



DECEMBER 2018

A Voice of Riverview Park

JANUARY 2019

# Altitude requires attitude:

a trekking adventure in the Rainbow Mountains, Peru, with Christie Lake Climb for Kids

by Heather Swail and Paul McGuire  
**Ottawa: altitude 70 metres**  
**Palomani Pass, Apu Ausangate: 5200 metres**

Flying into Cusco, the “city of the clouds” at 5:30 a.m. from Lima - a rising sun illuminates the dusty brown peaks, deep black ridges and high snow patches of the Andes. We, seventeen weary trekkers from Ottawa and Halifax, lug our equipment through the small airport, grabbing shrivelled-green coco leaves from a basket and stuffing them into our mouths. We have been told this helps with altitude

(3,400 metres). We have not been told of the extreme gagging response and choking due to the dry dust of the leaves.

## The Christie Lake Kids Foundation - an essential Ottawa service for children

“We” are the first group to raise money for *Christie Lake Kids Foundation (CLK) Climb for Kids*, by taking on an exciting and challenging trekking adventure in the Vinicunca or Rainbow Mountains region of Peru. The idea came from wanting to do something for the incredi-



The Climb for Kids | trekkers are silhouetted against Apu Ausangate, Peru. PHOTO: GUIDE JUAN

ble Ottawa organization, Christie Lake Kids, that has special personal connections for our family and the many children we have taught and met through the years. The CLK Foundation provides “transformative recreation” opportunities to thousands of children through its summer camp in the Perth area and

through a myriad of recreational and life-skill-building S.T.A.R. programs (Skills Through Activity and Recreation) held in the school year in key Ottawa neighbourhoods. The Dempsey Community Centre is a popular S.T.A.R. hub <https://www.christielakekids.com/>  
**CONTINUED ON PAGE 3**



The \$1,224.67 of Max Florence was put to good use for the Sundial in Rockcliffe Park. PHOTO: GEOFF RADNOR

# Art in the park

by Geoff Radnor

The millions of dollars-worth of public art at our soon-to-be opened LRT stations are still not for public viewing, so, here are few more pictures of public art by Art Price for the art lovers to hunt down. Some are here in Ottawa.

If your Sunday drive around the city takes you along the Rockcliffe Parkway, where you can see Gatineau across the Ottawa river, watch for the Sir George-Etienne Cartier Parkway (too many letters for a road

sign), and take a turn in to the Rockcliffe Park. It is not easy to find the entrance. Perhaps that is why very few people know about Art Price's Sundial.

In 1975, 51 year-old Max Florence of Toronto sent a cheque for \$1,224.67 to then Prime Minister, Pierre Trudeau. He was filing his income tax and decided to send his life savings to Trudeau saying “You might as well take it all”.

The prime minister's office sent a thank-you note to Max and forwarded the cheque to the NCC. The NCC decided

to build a sundial with the money. That sundial is now, hidden away, in Rockcliffe Park. It is inscribed “MAX FLORENCE – 2067 A.D.”,

Max thought that it would be great 200th anniversary gift to Canada. He was invited to come to Ottawa for the unveiling. He declined. Florence, who was disabled and living in a Toronto rooming house, said that it would not be good to spend taxpayers money on the air fare. In those days it was about \$90 round trip. The sun-  
**CONTINUED ON PAGE 8**



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# Local artist David Lidbetter shares amazing local Canadian landscapes

Story and photos by  
Carole Moul

Why is ‘transience’ the title for his recent Wall Space Gallery solo exhibition? David Lidbetter responds by describing some of his artwork; and how he ‘looks for brief moments such as the sun just coming up at Meech Lake’.

The word, ‘transience’, means ‘the state or fact of lasting only for a short time’. Guests at the Artist Reception this past month were able to appreciate just how David Lidbetter exquisitely captures the essence of the meaning. They would no doubt also recognize the incredible beauty of the nearby landscapes that he shares with his artwork of oil on canvas.

How fortunate for those of us who soon believed that we were out in that austere wilderness with David Lidbetter.



David Lidbetter with his oil on canvas, ‘night sky’.



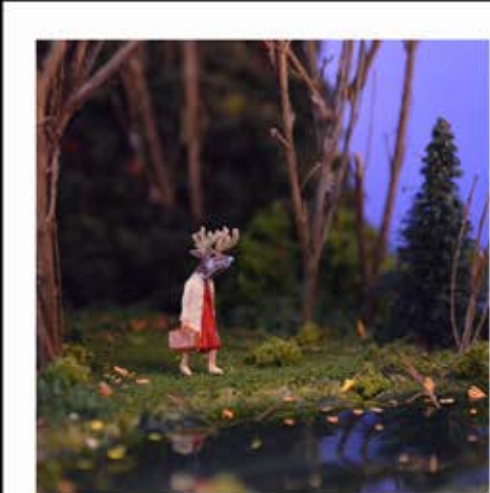
One of the many guests looking at ‘ice break 2’



‘There but for a moment’, oil on canvas of Meech Lake.



‘The search resumes at dawn’



Patti Normand



Erica Hawkes



Dominique Normand

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Paul McGuire reaching Palomani Pass at 5200 metres. PHOTO: THE TREKKERS

CONTINUED FROM PAGE 1

**The idea – combine community development with personal adventure**

In 2017, Paul (and neighbour, Byron Johnson) travelled to Tanzania and climbed Mount Kilimanjaro with Dream Mountains, an Ottawa-based philanthropic organization led by entrepreneur/philanthropist, Shawn Dawson. Dream Mountains raised over one million dollars over the past ten years for Ottawa organizations. Paul and I wanted to bring this compelling model to CLK – combining community development with adventurous travel, providing a wonderful, defining adventure for philanthropic trekkers.

By January 2018, we had 17 trekkers and were ready to go. We held two rousing, fun community fundraisers (packed with many Riverview Parkians) and raised funds through individual donor pages. Trekkers hiked together, took fitness classes and met for information and packing meetings. By the time we were ready to leave in August, many of us felt a bond and a sense of trust - very important to doing well in a difficult climb.

By September, 2018, we had raised close to \$30,000.00 for the Christie Lake Kids Foundation. We were sponsored by Investors Group’s Linda Hancock, Merit Travel and Great Escape Outfitters. It was an uphill climb and a great result for 17 trekkers and their networks.

**The trek: incredible beauty, mountain ledges, llamas, raspy breathing**

*Climb for Kids I* combined physical exertion with

culture and travel. We had three days in the ancient, beautiful city of Cusco to acclimatize and learn about its history, culture and citizens. Our guide, Juan, brought us to Incan ruins high above Cusco including Sacsayhuaman, Qenqo, Puka Pukara and Tambomachay. We learned about the incredible ingenuity of the Inca people, and the cruelty of their Spanish conquerors.

And then we hiked. After a harrowing drive on switchbacks through villages, deep valleys and terraced land, the van dropped us off at the trailhead. Rushing rivers, white cacti, alpaca, golden-sponge moors, alpine springs everywhere, the Mountain of Ausangate looming ahead of us. For five days, often for 8-10 hours, we trekked through incredible beauty and micro-systems. The trek got harder and harder. By the end of day two, in fast-hitting hail and cold, many of us were struggling to breathe. On Day 4, a 12-hour day of trekking, we saw the beautiful Rainbow Mountains striated with red, orange and green. After a very scary walk along an excruciatingly long, snowy, icy ledge, we climbed up and down plum-purple valleys and through soft-red dust. We walked in the dark, and often had to breathe with every step: breathe, step, breathe, step. Back at the lodge, escorted in the dark by herds-men with lanterns, we collapsed. We felt and knew the relief of having pushed ourselves to the limit, and of completely trusting our guides.

**Climb for Kids II - Tour de Mont Blanc: a trek through three countries**

And, we are doing it again, this time in lower



Beth and Heather share a photo of the Palomani pass marker. PHOTO: THE TREKKERS



There was a beautiful last morning, at Huam-pococha Tambo. PHOTO: THE TREKKERS

climes, and through three countries. In July, Climb for Kids II will be trekking the Tour de Mont Blanc traversing France, Italy and Switzerland. We will be hiking for 10 days around Mont Blanc and enjoying three days of relaxing in incredible countryside. Led by an experienced guide, we will cross three borders, climb six mountain passes, cross below glaciers and wind our way through alpine meadows and villages. Our highest altitude will be 2525 metres above sea level.

The *Climb for Kids II* season, starting in early 2019, will include individual and community fundraising, fitness, information sessions, stair climbing and Gatineau hikes. Great opportunities for travel, well-being, comradere and raising money to provide many opportunities for Ottawa kids.

*There are a few spots open. If you are interested, please contact Karlie Reinberger at Merit Travel, 613.724.6206 ext 3415.*

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VINCENT MASSEY PUBLIC SCHOOL



PHOTO: GREG MCKEAN, TEACHER

Our SOLE contribution

by Audrey Morris, Quinn LeSeaux, Lily Slavik and Caitlin Creaser

The Grade 8's of Vincent Massey, once again, went to the community of Russell Heights to start our Inspiring SOLES project.

After our meeting with the Executive Director, Sara Dwyer, our class learned about the wonderful

pride of the members in the community. Sara discussed the continued need to support and inspire youth in new experiences.

This year, our main focus will be Mentorship which will allow children to explore different activities such as sports, drama, and early literacy, with a focus on promoting self confidence.

Our first project is in response

to the Food Bank that needs to deliver eggs safely to residents of the community. We have organized an egg carton collection at school and hope to deliver them weekly.

Our next event included both the EF8a and EF8b engaging in a community clean up. This event was timely as the snow fell heavily the next day. The class has now set up our online presence with

our new name: InspiringSOLES and slogan: 'Start a spark, to leave a mark'.

Over the next few months, we will be developing our program ideas and regularly posting our work sessions on Instagram. If you are interested in helping out please feel free to contact us at inspiringSOLES36@gmail.com or follow us on Instagram: inspiringsoles\_



A brief history of Christmas Carols

The word "carol" comes from the French word carole, meaning circle dance, or song of praise and joy. Carols were first sung in Europe thousands of years ago although these were not Christmas Carols but part of the pagan celebrations that took place during all four seasons. Only the winter celebration has survived, not as a pagan celebration of a season, but as part of the Christian celebration of Christmas.

The Winter Solstice celebration generally took place around the 22nd of December. It was this time of the year that the Christians claimed for their own celebration of the birth of Christ. The majority of the first Christmas Carols were written in Latin, a language understood only by elite members of the church. Because of this, by the Middle Ages (the 1200s) the majority of Christians lost interest in the singing of Christmas Carols. It was in 1223, that St. Francis of Assisi started his Nativity Plays in Italy and revived an interest in Christmas and in the singing of Carols.

The people in the plays sang songs or 'canticles' that told a story. On occasion the choruses of these new carols were in Latin; but usually they were all in a language that the people watching the play could understand and join in. The new carols spread to Germany France, Spain, and other European countries.

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LETTERS TO THE EDITOR

**Thank you**  
It was a great honour to be a candidate for Capital Ward in the most recent municipal election. I was humbled by the support of the many community volunteers, donors, people who took signs and of course, those who voted for me. The opportunity to connect with residents and learn about the day-to-day issues that impact our neighbourhoods on such a large scale is very unique. I've made many new friends, attended wonderful community events and had the chance to walk on the many streets that make Capital Ward a special place. Thank you to the many residents who took time at the door to speak with me and the other candidates throughout the election. You were engaged, energized and committed to your communities, and that was the most inspiring part of the campaign.

With great appreciation,  
  
**Christine McAllister**  
christinemcallister@rogers.com

**Re: Local residents may pay \$110 to go to hospital emergency (p.44 of Sept-Oct 2018 issue of Riverview Park Review)**  
Thanks to Geoff Radnor for pointing out that (1) we are not allowed to turn left onto the hospital Link

Road from Alta Vista when travelling South, and (2) we are not allowed to turn right onto Alta Vista when travelling west on the Link Road. Both these rules are inconvenient or potentially life-threatening for residents of Riverview Park who wish to drive to the General Hospital, and raise questions about the advisability of building the intersection and the connection to Riverside Drive, which cost \$70 million (according to Kris Nanda on p.48 of your RPR issue).  
As I pointed out to then-Councillor Peter Hume (whom I respected and supported), \$70 million is a significant fraction of the cost of the \$1 billion tunnel under the Rideau Canal for the LRT which will have much greater usage and therefore can be justified.  
Access to and from the Queensway for the General Hospital is only very slightly shorter in distance and time using Riverside Drive and the AVTC, compared to Alta Vista Drive and Smyth Road (the two routes meet at Industrial Ave.). Is this worth \$70 million while being of no benefit to the small population of Riverview Park?  
A quick inspection of any map of Ottawa shows that the \$70 million might make sense if Conroy Road is continued Northward, by ramming through the green belt between Walkley Road and the Link Road.

This would enable people living South of Hunt Club Road to bypass Bank Street and roar through our back yard to get to the Queensway, and vice versa. Anticipating this HUUUUUGE increase in traffic, it would make sense to prohibit right turns onto Alta Vista when travelling West on the Link Road, and to prohibit left turns from Alta Vista travelling South onto the Link Road, to maintain present traffic conditions on the short section of Alta Vista between the Link Road and Industrial. Against this, I say that those people could just as easily take Hawthorne Road North to Walkley and then to the Queensway.  
In a representative democracy such as ours, sometimes a minority must accept tough decisions made for the greater good (the Charter of Rights of the 1982 Constitution does not include property rights). However, that minority would include not just Riverview Park, but the people of Alta Vista between Smyth Road and Heron Road, for the Conroy Road extension would have to cross Pleasant Park Road and Kilborn Ave. Would the Councillors and residents of this greater

area be OK with that, given that the present calm traffic, garden plots, and green belt would be massively disrupted by 4-lane through traffic? .  
Increased efficient car traffic from Ottawa South to the Queensway via a Conroy Road extension made more sense in the days when Bob Chiarelli's North-South LRT was shot down (it made more sense to start with a larger, more expensive, but more justified East-West line first). But now with the push for both lines as part of the overall traffic plan, does it continue to make sense to ram through the Conroy Road extension? Of course, I leave the final decision to people smarter and more knowledgeable than me.

Roger Taguchi



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**CONTINUED FROM PAGE 1**  
dial is made of a 40 inch cube of dark pink granite from Timmins, ON and well worth a visit. You could check your watch. The granite cube is angled at the degrees of Ottawa Latitude 45.5.

Closer to us is Village Green Park. Again there is no easy way of getting to this park as it has no sign saying that it is a park. It is next to Ashbury College on Springfield Road. This was a park in what was before amalgamation, the Village of Rockcliffe. There are many large rocks in and around the park. On two of them is a small group consisting of birds and chipmunks. The small attached plaque says that Art Price did it for the children of Wilson and Henrietta Southam. They were Margareth, William, Jean, John, Donald and Hamilton: a well known Ottawa family.

Many know the Tin House in the Byward Market. The Tin House is a reconstruction of the facade from a house that was owned by Honoré Foisy, which was located a few blocks from the Byward Market. Foisy was a tinsmith who used sheet metal to create a facade that was made to look like other building materials, such as wood and brick.

When the house was demolished in 1961, the facade was saved, and later reconstructed by Art Price, using the original work, along with other pieces that Art Price had to fabricate.

In 1958 a new stylized coat of arms for the city of Ottawa was cast in an aluminum version weighing 900 pounds, designed and crafted by Art Price. This sculpture remains in its original location on the now-federal government building on Sussex Drive. That structure was initially planned to be the Ottawa City Hall, but that moved to Laurier Avenue.

Besides the city of Ottawa coat of arms on Sussex Drive, there is the “Angel” on the corner of Sussex Drive and St Patrick Street. It needed the skills of sculptor Art



**Ottawa City Coat of Arms, now located on a Federal Govt. Building, Sussex Drive** PHOTO: GEOFF RADNOR



**Birds and Chipmunks can be found at Village Green Park, on Springfield Road, Rockcliffe Park, Ottawa** PHOTO: GEOFF RADNOR

Price to restore it in its new location, it was originally at the Notre Dame Cemetery in Vanier.

On the other side of the country there is in Victoria BC a bust of Queen Elizabeth II that has had quite a history. It was commissioned to celebrate the Queen's visit in June 1959. Local artist Peggy Packard created the concrete bust and was to be paid \$350 for her work. There was much controversy about the payment of the artist, the location of the bust and when it was on public view it was defaced and the head was broken off. It was taken as a prank by some students and it ended up in the harbour.

The Victoria *Daily Times* decided to commission a replacement and chose Art Price to use the original mold to make a bust of the Queen



**The facade of the Tin House in the Byward Market, reconstructed by Art Price** PHOTO COURTESY OF "LOST OTTAWA"

in bronze. Art Price of Ottawa was the only sculptor in Canada that was able to do the work. The location of the replacement was different than that of the original, which was facing a parking lot. However that spot still has the commemorative plaque which says: "Queen Elizabeth II. To Commemorate Royal Visit July 17, 1959." So, on your next visit to Victoria, drive into Beacon Hill Park and look for a place to park to read it. The bronze bust is a few hundred metres distant.

There is a fine piece of original work by Art Price which is not on public view. It is "Girl With Cat", produced for the First Canadian Conference of the Arts in 1961 in Montreal, and it is now in Saskatoon. The Mendel Gallery had it on view in the 1960s. It was on loan



**Girl with Cat by Art Price, is now in storage in a gallery in Saskatoon. Viewers are encouraged to touch the sculpture when it is on show.** PHOTO: PRAIRIE ARTSTERS.COM

to the gallery and it was hoped that the gallery could acquire the piece. Not only was the price of \$6,000 beyond the means of the gallery, there was also talk that the focus of the acquisition budget was more on abstract modernism than sculptural realism. "Girl With Cat" did not fit into that theme.

In 1966 however things took a real turn. Nine-year-old Caroline Markham, who had visited the Mendel and had seen and touched "Girl With Cat", wrote a letter to Mr. Climer, the director. She wished to keep the work of art in Saskatoon and enclosed \$1.19 that she and her brother had saved. She wrote "All we need is children's interest. I hope we can save more money."

This appeal by a nine-year-old took off in the community and the money was raised and the sculpture remained in the Mendel. The Mendel Gallery closed in 2015. "Girl With Cat" is now in storage at the Remai Modern in Saskatoon, a gallery that has been open for just one year. We trust that it will be put on public view soon as there is this quite nice little story about it.

*geoff.radnor@bell.net*



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# Sleep

The Canadian Better Sleep Council has conducted a survey that reveals that Canadians’ favorite position is the one lying on their side, are you one of those who have to deal with sleep problems on a daily basis? Have you evaluated the quality of your mattress, your pillow and your posture, We will spend the third of our lives sleeping. Restful sleep is therefore recommended.

Take a look at your sleeping structure. What condition is it in? Do you notice a sag or dip forming in the center of your mattress? Do you have issues finding a comfortable sleeping position because your mattress fails to respond to your body position? Do you wake up with aches and pains you didn’t notice when you went to bed? These are all signs your mattress is aggravating your back.

As a mattress ages, it naturally loses the support it once had. Mattresses of 10+ years begin to “hammock” a person. This creates a pinch point in the lower lumbar spine, which provokes issues of chronic pain. Without proper support, your mattress will promote poor sleeping posture, throw your spine out of alignment and strain your muscles.

## The choice of mattress

Do you sleep alone or accompanied? What is your weight? And that of your partner? The purchase of a mattress should be done with a lot of discernment. It is recommended that you ask all the necessary questions for the store advisor. Just like glasses fitted to your vision, a mattress is also an investment in every way. Take the time to choose it. Don’t purchase for comfort. Purchase for support. We shouldn’t purchase a mattress for the sole purpose of comfort (although comfort does play a role when it comes to being able to fall asleep). You must also consider the support the mattress provides (hence, they aren’t the same thing). Something that’s comfortable for a few minutes in a store doesn’t necessarily optimize sleep quality and pain management months down the road. How will it hold up overtime? After all, it takes roughly 30 days for your body to settle into a new mattress.

## Consider adjusting your sleeping position

Sometimes your sleeping position is to blame when it comes to back pain. Experts agree sleeping on your back is the best position to sleep in. It’s in this position that your spine rests in the most neutral position. Next, is sleeping on your side. Sleeping on one’s side, especially with the knees drawn up in a fetal position, can help open up the joints in the spine and relieve pressure by reducing the curvature of the spine. Lastly, the stomach. Sleeping on the stomach is not typically recommended. But if you can’t shake the habit, at least find a mattress that provides good pressure relief or try putting a pillow under your pelvis to promote better spinal alignment.

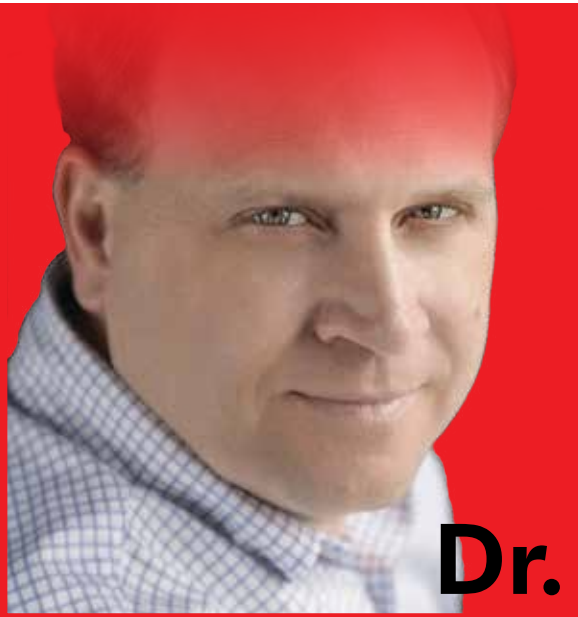
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# What are you missing if you don't use Podcasts?





OTTAWA'S STREETCARS AT MID-CENTURY

A ride on the Britannia Line, part 3

by Bruce Dudley

Now that you're home from your day at Britannia Park, let's look at the history of those big, red 600 class streetcars we rode on the Britannia line.

