
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- June 28th - Canada Day at Oakpark at 2pm**
Celebrate Canada Day with the Hot Spud Dixieland Band
- July 24th - Summer Patio Party at 2pm**
Join us for live music and great food!



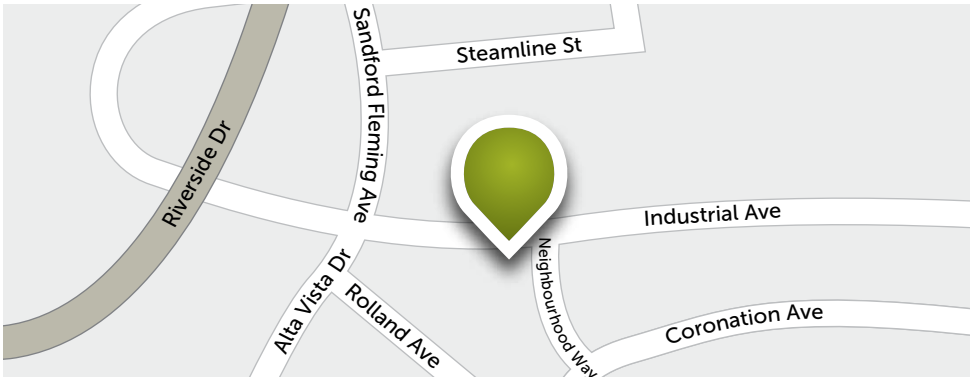
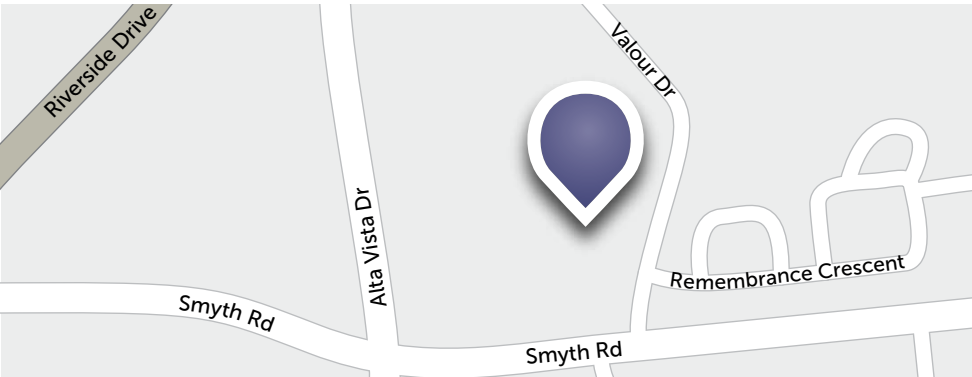
Maplewood

- June 24th - Farmer's Market from 10-2pm**
Our Farmer's Market Series begins, the last Sunday of every month, until September
- June 28th - Strawberry Fest from 2-4pm**
Strawberry themed party with food, drink and entertainment
- July 24th - Wing & Beer Fest from 3-5pm**
Summer is better with wings and beer

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

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Riverview Park Review

SECTION TWO

JUNE 2018

A Voice of Riverview Park

JULY 2018

High tech fabric in a high performance sport

by Denis Poitras

Recently, 4 Dance, Gym and Cheer, who are now part of Figure 8/Hockey One Skate Specialists, received great new high tech gymnastics leotards that athletes will appreciate. In a sport where precision counts an athlete who wears a high tech leotard in which the fabric allows them to elevate their performance is a bonus. Sports fabrics are now created with that in mind to allow the athlete to achieve a higher degree of performance. The gymnastic leotards are becoming almost like a second skin where the fit is important to the sport.

Fabric manufacturers are able to create a skin like fabric that sets companies apart from the others and allows the athletes to realise their full potential on the uneven bars, the balance beam, the vault as well as the floor routines.

Moreover, the fabric comes in a variety of colors as well as designs. Usually you would see a multitude of layers on the leotards that would create a design that would catch the eye during a performance. Nowadays, the fabric has the design printed on a fine layer of fabric, and of course to make it more appealing, Swarovski crystals are added to the costume which completes the entire look wanted by the athlete.

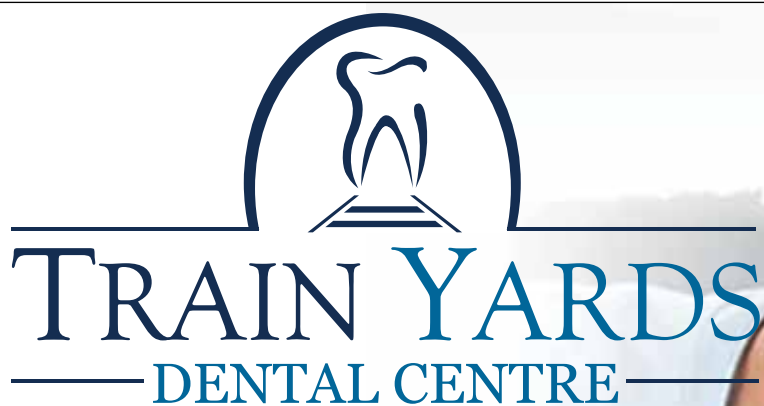


Lately, that type of fabric has crossed over to dance. You can see more and more beautiful fabrics coming in the store with detailed

Fabric manufacturers are able to create a skin-like fabric that sets companies apart from the others and allows athletes to realise their full potential.

designs in them that make for a cost efficient dance costume for either recital or competitive dance. This type of high performance apparel has made it enjoyable practicing a sport and giving your best at every level of the sport you are enrolled in.

To get a better sense or a preview of these products, you can drop by 4 Dance, Gym & Cheer which has moved inside of Figure 8/Hockey One Skate Specialists. Customers are super happy that they can all do their one stop shopping in one location with free parking and more hours available to serve customers. A plus, plus for everybody...



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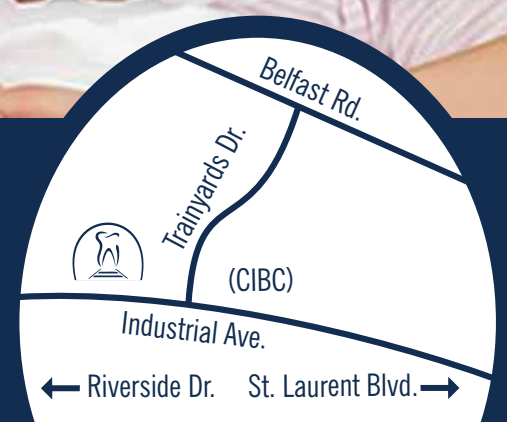
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Critter Control

Aren't you glad they're as close as your telephone?

When Critter Control receives the call the company knows that another local family, business or municipality in the Ottawa Gatineau/ Eastern Ontario Region has been having unwanted guests and they would like them gone. The company also recognizes the fact that the customer has chosen them because of the humane animal approach and the environmentally responsible techniques that they use to handle problems with nuisance animals.

Skunks and raccoons are the most common animals causing homeowners trouble Erik Rinella said recently. He is a technician with Critter Control. "We safely take the animal out NO more than one kilometer away from where they were living and never, ever separate the mother and her babies." Needless to say cautious plans are made to incorporate the most humane handling approach possible.

The strategies that they use are quite innovative and impressive and even a skunk can be re-located without the technician being sprayed. "We come up quietly behind them" he added, "put a cloth over them and then carefully place them in a trap for live animals."

The teams even create warming boxes to care for babies such as raccoons, since quite frequently the mother is using all her resources out scavenging food for her young ones or herself; and this could be just about anywhere that you don't want them in your attic or backyard.



Erik holding a baby raccoon ready for relocation humanely.

The warming box is made out of wood with a heating pad that is covered with cloth and plugged in to the homeowner's power source. The young, when found are put there until the

mother returns. Needless to say, monitoring is a large part of the process of noting the normal movement of the mother.

The team is also very careful to ensure that once outside of any structures, the openings, gapes or small holes are covered so that there can be no return entry of the pest. Working on preventing future issues is an important part of the Critter Control plan. The company can provide attic restoration as well after the squirrel, bats, or even birds have been humanely taken outside. Unwanted rodents can also be both safely and humanely re-moved by these professionals, and with a satisfaction guaranteed.

Stephen Latreille has been working in wildlife control for five years and has had experience with birds, bats, mice, squirrels, and raccoons. He is an animal lover who has an eight year old chocolate lab, Hunter, and also reiterated how careful the teams are to keep the mothers and babies together for safe removal. Whatever the service required, this is a company that will do it right.

Protecting people, property and wildlife is not only the motto of Critter Control, but their goal and mission. For over 33 years the company has been in the forefront of providing pest removal needs in the hands of professionals.

Wildlife removal can be time consuming, expensive and even dangerous for the un-trained homeowner. Fortunately, there is a branch of this well known company nearby to help.

Wildlife Too Close for Comfort?

Raccoons

Squirrels

Birds

Rats

Mice

Opossums

Skunks

Geese

Bats

Deer

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Gophers

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RIVERVIEW... NOW



Hurdman Station...to the Rideau River Bridge and beyond

by Paul Walsh

From an upper story in the Riviera Apartments, a resident took these shots recently, showing the progress made in the Hurdman Station area.

This week, work at the Station involves windscreen and fare gate glazing ... expected to be completed later this month. The edge-of-platform lighting is ongoing.

Our view, looking toward the

Parliament Buildings, shows the curve, to the right, of the two tracks used by the Confederation Line, as they wind their way to the Rideau River, and cross the Bridge to the Lees Station.

There, the tracks go under the Queensway, and come out on the other side where they will turn left and continue toward the next stop in the line...the uOttawa Station.

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OTTAWA’S STREETCARS AT MID-CENTURY – PART 8

A ride on the Britannia Line, Part I

by Bruce Dudley

Britannia – George Loop was the suburban streetcar line of the Ottawa Transportation Commission. The route box on the roof of its cars displayed a large ‘A’ (for Albert) and the line ran from George Street at its intersection with Mosgrove Street in lower town Ottawa to Britannia-on-the-Bay on Lake Deschenes, west of the city on the Ottawa River in the Township of Nepean. The line was, in effect, half within the city and half rural through the western suburbs and was the longest streetcar line in the OTC system.

For our trips on this line we’ll be riding in streetcars of the 600 class, initially in car number 660 built in 1913. This class of car was unique by its exclusive daily use for regular runs on this line for many years although other cars of this class were still being used as ‘extras’ on some of the other lines in 1950.

We’ll get a closer look at the 600s later on, but for now I’m sitting with 660 in the George Street Loop (see the first photo) waiting on my

scheduled departure time. The first picture is looking west on George Street towards Sussex and out of the picture to the left is the back door of Freiman’s Department Store. If this was a Monday instead of a Sunday (see your transfer in the second photo) I’d suggest getting here early enough so you could slip into Freiman’s, downstairs, and get yourself a Malted Milk. They were delicious!

I set my front and side scroll signs to display ‘BRITANNIA’, put a pad of ‘GEORGE LOOP’ transfers in the cutter, check that my ‘Via Albert’ card is fixed in the right-front window and we are set to go. It will take us about 40 minutes to get to Britannia Park. Even though it’s late October, it’s a warm sunny Sunday so I expect to be picking up lots of passengers making the trip to Britannia for a last picnic and look at the park before winter arrives.

I close the doors, release the brakes and with a small amount of power notched on the controller we turn the corner onto Mosgrove and pull up at Rideau Street. When it’s clear, we turn right onto Rideau and head west, up-grade, towards the Plaza passing the Daly Building, Chateau Laurier and Union Station and then the War Memorial before making an ‘S’ maneuver across Elgin Street before entering Sparks Street.

Sparks was a busy street in 1950 and, together with that section of Bank running south to Laurier West; it was the main area for uptown shopping. It had great stores like Birks, Jack Snow Jewelers, Devlin’s, Murphy Gamble and Bryson Graham department stores, Zellers, several 5 and 10 cent stores, Dover’s Hardware, the Centre theatre and Hope’s book store. The Ottawa Electric Building near Elgin and the Metropolitan Life at Bank Street rounded things off with The Ottawa Citizen and numerous other businesses in between.

We make our way west on Sparks to Bank Street stopping at Metcalfe and then O’Connor Streets for passengers. We check what’s show-

GEORGE LOOP			
SUNDAY			
OCT. 29 1950			
OTTAWA TRANSPORTATION COMMISSION			
SHORT	TRIPPER		
EXTENDED	EMERGENCY		
0601	Re-issued	1	2
6 a.m.		0	
7 a.m.		10	
8 a.m.		20	
9 a.m.		30	
10 a.m.		40	
11 a.m.		50	
12 n.		0	
1 p.m.		10	
2 p.m.		20	
3 p.m.		30	
4 p.m.		40	
5 p.m.		50	
6 p.m.		0	
7 p.m.		10	
8 p.m.		20	
9 p.m.		30	
10 p.m.		40	
11 p.m.		50	
12 mid.		0	
1 a.m.		10	
GEORGE LOOP			
0601			

ing at the Regent Theatre on the northwest corner of the intersection as we swing left on Bank and as we straighten out you can see the Honey Dew on your left.

As we cross Queen Street we have the Capitol Theatre on our right with Dover’s Men’s Wear and the Uwanta Lunch on our left. I throw the switch for a right turn on Albert Street at Nettleton’s Jewelers and as I stop on Albert for passengers you can check out the Colonial Coach Bus Terminal on the right-hand side.

Then we head west on Albert passing the OTC’s power sub-station at the corner of Kent, then also on our right the OTC Bus Garage, always a hive of activity, with the former Ottawa Car Manufacturing Co. across the street closed since 1948. We go by the Fire Station at Lyon Street, and then it’s the Ottawa Technical High School on our left, beginning at Bay Street before we reach Bronson Avenue.

