



Kris Nanda pinned with honour

The Riverview Park Review welcomes the news that former Riverview Park Community Association (RPCA) President Kris Nanda has received his prestigious heritage award.

On behalf of David McGuinty, MP for Ottawa South, Kris's RPCA successor President Bryan Orendorff presented Kris with a small piece of Canadian history in the shape of the 150 Sesquicentennial Pin made of original copper that covered the roofs of Canada's parliamentary building from 1919 to 1996. Natural weathering and imperfections are authentic markings that contribute to the pin's heritage value.

Kris received the award for "reaffirming the importance of strong environmental stewardship, not just in Riverview Park, but across Ottawa."

Indeed, environmental sustainability is at the forefront of Kris's mind as seen in his ongoing

ageless regular columns in this newspaper keeping readers well informed on local planning and development and urging much more than the close-to-his-heart way in which the city can reduce reliance on cars by promoting better transit and cycling access at all times of the year.

The background to this story is that our MP, having received 20 Sesquicentennial pins for riding distribution to worthy citizens, asked Mr. Orendorff for guidance on who should receive them.

Easy to pin down for Kris was one of four themes to draw inspiration from: Promotion of a diverse and inclusive Canada; supporting efforts towards national reconciliation of indigenous and non-indigenous Canadians; reaffirming the importance of strong environmental stewardship; and engaging and inspiring youth.

The choice of Kris Nanda for environmental stewardship was an excellent selection.



For his exceptional commitment to environmental stewardship, Kris Nanda (L) received one of the special 150 Sesquicentennial Pins. On hand to present this award was Riverview Park Community Association President, Bryan Orendorff, on behalf of Mr. David McGuinty, Member of Parliament for Ottawa South. PHOTO: DIANNE HODDINOTT

by Geoff Radnor

On the City of Ottawa web site there is a 134 page draft guide to Traffic Calming. In the introduction it describes "traffic calming" as designed at "improving the quality of life" and "a tool to improve the public realm...and helping create a better sense of place".

These words did not enter my head when I was driving along Coronation Avenue one day last year and saw all the new obstacles screwed to the road surface. HELP! There is a bus heading towards me and I am passing a parked truck. The bus driver avoided a collision with me by driving over one of the new obstacles.

The names of these new things are Centre line Flex Stakes. This was not the only time a bus had driven over a Flex Stake. Many of

Calming down the traffic



You are a law abiding citizen. PHOTO: GEOFF RADNOR

these, in the few months that they were in use, had born the marks of such contact with buses and other large vehicles. Centre line flex stakes are to make the roadway appear narrower. On Coronation Av-

enue they are used in conjunction with side delineators

Were there night-time vigilantes doing their dirty work by unscrewing the Flexies and putting them out with the garbage so that the city could have them back? The smallest of these little stakes are worth over \$210 each, the big ones in the middle must be twice that. Our councillor, Jean Cloutier, has a budget of \$40,000 annually to spend on anything to do with traffic calming. It may increase this year.

"The locations of Temporary Traffic Calming measures are always chosen based on resident input and feedback. Every single measure you see around Alta Vista started with a request or a concern from a resident," our Councillor Cloutier notes in Cloutier's Corner. (January 11 & January 18, 2019)

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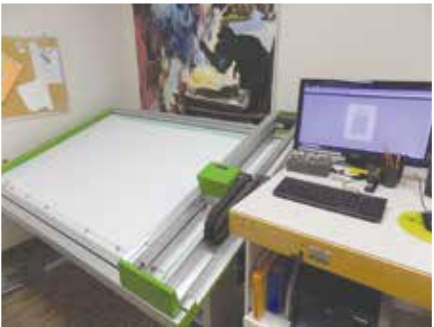
An expert at work



Installing art work in a frame. PHOTOS: CAROLE MOULT



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Edward Barr, of Wall Space Framing, seen here, cutting an ornate gold frame for a client.



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INTERESTING CANADIANS

Helen Bouzek – a life well lived

by Bruce Ricketts

Back in 2014, I wrote a story for this paper about Joe Bouzek and his war-time Black Ops project, Buzz-Bombing of the Peace Tower. I mentioned, at that time, that Joe’s wife, Helen, was an interesting character on her own.

Born in Bateman, Saskatchewan, a village of about 300 people at its peak, Helen Bedford was a one-year-old when the First World War ended. She lived a normal life in a small town; went to school from kindergarten to grade 11 at the same small local school; played in the wheat fields around the town; and longed to get out of Bateman to see the world. She endured the dust bowl drought of 1929 and the depths of the depression from 1929-39. But Helen was a resilient person. When she put her mind to improvement... improvement became her middle name.

Following graduation in 1933, Helen went to work in the Bateman Post Office. In 1937 she travelled to Saskatoon to take a secretarial course and then back to Bateman where she completed her grade 12. Her life centred around her job at the Bateman post office until 1939... the year the Second World War was declared.

Helen may not have been free to see the world, but she enjoyed re-locating to Ottawa... and relished her new challenges. She moved into a small apartment with three other women and began a new job at the Defense Department. As the war progressed a new class of citizen was being created in large numbers... widows and orphans. Helen, by now experienced in Dependent Allowances, was made part of a task force to create allowance programs for the new and



Helen and Joe Bouzek around the year 2000.



growing group of Canadians. She ultimately headed the team that implemented the new allowance program and ran it until 1945.

Being brought up during the depression years, Helen was understandably cautious with her money. By 1942 she had accumulated enough to purchase, with her older sister, a home in the McKellar Park (Westboro) area of Ottawa. The house she purchased had a history in itself. Not many know that McKellar Park was formerly called McKellar Park Golf Course. The house Helen had purchased was the former home of the Green-skeeper. She resided in this home

until her death in 2010.

In September of 1945, Helen Bedford married Sgt. Joe Bouzek of Stewart BC. After the war, Joe set up a radio repair company and Helen kept his books.

In 1951, Helen and Joe expanded their family with the arrival of their son, Donald.

In 1957, Helen returned to the federal public service with a position at Statistics Canada. Her experience with Dependent Allowances proved valuable. At the time she was hired as a Clerk 1 married women would not be promoted beyond a Clerk IV level. Incensed at this inequity, she became active in the Union, working as secretary to Al Papineau, who was its President. By 1977, Helen had received seven promotions and became head of a pensions unit with a title of Supervisor. In this role she was instrumental in changing the civil service pension plan to include a feature



A young Helen Bedford at 6 years old. SUBMITTED BY BRUCE RICKETTS

that paid half of the woman’s pension to a legal spouse, following her death... a feature that did not exist previously.

After an interesting career of public service, Helen retired in 1978. She lived out her days, with husband Joe, travelling across Canada in a camper van, playing cards and tending her flower and vegetable gardens.

Helen once told me that she lived her life according to what her father taught her. “Have a sense of community, a desire for knowledge and an appreciation for basic values.”

Both Helen and Joe died in Ottawa. Their ashes were spread at the base of a massive tree that graced their front yard. The house and the tree are long gone now, but the memory of Helen and Joe lives on.

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

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Left: David Becker with his striking display of art work at the December Show.



Diana Westwood Guy captured interest with her Lino-Printmaking demonstrations for December's Show.



Above: Maggie Fietz, in December, in front of her dramatic paintings.



Anne Remmer Thompson, shared her wonderful work as Focus Show Artist for December. PHOTOS: CAROLE MOULT

Original art by local area artists: To rent or to buy

Submitted by Carole Moul

Art Lending of Ottawa (ALO) was established in 1970. It is a not-for-profit artists' cooperative in the National Capital Region. ALO is dedicated to making accessible high-quality original art produced by local, visual artists, who have been successfully juried into the organization. They facilitate rental of their art, lease-to-purchase opportunities, and sales, all at affordable prices. The Art Shows are held at The Recreational Association of the Public Service of Canada (RA Centre) in The Outaouais Room (east entrance) 2451 Riverside Drive, Ottawa. The hours are from 10:00 am to 4:00 pm on the first or second Saturday in the month of March, June, September, December. The upcoming show will be on March 9th. If you are a local artist living

within or near the National Capital Region, you can apply to become an Art Lending member. New artists are selected by a jury normally once each year. The next annual jury will be Spring 2019. Artist application submission dates for the Spring 2019 jury will be announced on the ALO website by early March 2019. Visit: www.artlendingofottawa.ca/ for more information. Art Lending also hosts art demonstrations during the art shows at the RA Centre. Elvi Edwards will be demonstrating her creative painting skills at the March 9th Art show. As well, the March art show will include a focus show highlighting a large selection of watercolour paintings by Renate Hulley for rent and sale. Enjoy the Free Admission and Parking



A hungry Downy Woodpecker seeking out food from a Catalpa tree on Caverley Street. PHOTO: GEOFF RADNOR

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Go outside and be happy in Riverview Park

February in Ottawa can be a drag. Even with Valentine's day in the middle, not much can warm up a minus 20 day. Getting outside, even in the cold, is really good for you. And not like Great Aunt Madie's bran muffins either.

Getting bundled up and going outside is great for lifting your mood. Natural light raises your serotonin levels actually making you happy - and helps get over the Cabin fever you were experiencing. Walking, skiing, skating or snowshoeing through the green spaces right here in Riverview will actually make you happier.

You even get a free boost of Vitamin D, which helps with calcium intake. This increases bone density and decreases inflammation. Don't laugh, it's science, and it's free.

While Riverview Park doesn't have any WiFi Free Zones, being out in the cold means your mitts make texting harder. This is a great opportunity to be aware of the sky, sun, snow, air, and sounds around you. All of these are remarkably high definition and won't eat into your data plan. Again, it's free.

Let's face it, after the holidays, we all need a bit of fresh air and exercise. Hibernating is easier of course, but airing out the lungs and working some muscles have both mental and physical health benefits. And with two neighbourhood skating rinks close by, a new toboggan hill, and lots of green space right here, it should be even easier to just go outside and get happy.



About the *RPR*Review community newspaper

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

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

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

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

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Maplewood Retirement Community rings in 2019 in style!



Getting ready to dance the night away!

Left: Maplewood wishes you a happy and successful New Year!"
PHOTO: EMILY PARENTEAU



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How the Royal Canadian Mint celebrates Chinese New Year

by Carole Moul

Not so very long ago, if you wanted to do any kind of research you headed over to your local library. That was unless your family or friends were fortunate enough to own one of those huge sets of Encyclopaedia such as Britannica or World Book. Even then you might have used your library card to borrow stacks of resource books hoping that these might help improve your upcoming project.

Such was the case, until between the late 1990s and early 2000s, when along came the mainstream use of the internet. Google itself was incorporated on September 4th 1998.

Limitless topics could now be researched from almost anywhere using the Google search engine and the word ‘googled’ was first used as a verb on American television in October 2002. Four years later, ‘googled’ became an official dictionary word. In October 2018, Google reported that more than three billion searches were being handled each day.

And so, because of our well-known love of the internet, it should come as no surprise that Google was immediately used to find information about the upcoming 2019 celebration of Chinese New Year on February 5th. What did come as a surprise, however, was the discovery that the Royal Canadian Mint has been celebrating Chinese New Year since 1998, minting its first Lunar Coin for that year.

Moreover, for 2019 and as it has done every year since 2009, the RCM has minted four different Chinese New Year coins. This year, the

celebration is for The Year of the Pig; the pig being the twelfth and final Zodiac Animal of a 12 year cycle.

“A true diamond in the rough!” notes the Royal Canadian Mint on its website when referring to the Pig, with additional information on the site describing the Pig’s characteristics. Other Google searches state that recent years of the Pig include 1935, 1947, 1959, 1971, 1983, 1995, 2007, and 2019, and that there are five types of Pigs, named after the Chinese ele-

Many other sites include the Pig’s lucky symbols such as lucky numbers (4, 6, 8), lucky colours (yellow, gray, brown and golden), lucky days (the 2nd, 7th, 10th, and 11th day of every month of the Chinese calendar), and lucky directions (southeast and northeast). Even compatibility and relationships are known for each animal of the Chinese Zodiac.

In China, lucky numbers have pronunciations that are similar to words with

ture the significance of Chinese numerology as each have a dollar value with double digit eights in the cents’ columns. Multiples of 8 are said to be even better and three of the four coins are actually minted in number volumes ending with triple eights such as 15,888.

Cultural explanations have been provided for why the number eight is considered to be lucky, Fables and stories are popular to explain the beginning of the Chinese Zodiac.

One popular legend is that when Buddha summoned all the animals to come before his departure from this Earth only 12 came. To reward these animals, he named a year after each and the years were given in the order that the animals arrived.

Indeed, Pig may have been last of the Chinese Zodiac animals to reach Buddha, however the Royal Canadian Mint and its artists

have been first class when sharing their celebration of Chinese New Years and The Year of The Pig with its coins. Thank you to our Royal Canadian Mint. What a wonderful discovery.

For more information about the coins, visit mint.ca

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

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1 oz. Pure Silver Coins – Year of the Pig (2019)



Left: 1/2 oz. Pure Silver Coin – Year of the Pig (2019)

ments. These include Metal, Water, Wood, Fire, and Earth. This year is the Earth Pig.

“Though it may appear unrefined, the down-to-earth pig personality is associated with kindness and loyalty,” the Royal Canadian Mint site mentions. “An excellent listener, the pig will always support you. And if you’re wrong, he or she won’t have the heart to tell you. A lover of the good things in life who rarely holds a grudge, this peace-loving soul wants everyone to get along.”

lucky meanings. The number 8 has long been regarded as the luckiest number in Chinese culture, not only for the Pig. The pronunciation ‘Ba’ for eight in Chinese sounds similar to the word ‘Fa’, which means to make a fortune. It contains meanings of prosperity, success and high social status as well.

The four Royal Canadian Mint coins for the Year of the Pig cap-



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Research Reveals the Key for Relieving Neck Pain

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

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

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

Une recherche révèle la clef pour soulager les douleurs au cou

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

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

N’attendez pas d’avoir mal avant de consulter le Dr Stéphane Chillis.
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The Story of Bread Box – Dough to Door Bakery

by Justin Stefanik

It all began with an idea I had last year. I imagined a loaf of fresh bread and treats being delivered to my doorstep. At that time, I was struggling to find meaningful work after graduating with a PhD in Geography from Carleton University. My spouse travels to Germany quite frequently on business and told me how she gets fresh bread rolls delivered to her room daily. I was also hearing a lot about meal delivery services and about how this could revolutionize our future eating habits.

As a graduate from chef school and having a previous culinary career, I wanted to build on the idea of food delivery and subscriptions. Being a CSA veggie box subscriber, I also thought that a CSA baking box would be an interesting concept. And so I married my love of baking and my passion for environmental issues into building Bread Box - Dough to Door Bakery.

What we offer

Each week we deliver a box of fresh baking to our subscribers' doorsteps. The box includes the bread loaf of the week and a surprise bake of the week. The loaf of the week could be a rye, a German pumpernickel, a classic sourdough, or one of the many other loaves we bake.

The surprise bake includes either sweet or savoury items and in the past has contained fresh croissants, browned butter brownies, and apple strudel. Every week is different, so to let subscribers know what will be arriving, a newsletter is sent out a few days before detailing the bakes and a list of the ingredients. It's fun to be surprised with fresh baking and kids love to wait by the door for the Bread Box to arrive. Some clients choose not to read the newsletter on purpose so it will be a total surprise when they open the Bread Box.

We embody local

While our administration opera-




Sigrid is going to be a big help to her dad, Justin Stefanik, some day.

tion is based in Riverview Park, we bake out of the Cauldron Kitchen in Overbrook. It's one of the few shared kitchens in Ottawa where people can build their culinary dreams. Our organic flour, cheese, and butter suppliers are all from local farms. These are often purchased directly from the farmer, such as George Wright of Castor

River Farm. I buy Red Fife wheat and rye grain berries and mill them myself so the baking has the flavour of fresh milled flour and not the stale taste stuff that's been sitting in bags for years on end.


Bread like no other

Bread has had a bad reputation over the last few years, but not




Dough to Door Bakery

Hello Riverview Park! We are your neighbourhood subscription bakery. Each week you'll receive a surprise box of fresh artisanal bread and goodies delivered to your door. This is one-of-a-kind service - and it's only available in Ottawa! You'll get a weekly newsletter outlining all the week's bakes, so you'll know what to expect.



All of our breads are leavened with our 4-year-old sourdough starter and leavened for up to 24 hours to ensure easy digestion and delicious flavours. Most people with gluten sensitivities are able to eat our slow-leavened breads.

Subscription baking means we only make to order, meaning no wasted or unsold products. We use only locally-sourced and locally-milled organic flours and organic ingredients. Our newsletter also highlights specific farms as part of our efforts to support community agriculture.



Your delivery will arrive in a reusable, 100% recycled plastic box (BPA-free). Each week, we fill it with fresh baking. We even deliver with an electric vehicle so there is zero emissions!

We donate a weekly box of baking for every 10 new subscriptions to Russell Heights Community House. Sign up today!

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all breads are created equal. Our breads contain no preservatives and are built on the basics of organic flour, water, and sea salt. We use a four-year-old sourdough starter as the leavening agent and the loaves are fermented over 12 hours for easy digestion and beautiful flavour. Many of our customers with gluten issues can eat our breads, while they are in excruciating pain if they eat store-bought bread. Every sourdough starter is geographically unique based on flour being

used, the local water, and even the baker’s unique way of handling and keeping it. Our loaves have a depth of flavour that will leave you feeling more satisfied than from mass produced breads.

Great taste, zero waste

With the growing concerns over single-use plastics, it was my goal to build a zero-waste

bakery. Our delivery vehicle is fully electric and the 100% recycled plastic delivery boxes are re-



Baked goods from the Bread Box – Dough to Door Bakery.

used every week. You clean the box and set them outside on delivery day and we fill and seal them with compostable stickers or, if you’re really zero waste conscious, a rubber band. Our office even runs on a 6 kWh solar power system.

Social enterprise

For every 20 subscription sign ups, a weekly box of subscription baking is delivered to Russell Heights Community Housing. Each week a different family that has signed up for the service gets a box of fresh baking. I

felt that not only people with money should be able to enjoy delicious higher quality foods. As we grow, we also want to train and hire residents of the Russell Heights Community to gain valuable job training in the culinary industry.

All in from the beginning

Many businesses try to make changes along the way to be more sustainable and more socially aware. For me, these values should be imbedded in the business from the very beginning



PUB FARE in February, served with beer tasting floats

Maplewood slow cooked ribs by talented cook Rhon Cruspe

- Slice onions and place on bottom of pan, place in the oven.
- Cut St’Louis baby back ribs into halves or thirds and place over the onion.
- Rub ribs with house spices and sprinkle minced garlic on top of the ribs.
- Add the in house made BBQ sauce and water. Cook on high for 4 hours or medium for 6 hours. Remove from the oven. Baste overnight. Slowly bring up to service temperature

Come to Maplewood and Enjoy!

RIVERVIEW PARK

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TALKING MOVIES BY PETER THOMPSON OF MOVIES 'N STUFF

Killer Series from Across the Pond



Endeavour

by Peter Thompson

Why is it British detective series are so popular? For one, the Brits are great actors. Not all of them, mind you, but the ones that make it to BBC programs are quality actors, usually theatrically trained. Then you mix in the locales of some of the top shows, like Oxford, Newcastle, Shetland (Scotland!), and Manchester. These picturesque landscapes play a big part in these series as do the stories.

How can you have a great series without a great story? Answer: you can't, so take a little trip with me through the UK and let's check off the best of the best of crime drama. I went with a countdown of the ten best, with honorable mentions to Inspector George Gently, Prime Suspect and Luther.

10. Life on Mars (series completed). DCI Sam Tyler is so distraught after his female partner is kidnapped by a vicious criminal, he steps in front of a car. When he wakes up, he's back in the 70s and the thread that will ultimately lead him to her kidnapper is somewhere to be found. Great stuff!

9. Line of Duty (ongoing). The series is centered around DS Steve Arnott and this one is as exciting as they come! It's hard to summarize the series, because each season is a different story, the common thread being Arnott. Check out the first season and be prepared to be engaged.

8. Sherlock (series completed). Probably the most popular of the detective series, this modern retell-



Vera

ing of Sherlock Holmes catapulted Benedict Cumberbatch to fame and spawned a legion of followers. The 15th top rated TV show of all time!

7. Shetland (ongoing). The first of two Ann Cleeves penned thrillers on this list, DI Perez and his team investigate murders on the small island community of Shetland. Never a dull moment, as we've come to expect from Cleeves.

6. Broadchurch (completed). A boy is murdered and everyone in the small town of Broadchurch is a



Foyle's War

suspect. As the story unfolds, the seemingly innocent coastal community becomes a village of secrets. A must see!!

5. MI-5 (completed). The daddy of all contemporary British spy thrillers, this one centers around the elite and often secretive missions of the UK's domestic intelligence organization. A sprawling 10 season affair that made names of Nicola Walker amongst others.

4. Vera (ongoing). Ann Cleeves is at it again, this time bringing us sarcastic, sharp detective Vera Stanhope (played by the amazing Brenda Blethyn), who has her own demons to deal with as well as murders to solve in breathtaking Northumberland. One thing's for sure, if you have Vera on your case and you've done wrong, you're in trouble.

3. Scott & Bailey (completed). These two female detectives have issues away from work, to put it mildly, but when tasked with finding killers in Manchester very few do it better. Surprisingly overlooked, but one of the best out there.

2. Foyle's War (completed). As WW2 rages, Detective Foyle has his hands full investigating crimes on the south coast of England. Michael Kitchen is so good as Foyle; you may never want this series to end. A masterpiece.

1. Endeavour (ongoing). No surprise to the people who come in frequently, this has been my favourite British detective series since the day it came out. Only a constable (he'd later become Inspector Morse, of course), Endeavour solves mysteries in picturesque Oxford with his senior partner DI Thursday. Amazing stuff.