In 1911 the OER (Ottawa Electric Railway) put their first multi-unit class of double-truck streetcars into service. This was an 18-car order built by Ottawa Car Manufacturing Co. These streetcars were big and handsome, green with light coloured trim around the windows and they had Brill double trucks incorporating four motors. They had a bumper-to-bumper length of 45' 3", a standard that was to endure through all subsequent classes of streetcars built for the OER, with one exception, which I'll describe later. The 18 cars of this class were numbered 520 to 539 (no '7s' remember) and the frames and bodies were constructed of wood. PHOTO 1 shows 531, quite new, on Bank Street in 1911.

The 520 class streetcars were the last of wooden construction to be ordered for the Ottawa Electric Railway. The next order for new units was the 33 streetcars of the 600 class. Twenty were built in 1913, ten in 1915 and the last three in 1917. These cars had steel frames and bodies and double trucks. Like all other Ottawa streetcars of the time, they were operated by two men, a conductor and a motorman. The cars were 45' 3" long overall, their colour was green and they were numbered 600 to 633.

PHOTO 2 is an early picture of a 600-class car, this one being 610 when new in 1913. Note the double doors at the rear with fixed exterior steps where you entered the car. These doors were manually operated by the conductor who sat adjacent the rear vestibule. Next, the front door was single, also with a fixed exterior step, manually operated by the motorman and was used as an exit only. Finally, note the absence of any headlight on the streetcar.

These 600 class cars (as well as the 520s) continued service in this two-man form for 10 years or more until, in the mid-1920s, a decision was made to upgrade and modernize all the cars of the 520 and 600 classes to bring them into line, technically speaking, with the new 800 class cars that started coming into service in 1924. The changes included, amongst other things, a new air control system for operat-

ing the front and rear doors and incorporating a dead-man emergency braking system interacting with the controller of the streetcar.

The first car to be overhauled, in 1924, was 520 which, in addition to the above-mentioned changes, had its body extended at the front and required steel sheeting to overlay the wooden body. As it turned out, the changes to 520 were so expensive that the remaining cars of that class, 521-539 received only minor upgrades. 520, meanwhile, was re-numbered 650 and painted red with cream trim to match the new 800s.

This left the 600s all of which were substantially overhauled and upgraded between 1925 and 1927; painted red with cream trim and then 600 through 633 were re-numbered 651 to 696. PHOTO 3 shows car 656 (originally 605) at Britannia in 1951 and, if you compare this car with 610 in PHOTO 2, many of the changes that the 600s went through will be evident.

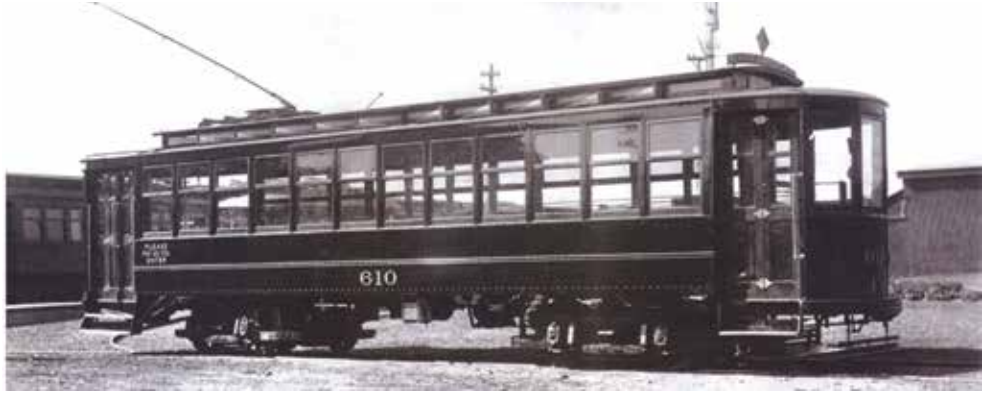
By the late 1920s one-man car operation was on the horizon so a major structural change was the addition of 4' 3" to the front vestibule to incorporate double pneumatically operated front entrance/exit doors. This extended the overall length of the 600 class cars to 49' 6". Both front and rear doors now had air-operated, folding exterior steps; the rear door, now single, was treadle operated. Illuminated route boxes ('X' for 'Extra' on 656) were mounted on the right front part of the cars roofs and a destination scroll sign was positioned at the top of the right-hand front window. By 1930, a long-range headlight was roof mounted for use on private right-of-way tracks, while in town, a 'city light' located centrally on the front of the car provided adequate illumination.

The last additions to the 600s, and to all other cars, were the green 'clearance' lights on the front of the roof adjacent its side edges, and the 'eyebrow' shades over the lights on the front side panels of the cars to illuminate the advertising. These were installed in 1949-1950 and with the 'city' headlight; they provided badly needed illumination to the front of the streetcars at a time when automobile traffic was increasing by leaps and bounds.

656 in PHOTO 3 is exactly like the 600 in which we rode to Britannia and back. Bye for now and watch your step getting off.



The photographer's lens captured car 656 (originally 605) at Britannia in 1951. PHOTO CREDIT: WILLIAM BAILEY, SEPT. 1951, BRUCE DUDLEY COLLECTION



Shown is an early photo of a 600-class car, this one 610, new in 1913. PHOTOGRAPHER UNKNOWN: BRUCE DUDLEY COLLECTION.



In 1911 the Ottawa Electric Railway put their first multi-unit class of double-truck streetcars into service. Shown is 531, quite new, on Bank Street in 1911.

PHOTO CREDIT: CITY OF OTTAWA ARCHIVES CA-1500

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TALKING MOVIES BY PETER THOMPSON OF MOVIES 'N STUFF

# The European invasion of TV!

## Now playing at Movies 'n Stuff!

by Peter Thompson

TV series from Europe have always been around, but it wasn't until relatively recently they began to take off. It started with *The Bridge* and followed with *Borgen* and suddenly people were on board with watching these powerful series even though they have subtitles (something that doesn't bother me personally, but can be a sore spot with people wanting to relax). Now comes the second wave; check these great European shows:

**1. *The French Village*** (out of France). A powerful story of a small French village occupied by the Germans during WW2, this has intrigue and suspense as it slowly unfolds, demonstrating how a group can band together (and sometimes betray each other) in the face of a brutal conquering power. This is one of those series where you simply can't wait to find out what's going to happen and that was one of the main factors of it being the number one renter of all TV shows in 2017.

**2. *Detective Montalbano*** (out of Italy). As mentioned in last month's article, this will be the second straight year a foreign TV series is the top renting series. 2018 is Montalbano's year. Breaking the stereotype of yesteryear's grumpy detectives, *CI Montalbano* is a witty, sly character who uses his intellect and charm to solve mysteries, but he also relishes the good life of great food, his ocean side residence and his love of long distance swimming. Take a trip to gorgeous Ragusa, Sicily with Montalbano and prepare to be quite addicted!

**3. *The Octopus*** (out of Italy). This is brand new to DVD, so I've only previewed it so far, but once again quality acting and great story lines are at the forefront. Inspector Cattani moves to Sicily to take on the mafia (known as *The Octopus*), but what he doesn't understand is that this is a sprawling battle that will take its toll on his family life as well. And then there's his strained relationship with his wife who cheated on him twelve years previous. Destined to be a classic and a huge renter!

**4. *Commissioner Brunetti***



Spiral is a great series that follows murder investigations in Paris,



Detective Montalbano

(out of Italy). Venice, relationships and murder - what a great concoction. Venice provides the backdrop for the lush film versions of the bestselling novels by Donna Leon. Filmed by a German group, this one is oddly German with English subtitles, but once again Leon's crisp characters and intriguing story lines keep this as a popular renter.

**5. *Spiral*** (out of France). This is a great series that follows murder investigations in Paris, but instead of just focusing on the lead detectives, this one shows all the parties involved including incompetent lawyers, the grim, grimy crime scenes and the criminals themselves. The stories are complex and dark, but ultimately as enthralling as any other crime drama out there. The sixth season has just been released and it's going to challenge for top renter in 2019 (can you imagine a foreign language show reigning for three straight years?!)

**6. *The Bureau*** (out of France). Another behemoth out of France. "Malotru", a French intelligence officer undercover in Syria for 6 years, is called back home. He will face the difficult task of forgetting his undercover identity, the disappearance of a colleague in Algeria,



Corrado Cattani is a police inspector whose life is devoted to fighting the Italian mafia (known here as "La Piovra" or "The Octopus").

and the training of a young girl. Series 4 is about to be released and it is going to be huge!

**NEW TO THE COLLECTION:**  
*Blood on the Vine* (out of France). We just got this 4 part series! When the local police chief enlists the help of wine expert Benjamin in the hunt for a serial killer who combines murders with Grand Crus, Benjamin's intuition and his nose are stimulated by the puzzling case. They both prove infallible as he works his own investigation in the sumptuous settings of the

loveliest wine-growing regions in France. Bitten by the investigative bug and welcomed by the police as an expert, he seeks out new mysteries to solve in the heart of the Bordeaux vineyards and in the regions of Cognac and Champagne.

*Weissensee Saga* (out of Germany). Word is this is German's French Village, telling the story of two families from behind the Iron Curtain in 1980s East Berlin. This is on order and should be on the shelf well before this is printed and I'm sure the response will be fantastic based on reviews.

*Inspector De Luca* (out of Italy). Set in Bologna, Italy, during Benito Mussolini's dictatorship, this four-part crime series follows an investigator who has an affinity for women and an uncompromising character that helps him solve cases.

*Inspector Vivaldi Mysteries* (out of Italy). Inspector Federico Vivaldi is a veteran investigator with finely-honed instincts who works alongside his son Stefano, also a policeman. The two clash on account of the younger man's more rational approach to cases involving everything from trafficking to insurance fraud in the northeastern Italian city of Trieste - but the older Vivaldi, who is determined to win back his ex-wife Laura, usually manages to get the best out of his son.

With the time of winter blahs coming, make sure you take a trip to sunny Italy or to the picturesque villages of France or...to Germany to get away from it. With something for every refined taste, this really is the European invasion of TV! Now playing at Movies 'n Stuff!



by Brian McGurrian

By the time the "Great War" ended in November 1918 - on the 11th hour of the eleventh day of the eleventh month - 65,000,000 men had fought, and eight and a half million had died. Another 8,000,000 were prisoners or simply missing. Twenty-one million had been wounded, and that figure includes only the wounds that were visible; we will never know how many were damaged or destroyed psychologically.

WWI, initially European, had soon become global. From the start, the empires had automatically been involved. No one stopped to ask the Canadians or the Austrians or the Algerians whether they wanted to fight for the imperial powers. To be fair, many did willingly participate. Canadian historian Margaret MacMillan tells us that in the white dominions, where many still had family ties to Britain, it was simply assumed that the mother country must be defended.

Never before had there been such a conflict. For a nation of eight million people Canada's war effort was remarkable. More than 650,000 men and women from Canada and Newfoundland served — over 66,000 gave their lives and more than 172,000 were wounded. By way of stark comparison, Canadian casualties during thirteen years of our more recent military action in Afghanistan were 158 killed and 1800 wounded!

What was it all for? In a popular song from 1915, *I Didn't Raise My Boy to Be a Soldier*, Canadian lyricist Al Bryan suggested that nations should, "arbitrate their future troubles / It's time to lay the sword and gun away." Of course that's assuming that all of the parties to the quarrel are willing to arbitrate.

An international conference on arms limitation was held at The Hague in 1899, fifteen years prior to WWI, which established a *Permanent Court of Arbitration*, but Kaiser Wilhelm, after attending that conference cynically commented that he would, "continue to rely on ... God and my sharp sword. And shit on all their decisions."

What caused WWI is not a question that can ever be fully resolved, but Canadian historian Margaret MacMillan has observed that great powers, then as now, feel a compulsion to assert or to safeguard or to improve upon their international standing and to seize what they consider to be their rightful place in the sun. In 1914, Germany had clearly lusted for its place in the sun.

The transition from military to civilian life was difficult for men and women who had been serving abroad for so many years. One as-

# ARMISTICE, 1918

The Victoria Cross is the British Commonwealth's highest award for military bravery,

pect of this issue was reflected in an amusing song composed by Irving Berlin in 1919, *I've Got My Captain Working for Me Now*, describing a former army private who is delighted to hire his former captain and seize every possible opportunity to turn the tables on his former commander.

*"...When I come into the office  
he gets up on his feet  
Stands at attention and  
gives me his seat  
Who was it said 'revenge is sweet'  
I've got my Captain  
working for me now."*

The realities of transition to civilian life in Canada were very different from the amusing scenario imagined by Irving Berlin. Wartime propaganda had promised veterans "a land fit for heroes," but the fragile Canadian economy had difficulty



An Armstrong Whitworth two-seater bomber/reconnaissance biplane.

supporting hundreds of thousands of demobilized soldiers. Soldiers with war-related injuries were eligible for a pension and benefits plan, and claims made by soldiers without arms, legs or eyes were difficult to disallow; but soldiers suffering from poison gas, chronic illness or mental trauma, for example, often had a hard time convincing pension adjudicators that their symptoms were war-related. [warmuseum.ca]

*Shell-shock* was the blanket term applied by contemporaries to those soldiers who had broken down under the strain of war. Doctors knew very little of what we now call Post

Traumatic Stress Disorder, and symptoms of crying, fears, paralysis or insanity displayed by soldiers exposed to the stress and horror of the trenches was often seen by military authorities as expressions of cowardice or lack of moral fibre.

In WWI, for the first time in Canadian military history, Canadian forces had fought as a distinct unit, first under a British commander but ultimately under a Canadian-born commander, Arthur Currie. In the later stages of the European war, particularly after the Canadian successes at Vimy Ridge and Passchendaele, the Canadian Corps was regarded by friend and foe alike as the most effective Allied military formation on the Western Front. The Germans went so far as to call them "storm troopers" for their great combat efficiency.

The Victoria Cross is the British Commonwealth's highest award for military bravery, and since its inception during the Crimean War, it has been awarded to Canadians ninety-six times. Seventy-one of those 96 Victoria Crosses were awarded for gallant actions during WWI.

Let me recall for you just one of those seventy-one extraordinary exploits from the Great War. Eighteen-year old Alan McLeod from Stonewall, Manitoba, flying an Armstrong Whitworth two-seater bomber/reconnaissance biplane over Albert, France, in March 1918, brought down four enemy aircraft before he and his observer, both badly wounded, crash landed in no man's land, the narrow strip of land between the opposing trenches. Under heavy fire, McLeod dragged his observer to safety. McLeod died the following year, a victim of the Spanish flu, five months prior to his twentieth birthday.

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MYSTERIES OF CANADA

“We Are The D-Day Dodgers, Out In Italy”

by Bruce Ricketts

Let’s talk a bit about Lady Astor of Britain and the U.S. Nancy, as she was never called to her face, was born Nancy Witcher Langhorne on May 19, 1879, in Danville, Virginia. Her father was a wealthy businessman whose business depended on slave labour. When the American Civil War began his business withered and died. That did not last long however as dear old dad became an auctioneer and a railroad person and built back his fortune.

Nancy lived a charmed life. After a brief and failed marriage to Robert Shaw, she moved to England where she became a respected, if slightly arrogant and puritanical, socialite. Her second marriage was to Waldorf Astor, an American-born lad who came to Britain when he was twelve years old. When Astor’s father died, Waldorf and Nancy became the Viscount Astor and Lady Astor.

Lady Astor became a British MP and a critic of all things not to her liking. She tended to speak without a care over whom she hurt or



Sicily

slandered. By the time WW2 had rolled around Astor’s mouth had won her the respect of very few. In fact, she was considered a bit of a joke by her peers. She was oft-times referred to as “The Right Honorable Member from Berlin”, for her defence of Hitler. Her speeches became incomprehensible to most and it was stated that debating her had become “like playing squash with a dish of scrambled eggs”.

That brings us to the reason for this story. The D-Day landings at Normandy took place in June of 1944. It was not a happy time or place. The fighting was hard, and the human costs were high. Canadians took one of the lead positions in the fighting. But Normandy was



Catania War Cemetery, Sicily

not the only front upon which the Canadians fought and died. In July of 1943, Canadians landed in Sicily and began a campaign to push the German army up and right out of Italy. The fighting was fierce as is attested to by the 5900 Canadian war graves throughout Sicily and Italy.

As the death toll in the Italian campaign mounted, what did MP Lady Astor have to say about it? She referred to the Italian-campaign soldiers as “D-Day Dodgers”. She had received a letter from a disillusioned British soldier who apparently thought that he was not part of the war effort. (I wonder what happened to the guy?) He signed his letter *D-Day Dodger*. Not bothering to find out what the term meant, Astor started to refer to soldiers in the Italian campaign as “D-Day Dodgers.”

The term D-Day was a common term during the war to denote when a battle was to commence. As the soldiers in the Italian campaign would say, “We were in many D-Days before Normandy.”

But how did the troops react to Astor’s slur? They wrote a song. Hamish Henderson, a poet and army captain from Edinburgh, wrote the original. Many versions exist, depending on what battles you fought. The Canadian version goes, in part, like this (sung to the tune of *Lili Marlene*):

*We’re the D-Day Dodgers out in Italy  
Always on the vino, always on the spree.  
Eighth Army scroungers and their tanks  
We live in Rome – among the Yanks.  
We are the D-Day Dodgers, over here in Italy.*

*We landed at Pachino, a holiday with pay  
Jerry brought a band out,  
to cheer us on our way  
Showed us the sights, and gave us tea  
We all sang songs, the beer was free  
We kissed all the girls in Napoli.  
For we are the D-Day Dodgers, over here in Italy.  
The Moro and Ortona were taken in our stride  
We didn’t have to fight there.  
We just went for the ride.  
Anzio and Sangro were all forlorn.  
We did not do a thing from dusk to dawn.*



Lady Astor

*For we are the D-Day Dodgers, over here in Italy.  
Now Lady Astor, get a load of this.  
Don’t stand up on a platform and talk a load of piss.  
You’re the nation’s sweetheart, the nation’s pride  
But we think your bloody big mouth is far too wide.  
For we are the D-Day Dodgers, out in Sunny Italy.  
When you look ’round the mountains, through the mud and rain  
You’ll find the scattered crosses, some which bear no name.  
Heartbreak, and toil and suffering gone  
The boys beneath them slumber on  
They were the D-Day Dodgers, who’ll stay in Italy.*

Two of the D-Day Dodgers were Canadians Smokey Smith, VC and George Ricketts. Smith was hit by shrapnel and was close to death while in Italy. He recovered and went on to be awarded the Victoria Cross. George Ricketts, my father, was a wireless operator with the RCCS. This D-Day Dodger literally walked from Sicily to Holland with the army. Both Smokey and George have since died. Too bad they cannot tell us what *they* thought of Lady Astor.

I learned early on in life that the rich and famous all “put their pants on one leg at a time”. My apologies to whoever coined the original phase. The phase applies to prime ministers, premiers, judges, mayors, CEOs and anyone else who believe their title connotes rights. They all put their pants on one leg at a time. There is nothing that makes those people better or more informed that you or me and they have no opinion that is better than mine or yours.  
“Lest we forget.”

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

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# Enjoy wintertime with your dog

by Jonathan Sumner  
Let's call these the "Dog Days of Winter"! Some of your pups are barking with joy that the cold is finally here, although not all pups share the same sentiment.

Winter is a tough time to find the right way to meet your dog's mental and physical needs. In chilly temperatures, it is sometimes hard to do more than provide the minimum amount of exercise and wait for the snow to melt. This may not be enough as some dogs need more physical exercise than others to maintain balance. When stepping out into the cold make sure to protect your dog appropriately. Winter jackets, ear wraps and dog boots can be useful protection against the cold, depending on the length of your walks and of course your dog's own acclimation to the cold. A good rule of thumb; if you are cold when you go outside, your dog could be cold too! There are some fantastic Canadian made companies making protective winter jackets and boots for dogs such as Muttluks (dog boots) and Chilly Dogs Jackets.

If you live in the city you need to be aware of other hazards than just the cold. The city streets, parking lots and sidewalks are heavily treated with salt to melt the ice. Unfortunately, this salt is not paw safe and can burn your dog's feet. Look for the lifting of their paws like the ground is too cold. This may be a sign that the salt is burning between their pads. When you escape the city to the fields and the trails keep in mind that icy conditions can present sharp edges which can be harmful to their paws. If you do not use boots for your pup, there are a variety of paw balm products you can buy or make at home to keep your dog's paws from painful dryness and cracking. Don't forget their sensitive noses as well!

Dogs need a balance of mental and physical stimulation and in the winter and the use of mental exercises are often overlooked. You can make homemade puzzles, or buy some brain teaser toys to help stimulate and engage your dog. Another great option is enrolling in a training course to learn new tricks or strengthen your existing obedience. Believe it or not, twenty minutes of brain work can equal an hour of exercise.

If your dog is a not a winter breed, then you could consider multiple short walks instead of

a long walk. You can make your walk quicker and a higher pace to get both your heart rates up. Another great option is to check in with the Ruff House dog daycare ( [www.ruff-house.ca](http://www.ruff-house.ca) ) to see if your dog is a fit for inside socialization and play time!

Winter can be a great time to cuddle up with your dog and enjoy some hot chocolate. The best gift you can give your dog over the holidays is peace of mind and body when you settle in.



Jonathan owns and operates the Ruff House, a dog daycare, kennel, grooming, retail and training facility in Ottawa. [www.ruff-house.ca](http://www.ruff-house.ca)

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# Thank You Riverview Park



**SHAWN MENARD**  
Shawn.Menard@ottawa.ca

I want to recognize and thank former Councillor David Cherenushenko for his work over the past eight years. It is not an easy job, and meaningful progress was made. We need to continue this work and expand our efforts to improve quality of life for residents. Christine McAllister, Jide Afolabi and Anthony Carricato all ran great campaigns. They and their teams knocked on doors, handed out leaflets, and put up signs in an

Capital Ward had the highest voter turnout of any ward in the city. It is a testament both to the campaigns that were engaging residents, and to the residents for responding. That said, only about half of eligible voters made it to the polls. One thing that is clear, now more than ever, is that we need to look at new models of voting that are more reflective of residents' wishes and that ensure every vote counts. During the campaign I promised to be a supporter of ranked ballots at the local level (as the City of London

Our team ran a campaign that highlighted the disparities that exist when it comes to supporting the development industry in Ottawa over the public services we all rely on. We talked about how Ottawans live with one of the highest transit fares in North America, a lack of purpose-built affordable housing, inaction when it comes to the threat of climate change, wasteful spending on road expansions, and a lack of community amenities that we deserve. We offered solutions to these problems, and backed them up by taking action on the ground; we engaged in grassroots democracy. This will

I look forward to working with all residents over the next several years to advance the interests of the people of our ward and of our city.