By now we’ve started down hill past Commissioner Street and after a gentle curve to the right we slip past James Davidson’s Lumber Co. and the Ottawa Box Co. on our left and the flatiron building on our right. This is where Albert Street ends as Wellington Street angles into our path from the right. As I near S & S Auto Parts I throw the switch for Preston Street and turn left onto it, traveling a few blocks to Somerset. Now it’s a right turn with the Rainbow Grill on the corner (smell those eggs and bacon!) and we start up and over the Somerset Street Bridge and joining Wellington Street again as Somerset ends.

We are now in Hintonburg and first up on the left is No. 2 Police station, then St. Francis Church followed by the Grace Hospital, the Parkdale Market and the Elmdale Theatre before turning left onto Holland Avenue. It’s then only one block before I throw the switch for a right turn onto the Britannia line private right-of-way at Holland Avenue Junction. Now it’s a 20-minute run to Britannia Park and we’ll save that for our next trip.

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Ontario introduces legislation to protect ultrasound patients and practitioners

Patients in Ontario that are required to undergo a diagnostic ultrasound procedure will now receive a higher standard of care than ever before, thanks to the recently passed “Strengthening Quality and Accountability for Patients Act” that includes Diagnostic Medical Sonographers (DMSs) becoming regulated under the Regulated Health Professions Act (RHPA) by the College of Medical Radiation Technologists of Ontario (CMRTO).

DMSs are highly trained medical professionals that use high-frequency sound waves to produce visual images of organs, tissues, or blood flow inside the body. Diagnostic ultrasound is commonly used in the diagnosis and treatment of various abnormalities in the body including abdomen, breasts, prostate, reproductive organs, heart, blood vessels, and other areas. It is also the main screening tool used to monitor fetal development in pregnant women.

The new regulation aims to protect the public by establishing minimum practice standards that will create accountabilities for DMSs and ensure patients receive safe and competent care. Regulation of the profession will legitimize the educational qualifications for



Robert Mahon- MRT (T) Director of Ontario Association of Medical Radiation Sciences (OAMRS); Ines Lonz- DMI Professional Practice Coordinator; John Fraser MPP Ottawa South; Greg Toffner- President and CEO Ontario Association of Medical Radiation Sciences (OAMRS); Guy Morency- Director of Medical Imaging; Arif Mustafa- Sonographer; Emelie Dubreuil- Sonographer; Kathy Knight-Manager for Ultrasound; Sue Gauthier- Sonographer and Karen Nogue- Sonographer. PHOTO : GEOFF RADNOR

DMSs and will raise the profile and credibility of the profession within the health care industry.

“The work of Diagnostic Medical Sonographers is integral to the strength of our health care system. The regulation of these highly trained medical professionals ensures patients across Ontario have access to safe and accurate diagnostic services. Our government is improving oversight and transparency of ultrasound imaging in order to deliver the highest-quality patient care.”

– John Fraser, Parliamentary Assistant to the Minister of Health and Long-Term Care

Greg Toffner, and the Ontario Association of Medical Radiation Sciences (OAMRS) were instrumental in demonstrating the need for regulation within the profession. Parliamentary Assistant to the Minister of Health and Long-Term Care, John Fraser, lead the work with government as chair of the Health, Education and Social Policy Committee, continuously moving the regulation forward.

“As the Association representing the Sonography profession in Ontario, we (OAMRS) have been working collaboratively with the Ontario government to achieve this regulation on behalf of Sonographers and in the public interest. This achievement would not have been possible without the unrelenting work and support of PA Fraser continuing to push the initiative through the legislative process.” – Greg Toffner, President and CEO, OAMRS

DMSs now join 28 other health professions regulated under the RHPA. DMSs will be required to pass an accredited college or university program and a certification exam approved by the CMRTO to receive their protected title that will allow them to practice the profession in Ontario.

OAMRS is currently on a cross province tour educating Sonographers, other health professionals and the public about the new regulation. For more information please, visit OAMRS.org.

Media Contact
Stephanie Woods
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Local women work to help Afghan women graduate

by Fran Harding

Canadian soldiers are no longer fighting Canada’s longest war in Afghanistan and we don’t see daily headlines about the country. It is easy for us to forget about the Afghan people, despite the fact that the war continues.

But there is a group of women in our community who have not forgotten. They remember especially the women and girls who were forced by the Taliban to cover themselves completely, remain in their homes unless they were accompanied by a male relative, and forbidden to attend school. They remember because of one truly inspiring woman.

At the height of the fighting in 2010 a remarkable woman named Dr. Sima Samar travelled from Afghanistan to Canada. Dr. Samar, head of the Independent Human Rights Commission for Afghanistan, and an Honourary Member of the Order of Canada, spoke at the 100th anniversary meeting of the Ottawa branch of the Canadian Federation of University Women. She spoke passionately about the challenges faced by the women and girls in her homeland – their lack of proper health care, the suffering of their families during the war, and particularly their need for education.

From that encounter a lasting relationship was established between the Ottawa women and Dr. Samar and the Gawharshad Institute of Higher Education she had established in the Afghan capital, Kabul. University Women Helping Afghan Women was formed to learn about the re-



Recent graduates from the Gawharshad Institute happily raise their mortarboards in unison.



These women are the proud University Women Helping Afghan Women 2017 graduates.

alities of life in Afghanistan, to raise awareness in the community about the ongoing challenges that face women and girls, to advocate for their rights, and to raise funds for scholarships.

Since then a group of about 45 members of University Women Helping Afghan Women has been meeting regularly and through two annual fundraising events have helped low-income and marginalized young Afghan women graduate from university. To date, 31 women have graduated on scholarships supported by the group. Five more will graduate in 2018 and 2019, and 25 in 2021.

In a poor country with one of the highest illiteracy rates in the world, and where girls are often discouraged from attending school, or lack of security makes it impossible, this is an enormous achievement. And there are greater opportunities now. In 2002 Afghanistan had one million students. In 2017 there were about

8.7 million with 39 per cent of them females. And public opinion in the country is moving in support of education for women with both men and women identifying lack of education as the greatest problem facing both sexes.

This year the 7th Annual Garden Party – Voices for Afghan Women -- will be on Tuesday June 12th. Each year the party is held in a beautiful garden on a quiet inlet off the Rideau canal and features wine, superb appetizers, a silent auction, and speakers who are knowledgeable about Afghanistan. Tickets to the Garden Party cost \$50 per person and community members are welcome to join in this special event. All funds raised support scholarships for young women attending the Gawharshad Institute.

For further information about the Garden Party, and to order tickets, contact Alice Bolt (613-731-5221).



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DESPICABLE ME 3

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Bring lawn chairs, & blankets.

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*Rain date is Saturday Aug. 11

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I had a great time lending a hand to the 28th Ottawa Scout Group and Councillor for Alta Vista Jean Cloutier as they planted 200 trees in Kilborn Park Woods! Over 60 volunteers from the community joined us on this beautiful day.



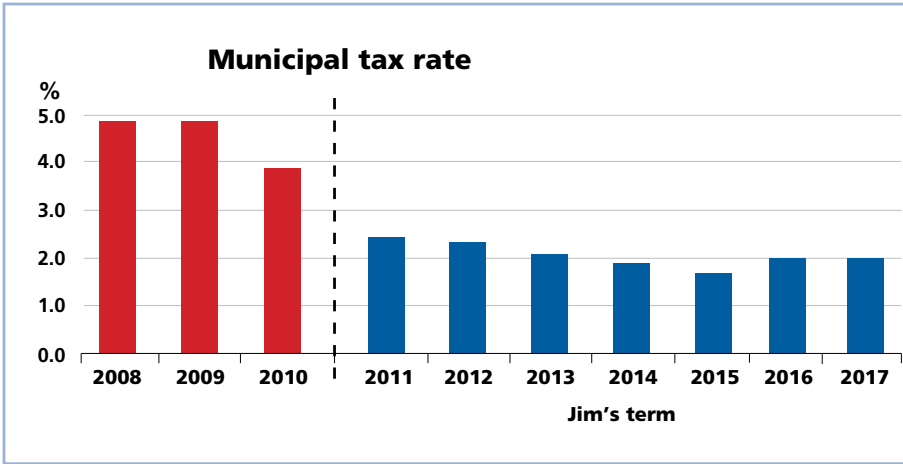
City Building

- Confederation Line of our Light Rail Transit (LRT) System opening to the public in November 2018
- Record \$80 million invested into cycling and pedestrian infrastructure in this Term of Council
- Additional \$10 million being invested into road repairs and resurfacing in 2018 to bring the total roads budget to \$ 45.2 million
- Partnership with Library and Archives Canada and \$73.3 million funding secured for the new Ottawa Central Library



Community

- Official opening of the House of Sport at the RA Centre, which houses various local and national Sporting and Multi-Sport Organizations
- Official opening of the newly expanded and renovated Ottawa Art Gallery (OAG) on April 28, 2018
- 136 new affordable housing units to be completed in 2018, with 142 more to be built in 2019
- New Red Light cameras being installed and a new 30 km/h speed policy in school zones being implemented
- 75 new Police Officers and 52 new Paramedics hired
- Implemented the low income transit pass, EquiPass, and single-ride fare, EquiFare



Affordability

- Overall surplus of \$24.9 million for 2017
- Maintained a Moody's Aaa credit rating
- Keeping the City affordable with a 2% tax cap

FINANCIAL PLANNER

What you need to know about converting an RRSP to a RRIF

by Bob Jamieson

A Registered Retirement Savings Plan (RRSP) is a great way to save and invest for retirement. But you can't save forever. At some point, you'll use the funds you've accumulated in your RRSP for retirement income. You can wait, but not past a certain age. Government regulations require you to wind up your RRSP by the end of the year in which you turn 71. When it's time to draw on RRSP funds for income, there are three basic choices. You can convert your RRSP to a Registered Retirement

Income Fund (RRIF), buy an annuity, or take the entire amount in cash. (Or you can combine any of these options). In reality, the first two options are the most popular, because receiving funds in cash could result in a substantial income tax bill in a single year. RRIFs are by far the most common choice. They offer investment and income flexibility, and let you keep the same investments you held in your RRSP: in fact, you can just move them across. They're also widely available from financial institutions and can be tailored to meet your needs. If you want maximum flexibility you can open

a self-directed plan, and hold the type of investments you feel are most suitable for you. A RRIF is similar to an RRSP, only you withdraw funds instead of contributing. Your investments grow tax deferred as long as they remain in the plan. And withdrawal of existing investments can be made in-kind if cash is not required for you expenses. Although you can have a RRIF at any age, most people choose to wait as the amount withdrawn is considered taxable income. You can withdraw as much as you want from a RRIF. However, a minimum annual withdrawal is required under government regulations, starting the year after the RRIF is opened. The amount is based on your current age, and the value of your RRIF. The withdrawals can be structured to meet your needs: monthly, quarterly, or annually as you decide. If you turn 71 this year, you should have already started the process of winding up your RRSP. Most financial institutions require at least a month's notice to complete the necessary transactions. Failure to wind up your RRSP by December 31 could result in the entire amount being converted to cash and considered income in one year. It would then be taxed accordingly. The main alternative to a RRIF

is an annuity. With an annuity you create a simple income stream, without the chore of managing investments. You can buy a life annuity, through which you provide a lump sum to an insurance company in exchange for a guaranteed income stream for life. Payments, usually made monthly, are a combination of investment returns and repayment of part of your principal amount. Generally they're fixed for the term of the annuity. Some types of annuities provide payments until age 90, or offer different features. As above, the payments are considered taxable income. You don't have to choose between a RRIF and an annuity. You can combine the two so an annuity provides a predictable income stream in retirement and a RRIF gives you a chance to exercise greater control over part of your assets. Speak to a financial advisor before you make your RRSP transition decision. With professional help you can select the right income option to meet your needs. If you would like to discuss your situation in more detail, please give me a call at 613-526-3030.

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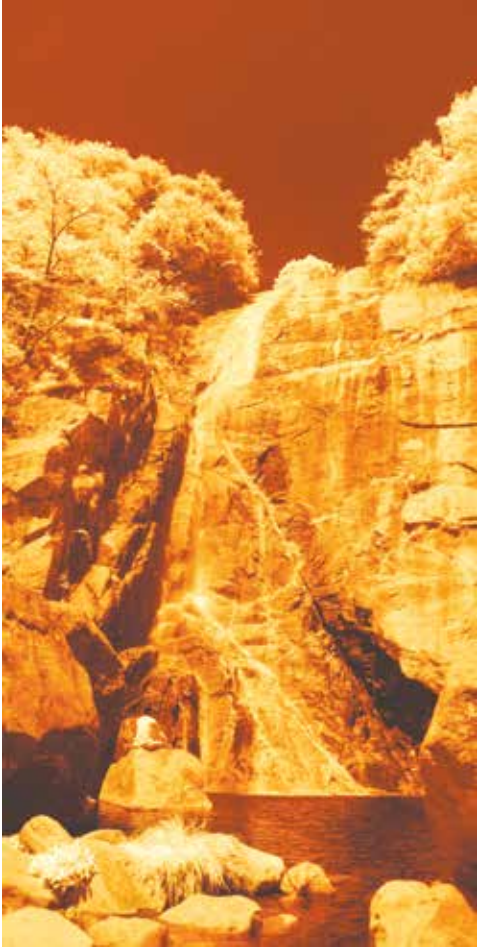
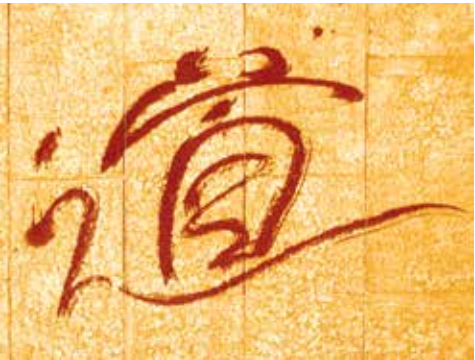


Keeping their neighbourhood green: The great Dale Park clean up crew. PHOTO CREDIT: MICHELLE MCLELLAN

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Wu Duo “Five Peaks”, the second mountain on our pilgrimage. Five from our dojo, two from Poland, one from the USA, led by Sifu, Zhou Xuan Yun, accompanied by his brother Daoist priests Liu Sifu and Huang Sifu. Tai Chi, the Supreme Ultimate Dao, the oneness before thoughts of This and That.