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When will you get to ride the new LRT?

by Geoff Radnor

The City has been promised that the whole new LRT system will be handed over on March 31st 2019. That does not mean that you can get a ride on it that day. The next day is April 1st and no one wants go on anything for the first time on that day, for sure! The city wants to make sure all is safe and in absolute perfect working condition before a single passenger gets through the turnstiles with a ticket. So it will be a few days at least before you can get aboard.

So, we do have a little time to plan on how we will use this new LRT. There are some stations that are close to our neighbourhood of Riverview Park, but not one is as close as the OC Transpo buses on Alta Vista Drive, Coronation Avenue, Russell Road or Smyth Road.

Perhaps the easiest connection is by taking the bus to Hurdman where there is a brand new LRT station. You can get the LRT from there all the way to Tunney's Pasture

if you work downtown or close to the western terminus. Going in the opposite direction will take you to the Blair Station. You will pass the St Laurent Shopping Centre on the way, and the Gloucester Centre is next to the Blair Station, so it easy if you want to go shopping.

The LRT station at Tremblay is adjacent to the VIA Rail Station, but you do have to brave the elements to transfer from one to the other, there is no integration of the two systems. Most likely this station will be for those who want to take the VIA train to Montreal or Toronto. Getting to the Tremblay LRT Station is not easy, as there is no direct connection from Alta Vista Drive or Russell Road. Again a trip via Hurdman is needed.

Ottawa University has its own LRT Station so students from this area will just have to get to Hurdman and then zip quickly to their studies. There should be no excuses for being late!



Turnstiles at the UOttawa station



Blair station is the eastern terminus of the new LRT



Hurdman station, the closest to Riverview Park. PHOTOS: SHANE SEGUIN OTRAINFAN.CA

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What type of dog is right for you?

by Jonathan Sumner

Opening up your home and heart to a new dog is a big decision with many factors to take into consideration. While appearance often influences the type of dog people buy or adopt, it is important to make sure that the dog breed you choose is right for you and your lifestyle.

Most purebred dogs were developed for specific tasks and they are categorized in seven groups; Herding, Hound, Working, Terrier, Sporting, Non-Sporting and Toy. Each breed has specific traits that can help you predict activity requirements, trainability, temperaments etc.

Even with cross-breeds you can predict to some degree a mix of their characteristics. Take a Rottweiler/German Shepherd cross. Both are from the working group, so we can predict this dog may have a strong guarding nature, a strong will and will need firm training to ensure they are safe in situations with other dogs and people. Both breeds have a predisposition for dominance and aggression if they are not provided proper guidance.

Once you get to know more about the characteristics of the breed you are interested in, you need to consider the following: Are you prepared for basic training and behavior problems? Are you aware of what the breed requires for exercise? Are you willing to provide the mental and physical stimulation rain, shine or snow? Are you prepared to take on these responsibilities for the entire life of the dog, which could be 10-18 years?

Your living situation is something to consider if you live in a condo or apartment. What is your work schedule and how long is your dog alone? What happens if your dog barks when you leave them alone? Noise complaints and separation anxiety are a huge reason for rehoming dogs.

What about the rest of your family. Do you have small children or other pets? How will this new family member fit in with your current lifestyle? Would a big dog or small dog fit best?

Let's not forget about the costs of adding a dog to your household. There is food, training, accessories, vaccinations and let's not forget vet bills for unforeseen issues. You should also consider the type of coat you prefer. Long-haired dogs need to be brushed regularly to prevent tangles and mats and there are grooming costs if you have a dog that needs extensive maintenance.

Bringing a dog into your life is a complicated choice. In my experience, dogs are emotional, sensitive

animals that bond deeply to their humans. All of these factors are important to enjoying your relationship with your dog. When you are ready to open your home and heart you want to minimize the chance that you need to look at surrendering your dog because they are not the right fit for you and/or your lifestyle.

Actually, maybe the question isn't so much, "is this dog right for you?", but instead, "are you right for the dog?"

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



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Gerry and André enjoy a good game of pool in the Games Room.



The beautiful salt water pool: just one of the many amenities at Les Terrasses Francesca

Apartment living in 2019

by Carole Moul

Late in the fall of 2015 people on the bus along Vanier Parkway began to notice activity at the corner of Presland Road. As they watched curiously over the following two years, four beautifully designed structures of various heights with attractive stone and brick claddings began to take shape. Large signs noted that these were the beginnings of Les Terrasses Francesca, by Lépine.

Today, 1425 Vanier Parkway is an amazing apartment community that is called home by several hundred people.

A friend from our neighbourhood, along with her husband, moved to the Vanier Parkway address last summer after downsizing from their two-bedroom bungalow. They say they are loving it there. A few weeks ago the opportunity arose to visit Diane Schmolka and find out first-hand what is truly meant when people say they are downsizing but not downgrading.

The media has presented multiple articles on downsizing: what to keep, what to get rid of, where to send the things you're not keeping, who you can get to help you. The list is lengthy. What you don't always see first-hand are the results of someone you know who has decided to live without the extras they don't really need or use.

Last month after several trips to Les Terrasses Francesca the maxim of downsizing but not downgrading was seen in reality. Visiting the venue, greeting the concierge, meeting people and pets, dropping into amenities such as the salt water pool, or the games and exercise rooms, on what the residents call the Main Street, or perhaps viewing a variety of beautiful suites, enables the desire for an easier lifestyle to turn into something real.

It is evident that their apartments are larger than most, ranging from 930 sf to up to 1500 sf; thus making it much easier for someone to transition from a house to an apartment. There's also the fact that most ceilings are 9 or 10' high.

Diane and Peter Schmolka had lived in Riverview Park for years. Peter had become tired of home ownership and with Diane it was health issues. Peter told about "the bags and bags of leaves" he had to rake and "all the grass cutting." Then, it was "keeping the sloped driveway cleared of ice for Diane in winter." Today at Les Terrasses, Peter comments that he is a tourist in his own city, with the bus outside the front door and multiple walking routes, including to the Rideau River, within a short distance of

Today, 1425 Vanier Parkway is an amazing apartment community that is called home by several hundred people.

their apartment. Residents also appreciate that downtown is the next exit on the 417.

Diane notes that, living at Les Terrasses Francesca gives her more time to do what she wants. An accomplished pianist and Art's aficionado, Diane adds that bringing her own grand piano to her new home was her priority along with cat Miko. And that a simpler lifestyle provides her with a greater opportunity to work and compose.

Diane admits to playing on the beautiful white grand piano that graces the front foyer of her apartment building and had heard that it had an interesting background.

The story of the white grand piano actually began years ago in Montreal. It belonged to Francis and Francesca Lépine's mother and was initially bought for her condominium in Montréal's Le Sanctuaire project. The Lépine family (Francis and Francesca's parents) built Le Sanctuaire and in it owned a large condo. There, Mrs. Lépine installed two baby grand pianos, one black the other white, as she often entertained and liked to play for guests; hence, not one, but two pianos. The white piano was given to Francesca when Mrs. Lépine downsized. Francesca decided to install it in Les Terrasses Francesca for tenants to enjoy. Mrs. Lépine's daughter said it would make her mother very happy to know that the piano is still being played.

"Ottawa is filled with artistic people in all areas," Diane said recently. "This is especially true in the older parts of the city such as Beechwood, Rockcliffe Park and Overbrook where we now live. Having artists who are in the apartment community share their talents would be ideal."

Diane now plans on using The Building Link, an on-line notice board for the Les Terrasses Francesca community, to appeal to other residents to help have this happen. To this end, she hopes to initiate an art's committee similar to clubs already established for games of bridge, trivia and for dog walking.

There are a lot of things that seem to be ideal to Diane Schmolka these days since moving to her new home. Now she has the time and opportunity to appreciate them.



A beautiful room with a view on the fourth floor.



Diane Schmolka, an accomplished pianist, has enjoyed playing the beautiful white grand piano that is in the front foyer of the apartment building.



Lola, a fluffy little seven year old Coton de Tulear, is a fellow resident of Diane.



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Alta Vista

Heron Gate Open House *Further input welcomed on the future of Heron Gate*

Based on input given by the public, very early conceptual designs regarding the future site at Heron Gate will be presented at two public open house consultations:

February 11 | 6:00 - 8:00pm
Heron Road Community Centre
1480 Heron Rd.

February 12 | 6:00 - 8:00pm
The Hub/Party Room,
2850 Cedarwood Dr.

(Interpretation will be provided at this session.)

I invite you to attend either of these consultations and continue an open dialogue on the next steps for this community.

2019 Draft Budget **See where your taxes go, at Ottawa.ca**

The draft 2019 City Budget will be tabled at Council on February 6. What would you like to see included? I want to know your thoughts on the draft.

Find out more by reviewing the budget highlights at www.ottawa.ca and send me your thoughts.

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- Speed display boards: show drivers the speed at which they are travelling, reminding them to slow down.
- Speed pavement markings and school zone markings can increase compliance by up to 10.8%.
- "Slow down for us" signs have increased compliance by up to 6.4%.
- A relatively new measure available to us is the 3D speed hump like the one seen on Othello. These markings may increase compliance by up to 10%.

Each street is assessed individually and TTC measures are tailored to specific needs as some might be more effective than others in particular areas. There are also restraints as to where certain measures can be installed. We work closely with our partners in TTC and rely on their expertise in making these decisions.

In Alta Vista, the locations of TTC measures are always chosen based on resident input. Every single measure in your neighbourhood started with a request or concern brought to us from a resident. No one knows your street better than you do, that is why I need your help determining where TTC measures are needed. If you live on a street that may be in need of traffic calming, please call or email my office.

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Cancer Coaches: Mélina Ladouceur, Bonney Elliot, and Patricia Barrett-Robillard. PHOTO: WORN LEATHER MEDIA



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Made-in-Ottawa Cancer Coaching makes sure no one faces the challenges of cancer alone

by Christian McCuaig

As one of the very first Cancer Coaches in Canada, Mélina Ladouceur has seen a lot of incredible things happen in Eastern Ontario’s world of cancer care.

She has worked with the Ottawa Regional Cancer Foundation since its Maplesoft Centre opened on Alta Vista Drive in 2011, and has helped hundreds of families facing cancer improve their health and wellbeing through Cancer Coaching.

“Coaching is a person-centered experience,” Mélina says. “It allows me to work in partnership with my clients to help them focus on what is most important to them.”

While each person’s reason for meeting with a Coach is unique, Cancer Coaches are specially trained to address a wide variety of challenges and needs. For some who visit the Maplesoft Centre,

Coaching is the opportunity to speak candidly about their diagnosis with a knowledgeable ear. Others may be looking for practical tools to help them address a particular concern.

“Sometimes I help my clients prepare questions for their first meeting with their oncologist, and sometimes I help them improve their diet or work on increasing their physical activity levels,” Mélina says. “Others might want help talking to their families or kids about cancer, or need strategies to help them manage their stress. Everyone is different, and our job is to focus on what is most important to you.”

Cancer Coaches are health professionals with experience in fields like nursing and social work, and who have special knowledge relat-

CONTINUED ON PAGE 19



PHOTO SUBMITTED BY JUDITH SULLIVAN

CONTINUED FROM PAGE 18

ed to oncology. And Coaching isn’t just for patients in treatment – it is available to anyone, whether they have finished treatment, are facing a recurrence, or are a caregiver or family member to someone facing a cancer diagnosis.

Cancer treatments are rapidly improving here in Eastern Ontario, meaning more people are living much longer with cancer. However, many patients face gaps in their care that are difficult to address, particularly in the post-treatment phase when they no longer have regular meetings with their oncology team. In a recent report from the Canadian Partnership Against Cancer, nearly 70% of cancer survivors said they struggled after their cancer treatments ended. Survivors have also shared that their most significant unmet needs include emotional support, information, communication, and education, and respect for patient preferences, with only 50% of people receiving the support they needed.

“There are so many benefits we’ve seen in our Coaching clients in these areas,” Mélina says. “Coaching can you help reduce your stress levels, improve your quality of life, provide you with a supportive space and a listening ear, and give you practical tools and strategies to help you make changes, get the answers you need, or reach your health and wellness goals.” She also notes that meeting with a Coach can also be the first step towards someone discovering they need more specialized support, like from a physiotherapist or a mental health professional.

One-on-one Cancer Coaching is available for free at the Ottawa Regional Cancer Foundation’s Maplesoft Centre, and in satellite

locations throughout the region. The Foundation has also recently launched Virtual Cancer Coaching using the NexJ Connected Wellness platform, allowing Coaches to communicate with their clients online and keep track of their health information.

With an expected 8,000 new cancer diagnoses in Ottawa alone, Mélina and the other Coaches are working to expand Cancer Coaching even further throughout the community, and to spread the word about the service to more families. “When cancer enters someone’s life, they often don’t know where to turn to cope or to address the new challenges they face,” she says. “The more we talk about Cancer Coaching and let people know this service is available close to home and for free, the more people we can help.”

But even with the growing incidences of cancer in Ottawa, Mélina says she is always inspired by her clients. “I believe that each person has unique strengths and inner wisdom based on their life experiences. Cancer coaching allows me to be present to someone’s experience and to meet them where they’re at in order to provide them with the information they need, help them problem-solve, and explore strategies to help them make important decisions and meet their personal needs.”

“Nothing is more incredible than seeing the changes in someone I’ve been working with, when their quality of life improves, their stress diminishes, or when they feel empowered and feel they have the tools to manage their health and well-being,” Mélina says. “Coaching can help you to feel in control again, which is something we all need...to feel like we can do something and move in a direction when we’re feeling stuck.”

Peace in the midst of uncertainty

How Cancer Coaching helped Judith regain control

by Christian McCuaig
Judith Sullivan was looking forward to an active and busy retirement when a few adverse symptoms resulted in the unthinkable.

After a series of tests, Judith was diagnosed with late stage ovarian cancer in August 2017. Her oncologist told her that at that point, the cancer had been present in her body for about three years.

“I was devastated,” Judith says. “We had finally returned home from the last of our international postings, and had resettled into our home in Ottawa. I was looking forward to so much, and cancer changed everything.”

Judith’s treatment included a

CONTINUED ON PAGE 20

The Ottawa Regional Cancer Foundation offers one-on-one Cancer Coaching free of charge at the Maplesoft Centre at 1500 Alta Vista Drive, and at additional locations across the city. For a fee, Nutrition Coaching and Group Coaching programs are also available. If you or someone you know is facing cancer, visit www.ottawa-cancer.ca or call 613-247-3527 to discover how we can help!



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Peace

CONTINUED FROM PAGE 19

course of six chemotherapy cycles and interval surgery, but her cancer would recur just three months later. She says her care at the Ottawa Hospital Cancer Centre was excellent and that she received initial support from a nurse practitioner at the Shirley Greenberg Women’s Health Centre, but she needed something more. “I knew that I needed a private space to discuss my prognosis,” Judith says. “The whole issue of my cancer was complicated by the fact that my sister had passed away from the same disease 20 years earlier. The emotional burden of family testing came in focus for my many relatives.”

Both her oncologist and the nurse practitioner urged her to reach out to the Ottawa Regional Cancer Foundation to talk to a Cancer Coach. “Following my interval surgery I was feeling a bit better, so I asked a friend to take me to an information session at the Cancer Foundation’s Maplesoft Centre last December,” Judith says. “This led me to my Cancer Coach, and our meetings have been invaluable.”

Cancer Coaching is a complementary community service funded entirely by donors in Ottawa, to

provide families facing cancer with the support, resources and tools they need throughout their cancer journey. Coaches work one-on-one with patients, caregivers and family members to help them meet the many challenges of cancer, achieve their health and wellness goals and improve their quality of life.

Coaching ended up giving Judith the ear she needed, in addition to many other resources and strategies that would help her throughout her cancer experience. “I received so much support, and we had many evidence-based discussions about my different options for living, care, and dealing with the tough questions,” she says. “With my Coach, I found a space where I could speak frankly about my fears and struggles, especially how to consider my needs alongside those of a shell-shocked family.”

Judith also took advantage of the other programs offered at the Maplesoft Centre, like weekly Reiki treatments, a support group, the use of an Infrared sauna, and the Brain Fog Group Coaching program. Her husband enjoys attending some of the Foundation’s discussion panels and public talks held by oncologists, Cancer Coaches and other cancer care professionals.

“Coaching has worked well for me because I didn’t want a cook-



PHOTO SUBMITTED BY JUDITH SULLIVAN

ie cutter series of meetings,” Judith says. “I needed a plan, and my Coach was able to tailor our sessions to what I needed. Because I was keen on trying targeted therapy and other options that were not being readily offered, my coach was instrumental in helping me to think through these treatment options and gave me possible scenarios to consider,” she says. “I am grateful for this type of Coaching, as it kept treatment plan decisions in my hands.”

The cancer-fighting treatments Judith experimented with have recently stopped working, so today she is receiving a palliative treatment approach. She says she feels more in control of her life because she began her coaching early in the journey. “My husband and I grew

more flexible as a couple, and took better advantage of things that give us joy, like traveling to Mexico and Spain, and planning our daughter’s wedding at home this past summer.” Despite her changing horizon, Judith says Coaching has put many things into perspective and helped her remedy the factors she can control, like improving her food choices, managing her energy, and advocating for herself in her medical appointments.

“I am at peace,” she says. And through Ovarian Cancer Canada, she is able to communicate with other cancer patients regularly. For those living in Ottawa, she has been adamantly recommending they pay a visit to the Cancer Foundation and ask about Cancer Coaching.



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Landmark Court helped make Grace’s bucket list happen for the whole family

by Carole Moul

Everyone enjoys a happy human interest story. These can be brief or even take place over a long time. The one about to unfold had its beginnings 68 years ago in Victoria, British Columbia.

The year was 1950 when Grace Worthy first saw Bill Kanwisher at a Baptist Church camp on the Labour Day Weekend. He and some friends had stopped by to visit and Grace was impressed that Bill was not only a naval officer but had a car. When he asked her if she would show him around the city since he had just been posted there, she gave him her telephone number and a friendship began. The following year the Kanwishers were married. Today they have six children, 14 grandchildren and 19 great-grandchildren.

When they met Grace was teaching grades two and three at West Saanich, a local elementary school. Bill had recently graduated from the University of British Columbia with an Electrical Engineering Degree. His new posting in the navy was as an electrical officer at Naden’s Dockyard in Victoria

Bill Kanwisher was in the navy for 32 years. Today, a certificate from Prime Minister Pierre Elliott Trudeau hangs on a wall at Landmark Court Retirement Residence. The document, presented in 1981, congratulates Bill Kanwisher for his loyal service.

First posting for the Kanwishers was when Bill served in the Canadian Joint Staff in Washington, D.C. for three years. Subsequent postings criss-crossed Canada several times before Bill and Grace retired in Ottawa.

The Kanwishers decided to spend winters in Myrtle Beach. Each year they would pack their bags for sunny South Carolina. That is until one cold winter all didn’t go well back in Ottawa. The Kanwishers returned home to discover that their carefully made arrangements had not worked out. It was only thanks to various neighbours that their home was not totally snowed under. The hired snow shoveller had not done his job. So they decided to move to something more suitable for snowbirds. The soon to be built townhouse bungalows of Landmark became their new home for the next 21 years.

“We liked the house, our neighbours, and that the grass was cut and the snow shovelled,” Grace said. “We could return home from



Bill and Grace Kanwisher share their album of family reunion memories.
PHOTOS: CAROLE MOULT

Myrtle Beach with fewer worries.”

Seven years ago the family agreed it was time to downsize. And, as good fortune would have it, an apartment became available in the Landmark Court Retirement Residence, just two doors away. Not long after, Grace and Bill Kanwisher moved into their comfortable suite at 140 Darlington Private. Landmark Court has been referred to as ‘the hidden gem of the Hunt Club, Riverside area’ and those who discover the neighbourhood couldn’t agree more.

It didn’t take long for the Kanwishers to become involved in Landmark Court’s many activities and by happenstance after one such activity their family reunion took place last year. A simple question from Executive Director Jane Brennan was all it took. “Does anyone have a bucket list?” she asked. “I do,” answered Grace Kanwisher and she explained what it was. “I have great-grandchildren in Prince Edward Island that I have never seen, and I would like to meet them.”

Jane looked into the feasibility of a trip to P.E.I. for Grace. After realizing this would be difficult, she worked to see if the P.E.I. family could come to Ottawa instead. And so, on July 1, 2018, Grace’s great-grandchildren joined not only their grandparents, but aunts, uncles and cousins for a backyard family reunion picnic of the Kanwisher Clan.

A photo album holds memories of that day thanks to family members who put it together for them.

“The children are very good to us,” Grace commented.

The Kanwishers continue to enjoy Landmark Court. “The staff is considerate and positive. I believe it starts from the top down. Jane Brennan is a real leader!”



Bill Kanwisher received this certificate on the occasion of his retirement, November 30th, 1981. It was signed by Prime Minister Pierre Elliott Trudeau.



Family have framed Bill’s medals from his days in the Navy

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by Maria CampbellSmith

The history of cocoa is thousands of years old in countries like Ecuador and Mexico. For most of its history, chocolate was a bitter, spicy drink made from the beans of the Theobroma cacao tree. (Cacao is the Spanish word for cocoa - so both words mean the same thing.) They say the Aztec emperor, Montezuma, drank cocoa from a golden chalice 40 or 50 times a day, and that Mayan emperors had jars of chocolate buried with them. In fact, the Mayan civilization used the cocoa bean as currency!

Cultivation of cocoa trees was restricted by the Mayans to keep the value of the beans high. Goods and services were purchased with cocoa beans rather than gold. A slave might cost 100 beans, a live turkey 20 beans, the services of a prostitute 10 beans. There are even records of ancient people counterfeiting cocoa beans from clay, and of Spanish royalty using cakes of cocoa to increase their dowries. However, while chocolate has always been a prized commodity, its current popularity and volatility mean those of us who love it are in for a shock.