Sincerely,  
**Shawn Menard**  
City Councillor, Capital Ward

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# By looking at the past... What could be in the future for Alta Vista and Hunt Club schools?

*by Geoff Radnor*  
In June 2017 the Ottawa-Carleton District School Board (OCDSB) closed five area schools. These were in other parts of the city not in the Alta Vista or Hunt Club region. The provincial government was eager to close schools that were half empty and move the students to schools where there was room for them. This is not a new thing. Since the mid 1980s almost 50 schools have been closed or re-purposed in the Ottawa area.

The decision to close the five schools last year was fought by many parents, whose kids would have to move to schools that were further from their current schools. It was said that it could harm many small communities. But the closures went ahead.

It is likely that the review of schools in the Alta Vista/Hunt club region will start in September next year. With any possible changes to be effective in June 2020. No one knows what the result of this review will be.



Carlington Community Health Centre, formerly T P Maxwell Public

Besides the changes affecting the students and their parents there must be some loss of jobs among the administrative and custodian workers.

Until any decisions in June 2020, things will continue as they are today. But what happens to the schools that did get closed in June 2017? I have a granddaughter that attended one and she is happy in her new school. She likes the fact that some of her favourite teachers moved with her. The closed school is there just sitting empty. No cars in the parking lot. No kids playing

in the school yard or on the extensive green fields surrounding the school. The neighbourhood is definitely quieter. What is the future of Century Public School?

We do know the future of one of the five closed schools; it is the Rideau High School on St Laurent Blvd. It has a 60 year history following the ceremony of laying the corner-stone by S. D. Rendall, The Superintendent of Secondary School for the Province of Ontario on 16th of April 1957. How many students have graduated from Rideau High in those 60 years?

The future of the building has been guaranteed for some years as it is to be developed into a community hub. The building and grounds will still be owned by the OCDSB, and if necessary it could be returned to its original use as a school if needed in the future.

“The Rideau-Rockcliffe Community Centre and the Odawa Native Friendship Centre” is the working name of the hub. It is being assisted financially by the Ministry of Infrastructure of Ontario.

The school has many structural attributes and has extensive green space for sports and allied activities. These include an auditorium with raised seating and formal stage plus:

- Metalworking shop
- Woodworking shop
- Gymnasium
- Cafeteria
- Music room
- Large library space (now empty)
- Extensive free parking and
- Large exterior grounds

There are over 30 groups interested in being part of this hub, the Ottawa Arts Council being one of the core partners. Others include: Rideau-Rockcliffe Community Resource Centre; OrKidstra; Operation Come Home;; Roberts Smart Centre; Youturn Youth Support; L’Équipe de santé famil-

**CONTINUED ON PAGE 29**

## 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.

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# 'Laughter basket' inspired researcher of the year

Submitted by The Ottawa Hospital  
Special to the Riverview Park Review

When Dr. William Stanford was first a biological scientist, he simply followed his curiosity and was happy to let others pursue any practical applications of his research. Today, as researcher of the year and a senior scientist at The Ottawa Hospital, he goes on bedside rounds with clinicians, meets with patients and dreams of launching clinical trials.

It all started in 2009, when Dr. Stanford received a “laughter basket” including a rubber chicken and other joke gifts from a young woman with a rare and deadly lung disease. Although he had never heard of her or her disease the basket was so intriguing that he set up a meeting with her.

“She was sending these baskets to all kinds of scientists and trying to convince them to study her disease,” said Dr. Stanford, who was working at the University of Toronto at the time. “When I started looking into it, I realized that I could use stem cells as a model to understand how the disease LAM starts and possibly test new treatments. Meeting her and others with LAM really changed my outlook.”



Dr. William Stanford

The research was promising, but eventually Dr. Stanford realized that he needed to collaborate with more clinically-minded people if he was going to make a difference for patients.

“The Ottawa Hospital had a great

reputation for helping researchers take their discoveries from bench to bedside, so that’s where I went,” said Dr. Stanford, recently honored at the hospital as Chretien Award Researcher of the Year.

Since coming to Ottawa in 2011, Dr. Stanford has made important discoveries related not only to LAM, but also to conditions such as osteoporosis, premature aging and blood cancer. The common theme is using stem cells as a model to understand or treat these diseases.

“Most scientists tend to focus on one or maybe two diseases, but Bill’s research spans a huge spectrum, and he’s making important contributions in all these areas,” said Dr. Duncan Stewart, Executive Vice-President of Research at The Ottawa Hospital and professor at the University of Ottawa. “He’s a bit of a renaissance man in science.”

Dr. Stanford’s discoveries hold promise of new treatments for many diseases, but especially for blood cancer. Working closely with hematologist Dr. Mitchell Sabloff and laboratory researcher Dr. Caryn Ito, Dr. Stanford recently developed a promising targeted strategy to treat chemotherapy-resistant acute myeloid leukemia (AML). The experimental treatment cured 100 per cent of mice with the condition, while mice that received the standard treatment all died.

“We were blown away by the results,” said Dr. Stanford. “If this holds up in clinical trials, we could



The Ottawa Hospital Gala, presented by First Avenue Investment Counsel, was ultimately about honouring three innovative researchers and their accomplishments in their fields. Congratulations to:

**Dr. Fraser Scott**, recipient, Grimes Research Career Achievement Award. Recognized for pioneering research linking the onset of type 1 diabetes with diet-induced changes in gut immunity and regeneration of insulin-producing cells.

**Dr. Kristin Danko**, recipient, Worton Researcher in Training Award. Recognized for her outstanding work on methods for systematic review and meta-analysis of complex health interventions, including novel mathematical modelling.

**Dr. William Stanford**, recipient, Chrétien Researcher of the Year Award. Recognized for his groundbreaking research on stem cells and leukemia, including an upcoming paper with major clinical implications.

The Ottawa Hospital’s Tender Loving Research campaign has raised \$43 million with just \$7 million remaining to reach the fundraising goal of \$50 million.

have a new treatment for people who would almost certainly die of their disease today.”

One of the most rewarding parts of the project was that Dr. Stanford was able to meet people with AML who had donated samples to his research.

“I recently went on rounds with Dr. Sabloff and some of the patients said: ‘Oh, I remember giving blood for that study’ and I could tell them how their contribution is making a huge difference to our research,” said Dr. Stanford. “That was really cool for me.”

Dr. Stanford continues to follow his curiosity in research, but it’s not the only factor any more.

“Basic science is hugely valuable—without it there would be no new therapies,” he said. “But if you can also turn your research into new treatments, that’s even better.”

Dr. Stanford received The Ottawa Hospital’s Chrétien Researcher of the Year Award last October 27.

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# New drug holds promise in treatment of leukemia

Special to the Riverview Park Review

Researchers from The Ottawa Hospital and the University of Ottawa have developed a promising targeted strategy to treat chemotherapy-resistant acute myeloid leukemia (AML). A diagnostic test to determine which AML patients would most likely benefit from this treatment is next.

In a mouse model, the experimental treatment eliminated all signs of disease in 100 per cent of animals, while those that received the standard treatment all died. The results are published in the leading journal of its kind, *Cancer Discovery*.

“We were blown away when we saw the results,” said author Dr. William Stanford, a senior scientist at The Ottawa Hospital and professor at the University of Ottawa. “If these findings hold up in clinical trials, we could have a new treatment for people who would almost certainly die of their disease today.”

AML is the most common type of leukemia in adults, killing more than 10,000 people each year in Canada and the U.S. It starts in blood stem cells found in the bone marrow. Chemotherapy has been the first-line treatment for more than 40 years. However, about a third of people do not respond initially, and another 40 to 50 per cent relapse after an initial response. Most of these people eventually die of their disease.

Dr. Stanford’s research focuses on a protein called MTF2, which places chemical tags near certain genes to help control their expression (called epigenetics). Dr. Stanford previously found that MTF2 plays a role in blood development. He then teamed up with Dr. Mitchell Sabloff, a hematologist at The Ottawa Hospital, to see if it also plays a role in blood cancer.

Using AML samples from patients treated at The Ottawa Hospital, the team found that people with normal MTF2 activity were three times more likely to be alive five years after their initial chemotherapy treatment than people with low MTF2 activity.

“Initially we thought that MTF2 could be an important bio-marker to identify patients who might benefit from experimental thera-

pies,” said Dr. Stanford. “But then we started thinking that if we could understand what MTF2 was doing, maybe we could use this information to develop a new treatment.”

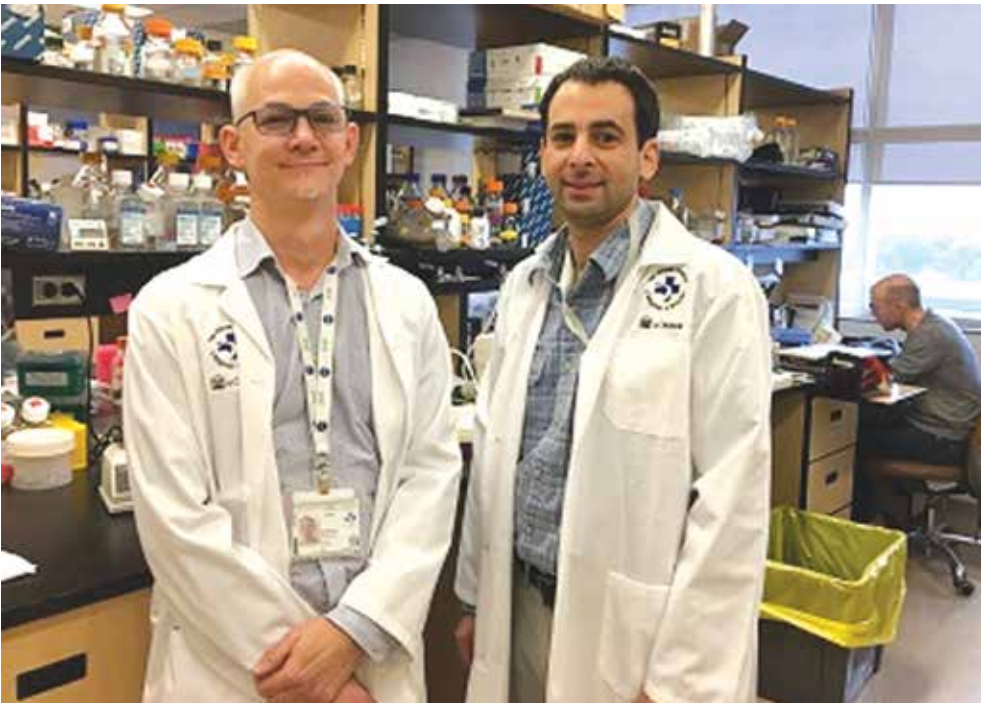
Dr. Stanford and his colleagues then discovered that MTF2 helps to place a chemical tag near a gene called MDM2, which is known to help cells resist chemotherapy. In AML cells with normal MTF2, this tag lowers MDM2 levels and ensures that cells die when they are damaged by chemotherapy. On the other hand, AML cells with low MTF2 can’t put tags on MDM2 to decrease its expression. These cells keep on living and dividing even when exposed to high levels of chemotherapy.

Since drugs that block or inhibit MDM2 are already being tested in clinical trials for other types of cancer, the team tested these in mouse models of AML using cells derived from patients whose cancer was resistant to chemotherapy. Mice treated with the MDM2 inhibitors plus chemotherapy all survived until the experiment ended four months later, and had no evidence of cancer, while those treated with chemotherapy alone all died.

“The pre-clinical animal data is very encouraging,” said Dr. Caryn Ito, a senior investigator at The Ottawa Hospital who developed the mouse models and co-led the study. “Our dedicated team of basic and clinical researchers worked extremely hard on this project. We were totally surprised by the findings, which we hope to translate to the clinic soon.”

The researchers are now trying to obtain pharmaceutical-grade MDM2 inhibitors to conduct trials in people with AML at The Ottawa Hospital. They are also screening libraries of approved drugs to see if any of these can block MDM2. And they are working with a biotech company to develop a test to identify chemotherapy-resistant AML patients, who would respond to these kinds of drugs. They have also filed a patent related to their discovery.

“We still have a lot of research to do, but if this works it could make a difference for patients around the world,” said Dr. Sabloff, who is also an associate professor at the University of Ottawa, Director of The Ottawa Hospital’s Leukemia Program and the Co-Director of the



Dr. William Stanford (left) and Dr. Mitchell Sabloff (right) and their colleagues discovered a new drug combination that destroys chemotherapy resistant acute myeloid leukemia in mouse models.

hematology bio-bank at the hospital. “I want to thank the many patients at The Ottawa Hospital who have and continue to generously donate blood and bone marrow for this research.”

This research was possible because of generous donations to The Ottawa Hospital. The study was also supported by the Canadian Cancer Society, the Canadian Institutes of Health Research and the Cancer Research Society.

Dr. Stanford is part of The Ottawa Hospital’s Regenerative Med-

icine Program, which includes the Sprott Centre for Stem Cell Research and the Sinclair Centre for Regenerative Medicine. He is also part of the University of Ottawa’s Department of Cellular and Molecular Medicine. He holds a Tier 1 Canada Research Chair in Integrative Stem Cell Biology. He is also a member of the Stem Cell Network, the Ontario Institute for Regenerative Medicine, the Ottawa Institute of Systems Biology and the Ottawa Centre for Epigenetics Research.

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Joy and René Fortier display the handsome Euchre Tournament Trophy that they generously donated last April 22nd. Residents and staff enjoy the tournaments that take place once a month at Landmark Court. The trophy is In Memory of Roger Laframboise who lived at Landmark Court and enjoyed playing Euchre with fellow residents.

PHOTO:  
CAROLE MOULT

# What is not up for debate...

by Carole Moul

It has been said that Euchre is a game with a debateable history. At least one English source claims that it originated from the Alsatian game, ‘Jucker’, still very popular in parts of the United Kingdom. Others disagree, and argue that Euchre evolved from the French game, écarté. Some card historians declare that the game itself can be readily traced back to the well-

known French game, ‘Triomphe’. Even the Mayans and Gypsies have been credited with the game’s beginnings. The arrival of ‘Juckerspiel’ or Euchre to North America also still remains somewhat of a mystery. What is known, however, is that although the game itself is probably one of the oldest, it is possibly the world’s most popular card game as well. Fortunately, for the residents of Landmark Court at 140 Darlington

Private, there are several people who have added to the popularity of this wonderful game over the past several years, some of this planned and the rest by happenstance. It was in November 2017 when Joy and René Fortier were moving into Landmark Court that Roger Laframboise, a gentleman who already lived there, caught the eye of Joy, whom he believed he recognized from years gone by. Mr. Laframboise was correct in that the two families had attended the same school in the Sandy Hill area of Ottawa, and Joy’s brother frequently walked to school with Roger. And thus, as it often happens when people get together, activities and obviously the game of Euchre came up in the conversation. Mr. Laframboise no doubt commented that over the past few years, he had been teaching fellow residents at Landmark Court how to play Euchre, while for at least the past 25 years the Fortiers had also been enjoying the same game with friends. “We love cards,” they noted recently, “especially Euchre”, although they do play 500, Cribbage, and Canasta. Thus, the Euchre playing continued at the Fortier’s new home on 140 Darlington Private. It was in March of this year that Mr. Laframboise passed away after playing his final game of Euchre just three days previously. Both Joy and René Fortier wanted to do something to honour their fellow resident; and just one week later the idea came to René. While wintering in Florida, he ran a Shuffleboard Tournament for at least 10 years and donated a trophy his grandson called, the ‘shufflecup.’

At Landmark Court, there had been Euchre games, but not tournaments. “Why not have Euchre tournaments and donate a trophy to the Landmark Court Euchre Tournaments in the memory of Roger Laframboise?” suggested René – and so he did. With the full support of Executive Director, Jane Brennan, herself a Euchre player and frequent participant in their games, the beautiful trophy was presented to Ms. Brennan on April 22nd. of this year from the Fortiers. Since then, once a month, after conferring with Jane Brennan, the dates of the tournaments are set and both residents and staff sign up to play. Names are picked out of a hat to create the partners and generally on each tournament day the games will go the full three rounds. “With random pairs everyone gets a chance to play with someone new,” commented Joy. The engraving plates are beginning to fill, however René Fortier assures us that another layer will be added to the trophy base. Between the tournaments, on three days a week, the residents enjoy their Euchre. And so, while many questions may arise as to the history of the game and how it came our way, there is no question that the residents of Landmark Court enjoy their ‘Juckerspiel’ Not everyone may have already seen their name on that beautiful trophy as yet, kindly donated in memory of Roger Laframboise, however, people are having a good time while playing a game that was close to his heart. And, what a beautiful way to remember a fellow Euchre player. Obviously, there should be no debate about that.





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Councillor  
Alta Vista Ward



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Jean CLOUTIER  
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As we celebrate the season of love, peace, and joy, let's not forget those less fortunate. If able, lend a hand this holiday season.

Be sure to mark your calendars, write your list and join the fun at the Canterbury Community Centre!

On December 8, enjoy a delicious Breakfast with Santa, win great prizes and meet new neighbours.

Please bring non-perishable food items to donate to the Heron Emergency Food Centre.

Spread the holiday cheer this year!



# What’s *in* the menu?

*by Carole Moul*  
Many of us have heard of the famous Waldorf Hotel that opened in New York City in 1893. It had been constructed at the corner of Fifth Avenue and 33rd Street, on the site where millionaire developer William Waldorf Astor had previously built his mansion. The hotel was the first to offer complete electricity and private bathrooms; soon to become a symbol of high society in New York.

Not so many of us perhaps recognize the name of the hotel’s legendary *maitre d’hôtel*, Oscar Tschirky, known as “Oscar of the Waldorf”. It was Tschirky who authored *The Cookbook by Oscar of The Waldorf* (1896), a 900-page book featuring all of the recipes of the day, including his own Waldorf salad and delicious Eggs Benedict.

Oscar Tschirky also gained fame because of his huge menu collection, now housed at Cornell University in Ithaca, N. Y. It is a collection that holds over 10,000 menus that he obtained from around the world.

Oscar Tschirky was not alone in collecting menus. A number of large American libraries plus universities



Server, Yu, (second R) explains how the 168 Sushi iPads work. From L-R, Vanessa, Meagan, and Mai all said they enjoyed iPad ordering and look forward to their next visit to the restaurant.

and individuals maintain collections of many thousands. The New York Public Library owns a huge menu collection housed in the Rare Book Division because of the dedicated efforts of a Miss Frank E. Buttolph (1850-1924). She began collecting menus in 1900 on behalf of the library, and through her efforts more than 25,000 menus were added by

1924. Currently the collection contains approximately 45,000 items, a quarter of these digitalized. Work continues on the project and requests continue to be ongoing for obtaining volunteer help.

Here in Canada there doesn’t appear to be quite the same interest in menu collecting, however The University of Toronto’s Scarborough Campus’ Culinarium Research Centre has acquired all 10,000 menus of the world’s largest collection of mostly Chinese menus sought out by Harley J Spiller between 1981 and 2009. The collection includes menus from across the United States, Canada, and other international locations. In 2005, this enormous collection was recognized by the Guinness World Records as the largest of its kind.

At The University of British Columbia, in the Rare Books and Special Collections room, and as part of The Wallace B. Chung and Madeline H. Chung Collection of more than 25,000 rare and unique items there are 962 menus, many extremely beautiful and from a variety of hotels, steamship lines, the CPR dining cars and many restaurants.

Here in Ottawa, a source at Library and Archives Canada notes that while that government branch has an extensive cookbook collection they have only menu samples from two sources: the now closed Café Henri Burger of Gatineau, Quebec plus the former dining cars of the Canadian Pacific Railway.

Why the value and importance of a menu collection one might ask? Much has been written about the history of food. Menus help fill in the blanks of who we were, what we liked to eat during a certain time period, or even what was available



At 168 Sushi, iPad ordering has become very popular with all ages. Customers comment that they like seeing pictures of the food they will be receiving in a very short time. PHOTO: CAROLE MOULT

for us to eat as far as our dining experiences. Thus, menus are not simply a list of what there is to eat.

Paper menus began in the city of Paris in the mid-18th century providing options for what guests might enjoy eating after centuries of diners simply walking into an eatery and having what the chef was cooking that day. Needless to say, it didn’t take long for menus to become an integral part of the dining experience world-wide, although for the most part their presentations were, in general, pretty much the same.

Enter the world of desktop publishing at the end of the 20th century and the dining menu evolved dramatically; with the choices of menu presentation beyond what had ever been seen before.

Today, it is tablets, and iPad ordering that have made the world of menus even more progressive, as the digital age enters the restaurant dining room. Guests are offered iPads when they sit down at their tables, with a wealth of information provided, including pictures that could never have been given to diners previously.

And, while these tablets may look very different from many of the beautiful leather-bound menus of days gone by, or even the mass produced multiple pages that we are frequently provided, the high tech iPads still let hungry diners know what is available for their next meal. In this respect, some things fortunately do not change, and aren’t we glad that they don’t?

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

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# Massage and Mental Wellness

by Cindie Helmer, RMT

As we say goodbye to the long days of summer and enter the doldrums of winter, those suffering from depression, anxiety, Seasonal Affective Disorder (SAD), and other mental wellness conditions can find that their emotional health starts to suffer. The connection between our mind and our body is strong; that means that along with changes in mood, there can also be notable physical changes in the body, such as increased release of stress hormones, suppressed immune system, and muscular discomfort.

While most people see massage therapy as the hands on manipulation of soft tissues of the body reducing muscle soreness, stiffness and fatigue, it can also affect other systems of the body that can help improve our mental wellbeing and emotional state.

Massage therapy encourages the activity of the parasympathetic nervous system (rest and digest). This allows the body to conserve energy by decreasing the heart rate, decreasing blood pressure, and increasing intestinal and glan-



dular activity.