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THE ARTS IN RIVERVIEW PARK BY DIANE SCHMOLKA

Interview with Margaret Southall

Hello Margaret. We met through a common friend, when you were completing your novel: “A Jacketing Concern.” What compelled you to be a writer?

My family of origin were always great readers. I read many books, and began creating stories when I was very young, especially for my younger sister. They quickly became ‘serials’, which were more like “Watership Down meets Coronation Street!” At the age of ten, my first published work was in our school classroom’s annual. Our innovative teacher encouraged us to continue to hand craft the total book, including the binding. I wrote a mystery story, involving a cave, for that annual. Each week, I passed the press building where our weekly newspaper was published. I was amazed by the rotary press which published more than just the paper for the Eastbourne city and region. I decided in my early teens, to become a reporter, because I enjoyed writing so much.

You became a journalist when it was a ‘man’s profession’. What challenges did you face in Britain because of that prejudice?

I got a freelance job under James Dunne, who served all the national newspapers and agencies: e.g. The Press Association, BBC TV and Radio. I didn’t get that much chance to write, but I absorbed much information and deep knowledge of the craft. Subsequently, I was employed by the Eastbourne Gazette and Herald. They were happy to have me for two-and- a half years as a Senior Reporter. For another two-and-a half years, I was a sub-editor, (copy editing as well as proof reader, page designer,) and more. I can only remember being treated very well at my place of work. But when I was out in the field news-gathering, it was there that I encountered prejudice. I was often ‘talked down to’ by men with whom I had to interact to get the news. Those men expected me to report ‘social’ aka ‘women’s news’, not ‘hard news’. That was the early 60’s. Also women I encountered were ‘surprised’ that I was a general reporter and not concerned with the ‘social page’. I enjoyed attending the press dinners and associated service clubs.

Why did you move to Canada, away from all you had known?

My sister and brother were living in Montreal in 1967. I missed them, so I also went to Montreal to be closer to them. I found it very difficult to find work, so I moved to Toronto, stayed with relatives there. When one of my family showed me an ad for a ‘reporter-editor in Northern Ontario’, I grabbed the opportunity. The interviewer was to become my husband. He was

impressed with my expertise and experience, so he hired me for the Enterprise in Iroquois Falls. I spent eight to ten years in that position.

How many years did you spend there and what made you and your husband move to Ottawa?

I spent four to five years in Iroquois Falls, and also worked with The Stratford Beacon Herald, but left shortly after and lived with a girlfriend for a few years. I married my husband in 1980. Then we both moved to Ottawa where I took advanced journalism courses at Carleton University. I also took a scriptwriting course at Algonquin, graduating with honours. I have a half-hour script for an animated film called: “The Prince Who Liked Being a Frog”.

What got the juices flowing for your first novel: “A Jacketing Concern”?

I was browsing in the main branch of the Ottawa Public Library when I came across the

“The business side of publishing has nothing to do with the creative side. Should you be fortunate to get a contract from a publisher, get it checked over by a lawyer who is knowledgeable about the publishing industry.”

survey by Victorian journalist Henry Mayhew entitled *London Labour and the London Poor*.

Mayhew interviewed the type of people that Dickens fictionalised in his novels. Their accounts are in their own words, some them quite harrowing. It was the story of a young boy like Addy who was kidnapped from his home and sent to sweep chimneys which got me fired up. “What if?” I asked. My imagination took it from there.

“A Jacketing Concern” came from a book of underworld slang through the ages that I bought, because my interest in words. I was going to call the novel *The Climbing Boy*, but as I was perusing the book I came across the phrase a jacketing concern, which neatly sums up the book’s plot.

One of the things which impressed me very much when I read your novel was your manner in which you raised the whole issue of child abuse in the late 18th-early 19th Centuries I also was inspired by the way in which you paralleled the course of neglect in both the poor children and those who were in the upper classes. Many of us have read a few Dickens novels, but he had not shown that

upper class children were just as neglected, but in different ways, from those poor ones. What inspired you to bring that to our attention?

Re: ‘Climbing Boys’. I learned about these things and the use of children in mills and coalminers at school in England. I knew the stuff about climbing boys was bad, but my research showed that it was worse than bad. Unfortunately children are still being used in industry today in other parts of the world. During Victorian times society became more concerned with the plight of children having to work in such awful conditions, and take action.

Someone has just recently written a book, (can’t name the author), Her thesis is that the Industrial Revolution in Britain was to a great extend achieved on the backs of children.

You’re not the only one who’s been scammed by publishers who are, at best, ‘agents’. What advice can you give to others who are trying to find a real publisher: e.g. Random House or Dundurn?

We can all be very naïve, but I think it is a good strategy to network in person and online with local writers and join OIW (Ottawa Independent Writers). The business side of publishing has nothing to do with the creative side. Should you be fortunate to get a contract from a publisher, get it checked over by a lawyer who is knowledgeable about the publishing industry.

There are organizations and associations of publishers in Canada which can help you find a registered publisher:

<http://www.thebpc.ca/the-publishing-industry/full-members/organization-of-book-publishers-of-ontario/>

<http://www.bookmarket.com/pubassn.htm>

<https://livrescanadabooks.com/en/funding/information-for-self-publishers-in-canada/>

<http://pubcouncil.ca/> (cached)

<http://writersrelief.com/writers-associations-organizations/>

<http://www.press.uchicago.edu/Misc/Chicago/288447.html>

<https://www.everywritersresource.com/bookpublishers/>

You’re now as much of a ‘senior’ as I am, but I believe you could have been an excellent reporter. Where are you planning to put those abilities now? Will it be in more novels or columns or what?

Thank you for allowing me to interview you today. When do you think your next work might be published?

I plan to write more novels and short stories. I’m especially encouraged about the latter, because I won a prize from the Toronto Star for a story I wrote in the late 90’s. My book can be purchased at: Books on Beechwood, Amazon, Chapters, and elsewhere. .

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This family was ready for a really great time: Mother Miranda with Alexis and Allysia (R) and Milgwin in the front.



Next in line for the treats: Sebastian, Elliott, and Sophia.



Smiles all around for Benji (C) with parents Marc and Laura



Stopping for just a second: Shabana (C) with children Maya (L) and Izo.



Getting ready to check in: Mother Paulina (L) with daughter Sara in front of her with friend Vera (front R) and her mother Ira behind her



The pizza was really delicious! Grade One student Hilja takes a bite.



Almost finished! Amelia certainly enjoyed her pizza.

THE PLANNING AND DEVELOPMENT UPDATE

The Riverview Park Community Association (RPCA) tracks local developments, most notably the 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 including the recently publicized proposal for high-rise residential complex across from the Post Office, traffic congestion, and better infrastructure for pedestrians and cyclists.

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

Trainyards High-rise Residential Development (Steamline Street)

Controlex, the developer for the Ottawa Train Yards complex is continuing to review comments received on its proposal to construct high-rise rental apartment unites along Steamline Street, across from the Post Office building on Sanford Fleming. The comments came following meetings with the RPCA and a March 2018 Open House on what is expected to be a complex of seven high-rise rental apartment buildings, ranging in height be-



KRIS NANDA
Chair, RPCA Planning & Development Committee

tween 15 and 30 stories that would be built in three phases between 2020 and 2029. Construction of the first phase, consisting of two buildings (15 and 20 stories respectively) and totaling over 400 units, is expected to start in fall 2018 with a 2020 completion date and will have underground parking. The entire complex would ultimately have nearly 1900 one- or two- bedroom rental units.

In its comments to the City on the proposal, the RPCA reiterated its support for the concept of Transit-Oriented Development (TOD) that covers the proposed complex. The RPCA has encouraged the inclusion of features designed to encourage residents to use public transit (especially given its proximity to the new LRT station at Tremblay), cycling and walking – rather than driving. The additional residential units arguably trigger the need for the link to the VIA Train Station and rapid tran-

sit that is required in the original agreement with Trainyards from 2000/2001, especially since Transportation study for the completed project sets a 65% modal share target for transit.

The RPCA submission also had questions about, impact of new vehicles on existing traffic, placement of buildings, inclusion of greenspace and other amenities. It also stressed the importance of ensuring the new residential units have a community aspect and are also integrated well with the existing Riverview Park neighbourhood and the Ottawa Train Yards retail component.

Alta Vista Transportation Corridor (AVTC) – Hospital Link

Residents have continued to express concerns about illegal turns at the Hospital Link westbound intersection with Alta Vista Drive and the 60km speed limit on the

AVTC east of Alta Vista Drive. The RPCA suggested better traffic enforcement, and lowering the speed limit to 50km on the section of the AVTC east of Alta Vista (to and from the Hospital Ring Road). The RPCA is also requesting some data on the level of vehicular usage of the AVTC, particularly given its cost (nearly \$70 million)

In the meantime, City officials have provided the RPCA board with updated landscape drawings. There was also a walk-through to discuss landscaping improvements (including additional work on the berms and increasing the height of the new sledding hill) along with the best ways and locations for pedestrians to cross the road to get to the Hospital complex or National Medical Defence Centre. Likewise, there was an opportunity to provide suggestions on the route for the new mulched pedestrian trail path through the woods that will be created later this year. The landscaping contract is scheduled to be tendered this spring with the contractor on site in July and work finished this year.

City officials have also met with representatives from the Ottawa Hospital to finalize arrangements for a multi-use pathway between

CONTINUED ON PAGE 45



Member of Parliament | Député

The Honourable | L'honorable

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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Tel | Tél: (613) 990-8640
Fax | Téléc: (613) 990-2592

Email | Courriel: david.mcguinty@parl.gc.ca
Web Site | Site Web: www.davidmcguinty.ca

Planning and development update

CONTINUED FROM PAGE 44

the Hospital Link and Roger Guindon Avenue. The pathway design would involve impacts to some of Hospital lighting infrastructure and site grading and would be adjacent to the Ring Road. Officials hope to tender the pathway as part of the landscape contract this spring, with the expectation that work would be finished before winter.

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

The proposed five-storey Dymon Storage facility at 851 Industrial Avenue received full council approval earlier this spring, despite concerns presented by Councillor Cloutier and the RPCA that there was insufficient justification for the extra height and retail component demanded by the proponent. Work is scheduled to begin on the facility later this year.

The RPCA had concluded that the proposed structure would be considerably higher than other building along Industrial Avenue and from a planning perspective, out of context with the local area and, which triggered the zoning change request. Additionally there were concerns about light pollution and setting a precedent that would lead to a “canyon effect” along Industrial Avenue.

Pedestrian and Cycling Connections

The RPCA and several other community associations continue to push for funding from the City and 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-parite infrastructure funding as it would provide an active transportation route between the soon-to-open LRT, the refurbished Train Station and the Trainyards Office and Retail Complex. It would also fill in the missing pedestrian/cyclist gap between Alta Vista and the 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 the Ottawa Champions Baseball Team, Controlex (Trainyards) Marty Koshman 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. A meeting was recently held with business stakeholders and officials from different levels of government. The RPCA has asked to be included in future meetings regarding this overpass

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

There are three new buildings 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) 650 Industrial where Figaro Coffee shop opened in March 2018, (2) 610 Industrial, Nordstrom Rack is expected to open in late summer 2018; and (3) 590 Industrial where the Urban Barn furniture store opened in April. The new pedestrian connection between Coronation and Industrial (behind these three buildings) is now open

A sidewalk, trees, grass and some planting beds are being installed on the South side of Industrial Avenue, near this parcel of land. Landscaping behind the property (backing onto Coronation) is expected to be completed by summer 2018, as is most of the landscaping along Industrial Avenue. A multi-use pathway is also being built along the frontage of the property.

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.

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 Project Update

Testing of trains between Blair and University of Ottawa stations (including across the Rideau River Bridge) continue. While the Multi-use Path (MUP) connection over the Rideau River is currently scheduled to remain closed until revenue service begins in late 2018, the City continues to monitor for any opportunities to re-open earlier.

The RPCA and the Old Ottawa East Community Association are



From L to R: Lawrence Nelson, Teacher Hillcrest HS; Gelu Ticala, VP Product Development at Kinaxis Corp; Hani El Khairy; Graham Djuric; Nick Charman; Haley Yerxa; Daniel Holmes; Emily Webb; and Karolina Kural, Kinaxis Recruitment Specialist.

POSTED ON TWITTER BY LINDA RADFORD, EDUCATION FACULTY AT UNIVERSITY OF OTTAWA.

Hillcrest High School and the uOttawa Kinaxis Hackathon

submitted by David Knockaert

Earlier this year, Hillcrest sent teams of six students to the University of Ottawa Hackathon. The students were given the task of creating a web-based application or game with an educational focus. They were given a month to work on it and very little instruction.

The students had to learn Javascript and HTML5 on their own. Each team was assigned a mentor from Kinaxis, a high tech firm here in Ottawa. They presented their final product at an event at the University of Ottawa in early April. Both teams did very well.

The junior team with almost no programming experience created a chemistry study game,

where the player is given the name of a random compound (e.g. Sodium bicarbonate) and has to choose the correct elements in the correct number from ones that randomly appear on screen.