Threats to Cocoa Crops

Urbanization, globalization, and climate change have some alarmists declaring that cocoa could be extinct by 2050! Those who study, grow, or sell it certainly foresee pure chocolate becoming more rare and expensive.

Chocolate is part of holiday celebrations, gourmet meals, and novelties around the world. Nearly 4 million tons of cocoa beans are produced each year. Over 40 million people are dependent on cocoa for their livelihood. The global chocolate market is estimated to be worth \$135 billion a year! How could such a prosperous trade be headed for extinction? Hundreds of millions of pounds of chocolate candies are purchased and devoured each year. How could our planet's favourite flavour be in trouble? The answers lie in learning just how complicated cocoa is.

Cocoa trees need consistent heat and humidity, abundant rain, and nitrogen-rich soil to thrive. The best conditions for cocoa farms are within 10-20 degrees of the equator. The trees can live for 200 years, but only produce marketable cocoa beans for their first 25. Climate shifts, temperature and soil changes, and the increases in disease and pests that result, also make farming cocoa trees a volatile endeavour. Urbanization, pollution, and seasonal fluctuations in global demand and commodity prices add to the pressures. It takes 400 cocoa beans to make just 1 pound of chocolate.

Chocolate manufacturers can



be massive, multinational, highly profitable corporations like Mars, Ferrero, Nestlé, Hershey and Lindt, but the raw cocoa beans are sourced from rural, vulnerable, independent farms in developing countries. Chocolate is bought and sold worldwide - yet more than half of the planet's cocoa supply comes from just two small West African nations - Cote d'Ivoire and Ghana. These countries depend on cocoa harvests for the bulk of their national trade revenues and employment, but they bear the brunt of the vulnerability and volatility. Child and slave labour are still realities on some farms. Fair Trade policies have been developed to better balance the industry. Ethically sourced products are worth paying a bit more for, after all.

The Chemistry of Chocolate

How has chocolate become a worldwide phenomenon? Why is chocolate such a delicious indulgence? The answer is simple. Chemistry. Raw cocoa contains more than 300 chemical compounds including anti-oxidants, fats, proteins, serotonin producers like tryptophan, and stimulants like theobromine. Processing the beans into cocoa powder or dark chocolate alters the chemistry. It also increases the concentration of caffeine. Chocolate melts at 93°F, just below body temperature, which is why chocolate melts easily in our mouths. Scientists and chocolatiers equally conclude that the most compelling reasons for the world's obsession and enjoyment of chocolate are texture and taste.

Dark chocolate retains pure co-

coa's bitter taste because it consists mostly of cocoa powder, cocoa liquor, and cocoa butter. Semi-sweet chocolate must legally contain a minimum of 35% cocoa solids but adds sugar. Milk chocolate adds condensed or powdered milk and more sugars. White chocolate is made with sugar, milk and cocoa butter. With no cocoa solids, it is not considered true chocolate. Confection or compound chocolate now replaces even the minimum 20% cocoa butter levels with vegetable or hydrogenated fats, so it is not real chocolate either.

Chocolate as a Medicine

Real chocolate is not just tasty - it can also be good for you. However, for chocolate to be medicinal, it should be cocoa powder or the first ingredient listed should be cocoa or chocolate liquor - not sugar. The tannin in cocoa reduces the growth of plaque in the mouth and the oxalic acids in dark chocolate help to lower acid production. These factors prevent tooth decay. Imagine how quickly chocolate toothpaste would fly off the shelves!

The theobromine in chocolate also works against inflammation and irritation. It increases blood flow and energy levels, so small amounts of dark chocolate are now daily medicine for many. Oaxacan healers in Mexico have used cocoa to treat bronchitis for generations. Now recent university studies in England have confirmed that cocoa powder is equally effective as cough syrup. Chocolate is poised to become valuable currency once again.

Saving or Changing Chocolate

Cocoa is a labour-intensive, fragile, and tropical crop. It is vulnerable to fluctuating world markets, climate change, and the steady loss of land, trees, and harvests. Consequently, heirloom and endangered cocoa seeds have been preserved. They are stored in the Global Seed Vault which is on a Norwegian island in the Arctic Ocean. New farming techniques and Fair Trade Certification aim to better support rural cocoa farms. Scientists and farmers are also cross-pollinating trees to produce cocoa varieties more resistant to disease and climate change. UC Berkeley and the Mars candy company are even genetically modifying cocoa plants to grow hardier and bloom longer.

Candy companies will alter chocolate compounds and recipes. Purists and gourmets will seek prized "rainforest chocolate". While organic cocoa remains a threatened and fragile crop - the global chocolate industry continues to be highly productive and lucrative. The power of the cocoa bean is still not fully realized. So once again, cocoa seems a currency all its own.



Some Bizarre Chocolate Trivia

- Hershey's makes 70 million chocolate kisses every day!
- The Swiss eat more chocolate per capita than any other nation; 22 pounds per person per year!
- Bookstores that scent their air with chocolate sell 40% more cookbooks and romance novels!
- Belgium has a population of 11 million people, but over 2 000 chocolate shops! In 2013, they even issued a chocolate-flavoured stamp!
- M&M candies were created in 1941 so US soldiers could carry chocolate without it melting.
- There was a Nazi plot to assassinate Winston Churchill with an exploding bar of chocolate!
- The blood in the famous shower scene of Hitchcock's film Psycho was actually Bosco chocolate syrup!
- Thornton's in the UK created the world's largest chocolate bar - weighing 5 792 kg! That is approximately the weight of 5 compact automobiles!
- North America sells nearly 50 million pounds of chocolate at Valentines, over 70 million pounds at Easter, and over 90 million pounds at Halloween! Clearly, chocolate is the currency of our holidays.

ESSENTIAL HEALTH



RYAN McLAUGHLIN
RMT

Massage Techniques – Acupressure

There are many different types of massage therapy. In Ontario, Registered Massage Therapists are trained in Swedish massage, sport and deep tissue massage, pre/post natal, as well as several others. Our education doesn't stop when we finish school, however. After Registration, we are responsible for continuing our education and we are free to pursue special interests and to expand on our knowledge and techniques. Continued learning allows massage therapists to develop more skills that better serve our clients. Each massage therapist will use a combination of techniques to customize your treatment for your specific needs.

One of the many techniques that we can learn is Acupressure.

Acupressure is a massage technique similar in principle to acupuncture.

It is based on the concept of life energy, or "Qi," which flows through "meridians" in the body. In treatment, physical pressure is applied to acupuncture points with the aim of clearing blockages in these meridians. Pressure may be applied by hand, by elbow, or with various devices.

It is believed that acupressure began between 4000 – 5000 years ago where hieroglyphic inscriptions describing acupuncture and acupressure on bones and tortoise shells have been found dating to those periods. The hieroglyphic writings also describe observations of "Yin and Yan Theory" upon which all traditional eastern medicine is based.

What is the Yin and Yan theory? The theory of Yin Yang was developed in ancient China as a way of understanding and interpreting

It is believed that acupressure began between 4000 – 5000 years ago where hieroglyphic inscriptions describing acupuncture and acupressure on bones and tortoise shells have been found dating to those periods.

nature and the universe. Yin Yang does not refer to any concrete objective phenomenon; rather it is a theoretical or philosophical method for observation and analysis.

In Eastern medicine this basic theory of nature is applied to the human body, health, disease, and medicine. The human body is thought to be an integrated whole made up of organs, tissues, fluids, emotions, energy and spirit that are all interconnected and are in constant transformation (Yin/Yang). When there is balance between all of these aspects optimal health and function is achieved. When there is an ongoing imbalance of Yin and Yang pathological changes occur leading to dysfunction and disease.

In the practice of acupressure we try to achieve this balance in the body by stimulating what Chinese medicine refers to as Qi. In essence Qi is our life force. Following the meridians of the body, the practitioner can create the balance of Qi for optimal health and function.

When balance is achieved in the body, you feel less stress, and muscle tension, your digestion improves, circulation improves, headache and migraine pain can be reduced, and sleep quality improves.

Our very own Ryan McLaughlin RMT is a certified acupressure practitioner and is looking forward to helping you address your chronic issues. If you would like to learn more about your body and conditions you have, please subscribe to our newsletter through our website at www.essential-health.ca. If you have any general questions about how massage might be able to help you, or about psychotherapy, please email info@essential-health.ca.



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Legion records tell tales of not so ordinary people

by Bill Fairbairn

(formerly with Legion Magazine)

Membership records of famous military men of another era, even that of a man destined to be king, were once kept in a filing cabinet in the basement of the defunct Trafalgar House branch of the Great War Veterans Association, precursor of the Royal Canadian Legion.

Edward, Prince of Wales, Marshal Ferdinand Foch, Admiral of the Fleet Earl Jellicoe, Viscount Allenby and governors general Baron Byng, the Earl of Bessborough and Lord Tweedsmuir all were once members of the now long time closed Legion Branch 16 or its Great War Veterans Association (GWVA) predecessor in Ottawa.

Those famous people, from an age before nuclear weapons and some before mass fighter aircraft, tell a story of how society has changed.

The Prince of Wales, a 25-year-old officer in the Canadian Corps that captured Vimy Ridge, came to Ottawa in November 1919 to remember fallen comrades and thank the dominion for its war effort. His GWVA membership form shows he enlisted as a lieutenant in the Grenadier Guards in 1914. No one then could have predicted that less than 20 years later the monarch by virtue of being head of the Church of England would give up the throne for the love of twice-divorced Wallis Simpson. Divorce is commonplace today and royalty no longer more immune than anyone else.

'I shall attack'

Of a different military stamp was Marshal Foch, who rose from pri-



Edward VIII, King of Britain and its empire for only a short time, felt he had not earned the Military Cross awarded him for frequent morale-boosting trips to the trenches in World War I. On visiting Ottawa post-war he joined Trafalgar Branch of the Royal Canadian Legion.

vate in 1870 to supreme Allied commander in World War I. He once reported from a field station that despite his right flank in retreat, his left shattered, his centre broken, "I shall attack." He is immortalized for making the Germans sign the armistice in his personal railroad car at a siding in Compiegne, just outside Paris on Nov. 11, 1918.

Viscount Allenby, the WW I desert campaigner, joined by then Legion branch 16 in 1926. The Legionary (June, 1936) on his death, eulogized: "The last great cavalry general... dismounted in Palestine only when, at the end to his victorious campaign in Egypt, he had entered the Jaffa Gate of Jerusalem on foot." Today, Palestine, except



When Marshal Ferdinand Foch, Supreme Allied War Commander late in World War I, visited Ottawa after the war he joined Trafalgar Branch of the Royal



Walter Pidgeon, who co-starred with Greer Garson in the Oscar winning World War II drama *Mrs. Minister*, was brother to the one-time president of Trafalgar Branch of the Royal Canadian Legion in Ottawa, D. F. Pidgeon.

in the minds of the people of Gaza and in the West Bank, hardly exists.

Legionnaires welcomed Earl Jellicoe when he arrived in Quebec City on Her Majesty's ship the *Duchess of York*, Aug. 23, 1931, for the fifth conference of the British Empire Service League of which he was the grand president. The Legion in Montreal hosted him overnight and next day he filed an Ontario Legion branch membership application at Trafalgar House. There had been huge losses at the Battle of Jutland, yet records show Jellicoe decisively defeated the German navy. He was 12 when he enlisted.

King-Byng Affair

Byng was the British general who led the Canadian Corps to the capture of Vimy Ridge on April 9, 1917, and also was 3rd Army commander in the first major tank battle at Cambrai. Byng also commanded the largest of Britain's WW I field armies. As governor general from 1921-26 he was popular with returned soldiers. As postwar chairman of the United Services Fund, run from profits of military canteens, he mapped

a trail that led to the birth of the Royal British Legion. Byng became a Legion patron, a tradition for governors general that continues today.

At the end of his term in Canada he was made commissioner of Metropolitan Police in London, England, and in November he revisited Canada and filled in a membership application at Ottawa Branch 16. He died in 1935, leaving memories of the King-Byng Affair that resulted in a new definition of the governor general as representative of the sovereign and not the British government.

The Earl of Bessborough, who joined Ottawa Branch 16 the year he became governor general in 1931, was a lieutenant on enlistment in 1931. After serving in France and at Gallipoli he went into business in England and was appointed governor general on Prime Minister R.B. Bennett's advice. He died in England in 1956.

Prolific author

Lord Tweedsmuir, who served in the Boer War and as a WW I correspondent for *The Times* newspaper in England, became governor general in 1935. Born John Buchan, son of a Scottish parish minister, he joined Ottawa Branch that year. The prolific author died in office in Montreal in 1940. Among his legacies are the Governor General's Literary Awards.

The long time defunct Ottawa Branch of the Legion could trace its history at now demolished Trafalgar House back to around 1916 when WW I wounded men banded together as a returned soldiers association.

Its equally noteworthy former members include Victoria Cross holders the late David Currie and Milton Grieve. There is also a link perhaps remembered as much as the short term king who gave up his throne for love of a woman. That link is the Canadian actor Walter Pidgeon, brother of the 1918 branch president D. F. Pidgeon. How many among us today were around to see the 1942 dramatic movie *Mrs. Miniver*. My mother took me to see Walter Pidgeon act the civilian who takes his small boat to help in the evacuation from Dunkirk beaches of trapped British troops in WW II while his son fights in the skies above London and his wife, played by Greer Garson, deals with a German parachutist who comes down near their home.

Like the movie stars the famous members of the one-time Ottawa Branch of the Royal Canadian Legion are from another era. To behold them is to shake hands with ghosts.

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Recreational skating has become so enjoyable

by Denis Poitras

Over the past number of years, we have seen a revolution happening in recreational skating. Having amongst us the longest outdoor skating rink in the world, the Rideau Canal has made skating enjoyable for first timers or even the long devoted athlete. Today, these skaters can have an even greater outdoor winter experience.

Looking back at the history of recreational skates fascinating stories tell how these have evolved. From animal bones tied under boots; to the unlined leather skates; or even a plastic shell with a warm insert

all tied up in Velcro; today's version of the K2 Boa Ice skates with an engineered system without laces illustrates just how the recreational skating industry has been revolutionized. These new skates are fully lined, cold resistant, and you basically have to turn a little wheel to tie them. Yeah! Forget the lacing system and freezing your hands.

For years, inventors tried to create products that would be used as a way of transportation or speed plus with today's standard of comfort. Now, more people can enjoy the sport of skating because of the changes.

If my mom were here today she would tell us that we are spoiled and

we could never skate outside with the skates they had to wear when they were kids. She probably would have forgotten when I froze my feet playing pick-up hockey at the bottom of a hill in the middle of a freezing afternoon, where I had to walk in the snow barefoot to just be able to feel my feet again. Yes, I was a hockey buff back in the day but now recreational skating in comfort is much better.

Sometimes, looking at what many people wear on the canal or at the rink, you might want to ask, "Why are you wearing such an apparatus when you could be wearing a state of the art design where comfort is key?" Researching about to-

day's skates might just help in having skating become your favourite pastime once again.

The K2 F.I.T. Ice Boa® Skate is the most popular model in their recreational skate line up. While most of the skates are softboot design the K2 is one step above most of them. They have an added benefit by having a Boa® closure system for "easy on, easy off" capabilities and the boot has a Thinsulate® liner which is coated with water repellent materials.

If you haven't seen them yet, you might want to go check them out at Figure 8 & Hockey One Skate Specialists. Figure 8 and its staff will help find the skates that are right for you. They not only have the K2 but a variety of recreational skates that will fit the entire family. Winter can be a hard season at times. With these revolutionary skates you can finally enjoy the season that lets you see what Canada is all about. And, remember, it's like riding a bicycle, you never forget how it's done. Enjoy the season but in comfort and style! Have fun!!!

Denis Poitras is a Fashion Designer working out of 4 Dance, Gym & Cheerios; a retail store that caters to dancers, gymnasts as well as cheerleader. 4 DGC is located inside Figure 8/ Hockey One Skate Specialists at 380 Industrial Avenue (just off Riverside Drive). Check us out on Facebook at 4 Dance, Gym & Cheerios.



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COMPUTER TIPS & TRICKS

The Fraudsters Haven't Left Town

by Malcolm and John Harding,

As you have probably noticed in these columns, we find ourselves returning repeatedly and depressingly to discussions of the dangers and pitfalls of computer and Internet fraud. (If you got as many calls from victims and near-victims in a typical week as we do, you would probably find yourself focused on the dark side too.)

The crooks nowadays are attacking mainly in three ways: 1) there are the telephone calls from the so-called “technicians” at “Microsoft” or “Windows” or some other recognizable tech industry name; 2) there are sudden pop-up invasions on your computer display with bright flashing graphics and audible alarms, and 3) there are incorrect (fraudulent) search results in which web pages are cleverly designed to resemble the support sites of legitimate businesses. The end result is always the same: the state of your computer is worse than anyone imagined, and it’s going to take a lot of money to fix it.

Advice for responding to the phone call is short and simple: Just hang up - without a word. Don’t be polite; don’t be angry; don’t be mischievous. Any response whatever is going to flag your telephone number as a “live one” and will trigger more calls later. A reputable tech business is NEVER going to call you to report a problem.

The smart response to the invasive pop-up is almost as simple; shut down your computer. If the screen is disabled and you can’t shut down by clicking in the usual way, press and hold the power button for a minimum of eight seconds. When you restart a minute later it is almost certain that the attack will have disappeared, but when your web browser asks you if you want to go back to the pages where you were when you shut down, the answer is no.

The fraudulent website is just a little trickier. Let’s say that you are having a problem with your printer and you want to go to the Hewlett Packard site to get advice. If the

page is not really Hewlett Packard, there will be an early and prominent invitation to call a number. Don’t! Check the URL (the web address) of the website and see if it seems logical. If you are at all suspicious, COPY the URL and PASTE it into the **Google Safe Browsing Transparency Report** - <https://transparencyreport.google.com/safe-browsing/overview> which will disclose if that site has a history of problems.

For thoughts on fraud in tech areas and in a wider context as well, the basic information in a booklet from the Competition Bureau of Canada called The Little Black Book of Scams has very worthwhile information and advice to help us keep the bad guys from the door. You can go to <http://www.competitionbureau.gc.ca/eic/site/cb-bc.nsf/eng/04333.html> to order a copy or read the PDF right there on the site. Apparently as of this writing they are temporarily out of the hard copy and so there will be a delay if you order one mailed to you.

It is 21 pages and so if you're going to download and print it, be sure to set your printer to black-only.

(We wouldn't tell this to just anybody and so please keep it under your hat, but despite the fact that he gives advice to cyber victims and potential victims many times every week, John got suckered himself last month, which raised some quizzical eyebrows among the rest of the Compu-Home team. You can't over-estimate just how clever and innovative these crooks are!)

•••

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

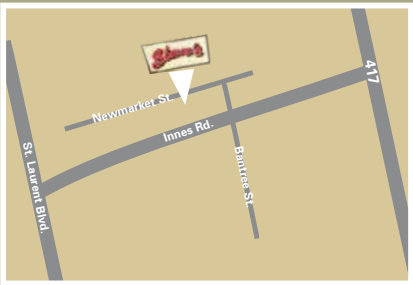


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Riverview Park Review

SECTION TWO

FEBRUARY 2019

A Voice of Riverview Park

MARCH 2019

OTTAWA'S STREETCARS AT MID-CENTURY

Article 11, a Ride on the Britannia Line, part 4

by Bruce Dudley

In this my last article I want to describe a regular late-night route change for the Britannia cars and also tell you about that special late service referred to at the end of article 9.

Streetcar service on all routes would start to thin out after 8:00 pm and by midnight or shortly thereafter all of the Somerset cars of the Holland-Laurier line were finished for the day and were in the barn. As you may recall, Britannia cars running through centretown did so via Albert Street but that changed late at night. When an operator in a Britannia line car left the end of the line after midnight, be it from George Loop or Britannia Park, he would travel through centretown via Somerset instead of Albert Street. This provided service previously covered by the Holland-Laurier cars.

In the present day when there is



Bruce Dudley, author of the popular series, OTTAWA'S STREETCARS AT MID-CENTURY, and creator of fond memories of earlier days.

PHOTO: HEATHER DUDLEY

at least one, and sometimes more, vehicles in every laneway it's hard to imagine that in 1950 few families in the working class owned an automobile. If they did, they seldom used them in the winter months; so for many, the streetcars were their only means of transportation. And

if you worked a late shift at one of the barns or at the Bus Garage or if you were an operator who finished your run after 1:30 am it could be a problem getting home.

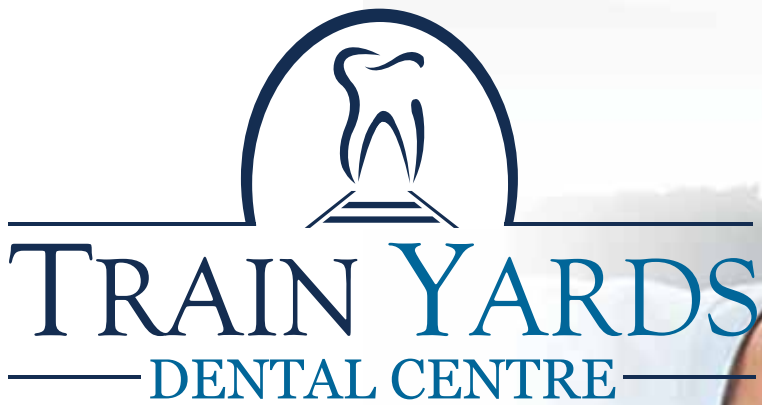
Six days a week the OTC provided three special runs to help get the late-shift workers home (as well

as any other member of the public still out on the street). These three runs were part of the regular all-day service but they stayed out the longest and were called "work cars" because of the service described below. I was booked on the Britannia work car for three months; I would relieve the day operator at Bank and Albert at 7:10 pm and eventually bring the car into Champagne Barn at 3:25am.