Massage activates neurotransmitters in our brain and limbic system, such as serotonin and dopamine. This improves mood, and decreases cortisol and adrenaline, higher levels of which can increase feelings of anxiety and stress. Researchers from the University of Miami School of Medicine measured cortisol levels in patients before and after a massage therapy session, and have found that massage lowered levels of cortisol by up to 53 per cent! You may have thought that your massage just made your muscles feel good, but it also LITERALLY reduces the stress levels in your body! ([https://www.amtamassage.org/find-amassage/health\\_conditions.html](https://www.amtamassage.org/find-amassage/health_conditions.html))

The power of human touch is often overlooked as a form of healing and emotional support. Human contact is vital to our development from early childhood, to adulthood, helping us maintain emotional and social wellness. During times of emotional distress, we can often feel isolated and alone. Massage therapy can encourage the body to release a hormone called oxytocin. Oxytocin is a “feel good” hormone that enhances a sense of belonging, stability, trust and sociability. It has also been found to reduce fear in those suffering from PTSD. (<https://www.bridgestorecovery.com/blog/the-healing-touch-the-benefits-of-massage-therapy-for-mental-health/>)

Medical research has found that

massage therapy and psychotherapy work well together and can serve as complimentary treatment options for those suffering from stress and emotional pain.

While massage can help mitigate the effect of hormonal stress levels, Psychotherapy directly addresses personal difficulties. It allows an individual, family, or couple, to talk openly and confidentially about their concerns and feeling with a trained professional. Almost all types of psychotherapy involve developing a therapeutic relationship, communicating and creating a dialogue, and working to overcome problematic thoughts, feelings or behaviours. Massage can assist in getting you in a calm and relaxed physical state, to better help you benefit from your counselling and therapy sessions.

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](http://www.essential-health.ca).

*If you have any questions about how massage might be able to help you, or about psychotherapy, please email [info@essential-health.ca](mailto:info@essential-health.ca).*



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# Walking the Camino de Santiago

by Helen McGurrin

Encouraged by a friend who had done the French Camino, (a walk of over 700 kms walk from St. Jean Pied de Port France to Santiago Spain), my daughter Kelly, Ken, her husband, my son Tim and I attended an information session sponsored by the Canadian Company of Pilgrims in March 2018. It helped prepare us on how we would do and not do our Camino. We chose to carry only essential daily use items in individual backpacks and pack the rest of our stuff in one large travel pack that we shipped on ahead to our next night's lodging. Kelly was our travel manager and pre-booked private lodgings with bathroom for every night of our journey.

As recommended, we prepared ourselves physically for over five months: we walked the many beautiful trails in Ottawa and the more difficult ones in Gatineau Park, carrying our backpacks with rain gear, change of socks, sunscreen, foot care products and WATER! These practices helped us identify hot spots forming on our feet and apply moleskin patches on them to prevent blisters. Foot care 3 times a day using Foot Glide, Nivea Cream and good foot rubs was a practice carried on through our Camino.

We started our walk on September 6th and finished on October 8th, averaging over 24 kms per day. The terrain is not a "walk in the park", but we were rewarded with breathtaking views and spectacular sunrises. We climbed Mount Everest twice, if you count the daily elevations and descents during our walk.

We walked by flat plains of bare cornstalk fields, vineyards with vines bending full of blue grapes, vineyards of green grapes, fields of sunflowers, and a fill-your-own water bottle or glass from a faucet pouring local wine. We learned to appreciate the same choice of 3 course Pilgrim Meals – the sameness was comforting in that you knew that you were getting the right amount and choice of food to nourish you throughout the journey. It has worked for millions of pilgrims. You also received a bottle of white or red wine (your choice) with your pilgrim meal.

Our goal initially was to meet the physical challenge of completing the Camino. But not only is walking the Camino a physical challenge, it is a mental/spiritual exercise. It is not a social walk but very much a single file, solitary walk, the terrain demands it. I did not start walking with a specific



Helen, Tim, and Kelly McGurrin and Ken Walker doing the Camino. PHOTO: A FELLOW PILGRIM

goal or intention in mind but, but certainly visiting the many churches and religious sites along the way travelled by millions over millennia, starting with (so tradition says) St. James, an apostle of Christ, was an incredible experience. At unexpected times, I was moved to tears and would feel overwhelmingly grateful and awed by this opportunity to be able to do this journey.

Would I do it again? Well some of the Portugal Caminos sound very tempting and they are considerably shorter. Who knows? Whatever happens I feel very blessed to have done this Camino accompanied by Kelly, Ken and for the last 170 kms, my son Tim.



Kelly, Helen, Tim and Ken posing with seashell symbol representing the Camino de Santiago de Compostela. PHOTO: A FELLOW PILGRIM,



Following the Yellow Arrows of the Camino - Helen, Ken and Tim at the end of the Rainbow! PHOTO: KELLY MCGURRIN



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# The Riverview Park Community Association looks at its accomplishments for 2017-2018

**K**ris Nanda, retiring President of the Riverview Park Community Association, has worked tirelessly to ensure that this community has been well looked after over the past four years. On Wednesday evening, October 17th, at the Annual General Meeting of the RPCA Kris passed on the privilege of serving fellow residents as President to Bryan Orendorff, formerly Vice President.

The AGM meeting included introducing the Municipal Candidates for the position of Councillor of Ward 18 and inviting them to speak, presenting Bryan Orendorff with the Volunteer Extraordinaire Award for his work in the community and outlining the accomplishments over the past year of the RPCA.

Kris thanked the outgoing Board members for their work on the Community Association and gave his last President's Report. He will remain Chair of the Planning and Development Committee and continue to provide his exceptional reports to the RPCA plus the readers of the Riverview Park Review. It is due to Kris' dedication to P&D that the community is made aware of upcoming and on-going developments.

At the AGM, Committee Report Summaries were provided from Communications, Membership, Parks & Recreation and Planning and Development. The Treasurer's Report for 2017-2018 was present-



**RPCA Board Member, David Knockaert, and his family dog Jewel were discovered taking a pause at the bench in Coronation Park; a bench that was provided jointly for community use by the RPCA and the City of Ottawa. PHOTO: GEOFF RADNOR**



**Raylene Lang-Dion**



**Lorella Piirik**

ed and accepted. A Proposed Amendment to the By-laws was presented, with a discussion and there was a vote as a follow up. Board elections took place with five new Directors on the RPCA Board.



**RPCA Board of Directors at the AGM included: (Back row L-R) David Knockaert; Ron Ridley; Glen McGregor; Dianne Hoddinott and David Hood. (Front row L-R) Craig Cormier, Secretary; Kris Nanda, Past President; Bryan Orendorff, President and Anne Stairs, Treasurer. New Board of Directors also include: Raylene Lang- Dion and Lorella Piirik. PHOTO: GEOFF RADNOR**



**Pam Clayton (Centre) was the lucky winner of a Rona Gift Card. She plans to put it to good use at the Balena Park Pet Memorial. On hand to congratulate Pam were Kris Nanda, RPCA President (L) and Anne Stairs, RPCA Treasurer (R).**



**Retiring RPCA President, Kris Nanda, presents incoming RPCA President, Bryan Orendorff, with this year's Volunteer Extraordinaire Award.**

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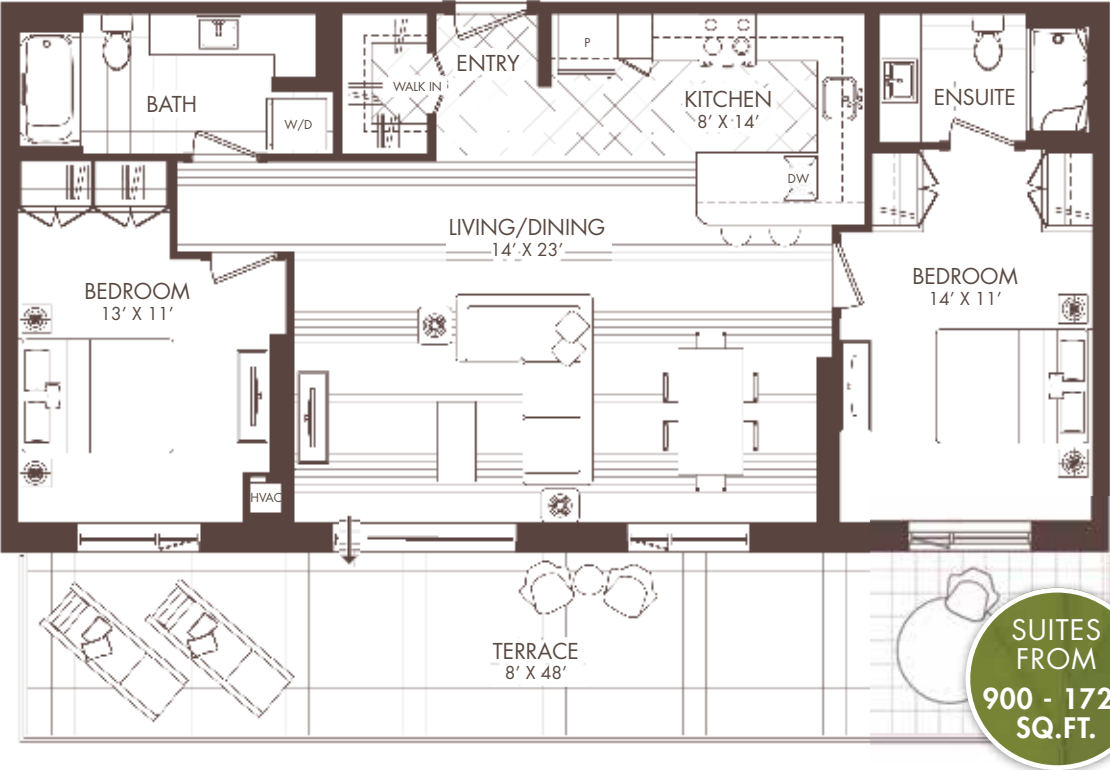
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# Tradespeople are among the happiest workers in the country, new study shows

by Jon Callegher, PhD

A 2018 study of 986 workers in the Skilled Trades reveals that they are among the happiest workers in Canada.

The report, called *Trading Up: Why the Future of Education in Canada Must be Skilled*, provides evidence for why careers in the Skilled Trades should be described as highly fulfilling in higher education conversations, especially given the country's desperate need for skilled workers in the industrial sector.

"Compared to the general working population, Tradespeople are much more likely to have fun at work and to feel like they can be themselves. They also have more freedom to be an entrepreneur or work anywhere in the world," says Project Director Dr. Jon Callegher of George Brown College. "But most importantly, they feel a much stronger sense of accomplishment and purpose. This can't be underestimated given the amount of time we spend at our jobs and our individual desire for meaning in life."

While the report is written for an audience of educators, administrators, and students, Callegher hopes it also reaches immigrant parents, who are more likely than their domestic counterparts to view jobs in the Trades as low status.

The report reveals that 64% of tradespeople believe they have "really accomplished something worthwhile" through their work, compared with 47% of general working population. They are also more likely to report that their work gives them a "sense of success and achievement" (68% vs. 49%) and "a lot of satisfaction" (65% vs. 48%). As well, 60% of tradespeople report "often having fun" while working, compared with 43% of



ARTWORK: AHMED ABDELMAGID.

Compared to the general working population, Tradespeople are much more likely to have fun at work and to feel like they can be themselves.

other working Canadians.

"But what parents—immigrants and domestic—may not realize," says Callegher, "is that careers in the Skilled Trades are much less stressful and allow for greater work-life balance than jobs in other sectors, in addition to being secure and well-paying."

The need to promote the Skilled Trades in a new light inspired the

creation of a YouTube series that Callegher calls Job Talks. His research team travelled across Ontario to film Tradespeople talking passionately about their jobs and editing the interviews into short, high impact videos for educators, counsellors, and trainers to share with students and parents.

"The response from educators and students has been overwhelmingly positive," says Callegher. "It's really captivating when you can see and hear the passion in someone's voice when they talk about their work." The video series continues to grow, which hundreds of subscribers and over 65,000 views.

"For our researchers, the community acts as an extension of the classroom," said Krista Holmes, Director of Research and Inno-

vation at the college. "Our social innovation projects build a lasting bridge between the college and these communities that surround them. Job Talks is a prime example of this principle in action: the project has taken raw data and mobilized it to tell a meaningful story of workplace fulfillment and change the way we view the trades."

The study was conducted through funding from the Social Sciences and Humanities Research Council's (SSHRC) Community and College Social Innovation Fund (CCSIF) and from the CWB Welding Foundation. Project partners also included GBC's Office of Research & Innovation, Centre for Construction and Engineering Technologies, Q.i. Value Systems, Skills Ontario, and the Canadian Apprenticeship Forum.

Callegher's newest initiative is Job Talks Construction, a deep-dive survey of construction industry workers in Ontario in partnership with the Residential Construction Council of Ontario (RESCON), the Residential and Civil Construction Alliance of Ontario (RCCAO), the Ontario Residential Council of Construction Associations (ORCCA), and the Ontario Skilled Trades Alliance (OSTA).

To download the *Trading Up* report and view the video series, visit [www.jobtalks.org](http://www.jobtalks.org)

*Jon Callegher is the Executive Director of Job Talks, an educational media initiative that uses both in-depth research and YouTube videos to shine a positive light on less popular, unknown or misunderstood careers. He is also a professor at George Brown College in Toronto. Jon has appeared on radio, TV, and at conferences internationally, speaking about work, generational differences, and marketing the trades.*

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**"The Rideau-Rockcliffe Community Centre and the Odawa Native Friendship Centre," formerly Rideau High School.**

PHOTO CREDIT: GEOFF RADNOR

CONTINUED FROM PAGE 17

iale communautaire de l'Est d'Ottawa (ESFCEO) ; Social Planning Council of Ottawa; Cooperative Artistique Vanier/Vanier Artist Cooperative; Educate and Feed Communities Foundation; Ottawa Native Friendship Centre and Conseil économique et social Ottawa-Carleton.

This re-purposed school building is not unique in Ottawa. The Overbrook School at 149 King George Street built in 1916, closed in 2001. It is now a private VINCI school. Monthly fees start at



**VINCI School, formerly Overbrook  
Public**

\$1,300.00 for pre-school and elementary students.

Crichton Street Public School in New Edinburgh closed almost 20 years ago. The first school was built in 1875, a new building was constructed in 1906 and an addition was made in 1919. It is now the home of The School of Dance.

The Brewer Park School is not as old as Crichton Street and it had a shorter life. It is currently the home of the Westboro Academy which is celebrating its 25th anniversary this year. It started as a one room school in Westboro and is now a thriving private school at Brewer Park.

Riverview Public School in



**Formerly Brewer Park School, now Westboro Academy**



The gates are open at Century Public; the school is closed.

Cumberland was closed in 2004, today it is a mosque. Saint Brigid's School was opened in 1924 on the corner of King Edward and Murray Street; it is now The Shepherds of Good Hope.

The Grant Alternative was another of those schools closed in June last year. It was taken over by the Maison de la Francophonie d'Ottawa, but it is still there board-

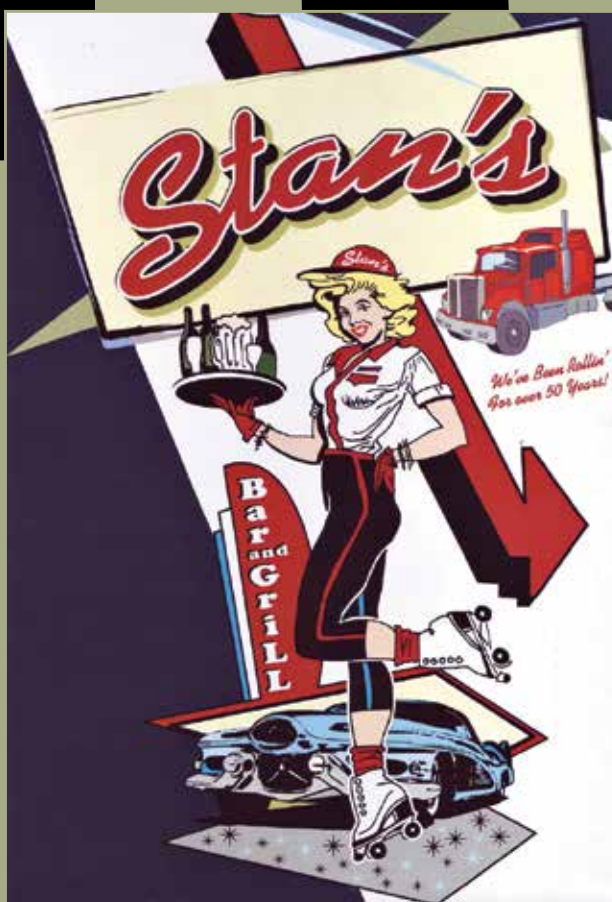


## Grant Alternative, Future Home of La Maison de la Francophonie d'Ottawa

ed up and unoccupied. Apparently "Maison" is having difficulty financing the transition and not much reconstruction is currently going on.

Now the wait begins for parents and future parents in the Alta Vista/Hunt Club region of the OCDSB to see what the future holds for the schools in our area.

*geoff.radnor@bell.net*

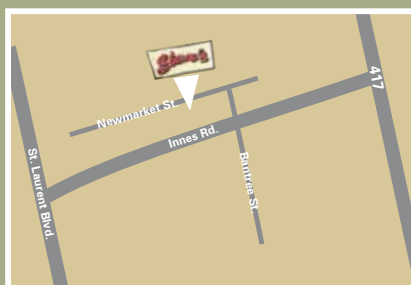


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# Double anniversary church remembers time past

by Pastor Franklin Chouinard

In some ways one might consider it the end of an era. Through the past year the congregation of Trinity Church has celebrated the church's 50th birthday. They also celebrated the 75th anniversary of the Church of the Nazarene's arrival in Ottawa.

The Church of the Nazarene has a rich heritage in this city. Rev. R. Fletcher Tink and his wife Vernita arrived in Ottawa in mid-1942 to begin a new church work. The couple, a young pastor with special piano playing skills and his wife who played cornet, attracted many with their music and their radio program, 'The Nazarene Hymn Sing'. The first service was held on a Sunday afternoon with 70 in attendance. In the course of the first two weeks, more than 120 different people participated. The church, meeting at 91 1/2 Fourth Avenue in the Glebe, was officially organized as First Church of the Nazarene in June 1943.

In 1951 a second church was started under the pastoral leadership of Rev. Everett Haner. He was followed by Rev. Ken MacMillan, who began his pastorate in 1956. Grace Church met at 821

Boyd Avenue until 1966, when it merged with First Church and was renamed Trinity Church.

**Necessary move**

In 1967 the leadership of the church felt a move was necessary, and purchased land in Riverview Park. In 1968 Rev. William Coulter led the move from Fourth Avenue to Avalon Place, from where the church has ministered since. In March of 1983, Rev. C. Allan MacMillan left Trinity Church to lead services in Kanata at the Bridlewood Community Centre, and in 1985 the Bridlewood Church was formally recognized. That congregation purchased property at the corner of Stonehaven Drive and Eagleson Road, and has ministered to the community from that location since 1988.

Trinity Church held a reunion weekend to celebrate the 50 and 75 years of ministry in Ottawa on October 27-28. Former and current congregants met for a dinner at the Bridlewood Church, Saturday evening (October 27). People returned to Ottawa from across Canada, to meet and remember times past. A delicious meal was catered by Mathieu Charlebois with the youth contingent of the church serving.

Remembrances were shared by families of past leaders.

A great service took place at Trinity Church on Sunday morning as church friends and family met to celebrate God's love. Sadly, Rev. Coulter, the founding pastor Trinity Church at Avalon Place, passed away just weeks before the reunion weekend. However, many of the church's denominational leaders were able to attend. District Superintendent Steve Ottley brought greetings on behalf of the denomination, and National Director of the Church of the Nazarene Dr. Ian Fitzpatrick shared an inspiring and encouraging message.

Trinity Church would like to acknowledge everyone who participated in planning for and leading the anniversary activities. The anniversary committee comprised Anna Tjepkema, coordinator; Matt Charlebois, Pierre Charlebois, Cindy Chouinard, Nadine Lewis, Goldie MacMillan, Christine Wylie and Derrick Wylie.

With the anniversary celebrations at an end, it would be easy to consider 2018 the end of an era for Trinity Church. After all, the activities are finished. The reunion, as successful as it was, is done.

The church has a wonderful past. Yet in the Sunday message that followed "Anniversary Sunday" Pastor Frank challenged the congregation with the question now what? Now that the church had planned and worked and seen the activities through to culmination... now what? The answer: now the church will continue to do what it had been doing before: trying to meet the needs of the community around, encouraging and supporting people to grow as spiritual people and being a community hub. The year of celebration was not the end of an era – it is the beginning of a new one.

**Upcoming services**

Upcoming are the church's Christmas services. The theme of this year's message for Advent is "Not Your Usual Attitudes", as Pastor Frank will lead the congregation through doubt, uncertainty, promise, and [Christmas Eve] celebration. All Sunday services will begin at 11:00 a.m.; the Candlelight Christmas Eve Service will begin at 7:00 p.m. December 24. The annual congregational celebration of music will be held in the morning service, December 9.

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of and to offer spiritual services to the Riverview Park/Alta Vista community. Denominationally, part of the Church of the Nazarene [a Protestant church with Wesleyan roots that holds traditional Christian teachings and values], Trinity Church responds to the love of God for all people by loving and caring for others.

The congregation gathers Sunday mornings at 11:00 for worship services, which are a blend of the traditional and the contemporary in structure and format, incorporating both hymns and praise and worship songs in the services. Prayer is an important part of the times together. A biblically based message relevant to Christian living is also central to the Sunday service. Youth, young adult, and family activities are planned throughout the year. Everyone is welcome to all church events and activities.

More information about 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].



A joyful Celebration Dinner was enjoyed by all.



Rev. Bill and Karen Coulter, 1967, pictured before the move to Avalon Place



Dr. Ian Fitzpatrick, inspired the audience.



Barbara MacMillan, daughter of Rev. Ken MacMillan, shared about Grace Church.