The senior team made a conventional maze game (in the style of Pacman) with a focus upon environmental issues. In their game, the hero Bin Boy must collect bottles to recycle and place them in bins while avoiding acid rain clouds and oil spills. Both games were well made, with original graphics, concept and design. The junior team’s accomplishment was warmly acknowledged by the judges. The senior team took first prize. Congratulations to both teams.

among the groups continuing to push for the re-opening to be expedited, especially since safety barriers and fences along the LRT line on the Bridge are already in place, and the expected opening date has now been pushed back to November 2018. Following a request from the RPCA, Councillor Cloutier raised the issue with City officials to see if this span can be opened earlier for cyclists and pedestrians to use this spring and summer.

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.ca

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ALTA VISTA PUBLIC LIBRARY

JUNE 2018 TO AUGUST 2018 /
JUIN 2018 AAOUT 2018
(Closed on July 1st and 2nd,
August 6th and September 3rd /
Fermée les 1er et 2 juillet,
le 6 août et le 3 septembre)

■ Children’s
Programs/
Programmes
pour enfants

STORYTIMES / CONTES

Summer Babytime / L’été des
bébés à la biblio

Stories, rhymes and songs for ba-
bies 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.
Mondays, June 18 to August 20,
10:30 a.m. to 11 a.m.
Les lundis du 18 juin au 20 août de
10 h 30 à 11 h.

Summer Family Storytime /
Contes en famille en été

Stories, rhymes, and songs for all
ages and a parent or caregiver.
No registration required.
Tuesdays, June 19 to August 21, 10:30
a.m. to 11 a.m.

■ SPECIAL
PROGRAMS /
PROGRAMMES
SPECIAUX

2018 TD SUMMER READING
CLUB / CLUB DE LECTURE
D’ETE TD 2018

Opening Ceremony /
Cérémonie d’ouverture

Join us for the TD Summer Reading
Club 2018 kick-off! No registration
required. / Joignez-vous à nous pour
le lancement du Club de lecture
d’été TD 2018! Aucune inscription
requise.
Tuesday, June 26 from 10 a.m. to
12 p.m.
Mardi le 26 juin de 10 h à 12 h.

African Stories, Songs, Drum-
ming, Dance “Under the Palm
Tree”

Join Kahmaria Pingue and Hamid
Ayoub “Under the Palm Tree” as
they make African and Caribbean
stories come alive with songs, dance
and drumming. No registration
required. Family program.
Tuesday, June 26, 10:30 to 11:30 a.m.

Let’s be explorers / C’est toi,
l’aventurier, l’aventurière

Discover the world around you
through stories, songs and crafts.
Ages 4 to 6. Registration required
/ Découvre le monde qui t’entoure
avec des histoires, des comptines et
des bricolages. Pour les 4 à 6 ans.
Inscription requise.
Wednesdays, June 27 to August 22,
10:30 to 11:30 a.m.
Les mercredis 27 juin au 22 août de
10 h 30 à 11 h 30.

Construction Zone /
Chantier de construction

Build it! Shape it! Make it! Ages 7 to
12. Registration required. /
Construis ! Façonne! Fabrique! Pour
les 7 à 12 ans. Inscription requise.
Wednesdays, June 27 to August 22,
2:30 to 3:30 p.m.
Les mercredis du 27 juin au 22 août
de 14 h 30 à 15 h 30.

On with the Show /
Ton heure de gloire!

Step out of the dark and into the
spotlight. Ages 7 to 12. Registration
required. / Sors de la noirceur et
rejoins-nous sous le feu des project-
eurs. Pour les 7 à 12 ans. Inscription
requise.
Thursday, June 28, 2:30 to 3:30 p.m.
Le jeudi 28 juin 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. No registra-
tion required. / Regarde tes livres
favoris prendre vie. Pour tous les
âges. Aucune inscription requise.
Fridays, June 29, July 13, August 10,
2:30 to 3:30 p.m.
Les vendredis 29 juin, 13 juillet et
10 août de 14 h 30 à 15 h 30.

On the Case / Mène l’enquête

Find the clues; solve the puzzle.
Ages 7 to 12. Registration required /
Trouve les indices et résous l’énigme.
Pour les 7 à 12 ans. Inscription requise.
Thursday, July 5, 2:30 to 3:30 p.m.
Le jeudis 5 juillet de 14 h 30 à 15 h 30.
Thursday, August 9, 2:30 to 3:30 p.m.
Le jeudi 9 août de 14 h 30 à 15 h 30.

Game On ! / À vos jeux !

Roll the dice, pick a suit or grab a
nunchuk! Come play cards, board
games or Wii with us! No registra-
tion 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.
Fridays, July 6 and 20, from 2 to 4 p.m.
Les vendredis 6 et 20 juillet de
14 h à 16 h.
Fridays, August 3 and 17, from 2 to 4
p.m.
Les vendredis 3 et 17 août de 14 h à
16 h.

Let’s sing together

Come sing with Roxanne Goodman
a trained Jazz vocalist, musician and
choir director. With her you will
find your uniqueness, discover how
important it is to use your voice,
and learn the importance of working
together. Ages 7 to 12. Registration
required.
Thursday July 12, 1:30 to 2:30 p.m.

Moves and Grooves

With the help of a dancer from Lu-
v2Groove, express yourself through
a series of dance moves that are fun
and easy to follow. Learn some dance
routines that blend urban dance
moves from back in the day and cur-
rent dance trends that you all know
and love! Ages 4 to 12. Registration
is required.
Thursday July 19, 1:30 to 2:30 p.m.

Start a Story

Create a story with Timm Holmes,
author of The Mostly Made Up
Adventures of Malcolm & Cooper.
Through hands on activities, you will
discover the different elements of
story creation. Working as a group,
you will be fully involved in bringing
to life a story. Ages 7 to 9. Registra-
tion is required.
Thursday July 26, 1:30 to 2:45 p.m.

Explore the Herbs

Learn about the culinary and me-
dicinal properties of herbs through
hands on exploration. Discover how
we used the herbs in 19th century
and create an herbal tea to take
home. Presented by Billings Estate
National Historic Site. Ages 7 to 9.
Registration is required.
Thursday August 2, 1:30 to 2:15 p.m.

Undercover Operatives /
Opération secrète

This mission is classified... Ages 7 to
12 Registration is required. / Cette
mission est classifiée... Pour les 7 à 12
ans. Inscription requise.
Thursday, Aug. 16, 2:30 to 3:30 p.m.
Le jeudi 16 août de 14 h 30 à 15 h 30.

Closing Ceremony /
Cérémonie de clôture

Join us for the TD Summer Reading
Club 2018 wrap-up. All ages. No
registration required. / Joignez-vous
à nous pour la fermeture du Club de
lecture d’été TD 2018!
Aucune inscription requise.
Friday, August 24, 2:30 to 3:30 p.m.
Le vendredi 24 août de 14 h 30 à
15 h 30.

Registration for all programs
requires a valid OPL library
card for each registrant.
Registration for children’s pro-
grams starts on June 13 / Toutes
les personnes qui souhaitent
s’inscrire à des programmes
doivent être titulaires d’une
carte valide de la BPO. L’in-
scription des programmes pour
enfants débute le 13 juin.

■ 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, June 7, 2018
Mrs. Lincoln’s Dressmaker
by Jennifer Chiaverini
No Book Banter in July or August.
Thursday, September 6, 2018 –
Book TBD

Sleuth Hounds

Mystery Book Club

Share the enjoyment of good myster-
ies in a relaxed atmosphere. Join us
for discussions on the third Thurs-
day of every month 6:30 - 8:00 p.m.
Thursday, June 21, 2018: Brenda
Chapman - Stonechild Rouleau
series (an Ottawa author)
Thursday, July 19, 2018: Summer
Social
Thursday, August 16, 2018: Barbara
Fradkin’s Inspector Green series
Thursday, September 20, 2018
Deon Meyer - Bennie Griessel series

Infusions littéraires

Partagez avec nous le plaisir des
livres dans une ambiance détendue.
Joignez-vous à nous pour une discus-
sion. De 14h00 à 15h00.
Le lundi 18 juin 2018 : Une dernière
danse de Victoria Hislop
Pas de Infusions Littéraires au mois
de juillet at août
Le lundi 17 septembre 2018 : Titre à
être déterminée

■ CONVERSATION
GROUPS /
GROUPES DE
CONVERSATION

Groupe de conversation en
français – débutant / French
Conversation Group – beginner
Améliorez votre français parlé et



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ALTA VISTA PUBLIC LIBRARY

rencontrez des gens dans une am-
biance conviviale et décontractée.
Aucune inscription requise. / Prac-
tice your French language conversa-
tion skills and meet new friends in
a relaxed and friendly environment.
No registration required.
Mondays until June 18,
4:45 – 6:00 p.m.
Mondays starting September 10th,
4:45 – 6:00 p.m.
Les lundis jusqu’au 18 juin de 16h45
à 18h.
Les lundis à partir du 10 septembre
de 16h45 à 18h.

**Groupe de conversation en
français (intermédiaire) /
French Conversation Group
(intermediate)**
Améliorez votre français parlé dans
une ambiance décontractée. Ce
groupe est de niveau intermédiaire.
Aucune inscription requise.
Improve your spoken French in a re-
laxed setting. This group is for those
at an intermediate level. No registra-
tion required. /
Tuesdays until June 19, 6:30 – 8:00
p.m.
Tuesdays starting September 11th,
6:30 – 8:00 p.m.

Les mardis jusqu’au 19 juin de 18h30
à 20h
Les mardis à partir du 11 septembre
de 18h30 à 20h

**English Conversation Groups /
Groupes de conversation an-
glais**
Practice your English language
conversation skills and meet new
friends in a relaxed and friendly en-
vironment. No registration required.
/ Améliorez votre anglais parlé et
rencontrez des gens dans un milieu
décontracté. Aucune inscription
requis.
Mondays to June 11th, 6 to 7:30 p.m.
Mondays starting September 10th,
6 to 7:30 p.m.
Les lundis jusqu’au 11 juin de
18h à 19h30
Les lundis à partir du 10 septembre
de 18h à 19h30

Les mardis à partir du 11 septembre
de 18h à 19h30
Tuesdays until June 12th, 12 to 1 p.m.
Les mardis jusqu’au 12 juin, midi à
13h.
Les mardis à partir du 11 septembre,
midi à 13h.

■ OTHER ADULT PROGRAMS

**One-on-One Computer
Tutorials**
Book a one-on-one tutorial to learn
computer, email and Internet basics.
Various days and times are available.
Please visit the main floor service
hub for more information or to
schedule an appointment.

*Visit the Library in September to
find out about Adult Program-
ming this fall.*

■ Health

**Prenatal Classes -
Ottawa Public Health**
Prenatal Class offered by Ottawa
Public Health (OPH). A public
health nurse will lead this mini-se-
ries of three small group sessions.
Only one parent must register but
both are welcome.
Session 1. Birth Basics-Confidence
& Comfort.
Session 2: Breastfeeding Ba-
sics-Tips & Techniques.
Session 3: Baby Basics-Preparing
for Parenthood.

Thursdays, June 7, 14, 28; 6- 8 p.m.
Saturdays, June 9, 16, 23; 10:15 a.m.
-12:15 p.m
Thursdays, July 5, 12, 26; 6- 8 p.m.
Saturdays, July 14, 21, 28; 10:15 a.m.
-12:15 p.m
Thursdays, August 9, 16, 30; 6- 8 p.m.
Saturdays, August 11, 18, 25;
10:15 a.m. -12:15 p.m
Thursdays, September 6, 13, 27;
6- 8 p.m.
Saturdays, September 8, 15, 22;
10:15 a.m. -12:15 p.m

**Registration for programs re-
quires a valid OPL library card
for each registrant. / Toutes
les personnes qui souhaitent
s’inscrire à des programmes
doivent être titulaires d’une
carte valide de la BPO.
The Alta Vista Library is lo-
cated at 2516 Alta Vista Dr. For
more information, please call
613-580-2940
La bibliothèque Alta Vista est
située au 2516, promenade Alta
Vista. Pour de plus amples ren-
seignements, veuillez composer
le 613-580-2940.**

EMVALE ACRES PUBLIC LIBRARY

**Programs at the
Elmvale Acres Branch,
1910 St Laurent Blvd.
June 2018 – October 2018**

■ Children’s Programs

**Bilingual Family Storytime /
Contes en famille bilingue**
Thursdays-10:15 a.m.
July 5-12-19-26
August 2-9-16-23-30
Thursdays-1:30 p.m.
September 6, 13, 20, 27
Stories, rhymes and songs for chil-
dren of all ages and a parent or care-
giver. Drop-in program. / Contes,
comptines et chansons pour les en-
fants de tous âges et un parent ou
gardien. Programme portes ouvertes.

**Bilingual/Babytime/
Bébés à la biblio**
0-18 months
Thursdays, 1:30 p.m.
July 5-12-19-26
August 2-9-16-23-30
September 6, 13, 20, 27
Stories, rhymes and songs for ba-
bies and a parent or caregiver. 0-18
months. Drop-in program. / Con-
tes, comptines et chansons pour les
bébés et un parent ou gardien. 0-18
mois. Programme portes ouvertes.

Lego® Block Party
Create and build with Lego®!
Friday, June 8. 2:30 p.m.



Opening Ceremony
Join us for the TD Summer Read-
ing Club 2018 kick-off! Friday, July
6. 2:30 p.m.

Fun with Stamps!
Stamps are miniature works of art.
With them, you can discover geog-
raphy, history, and everyday ways of
life in different parts of the world.
Members of the Ottawa Philatel-
ic Society will introduce you to
their fascinating hobby. Find out
why stamp collecting is fun, how
to start a collection and library re-
sources that can help. Ages 7 – 9.
Monday, July 9. 1:30 p.m.