THE WORK CAR MEET, 2:30 am, Bank Street between Sparks and Queen

There was a 'work car' run on three lines: Hull-St. Patrick, Bank-Rideau and Britannia-George Loop. The procedure of their last runs of the day were as follows:

The Hull Car: After its last trip to New Edinburgh this car would proceed to Champagne Barn and pick up anyone bound for Hull, **CONTINUED ON PAGE 38**



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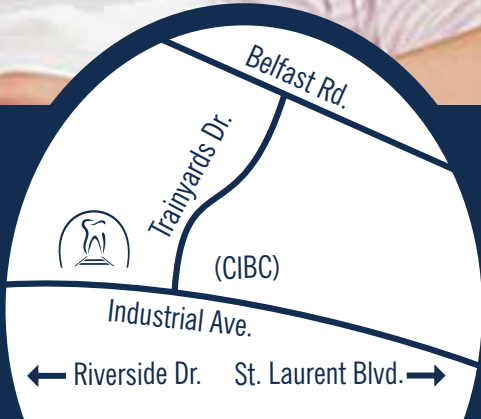
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TRINITY COMMUNITY GARDEN

Cultivating that reflects the many cuisines from travelling experiences

Story and Photos by Erika and Zack Wood

We have always loved to garden, growing both vegetables and flowers. Having renovated and expanded our home many years ago, we lost our backyard ‘vegetable patch’ in that process. When we discovered Trinity Community Garden, a communal garden in our neighborhood where members rent a plot, then plant, maintain and harvest it themselves, we were thrilled. It was an opportunity to start growing our own vegetables once again.

For those of us who consider ourselves to be avid gardeners, winter can seem long. The time between harvesting the last of our fall vegetables and planting our young seedlings in the spring can feel like an eternity! The winter months give us time to reflect on the successes, and occasionally, the failures, from the past garden season. At the same time, we can plan for the upcoming growing season. What to grow, what to grow...

What we choose to cultivate is a reflection of the many cuisines that we have experienced in countries that we have travelled through. To see how different ethnicities utilize regional ingredients speaks about the local food culture and reflects both the geography and history of that nation. Having visited many developing countries, we’ve seen people struggle on a daily basis to feed themselves and their families. This has provided us with a humbling perspective that has shaped how we approach food and food waste, especially given there are 800 million people globally who do not have enough to eat. We are



An assortment of the 60+ jars of canning/pickling/preserving that we did – hot sauce, salsa, chutney, sauerkraut, kimchi, pickled cucumbers, yellow & red beets, ginger and chilies, and stewed yellow and red tomatoes.

very fortunate in Canada to have an abundance of food available to us. As such, we carefully plan our garden to maximize yield, and are cognizant of waste.

We love to grow our own food as much as we love to eat. Our travels have exposed us to wonderful multicultural fare that we now prepare on a regular basis. This has influenced what we grow each year; tomatillos for Mexican meals, lemongrass for Thai dishes, shishito peppers for Japanese nights, okra for African and Indian curries and chilies, lots and lots of chilies, for all things spicy.

In addition to this, we grow staples such as potatoes, several varieties of tomatoes, bell peppers, lettuces, beets, peas, leeks and onions. We relish the opportunity to grow our own food and consider it to



Sheet trays in a sunny window.

be a privilege. There is something deeply satisfying about getting our hands dirty working the soil, in preparation for planting tender seedlings. Then the battle against Mother Nature begins; weather, weeds, critters and pests can each wreak havoc on our efforts to nurture our plants to maturity. There is such a feeling of accomplishment when harvesting that first tomato of the season, still warm from the heat of the sun.

Once harvest season is upon us, and we find ourselves saying ‘what were we thinking growing 20 tomato plants?!’, we get creative and resourceful to ensure that everything is used. We waste nothing. (insert photo of sheet trays on deck & assorted veggies on counter)

An abundance of tomatoes became stewed tomatoes, spicy salsa, pasta sauce, zesty green tomato chutney and sweet tomato jam,



A number of sheet trays on the back deck. PHOTOS: ERIKA & ZACK WOOD

all canned in mason jars for use over the winter months. We both grew up watching our mothers and grandmothers can and preserve their harvest each fall, and now carry on that family tradition. (insert photo of jars)

Tomatillos were used to make salsa verde, an essential component in chile verde and enchiladas; jalapenos and birdseye chilies were pickled, a common accompaniment for Indian, Asian and Mexican dishes; bhute jolokia chilies (also known as ghost peppers) and habanero peppers live on in a dangerously hot sauce.

Lemongrass and okra, both incredibly abundant producers, lend themselves very well to freezing so are at the ready when Thai or Indian dishes are on the menu.

Wanting to experiment with brassicas, we grew a few varieties of cabbage, some of which we fermented to make Kimchi, a spicy condiment found on every Korean table, and Sauerkraut, a ubiquitous staple of our German/ Estonian heritages. Our braised sweet and sour red cabbage is a nod to our Danish roots. This feeling of connection to our heritage is important to us.

CONTINUED ON PAGE 31

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CONTINUED FROM PAGE 30

When Chris, our friend and fellow gardener, gifted us some extra turnip, we made ‘Kabees El Lift’, the popular Middle Eastern pickle found in Shawarma shops everywhere; a fond reminder of time spent in Egypt.

Each year, seeds are kept from tomatoes, peppers, chilies, squash and okra. They are dried, labeled and stored for the next growing season. Shortly these will be planted and carefully tended to in a sunny window. This is an especially exciting time as we anticipate seeing little green shoots poke through the soil- success!

In addition to keeping seeds, we have experimented with vegetables that can reproduce from their cuttings. Eyes will be cut from old potatoes and left to dry for several days, before being planted for next year’s crop. Green onions, celery and bok choy can be regrown with a bit of time and dedication.

In an effort to reduce our food waste even further, we make our own meat, vegetable and fish stocks. Daily meal preparation produces useable ingredients; bones and trim, along with carrot peelings, celery ends and onion skins, form the basis of a ‘mirepoix’, all necessary components of a good stock. At any given time, there is a bag of vegetable scraps in the fridge destined to become the next batch of stock. By making our own, we are eliminating the need to purchase ‘store bought’, which is often full of sodium and artificial flavorings.

Fruit and vegetable scraps, along with coffee grinds, tea bags and eggshells, are put into our compost bin and are left to break down until they become a dark, nutrient-dense humus that is then returned to the earth in the Spring; a completely natural and nutrient-packed fertilizer for the flower and vegetable gardens.

While our vegetable garden evolves from one year to the next, we experiment with new additions and continue to look for ways to further reduce our food waste in a responsible way. We are privileged to have access to a plot of land where we can grow our own food and interact with likeminded people.

So as we ponder the wintery forecast, we look forward with anticipation, to the day when the snow clears, the ground thaws, and we can start this process all over again. In the meantime, there is stock to be made, a garden to be planned, and seeds to be started.

If you are interested in becoming a member of the Trinity Community Garden, or would like more information on it, please contact us at Trinity.garden@rogers.com.



A day’s harvest of turnips, peppers, chilies, tomatoes, cucumbers and okra.

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Think Your Spring

FINANCIAL PLANNER

The TFSA: A Flexible Savings Choice

by Bob Jamieson

The Tax-Free Savings Account (TFSA) is frequently called “a Registered Retirement Savings Plan (RRSP) for everything else beyond retirement.” Unlike with an RRSP, you can access the money in your TFSA with no tax consequences for any need, and the amounts withdrawn are added back to your contribution limit amount in the following year.

As of January 1, 2019, any Canadian resident who has reached the age of majority can contribute up to \$6,000 annually to a TFSA, or up to \$63,500 if you have been eligible but haven’t contributed before. But when should you consider this type of savings plan? A TFSA may be useful if:

- *You are a younger investor.* If you are currently in a low tax bracket and expect to be in a higher bracket in the future, contributing to a TFSA may be best for you. RRSPs offer tax savings if your income is in a higher tax bracket when you contribute to the plan and in a lower bracket when you withdraw, usually once

in retirement. By contributing to a TFSA while in a low tax bracket, your investments grow tax free. When your tax rate is higher, you can withdraw those investments from your TFSA to contribute to an RRSP and reduce more of your future taxes. Also, you are able to reclaim the amount you withdraw toward your TFSA annual contribution limit in the following year.

- *You are an established saver.* If you have limited contribution room or have maximized your annual RRSP contributions and are looking for ways to save more for retirement, a TFSA can help complement your retirement plan. In addition, you can give your spouse money that he or she can then use to contribute to a TFSA without affecting your TFSA contribution room or attracting income attribution.
- *You are transitioning to retirement.* The TFSA can offer you tax-free income during retirement, which may help diversify your income stream. You can hold accounts with differing tax treatments in order to help

smooth out your tax liabilities.

- *You are retired.* Unlike with an RRSP, there is no requirement to close your TFSA at age 71 and start withdrawing. In addition, you can continue to contribute to a TFSA even though you may no longer be eligible to make RRSP contributions.
- *You are interested in preserving your financial legacy.* The TFSA allows you to directly name a beneficiary. Upon your death, your TFSA assets can pass directly to your designated beneficiary tax free

and also avoid probate.

If you’re looking for a flexible savings vehicle, take another look at the TFSA. You might like what you see. If you would like to discuss the different investments which can be used in a TFSA, please give me a call at 613-526-3030. I would be pleased to talk, without obligation.

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

Bringing a new tradition to the Riverview community

by Catherine Hansen, a second-year Journalism student at Concordia University

Jennifer Larson, a resident on Pullen Avenue in Ottawa, Ontario brought a new twist on the little free library during the holiday season: a homemade outdoor library which fosters book exchanges and brings neighborhoods together.

Larson individually wrapped various genres of books for the community for a new tradition of a little free library advent calendar. Each day from December 1st to December 25th a newly wrapped book was added to the library.

“I saw a post online about an advent calendar of books to do within a family and since I love books so much, I thought it was a good idea to do for the little library and putting in a little bit of magic,” said Larson.

The Larsons built the free library as a family project four years ago. “My dad has some woodworking experience and I asked if he would help my daughter Norah earn one of her Brownie badges for woodworking,” noted Larson. The outside and inside walls of the library painted in a vibrant yellow are also covered with drawings by Larson’s daughters Abby, 9 and Norah, 12. The inside is painted with Abby and Norah’s version of their home.

“There needed to be a way for books to leave the house as often as they enter it,” commented Larson. As an avid reader Larson admits that it is challenging to manage the amount of books around the house. After donating and trading books among friends, the little free library was appealing to Larson. “Oftentimes



Little Free Library in front of the Larson family residence.

PHOTO: CATHERINE HANSEN

there would be bags of books by the door waiting to be donated and now all I have to do is walk down the driveway to put them in the library, even something I can do,” Larson added.

To capture the essence of Larson’s family library it is written With this library it’s easier to hope for serendipity than to look for a precise answer. “I love quotes and you won’t always be able to find absolutely everything in a little free library so it’s all a matter of serendipity,” Larson commented.

Many people had concerns about vandalism of the little free library but the Larson family’s biggest problem was a wasp nest last summer. After clearing the nest, the little free library has been thriving within the Riverview neighborhood.

“I don’t feel like I’ve put in more than I’ve taken out of it, if I’m ready to let something go then I’m ready to let it go I won’t worry too much about what someone will do with it,” said Larson.

When Larson notices people looking at the library and looking through the books she tries not to disturb them and to give them their space.

“For me it is such a good low key give back, it maintains itself and I think people really do enjoy it,” Larson concluded.

THANK YOU!

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MAKING SENSE OF INVESTING



Canadian troops on parade at Aldershot during World War I

Fatty and Canadian troops left marks at Aldershot

by Bill Fairbairn

A link between last year's centenary commemoration of the end of World War I is a memorial stone originally located at the one-time residence of the commanding officer in Aldershot, England, that reads: Here Rests Fatima (better known as Fatty) The Favourite Pony of HRH Princess Patricia of Connaught.

Fatima has a permanent record in Aldershot as do the thousands of Canadian troops who passed through the town in two world wars. I learned of this touch of military history when, as a British National Service infantry corporal stationed peacefully in the south of England, I visited Aldershot in 1954 and did some amateur research strengthened by years in Canada that came later.

Links between the Connaught family and Canada run deep. The Duke of Connaught was Aldershot garrison commander from 1893-98 and Canada's Governor General from 1911-16; while his daughter, Patricia, gave her name and was honorary colonel of the Princess Patricia's Canadian Light Infantry for almost 60 years. Yet this conveys only one picture of Canada's contribution to Aldershot history. Those in charge of the museum knew this well when a permanent Canadian Army display was set up in 1986.

Aldershot Camp's creation in 1854 was a unique concept in quartering an army. It was the first in Britain for the concentration and training of troops on a large scale and it was original in its location. The Illustrated London News of April 26, 1856, observed: "On every side there is merely a boggy moor, dreary and repellent in its aspect. In the distance are the black huts of the camp, quite in keeping with the moor on which they stand; and

in foreground is a long narrow piece of muddy water called Basingstoke Canal, into which occasionally the waters of the surrounding bogs drain.

World War II Canadian troops moved into the by-then red-brick Aldership barracks that replaced the wooden huts of Connaught's command. Advance parties of the 1st Canadian Division settled there in the winter of 1939. A total of 66 divisions followed. Supporting arms and corps passed through the camp during the war and some left a distinctive mark on Aldershot. "It is," wrote Richard West in London's Time and Tide magazine during the 1950s, "unique in being the only British town to have suffered severe and deliberate damages from Allied action."

Canadian troops ran riot

In Aldershot, on July 4 and 5, 1945, Canadian troops did \$42,000 worth of smashing. Disgusted at the delay in demobilization they broke up the Aldershot shopping centre. The press and various spokesmen condemned the Canadian vandalism yet assured Aldershot of the warm place Canada held in the country's affection. Thousands of British servicemen nevertheless for years rejoiced and gloated over the destruction. They felt ready to sympathize with the Canadians from a legacy of suffering in Aldershot from too few women and pubs, too many officers and too much spit and polish.

All was forgiven on September 26, 1945 when, after a stay of almost six years, the Canadian Army overseas was granted the Freedom of Aldershot, carrying with it the right to march through the town with drums beating, flags flying, bayonets fixed and with that honour the demobilization many of the troops had yearned for.



A Northern Cardinal gets food despite the cold. PHOTO: GEOFF RADNOR

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Winter is warm at Oakpark Retirement Community

by Miriam Dwyer

The frigid temperatures have made no difference to the warmth created by activities at Oakpark in December and January.

Although it seems a while ago now, it's good to remember the two wonderful Christmas parties that were held for our residents. The dance floor was packed as families and residents showed their moves and the spot prizes were awarded. The food was delectable as always, and despite the cold, everyone was warm by the end of the night!

The rest of December followed with a huge variety of entertainment including Voices in Harmony, the Ottawa Medical School Choir as well as local groups who came to visit our residents. These include the local Brownies, Guides and Sparks groups that were a big hit, as well as some students from the École Secondaire Franco Cité. Residents always enjoy seeing the young faces and the interaction is lovely to see.

The New Year was welcomed with a glass of champagne at 3 pm (midnight in St. Denis, Réunion) and another year begins! Our

popular Morning Concert series continues monthly on a Thursday morning, and is open to the public. (Call us for more details, 613 260 7144). January's concert with Thomas Brawn and Sonja Deunsch Plourde, was a wonderful tribute to Bach and the 10th of February will bring Ralitsa Tcholakova and Frederic Lacroix to Oakpark to perform a violin and piano concert which we are very much looking forward to.

The Scottish in us all was given a boost with a Robbie Burns day celebration, including pipes, haggis and whisky! There's nothing like the bagpipes to stir the heart, and we thank Nico Gravel for his excellent piping! Resident Bruce Dodd did the honours by reciting the Ode to the Haggis, and other residents, John and Joan Gazeley and Ellis Craig, gave appropriate toasts to the lads, lassies and the bard himself.

A week or so previously the ladies made lamingtons, that delectable Australian treat, which were served on Saturday the 26th January in honour of Australia Day, the land of beautiful beaches. It's not exactly beach weather, but it's always warm at Oakpark!



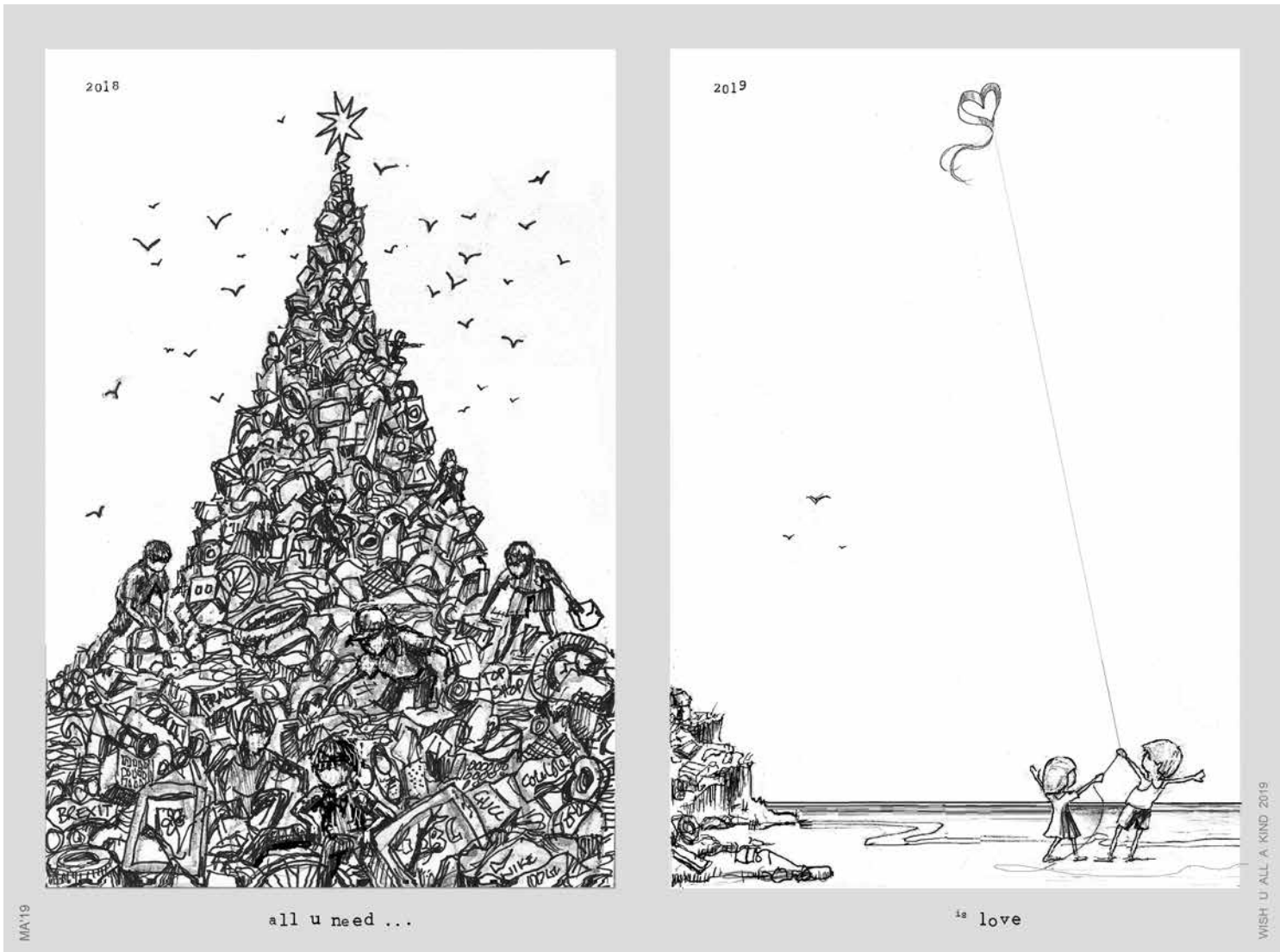
The haggis – waiting to be addressed



Elisabeth Dempsey and Moyra Mackenzie making made lamingtons, an Australian treat, served on Saturday, January 26th in honour of Australia Day. PHOTO: MIRIAM DWYER



Celebrating Robbie Burns Day in great style. PHOTO: NATHALIE BARTLETT



Is love all we need?

The gigantic Christmas tree tells of a mad passion for almost everything during the Christmas season. The decorations are useless brands and waste scavenged by crows, scroungers and the poor. Does this tree disclose a lack of self-respect for humanity and the consequences of a planet ravaged by huge plastic landfills and widespread global warming of Earth's polluted seas? Is the real source of happiness a simpler life (right)? Maybe the Beatles were right after all.

Special to the Review

Astronaut assists made-in-Ottawa study of bone marrow health

Special to The Riverview Park Review

Canadian Space Agency astronaut Dr. David Saint-Jacques will take part in a made-in-Ottawa experiment on bone marrow health during his six-month mission on the International Space Station.

The study, led by Dr. Guy Trudel and funded by the Canadian space Agency, is called MARROW, and will provide world-first insights into how space travel affects the bone marrow, which produces blood cells. These findings will inform longer space missions, and may also help patients on earth who spend weeks in bed recovering from illness.

“On board the International Space Station, I will be participating in hundreds of science experiments on behalf of researchers from around the world,” said Quebecer Dr. Saint-Jacques. “I will conduct Canadian experiments which focus on health sciences, like MARROW. As a doctor, I have a strong interest for that type of research that has concrete impacts on the lives of Canadians.”

Saint-Jacques is one of 14 astronauts who signed up to be part of the MARROW study. Breath and blood samples are taken over the course of their six-month mission in space and in the year after they return to Earth. The goal is to understand how living in space affects their bone marrow health and if necessary how it recovers upon their return.