Fletcher Tink, son of the founding pastor, talks about Trinity Church.



Anna Tjepkema was coordinator of The Anniversary Committee.



Pierre Charlebois spoke about, 'Trinity Today.'

# Come Join Us!

I am hosting our annual festive Pancake Breakfast on December 22, 2018 from 8:30am-11am at the Albion-Heatherington Recreation Centre (1560 Heatherington Rd.) All are welcome to come and enjoy some holiday cheer!

# Operation Big Turkey

Operation Big Turkey will be welcoming people from all across Ottawa on Monday, December 24 to several locations, one of which is in Ottawa South at the Hunt Club-Riverside Park Community Centre (3320 Paul Anka Drive) from 2:30-4:30pm. Please join them for a delicious made-from-scratch turkey dinner.



# We are here to help

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



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(Space limited rsvp)

**Thur, Jan 10th 10:30am** Morning Concert:  
"The best and the Wurst of Bach & Sons"  
Thomas Brawn & Sonja Deunsch Plourde

**Fri, Jan 25th 3pm**  
Robbie Burns Party

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TRINITY COMMUNITY GARDEN

# Growing for different cuisines at Trinity Community Garden

by Bernadette Bailey

Trinity Community Garden is a place where members plant, maintain and harvest their own plots. A great variety of vegetables grow there, including many of the basics, but also some that are more unusual. A number of our gardeners grow specific plants to use in dishes from other cultures or countries.

Zack and Erika’s plot is lush with plants from different parts of the world. Erika writes, “Through Zack’s extensive travels when he was younger, he has experienced many different cuisines which are reflected in what we grow. We like to experiment with different ethnicities in our cooking and through our gardens, we can grow items that are used in many of these cuisines.”

They became familiar with okra while travelling through the southern states where it is a staple. It is a tall plant with lovely pale yellow flowers with deep burgundy centres and they discovered that it grows prolifically! Upon learning that okra is common to many different ethnicities, they experimented with dishes native to India, Greece and Lebanon.

There are peppers aplenty in their plot to add spice and flavour to their cooking, including mildly spicy Jalapeños, Thai finger hots, the super spicy Chapeau de Frade and the insanely hot Ghost peppers. This year they enjoyed growing the shishito pepper, native to Japan which are small wrinkly peppers and abundant producers. They range in flavour from very mild to those that pack a surprising punch. Zack and Erika toss them lightly with oil then grill until their skins char and they soften. With a bit of salt they are really superb!

A staple in their garden is tomatillos, which are native to Mexico, and look like green tomatoes that grow in their own husk, or skin. These are used extensively in Mexican and South American cuisine and are used to make tomatillo sauce or salsa verde. Herbs often seem like a signature to a cuisine and are grown as such. Each year Erica and Zack have a lovely clump of lemongrass to use when cooking Asian dishes.

Anna grows a couple of herbs that are connected to different cuisines.



Zack and Erika’s okra plant.

PHOTO: RHONDA TURNER



Yi Cui with cutting melon

PHOTO: TRACEY CUI

One of these is dill, whose, large, lacy yellow flowers and fern like leaves, wave gracefully over the other plants in her garden. Anna’s family originally came from Poland and many of the traditional dishes she enjoys making call for the fresh herb. She uses beets, cucumbers

and radishes from her garden to make Chlodnik, a cold soup with a buttermilk base which is topped with lots of dill and sometimes a hard boiled egg. Served with some rye bread it makes a wonderful summertime meal.

Mizeria is a refreshing salad on a hot day. Anna slices cucumbers then covers them with salt and lets them sit overnight. The next day they are squeezed dry, then mixed with a yogurt/sour cream dressing and sprinkled with fresh dill. She lived in Mexico for several years and became familiar with Epazote, a versatile herb with a unique flavour which is used often in Mexican Cuisine. It now self seeds in her plot and she says it adds a particular flavour to a cheese quesadilla and can also be used it in soups and stews. This summer, she grew Jap-



Bitter melon PHOTO: YI CUI



Chinese eggplant. PHOTO: YI CUI



Snake melons PHOTO: YI CUI

anese eggplants, which are smaller and darker than typical eggplants, and she made Babaganoush for the first time. She said it was relatively easy to make and very delicious.

Eggplants are also found in Yi and Tracey’s plot but they are the long thin Chinese variety. Originally from China, they grow many vegetables native to that country. Yi wanted to leave a path down the centre of his large plot but did not want to waste any space so he built a structure out of Bamboo that allows the plants to grow overhead instead of on the ground. This enables him to walk under his garden and pick the produce that is hanging from the sides and top. It is wonderful to be in this small space, enclosed by the fresh green of the leaves, ornamented with beans, melons and squash in a variety of shapes, sizes and colours.

Yi grows many interesting mel-

ons, including the Snake Melon which is very long and thin. The longest one he has grown was one and a half meters and he laughingly recalled the time he walked home with a couple of these over his shoulder, when a passerby gave him a wary look, not quite sure what he was carrying. They use the snake melon to make a nice fresh salad, or in a stir fry with pork or chicken. It can also be finely chopped and added to ground meat to make Chinese Dumplings.

The Cutting melon was developed in China to have the remarkable ability to heal itself and continue growing after being cut. One third of it can be cut, leaving the rest on the vine to keep growing. However, to Yi’s disappointment, this did not work very well, as some animal friends found the cut end before it could heal over, and apparently discovered that it was quite tasty!

A very interesting melon to see hanging in Yi’s garden is the Bitter Melon with its lumpy, bumpy surface. Yi admits that its lack of sweetness is not to everyone’s taste but he likes it very much. It is recommended in traditional Chinese Medicine to counter the overheating of one’s body during the hot, humid summer.

Yi also grows the Loofah Squash, which, when picked young is tender, succulent and very tasty. However, if it is left on the vine past maturity, it can be dried to become the Loofah Brush which many of us are familiar with using in the bath or shower.

Intertwined with the squash and melons are several varieties of beans, green, dark purple, mottled and Long Beans which are two to three times the length of a regular green bean and very tender. Around the perimeter of his structure Yi plants shorter crops, such as tomatoes, eggplants and a variety of greens.

All the members of Trinity Community Garden find growing vegetables in their own plot to be a very rewarding experience, but it can be particularly so, when you can use your produce to create meals that have special meaning to you. If you are interested in becoming a member, or would just like more information about the garden, please contact us at [trinitygarden@rogers.com](mailto:trinitygarden@rogers.com)



# ‘A Harvest of ART’

Story and photos by Miriam Dwyer

As the time for Oakpark Retirement Community’s 10th Annual Art Show drew near many residents told me how much they were looking forward to the visual feast they knew was coming!

Celebrating the art of local artists and residents, the annual art show has become a fixture in the local community and this year’s show did not disappoint. We invited artists that had participated over the last nine art shows, and consequently the main floor was filled with art of all genres and styles. The very first art show, ‘A Touch of Light’, was held at Oakpark in 2009 and featured Lina Yachnin, Janet Duggan, Sally Jackson and Shirley Birnboim. Three of these artists, all even more accomplished now, came back to exhibit this year, with a wonderful range of watercolour paintings.

As the resident exhibitors, some seasoned artists and some very new at the task, finished their work, varnished, framed and signed their pieces, it was plain to see that some were nervous about having their paintings in the public view.

So it is always wonderful when a compliment or positive comment was heard or given. For Ethel Watterud, a resident who has only started painting since moving into Oakpark, being told that one of her paintings was “Very Van Gogh” made her day! Our residents sold their art, and funds were also raised for the Ottawa Food Bank as “unwanted” pieces were sold for the maximum of \$20. Many of these paintings are truly lovely, and proud families and friends went home with a family member’s work of art to display.

The show also featured the art of Ross Rheaume, who has been a regular participant over the years at Oakpark, exhibiting his thoughtful historical paintings, as well as giving art classes to residents. The art works of Barb Sohn, with their many layers of light and colour, were very popular, as were the stunning works of Alison Fowler from Alicat Art Studio.

The “Worldview Studio” artists, Mitchell Webster and Janet Mackay, whose mother is a resident at Oakpark, displayed their colourful work as well as their bronzes and sculptures. Two exceptionally talented artists.



This exquisite “Aslan” felting was created by Richard Hanna



As part of the display: a selection of the beautiful artwork of Oakpark residents.

On view for everyone: just some of the wonderful show set up before the vernissage.



Along with these the visual feast included landscape oils by Jill Berry, fabric art by Anne Warburton, the exquisite felting of Richard Hanna, , as well as the always beautiful stained glass work of Helen Inglis. The one of a kind abstract paintings by Nicole Lalonde, and the

landscapes of Miriam Dwyer, made the room complete! The weekend was a success and was truly a testament to the way art can add so much to the life of a community, as it gives an outlet for expression and mutual support, a real harvest of caring.

**Wishing you all the best for 2019**

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# Now it's also the Gold Medal Trail

Special to the Riverview Park Review

Trans Canada Trail (TCT) has been awarded the prestigious Royal Canadian Geographical Society (RCGS) Gold Medal for connecting The Great Trail, the world's longest network of recreational trails.

TCT received the medal at the society's College of Fellows annual dinner in recognition of The Great Trail's connection and its potential to promote the geography and heritage of Canada. Notable recipients of the accolade in previous years include Margaret Atwood, Gordon Lightfoot, Sir David Attenborough and former prime minister John Turner, as well as organizations like Parks Canada and the Canadian Space Agency.

Stretching from St. John's, Newfoundland, to Victoria, British Columbia, The Great Trail offers the natural beauty, rich history and



Trans Canada Trail representatives, supporters and volunteers on stage receiving the Royal Canadian Geographical Society Gold Medal for connecting The Great Trail in 2017.

PHOTO CREDIT: BEN POWLESS/CANADIAN GEOGRAPHIC.



The Royal Canadian Geographical Society Gold Medal received by TCT. PHOTO: BEN POWLESS/CANADIAN GEOGRAPHIC

enduring spirit of Canadian lands and peoples. It began as an ambitious dream in 1992, when a group of visionary and patriotic indi-

viduals came together to create a cross-Canada trail from coast to coast.

After 25 years of unrelenting effort across some of the world's most challenging geographical regions, the Trail was connected across Canada in 2017. TCT continues to fundraise for ongoing Trail projects across the country.

### The dream a reality

"The Great Trail's story is a story of collaboration, and we are so grateful to all our partners, volunteers and donors across the country who made this dream a reality," said Valerie Pringle, chair of the TCT Foundation and Fellow of the RCGS. "Without their incredible generosity and steadfast work, there would be no Great Trail.

"Of all the things I have done in my life, with the exception of my family, nothing makes me prouder than helping to create The Great Trail," Pringle added. "Knowing that the Trail now exists makes me euphoric, and I encourage everyone to get out there and enjoy it!"

"The Great Trail has been called the contemporary equivalent of the national dream, connecting millions of Canadians and exposing them to their natural heritage and remarkable geography, to new

people and communities," says John Geiger, CEO of the RCGS. "Our Gold Medal recognizes the founders and leaders, trailblazers and builders of this wildly ambitious project."

The presentation of the award also coincided with the conclusion of The Great Trail Treasure Hunt, which encouraged outdoor enthusiasts across Canada to get on their local Trail section and find amazing prizes. Hundreds of Canadians participated in this national competition, organized with the support of the RCGS.

### World's longest network

Stretching for more than 24,000 kilometres and profiling Canada's diverse landscapes and communities, The Great Trail is the world's longest network of recreational multi-use trails. This bold project, 25 years in the making, was achieved with the help of partners, donors, volunteers and all levels of government.

The ongoing mission is to continue to enhance and improve the Trail. This involves creating more adventures by developing new Trail sections, converting more roadways to greenways, making the Trail more accessible and funding emergency repairs.

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The Day Arena...where the Ottawa Senators won their first Stanley Cup. This picture shows the Laurier Ave. Bridge entrance to the Day Arena, which was situated on the west side of the Rideau Canal, adjacent to it. The image looks toward Elgin St. where the Baptist Church steeple is visible, diagonally across the street from the famous Roxborough Apartments!



SUBMITTED BY PAUL WALSH



# GIANT TIGER opens Store #237

Photos and story by Geoff Radnor

The day after Gordon Reid, the founder of Ottawa's iconic Giant Tiger stores, was awarded a Lifetime Achievement Award by the Ottawa Board of Trade and the Ottawa Business Journal, his company opened store #237 on St Laurent Blvd. at Donald Street. Over 300 people were lined up ready to shop early in the morning of November 17th, with the first person in line being there at 5:30a.m. The new Giant Tiger store occupies the empty space created when the Metro supermarket closed earlier this year. There is also some work going on next door at the empty store that was the site of the short-lived Target store. Who is to be GT's neighbour?



A huge crowd joined Town Crier of Ottawa, Daniel Richer and Kevin Adams, store manager.



Do you think this is the real 'Giant Tiger'?



Long line ups tell the story of a popular store.



Early shopper, George, bought lemons and candy.



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# When a letter to the editor was a real snake

by Bill Fairbairn

My first editor in 1950 wrote *leaders* for the *Jedburgh Gazette* in Scotland. Other Scottish weekly newspapers used the less old fashioned term editorials. When he lacked leader subject ideas, Walter Easton would sometimes flatter his printers by asking for inspiring subject matter. *The Scotsman*, in Edinburgh today, still uses the term leader.

My editor told me that when he was writing his leaders he would do so wondering how many letters to the editor they might elicit from readers in that small town located in the Scottish borderland with England.

It was in Jedburgh that my long career in the media really began despite having worked as a newsboy in the nearby borderland town of Hawick, at age eight, during World War II. There I delivered newspapers for pocket money mainly to play billiards at a local boys' club.

My newsboy work was interrupted by diphtheria perhaps inflicted in damp tenements. Penicillin saved my life. But I was back delivering on the same two streets at age 12. Three years later after high school I apprenticed as a compositor-printer at the *Jedburgh Gazette*. Apart from two years of mandatory National Service in the infantry and completion of the six-year apprenticeship, I was to work as a journalist on three continents including on the *Scotsman* in Edinburgh and the *Sun* in London. I am still in this craft here in Ottawa today with this community newspaper at age 83.

My lifetime in journalism taught me that editorials based on truthful news inspire letters to the editor good or bad. One dramatic example took place in 1962. I was a desk editor on the *Northern News* in Ndola, then in Northern Rhodesia, now Zambia. Breakaway provincial rulers of mineral-rich Katanga, a bordering province of the Belgian-ruled Congo, used Katangan black troops, led by colonial Belgian officers and white mercenaries, to fight United Nations Blue Berets (Americans, Russians, Irish and Canadians uniquely prominent) to defend Katanga's self-proclaimed UDI (independence) from the Congo. Ndola lies across the border from what was Katanga's biggest city, then named Elizabethville. The one-time elected president of the Congo, Patrice Lumumbo, had not long been murdered near Elizabethville. Dag Hammarskjöld, then secretary-general of the United Nations,

had gone to his death in a still investigated mysterious plane crash near Ndola. So there was lots of news for the *Northern News*!

On the editing desk a short report, revealing that a rumored meeting in Ndola between Katangan rebel leader, Moise Tshombe, and Britain's colonial Central African Federation premier, Sir Roy Welensky, had taken place, was assigned to me for editing.

The account was a scoop of the unusual secrecy around the meeting. The federated colonies I refer to were the then Southern Rhodesia (Zimbabwe), Northern Rhodesia (Zambia) and Nyasaland (Malawi), although Northern Rhodesia officially was a British protectorate. I was faced with writing a 30-point, two-line headline, single column, for the crowded front page. The space for letterpress metal letters in the single column was challenging. There was no capacity to compactly fit headlines as computers magically allow editors today. A head shot photo of Welensky was to appear on top of the headline. So I simply wrote:

## I met Tshombe

Can you imagine what anger those three words roused among the black people who were against Welensky, as Britain's representative, dealing with Tshombe? Welensky himself confronted the newspaper with a Trump-like fake news retort. The next day a cardboard box containing a large, non-venomous snake was left on the editorial desk. Below the snake lay the newspaper's short report with my headline and the editor's corresponding editorial. This sent

shivers down my spine on the news desk that evening as the war in Katanga picked up.

I might say that years later Sir Roy Welensky died in Britain a lingering symbol of colonialism hated by many in then independent Central Africa.

Today, I occasionally write editorials for my *Riverview Park Review*. Having worked as a journalist for more than two handfuls of different daily and weekly newspapers on three continents my experience tells me that community newspaper editorials are more difficult to find. The problem is that the editorial writer runs out of ideas centered in the community. I once lowered my self-esteem to write an editorial about what is known in newspaper circles as the Silly Season in summer when good stories are hard to find. Latterly the *Review* led on the billion grains of pollen that impact human life with allergies. My wife Janina, as newsgirl, helped me deliver that paper.

My formal title today of editor-emeritus may sound more than it is. Consider, in response that I write, edit, photograph and, only after knee surgery, stopped delivering the newspaper.

I just this month had a biography published in New York by Austin Macauley. The book's title *Newsboy* was a no-brainer. So like the Grand Old Duke of York, an English children's nursery rhyme, why not at least climb this media mountain from bottom to top and back down with me. You will agree or disagree with my book's contention that the best newshounds of the old school, interviewing or reporting with the dots and dashes of Pitman or with Gregg shorthand's elliptical curves,

did their job. Pounding Underwood typewriters they were unaware of the computer revolution ahead while delivering good journalism. So what has the technical revolution in journalism delivered apart from speed, ease in writing, on-spot television and accusations of false news to the extent that many can't judge?

## Chips an inspiration

You may ask what influenced me to write my memoir. When drawn into this discussion with editor Carole Moulton, I acknowledged a popular 1934 novel by the late fellow journalist James Hilton. Compare his 83-year-old classics teacher, Charles Edward Chipping of *Goodbye Mr. Chips*, living through monumental world events with my book's reflections of myself as an 83-year-old journalist giving sober and humorous thought to bygone years as newsboy, printer, soldier, reporter and now editor-emeritus.

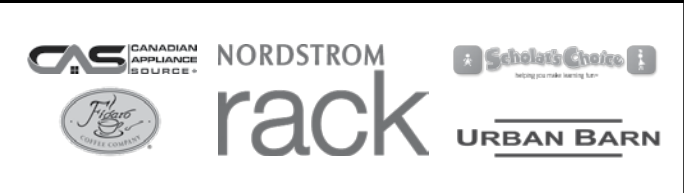
Chips recalls his 58 years spent at the same well-respected English boy's school. I, in contrast, claim that full-time jobs on 14 different newspapers in different countries while experiencing a technical revolution is an equal achievement. That, as well as work for CBC's Radio Canada International, preceded by teaching journalism on a First Nation Reserve near Kamloops while there, virtually just off the boat, gearing up in the West by learning French for an assault on what I saw as Canada's eastern journalism stronghold. That happened first during troubled times in Montreal on the *Star*, then on the *Montreal Gazette*, the *Ottawa Journal*, on *Legion Magazine* and now on the *Riverview Park Review*.



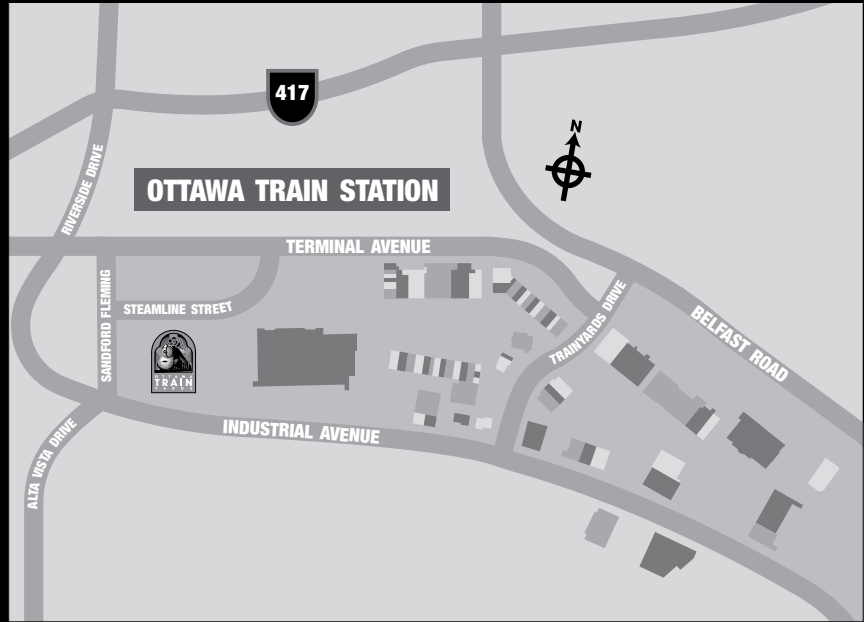




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FINANCIAL PLANNER

# Talking about Financial and Estate Plans with the Family

by Bob Jamieson

The holiday season is a time for family gatherings, and good times. It can also be a good time to discuss financial matters which span the different generations, specifically between older parents and their adult children.

Some of these topics are easy, such as your grandchildren's post-secondary education and how you'd like to help your children save for it. It may be more difficult to discuss estate planning with your children. Even though they're adults, they may feel uncomfortable discussing topics dealing with your death. In fact, surveys have shown that fewer than one in three families have had meaningful conversations about estate planning.

What type of financial legacy would you like to leave to your

adult children? Whatever you have in mind, share it with them. Make sure they understand your estate plan so you can avoid potential confusion, hard feelings and family squabbles when it's time to settle your affairs.

Once you've broken the ice, it will be easier to move into the finer details of your estate plan. Give your children an idea of what's in your Will, who the executor is, who helped prepare it and where a copy can be found. Better still, give them a copy. Wills should also be reviewed regularly to make sure they capture any developments that might call for changes in beneficiaries or terms. And don't forget about beneficiaries designated on insurance policies, and registered accounts.

It's also important to discuss how your affairs should be managed if you become incapacitated. You

should prepare powers of attorney for financial matters and personal care. That means deciding who will act on your behalf if you can't make financial or medical decisions. If you pick one of your children as your representative, explain the choice to your other children.

Adult children can also take the lead on raising these topics. Especially while your parents are healthy, you should take the opportunity to discuss matters of significance - such as their financial situation, and if assistance may be needed.