Future Author’s Club
Tell your story. Ages 7-12.
Wednesday, July 11. 2:30 p.m.

Game On!
Roll the dice or pick a suit! Come
play cards and board games with
us! Tuesday, July 17 and Thursday,
August 9. 2:30 p.m.

Discover the Ukulele
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. All the partici-
pants will have an instrument to
play during the workshop. Friday,
July 20. 1:30 p.m.

Explore the Herbs
Learn about the culinary and me-
dicinal properties of herbs through
hands on exploration. Discov-
er how we used the herbs in 19th
century and create an herbal tea to
take home. Ages 7-9. Presented by
Billings Estate National Historic
Site. Wednesday, July 25. 1:30 p.m.

Art Explosion
Prepare to get messy! Ages 7-12.
Thursday, July 26. 2:30 p.m.

Survival
We dare you to come. Ages 7-12.
Tuesday, July 31. 2:30 p.m.

Keep the Beat
Don’t be left behind! Ages 7-12.
Friday, August 3. 2:30 p.m.

Make it Work!
Put your tech skills to the test.
Ages 7-12. Tuesday, August 7. 2:30
p.m.

Squishy, Slimy Science
Get messy and experiment! Ages
7-12. Tuesday, August 14. 2:30 p.m.

Undercover Operatives
This mission is classified... Ages
7-12. Friday, August 17. 2:30 p.m.

Jewellery Workshop!
Make jewellery! Ages 7-12. Tues-
day, August 21. 2:30 p.m.

Closing Ceremony
Join us for the TD Summer Read-
ing Club 2018 wrap-up! Featuring
special guest Magician Luc Leduc.
Thursday, August 23. 2:30 p.m.

■ ADULT PROGRAMS

English Conversation Group
Practice your English language
conversation skills and meet new
friends in a relaxed and friendly en-
vironment. Tuesdays at 6:30 p.m.

Mystery Book Club
June 4: Any of the “Special Crimes
Unit” series by Kay Hooper. July 9:
Any of the “Cooper and Fry” series
by Stephen Booth. August 13: Any
mystery by Barbara Fraser Fradkin.
September 10: Any book by Agatha
Christie. 6:30 p.m.

Discover India!
Join Sonia St-Michel in exploring
mythological and folk stories of In-
dia through a dance of ancient rit-
uals. Thursday, May 31. 6:30 p.m.

Help The Ottawa Hospital Help You

The Friends of The Ottawa Hospital, General Campus, Smyth Road, is the hospital's Auxiliary.

Dedicated to fund raising, The Friends need more keen, energetic and generous members just like you.

Here is your opportunity to give back to your community in a meaningful way. Wait no longer, contact one of The Friends for more information right now:

Terrence LeBlanc, President, at wmailto:teleblanc@toh.ca; Peter Cairns, Treasurer, at wmailto:pcottawa91@yahoo.ca or Phil Smith, Board Director, at student.golfer@gmail.com

In 2017-18, The Friends raised over \$730,000 for medical equipment at the General Campus.

Join us and together we will achieve new even greater heights!



Re-elect Chris Ellis

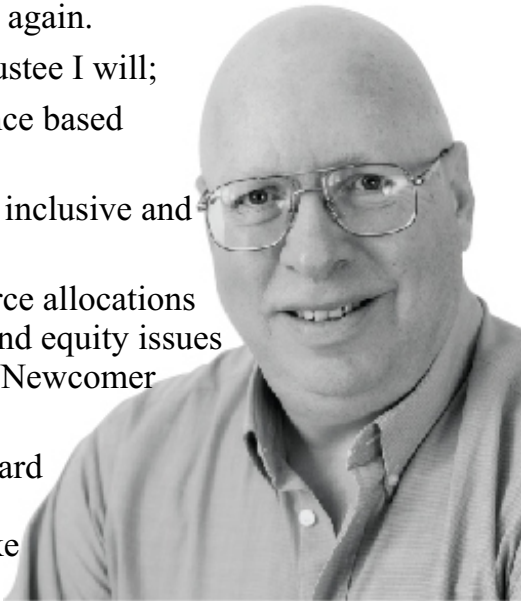
Public School Trustee
Rideau-Rockcliffe & Alta Vista

I want to thank all those who elected me to serve as their trustee this last term.

I am seeking that honour again.

With a second term as trustee I will;

- Seek enhanced evidence based decision making
- Demand more robust, inclusive and timely consultation
- Work for better resource allocations to address the needs and equity issues of Special Education, Newcomer and Students of Color
- Identify where the Board can do better and develop policy to make sure that we do



www.SchoolZone6.org

Authorized by the Chris Ellis Campaign

72,000 customers affected after April ice storm

by Bill Fairbairn

Trees over a wide area took most damage in the mid-April ice storm. Hydro Ottawa dispatched nine crews to deal with fallen trees affecting power lines including to Riverview Park and Alta Vista. There are more than 60,000 trees near power lines in Ottawa.

The nearly 43,000 Hydro Ottawa customer homes that were without power after the storm included that of *Riverview Park Review* writer Bill Fairbairn on Balena Avenue. The crew who came to his rescue fixed his power lines in

half an hour in time for his wife Janina to prepare a hot dinner in the evening.

The statistics from Hydro Ottawa: Heavy freezing rain that began on Sunday, April 15, 2018 downed trees and hydro poles. Ice build-up broke dozens of hydro poles, weakened trees and fell branches. Crews worked around the clock on April 16th in an effort to restore power to more than 72,000 customers. Crews continued to work through the day on April 17th restoring the majority of customers by that evening. There were over 200 separate outage incidents and 35 + broken poles.

There have been a number of significant changes at the Ottawa-Carleton District School Board (the District) in the last few years. One of the most significant was changing the delivery of Senior and Junior Kindergarten to 50% English and 50% French.

Classes can now be configured more easily to optimize staffing. For example, a school which in the past had an English class of 12 and a French Immersion class of 16 now has only one class of 28, saving the cost of one teacher and one Early Childhood Educator (ECE). Across the District this has resulted in larger classes on average and a reduction of around 20 Kindergarten classes.

Another effect of the change to 50% English and 50% French is that there are more adults in the lives of young Kindergartners. This is because there are not enough bilingual teachers so most classes have an English teacher part of the time and a French teacher part of the time. Province wide, behavioural issues are increasing among Kindergarten students.

I believe the District needs to de-

Looking back



CHRIS ELLIS
Chris.Ellis@ocdsb.ca

termine if having so many different teachers and other professionals exacerbates behavioural issues and, if so, come up with strategies to adequately support the children. ECE's as a group have the highest sick leave among school staff and the stress of the Kindergarten class may be a contributing factor. The District thus needs to address the well-being of both children and staff.

A trend that has been developing for quite a while is the small percentage of students in the English program versus the French Immersion program. The District is currently seeing about 70% of students entering grade one in the

French Immersion program. Of course there is some attrition over time as some students switch to the English program. Nevertheless, the result is that many English classes have high percentages of newcomers and students with learning challenges. The District needs to come to terms with this fact and be more proactive in providing supports.

Looking Forward

I think that no matter which party forms the next provincial government, there will continue to be pressure to close schools in the District. The position of District

staff is that a high school needs a minimum of 800 but preferably 1,000 or more students to deliver the curriculum. This is an issue for the Alta Vista and Hunt Club area where 3 of the 4 high schools have fewer than 800 students.

In the elementary panel, funding and the curriculum are also structured to favour larger schools. I therefore believe there will be pressure to close some elementary schools in both the Alta Vista and the Rideau-Rockcliffe areas.

Currently the District is expecting to update its policy for accommodation reviews. This will probably take place during the 2018-19 school year and then the following school year, 2019-20, accommodation reviews would resume. I anticipate that the Alta Vista and Hunt Club review for both Elementary and High School would begin as soon as possible. The Rideau-Rockcliffe elementary school accommodation review would be a few years off.

Chris Ellis
Trustee OCDSB Zone 6 Alta Vista and Rideau-Rockcliffe

Leading Women/ Leading Girls Building Communities Award

submitted by Kristy Fudakowska-Donnelly

Earlier this year five local women received MPP John Fraser's Leading Women/Leading Girls Building Communities Award at a March 10 ceremony. All are residents of Ottawa South, very accomplished and need to be recognized and celebrated by the community.

This award was presented to these women and girls for demonstrating leadership in working to improve the lives of others in their communities through volunteer work; such as breaking down barriers, promoting equality, diversity and healthy equal relationships, reducing discrimination, and providing a positive example.

Lisa Quesnel has been a prolific volunteer who has donated over 300 hours of her time to our community. Having been on the Blair Court Community House Board of Directors and chaired the committee for four years, Lisa is recognized as a source of support to her neighbours, and has been responsible for encouraging and successfully engaging them to vote in elections.

Cara Hicks has been a tireless volunteer who has donated over 300 hours of her time to our community. She has been a Brownie leader with the Girl Guides for many years and has gone above and beyond her unit leader responsibilities to

recruit and mentor other leaders. Cara's thoughtfulness, compassion and dedication have made a huge difference in the lives of many girls and women in our area.

Sophie LeVasseur is an inexhaustible volunteer who, at her young age, has already donated over 140 hours of her time to our community. She encourages other girls to persevere in sports by playing alongside boys in competitive sports through the Mouvement du baseball et hockey d'Ottawa, and encourages girls to get involved in church activities through l'Église Ste-Genevieve.

Valérie LeVasseur is also an inexhaustible volunteer who, at her young age, has already donated over 140 hours of her time to our community. She published a book about a girl with cancer, along with recipes, and sold it to raise money for the CHEO Foundation (Les Éditions V&S). Valérie made and sold decorations to raise money to buy food for the homeless and disadvantaged, and she sings in retirement homes through the Mouvement des jeannettes d'Ottawa (French Scouting group).


Raylene Lang-Dion has been a long-time volunteer and community advocate. She co-founded Equal Voice's National Capital chapter to promote women in politics. As the national past chair, she also founded a groundbreaking initia-



Five well-deserving local women receive MPP John Fraser's Leading Women/Leading Girls Building Communities Award on March 10th. Back row L- R: Cara Hicks, Lisa Quesnel, John Fraser MPP for Ottawa South, and Raylene Lang-Dion. Front row R: Valérie LeVasseur and Sophie LeVasseur. PHOTO: SUBMITTED BY KRISTY FUDAKOWSKA- DONNELLY

tive called Experiences to connect young women between 12 and 22 with female political mentors who

served as inspirational role models. More than 10,000 young women participated in the program.



Chris Ellis

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

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

The experts weigh in on food waste

What you need to know, what we can do

by Carole Moul

Wouldn't it be amazing if each one of us could do something to turn some incredibly negative statistics into a number of remarkably positive ones? Take for example, food waste. Let's look at the numbers. In fact, they are staggering. Our actions for the future, beginning now, could help make a huge difference with regard to this global problem.

Today the news on food waste is shocking

Canada is one of the biggest wasters of food on the planet according to a report of the *Commission on Environmental Cooperation*, an environmental watchdog agency set up under the North American Free Trade Agreement. The agency found that from farm to table, 396 kilograms or 873 pounds of food annually is wasted or lost per capita in this country. Americans waste 415 kilograms (915 pounds) per capita and Mexicans 249 kilograms (549 pounds) per capita. They note that other studies suggest that this is costing our economy alone \$30 billion a year.

The report also finds that the largest share of food loss and waste in North America, 67 million tonnes/year, occurs at the consumer level. There are 52 million tonnes wasted in the industrial, commercial, and institutional levels and 49 million tonnes at the pre-harvest level. These losses represent a huge waste of social, economic and natural resources and have significant environmental impacts.

Beyond the monetary loss the report adds, food waste correlates to significant inefficiency in transportation and distribution and waste of water, agricultural land, and other inputs in production. In addition, waste that is disposed of in landfills contributes to the formation and release of methane gas—a potent, short-lived climate pollutant and greenhouse gas.

Globally we throw out about 1/3rd of the food we grow.

Canada, United States and Mex-



ico are not alone in wasting food. Countries all over the world contribute to food waste. This problem however does not always occur around the globe at the same point in the food life cycle but at the various stages from the field to our table.

In poor countries, most of the food waste is on the farm or when the food is on its way to market. The reason for this is that in developing countries food waste can be traced back to financial, managerial and technical constraints in harvesting in addition to storage and cooling facilities. Very little food is ever thrown out by the consumer in developing countries since food is far too valuable.

In Sub-Saharan Africa, for example, the *U.N. Food and Agriculture Organization* notes that only 4% of food is lost at the consumption level, compared to almost 40% in North America and Oceania. About 71% however is lost at the Agriculture and Post Harvest stage in the Sub-Saharan countries.

The food waste of Asia

In a huge country such as China with a population of 1.4 billion any food related problems are magnified including the problem of food waste notes *Sustain: The alliance for better food and farming*. There are also inconsistencies as to where the levels of waste happen. Chi-

nese consumers waste considerably less food than the consumers in the United States throw away, however if the Chinese population continues to become wealthier the amount of wasted food is also likely to increase since this has been the experience of other developing countries. The Chinese food system shares characteristics of both high- and low-income countries according to *Future Directions International*, October 12, 2017, depending on a variety of factors: such as culture and the attitude toward food waste and climactic differences and food production.

The U.N. Food and Agriculture Organization notes that food waste in Japan, Korea and China is recorded at approximately 31% at the consumer stage with 47% at the Agriculture and Post-harvest stages. Yes, the numbers of the percentages are smaller than those of North America however this percentage is of higher numbers. When all is considered this will be an almost inconceivable amount of food.

We all need to work together.