“What astronauts go through in space is similar to what I see in my own patients,” said Dr. Trudel, a researcher and rehabilitation physician at The Ottawa Hospital Rehabilitation Centre and professor



Astronaut Dr. David Saint-Jacques agreed to take part in a world-first experiment to learn about bone marrow health in space.

PHOTO: NASA-AUBREY GEMIGNANI.

at the University of Ottawa. “The low gravity in space weakens muscles and bones. The same happens to patients who spend a long time in bed in the intensive care unit.”

Many researchers travel to the Johnston Space Center to pitch their projects, hoping for astronauts to say yes. Dr. Trudel’s team beat the odds, with 14 astronauts signing up for MARROW in just three years.

“Very few astronauts we talked to said no to MARROW,” said Dr. Trudel. “Because they were so eager to sign up, everything is going much faster than I anticipated.” He anticipates all the data will be collected by 2020, and the results published soon after.

Not only did Saint-Jacques agree to take part in the study, but he also visited Dr. Trudel’s lab to help the team adapt their experiment for space.

“Dr. David Saint-Jacques has been a very enthusiastic supporter of MARROW,” said Dr. Trudel. “As a doctor, he could see this was an experiment that needed to be done, not only to help astronauts in space, but for patients here on earth.”

After recruiting all 14 astronauts, work is far from over for Dr.



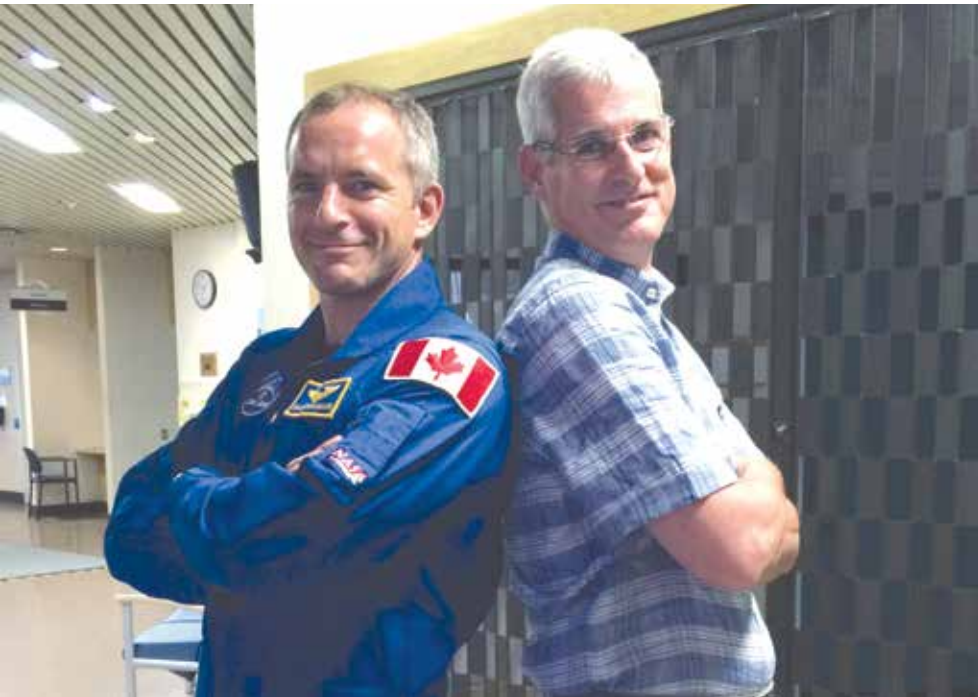
Dr. David Saint-Jacques has blood drawn aboard the International Space Station for a made-in-Ottawa study of bone marrow health. PHOTO: NASA.

Trudel’s team. Every day they need to be aware of what is happening on the International Space Station so they can adapt the experiment or the delivery of supplies. Dr. Trudel says MARROW remains an exciting project, full of unknowns, including what the results will be. The project was funded by the Canadian Space Agency.

“Having a Canadian astronaut aboard the space station is the

most visible part of Canada’s contributions to space exploration,” said Dr. Trudel. “But Canada’s work in robotics, artificial intelligence and telemedicine are all essential to the space program and helping the next generation of astronauts achieve even longer missions.”

Research at The Ottawa Hospital is made possible because of generous donations to The Ottawa Hospital Foundation.



Dr. David Saint-Jacques visited Dr. Guy Trudel’s lab to help the team adapt their bone marrow health experiment for space.

PHOTO: COURTESY OF UNIVERSITY OF OTTAWA

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THE ARTS IN RIVERVIEW PARK BY DIANE STEVENSON SCHMOLKA

Necessary Obliquities in the Best of the Arts

“Are we to paint what’s on the face, what’s inside the face, or what’s behind it?” -Picasso

This topic will be presented in three issues of our paper. In this issue, I’ll introduce an overview of the topic, with one artistic discipline as an example. The next two issues will likely be more definitive using textual and sonic examples.

In the past couple of years, I’ve interviewed several visual artists, writers, and more in this Riverview/AltaVista/Elmvale neighbourhood. One of the elements I’ve found, not only in their artistic endeavours, but in the best examples of most of the brilliant works in all artistic media, is that of ‘obliquity’, or ‘the hidden lyric’, or ‘ironic secret’. It is not necessarily presented as a palimpsest or chimera, but can be as subtle as a nursery rhyme or as ‘obvious’ as a TV commercial. However, its sense within the body and mind of the viewer, listener, reader or beholder, cannot be named immediately. It must be explored by repeated viewing, listening, acting, analysis, empathy and deep exploration by the individual experiencing that work of art.

Did the composer, writer, painter, sculptor, photographer, or composer, consciously know what they were doing when they created these obliquities?

As a composer and poet, I’d say: ‘yes’, for some of my works, but when I am improvising, I’d have to say: ‘not often’. Why? Composed poetry, music, in my case, is planned for many weeks, months, but improvisations are created within a split second. Even so, my listeners sense my ‘imp’ self in those improvisations.

Painter, Marilyn Charpentier, (former neighbour), created a landscape twice, using two different media. They both have the same perspective. They are each beautiful, but each has a slightly different message. She still asks herself the same question: ‘Has my use of different medium, (oil in one, water colour in the other), given a different message?’

In Rembrandt’s “Visitation” , his message becomes abundantly clear when you see that the Magi are in darkness in the far left of the painting, and the shepherds are the closest to the tiny manger and small Mary. The point at which the Baby and Mary are is the brightest lit but the smallest size and shape. If you take the time to analyze all the angles in the work, you can see that they all point to Mary and the Baby. Rembrandt used a very similar technique when he painted: “Christ in the Storm on the Sea of Galilee”. Jesus is sitting quietly in the bottom of the boat not attempting to do anything at that point. He is not depicted as being any larger or more enlightened than his disciples. There is no halo or any sign of his

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Photo caption: For those who wish to further investigate....*SOURCE: MICHAEL ZELL, “CHRIST IN THE STORM ON THE SEA OF GALILEE,” IN EYE OF THE BEHOLDER, EDITED BY ALAN CHONG ET AL. (BOSTON: ISGM AND BEACON PRESS, 2003): 145.

being any different from them, except for his tranquil bearing. Where there are a couple of angles pointing away from Jesus, it is from and around those trying to conquer the huge waves, by attempting to hold the mast yards together. They’re the most panicked.

Rembrandt sends a strong message/lesson in each work: greatness is not revealed by size or iconic symbols, (Visitation of the Shepherds). Power and control are revealed only by calm and self-control. It takes the viewer time, concentration and involvement of the inner ‘self’ to find the underlying messages or ‘obliquities’ in these works. How he does it is by using one of the disciples just off centre of the boat, to depict himself. When you get close to his face, you can see that he is looking at the viewer-you. Why? His blue cloak stands out, and his expression shows purpose. You then realize how close he is to Jesus. Jesus is sitting in the bottom of the boat. He seems smaller than the others trying to fight the storm and desperate to keep the boat upright and afloat. Rembrandt was not being narcissistic; he was making it much easier for the viewer to get the message: by being calm and trusting nature/God, you will be able to withstand the ‘storms of life’ much better, than becoming frightened and forcing desperate actions.

We have just become active participants in the whole painting!

A work of art is much more than the sum of its parts. If a painting is just a copy of a photograph of an object, it is not really a work of art. It is simply an illustration. Many artists spend much of their early learning years acquiring the needed techniques by sketching objects-often in varying degrees of detail and perspective. When they are ready to paint/sculpt, install, they are using every part of their intelligence, talent, emotion and strength to send a message through all the elements of their being. That is what makes a work of art become timeless.

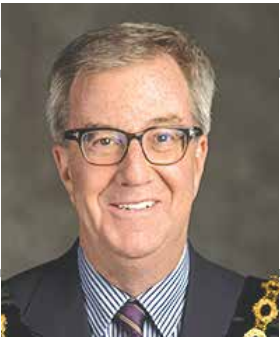
Literature, Music, Dance, Theatre begin with very similar processes. Building from learned techniques, and ultimately discovering great reasons why these artists are compelled to create what they do, is what makes their works teach us in ways that no text book can. This is why we attend concerts, go to museums, learn to dance, attend theatre productions, read poetry, novels and more.

This ends the first installment of my report. Please feel free to give me some feedback on this. Thank you.

Diane Stevenson Schmolka
dandp5219@gmail.com



Making the most of winter in Ottawa



JIM WATSON
Mayor of Ottawa

The month of February may be the shortest calendar month, but for Ottawa residents, it is a very busy one full of exciting activities for the whole family! Ottawa’s most iconic winter attraction is undoubtedly the Rideau Canal Skate way, the world’s largest naturally frozen skating rink, and a UNESCO World Heritage Site.

But did you know that Ottawa also has more than 250 outdoors skating rinks for you to enjoy in all parts of the City? This includes our beautiful, state-of-the-art, refrigerated Sens Rinks of Dreams at City Hall, the Jim Tubman Chevrolet Sens Rink in Canterbury, the Ben Franklin Place skating rink and the Lansdowne Park skating court. You can find out more information about City rinks, including opening hours, at www.ottawa.ca/en/residents/recreation-and-parks/skating.

Additionally, the City of Ottawa has over 150 km of cross-country ski trails in the heart of the city and throughout the Greenbelt. These trails are free to use, suitable for skiers of all abilities and are great for snow shoeing as well! There are also cross-country ski trails available to use for a fee at the Mooney’s Bay Ski Centre and in Gatineau Park, but you can skip the fee by getting your mittens on a ski pass from the Ottawa Public Library.

The Nation’s capital is also home to Winterlude, our annual winter festival. Residents can celebrate the best of what winter has to offer from February 1 to 18. This year marks two important firsts in the festival’s history: special honours and tributes will be made to Indigenous culture during the first week of Winterlude and the very first Winter Pride celebration will take place during the Festival’s second week. Winterlude activities take place on numerous sites across the Ottawa-Gatineau region, including the ByWard Market, Sparks Street and the Glebe. Visit Winterlude’s website for a full calendar of events and list of activities.

But if the cold isn’t for you, I encourage you to visit www.Ottawa.ca and sign up for one of the many exciting recreation programs we have available across the city, for all age groups, in both official languages.

And for the teenagers in your home who are anxious for the fair weather to return so that they can play outside, you can help them channel that rambunctious energy by encouraging them to apply to the 2nd annual Mayor for a Day contest. Students from grades 9 to 12 are invited to share what they love most about Ottawa and suggest two ideas on how to improve our city, to win the chance to spend

a day with me. Last year’s winners were on CTV Morning Live, chaired the City Council meeting with me, took an exclusive ride on the LRT and met Prime Minister Justin Trudeau. The contest closes on February 28, 2019. Visit www.jimwatsonottawa.ca/mayorforaday for more information.

Finally, I invite you to join me for a day of fun, free activities at my annual Mayor’s Family Day Skating Party on Family Day, Monday, February 18 from 11 a.m. to 2 p.m. at City Hall. There will be giveaways, special guests, and hot chocolate as well as indoor and outdoor activities for the whole family.

Gloucester Horticultural Society 2019 Schedule



- Jan 21 How to take a great picture – André Coutu
- Feb 18 Forced Bulbs and Preserves Show
- Mar 2 Ottawa Seedy Saturday, (10am –3pm) Ron Kolbus Centre
- Mar 18 Unusual Edibles – Ester Bryan
- Apr 13 District 1 AGM (8am – 3pm)
- Apr 15 Garden Design Basics – Mary Ann Van Berlo
- May 18 Plant Sale: (9am till we run out) Youth Planting Workshop (10am – noon) North Gloucester Public Library, 2036 Ogilvie Rd
- June 22 Member Garden Visit
- July 13 GHS Members’ Road Trip
- July 19-21 OHA Convention Windsor, ON
- Sep 16 Gardening for Monarchs – Joan Harvey and Mary Ash
- Oct 21 Bringing Nature Home – Maria Sievers
- Nov 16 AGM Luncheon (11 am - 1pm)

Visit us at the Ontario Horticultural Association website:
<http://www.gardenontario.org/site.php/gloucester>

Guests are welcome at all meetings!

A ride on the Britannia Line

CONTINUED FROM PAGE 29

Ottawa south or Ottawa west then head up Albert Street stopping briefly at the Bus Garage for passengers before turning left on Bank Street and stopping just north of Queen where it would wait on the other two work cars.

The Bank Car: When leaving Bank and Grove around 2:10am this car would be signed up for PLAZA and would travel north on Bank to Sparks then east to Elgin where it would change its sign to BANK, swing right on the Plaza to Queen heading west and stop at Bank Street.

The Britannia Car: This streetcar would have the furthest to travel. Leaving Britannia Park at 1:35am, my car would be signed up for LAURIER via Somerset. After

reaching Bank Street I would travel north to Sparks then do the usual route past Elgin and down Rideau but instead of going to George Street I would take Nicholas to Laurier east, to Charlotte and Rideau where I changed my scroll sign to BRITANNIA. My departure time was 2:20 am and just after turning west on Rideau I would stop at Cobourg Street to pick up anyone from Cobourg Barn who was at the stop; there might be half a dozen men. Then it was Rideau to Sparks to Bank where I swung left, stopping at Queen to join the Hull and Bank cars already there as shown on the map.

Anyone going to Lebreton Flats or to Hull hopped on the Hull car; anyone going to the Glebe or Ottawa

south boarded the Bank car and anyone for Somerset, Little Italy or the west end and the Britannia line got on my car. It was 2:30am.

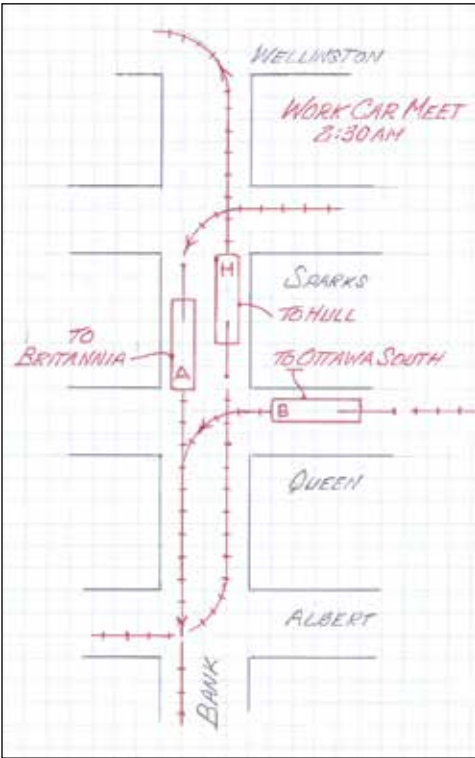
After their final trips the Hull and Bank cars made their way to Champagne Barn. I went to Britannia for 3:00am then to Champagne for 3:25am, my day's work done.

How many streetcars did the OTC have in 1950? One hundred and twenty nine.

- 600 Class – 33
- 800 Class – 60
- 900 Class – 22
- 1000 Class – 4
- 950 Class – 10

These 950s were ex-Toronto cars purchased second hand in 1940.

This is my last article in the Ottawa streetcar series and I want to say how wonderful it has been for me to look over old memories and re-live those exciting times of



my early 20s and be able to share them with you. I hope you enjoyed the stories as much as I did. So I'll say goodbye to you from OTC 859 in which I sat in October 2000. Please mind your step as you leave; It's a bit of a drop to the ground here.



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Benjamin Moore names “Metropolitan AF-690” its ‘Colour of the Year 2019’

Benjamin Moore, North America's paint, colour and coatings brand, recently announced its highly anticipated Colour of the Year 2019 – Metropolitan AF-690, a stylish grey with cool undertones. The Benjamin Moore Colour of the Year 2019 was unveiled to leading interior designers, architects, painting contractors and influencers at an exclusive event held at The Grill & The Pool at the Seagram Building in New York.

"Comforting, composed and effortlessly sophisticated, Metropolitan AF-690 exudes beauty and balance," said Ellen O'Neill, Benjamin Moore Director of Strategic Design Intelligence. "It's a colour in the neutral spectrum that references a contemplative state of mind and design. Not arresting, nor aggressive, this understated yet glamorous grey creates a soothing, impactful common ground."

The colour leader also unveiled its Colour Trends 2019, a corresponding palette of 15 harmonious hues that further amplify the cultured grace of Metropolitan AF-690. Ranging from ethereal neutrals to frothy pinks to rich blues and greens, the Benjamin Moore Colour Trends 2019 palette features:

- Putnam Ivory HC-39
- Balboa Mist OC-27
- Kendall Charcoal HC-166

- Smoke 2122-40
- Black Pepper 2130-40
- Soft Fern 2144-40
- Cloud White OC-130
- Beau Green 2054-20
- Metropolitan AF-690
- Hale Navy HC-154
- Head Over Heels AF-250
- Kona AF-165
- Decorator's White OC-149
- Pashmina AF-100
- Hunter Green 2041-10

Emphasizing the calming role grey plays in society, the Colour Trends 2019 colour card illustrates how to capture the coveted feeling of restorative quietude in any setting. Elements include the blending of heathered greys and soft linens to create an enveloping haze in a living room; utilizing reflective metallic accents and easygoing neutrals to add a comforting factor to a sleek kitchen; and creating a dose of modest allure to an elegant entryway by coating the walls, doors and trim in a bold navy blue.

The richness and nuance demonstrated through the Colour of the Year and Colour Trends 2019 palette can only be achieved with Benjamin Moore products. Offering residential and commercial paints for any project.

To learn more about the Benjamin Moore Color of the Year and Color Trends 2019 palette visit Rubin's Paint at the corner of Bank Street and Alta Vista Drive in Ottawa.

The 'tearjerker' ballads of the 1890s

by Brian McGurrian

One of my very favourite songs is an Irving Berlin composition from 1914 titled *Play a Simple Melody*. The song describes how different age groups reacted to an energetic new style of music, called *ragtime* that swept across America and Europe at the beginning of the 20th century. The younger generation loved ragtime, but apparently the older generation did not.

You may remember this song as it was presented in a very popular revival by Bing Crosby and his son, Gary in 1950. As Bing pleads for a, "simple melody like my mother sang to me," Gary rudely interrupts with, "I wanna listen to raa-aag... play that rag!"

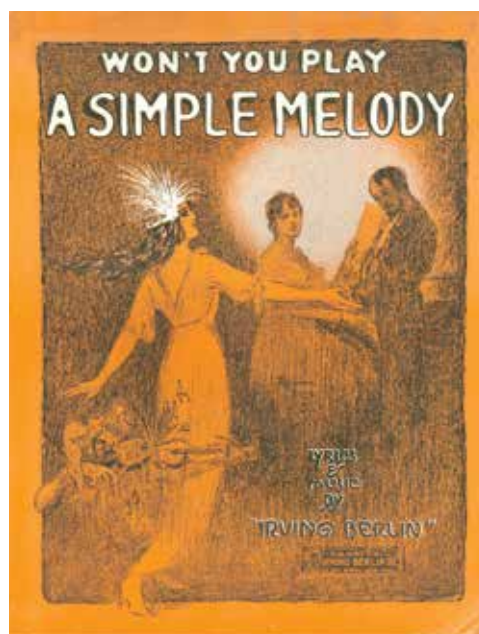
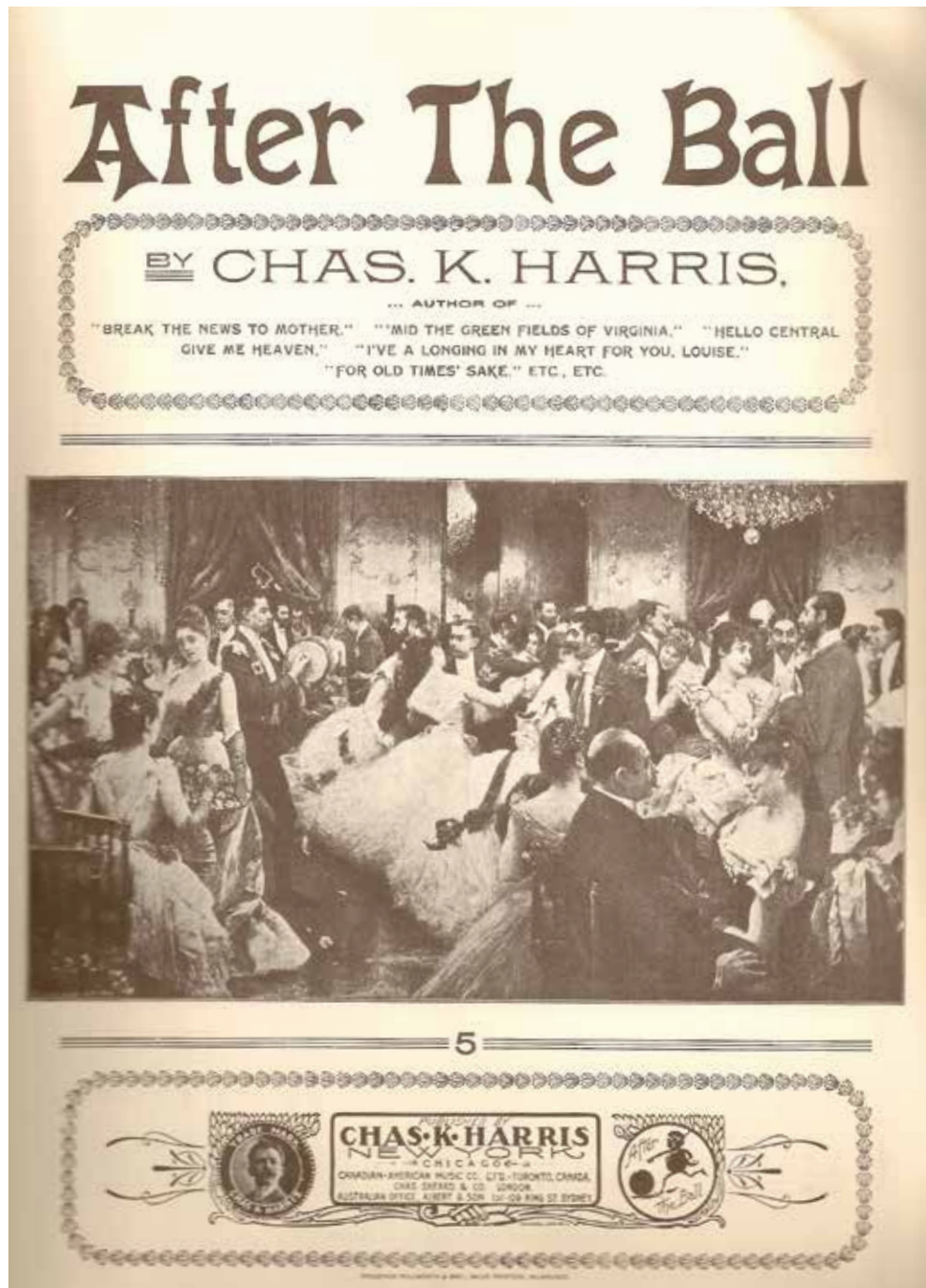
Berlin was neatly illustrating the irritation felt by an older generation when it gets inundated by the music of a younger generation - no doubt the same sort of discomfort felt by my parents in the 1950s, longing for Rudy Vallee or Glenn Miller while I was blasting Elvis Presley.