In addition to their Wills, it is useful to know if they work with a financial advisor. If so, whom? Are their investments and life insurance policies spread out among a variety of financial institutions, or consolidated?

Long-term care and health care expenses can be a major concern of the

elderly. Adult children should have a basic understanding of any health insurance program they may have through a current or former employer for the payment of drugs and extra care services. Of course, the chances are pretty good that your parents already know all these things; nevertheless, it doesn't hurt to make sure they're well informed and that their health-care bills are under control.

Some of these conversations can be awkward to initiate, but once started you may find it easier than you expected. Sharing this type of information can avoid unexpected surprises, and lead to additional support in both directions between the generations.

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During this holiday season, we wish you all the best.

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MAKING SENSE OF INVESTING

# A new term of Council

by Jim Watson, Mayor of Ottawa

Every four years, elected officials and candidates running for office get a chance to engage their residents and learn about the issues that matter most in their wards and city-wide. Municipal elections are about more than winning a seat on Council; they are about helping residents, delivering on the commitments and promises made during the campaign, and working with fellow Council colleagues to move the city in the right direction.

I am humbled by the tens of thousands of Ottawa residents who have supported me from every area of our city, and I am grateful to have been given a strong mandate as Mayor of Ottawa once again. I look forward to continuing the progress we have made together in the last eight years and to lead our great city for four more years.

This new Term of Council is an opportunity to foster new relationships around the Council table and with the community, and to work collaboratively on a number of major city building projects.

By the end of March 2019, we will launch the Confederation Line of our O-Train LRT system. This 12.5 km rail line is the backbone for a larger citywide LRT system that will connect our east, west and south ends of the city. Construction for Stage 2 LRT, which will bring rail farther east to Orléans and Trim Road, farther west to



Bayshore, Algonquin College and Moodie Drive, and farther south to Riverside South and the Ottawa International Airport, will begin in 2019. The new Council will also work to pursue funding for Stage 3 of LRT, which will bring rail to Kanata-Stittsville and Barrhaven.

This year, we can also look forward to significant progress on the design of the new Ottawa Central Library project. The new joint facility, shared by the Ottawa Public Library and Library and Archives Canada, will be designed by the consortium of Diamond Schmitt Architects and KWC Architects, from Toronto and Ottawa, respectively. We look forward to consulting with residents on the design of this world-class cultural destination in the heart of the nation's capital.

I am committed to bringing a renewed sense of purpose, energy and cooperation to the new term of Council. I am grateful for the confidence you have placed in me to move our city forward.

From investing in our roads and our economy, helping our most vulnerable residents, to finishing the Ottawa River cleanup, we need to continue the work we have started to create a better city for all residents - a great city we are proud to call home.

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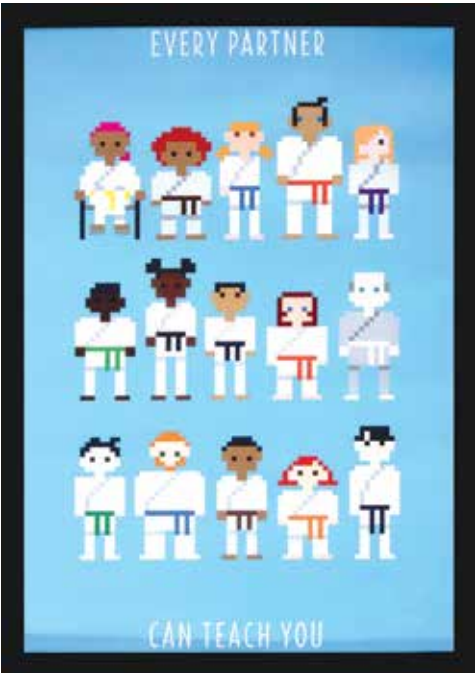
AIKIDO JISEIKAN • PARTNERS



by Paper Lantern

Many great thinkers found their most influential inspiration while in the washroom. You can see it in the writing of Descartes, of Shakespeare, of Sun Tzu... Okay, while that may not actually be true, I believe the close walls, the privacy, the reflections in the mirror and the hum of the exhaust fan combine to create in modern washrooms an atmosphere for introspection. In this atmosphere, inspiration can feel all the more meaningful, and it was in this very atmosphere of introspection and inspiration that I saw a poster that changed my aikido practice and much more.

Shortly after class one evening



last spring, I was washing up before getting changed, when I was intrigued to find a new poster on the wall, next to the mirror. On a soft blue background, stood fifteen characters. Each character had a different colour belt, different hair, some had no hair, some were young, and others were old. Some characters were short, tall, one had one arm, others had two. Every character was different from the others, in all sorts of ways. I immediately saw the point in the poster, that aikido can be practiced by anyone, and the diversity represented in the characters is similar to that of the students at our dojo – but there was more to it than that. This poster only showed the characters’ physical differences, but each one implied a lifetime of different experiences - countless moments spent in different places, with different people, doing different things, and all for their own different reasons. Through all that diversity, the *uniform* prevailed – the first thing I noticed was that every character wore the boxy outfit we call a gi. Now I’ve seen people wear gis in recordings of Olympic Judo matches, early UFC, and in the movie The Karate Kid, but I only ever really encountered gis at the dojo. That’s why I so readily connected the characters in the poster with the people with whom I practice aikido. With these people in mind, I noticed the poster’s text: EVERY PARTNER CAN TEACH YOU.

There are times when I feel frustrated during practice. Some partners are stiff and cause my techniques to fail. Others are beyond compliant and anticipate my movements, so that I’m not even sure if my technique worked at all. When I’m thrown awkwardly or too forcefully, my fall can be uncomfortable. Sometimes I feel like I receive too much instruction and correction, and wish I just had time to come to my own conclusions, and learn from my errors. I can certainly fume and blame my partners for their inability to adapt to my situation, and no doubt, I sometimes do, but I am much bet-

ter off when I accept the offer my partners make when they block my technique, make a comment, or a throw. By doing so, I can challenge myself to learn from it. If by studying martial arts, I am supposed to learn to defend myself, surely I should first be able to defend myself from physical or emotional resistance in the practice of the art. Better yet, I can take these moments that might otherwise cause me distress, and be grateful for them as experiences for learning and betterment.

Lately, I’ve come to realize that my fellow gi-clad aikido students are not the only partners I practice with. One evening, I practiced with a pain in my upper back. That night, I had that *extra* partner to practice with and to learn from. Pain taught me what movements engaged certain muscles, and how to avoid using them. It also taught me to be especially patient and receptive to instruction, when if I had not been open to the pain’s teachings, I could be short tempered and dismissive.



When I am aware enough, I use my frustration as a reminder that I should open myself to learning rather than just raging. This philosophy translates easily outside the dojo, where not only can every partner teach me, but so can every stranger, every place, and every moment. What I will *learn* from them is up to me.



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## TaiChi Kids Judo

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by Maria CampbellSmith

Conversations about the weather are usually just chit chat. We commiserate on nasty days. We praise and savour the nice ones. Meanwhile, governments and NGOs around the world track temperatures, precipitation, natural disasters, and climate change. The results and trends are worrisome. News outlets highlight natural disasters and destructive weather systems that seem to be clobbering the planet. Ottawa is no exception, so how can we be better prepared?

At nearly 10 million square kilometres, Canada is the second largest nation in the world. (Russia is the largest, with over 17 million square kilometres of land.) Our country spans nearly 90° of longitude, 6 different time zones, and 8 climate regions. We have the most shoreline of any country (over 200,000 kilometres of coastline) flanked by the Atlantic, Arctic, and Pacific Oceans. Canada also possesses more fresh water resources than any other nation on Earth. These geographic features help shape our weather, but also contribute to natural disasters. That's what we need to prepare for. Just how dangerous does it get?

How about a quick quiz?

Are these statements *true or false*?

- Canada has thousands of avalanches each year.
- Canada has thousands of earthquakes each year.
- Canada has thousands of landslides each year.
- Canada has thousands of forest fires each year.
- Canada's most frequent natural hazard is flooding.
- America is the #1 tornado-plagued nation. Canada ranks #2.

(Surprisingly, all 6 of these climatic statements are true.)



Numerous Natural Disasters

According to the Canadian Institute of Actuaries Climate Index “the average number of days with heavy rain or snow in Ontario and Quebec has been outside the norm since 2008”. Property damage from **storms and flooding** costs many millions of dollars. At the other extreme, **wildfires** destroy vast areas in Canada every year. In fact, in 2017, British Columbia experienced the “longest and most

Are you prepared for wicked weather?



destructive fire season” in the province’s history!

Natural disasters are very real. **Heat waves** hit hard across the country. The same year we’re battered by **hurricane** storms and winter **blizzards**. Parts of Canada set world records for aching cold temperatures (like Snag, Yukon -63°C). Other places receive overwhelming snowfalls (Tahtsa Lake, B.C. got 145 cm in one day!)

Triggered by rain, thaws, noise, or earthquakes, the winter’s accumulated snow can produce **avalanches**. Melting snow, sudden rains, ice jams, or dam failures can result in **floods**. Those same heavy rains in conjunction with steep slopes, clear-cutting, or mining can also cause **landslides**. Canada-wide, we experience thousands of each type of disaster each year.

When fissures deep in the Earth’s crust discharge gas, magma, or ash – or when tectonic plates shift – then **volcanic eruptions** result. Many mountains in Western Canada are actually dormant volcanoes, although there has not been an eruption for over 150 years. The world monitors and measures earthquakes with the Richter scale, but we cannot predict or control them.

If an eruption or earthquake occurs underwater, then massive **tsunami** waves are created that wreak havoc when they hit land. Pacific tsunamis do reach Canada’s

West coast almost annually.

Likewise, when funnels of rapidly spinning air on land form **tornadoes**, they can devastate anything in their paths. Canada actually has 2 “tornado alleys”. One stretches from Windsor to Ottawa; the other across the prairies of southern Alberta, Saskatchewan, and Manitoba.

Our national capital region witnessed the ferocious power of tornadoes firsthand, this past Fall. Although, as stormy as it may seem here, Canada’s stormiest city is actually Windsor, Ontario - averaging 33 days of thunder and lightning each year!

These extreme shifts in seasons and weather are part of our nation’s identity. We’ve developed sports and structures, vehicles and vacations based on them. Canadian communities also manage frequent natural disasters: floods, earthquakes, blizzards, avalanches, droughts, and tornadoes.

In addition, epidemics, heat waves, transportation or industrial catastrophes, and power outages (due to storms or system breakdowns) can bring temporary chaos. There is certainly a wide variety of environmental and social crises that can catch us off guard and leave us in emergency situations.

Canadians recognize this. We’ve battled through it. Still, how many of us are properly prepared for emergencies? I challenge you to ask yourself some questions.

Emergency Preparedness:

Do you know all the exits your home or workplace offers? Do you have working smoke alarms, fire extinguishers, carbon monoxide detectors, and a well-stocked first aid kit?

Do you have basic tools: hammer, nails, pliers, wrench, screwdrivers and duct tape? Do you know where your home’s electrical panel is and how to turn off the water and gas?

You’ll need a list of emergency contacts and an exit plan. 9-1-1 is obvious, but do you have doctors’ names and numbers, school and work contacts, guardians’ or relatives’ information at the ready?

Do you have copies of vital documents: passports, licenses, health cards, birth certificates, insurance? Do you have photos of family members and pets, to assist with identification? It is also wise to set aside some emergency cash.

A basic emergency kit requires: stores of water and non-perishable food, candles and matches, or flashlights and batteries. A charged phone, television, or a crank radio will allow you to keep informed of developments.

Set aside spare keys to your vehicle and home. Do you have an extra week’s supply of required or prescription drugs? What about baby food or pet food? In an extended emergency these items become vital.

Emergency Car Kit:

Should a blizzard or catastrophe find you trapped on the roads or in your vehicle, an emergency car kit could be a life-saver. Environment Canada, public health agencies, and police websites can all help you itemize possible lists.

Stash a blanket or extra coat, candle and matches, portable non-perishable food and water, and copies of key documents in your vehicle. Be sure it is also equipped with a fire extinguisher, tow rope, jumper cables, first aid kit (with a seat belt cutter) and road maps.

Ottawa winters require us to have scrapers and snow brushes at the ready. In addition to winter tires, a bag of road salt or sand can help provide traction to get out of a ditch. Flares, a whistle, and paper and pen are smart items to tuck in your vehicle too.

While weather impacts us every day and will continue to prompt conversations, emergencies are much less threatening if you have plans in place and emergency provisions. Forewarned is forearmed. We cheer when humans rally and outwit a calamity. Why not make your New Year’s resolution to build an **emergency preparedness kit**?

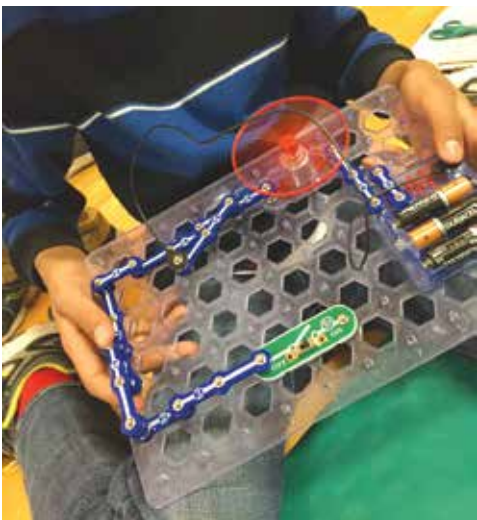


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**Nina Weiler**  
Principal  
Riverview Alternative School  
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# Doing the princess proud 100 years ago

by Bill Fairbairn

**O**ld sweats of the World War I Princess Patricia's Canadian Light Infantry used to say that there was not a man in the PPCLI who did not firmly believe the Patricias were the best soldiers in the Canadian Brigade.

The late Will Bird wrote much the same in the *Legionary*, predecessor to today's *Legion Magazine*, in February 1932. You won't find the picture Bird painted in official histories because the WW I author-soldier told the story from the other ranks' viewpoint. The native of East Mapleton, Nova Scotia, set his narrative in a French bistro, back of a line of WW I trenches.

A private in a Cockney regiment holds forth: "I sye it again mates. These blinkin' Canadians gives me a belly ache with their swanks and airs. An here's these bleedin' Pats thinkin' they've won the bally war. Twice the pay us blokes get-an wot the hell!" The soldier stopped speaking abruptly. A table had been hurled aside, smashing its load of glass, and a human catapult shot into the ring of soldiers. Author Bird's protagonist "just glimpsed the driving fist that landed with a dull crack on the jaw of the aggrieved one, then saw him go down on the tiled floor with a sickening thud. A dozen voices betokened pent emotions, and each was flavored with a Cockney accent. Very slowly the man on the floor revived. His legs straightened, he turned over and sat up, staring sullenly at his assailant.

"Anything else ya got to say about yer betters? demanded the human catapult, described by Bird as "a magnificent specimen of manhood, a superb six-foot-two of blond menace. On his shoulders were the red and white cloth markings of the PPCLI.

It was ironic that the British tradition of being best backfired on Bird's Cockney rifleman. Every British regiment, as solidly did my own King's Own Scottish Borderers when I served as a National Service corporal from 1953-55, instills in its members the belief they are the best. The Patricias, part of the British Army at the time, had no doubt they were.

Raising the battalion in 1914 took nine days. Boer War veteran Hamilton Gault, founder of the Sun Life Assurance Company, at that time in Montreal, provided \$100,000 while Coldstream Guardsman Lt.-Col. Francis Farquhar, military secretary to Governor General the

Duke of Connaught, was released from his duties to command the regiment. Recruitment was selective. Boer War veterans were given priority. Most recruits had previous service in British regiments. City businessmen joined up in Ottawa alongside western farmers, prospectors and cow-punchers.

with the regiment. She was considered the perfect match for the unconventional regiment and the link proved enduring. She sponsored the regiment, then served as honorary colonel-in-chief for 56 years. The whole regiment apparently loved her. They carried into battle the Ric-a-dam-doo color she

was Talbot Papineau who, had he lived, might have been prime minister of Canada. A great constitutionalist and nationalist, all Gascon gestures and eloquence, he insisted on wearing a French helmet with a cock's plume on it. And there was Niven, a fearless little Scot with more guts and less sense."

In Britain they caught the full blast of John Collins, sergeant major of the Connaught Rangers," Stevens continued. "That man offends my sight. Take him away. Make an officer out of him! I won't have him swanking about in my squad as a lance-corporal. And don't any of you sons of Montreal millionaires, nor you bank clerks from Saskatoon, come to tell me you that you have lost your spoon; or indeed any other item of equipment which His Majesty, in lamentable ignorance of your natures, has entrusted to you. Go steal someone else's before the next kit inspection."

The WW I battle record is documented. Patricias fought at Ypres on May 8, 1915. But the price was high: 1,098 originals were reduced to 154. Bolstered that fall by reinforcements from several universities embarked from McGill, the regiment soldiered on. Stevens wrote: "On a bloody morning in June, 1916, the enemy closed over them in a flood. Col. Buller died on the parapet; Hamilton Gault, part of his leg blown off, took command, ordered his men to extricate themselves and to leave a loaded pistol beside him. In little stunned groups the old soldiers and the varsity boys fought all day to stop the enemy there at Sanctuary Wood.

The regiment pushed through the mud of the Somme and at Vimy on Easter Monday, 1917, enhanced a growing reputation. To boost morale a voluntary regimental band went to the front line at St. Hilaire on November 17, 1917.

Victoria Crosses were won by Lieut. Hugh McKenzie and Sgt. George Mullin at Passchendaele and Sgt. Robert Spall at Parvillers, but McKenzie, Spall and 750 Patricias lay dead.

When WW I ended 100 years ago, Princess Patricia presented a wreath of laurel to be carried on the staff of a hundred the Ric-a-dam-doo. Gault, who had survived the war, led the regiment through cheering London streets to her marriage to a future British admiral of the fleet. When the crowd overwhelmed her PPCLI guard of honour, she noted that it was the only time the regiment lost its ground.



Princess Patricia

Gault, struck by the beauty of the Duke of Connaught's daughter, requested, and the Governor General agreed, Patricia be associated with the regiment.

One group of would-be recruits is said to have hijacked a train to take them to Ottawa. Many were recent immigrants from Britain who had sought, but not found, a better life. They jumped at the chance of joining what to them was a British regiment.

From 3,000 interviews Gault and Farquhar formed a regiment of 1,098 and the regimental charter was signed on Aug. 10, 1914. War was to be declared four days later.

Gault, struck by the beauty of the Duke of Connaught's daughter, requested and the Governor General agreed Patricia be associated

designed and embroidered. The princess presented the color in Lansdowne Park in 1914. A march of bands and pipers paraded down Bank Street.

Whether it all began for love of country, love of a woman, or love of action is a moot point. The facts are that the Patricias were the first among Canadians to go overseas in WW I, first in the field and first to launch a trench raid.

Historian G.R. Stevens wrote: "Their officers were capable and needed to be. Farquhar was a guardsman, Buller, their adjutant, was out of the Rifle Brigade. There



The community takes a look at...

# the redesign of Elmvale Acres Shopping Centre



Stuart Craig, Vice President of land development for RioCan shares information with Riverview Park resident, Raylene Lang-Dion. The participating companies in the project are: RioCan, Fotenn, Parsons, Tobin Architecture and CSW. PHOTOS: GEOFF RADNOR




A display board of Phase 1 shows the rendering from Smyth Road looking toward the main entrance of a planned nine storey apartment building. This is the first phase of a long term redevelopment over the next 12 to 15 years.



Timothy Reed of FOTENN explains the redevelopment of Phase 1 of Elmvale Acres Shopping Centre at a November 15th meeting held at Sainte- Genevieve church on Canterbury Avenue.



Thais Osso of RioCan speaks here with local resident Kim Borg. At the meeting, residents were told that construction of Phase 1 is slated to begin in early 2020, with a completion date in late 2021 or early 2022.




# Happy Holidays .. Joyeuses Fêtes

The Honourable | L'honorable

## David McGuinty

Member of Parliament | Député

Ottawa South | Ottawa—Sud



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

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

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# Lots to do at the Maplewood Retirement Community Health Fair

Check out the billboard at 340 Industrial Avenue to find out what's coming next!



Elma McMillan dropped by the Mobile Dentures.



Nicole Lund knows that it's very wise to get a flu shot. It was handy too.



Diane Charlebois (centre) with Brenda Grandy (L) of Maplewood enjoyed hearing about YENKOFIT from JP Porcalla.



## Maplewood cooks, Gerry Combe and Rhon Cruzpe, share three great recipes

### FRIED CHICKEN

#### Ingredients

- 8 chicken drumsticks
- 1 1/2 cups buttermilk
- 2 teaspoons salt
- 2 tablespoons black pepper (divided)
- 2 cups all-purpose flour
- 1 teaspoon cayenne pepper
- Vegetable oil (for frying), about 3 cups

#### Steps to Make It

- 1 In a large bowl, combine the buttermilk, salt, and 1 tablespoon of black pepper. Add the chicken legs to the mixture and toss to coat. Cover and refrigerate with the marinade for at least 1 hour (or up to 24 hours).
- 2 Remove the chicken from the buttermilk and let any excess buttermilk drip off.
- 3 Combine the flour, additional 1 tablespoon black pepper, and the cayenne. Shake the chicken legs in the seasoned flour and place on a rack while waiting for the oil to heat.

- 4 In a large, heavy saucepan or deep skillet or sauté pan, heat at least 3 cups of oil to about 365 F. Fry the chicken legs in batches for about 10 minutes, turning once.

- 5 Remove the chicken to paper towels to drain.

- 6 Serve and enjoy!

### MIXED GREEN STRAWBERRY AND WALNUT SALAD

Yield: 1 portion

- Mixed green (50 grams)
- 2 strawberries (cut in 4)
- Walnuts (15 grams)
- Goat cheese (15 grams)
- Red onions thinly sliced (5 grams)
- 2 Grape tomatoes sliced in half
- Balsamic dressing

### BALSAMIC DRESSING

- Balsamic vinegar (10 grams)
- Extra virgin olive oil (40 grams)
- Whisk ingredients together until emulsified



Thank you YENKOFIT for this wonderful session.