According to *FoodTank, The Think Tank for Food* just one quarter of all the globally wasted food could feed the 795 million undernourished people around the world who suffer from hunger. So, what can we do?

For home: Shop smart and realistically; when cooking, don't over-serve food; save and actually eat leftovers.; store food in the right places; avoid clutter in your fridge, pantry and freezer; treat expiration and sell-by dates as guidelines; buy funny-looking produce; use substitutes and keep track of what you throw away

For your school: Do a waste audit; plan lunches together; serve appropriate portions; give students time to eat; avoid packaging, use recyclables to monitor food sizes; post stats about waste; talk about it; and incorporate interesting lessons about food waste into all areas of the curriculum.

When dining out: Ask for smaller portions to prevent plate waste and keep you from overeating; order less food; request a take-away box to take leftovers home instead of leaving food on your plate.

At the supermarket level: Ban supermarkets from intentionally destroying and wasting unsold, still edible food.

Require Canadian supermarkets to give unsold, still edible food to Canadian food banks

Require Canadian supermarkets to give wrongfully packaged or damaged, still edible food to Canadian food bank.

For your restaurant: Avoid over-buying stock; store food correctly; practice stock rotation; regulate temperature control; label food correctly; keep a stock inventory;

pay attention to use-by dates; inspect all deliveries against the order specification; use plating control when portioning food and create discrete signs about food portions and waste.

For you: Waste Reduction Week in Canada is October 15-21st, 2018 and October 19th is Food Waste Friday. We don't have to wait until then to plan how we're going to do our part. We can begin today to help make the difference. So, Canadians, let's get started!

The management and staff of 168 Sushi would like to suggest that to enjoy the freshest and healthiest buffet food, you order just what you can eat in 20 minutes. Your meal will arrive fast, fresh, crispy and hot. Then, if you would like additional food, place a second order on your iPad for new items of more delicious Chinese, Japanese, Korean and Thai food. 168 Sushi Asian Buffet is located at 1760 St. Laurent Blvd., between Smyth Road and Industrial Avenue. Open 7 days a week + holidays. All You Can Order from over 168 items. Order the On-Line Sushi for Take- Out or Delivery. In the restaurant iPad ordering is right at your table. Telephone: 613-523-1680. 168SushiBuffet.com



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Najlaa Ibrahim
B.Sc., B.Sc. PHM.
Associate / Owner

N. IBRAHIM PHARMACY INC.
1559 Alta Vista Drive
Ottawa, Ontario
K1G 0E9

Tel: 613 738-1445
Fax: 613 738-6490
asdm639@shoppersdrugmart.ca



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JASON T. HOWARTH, C.A.
PROFESSIONAL CORPORATION
PARTNER

141 LAURIER AVE. W., 6TH FLOOR
OTTAWA, ON K1P 5J3

613-236-2367
1-800-267-6551
FAX: 613-236-5041
jhowarth@mccayduff.com
www.mccayduff.com

Rediscover the Ottawa River

by Maria CampbellSmith

It's not the largest, widest river in the world. That would be the Amazon. It's not the longest river in the world. That one is the Nile. It's not even the longest river in Canada. That is the Mackenzie River, out west. But there is a river over 1000 kilometres long that separates two provinces, provides tales of history and development, and offers all sorts of adventures to anyone in the national capital region. It's the Ottawa River! It is more impressive than you might think.

It unites and it divides.

The Ottawa River flows west from the Laurentian Mountains in Quebec to Lake Timiskaming. From there it flows south and east to Ottawa and Gatineau, and eventually drains into the St. Lawrence River, at Montreal. It is a 1270 kilometre long river that drops 370 metres in elevation over its length.

Some points on the Ottawa River are as wide open as lakes. Other points produce churning rapids and racing water. At a few points, like Deep River, in Renfrew county, the depth of the water is well over 100 metres. The Ottawa River defines the border between Ontario and Quebec, and it also supplies the drinking water for several million people.

Who saw it first?

Naturally, the indigenous people of Canada knew of, honoured, and used the river first. The Algonquin First Nations called it "Kiche-sipi" or Great River. The Ottawa First Nations renamed it later on.

Jacques Cartier was likely the first European to spy the Ottawa River. In 1535, he made note of a strong river extending west when he was at Mount Royal (Montreal). However, it was Étienne Brûlé, a teenaged scout for explorer Samuel de Champlain, who actually paddled up the Ottawa River in 1608. Champlain himself travelled on the river in 1613, and recorded his impressions of the "whirling waters" of Chaudière Falls.

After the explorers, came the coureurs des bois, missionaries, traders, and then settlers. By the 1800s loggers and lumber barons, like Philemon Wright, used the river for the timber trade. Folks harnessed waterfalls for gristmills and sawmills, and eventually, the Ottawa River was used to generate hydro-electric power for both Ontario and Quebec. It still does.

Who's on the river today?

Today, the Ottawa River also offers



a wide variety of recreational adventures. Tour boats and pleasure craft are steady features on the river from Spring to Fall. Kayakers and canoeists can tackle smooth stretches or rough rapids. Sailboats venture for multi-day excursions or race specific courses (locally, for example, from the Britannia Yacht Club or the Nepean Sailing Club). Motor boats, paddle boards, jet skis, and wind-surfers abound.

The Rocher Fendu (Split Rock) rapids offer world-class whitewater experiences, only an hour or two outside of Ottawa. From June to September, companies like River-Run Rafting and OWL Rafting offer a range of activities from innocent inner-tubing and swimming holes to Class IV rapids for "adrenaline seekers" and extreme sports enthusiasts.

Fishing enthusiasts love the Ottawa River year-round. Its 1270 kilometres provide a range of depths and flow that allows for 100 different species of fish. The Angler's Atlas website currently identifies the more common, catchable fish here to be largemouth, smallmouth, and rock bass, yellow perch, walleye, northern pike, and black crappie. It is possible, but much rarer to see lake sturgeon, quillback, or American eels in the Ottawa River and



its tributaries.

Walking on the water?

If you don't actually want to get wet, you can still use the Ottawa River for adventures on foot. There are unique wetlands to explore such as Petrie Island, Greens Creek, Shirley's Bay, or the Breckenridge Nature Reserve. There are sand dunes and escarpments, clay flats and swamps.

Sun-lovers can enjoy sandy beaches of all sizes. Consider Baskin's Beach in Kanata, Auger's Beach near Constance Bay, or Ottawa's Britannia Beach. Petawawa Point and Pine Point Beach (in Deep River) offer superb, sandy beaches and beautiful vistas, a bit further afield.

Bird-watchers have identified over 300 species of birds on the shorelines and wetlands of the



Ottawa River. Families can easily become amateur zoologists and spot bugs and butterflies, bats, rodents, reptiles, beavers, and deer. The sandy deposits along the river mean that white pine forests and silver maple trees thrive here too.

Postcard-perfect views of Parliament Hill can be seen by standing on the Gatineau side of the Ottawa River. Paved bike paths and walking trails line both shores and allow for marvellous "stay-cation" outings. In fact, nearly 30 kilometres of the Trans Canada Trail wind along the route of the Ottawa River, linking Kanata to downtown Ottawa (and the Alexandra Bridge to Quebec). The challenge is yours. How adventurous do you feel?

Get out and explore it!

Canada is famous for its freshwater resources. The Ottawa River is a perfect example of how essential water is to our history, industry, ecology, and pastimes. We travel on it, work with it, drink it, swim in it, and it sustains a myriad of ecosystems. We must be vigilant not to pollute it or mismanage it, and instead to be excited and inspired by it. The Ottawa River is a real marvel. Get out there this summer and explore it!



Club of Rideau and **BOOTS 4 PUPS** present the

3rd Annual Kiwanis K9's on the Katwalk Fashion Show for Dogs!

Prizes for the -- Best Dressed Dog

Most Imaginative Outfit

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Door prizes! Refreshments! Photographer on site!

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\$15.00 before Aug 31, 2018

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to get an entry form

Registration at the door: \$20.00

Don't have a dog to enter?

Then just come and join the fun!

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Dog training demo!

Face painting for the kids!

Proceeds to benefit the **Boots4Pups Citadel Canine Society** who provide Service Dogs for military veterans and first responders dealing with PTSD and **Kiwanis** programs for children and youth in our community

Sun. Sep 9, 2018 11:00 to 2:00 PM at Canterbury Recreation Complex 2185 Arch St. Ottawa

The reasons to celebrate are many at Trinity Church of the Nazarene

by Pastor Franklin Chouinard

This year marks the seventy-fifth anniversary of the Church of the Nazarene in Ottawa. The church began meeting in 1943 at 91-1/2 Fourth Avenue, with Rev. Fletcher Tink as pastor. In 1951 Rev. Everett Haner started a second church: Grace Church, which met at 821 Boyd Avenue. In 1968 the two congregations merged under the leadership of Rev. Bill Coulter and became Trinity Church on Avalon Place. Rev. Al MacMillan – part of Trinity Church at the time – founded the Bridlewood Church in Kanata, and that church was organized in 1985. The denominational focus of being a community-minded, community-involved, and community-caring church continues strong.

A number of celebration events have been planned for the year. In September the congregation will celebrate her roots in the Riverview Park community. The annual “cinema under the stars” will kick off the celebration on Friday evening September 7. A family movie will be shown from the front yard of the church at dusk. Everyone is invited to bring a lawn chair or blanket and join with others from Riverview Park and the church for a fun family time.

The following afternoon the church will hold an open house and family fun day as a re-introduction to the community. Everyone is invited to meet with members of the congregation and to tour the building to see what is happening in the life of this local community church and how it is involved in Riverview Park.

The church is a vibrant hub of life in the local community. The Alta Vista Cooperative Nursery School operates from the building Monday through Friday during the school year [before and after school care is available as well as nursery programs running through the day], and it is planning to expand care. The staff of the Nursery School will be on hand during the open house to accept registration and to answer questions. Members of a Hispanic congregation that meet Saturdays and Sundays will also participate in the open house, as will a number of people who are



The grateful congregation of the sponsored church in Cuba is shown here after the rebuild.



The Worship Team leads with a song at Trinity Church.



This photo shows what was left of La Maquina Church in Cuba after the last hurricane

part of the community garden that is located on the church's land. A mini-carnival will be set up for children [held inside if there is rain]

On Sunday September 9 members of the community garden will join with the congregation for a Harvest Celebration [an annual event]. A harvest potluck meal will follow the morning worship church service, as the gardening season nears its end. Weather permitting, the potluck will be held outside.

One of the strong features of the church is the youth and music ministry. Under the direction of Mathieu Charlebois [who recently was granted a local minister's license], the youth of the church continue to meet Friday evenings for a time of fun. A number of the teens continue to develop leadership skills, and are involved in the Sunday morning services as they lead and encourage the worship times. They will be leading in a day of worship through music on May 27, when the service will be a congregational celebration of music.

Since its inception, the focus of the Church of the Nazarene has been compassion. The denomination began as an independent church in Los Angeles in the late 1800s, working with the inner city poor. Compassionate ministries continue around the world, whether working with those affected by AIDS in San Francisco or Swaziland or working with refugees in Eastern Europe as they flee their war-torn countries. Locally, Trinity Church operates a *FreeShare* depot [the sharing of gently used goods and clothing]. Once again this year the church will be part of "The Big Give", an across-Ottawa event in which churches unite in a unified day of giving,



Mathieu Charlebois (L) is being presented with his local minister's license certificate by Pastor Franklin Chouinard (C) and Secretary of the Church Board, Nadine Lewis (R)

each from their own location. This year's Big Give is June 2. The Trinity congregation also supports a congregation in Cuba and is involved in a child sponsorship program

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

Celebration Events in the community

Friday September 7:
Cinema Under the Stars*
movie on the front lawn at dusk

Saturday September 8:
Party on the Lawn*
1:00 pm – 5:00 pm

Saturday September 8:
Party on the Lawn*
1:00 pm – 5:00 pm
open house with music,
children's games and face painting
*activities inside if raining

learn about Trinity as a community hub:
Trinity Church Trinity Community Garden
Restoration Spanish Church
Alta Vista Cooperative Nursery School

Sunday September 9:
Worship Service and Harvest Potluck
11:00 am

DEAR FRAN



FRAN DENNETT
dearfrangardener@gmail.com

Vegetable Gardening



How to plant a Tomato Seedling

Place a 6-8 foot stake in the soil. Dig a trench ending at the stake. Place a tomato seedling on its side such that the growing tip ends up in front of the stake. Gently bend the tip so that the tip will grow up the stake and can be tied to the stake. Wrap brown paper around the stem so that it is one inch above and one below the soil line. This will deter cutworms from chewing through the tomato stem at the soil line. Water in with a transplanting solution of fertilizer--1/4 strength of the recommended rate of a water soluble fertilizer. Water and fertilize along this trench.

This method of planting a tomato produces a very strong healthy tomato plant. Tomatoes (and peppers) produce roots not only from the leaf nodes but the length of the stem between leaf nodes resulting in a plant with lots of roots.

The trend is to grow your own food. There are a few requirements for success:

1. six or more hours of sun is ideal.
2. well drained soil rich in organic matter is essential.
3. good seed and seedlings from a reliable source. Most vegetables are grown from seed, but tomatoes, peppers and eggplant are exceptions that should be planted as seedlings, that you either buy or started yourself from seed, because they need a longer growing season to produce mature fruit in the Ottawa area.

In Ottawa, the growing season is about 120 days, which means there are roughly 120 days from the last frost in spring to the first frost in fall.

Sun

Most vegetables require full sun, not only to grow, but also to develop flavour and colour. If you have more shade than sun, try growing a cherry tomato in a pot and move it to follow the sun. I know that is a lot of work but a tomato fresh off the vine is bursting with memorable flavour and nutrition. With less sun, you can grow spinach, chards, beets and salad vegetables but don't expect as good results as if they were grown in full sun. Having said that, by all means experiment as your garden microclimate may surprise you.