As for Bing Crosby, we can be certain that his mother Katie (Harrigan) born in Minnesota in 1873, was familiar with, and may even have danced to, sentimental songs such as *Love's Old Sweet Song* (1884), *After the Ball* (1892), *Break the News to Mother* (1898), *When You Were Sweet Sixteen* (1898), *She Was Only a Bird in a Gilded Cage* (1900), and perhaps an Irish ditty or two such as *Down Went McGinty* (1889), or *The Band Played On* (1895).

I expect that in 1884 a lot of folks might have immediately rushed out and bought a recording of *Love's Old Sweet Song*...but for the fact that Edison had invented the cylinder phonograph only three years earlier, in 1881, and sound recordings were not yet commercially available. So, how the heck did people back then get to listen to music like *Love's Old Sweet Song*?

The answer is that prior to the 1890s, music was always heard *live*. People heard music performed everywhere - at county fairs, minstrel shows, circuses, medicine shows, and from the band shell in the town park. Also, at that time people were flocking to vaudeville and burlesque theatres. (Unlike burlesque, vaudeville was family entertainment - acrobats, comedians, magicians, jugglers, and, of course, singers - a lot like the Ed Sullivan TV Show of the 50s and '60s.)

Back then, all the latest popular songs were published in printed form. Many people in middle-class



They developed aggressive marketing techniques to create a demand for their products. They even invented a new profession – the song plugger.

their products. They even invented a new profession – the song plugger. He would seek out professional entertainers, demonstrate his employer's latest songs, and then bribe them with cash or booze to introduce these new songs to the public.

One example of this new breed of publishers was Charles K. Harris, a composer who opened an office in 1892 and put up a sign that said: *Songs Written to Order*. Then he went to a prominent Broadway performer, J. Aldrich Libbey, and paid him five hundred dollars, and promised a share of the royalties, to insert one of Harris' own compositions, *After the Ball*, into a then popular Broadway show, *A Trip to Chinatown*.

After the Ball is a ballad about love, loss, and wasted lives due to unreasonable jealousy and a foolish misunderstanding. It weaves a tale about an elderly man explaining to his niece why he never married: he admits that he was so angered to see his sweetheart kissing another man at a ball that he refused to listen to her explanations. Only many years later, after the lady has died, is he informed that the man she kissed was actually her brother!

After the Ball became the most successful song of the entire era. As soon as it was released, orders for sheet music began pouring in as performers everywhere were eager to add it to their repertoires. In the year 1892 alone it sold over two million copies of sheet music, and composer/publisher Charles Harris was soon raking in profits to the tune of \$25,000 per week, an incredible bonanza, especially for that period of the late 1800s.

Incidentally, it was over a decade later before sales of sound recordings could begin to compare with sales of sheet music. Enrico Caruso's 1904 recording of *Vesti la Giubba* was said to be the very first sound recording to sell a million discs.

When people listened to a song like *After the Ball*, did they empathize with the characters or did they feel that the composer was manipulating their emotions? Judging by the enormous success of the song, it appears most of Harris' 1890s audience *did* strongly empathize with his characters.

Perhaps we are more skeptical nowadays. Personally, I don't see how a brother's kiss could look anything like a lover's kiss, and as we look back at songs like *After the Ball*, we sense that we are being manipulated by the composer, and so we label the songs as "melodramatic", or even more pejoratively as "tearjerkers", suggesting that the works in question are lacking in subtlety, or lacking in plausible character development, or both.

Nowadays a comedian can be sure to get easy laughs, using only a large white hankie as a prop, while singing a pathetic ballad such as *She Is More to Be Pitied Than Censured* (1894) describing the plight of, "a lassie who ventured on life's stormy path ill-advised...."

Do not scorn her
with words fierce and bitter
Do not laugh at her shame
and downfall
For a moment - please stop
and consider
That a man was the cause of it all."

OUR RUGBY CORRESPONDENT GONE

John Jerome deserved his peaches every day

by Bill Fairbairn

When John Jerome, this newspaper's rugby correspondent, died last fall he left not only family and friends, but also a host of young and old to remember his wit and eloquence. Shortly after his death daughter Gillian found written in his address book: "If I had my way, I would have peaches every day."

The Ottawa rugby fraternity, particularly the city's high schools into which he helped introduce and develop rugby, mourned a giant of the game.

In 1974 rugby was introduced into the Ottawa high school system as a result of Jerome and others lobbying the school board to start a league. Colonel By High School was part of that inaugural season of a few exhibition games among a few schools. However, the following year saw a full season of inter-school matches culminating in a city championship match between Colonel By and St. Joseph Catholic School. Jerome was the architect of the match and of a string of teams that won the city championship over time. He was the man behind a generation of players who at the time were



Rugby correspondent John Jerome congratulates Ashbury College players after they defeated Cairine Wilson Secondary School in the final of the Boys Ottawa Senior Rugby championship played at Hillcrest High School. From the Riverview Park Review, October 2018.

searching for an identity. Rugby turned out to be that identity for Hillcrest High School student Al Charron, who went on to captain

Canada's international rugby team. Jerome recognized that for rugby to be a success in schools good coaching was required. He invited the Ottawa Irish Rugby Club to help out. Irish member Dan Demorah coached at Hillcrest High the year Charron decided to try the sport never suspecting that his play would merit his future selection as international captain. Hillcrest and other schools became sort of rugby farm teams for the Irish, producing players for the area, the province and Canada.

Played in the scrum

Meanwhile Jerome just went on introducing more and more kids to the game. For a one time scrum forward like himself, he coached in a low-key way that contradicts the scrum image on the field of play. One of his students, Tom McCartney, is quoted telling Jerome's family how much he owed to his rugby mentor and how grateful he was to have walked the earth with him. March rugby tours of such as Bermuda, Mexico, Jamaica and British Columbia, as adjuncts to classroom lessons by English teacher Jerome, are acknowledged by many.

Jerome was often found at Ot-

tawa's Twin Elm rugby ground, at the tennis courts in Queenswood Heights, at St. Mary's Parish, skiing through the cross-country trails of Gatineau and Mer Bleu; teaching at St. Joseph, Colonel By, Heritage College and Taimud Torah; reading, listening to big band and classic music and travelling to various parts of the world that lit up his imagination and sense of adventure.

Book on Mother Teresa

This redoubtable man, who wrote a book on Mother Teresa, also studied law and medicine, served in the Royal Canadian Navy and worked as a ranger in Banff National Park. His son Brendan and friends referred him as "The Last Renaissance Man" given the range and depth of his knowledge and experience. Late in his life Jerome was a social organizer at Alta Vista Manor, where he organized guest speakers for fellow residents and where with his practical help I three times spoke and learned enough of his rugby knowledge to propose to him a connection as rugby correspondent for this newspaper which he ardently accepted.

A celebration of Jerome's life

Happy 2019!

I want to wish you and your families a very Happy New Year
and I am looking forward to continuing to work hard as your representative at Queen's Park in 2019.

Thank you!

Thank you to everyone who came out to our holiday Pancake Breakfast on December 22. Thank you to our small dedicated group of volunteers who set up and cooked the pancakes. We had a great turnout and it was wonderful to connect with new neighbours and chat with old friends. It was also wonderful to see everyone come out for our annual New Year's Levee on January 13 for some delicious food and drink. It was great to give and receive well wishes and have a chance to chat.

Legislative Page Program

This unique educational experience for Ontario students in grades 7 or 8 provides an opportunity to experience the provincial legislature in action and forge new lifelong friendships with peers from all over province! The deadline to apply for the Legislative Page program begins April 15-June 15 for the 2019 Fall Parliamentary Session (September to December). For more details, please visit: www.ola.org

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AIKIDO JISEIKAN • THE WAY OF BU

by Norman Dimock

Force is possible
against resistance only.
Water flows around

What really matters? On the day when I buckled down to write about aikido, our dear old tabby cat succumbed to diabetes. We had to take him to the animal hospital to say goodbye. As we waited for the vet to prepare him, I concentrated on the scene outside the window, cars tearing east and west through the winter cold on the highway, a stone's throw away. It struck me how absorbed everyone is, rushing, taking care of business, oblivious to sorrows lying close at hand. The nurse brought Keoki in, and he was happy to see us, but there was a catheter in his vein. Then sedation and stillness. Then the final injection. His beautiful eyes clear and bright, unblinking.

Back home again my wife practiced her violin. I returned to writing. In the evening she went to her Slow Jam and I, thankfully, to my aikido practice.

I started in aikido just after New Year's Day 1981, in Ottawa. I had been looking to improve my physical fitness. A writer in a local newspaper remarked how much she missed enjoying her aikido practice during the holidays, and was glad to be back at it. I had done a bit of judo in university but lost interest when I did poorly in competitions. To me, to go to a gym seemed like mind-numbing Work! But I like to play and discover. Aikido could be enjoyable? Let's Go!

My first teachers were Patrick Augé and his wife Kaoru Sugiyama. Now they have their dojo (martial arts school) in Los Angeles. For many years they had studied in Japan under Mochizuki Minoru, O'Sensei ('great teacher'), who was a prominent pre-WWII student of aikido's founder, Ueshiba. Mochizuki had dispatched Augé Sensei



to serve as his technical director of Yoseikan Budo in North America.

I learned aikido very slowly but I figured that if I quit I would never find anything as good for me, and I didn't want to be a perennial beginner at everything. Our daughter and son were born in 1987 and 1990, so time got tight, but I didn't want our kids to think *Daddy is a wimp*. In 1995 I earned my level-one black belt. Who has that kind of patience and perseverance? I didn't, but they found their way into me.

In 1989 Master Mochizuki came to North America on his Nihon Jujutsu tour. He visited Augé Sensei in his Ottawa dojo. I

was a student there, as was my current teacher, Lau Hiang-Lai, and quite a few others who are still practicing in the area. I anxiously shot the portrait that you see here.



The road forked. Martial arts seek to promote harmony, but organizations splinter. O'Sensei is gone now, and it can be tricky to trace bona fide Yoseikan Budo. Still its dictum of Mutual Welfare and Prosperity remains the touchstone at our Jiseikan dojo, as elsewhere.

In the realm of Japanese martial arts, Mochizuki O'Sensei is a legend. Nevertheless as Augé Sensei told us, he was a gentle and humble man who lived simply and attentively: After a meal on a flight he would carefully gather his utensils and containers and wrappings together neatly on his tray to minimize the work of the attendant who would clear them.

O'Sensei cautioned his students to not let strong likes and dislikes dictate their lives. Once Augé Sensei asserted that he himself didn't need many of the comforts that others do. I said to him *Yes Sensei, but you need the comfort of knowing that you don't need those other comforts*. He laughed. Often it isn't strong desires that are a problem, but ones not strong enough. It depends on what purpose they serve.

Aikido is one aspect of *Budo (the Way of Bu)*. The Japanese character for Bu, 武, has three parts: One part is Yamé, 止, which means Stop (We use that word in the dojo to indicate the end of a repeating exercise). The other parts together mean Conflict. So *Budo* is the Way of Stopping Conflict. Aikido intrigues us into awareness of prin-

ciples that apply to life in general.

The dojo is a laboratory of human interaction, a place to experience and react, to safely and sincerely play out conflict and resolution, to engage with partners in non-verbal conversations that are intense and revealing. We don't compete. We cooperate. Our first concern is to protect our partners from harm. The purpose of our grading examinations is to show us our own natures and behaviors.

A friend recently asked me how I think aikido has benefitted me. I replied that it has brought me physical and mental fitness for my career and personal life. He said sure but he could see something more immediate and tangible: it gives me a community, and within that, status and responsibility. He was referring to my rank of black belt and my role as photographer for the dojo. He was right.



Photography for our dojo stretches my imaging skills. To fittingly commemorate our events, I explore different types of collages and dynamic tableaus. Sensei encourages that. I've come a long way from lining people up in static rows.

In the dojo, our educative activities help me to grow as an empathetic element of ethical society. It is a network of cooperation and respect and trust among diverse people. I am older than my teacher, and older than nearly all of my partners. They help keep me young. Training impels me to deal with any bodily deteriorations immediately, so I won't become irreversibly a couch potato.

Teacher/student relationships determine the character of a dojo. In 2007 Augé Sensei had recommended that his students read The

Life of Mila Repa. Afterwards I wrote to him:

What is on my mind is the idea that Mila's teacher Marpa knew what was good for him, better than Mila himself did. What Mila knew was this - that Marpa could guide him, so Mila was able to put himself in Marpa's hands. People in cults do that kind of thing, thinking they are safe and cared for.

He replied:

Marpa was a fair teacher who treated every one of his students according to their needs, not according to their wishes. Mochizuki Sensei was also that kind of teacher, that's why so many people misunderstood him since he was treating every one differently.

In order to accept to be under such a teacher one must first understand the meaning of a teacher-student relationship. Without that kind of trust, one cannot build such a relationship. That's why so few people here are able to stay with the same teacher. In Europe and in Asia, that kind of value tends to be taught at an early age.

Talking of cults, the question to ask oneself before trusting a teacher is: "Is he doing this for himself, for his own convenience, or is he truly doing it for us?"



Does my teacher have my best interests at heart? Does he care about me like he does about his multitudes of bonsais that he feeds and waters and trims, year after year, and brings into the dojo in winter for warmth? Was it fantastic to accompany him on training pilgrimages to the cradle of Tai Chi and Kung Fu? Do I thrive and blossom?

Yes.

*I slept and I dreamed that
life is all joy.
I woke and I saw that
life is all service.
I served and I saw that
service is joy.*

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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 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.

The RPCA is also following the review of the City's Official Plan, due to start later this year and amendments to Development Charges by-laws for approval by Council later this spring. (Development charges are fees collected by municipalities from developers of new residential and non-residential properties – they are intended to help pay for a portion of the growth-related capital infrastructure requirements.)

In addition, the RPCA along with numerous other organizations across the City and Province recently submitted letters to the Ontario government expressing concerns about proposed Bill 66. This legislation would scrap many laws and regulations that protect health and the environment and Schedule 10 of the Bill as originally drafted eliminated the requirement for public consultation on municipal developments. On January 23, however, the government, acknowledging the public outcry announced that it would not be including Schedule 10 when the legislature returns in February.

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 along Smyth Road and the AVTC, particularly given the costs of the Hospital Link (nearly \$70 million) and the stated rationale for the

project (to improve access to the Hospital Complex and reduce traffic on other roads).

In response to safety concerns raised about the new sledding hill (and how close it is to the Hospital Link road) the City has placed a protective barrier of hay bales between the hill and the roadway. Further landscaping may take place in 2019 once the snow clears.

Work on the new mulched pedestrian trail path through the woods was originally supposed to be created in 2018, but there was a delay and the project was only tendered to D&G Landscaping in November. Meanwhile, in response to a request by the RPCA, City officials have indicated that they will conduct the walkthrough (originally scheduled for 2018) to allow residents to share ideas for landscaping improvements and confirm the pedestrian path locations through the woods and elsewhere.

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 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. Work will now proceed in the summer and is slated to be completed in September 2019.

Alta Vista Drive Re-Surfacing

Late last year, numerous residents 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 were received on several near-accidents attributed to the absence of line markings, particularly for the left-hand turn into Dorion (by the Tim Horton's).

These concerns were raised with Councillor Cloutier by the RPCA and a letter was written to strongly request that the City lay sufficient line markings, or some reasonable equivalent, immediately, to mitigate the risk of unnecessary road incidents or injury. After an on-site meeting, the Councillor identified and requested a number of corrections to address the concerns raised. Contractors subsequently took advantage of a brief reprieve in weather

conditions to heat the road and apply a strong paint that they expect will last until permanent paint is applied first thing in the spring.

Ottawa Train Yards High-rise Residential Development (Steamline Street)

Controlex, the developer for the Ottawa Train Yards complex recently confirmed that it was still awaiting final city approval to begin construction on the first phase of a high-rise rental apartment complex along Steamline Street, across from the Post Office building on Sanford Fleming.

Construction of the first phase – two buildings of 20 storeys each and totaling over 400 units – is expected to start in 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.)

The RPCA has already expressed 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 use public transit (especially given its proximity to the new LRT station at Tremblay), cycling and walking – rather than driving. The additional residential units arguably trigger the need for the link to the VIA Train Station and rapid transit that is required in the original agreement with the Ottawa Train Yards from 2000/2001, especially since the Transportation study for the completed project sets a 65% modal share target for transit.

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 of Ottawa'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 Train Yards Office and Retail Complex – and is backed by local elected officials from all levels of government. It also has support from senior officials from the Ottawa Champi-

ons Baseball Team and Controlex (Ottawa Train Yards).

Councillor Cloutier has 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

Train Yards Developments/Industrial Avenue.

Following repeated requests from the RPCA, the City has now installed an advance green left turn light into the access road to Farm Boy/LCBO/Movati. However, the study conducted on the left turn into the property that now houses Figaro Coffee Shop, Urban Barn and Nordstrom Rack concluded that traffic levels were not high enough to warrant an advance green left for that location.

The new office building at 405 Terminal is now fully leased with two separate federal departments taking parts of the building. The interior design and fit-up work will occur over this year, with the occupants expected to move in by early 2020.

Due to financial difficulties in the Bowring and Bombay companies, their stores in the Train Yards closed at the end of December 2018. The travel agency lease also expired, and that space is being taken over later in 2019 by Chopped Leaf Restaurant, which bills itself as "healthy takeout served fast with its own urban style." In addition, the 4000-square foot Leclair Décor interior design and decoration store is slated to open before spring 2019. It will feature home furnishings and fixtures and an in-house design team.

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) is not slated to open for riders until spring 2019. In the meantime, the RPCA has raised concerns about the effect that the LRT opening will have on bus routes, public transit ridership capacity, and emergency contingency planning.