PHOTOS: GEOFF RADNOR



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RPCA PRESIDENT’S REPORT

The winds of change whistle in once again



BRYAN ORENDORFF  
RPCA President

Fall is a time of change in Riverview Park. The leaves change from their lovely green, to a kaleidoscope of colour, and then to the dull brown on the inside of heavy leaf bags soggy with rain. The laughter of children playing in the streets moves indoors as twilight strikes before the chime of the dinner bell. The pumpkins are put away and their places are soon taken by the dazzling lights of Christmas. Garden hoses are carefully tucked into their hiding places and those dreadful snow shovels emerge to occasionally free us from the soft embrace of that great white blanket of snow. Change is ever present, but for many, fall marks a new beginning for the year to come.

This fall was special in that it also played host to some changes at City Hall. Almost a full third of the council seats have fresh faces sitting at them, among them a new voice in Capital Ward. While the winds of change begin to build, it remains to be seen if they will become a gusting gale once they reach the Andrew Haydon Hall or whether they will mute themselves to a simpering summer evening breeze. Whatever the case, those twenty-four City representatives

will need to be firm. There is much work to be done. Decisions on everything from cannabis, to master planning, to affordable housing, to light rail (both opening Phase 1 and awarding the multi-billion dollar Phase 2 tender), to the ever-present debate on taxes. And to everything in between there needs to be swift and decisive action.

The Riverview Park Community Association (RPCA) is not immune to change. Your community association recently convened our annual general meeting and welcomed four new board members while saying farewell to five excellent and supportive volunteers. And while we have not completely said goodbye to Kris Nanda, he has sadly stepped down from his leadership role as President of the RPCA. He continues to provide his good cheer and wisdom to the Board and to the community, but his tireless hours of helping out will be difficult to replace. He set a strong example for us all in his dogged dedication to his causes, his leadership in the community, and his compassion for his neighbours.

In the last year, the RPCA has made a couple of unique investments. We have updated and mod-

This fall was special in that it also played host to some changes at City Hall. Almost a full third of the council seats have fresh faces sitting at them, among them a new voice in Capital Ward.


While the winds of change begin to build, it remains to be seen if they will become a gusting gale once they reach the Andrew Haydon Hall or whether they will mute themselves to a simpering summer evening breeze.

ernized our branding; including a big new banner you will all see waving around the community during major events, a revamped website, and even new membership cards! We also gave back to the community with a new park bench by the big rock on Poet’s Pathway in Coronation Park. It has a lovely view of the pines while backing onto a precious home for a variety of small woodland creatures. This is a trend of creating an enhancing community spaces that we want to continue.

And there is more work yet to be done; more changes coming. We are always looking for people to lend a helping hand or just to share ideas about how we can keep giving back to the community. A little or a lot, whatever you can spare is always appreciated. It could be just lending a hand for a fall park clean-up or volunteering for a couple of hours at the Winter Carnival helping the local kids have a good time. Every little bit helps and together we can keep community life moving forward and keep pace with change.

But even through all the change, some traditions stand tall. The RPCA’s 8th annual Carol Sing has been set for Friday, December 14th at the Cancer Survivors Park on Alta Vista Drive. As always, everyone is welcome to join us in song while we light the great big neighbourhood Christmas tree and then warm ourselves with delicious hot chocolate. And just like last year, the focus of the Carol Sing is not just to raise spirits with happy songs but to collect food and monetary donations for the Nativity Parish Food Bank. With everyone’s help, we can be that whistling wind of change for a good number of families that are sorely in need during this often turbulent season.

--- For more information, check out our website at [www.RiverviewPark.ca](http://www.RiverviewPark.ca), drop me a line at [bryan.orendorff@rogers.com](mailto:bryan.orendorff@rogers.com) with your questions or thoughts, and/or come to our next RPCA Board meeting on December 12th.



**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](mailto:letterit@rogers.com) with your e-mail address, postal address and phone number.

When [letterit@rogers.com](mailto: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.



### Balena Park Pet Memorial

Commemorate the life of your best friend – your pet!  
For details visit the RPCA Website, or call 613-523-4339



### Support the Canadian Guide Dogs for the Blind by purchasing a brick engraved with your pet’s name.





THE PLANNING AND DEVELOPMENT UPDATE



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

The Riverview Park Community Association (RPCA) tracks local developments, most notably issues associated with 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 Ottawa Train Yards including the planned 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:

**Alta Vista Transportation Corridor (AVTC) – Hospital Link**

Riverview Park residents continue to share their thoughts and concerns about issues associated with the AVTC Hospital Link, including landscaping and traffic concerns. The RPCA has asked Alta Vista Councillor Jean Cloutier for data on the level of vehicular usage of the AVTC, particularly given its cost (nearly \$70 million) and the stated rationale for the project (to improve access to the Hospital Complex and reduce traffic on other roads). At the same time, some local residents have shared complaints about traffic levels along Alta Vista Drive.

Another area where concerns have been raised involved the new sledding hill along the new berms across from the Hospital Link and the National Defense Medical Centre (NDMC). Concerns include the lack of barriers between the hill and the roadway, the steep slope being too close to the hydro-corridor fence and the recent planting of a tree near the bottom of the gentler, east-facing slope.

In response, City staff were proposing a snow fence along the road to address safety issues and the steep slope and vegetation near the hydro-corridor fence. A walk-through earlier in 2018 had allowed the RPCA to share ideas for landscaping improvements along with the best ways and locations for pedestrians to cross the road to get to the Hospital complex or NDMC. However, RPCA suggestions related to the pedestrian crossing were

not implemented.

Work on the new mulched pedestrian trail path through the woods was originally supposed to be started in 2018, but there was a delay and the project was only tendered to D&G Landscaping in November and there has now been a snowfall. The City Engineer had hoped to have another walk-through this fall.

D&G Landscaping also received the tender for a multi-use pathway between the Hospital Link and Roger Guindon Avenue. The pathway design would involve impacts to some of The Ottawa Hospital lighting infrastructure and site grading and would be adjacent to the Ring Road. This project was originally anticipated to be completed in 2018, but it too was delayed and work will now begin next spring or summer.

Another area where concerns have been raised involved the new sledding hill along the new berms across from the Hospital Link and the National Defense Medical Centre

**Alta Vista Drive Re-Surfacing**  
Residents have expressed concern about the delay in installing line markings on the section of Alta Vista Drive between Industrial Avenue and Smyth Road that was repaved earlier in the fall. Comments have been received on several near-accidents attributed to the absence of line markings, particularly for the left-hand turn into Dorion (by the Tim Hortons).

Following its November Board meeting where these concerns were raised with Councillor Cloutier, the RPCA wrote the Councillor to strongly request the City lay sufficient line markings, or some reasonable equivalent, immediately to mitigate the risk of unnecessary road incidents or injury. The RPCA noted that line markings are a fundamental road safety re-

quirement, pointing out that this section of Alta Vista Drive is configured for bicycle lanes, turning lanes and parking bays and has other features that

can prove hazardous without the clarity offered by line markings. Compounding the problem is that some temporary markings were incorrectly indicating lane locations.

**Trainyards High-rise Residential Development (Steamline Street)**

Controlex, the developer for the Trainyards complex, has finished reviewing comments received on its proposal to construct high-rise rental apartment units 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 highrise rental apartment buildings, ranging in height between 15 and 30 storeys that would be built in three phases between 2020 and 2029.

Construction of the first phase – two buildings of 20 storeys each and totaling over 400 units – is expected to start in early spring 2019 with a 2020 completion date. The entire complex would ultimately have nearly 1900 one- or two-bedroom rental units. There will be new and separate applications for the subsequent phases and an opportunity for additional public comments at that time.

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 encouraged the inclusion of features designed to encourage residents to cycle, walk and to use public transit given its proximity to the new LRT station at Tremblay, rather than driving. The additional residential units arguably trigger the need for the link to the VIA Train Station and rapid transit that is required in the original agreement with Trainyards from 2000/2001, especially since the Transportation study for the completed project sets a 65% modal share target for transit.

The RPCA submission also stressed the importance of ensuring the new residential units have a community aspect and integrate well with the existing Riverview Park neighbourhood and the Trainyards retail component.

**Proposal for Five-Storey Dymon Storage Facility at 851 Industrial Avenue**  
Work has now begun on the

five-storey Dymon Storage facility at 851 Industrial Avenue – Dymon has not provided an estimated completion date at the time this article went to press (The project 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).

**Pedestrian and Cycling Connections**

A study is still being carried out on the multi-use pathway (MUP) overpass between Terminal Avenue and the Via Station that the RPCA and several other community associations continue to push for. This link 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's long-term Cycling and Pedestrian Plan network.

The project would provide an active transportation route between the soon-to-open LRT, the refurbished Train Station and the Trainyards Office and Retail Complex – is backed by local elected officials from all levels of government. It also has support from senior officials from the Ottawa Champions Baseball Team and Controlex (Trainyards).

Councillor Cloutier recently confirmed that the study is expected to be completed by the end of March 2019. The RPCA has asked to be included in future meetings with stakeholders regarding this overpass

**Trainyards Developments/Industrial Avenue/Tree Planting along Coronation Blvd.**  
Following repeated requests from the RPCA, the City is implementing an advance green left turn light into Farm Boy/LCBO across from the new complex where three businesses opened earlier this year: Figaro Coffee shop, Urban Barn and Nordstrom Rack.

A sidewalk, trees, grass and some planting beds have been installed on the south side of Industrial, near this parcel of land. Landscaping behind the property (backing onto Coronation) was carried out this summer. Some of the newly planted vegetation had to be replaced this fall. A multi-use pathway is also being built along the frontage of the property.

As this article went to press, there was still no tenant identified for the now-completed office building  
**CONTINUED ON PAGE 55**



RIVERVIEW... NOW

LRT tracks from the Hurdman Station leading to the Via Rail Terminal...



by Paul Walsh

A view of the LRT tracks from the Hurdman Station, leading past the blue-roofed water pumping site off Terminal Ave., toward the Via Rail Station.

The Rideau River is in the background, with the Queensway passing over it via the Hurdman Bridge and continuing past RCMP Headquarters, east, to the Highway 417 route to Montreal.

This view is courtesy of a Riverview Park Review reader, living in the Riviera Apartments, off Riverside Drive. (See Below)



Consultation on a new strategic plan

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

Eight incumbent trustees and four new candidates were elected on October 22. The new term starts on December 3 and an early priority will be to develop a new four year strategic plan by the end of the school year. The associated consultation plan recognizes the importance of input from parents and community members and provides for a parent/community online consultation as well as three in-person forums.

The online survey is scheduled to run from mid November to mid December. It will allow you to share your thoughts about the key issues and challenges facing the district and to learn about the thoughts of others. There will be a link on the home page of OCDSB.ca to the survey.

The in-person forums will take place in January. They will build on the themes raised in the on-line consultation, enabling parents and the community to discuss the emerging themes and to develop

strategies for making progress in priority areas.

In April, staff will present a draft strategic plan at Committee of the Whole (COW) and, in May, the public will have the opportunity to comment.

In June, the Board of Trustees will approve the final plan.

Special education review

At the October Board meeting a motion was passed to direct staff “to undertake an operational review of the process for identification, needs assessment (including the use of tiered interventions as support for all students, and as identification and placement evidence) and placement for all exceptionalities”.

It also directed staff to provide a report “to Board no later than February 2019 with a proposed outline and timeline for the operational review”.


I believe this will be one of the signature efforts of the new board. I will be advocating for a good analysis of the Individual Education Plan (IEP) process and the implementation of Tiered Intervention as part of the Operational Review. Trustee colleagues and I

will hold a joint zone meeting in January with a focus on parents' experiences with navigating and getting services for their children. The stories we hear there will help us identify areas the Special Education operational review needs to look at.

Parent conference

Every year the OCDSB holds a parent conference. This year it was on November 3. Among the many workshops was one on the Provin-

cial Ministry of Education Consultation on Education Reform (more information at ontario.ca/page/for-the-parents). This workshop broke into three groups. The consensus of the group I was in reflected my concern about the intent of the consultation and how biased it seems to be. That being said, everyone felt the need to participate in the consultation. The information from this workshop will be summarized and shared with trustees and the community.



# Chris Ellis

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

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# Another major US retailer opens in Train Yards

by Geoff Radnor

Over 300 people were waiting in the rain for the opening of the new Nordstrom Rack on October 11th at the Ottawa Train Yards. Head of the line was Teresa Anderson from Thompson, Manitoba with her sister Tracy Dryka. Guess they don't have a Rack in Thompson. Behind Teresa and Tracy were a group of young ladies who travelled from Campobasso in Italy to Ottawa for the opening. What is it that attracts these customers in such dismal weather?

Beavertails and coffee were there to brighten up your early morning blues, and music was supplied by two DJs from Miami, Florida. First at the cash was a visitor from Greeley who bought two pairs of camouflage pants. Now there is increased competition for the Canadian shoppers' dollars among the three big US-based stores at the Ottawa Train Yards; Walmart, Marshalls and now Nordstrom Rack. In a previous edition of this paper there was a history of the Nordstrom company.

I didn't buy a single item; personally the prices were way over my budgetary limit. But as the median annual family income in Ottawa is well over \$100,000, there were long lines at the cash. It seems that Canadians just love doing business with companies based in the United States and other countries.

By having a double double at the drive-thru at Timmy's you are contributing to the wealth of the richest man in Brazil. The Brazilian company 3G Capital owns Tim's and Burger King plus Kraft foods and ketchup maker, Heinz.

If you would prefer your money to stay in Canada then get your coffee at Second Cup and your burger and fries at A&W or Harvey's; all three are Canadian owned companies.

Shoppers looking to buy their clothes and shoes in Canadian-owned stores have to avoid The Bay as that is now owned by NRDC, located in Purchase NY. The disappearance of Sears has narrowed the choice. Tip Top Tailors is not Canadian-owned any more, so it looks like your new shirt will have to come from Loblaws Joe Fresh stores. Going to a wedding? If you want get your new suit at Moore's, that too is owned by a US company.

Maybe a trip to Simons at the Rideau Centre is the answer. This is one of the few major retailers here in Ottawa that is not foreign owned. Giant Tiger, with its



From quite a distance: these ladies travelled from Campobasso, Italy to Ottawa for the Rack opening.



First in line: Teresa Anderson from Thompson, Manitoba arrived early with her sister.



First at the cash: this gentleman from Greeley, Ontario bought two pairs of camouflage pants.

headquarters on Walkley Road, is one other retailer that is Canadian owned but they don't sell suits suitable for my next appearance at a wedding. They are certainly in my price range, but their wedding selection could be limited.

Value Village, which is in the price range of many families, has

several stores here in Ottawa and many more in the rest of Canada. Here in Ottawa, they are in partnership with the Canadian Diabetes Association in some of Ottawa's Village Village stores and The Federation for Cerebral Palsy in others. The parent company is known as Savers Inc. which is based in the

US. They specialize in reselling used clothing. But I do not think that I would wear a second hand suit to a wedding, maybe a funeral.

Holt Renfrew, another Canadian owned store used to have a location in Ottawa but maybe I didn't spend enough of my hard earned dollars there, as they closed up shop in January 2015.

A great option for the women of Riverview Park is locally-owned The Wholesale Outlet on Innes Road that has been in the business of supplying the latest fashion trends for 30 years.

There is one last option for me looking for a new or nearly new shirt, and that is at the annual Bazaar at the Rideau Park United Church on Alta Vista Drive. There are lots of bargains and there must be something in my size. This year it was on Saturday November 3rd. There were guaranteed bargains for everyone. [geoff.radnor@bell.net](mailto:geoff.radnor@bell.net)



DEAR FRAN



FRAN DENNETT  
dearfrangardener@gmail.com

by Fran Dennett

Bulbs have been in cultivation for over two millennia and were first planted by the Egyptians for their medicinal uses. It was the Greeks, however, who first appreciated their beauty in their gardens. There are over 85 genera of bulbs (according to the Netherlands Flower-Bulb Institute) available to the home gardener. Today the word “bulb” has become a catch-all term referring to all plant forms such as true bulbs, corms, tubers and rhizomes. The shape may vary but all are subterranean buds that store food, produce roots, and grow a stem to the surface that produces a flower and leaves.

A **true bulb** (tulip, daffodil, lily) is a thick, underground stem that has a growing point or bud containing the embryo of next year’s plant surrounded by overlapping, fleshy layers of tissue. A complete growth cycle is contained in this underground stem.

The basal plate is the underground stem of the bulb with the bud and scales growing from the upper side and the roots from the lower side. A new plant will develop from a bud on the basal plate with daffodils, or several buds may develop as with tulips, but with the lily each scale can become a new plant. These bulblets or bubils will take up to four years before they are old enough to bloom. The lily bulb does not have a tunic or paper-like covering as with tulips and daffodils, thus it is subject to drying out and so must be protected.

A **corm** (crocus, gladioli, freesia, Autumn crocus) is a solid mass of storage tissue that has one or more growing points on the top, and a basal plate on the underside. Roots grow from the edge of the basal plate and the storage area eventually shrivels, and by the end of the growing season new cormels or bulblets have developed near the edge of the basal plate, these are next year’s new plants. A corm may or may not have a tunic type outer covering. These new cormels will bloom the next year. Spring flowering crocus and fall flowering crocus are hardy in Ottawa’s zone 5b.

The **tuber** (tuberous begonia, dahlia, potato) is also a storage tissue but does not have a basal plate. Shoots and roots form eyes or



Tulip bulbs



Iris Rhizomes

growing points. Some tubers shrivel during the growing season but produce new tubers by the end of the season (dahlia). Other tubers just increase in size (tuberous begonia). New tuberous begonia are obtained by cutting a tuber into pieces each with an “eye”, just like chopping up potatoes for planting such that each chunk has an “eye”.

A **rhizome** (iris, canna, ginger) is a thick, solid, underground stem used for storage. Stems and leaves develop from eyes or buds on the top, and roots from the underside. For new plants, rhizomes are cut into pieces each containing an eye.

In general, bulbs prefer an open, rich, fibrous loam, neutral in pH containing nitrogen, phosphorus and potassium and a good supply of water. When spring is dry, bulbs should be watered before and after blooming.

Bulbs are also divided by their hardiness. Hardy bulbs – tulips, daffodils, crocus, hyacinths, Scillas, Chionodoxas – refer to those bulbs left in the ground all year round. The others are considered tender and are planted in the spring after the last frost date. After tender bulbs die down, usually around mid-September to mid-October, lift and allow them to dry to avoid fungal rot, remove the tops leaving about 2.5cm neck, clean off any old loose scales then stored inside during the winter. Or allow them to perish, buying new ones the next season. Discard any bulbs that are diseased or injured, storing those that are normal in size.

# Bulbs, Corms, Tubers and Rhizomes



Tuberous Begonia bulbs



Crocus bulbs

Plant smaller bulblets in a nursery bed in the garden next summer to grow and increase in size (may take up to four years before they bloom) or discard. Dry bulbs can be dusted with sulfur to prevent fungal infections. Store gladioli dry, but other tender bulbs can be mixed with dampened sphagnum moss or vermiculite to prevent further desiccation, and then stored between 5-10°C.

The tender or summer-flowering bulbs are worth trying to add a color to the border, to brighten a dull corner, for cutting or just because they are beautiful and you want something different in your garden. Some examples of tender bulbs are *Nerine bowdenii*, *Polianthes tuberosa* (bulb), *Crocasmia*, and *Calla* (corm).

I hope you found this information helpful and will add these beautiful plants to your garden.

I would like to wear my other

hat as president of the Gloucester Horticultural Society and invite you to check our website for our 2019 program of speakers (January speaker on how to take a better photograph and March growing unusual vegetables) and other events —[www.gardenontario.org/site.php/Gloucester](http://www.gardenontario.org/site.php/Gloucester)

**References:**  
Springer, Gustave, *How to Grow A Miracle*. 1975. John Boswell Associates Book, Netherlands.  
Flower Bulb Institute.  
*Taylor’s Guide to Bulbs*, Norman Taylor. 1986. Houghton Mifflin Company.  
*Reader’s Digest Illustrated Guide to Gardening in Canada*.  
*Practical Guide to Gardening in Canada*, Editors Christopher Brickell and Trevor Cole, 1993.  
The Reader Digest Association (Canada) Ltd.

- 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](mailto: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](mailto:mgoc_helpline@yahoo.ca)



# ALTA VISTA PUBLIC LIBRARY

DECEMBER 2018/  
DECEMBRE 2018  
JANUARY 2019/  
JANVIER 2019

(Closed on December 25,  
December 26 and January 1/  
Fermée les 25 et 26 décembre  
et le 1er janvier 2019)

## Children's Programs/ Programmes pour enfants

### STORYTIMES / CONTES

#### Babytime / Bébés à la biblio

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

##### \*Session 2

Mondays, November 5 to December 3, 10:30 a.m. to 11 a.m.  
Les lundis du 5 novembre au 3 décembre de 10 h 30 à 11 h.

##### \*Session 1

Mondays, January 7 to February 11, 10:30 a.m. to 11 a.m.  
Les lundis du 7 janvier au 11 février de 10 h 30 à 11 h.

#### Family Storytime / Contes en famille

Stories, rhymes, and songs for all ages and a parent or caregiver. No registration required. / Contes, rimes et chansons pour les enfants de tous âges et un parent ou gardien. Aucune inscription requise.

##### \*Session 2

Tuesdays, November 6 to December 4, 10:30 a.m. to 11 a.m.  
Les mardis du 6 novembre au 4 décembre de 10 h 30 à 11 h.

##### \*Session 1

Mondays, January 8 to February 12, 10:30 a.m. to 11 a.m.  
Les lundis du 8 janvier au 12 février de 10 h 30 à 11 h.

#### Toddler time / Tout-petits à la biblio

Stories, rhymes and songs for babies and a parent or caregiver. 18 to 36 months. No registration required. / Contes, rimes et chansons pour les tout-petits et un parent ou gardien. Pour les 18 à 36



mois. Aucune inscription requise.

##### \*Session 2

Thursdays, November 8 to December 6, 10:30 a.m. to 11 a.m.  
Les jeudis du 8 novembre au 6 décembre de 10 h 30 à 11 h.