Soil

Your garden is only as good as your soil (memorize this!). Vegetables depend on rich healthy soil that has lots of organic matter to grow properly and resist pests and disease. Soil experts no longer recommend mechanically tilling (rototilling) as it breaks up the microbiotic life in the soil, which is necessary for healthy plant growth. The time-honoured chore of double or single digging is also being challenged as having no beneficial aspects. This means you, the gardener, will spend your energy spreading compost on your vegetable bed instead of digging. Prepare the growing area in advance of planting so it has time to settle before planting. The more you garden in that soil and assuming you are adding compost yearly, the healthier your soil

will become and the better your vegetables will grow.

Food

If you are a beginner try growing a few vegetable plants in your flower border, and then, when you are more experienced expand your growing area to a formal vegetable garden. If you only have a small garden you will be amazed how many vegetables you can grow in a small space. For example, in a small garden border, plant 1-2 tomatoes against 6-8 ft poles and as they grow, remove the suckers from the leaf nodes and tie the leaders to the stakes. Plant basil, chives and parsley near the base of the tomatoes. Basil makes your tomatoes taste better, parsley and chives deter white fly and are available for cooking and salads. Peppers should be planted away from the edge, as they will be about two feet high. Others herbs also do well in a mixed border. Leaf lettuce can be grown as a border edge and does well in a semi-shade location.

Other vegetables such as bush and pole beans, beets, spinach, chard, broccoli and the bush variety of zucchini can be grown in a larger garden. Herbs can be grown in the garden or in pots near a kitchen door for seasonings and to attract the beneficial insects and pollinators.

The following are planted as seedlings:

Tomatoes: 2-3 plants will produce enough tomatoes for eating but not processing. Tomatoes can be determinate meaning they grow to about 2-3 feet, are early and do not need staking, or indeterminate meaning they continue to grow until killed by frost, need staking, and suckers that form at the leaf nodes must be removed. The leader stem of indeterminate types should be removed at the beginning of September to allow any small fruit time to mature before frost. Tomatoes come in many sizes from grape, cherry, lunchbox, roma, beefsteak and oxheart. They can

you plan to be away, have someone pick them regularly because if they are not picked, they will grow huge and the plant will stop producing flowers and go into decline.

There are slicing (for eating fresh), pickling (for making pickles), burp-less and specialty varieties. Some people prefer the pickling cucumber for slicing as they have more flavour. The burp-less was developed for people who have problems with indigestion from eating cucumbers. I have grown burp-less cucumbers for many years because they have great flavour. Most cucumbers are a vine crop, but for small gardens bush types have been developed. They are available in seed catalogues.

Over the years in our city garden we grew almost everything when we had lots of sun. But trees have a habit of growing and producing shade. Our vegetable patch is now about 12 x 20 ft and still receives about six hours of sun despite having ten-foot high cedar hedges on the north and east sides with a mature oak tree behind the east hedge in the neighbouring property. A mature blue spruce grows in our garden on the west side of the vegetable garden. All features limit the sun, but our vegetables seem to mature and taste great. We grow six tomatoes, three cucumber plants, beets, bush beans (for me) and scarlet runners (for my husband and the hummingbirds). The west end of the vegetable garden has a row of raspberries and receives the most sun. The opposite side has a row of rhubarb, which grows in the shade of the east hedge.

Space has limited me to this overview of vegetable growing. Buy a good book on vegetable growing or check the edible garden on our website for information. Do not be afraid to try growing your own food, even if it is only a tomato and cucumber. You will not regret it.

I hope you enjoyed this article and found it helpful. Bon appetit!

mature in early, middle or late season (the number of days to maturity is indicated on the seed packet). Choose a variety you enjoy.

Cucumbers: dig a hole, add composted mature, dig it in and water to settle. Plant 2-3 cucumber seeds (or plants) in this hole or hill. Mark the hill with a stick so you know where to water and fertilize - cucumbers are heavy feeders and water hogs. When the temperature is high you will need to water the hill and pick the fruit daily. If it is hot and you do not water, the fruit may become bitter tasting. If

- 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
- Fairy Garden Workshops, June 23, information on our website

We Appreciate You!

A message for Staff Appreciation Week

*submitted by Miriam Dwyer,
Activity Director, Oakpark
Retirement Community*

This week we have celebrated Staff Appreciation week at Oakpark Retirement Community along with Nurses Week; an opportunity to let our staff know how much they are appreciated.

Along with edible treats each day, there were massages, a game of residents versus staff bowling (sorry to say the residents won!) and a wine and cheese afternoon for all the retired nurses living at Oakpark, as well as our wonderful staff of nurses. All of our staff are hardworking and dedicated to the residents of Oakpark, and we thank them for their commitment.

As the summer approaches so does the 10th Anniversary of the opening of Oakpark Retirement Community, which has become an integral part of the Alta Vista community. Plans are afoot for some celebrations to mark the event, as well as our 10th Annual Art Show on the week-end of 21st – 23rd of September, so watch this space for

more news!!

Through the spring we have enjoyed all kinds of stimulating entertainment including the Ottawa Youth String Orchestra, the Elgin Encores Concert Band, and the Bytown Voices Choir to name a few. As the summer continues more music is planned including a visit from the Bytown Ukulele Group (BUG), a group of Ukulele players who get together and just have fun, but play at all kinds of charity and other venues, just to put smiles on people's faces.

For those who love to sing the Oakpark Choir is practicing regularly and getting ready for a small performance sometime in June. Although voices may not be what they were, the joy of singing together always outweighs the effort involved and it would be fair to say that everyone leaves the practice feeling uplifted!

There is lots to do and as the weather warms up we will be out on the patio next week planting flowers to enjoy when an afternoon is spent under one of the lovely red umbrellas. If you would like a tour



Elgin Encores Concert Band entertains staff and residents.

and a complimentary lunch, please call Jocelyn Burns Marketing Manager, and she will be very happy to help you.

Maplewood Retirement Community welcomed...

story and photos by Carolyn Mills

Maplewood's thoughtful and creative Maintenance Team built a suite for our seasonal visitors. Our Duck family is back for the season and have made themselves at home!

Last month Maplewood hosted a Casino Extravaganza. This successful event was filled with the sights and sounds of the real deal as Maplewood was transformed into its very own Casino. With many prizes to be won, and many games to be played, the residents and many guests enjoyed the excitement all around.



The progress of rebuilding OTC Streetcar 696

by Rhéaume Laplante
and Bruce Dudley

The Ottawa Car Manufacturing Company built streetcar number 696 for the Ottawa Electric Railway. It was one of the last of the 33 cars of the 600 class and it was built in 1917. After being part of a major modernizing program ten years later, it went on to serve Ottawa's public until the street railway was discontinued on 30 April 1959.

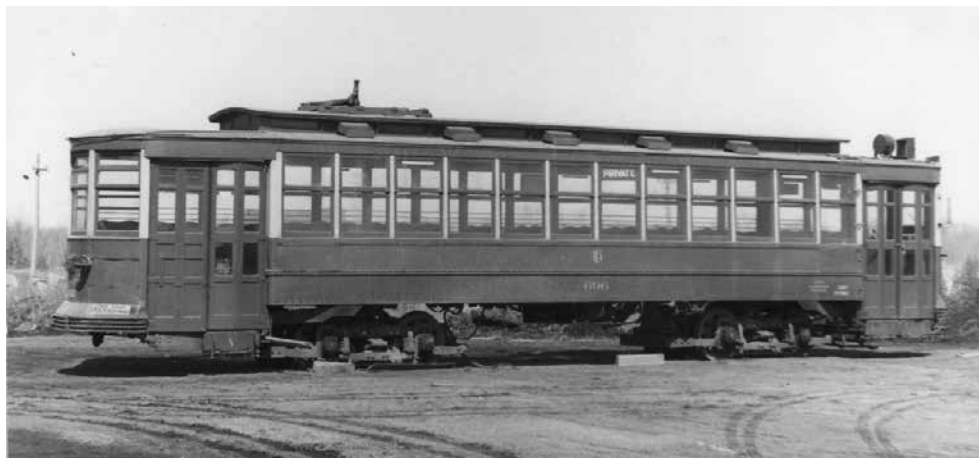


This is what OTC 696 looked like in August 1958. As the oldest of the 'modern' steel-bodied streetcars, the 600 class units were among the first to be scrapped beginning in the early to mid-1950s but 696 was spared from this fate and stored for several years in Coburg car barn, as shown here. It was eventually purchased in 1963 by the Canadian Railroad Historical Association museum in St. Constant, Quebec.



This picture shows the progress made on the car by 8 December, 2017 when Ken Hollington took this photo of the roof area when the vinyl roof covering was completed.

The rebuilding process started in the early 2000s and it was quickly found that only 20% of the original car could be salvaged so the decision was made to build a new, replica of 696 using what parts that could be taken from the original. Everything else had to be manufactured by the restoration group. This photo, taken sometime in the first 10 years of the project, shows the riveting team at work. Rhéaume Laplante is placing a white-hot rivet into a drilled hole while Peter Joyce stands beside him. George Rubli is on the other side of the steel panel waiting to flatten the inner end of the rivet after it's hammered in place.



Before being transported to the CRHA it was stored outside on a lot of the Domtar Company in Hull, QC, possibly in the late summer or early fall of 1959. As the picture shows it was quite complete at the time of being moved to the Domtar property although its trolley pole is missing.



This picture, taken sometime after photo 2 above, shows that the car has been seriously vandalized and extensively damaged. All the windows have been smashed, the top headlight is torn away and no doubt the interior was a mess.

After the car was moved to St. Constant it was left outside covered by a tarpaulin but placed under or near dripping eavestroughs for 30 years before being donated to OC Transpo in Ottawa.

BOOK REVIEW

The elephant that became a dragon in China

by Bill Fairbairn

African elephants may have a modest restart this year in that China has banned ivory sales and processing although the ban does not extend to its largest ivory market in Hong Kong. Unfortunately for the elephant the United States does not ban ivory imports. So cruelly-obtained tusks taken by poachers for the commercial ivory trade continues.

In her book, *How I Became a Dragon*, Suzanne Mondoux has an elephant tell its story of hearing the hunting pack come after it in the Congo, then being killed for its tusks. The author, whom I interviewed in the office of her publisher, *Editions Baico* of Ottawa, saw the slaughter day in day out. “I can only hope that it can be stopped,” she said. “At the rate of the level of attack during my work in the Congo it may be impossible.”

Cornwall-born Suzanne worked in Kabo Village, Congo, as a project director for the conservation organization Initiative Wildlife Foundation. “We were there in partnership with the Congo Ministry of Environmental Affairs and Forestry (MEAF) and Bois Tropical to help manage logging concessions on the periphery of Ilabaoun Ikodn National Park.” Wildlife specialists say some 30,000 elephants were or are being killed every year in Africa. Today many of China’s 172



ivory-carving factories and retail outlets for trinkets such as ivory dragons have been shutting down since early 2017 and a ban on ivory imports is expected in Hong Kong too.

“I knew MEAF was involved in poaching activities, but did not know exactly who and to what extent,” she said. “I finally left the Congo shocked from having first seen tusks on the office floor and finally seeing fear and pleas for help in elephant eyes.”

Suzanne was in Ottawa for one thing; to talk with her publisher Raymond Corderre. She had arrived not from the Congo, but from Mali, to where she has now returned. There are no elephants in Mali. Suzanne is compiling reports on flora and fauna and the impacts of warfare on bio diversity. She, of course, is aware that 100 Canadian peacekeepers and their six helicopters will in August support French military fighting jihadists from northern Mali. France is the former colonial power. She wonders if this is a wise decision for Canada. “There are risks, but I don’t get



into politics. Enough to say I am under security from jihadists all the time in Mali even in the capital of Bamoko.”

Suzanne is the author of not only the fictionalized *How I Became a Dragon*, but also children’s books including *I Believe*, *Tragedy of the Moth* and *The Adventures of Anuk*, the latter a tale of endurance and self-preservation. Suzanne’s ancestry is revealing. Her great-great grandfather was an Algonquin Indian given up for upbringing to a French Canadian family never to see his parents again. She says she was herself bullied by other children and even by teachers at school in Cornwall and made to believe that along with her grades she had little future.

To write *The Adventures of Anuk*, which is going into a Baico series based on her experience as a young girl, Suzanne spent time in Canada’s north working with First Nations communities in Yellowknife. “In my apartment I used to lie on my sofa watching the Northern Lights and at other times I lay bundled up on the ice of Great Slave Lake in my mind writing.”

During her youth her evening work pay allowed her to study at University of British Columbia and Royal Roads University and even take acting classes in Vancouver. She qualified for a Masters degree. For a while she was mentored by well-known writer-teacher Hayden Trenholm in Yukon.

Suzanne is back in Mali with future plans to stay a writer “showing young people that dreams do come true.” As sometimes do nightmares!

Her protagonist human in her deeply affecting work of *Elephant/ Dragon* fiction ends up following the Chinese ivory trail from Brazzaville in an opium room recognising on the wall the elephant’s tusks as a beautiful carved dragon. She falls to her knees and weeps. “One of the old woman attendants enters the room and helps her back to bed. Heatha lies back as the old woman prepares her pipe. She remains staring at the dragon through the smoky haze. The old woman takes the pipe to Heatha’s lips.”

Well done to the 154th Girl Guides

This great team helped with Spring Clean the Capital.



Alda Burt Park was left in great shape by: (Back row)-Anne; Gaby; Norah; Guide Leader, Josie Sirna and Kyla in the front.



These great Girl Guides worked, then played: Kyla on the swing, and L-R behind her- Kay, Allisa, Amelia, and Charley.