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 previous width. Concerns were also raised that abandoning this path would force cyclists and pedestrians to take a longer

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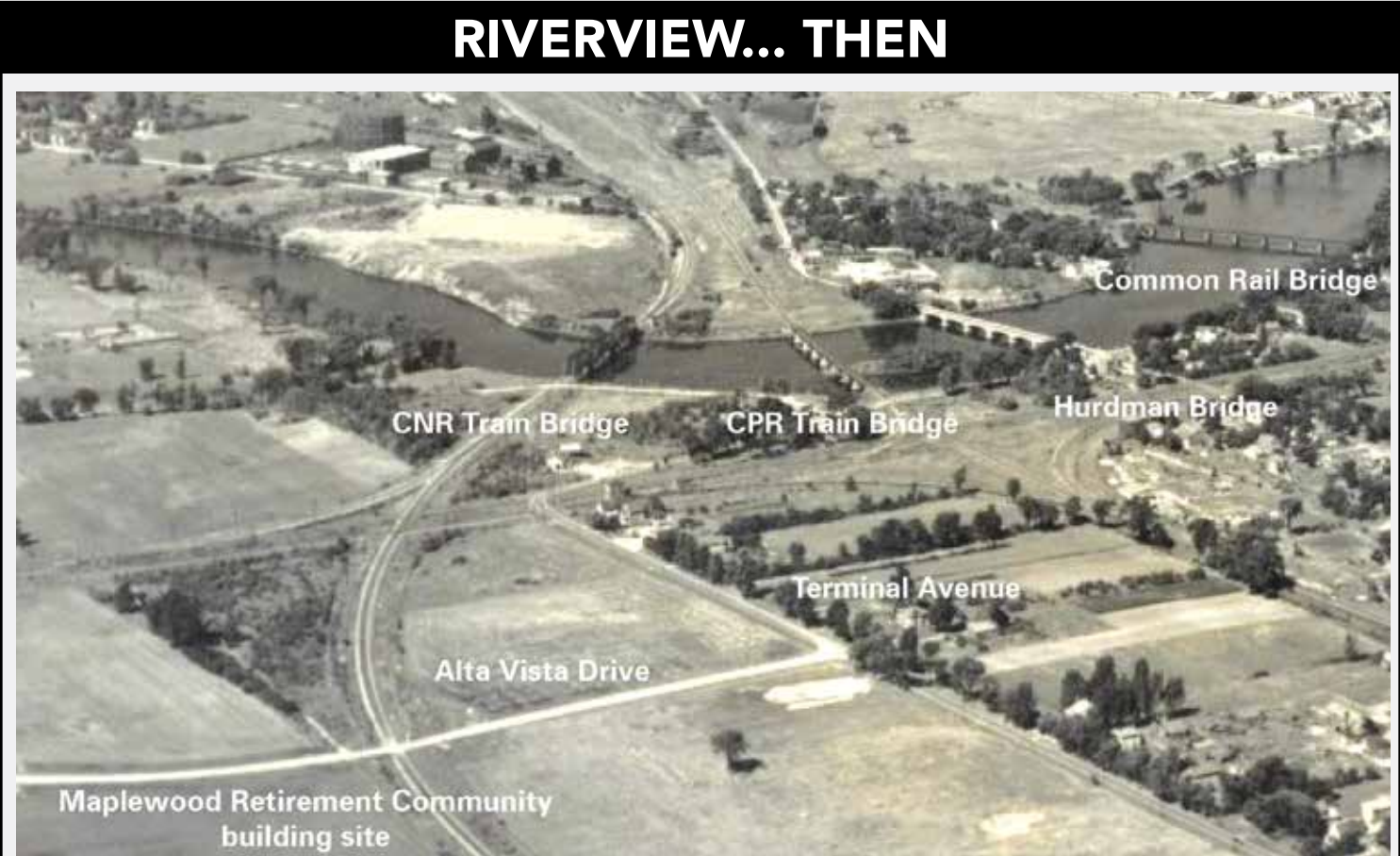
CONTINUED FROM PAGE 42

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, Steve Cripps, the City’s LRT project director, stated that until the City is prepared to winter maintain the new permanent route on the north side, the path on the south side of the bus loop will continue to be plowed as in past years. However, the City has recently ceased its winter maintenance of the pedestrian route on the LRT bridge across the Rideau River, which has drawn criticism from residents in Old Ottawa East and Riverview Park.

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

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



Our local bridges

by Paul Walsh

This oblique aerial, circa the early 1940’s, shows the Rideau River with the City of Ottawa in the background.

The four bridges crossing the River, from left to right, would be the CNR train bridge, then the CPR bridge, followed by the one used by motor vehicles... Hurdman Bridge..., and farthest right, the bridge used by all train companies, including the New York Central line, leading to the coal sheds. The NYC had an engine and enclosure, just on the far side of Mann Ave., by Nicholas Street.

The only bridge remaining now is the CPR one, which is used as a pedestrian crossover.

The picture shows a bright whitish road running left/right, near the bottom of the image. That is Alta Vista Drive. It ends on the right, at Terminal Avenue, which had many fine houses and farms all along its length. The bottom left field is the location for the present-day Maplewood Retirement Community building.



Member of Parliament | Député
The Honourable | L’honorable
David McGuinty
Ottawa South | d’Ottawa–Sud



HARD WORK, DEDICATION, PUBLIC SERVICE | TRAVAIL ACHARNÉ, DÉVOUEMENT, SERVICE À LA POPULATION

- My office provides information on the services offered by the Government of Canada, including:
- » The Canada Pension Plan / Old Age Security
 - » Guaranteed Income Supplement
 - » Immigration Matters
 - » Citizenship Inquiries
 - » Canadian Passport / Consular Affairs
 - » Business Opportunities / Grants & Funding
 - » Student Loans / Taxation Issues

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

- Mon bureau vous renseigne sur les services offerts par le gouvernement du Canada, notamment:
- » le Régime de pensions du Canada / la Sécurité de la vieillesse
 - » le Supplément de revenu garanti
 - » les demandes de renseignements relatives à la citoyenneté
 - » les questions d’immigration
 - » le passeport canadien / Affaires Consulaires
 - » les occasions d’affaires / les options de financement
 - » les prêt aux étudiants / les questions sur l’impôt

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

David McGuinty, MP | Député

Constituency Office | Bureau de Circonscription

1883 Bank Street
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Tel | Tél: (613) 990-8640
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Email | Courriel: david.mcguinty@parl.gc.ca
Web Site | Site Web: www.davidmcguinty.ca

Budget for the 2019-2020 School Year

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

Timeline

Academic staffing makes up about 75 to 80% of the Ottawa-Carleton District School Board (OCDSB) budget. The budget for Academic staffing for next year will be ratified at the end of March - in advance of the full budget – to allow staffing processes to proceed.

On May 13, District Staff will present their recommended budget and on May 29, the Board of Trustees will hear public delegations about the budget.

On May 14, I will hold a zone meeting about the budget at Hillcrest HS

Challenges

The OCDSB budgeted \$5 million to replace windows and lighting with energy efficient alternatives this year. The funds were to come from the Cap and Trade program, which has since been cancelled, and alternate funds have not been provided.

In addition, the Ministry of Education advised the OCDSB of changes to certain education program grants commonly referred to as EPO grants. EPO grants are traditionally used to fund targeted programs or initiatives that align with Ministry priorities. The funding usually involves an agreement with terms and conditions and annual reporting requirements; some are one year and some are multi-year.

In 2017-2018, the OCDSB had approximately 59 EPO grants. While analysis continues at this time, staff can confirm that at least 12 agreements totalling \$888,000 will not be funded through EPO's this year.

Special Education

District Staff will propose a plan for a Special Education Operational Review to the Board of Trustees, likely in March. I anticipate that it will be a comprehensive look at how well the OCDSB is supporting students including through Tiered Intervention, Individual Education Plan (IEP), and Identification, Placement, and Review Committee (IPRC)

Trustee Christine Boothby and I will be holding a Special Education forum on Feb. 21 from 6:30pm to 9:00pm at Sir Guy Carleton Secondary School. The intent of the event is:

- to provide a networking and support opportunity for parents of Spec Ed students; and,
- to identify where things are working well and where improvements should be sought.

Collecting data on race

Senior staff and Trustees will discuss collection of racialized data at the February 4 Committee of the Whole meeting.

Camille Williams-Taylor, the new OCDSB Director of Education, has said: "It's not just the nature of the identity of our students, but how it is that they respond to what the re-

sources are that we provide. It also allows us to learn more on how we can differentiate the resources."

I look forward to getting the information so we can better understand and address systemic and institutional racism.

Strategic Plan 2019-2023

The first two parts of the consultation on the new OCDSB Strategic Plan are finished and data collected from the online Thought Exchange survey was used in the Focus Groups phase. In early February, Trustees and Senior staff will meet to review the public input. In April, District Staff will present a draft Strategic Plan to Trustees and the public. There will then be opportunities for public feedback. In June, Trustees will approve the final version of the Strategic Plan.

Transit Week Challenge

Free Transit Ottawa has issued a challenge to Ottawa's city councillors: for seven days, from February 4 to 10, 2019, councillors must use the city's transit system (buses or the OTrain) for all of their transportation purposes.

"We're issuing this challenge to get councillors out of their cars and onto the bus so they can experience the good and bad of public transit, up close and personal," said Kirstin Pulles of Free Transit Ottawa, "It means dealing with icy or uncleared bus-stops; long, cold waits; and missing/cancelled buses. We're hoping a week on the bus will galvanize councillors to be more engaged in making improvements to the overall transit system."

12 of the councillors have agreed to take the challenge – Allan Hubley, Mathieu Fleury, Stephen Blais, Matt Luloff, Laura Dudas, Glen Gower, Theresa Kavanagh, Keith Egli, Catherine McKenney, Jeff Leiper, Shawn Menard, Carole Anne Meehan.

Some have declined the invitation (Diane Deans, Jan Harder, Tobi Nussbaum, George Darouze) while the rest have not responded to invitations. Notably, some members of the newly formed Transit Commission (Jean Cloutier, Jenna Sudds, Tim Tierney, Riley Brockington) are not participating.

For those who have declined, the reason given is recognition of the insufficient service provided by OC Transpo. Jan Harder notes



that despite efforts to use the system she "Cannot commit to a full week". Diane Deans has said that "Due to the nature of my schedule, I cannot commit to taking it for every trip", a challenge faced every week by all the fully transit dependent citizens of our city.

Participants of the Transit Week Challenge will complete a short daily survey and then a longer survey at the end of the challenge. After the Transit Week Challenge is over, Free Transit Ottawa will be holding a press conference for participants to discuss their experience, and the recently tabled budget. They will then work with other partner organizations, including Healthy Transportation Coalition and Ottawa Transit Riders to develop next steps and ensure that good transit remains a priority at City Hall.

An initiative of: Free Transit Ottawa. Co-sponsored by Ecology Ottawa, ATU Local 279, the Healthy Transportation Coalition, Carleton Student Energy, The Carleton Greens, Carleton University New Democrats, The Ottawa Transit Riders, and Joel Harden - NDP.

Contact: Kirstin Pulles
Email: kirstin.pulles@outlook.com
Phone: 519 829 8463

What Are Your Spec Ed Stories?

Trustees Christine Boothby & Chris Ellis are holding a forum on Special Education

Thursday February 21, 6:30pm to 9:00pm
Sir Guy Carleton SS, 55 CentrepoinTE Dr.

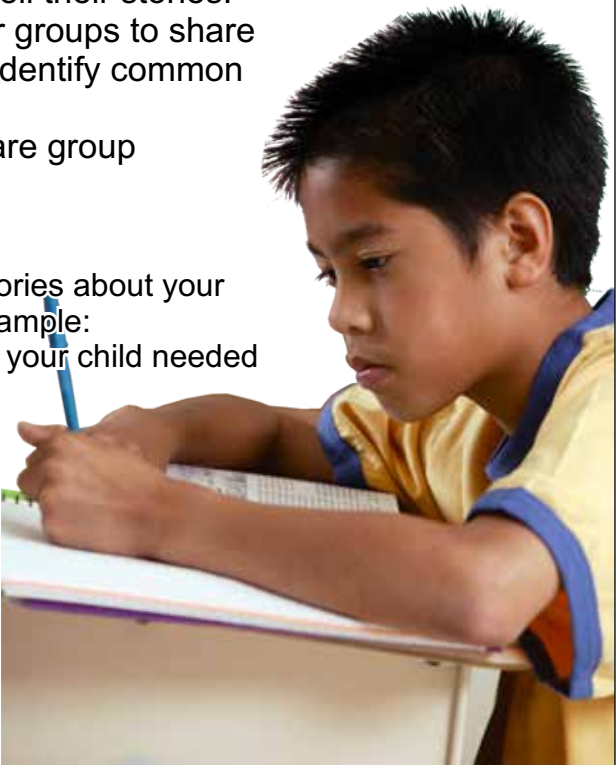
The intent of this event is:

- to provide a networking and support opportunity for parents of Spec Ed students; and,
- to identify where things are working well and where improvements should be sought.

7:00 Panel of parents tell their stories.
7:30 Break into smaller groups to share experiences and identify common elements.
8:15 Reconvene to share group discussions.
8:45 Wrap up

We hope to hear your stories about your Spec Ed journey. For example:

- How did you discover your child needed help?
- How did staff help put together support for your child?
- What was your experience with Individual Education Plan (IEP) and/or Identification and Placement of Exceptional Pupils?



For more information contact Trustee Ellis - Chris.Ellis@ocdsb.ca

RPCA PRESIDENT’S REPORT



BRYAN ORENDORFF
RPCA President

One question that often comes up at the Riverview Park Community Association (RPCA) is “how can I make my voice count?” The simple truth is that you make it count by speaking early and often. And early is the key. The time to act on a new highway widening proposal, transitway route, or railway extension is not when they are about to build it, or even when they are trying to expropriate your house, but when they are trying to plan it. After the plan is in place, then everyone from bureaucrats, to engineers, to contractors, to politicians is just trying to action the plan as was previously promised to the public.

Daunting to some

The first year of a new term of council is always special in that it tries to set the tone for the rest of the four years. In other words, this is when the plans are made. Elected officials took to the streets

during the election and told everyone what they planned to achieve in the next four years. Some of it you probably agreed with and some of it you probably didn’t. But all of it costs money. Now is the time to see that yours is spent the way you want it to be.

While the idea of budget consultations can be daunting to some, tedious to others, and fruitless to many, they are a highly accessible way of making yourself heard and making your priorities known. You don’t need to know how staff have set and distributed this year’s budget for repaving roads to know that yours is in need of some work. Let them hear it. Even if the politicians tell you that City staff have already decided on the priorities and yours isn’t one of them, invite those politicians to take a look over your issue themselves. Politely, if at all possible. Then they can provide that oversight of staff priorities they were elected for. Even

Now is the time

if your project doesn’t happen this year, enough people explaining how a program has value or making a situation known has a tipping effect after a while. This is where the RPCA can help.

As a community association, the RPCA enjoys the benefit of speaking for a large number of people. This helps open doors and makes community voices heard more clearly at City Hall. And we will be at the budget consultations and any other consultations that affect you, the residents. The association is always advocating for different spending priorities every year that help the residents of Riverview Park. This could be ensuring there is money for important park projects, continuing to make sure that there is suitable police enforcement considering new legislative challenges facing the city, or it could be advocating for more money for winter sidewalk clearing to make our streets safe to use year-round. And we’d love to hear from you.

This term of council is also special because it will launch the new official plan consultations. Over the next few years, we will see major changes to the Transportation Master Plan, the Cycling Master Plan, the Pedestrian Master Plan, and many others. This will become the main document for a decade’s worth of spending and public works. If you want to see some-

thing happen, or perhaps more importantly want to see something not happen, you need to see your wants reflected in those plans. Once something is in there, it is really difficult not to see it done. It is one thing to advocate for more money to be spent on cycling infrastructure (something done every budget), but it is quite something different to help shape where that money will actually be spent and which routes should have the greatest priority.

RPCA here to help

All works starts with a plan. This is the year to get involved and to make your voice be heard loud, clear, and often to make sure the city plans include at least part of your plan. The RPCA is here to help. We will be tirelessly advocating for all of Riverview Park and the needs of the community. But many hands make light work and many voices make a strong chorus. Please, send us your ideas, tell us about your concerns, and get involved in helping to shape the next decade of this city. Now is the time.

For more information, check out our website at www.RiverviewPark.ca. com, drop me a line at bryan.orendorff@rogers.com with your questions or thoughts, and/or come to our next RPCA Board meeting on February 13th.



Winter wrapped trees. PHOTO BY GEOFF RADNOR

www.shoppersdrugmart.ca

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

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ROCK'S BARBER SHOP

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Alta Vista Centre
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ROCK LALONDE
Owner - Propriétaire

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DEAR FRAN

Where to find reliable gardening info in Ottawa



FRAN DENNETT
dearfrangardener@gmail.com

It occurred to me that there must be gardeners who have questions but do not know where to go to find reliable local answers to their questions, and that is how I arrived at this subject. Here are some suggestions: local horticultural societies, local garden clubs, Master Gardeners of Ottawa-Carleton, local nurseries with trained staff, reputable internet sites, such as, botanical gardens, horticultural colleges, seed houses, and lastly a good gardening book or Canadian gardening magazine, such as The Gardener.

Ontario Horticultural Association
<http://www.gardenontario.org/abo/index.php>



In 1906 the Province of Ontario created the Ontario Horticultural Association (OHA). The province's counties are divided geographically into 19 districts containing local societies. There are 270 local societies registered under the Agricultural and Horticultural Societies Act. Greater Ottawa spans District 1 with 8 societies and District 2 with 19 societies. In the greater Ottawa area there are 9 societies: east—Gloucester and Russell and District; central—Ottawa, Nepean, Ottawa Valley Rock Garden; west—Kanata-March, Stittsville, West Carleton and Almonte; south—Manotick. A gardener can join as many societies as you wish as long as you pay your membership fee. The entire OHA is volunteer run. Visit their website to learn more.

- So why join a horticultural society? These are some reasons:
- society members have been gardening in their area for a long time and are willing to share their experiences.
 - most societies have annual plants sales where great bargains can be found and the money raised goes toward garden projects and education of members. Members at these sales are eager to answer questions.
 - societies have their own web-

- sites with information about them, as well as gardening articles.
- knowledgeable speakers at their monthly meetings on almost any horticultural topic from flower arranging to xeriscaping.
- some societies have junior programs or offer juniors workshops at their plant sale.
- best of all you meet like-minded people with a passion for growing things.
- the hospitality and camaraderie at horticultural meetings is outstanding.
- a single membership is in the \$10-25 range and that is great value for your money.

I am President of the Gloucester Horticultural Society and have been a member since 1981. I have experienced all the benefits stated above in this society. The people I have met, and the gardening knowledge I have gleaned from them has been stellar. I recommend that you give a horticultural society a try. The Bearded Blue Iris is our logo painted by a member. Our website has our program for 2019 and a telephone number if your want more information. <http://www.gardenontario.org/site.php/glouster/about/meetings/>

Master Gardeners of Ottawa-Carleton (MGOC)
http://www.mgottawa.ca/Home_Page.php

The master gardener concept, training volunteers to give sound advice to home gardeners, started in Washington State in 1972. In 1985, the Ontario Ministry of Agricultural, Food and Rural Affairs (OMAFRA) introduced the program in Ontario in a few chosen cities and in 1986 the program was introduced in Ottawa. I joined at this time.

MGOC was created in 1986 and supported by OMFRA. Over the years it has grown from a core group of about 25 volunteers and now has grown to fifty volunteers. On the MGOC website you can learn how to become a master gardener, book speakers, read gardening articles,

and find out where they will be in 2019 (e.g. home show, farmers markets, etc.). Since 1998 MGOC has been partnering with the Friends of the Farm to offer a lecture series, to register go to their website (<https://friendsofthefarm.ca/>). One of best services is the phone Help Line where you talk to a live person about your gardening problem (see below).

To receive TROWEL TALK, their free monthly electronic gardening newsletter, contact: trowel-talkeditor@rogers.com to be added to the list.

Check out THE EDIBLE GARDEN, a monthly on line guide for those who wish to grow their own food.

Phone Help Line: 613-236-0034, Wednesday and Thursday only, 1-3pm year round. Email Help Line: mgoc_helpline@yahoo.com

Master Gardeners of Ontario (MGOI)
<http://www.mgoi.ca/about.html>



In 1998 Master Gardeners of Ontario (MGOI) became an independent, nonprofit organization of volunteers. The resources on this website are excellent and many volunteers over the years have kept it up to date. www.mgoi.ca

Local nurseries hire trained staff to not only work for them but to answer their customer's questions. But do yourself and these people a favour, come prepared with name (botanical) of the plant you are seeking, a picture if you have seen it elsewhere and any other information that helps them find what you are looking for. The big box stores usually do not provide this service.

For local gardening events check the Gardening Calendar <https://gardeningcalendar.ca>. Just click on the month and day you are interested in and the events of that day pop up at the bottom. You can also subscribe to receive notifications.

This site gets better each year and is very user friendly.

Landscape Ontario
<https://landscapeontario.com/>

Landscape Ontario in addition to being a trade organization, has information on landscape design, a plant encyclopaedia and gardening tips on its website.

Ottawa Public Library
<https://bibliootawalibrary.ca>

Occasionally the public library has free gardening lectures. You need to check their website.

General searches on the Internet are a good resource providing you use credible sites for your information. Remember our hardness zone 5b when looking up information on the web. Some good sites:

Ontario Ministry of Food and Rural Affairs has a resource for the home garden. The Online Gardener's Handbook 2010 at <http://www.omafra.gov.on.ca/english/crops/gardbk/ghtoc.html>

Royal Botanic Garden
<https://www.rbg.ca/gardeninginformation>

The RBG will answer your Gardening Questions by Phone: 905-527-1158 ext. 226; By Fax: 905-577-0375; Online by using the form on their website.

Canadian Organic Growers
<https://www.cog.ca/>

This organization is devoted to growing things organically. The site is chock full of information. Check their website for more information.

Seeds of Diversity
<https://www.seeds.ca/>

This group is dedicated to search out, preserve, perpetuate, study, and encourage the cultivation of heirloom and endangered varieties of food crops (from their website).

Seedy Saturday is their national event held at various times of the year in different centres. Ottawa Seedy Saturday is March 2, 2019 from 10am-3pm at the Ron Kolbus Lakeside Centre. Check their website for more information.

Just Food
<http://justfood.ca/>

Just Food is an Ottawa based grass roots organization that envisions a vibrant, just and sustainable food system. On their website they have information about local community gardens, plant a row, donate a row, and several other food based growing initiatives.

I believe if you are given the right information you can help yourself. Any time you take the time to look up an answer to a gardening problem you educate yourself. I hope this information is helpful to all you gardeners seeking help.

COMMUNITY BULLETIN BOARD

Rideau Park United Church

2203 Alta Vista Drive, Activities and Events, February – March 2019 For more information, please call the church office at 613-733-3156 x229 (Mon-Fri 9am-4pm) or www.rideaupark.ca

Gentle Yoga - Fri. 9 - 10am, throughout February to Mar. 8. A gentle flow mat class. Chair Yoga is also offered on Fri. 10:30 - 11:30am. More info & fees, Lynda Spalding, 613-422-3565 or 4livingyoga@gmail.com

Valentine Coffee Party, Thurs. Feb. 14, 9:30 - 11:30am. Enjoy coffee, tea and fruit breads while shopping at the Bake Table and perusing the Potpourri Table. Children welcome. Freewill offering accepted at the door.