##### \*Session 1

Thursdays, January 10 to February 14, 10:30 a.m. to 11 a.m.  
Les jeudis du 10 janvier au 14 février de 10 h 30 à 11 h.

## SPECIAL PROGRAMS / PROGRAMME SPECIAUX

#### Lego Block Party / Ca dé "bloc"

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

Wednesdays, November 7 to December 5, 3 p.m. to 4:30 p.m.  
Les mercredis du 7 novembre au 5 décembre de 15 h à 16 h 30.  
Wednesdays, January 9 to February 13, 3 p.m. to 4:30 p.m.  
Les mercredis du 9 janvier au 13 février de 15 h à 16 h 30.

#### Reading Buddies / Copains de lecture

This program aims to help children practice and improve their reading skills! Children will receive individualized reading help and encouragement. Ages 6 to 12.

Registration required. / Ce programme contribue au développement de la lecture chez les jeunes en favorisant l'accompagnement comme moyen privilégié d'appren-

tissage et de partage. Pour les 6 à 12 ans. Inscription requise.

##### \*Session 2

Saturdays, November 17 to December 15, 1 p.m. to 3:45 p.m. (Each session lasts 30 minutes)  
Les samedis du 17 novembre au 15 décembre de 13 h à 15 h 45. (Chaque session dure 30 minutes)

##### \*Session 1

Saturdays, January 12, 19, 26 and February 9, 16, 23, 1 p.m. to 3:45 p.m. (Each session lasts 30 minutes)  
Les samedis 12, 19, 26 janvier et 9, 16, 23 février de 13 h à 15 h 45. (Chaque session dure 30 minutes)

#### Gingerbread Fun / S'amuser avec le pain d'épice!

Are you looking for something fun to do during the Christmas holidays? Come to the library for some gingerbread activities! You'll get to decorate your own gingerbread cookie and build a gingerbread house using cardboard boxes! No registration required. For the whole family. / Cherches-tu quelque chose de « fun » à faire pendant les vacances de Noël? Rejoins-nous à la bibliothèque pour des activités sur le pain d'épice! Tu pourras décorer ton propre biscuit de pain d'épice et construire une maison de pain d'épice à l'aide de cartons! Aucune inscription requise. Pour toute la famille.  
Monday, December 24, 11 a.m. to 1 p.m.  
Le lundi 24 décembre de 11 h à 13 h.

#### Unplugged / Débranché

Are you looking for something fun to do during the Christmas holidays? Come to the library for some "unplugged" gaming activities! You

will be able to play classic board games (ex. Monopoly, chess, Guess who?) but also learn some new ones. No registration required. For the whole family. / Cherches-tu quelque chose de « fun » à faire pendant les vacances de Noël? Viens à la bibliothèque pour des activités de jeux « débranchés »! Tu pourras jouer les jeux de plateau traditionnels (ex. Monopoly, jeux d'échecs, Qui est-ce?) mais aussi en découvrir de nouveaux. Aucune inscription requise. Pour toute la famille.  
Friday, December 28, 2 p.m. to 4 p.m.  
Le vendredi 28 décembre de 14 h à 16 h.

#### Snow day / Jour de neige

Come to the library for some "snow day" activities! You will build a "snow fort" and have a "snowball fight"! No registration required. For the whole family. / Viens à la bibliothèque pour des activités d'un « jour de neige »! Tu pourras construire un « château de neige » et faire une « bataille de boules de neige ». Aucune inscription requise. Pour toute la famille.  
Monday, December 31, 11 a.m. to 1 p.m.  
Le lundi 31 décembre de 11 h à 13 h.

#### PD Day Fun! / S'amuser pendant les journées pédagogiques

No school today? Come to the library for 2 hours of electronic fun! You will be able to play Wii and experiment with electronic gadgets. For the whole family. No registration required. / Pas d'école aujourd'hui? Viens à la bibliothèque pour 2 heures d'activités électroniques amusantes! Tu pourras jouer au Wii et aussi expérimenter avec des gadgets électroniques. Pour toute la famille. Aucune inscription requise.  
Friday, January 25, 1:30 p.m. to 4 p.m.  
Vendredi le 25 janvier de 13 h 30 à 16 h.

Registration for all programs requires a valid OPL library card for each registrant. Registration for January to February 2019 children's programs starts on January 2nd. / Toutes les personnes qui souhaitent s'inscrire à des programmes doivent être titulaires d'une carte valide de la BPO. / L'inscription pour les programmes d'enfants qui prendront place en janvier et février 2019 débute le 2 janvier.

  
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ALTA VISTA PUBLIC LIBRARY

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, December 6, 2018  
*The Stranger in the Woods: The Extraordinary Story of the Last True Hermit* by Michael Finkel  
Thursday, January 3, 2019  
*Everything I Never Told You* by Celeste Ng  
Thursday, February 7, 2019  
*The Orenda* by Joseph Boyden

Sleuth Hounds Mystery Book Club

Share the enjoyment of good mysteries in a relaxed atmosphere. Join us for discussions on the third Thursday of every month 6:30 - 8:00 p.m.

Thursday, December 20, 2018  
Christmas Planning Party  
Thursday, January 17th, 2019  
Ian Rankin  
Thursday, February 21st, 2019 TBD

Infusions littéraires

Partagez avec nous le plaisir des livres dans une ambiance détendue. Joignez-vous à nous pour une discussion. De 14h00 à 15h00.

Le lundi 17 décembre, 2018  
Le peintre d'aquarelles et Conversations avec un enfant curieux de Michel Tremblay  
Le lundi 21 janvier, 2019  
L'attentat de Yasmina Khadra  
Le lundi 11 février, 2019  
Le quatrième mur de Sorj Chalandon



Conversation Groups / Groupes de Conversation

**NB : there will be no conversation groups between december 24th and january 8th.**  
**Il n'y aura aucune groupe de conversation entre le 24 décembre et le 8 janvier inclusivement.**

**Groupe de conversation en français – débutant / French Conversation Group – beginner**  
Améliorez votre français parlé et rencontrez des gens dans une ambiance conviviale et décontractée. Aucune inscription requise. / Practice your French language conversation skills and meet new friends in a relaxed and friendly environment. No registration required.  
Mondays, 4:45 – 6:00 p.m.  
Les lundis 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

relaxed setting. This group is for those at an intermediate level. No registration required. / Tuesdays, 6:30 – 8:00 p.m. Les mardis du 18h30 à 20h.

**English Conversation Groups / Groupes de conversation anglais**  
Practice your English language conversation skills and meet new friends in a relaxed and friendly environment. No registration required. / Améliorez votre anglais parlé et rencontrez des gens dans un milieu décontracté. Aucune inscription requise. Mondays, 6:00 to 7:30 PM. and Tuesdays, 12:00 to 1:00 PM./Les lundis de 18h à 19h30 et les mardis de midi à 13h.

Other Adult Programs

**Improving Income in Retirement**  
Are you a middle income earner? Are you approaching retirement? This presentation is an overview of the income sources available to Canadians during retirement. It will highlight important considerations that affect retirement income. In particular, recent government changes to CPP and Old Age Security and the move toward defined contribution plans by corporations are discussed. Learn how proactive planning can help improve after tax income. Presented in partnership with Elie Fakhouri, Chartered Financial Analyst. Elie specializes in tax planning and retirement strategy. Wednesday, March 6, 2019 at 6:30 PM.

One-on-One Computer Tutorials

Book a one-on-one tutorial to learn computer, email and Internet basics. Please visit the branch for more information or to schedule an appointment

Health

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

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

Thursdays, November 29, December 6, 13; 6:00- 8:00 p.m.  
Saturdays, December 1, 8, 15; 10:15 a.m. -12:15 p.m.  
Thursdays, January 3, 10, 24; 6:00- 8:00 p.m.  
Saturdays, January 5, 12, 19; 10:15 a.m. -12:15 p.m.  
Thursdays, February, 7, 14, 28; 6:00- 8:00 p.m.  
Saturdays, February 2, 9, 16; 10:15 a.m. -12:15 p.m.  
Thursdays, March, 7, 14, 28; 6:00- 8:00 p.m.  
Saturdays, March 2, 9, 16; 10:15 a.m. -12:15 p.m.

*The Alta Vista Library is located 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 renseignements, veuillez composer le 613-580-2940.*

EMVALE ACRES PUBLIC LIBRARY

**Elmvale Acres Branch, 1910 St Laurent Blvd. December 2018 – February 2019**

**English Family Storytime || Contes en famille en anglais**  
Stories, rhymes and songs for children of all ages and a parent or caregiver. / Contes, comptines et chansons pour les enfants de tous âges et un parent ou gardien.  
10:15-10:45  
December 5, 12, 19.  
January 9, 16, 23, 30.

**Bilingual Family Storytime || Contes en famille bilingue**  
Stories, rhymes and songs for children of all ages and a parent or caregiver. || Contes, comptines et chansons pour les enfants de tous âges et un parent ou gardien.

10:15-10:45  
December 6, 13, 20.  
January 10, 17, 24, 31.

**Babytime || Bébés à la biblio**  
Stories, rhymes and songs for babies and a parent or caregiver. 0-18 months. / Contes, comptines et chansons pour les bébés et un parent ou gardien. 0-18 mois. 13:30-14:00.  
December 6, 13, 20.  
January 10, 17, 24, 31.

**Homework Club || Club de devoirs**  
Join our homework club and get help with homework in a friendly, relaxed environment. Ages 6-12. || Joignez-vous à notre club de devoirs afin de recevoir de l'aide dans un environnement convivial et décontracté. Pour les 6 à 12 ans.  
December 1, 8, 15, 22.

**Mystery Book Club**  
Share the enjoyment of good mysteries in a relaxed atmosphere. Join us for discussion. Everyone welcome!  
December 3: Any of the Sigrid Harald or Deborah Knott series by Margaret Maron.

**Teen Christmas Ornament Craft || Bricolage décoration de Noël pour ados**  
Join us and make your own Christmas ornament. Snacks, crafts and fun! Ages 13-18. || Venez-vous joindre à nous, et fabriquer votre propre décoration de Noël. Collations, bricolages et amis! Pour les 13 à 18 ans.  
December 5 at 19:00

**Gingerbread Houses! || Maisons en pain d'épices!**  
Come make your very own 'gingerbread' house! Yum, yum! For ages 7-12. || Venez confectionner votre propre maison en 'pain d'épice'. Miam, miam! Pour les 7 à 12 ans.  
December 22 at 15:00





COMMUNITY BULLETIN BOARD

■ **Rideau Park United Church**  
2203 Alta Vista Drive,  
Activities and Events,  
December 2018-January 2019

For more information, please call the church office at 613-733-3156 x229 (Mon-Fri 9am-4pm) or [www.rideaupark.ca](http://www.rideaupark.ca)

**The Harmony Club for Seniors 60+ Christmas Party** is on Wed. Dec. 5. From 1 - 2pm, Enjoy a musical program with a Christmas Carol Sing-along. All seniors welcome.

You are invited to a **Christmas Celebration Concert** on Sunday Dec. 9 at 7:30pm, featuring the Chancel Choir, Touch of Brass Bells, organist Andrew Ager, harpist Caroline Leonardelli, and a string quintet led by Kevin James. Enjoy Camille Saint-Saens' *Christmas Oratorio* and join in singing your favourite carols. Freewill offering.

**Annual Christmas Pageant**  
Join us on Sun. Dec. 16, 10am, for the presentation by more than 60 children and youth of the story of Christmas through theatre, music and some humour, Everyone is invited. Freewill offering.

**Christmas Eve Services**  
Sun. Dec. 24, All are invited.  
• 6:30 pm, Lessons and Carols by Children and Youth  
• 8:30 pm and 10:30 pm, Christmas Reflections: Candlelight Worship reflecting on the birth of Jesus in scripture and music

**50+ Fitness Group**  
Tues. & Thurs. 9 - 10am, Winter session starting Jan. 8. All levels of fitness (men & women) supported. More info & fees, call the church office. Drop-in fee - \$8.

**Gentle Yoga**  
Two Sessions for the Winter season: Wed, 5:30 - 6:30pm starting Jan 9, OR Fri. 9 - 10am starting Jan 11. A gentle flow mat class. Choose one or both classes. More info & fees, Lynda Spalding, 613-422-3565.

**"I Have A Dream" Service**  
Sun. Jan. 27, 10am. Everyone is invited.

**The Harmony Club for Seniors 60+**  
Meets on Wed. Jan. 30. From 1 - 2pm, enjoy a presentation by Alta Vista author, Sue Taylor-Davidson on her debut novel, "To Pluck A Crow: The Hands Behind Shakespeare's Pen." All are welcome.

■ **The Compassionate Friends**

**Worldwide Candle Lighting Celebration**  
In memory of all children who have died will take place on December 9th, 2018 at St. Augustine's Church



Hall, 1060 Baseline Road in Ottawa. Please bring a free-standing picture of your child/ren and arrive at 6:30pm for a prompt 7pm start. Candles will be provided and there is no charge to attend. For more details please visit: [www.tcfottawa.net](http://www.tcfottawa.net) or [tcfottawa@rogers.com](mailto:tcfottawa@rogers.com)

■ **St. Aidan's Anglican Church**  
934 Hamlet Road.

St. Aidan's Anglican church invites everyone to its annual **Community Carol Sing and Concert**. Once again, the Vyhovskyi Strings, Tea Mamaladze and guest artists will entertain you and invite you to sing some traditional Christmas carols. The concert will be held Thursday December 20 at 7:00 pm. Refreshments will follow. Freewill offerings will be gratefully accepted with proceeds going to the Heron Emergency Food Centre and the ministries of St. Aidan's.

■ **Friends of the Central Experimental Farm**

Please join the Friends for our **Annual Non-dinner Event** happening right now. Not a single person will show up and we will be delighted! You can help the Friends of the Farm just by staying at home. By purchasing tickets to this fundraising event that will never take place, you will help the Friends sponsor numerous activities in support of the Ornamental Gardens and the Arboretum on the Central Experimental Farm. Individual seats \$25. Couples \$50. Family \$100. Table of Six \$250. Community \$500. Your donation is tax deductible. You can contribute by using our new online fillable form for cheques or PayPal at Annual Non-dinner or Non-

souper annuel. The fundraiser ends December 31, 2018.

The Friends have a new selection of **12 greeting cards** with images from *Blooms: An Illustrated History of the Ornamental Gardens at Ottawa's Central Experimental Farm* featuring botanical and ornamental artwork. Six of the cards feature the botanical artwork of Faith Fyles and Arthur Kellett. Kellett's painting of Isabella Preston's 'Gatineau' Siberian iris is shown here. The other six cards feature photographs of the Ornamental Gardens. The cards are \$4 each or \$20 for 6 and are only available to purchase at Bldg 72 Monday to Thursday from 9am to 2pm.

**Friends of the Farm presents Blooms**, a book about the Central Experimental Farm's Ornamental Gardens, the heritage plants in the Gardens, and the fascinating stories behind their creation. By local author, Richard Hinchcliff, this book makes a great gift for the lover of history and horticulture. Cost is \$35 plus GST. How do you get a copy? Come to the Friends office in Building 72 weekdays Monday to Thursday from 9am to 2pm and purchase with cash, cheque, or credit and take it home! Or purchase it online on our website with a credit card and pick up at the Friends' office in Building 72 or have it shipped to a location of your choice.

■ **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.

■ **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.

■ **Art Lending of Ottawa**

**Art Lending of Ottawa** will be held at the R.A. Centre (Outaouais Room), 2451 Riverside Drive (east entrance) on Saturday, December 8th from 10:00am to 5:00pm. Purchasing, leasing, and lease to purchase quality fine art from local artists is available. Visit [www.artlendingofottawa.ca](http://www.artlendingofottawa.ca) for further details and to visit the artist's gallery.

■ **Emmanuel United Church**  
691 Smyth Road. 613-733-0437

**Advent 2018**  
December 5: Advent Evening Service - 7-7:30 pm,  
December 9: 2nd Sunday of Advent Service - 10:00 am, Lighting the Candle of Peace, Intergenerational Service  
December 12: Advent Evening Service - 7-7:30 pm  
December 16: 3rd Sunday of Advent - 10:00 am, Lighting the candle of Joy  
December 16: Journey in the Light 2:00 pm. A service of prayer, carols and candle lighting followed by light refreshments in the lounge. This is a time to remember those we are missing, to receive words of hope and support, to be together. We are not alone. God is with us.  
December 19: Advent Evening Service - 7-7:30 pm  
December 23: 4th Sunday of Advent Service - 10:00 am, Lighting the candle of Love  
December 24: Christmas Eve Services, 5:00 pm: A service of story and song designed for children and their families  
7:30 pm: A candlelight service of lessons and carols  
December 30: Joint Service - Rideau Park - 10:00 am. Shared by the congregations of Emmanuel, Southminster, Riverside, and Rideau Park

■ **St. Thomas the Apostle Anglican Church**  
2345 Alta Vista Drive (by the fire station) 613-733-0336

Harmonia Choir of Ottawa and the Ottawa Wind Ensemble are having a **concert "Of Winds and Voices"** on Sunday, December 16 at 3:30 pm. At St. Thomas the Apostle Church, 2345 Alta Vista Drive. Tickets \$25, at the door. [www.harmoniachoir.com](http://www.harmoniachoir.com)



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CONTINUED FROM PAGE 48

at 405 Terminal Avenue, though Ottawa Train Yards officials are speaking with several potential occupants. Meanwhile, Scholar’s Choice and Canadian Appliance Source (near Think Kitchen) recently opened and Copper Branch (next to Kettleman’s) was slated to open by year’s end.

**Light Rail Construction Related Issues**

Testing of trains between Blair and University of Ottawa stations (including across the Rideau River Bridge) continues, though the Light Rail Train (LRT) will not open until 2019. The RPCA had raised concerns with City Councilors and Officials following reports that the new LRT station glass was not bird friendly and could lead to bird strikes/collisions with the windows. In response, City Director for O-train Construction Steve Cripps provided assurances that LRT station designs had considered bird safety from collisions with reflective glass and bird roosting in structures.

The RPCA and others had also asked the City to ensure that the bike path to the south of the Hurdman bus station (which was the traditional and primary approach to the Transitway bridge over the Rideau River) be retained and restored to its previously width. Concerns were also raised that abandoning this path would force cyclists and pedestrians to take a longer detour using the new path and ride through the Hurdman LRT station itself and merge with people getting on and off buses and the train.

In his response, Cripps stated that until the City is prepared to winter maintain the new permanent route on the north side and the path on the south side of the bus loop will continue to be plowed as in past years. He added that the City did not currently have plans to convert the south side path into a permanent MUP.

**Elmvale Acres Shopping Centre Phase I Project**

RPCA Board members attended the November 15 open-house for Phase I of the Elmvale Acres Shopping Centre redevelopment proposal. Phase I proposes a 9-storey mixed-use building with ground floor commercial union, a “Privately-owned Public Space,” and parking near the present location of Kelsey’s restaurant next. This event was the final step in the development review process prior to getting a building permit for Phase I.

*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](http://www.city.ottawa.on.ca/residents/planning/index_en.html). The RPCA welcomes your input on these proposals and any other potential developments in the area.*

*If you are interested in joining the RPCA P&D group or would like further information, you may contact the Committee Chair, Kris Nanda at [krpp1415@gmail.com](mailto:krpp1415@gmail.com). For more information on this and other activities in Riverview Park, please see the RPCA website at [www.riverviewparkca.com](http://www.riverviewparkca.com). The email for RPCA is: [riverviewparkca@gmail.com](mailto:riverviewparkca@gmail.com).*

# What’s good for the goose may not be good for the ducks

by Denis Poitras

Yeah, playing around with the words is likely to ignite a reaction. In this case the topic of discussion with my friend, Lynn, was, “When is a good time to sell your home?” One evening we debated what month is good. The debate came down to pretty much ‘anytime’. Yet there are certain things that one must think about.

For instance, if you plan on downsizing you need to make an inventory of what you want to keep, what you want to give to your kids and what you want to sell or donate. All of these decisions should not be rushed. One needs a plan.

A realtor can help you decide what to keep in your house during any sale. For instance, if you collected ceramic clowns because you love to laugh or be playful, and then you see the movie It by Stephen King, you start to wonder to whom should you give the collection, what the collection is worth or, just plain, what to do with it. In my case, all went to charity for them to do what they wanted. We were the generation of collectors. We went through changes from vinyl records, 33s or 45s, the 8-track cassette, cassette tapes, then CDs and now downloaded music.

If you don't know where to start because you have too much stuff you could consult a friend who has made the leap; or contact a realtor to let you know what your house is worth and what should be done when it's time to sell. A realtor

can help on how to maximize your property value. It's best to review the condition of your home and its contents, both inside and out, and a good realtor can advise you and provide services and suggestions to prepare your house for showing. Less is usually best.

There are so many different options to choose. They range from adult style bungalows, apartments, condos or retirement homes; one needs to consider all possibilities and decide what might work best for your lifestyle.

When you look at what is in your house and want to clear out, some of it you might also consider hiring an estate agent. This is a thing you can discuss with your kids as well because you may find out that what was good for you does not necessarily mean that it is going to be good for them. In any case, the estate agent will help you get the most returns for those items you no longer want to keep.

Making an appointment with a realtor is important to not only discuss the possibility of selling in the near future and what preparations need to be made in advance, but also to assess what services the realtor will provide, what experience is being brought to the table and whether you feel the realtor is competent, trustworthy and a good fit for your needs. You should feel your realtor is your trusted adviser from start to finish and well beyond.

Denis Poitras is a regular contributor and volunteer in delivering the newspaper





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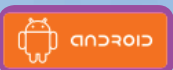


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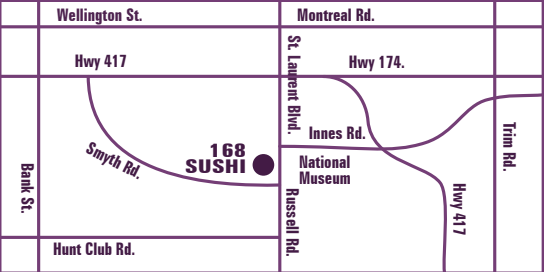


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