Vivi (L) and Hannah had a really great system.



That’s quite an invention Olivia. Way to go!



Brooklyn (L) and Carmen paused only for a second.

MYSTERIES OF CANADA

Interesting Canadians

by Bruce Ricketts

I started writing a book a couple of years back with an interim title of: *"Interesting Canadians... who live on your street"*. The book would contain stories about ordinary Canadians who have led unusual or extraordinary lives without the publicity that usually accrues to people who do unusual or extraordinary things.

Here are two of the stories, shortened to fit this instalment, from that unfinished book.



John Donaldson

Following the steps of Mackenzie

John Donaldson was one very interesting guy. At the age of 60, armed with a canoe, his dog and a sense of adventure, he began a four-year quest that saw him trace the steps and paddle dips of Alexander Mackenzie from Montreal to the Arctic and overland to the west coast of BC. He chronicled his adventure in a wonderful book entitled, *A Canoe Quest in the Wake of Canada's "Prince of Explorers"*.

John was a neurological biochemist with a primary interest in the role of trace metals in the brain. In the industrial world, he was formerly a vice-president, scientific affairs and head of molecular biology in the pharmaceutical industry. In the academic area, he served as Associate Professor of Pharmacology at the University of Manitoba and as Professeur Agrégé at the Université de Montréal. He held a BSc in chemistry, an MSc in microbiology and a PhD in experimental medicine, all gained at McGill University, Montreal. He was a former Garfield Weston scholar in medical research, as well as the recipient of several awards from the American Parkinson's Research Foundation.

John grew up in Scotland and came to Canada in 1955. Following an active academic and industrial



A pitot tube

career, he and his wife, Ishbel, settled in Kingston, Ontario, John and Ishbel to become proud parents, grandparents and great-grandparents. They loved the great outdoors and traveled extensively. In addition to canoeing, John was a keen dinghy sailor and light aircraft pilot. He had a great interest in Scottish history, the history of the Canadian fur trade, aviation history and the history of World War II. On the spiritual side, John was a lay oblate of the Benedictine Order and followed Christian meditation.

John passed on in May 2014 but his story still exists... and rightly so.

The Red Knight



Dave Curran (second from left)

Dave Curran was born in Kingston, Ontario to American parents who were teaching at Queen's University. He is remembered as an adventurer boy who always wanted to know how things worked and why the sky was blue. Little did his friends and family know that one day Dave would fly miles high in that same blue sky. And typical of Dave—he had fun doing it.

Following high school, Dave went south to the US to train as a mortician. He lived for a while in

New York City, where, as a young adult with disposable income, he lived the life of a playboy, with late night parties and lots of clubbing. The fact that he was only 5'6" didn't stand in his way. He told anyone who would listen that he was "average for someone of his height".

In the mid 50's Dave returned to Canada where he indulged his love of flying. In 1956, he completed testing for a Commercial Pilot's License. In 1958, he joined the RCAF and did his pilot training. One year later he was commissioned as Flying Officer and received his wings. His first serious aircraft was a F-86 Sabre Jet, then the mainstay fighter jet of the Canadians. He served in France where some of his exploits became legend. One such legend involved a Sabre, a target aircraft and a pitot tube, but that's a story for another time. In 1961 he returned to Canada to take up a post of T-33 flying instructor in Manitoba. Eventually, in March 1968, Dave began aerobatic flying as the famed "Red Knight". The Red Knight was a blood red T-33, later changed to a Tutor jet, flying a solo performance in front of big crowds at Airforce Days across Canada and elsewhere. There is a wonderful article about Dave's time as the Red Knight at <https://www.theredknight.ca/index.php/articles/the-tutor-knight-tribute-to-david-curran-by-john-corrigan-2007>.

From that article: "By the end of the 1970's, Curran found himself in Ottawa, at Armed Forces Headquarters, where he was involved in exercise planning. That posting was followed by what Cur-

ran described as "a really interesting tour" in the Middle East. He lived in Damascus for almost a year. Curran was there, as an observer, during one of the wars between the Arabs and Israelis. He witnessed dogfights and saw Mig fighters being shot down overhead. After that posting Curran returned to Canada, where he found himself in the Directorate of the Ceremonial. As Dave put it; "Typically, in the military, they give you a job that you don't know anything about and you have to learn." Curran retired from the Air Force and joined Emergency Planning Canada (EPC), where he worked as an Exercise Planner for the next five years. When Curran learned that the military was looking for people to "come back in" as observers, he re-enlisted as a Class "C" Reservist. During that period, Curran worked as an Air Standardization Officer at Defence Headquarters. After leaving the military for a second time, he went to work as a Trainer with an organization that was involved with the reclassification of Public Servants within the Civil Service. Curran spent his retirement years in Ottawa, with his wife Hilary. He passed away on August 11th, 2006, after a lengthy illness. Dave was a wonderful man with a great sense of humour."

The more I think of it; maybe I should complete that book.

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

COMMUNITY BULLETIN BOARD

■ **Rideau Park United Church**
2203 Alta Vista Drive, Activities and Events, June-Aug.
For more information, call the church office at 613-733-3156 ext 229 (Mon-Fri 9am-4pm) or www.rideaupark.ca

■ **Garage Sale, Book Sale and Barbecue** - Sat. June 9, 8 am - 1 pm: While scouting the neighbourhood during the amazing Alta Vista Garage Sale, please stop by Rideau Park United Church, and peruse the many household items all in one spot, choose your summer reading, and have some refreshments - hamburgers, hot dogs, sausages and drinks - and a rest from your shopping!

■ **Register now for Camp Awesome** 2018, August 20 - 24: This Christian day camp program at the church serves children aged 4-12. Led by trained staff, activities include games, crafts, drama, singing, water fun and learning about important topics. The Camp runs each day from 10am - 3 pm. Children bring their lunch. Cost per camper is \$75 if you register by June 14, and \$85 after. Optional childcare is available each day before and after the Camp for an added fee. To register online, go to the home page of our website, www.rideaupark.ca.

■ **St. Thomas the Apostle Anglican Church,**
2345 Alta Vista Drive (by fire station) Saturday, June 9 8 am to 1 pm. Annual Parking Lot Sale and BBQ. Spaces available with table for \$20. Donations for Church table welcome. Call Jim at 613-523-2487 or Church office weekday mornings at 613-733-0336.

■ **Abbeyfield House Ottawa**
Abbeyfield House Ottawa is a not-for-profit senior co-housing for in-

dependent seniors. It is located on 425 Parkdale Avenue (at Wellington). The monthly rent is \$ 2,100 and includes two cooked meals and a self-serve breakfast.
Abbeyfield House Ottawa holds Open Houses on the fourth Wednesday of every month, from 2-4 pm. Members of the community are invited to Abbeyfield to tour the facilities. Our cook bakes us a cake to have with tea, and we take groups of visitors around the house. Our next dates for 2018: 27 June; 25 July; and 22 August
If you are interested in visiting, please call us at 613-729-4817 to confirm your attendance. For more information, go to: <http://abbeyfieldottawa.ca/index.html>

■ **Friends of the Farm**
Friends of the Farm is seeking a volunteer event coordinator for their "Annual Used Book Sale". Central Experimental Farm, June 16 & 17, 10-4pm. You'll require good communication, organizational skills, and the ability to work well in a group setting. Submit resume: volunteer@friendsofthefarm.ca
Spring 2018 -Friends of the Farm presents 'Blooms', a book about the Central Experimental Farm's Ornamental Gardens, introducing these heritage plants, the fascinating stories behind their creation. Be inspired to localize your garden this year with made-in-Ottawa flowers, shrubs. friendsofthefarm.ca/boutique/ 613-230-3276
June 2018 - Several books now available for purchase highlighting Ottawa's Farm, Ornamental Gardens, and Arboretum at the Central Experimental Farm. By local authors, these books are for anyone looking for ideas to localize their gardens and flowers, as well as a treat for those interested in Canadian horticultural history. Available at friendsofthefarm.ca/boutique and local bookstores. 613-230-3276
June 10 - Tree Tour at 10am Bldg 72, Arboretum. Trees and Damag-


ing Agents. Learn how pests, disease, drought, wind and other factors influence the lifespan of trees. Free, open to the public. Registration required friendsofthefarm.ca/arboretum-tree-tours/613-230-3276
June 16 & 17 - Used Book Sale from 10am to 4pm, Free. Literally the best used book sale in Ottawa, choose from thousands of titles. It's a two-day book sale for a reason! Bldg 72, CEF Arboretum, east exit off Prince of Wales roundabout. 613-230-3276 friendsofthefarm.ca/fcef-annual-events/
June 24 - June Blooms Garden Tours 10am to 2pm, Donation. Join us to celebrate the Farm's heritage with free guided tours of the historic CEF Ornamental Gardens. Park in Ag Museum lot (Pay & Display). The Friends will be at the Farm entrance near the Museum parking area with additional information on garden tours. Light refreshments will be served. 613-230-3276 www.friendsofthefarm.ca/event/june-blooms-garden-tours/
July 12 at 3:30pm Canadian Institute of Forestry Tour (Ottawa Valley Section)
July 14 at 8pm **Got Bats?**
July 20 at 8:30pm **A Night With the Moths** All tours start at Building 72 in the Arboretum. Although the tours are free and open to the public, please register in advance on each tree tour website page. Donations to the Friends of the Farm are gratefully accepted during the tour.
July 22 - Victorian Tea from 2pm to 4pm. Classic tea is served on the lawns of the Arboretum. Dress in full Victorian garb, (optional), listen to live music, enter the best hat and costume contest. Formal Tea \$13 at Bldg 72, CEF Arboretum east exit off Prince of Wales roundabout. 613-230-3276 friendsofthefarm.ca/fcef-annual-events/
August 11 - Premier summer event, **Art on the Farm** showcases local and regional artists. There isn't a more beautiful and peaceful setting in Ottawa than under the

luxurious canopy of the Arboretum next to Building 72 on the Central Experimental Farm. A wide range of original media is accepted. The event is FREE to the public and runs from 10am to 4pm Saturday August 11 with a rain date on Sunday August 12 (10am to 4pm).
If this natural setting is the place for your artwork, please visit Art on the Farm for information and registration material or call 613-230-3276 or email info@friendsofthefarm.ca.

■ **Art Lending of Ottawa**
Art Lending of Ottawa will be held at the R.A. Centre (Ottawa Room), 2451 Riverside Drive (east entrance) on Saturday, June 2nd. from 10:00am to 5:00pm. Purchasing, leasing, and lease to purchase quality fine art from local artists is available. Visit www.artlendingofottawa.ca for further details and to visit the artist's gallery.

■ **Emmanuel United Church**
691 Smyth Road, 613-733-0437
Music for a Summer Evening, Friday, June 1st 7-9 pm. A lively variety concert of Contemporary and Classical music; vocal, piano, violin and guitar. To support Emmanuel's Camp Chipembi in Zambia this August. Tickets \$20/Students \$12. Refreshments. For further information or tickets, please contact the church office. .

■ **Nativity Parish Food Bank**
The **local food bank** at the Nativity Parish, 355 Acton St. in Riverview Park, welcomes donations on Tuesdays from 7-8 p.m. and Wednesdays from 10:00 - 11:30 a.m. Juice boxes for childrens' lunches and canned tuna or meat are especially appreciated. For further information, please call: 613-521-2416.



Lost and Found Pet Recovery Network

We all miss our pets when they become lost.
A missing pet is a stressful situation for both the guardian and the animal.

Orrin and Pam Clayton have set up a confidential e-mail list of pet owners (and those who care) in Riverview Park.

If you wish to participate, please e-mail letterit@rogers.com with your e-mail address, postal address and phone number.

When letterit@rogers.com is notified of a lost pet, all participants will be sent a confidential e-mail with a description of the lost or found pet. When a pet is found, Orrin and Pam will notify the owner and arrangements can be made for the pet to be returned.

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



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1952: Parliament Hill had just suffered through a fire in the Parliamentary Library in this photo.

Much has changed surrounding the Hill since then. A pulp and paper mill is on the site of our new Museum. No National Arts Centre building is present, and many structures on Elgin Street have long since been replaced.



Champlain Bridge over the Ottawa River, Ottawa, Canada -24

1928: This aerial shot of the Champlain Bridge shows its route over the 2 Islands in the Ottawa River. It connected with Island Park Drive and ended on the Quebec side by the Aylmer Road.

It clearly shows how ‘open’ the land alongside that Roadway was, then!

COMMUNITY BULLETIN BOARD

■ **Pacesetters Walking Club**
Come and join others walking in the Billings Bridge Shopping Centre. The club is in the basement of the Tower in the north-east corner of the Mall. Also chatting, knitting

for charity, puzzles. Open from 7:30 am to 10 am. Call 613-521-6740 during open hours for information.

■ **Southeast City Church**
Southeast City Church is a new

church forming in the Alta Vista ward. For the summer months, we will be meeting bi-weekly on Sundays at 4:30PM at Emmanuel United Church, 691 Smyth. All are welcome. Children’s Church and nursery provided. Services are on June 10, 24,

July 8, 22, and August 5, 19. For more info visit: southeastcitychurch.ca. Contact us at hello@southeastcitychurch.ca or 613-809-6575.



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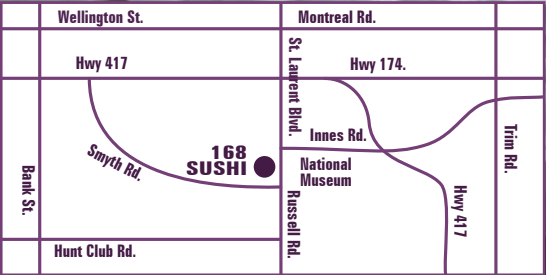


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