Winter Dinner, Fri. Feb. 22, 5:30pm. Delicious dinner of chicken cordon bleu, rice pilaf, vegetables and dessert. All welcome. Tickets: Sundays after church service, or from the church office (Mon.-Fri. 9am-4pm) Adults: \$18., Children 6-12 years: \$10., Children 5 & under: free.

The Harmony Club for Seniors 60+ From 1-2pm, : Wed. Feb. 27 "Sustainability of the Ottawa River" from Kathryn Norman of Sustainable Ottawa. Wed. Mar. 27 listen to a presentation of interest to seniors in the community.

Shrove Tuesday Pancake Supper, Tues. Mar. 5, 5:30pm. Organized and served by the 28th Ottawa Scouts. Tickets at the door.

Voices of Rideau Park Musical Concert, Sun. Apr. 7, 2:30pm. Performances by current & former soloists, and the Rideau Park's Chancel Choir. Reception follows. Freewill contribution. All invited.

St. Thomas the Apostle Anglican Church

2345 Alta Vista Drive (by firehall) **Annual Pancake supper on Shrove Tuesday**, March 5th. Two sittings at 5 pm and 6 pm. Pancakes (including gluten-free), sausages, ham, ice cream. Adults \$10, children \$6, ages 3 and under free. Tickets at the office 613-733-0336.

St. Aidan's Anglican Church

934 Hamlet Road (behind the Elm-vale Shopping Centre). **Roast Beef Dinner** – Thursday, April 11, 5-6:30 pm. Traditional roast beef dinner with all the trimmings. Tickets \$18 adults, \$9 children 6-12, free for children under 6. Tickets at the church or call 613-733-0102 or staidans@bellnet.ca.

Friends of the Central Experimental Farm

April 2 – **Master Gardener Lecture** from 7-9pm. "Savvy Choices for Spring." Tips for getting the best out of your plants. \$12, non-members \$15, Bldg 72 CEF Arboretum. 613-230-3276 friendsofthefarm.ca/master-gardener-lectures-2018/
April 6 **Volunteer Recruitment Orientation**. Meet garden team leaders and event coordinators Saturday April 6 at 9:30am at Bldg. 72 CEF Arboretum friendsofthefarm.ca/fcef-annual-events/
April 16 **Master Gardener Lecture** from 7-9pm. "The Art of Rock Gardening." Learn about types of rock gardens and rock placement in gardens. FCEF members \$12, non-members \$15, Bldg 72 CEF Arboretum. 613-230-3276 friendsofthefarm.ca/master-gardener-lectures-2018/

April 17 **Annual General Meeting** 7-9 pm. Public welcome, membership not required. Free event. Meeting and presentation at K.W. Neatby Bldg with free parking. Registration required. friendsofthefarm.ca/event/annual-general-meeting-2018/ 613-230-3276

April 30 **Master Gardener Lecture** from 7 to 9pm. "Trees and Shrubs'-The Backbones of your Gardens" This talk will include little known facts about trees and shrubs. FCEF members \$12, non-members \$15, Bldg 72 CEF Arboretum, east exit off Prince of Wales roundabout. 613-230-3276 friendsofthefarm.ca/master-gardener-lectures-2018/

May 12 **Annual Plant Sale** from 9am to 1pm. Everything you need for your garden! Specialty growers and plant vendors, garden accessories, plant 'coat-check' service, Master Gardener advice. In Neatby Building parking lot at Carling & Maple Drive. Free admission, donations to Friends of the Farm kindly accepted. 613-230-3276 friendsofthefarm.ca/fcef-annual-events

May 14 **Master Gardener Lecture** from 7 to 9pm. "Kitchen Gardens". Explore several aspects of vegetable gardens through the ages. FCEF members \$12, non-members \$15, Bldg 72 CEF Arboretum, east exit off Prince of Wales roundabout. 613-230-3276 friendsofthefarm.ca/master-gardener-lectures-2018/

Pacesetters Walking Club

Come and join THE PACESETTERS WALKING CLUB at Billings Bridge Shopping Mall. Can't beat walking indoors during the winter. Women and men welcome. Activities also include social gathering, knitting for charities, puzzle.

zles. Located in the basement of the Tower, northwest corner of the Mall. Low cost of \$10 per year. Call 613-521-6740 during open hours of 7:30 to 10 am.

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, March 9th from 10:00am to 4:00pm. Purchasing, leasing, and lease to purchase quality fine art from local artists is available. Visit www.artlendingofottawa.ca for further details and to visit the artist's gallery.

Emmanuel United Church

691 Smyth Road. 613-733-0437
March 5 - **Shrove Tuesday Pancake Supper**. 5-7 pm. Tickets available from the Church office during the week, and at the door. Homemade pancakes and local fresh sausages. \$10, or \$5 for children 8 and under.

March 20, 7-9 pm – **Lecture – Powering Reconciliation:** How Indigenous Participation in Canada's Clean Energy Future Contributes to Social Justice, Ecological Protection and Climate Action. Tickets \$10 at the door or from the church office.



Lost and Found Pet Recovery Network

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

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

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

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



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.



ALTA VISTA PUBLIC LIBRARY

**FEBRUARY 2019/
FEVRIER 2019/
MARCH 2019/
MARS 2019/**
*(Closed on February 18
Fermée le 18 février)*

■ Children’s Programs/ Programmes pour enfants

STORYTIMES / CONTES

Babytime / Bébés à la biblio

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

***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.

***Session 2**

Mondays, March 25 to April 15, 10:30 a.m. to 11 p.m.
Les lundis du 25 mars au 15 avril 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 1**

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

***Session 2**

Tuesdays, March 26 to April 16, 10:30 a.m. to 11 a.m.
Les mardis du 26 mars au 16 avril 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. Ages 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 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.

***Session 2**

Thursdays, March 28 to April 18, 10:30 a.m. to 11 a.m.
Les jeudis du 28 mars au 18 avril de 10 h 30 à 11 h.

■ SPECIAL PROGRAMS / PROGRAMMES 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, January 2 to May 8, 3 p.m. to 4:30 p.m.
Les mercredis du 2 janvier au 8 mai 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’apprentissage et de partage. Pour les 6 à 12 ans. Inscription requise.

***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 13h à 15 h 45. (Chaque session dure 30 minutes)

***Session 2**

Saturdays, March 30, April 6 and 13, 1 p.m. to 3:45 p.m. (Each session lasts 30 minutes)
Les samedis 30 mars, 6 et 13 avril de 13 h à 15 h 45 (Chaque session dure 30 minutes)

Music, Movement & Mindfulness / Musique, mouvement & pleine conscience

Stories and songs to encourage mindfulness and movement for children aged 0 to 6 and a parent or caregiver. Bring a mat or towel. No registration required. / Histoires et chansons pour développer la pleine conscience, pour bouger et pour danser! Vous pouvez amener votre propre tapis ou serviette. Pour les enfants de 0 à 6 ans et un parent ou gardien. Aucune inscription requise.
Saturdays, March 30, April 27, May 25, June 22, from 11 to 11:40 a.m.
Les samedis 30 mars, 27 avril, 25 mai, 22 juin, de 11 h à 11 h 40.

■ March Break Children’s programs / Programmes pour enfants du congé de mars

Mix and Match / Pêle-mêle

Make sense! Mingle colors, shapes, smells, materials or sounds. Ages 4 to 6. No registration required. /

Quel fouillis! Mélange couleurs, formes, odeurs, matériaux et sons. Pour les 4 à 6. Aucune inscription requise.
Saturday, March 9, 2 p.m. to 3 p.m.
Le samedi 9 mars de 14 h à 15 h.

Luv 2 Groove

‘Get into the Groove’ is a one stop shop for dance! This workshop includes a variety of grooves, moves and the latest dance steps participants will be sure to love! Ages 4 to 12. Registration required / Consulter le site web de la bibliothèque pour des informations. Pour les enfants de 4 à 12 ans. Inscription requise.
Mon., March 11, 10:30 to 11:30 a.m.
Le lundi 11 mars de 10 h 30 à 11 h 30.

Stir it up! /Et que ça brasse!

A recipe for fun! Ages 7 to 10. No registration required. / Une recette pleine de plaisir! Pour les 7 à 10 ans. Aucune inscription requise.
Tuesday, March 12, 10:30 a.m. to 11:30 a.m.
Le mardi 12 mars de 10 h 30 à 11 h 30.

In the blender / Dans le mélangeur

Chop words, rhymes and surprises to make something new! Ages 4 to 6. No registration required. / Coupe des mots, des rimes et des surprises pour prépare quelque chose de nouveau. Pour les 4 à 6 ans. Aucune inscription requise.
Wednesday, March 13, 10:30 a.m. to 11:30 a.m.
Le mercredi 13 mars de 10 h 30 à 11 h 30.

Story mash-up / Cocktail d’aventures

Choose your own adventure. Ages 7 to 12. No registration required. / Choisis ta propre péripétie. Pour les 7 à 12 ans. Aucune inscription requise.
Wednesday, March 13, 2:30 p.m. to 3:30 p.m.
Le mercredi 13 mars de 14 h 30 à 15 h 30.

In the mix / Tohu-bohu!

Come join us for a fun blend of stories and songs. Ages 18 to 36 months. No registration required. / Joins-toi à nous pour un méli-mélo amusant d’histoires et de chansons. Pour les 18 à 36 mois. Aucune inscription requise.
Thursday, March 14, 10:30 a.m. to 11:15 a.m.
Le jeudi 14 mars de 10 h 30 à 11 h 15.

Pinhey’s Point Historical Site / Lieu historique Pinhey’s Pointe

Check the library website for more info! Registration required / Consulter le site web de la bibliothèque pour des informations. Inscription requise.

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

Lego Block Party / Ça 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.
Friday, March 15, 2 p.m. to 4 p.m.
Le vendredi 15 mars de 14 h à 16 h.

Jumble it ! / Embrouille-toi!

Find your clue in the mix. Ages 10 to 17. No registration required. / Trouve ton indice dans le charivari. Pour les 10 à 17 ans. Aucune inscription requise.
Saturday, March 16, 2 p.m. to 3 p.m.
Le samedi 16 mars de 14 h à 15 h.

■ 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, February 7 – *The Orenda* by Joseph Boyden
Thursday, March 7 – *Autumn* by Ali Smith
Thursday, April 4 – *The Last Neanderthal* by Claire Cameron

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, February 21st – Kathy Reichs’ Brennan series
Thursday, March 21st – Ann Cleeves’ Vera Stanhope series
Thursday, April 18th – 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 11 février – *Le quatrième mur* de Sorj Chalandon
Le lundi 18 mars – *Cheval indien* de Richard Wagamese
Le lundi 15 avril – *La petite fille en haut de l’escalier* de François Gravel

■ Conversation Groups / Groupes de Conversation

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

Améliorez votre français parlé et rencontrez des gens dans une ambiance conviviale et décontractée. Au

cune 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 de 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. Tuesdays, 12:00 to 1:00 PM. Les lundis de 18h à 19h30. Les mardis de midi à 13h.

■ **Other Adult Programs**
One-on-One Computer Tutorials
Book a one-on-one tutorial to learn computer, email and Internet basics. Help also available with the Library's digital resources including eBooks and downloadable audio-books and magazines. Please visit the branch for more information or to schedule an appointment.

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 6th at 6:30 PM. Please register.

■ **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, February 7, 14, 28;
Thursdays, March 7, 14, 28;

Thursdays, April 4, 11, 25;
6:00- 8:00 p.m.
Saturdays, February 2, 9, 16;
Saturdays, March 2, 9, 16;
Saturdays, April 6, 13, 20;
10:15 a.m. -12:15 p.m

Registration for all programs requires a valid OPL library card for each registrant. Registration for March 2019 children's programs starts on March 6 and registration for March Break 2019 children's programs starts on February 13 / L'inscription pour les programmes d'enfants qui ont lieu en mars 2019 débute le 6 mars et l'inscription pour les programmes d'enfants qui se tiennent durant le congé de mars commence le 13 février. Toutes les personnes qui souhaitent s'inscrire à des programmes doivent être titulaires d'une carte valide de la BPO.

The Alta Vista Library is located at 2516 Alta Vista Dr. For more information, please call call 613-580-2424, ext.30426 or visit the branch. La bibliothèque Alta Vista est située au 2516, promenade Alta Vista. Pour de plus amples renseignements, veuillez composer le 613-580-2940 ou visitez le succursale.

EMVALE ACRES PUBLIC LIBRARY

Elmvale Acres Branch, 1910 St Laurent Blvd. February- March 2019

Bilingual Family Storytime 2019 / Contes en famille bilingue 2019
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. Thursdays, 10:15-10:45 a.m. February 7, 14, 21, 28 & March 21, 28

Babytime 2019 / Bébés à la biblio 2019
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. Thursdays, 1:30-2:30 p.m. February 7, 14, 21, 28 & March 21, 28

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. Saturdays, 11:00-12:00 February 2, 9, 16, 23 & March 2, 9, 16, 23, 30

Mystery Book Club 2019
Share the enjoyment of good mysteries in a relaxed atmosphere.



Join us for discussion. Everyone welcome! Mondays, 6:30-7:30 p.m. February 4: Any of the "Daisy Dalrymple" mystery series, by Carola Dunn. March 4: "A Perfect Obsession", by Heather Graham.

Bilingual Harry Potter Book Night / Nuit de Harry Potter et l'École de sorcellerie Poudlard
Join us for a magical evening filled with trivia, crafts and much more! Welcoming all witches, wizards and muggles. / Venez-vous joindre à nous pour une soirée inoubliable! Jeux, bricolages et divertissements. Bienvenue à tous, y inclus des sorcières, des sorciers et des moldus. Thursday, February 7 at 7 p.m.

Contes pour célébrer l'histoire franco-ontarienne!
Venez célébrer le mois du patrimoine en ontario français! Nicole Fournier, alias Capitaine Bonnefemme, vous divertira avec ses récits presque vraiment vrais! Programme de famille, pour les 7 ans et plus. Saturday, February 2 at 2:00 p.m.

Starting a Business
Learn what you need to consider when starting your business and what you need to do so that you can determine if your business idea is feasible. Whatever kind of business you are starting online, home-based, local, product sales or service—the steps and procedures in preparing your business are the same. In addition, you will learn specifics on regulations and things

to consider for certain types of business. Invest Ottawa business advisors present this information-packed workshop to get you started in the right direction. Wednesday, February 20 at 6:00 p.m.

March Break 2019

Monday, March 11
• Nature Madness || Nature en folie/ 10:30 a.m.
• Radical Science/ 2:00 p.m.

Tuesday, March 12
• Game On! || 1,2,3... Au jeu!/ 10:30 a.m.
• Stir it up || Et que ça brasse!/ 2:00 p.m.

Wednesday, March 13
• Build it up || Construis-le/ 10:30 a.m.
• Fairfields Heritage House/ 2:00 p.m.

Thursday, March 14
• Game On! || 1,2,3... Au jeu!/ 10:30 a.m.
• Mixed mediums || Médiums mixtes/ 2:00 p.m.

Friday, March 15
• Jewellery Workshop || Atelier de bijoux/ 2:00 p.m.

Saturday, March 16
• Mix and match || Pêle-mêle/ 10:30 a.m.

VINCENT MASSEY PUBLIC SCHOOL

Residential Schools in Canada – read with care and caution

by Faizaan M., VMPS, grade 7

Residential schools, a sad and important part of Canadian history. These schools were established all over Canada and the United States to assimilate the First Nations children into the Euro-Canadian culture. Although residential schools are no longer being operated, the last closing slightly over twenty years ago, they are still being discussed about and are a controversial topic to this day.

The government assumed that the people of the aboriginal culture would not be able to cope with the expeditiously modernizing society and that aboriginal people would be more successful if they were to embrace Christianity and learn how to speak in English or French. Children were easier to mold than adults, so the government decided to make residential schools. Residential schools were boarding school like religious schools that were established all over Canada and the United States to educate and assimilate first nations children into the Euro-Canadian culture and essentially abolish the culture of the aboriginals.

Around 139 residential schools were founded in the entirety of Canada and 31 in our region of Eastern Canada. A total of approximately 150,000 First Nations, Inuit, and Metis children were forced to attend these schools. An esti-

In English class, GIF 7/8, we have been researching issues related to Reconciliation in Canada. Our grade 7 students started by learning more about the residential school system. Much of what we are learning is difficult to understand and reconcile with what we know as school. Below is Faizaan’s article on the system and particularly, a home in Eastern Canada, St. Anne’s. **Ms Swail**

mated 6,000 children died, however, this is not certain since the government stopped recording the deaths, presumably because the death rates were so high.

One of the many schools in Eastern Canada is the notorious St. Anne’s residential school. Although this may sound like your average residential school, other than the fact that there are multiple CBC articles regarding it, it is known to be one of the most barbarous schools in Ontario. Located at Fort Albany, Ontario, operating from 1906-1976, St Anne’s was an absolutely horrific school and was primarily known for its main attraction, the infamous electric chair which was used as both a technique to punish students when they misbehaved as well as shown off when visitors arrived.

Along with the electric chair, the teachers there, who were usually nuns, priests, and lay brothers,

strait jacket that was used to restrain students. The students were then sexually abused. There were also many other allegation regarding fondling, forced kissing, and nighttime molestation.

As you have probably realized by now, residential schools were a horrible part of Canadian history. St Anne’s was not the only school that used such barbaric techniques to punish students. First Nations people from all over Canada suffered similar or even worse experiences. Luckily the last of the residential schools closed in the late 1990’s, only slightly more than 20 years ago, but thousands of people are still scarred from the horrid experience and are suffering from abuse, violence, and illness.

Studies show that descendants of residential school survivors are also suffering from these affects and sometimes more. Thankfully, the First Nations people are now more appreciated in the society, but hundreds of people are still not educated about this topic, so we must do our part to educate others and to make our community a better place for the First Nations people and for everyone in general. For more information on this subject, reading some articles on CBC is suggested, however some of the topics discussed are not for the light hearted.

by Greg McKean, Teacher

Students of Vincent Massey EF8a/b have been inspired to work with the community of Russell Heights. This commitment has left the group brainstorming and developing ideas with the theme of Drama and sport to work with the youth.

With the focus on Mentorship, the classes have been reading about the impact of good mentorship on children. With this new information, we will incorporate it into our sessions.

The classes have been busy creating posters and business cards to promote their project this year. The cards have been sent off and we eagerly await their arrival. The posters will hang in the homework club of Russell Heights for children to select from. The winning media will be revealed at the next meeting with Sara Dwyer --Executive Director of Russell Heights.

We have recently learned that the Ministry of Ontario has released the Speakup grant for this year. Our class is busy developing and writing a proposal in hopes to be awarded support for our initiatives. We encourage you to follow our progress on our social media platforms of Twitter: @Solesinspiring and Instagram: inspiringsoles_

Inspiring SOLES update



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Climate Change at warp speed...

by Judy Burwell

The tornadoes that hit our area last September were a not so gentle reminder that we are all vulnerable to the effects of climate change. For some it was a quick fix, but in the hardest hit areas homes were destroyed and many are still trying to put their lives back together. Not to make light of those seriously affected but in the grand scheme of things, this was a relatively small event and worse is yet to come.

Early in October, the International Panel on Climate Change, (a group of the world's top scientists) released a devastating report advising that strong action is needed in the next decade if we want to limit climate change catastrophes. If we ignore this warning we can expect the real chaos to unfold between 2030 and 2050. It's a hard report to wrap your head around but the message is clear - the planet is in big trouble and it's going to take commitment and hard work from all of us, but especially from our elected officials, if we want to turn things around.

I know that many of us do what we can to reduce our own carbon footprint. We recycle, reuse, turn the heat down in the winter, take the bus whenever possible, and support local businesses and restaurants who are making green changes. Doing our environmental due diligence we hope that we are somehow helping and making a difference. That's all well and good but obviously the big fix sits square-



ly on the shoulders of governments, manufacturers, corporations and businesses, large and small.

For decades scientists have been warning us to 'act now' to put the brakes on global warming and climate change. While governments often appeared to be listening at election time, their promises too often fade in the face of victory. If government is the Hare and climate change the Tortoise, you know who's winning this race. I'd like the opportunity to put my money on the Hare for a change!

Looking on the bright side and yes, there is as bright side, not everyone is dragging their feet. Across Canada, cities, towns, and environmental organizations are working together making positive changes: investing in renewable energy, improving public transportation, providing incentives to businesses and home owners to convert to green energy, and banning the use of single use plastics, to name a few. Any climate friendly approach to reducing climate vulnerability will save money, improve our quality of life, and build more resilient communities. In other words, making positive changes for the good of all. It's encouraging.

As the Capital of Canada, surely Ottawa should be at the forefront of positive change. Even the World Bank says that "building cities that are green, inclusive, and sustainable should be the foundation of any local and national climate change." It is the responsibility of our newly elected city council to take that statement to heart and move forward to make Ottawa the greenest and most environmentally progressive city in Canada. If we all work together, we can make this a reality. The possibilities are limitless.

Judy Burwell is a member of The Ottawa South Eco-Action Network (OSEAN)

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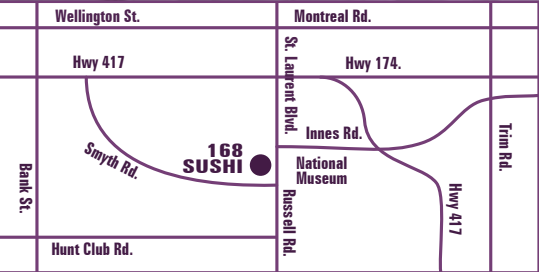
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