

APRIL 2019

A Voice of Riverview Park

MAY 2019



Andrew Carnegie, from Dunfermline, Scotland, whose philanthropy brought libraries to many countries.

NATIONAL PORTRAIT GALLERY, WASHINGTON, DC (PUBLIC DOMAIN)

## Check out our public library

by Geoff Radnor

How often are you visiting the Ottawa Public Library branch in the Elmvale Shopping Centre? It may be relocated in the near future. The centre's owner Rio Can, is planning a complete new design for the Elmvale Shopping Centre, which will add four residential high rise buildings. Whether this will include a new library we do not know.

It is not the only branch of the library that is to move to a new location. The downtown Main Branch is scheduled to move into a new location in 2024. The city has negotiated a coming together with the federal government, so that Library & Archives Canada (L&AC) and the Ottawa Public Library (OPL) will share a new

building. This building is to be built at a new address, 555 Albert Street, on the western edge of downtown Ottawa. It is in close proximity to the empty wasteland of Le Breton Flats.

The OPL had a difficult start in life. A well-known Ottawa businessman, George Perley, (yes it was the same man as the Perley and Rideau Veterans' Health Centre) had died and in his will left his fine home on Wellington Street to the city to be used as a home for the first library. Prior to the city election in 1896 the Local Council of Women made this proposal to the city. However the city was not inclined to spend money on such "luxuries" and did not accept the offer. The Perley residence became the Home for

**CONTINUED ON PAGE 3**

## Haggis was on the menu

by Bill Fairbairn

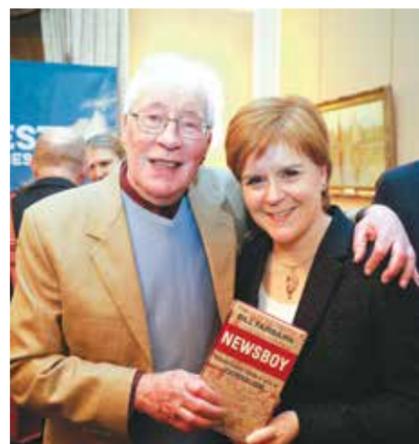
Ever closer long-standing ties between Canada and Scotland were envisioned by Scottish First Minister Nicola Sturgeon at a reception in an Ottawa building that stands as something of a monument to the shared histories of the two countries.

She was speaking at Earncliffe, on Sussex Drive, home of

the British High Commissioner to Canada. This beautiful mansion, almost on the shore of the Ottawa River, was built by Thomas McKay, a Scots-Canadian who helped found the city of Ottawa.

"This building stands as a monument to our shared history," Sturgeon assured a big crowd.

As a Scots-Canadian, I stood nearby waiting to present her



Bill Fairbairn presents his latest book, *Newsboy*, to Scottish First Minister Nicola Sturgeon.

with a copy of my latest book *Newsboy*, my tiny recognition of

that shared history. In the extensive crowd, representing *The Riverview Park Review* was fellow staffer editor Carole Moulton.

Sturgeon announced funding for a new program of collaboration between writers and artists from Scotland and Canada. She said the project would have particular focus on the indigenous cultures of both countries and the work produced would form part of Scotland's international Storytelling Festival.

She said that more broadly Scotland and Canada share a strong commitment to interna-

**CONTINUED ON PAGE 8**

**NOURA'S**  
House of Expert craftsmanship

Repairs on Site

Bring in the ad as a coupon. Offer expires May 31, 2019.

*Citizen Watches*

**50% off**

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

PULSAR SEIKO • CITIZEN LORUS  
13-2651 Alta Vista Dr. Located in Vista Plaza - Bank at Alta Vista

**613-680-8883**  
**www.nouras.ca**



# Stewart Jones, artist – adding his distinctive style to our everyday landscapes

Story and photos by Carole Moulton  
The occasion was the Artist Reception for the Stewart Jones' exhibition, *Landscapes for Film*.

"I design the story without the characters," noted Stewart at Wall Space Gallery and Framing, 358 Richmond Road. Visualizing someone in his unique paintings was something easy to do.

The Wellington, Ontario artist captures places in our everyday environment and does it well. Then, with our own imagination we can add characters, or not, to the vivid paintings he creates, often using the most mundane scenes within our cities.

"The paintings aren't complete until they're up," Stewart said at the opening of his exhibition. And, from the artist's comment it would seem that we are an important part of his dramatic artwork.

Stewart Jones has extensive training in the arts with a four year Associate diploma in Drawing and Painting for OCAD (Ontario Col-

lege of Art and Design) as well as having graduated from the Classical Animation program at Sheridan College. He has also created album art for a number of well known Canadian bands.

Guests to the month long exhibition were treated to a wonderful exploration of his work in oil on canvas and oil on panels and the relationships he creates of light and shadows within the urban environment.



Stewart Jones shows his oil on panel artwork of Oaxaca City Façade.



Guests taking a closer look at Backyard Night-oil on canvas. PHOTOS: CAROLE MOULT



Composition in blues: an example of Stewart Jones' dynamic oil on canvas.

## WALL SPACE GALLERY (TrainYards) presents



**Elle Chae**  
Must Be the Neighbours

April 11-27  
Artist Talk: Thursday, April 18, 6pm



**WALL SPACE FRAMING + Gallery**  
6-505 Industrial Ave 613-834-0872  
WALLSPACEFRAMING.CA  
Same building as Sleep Country

## WALL SPACE GALLERY (Westboro) presents



**Nicole Allen**  
Hush

April 4-25  
Artist Reception: Saturday, April 6, 5-7pm



**WALL SPACE GALLERY + FRAMING**  
358 Richmond Rd 613-729-0003  
WALLSPACEGALLERY.CA  
Free parking behind gallery via Danforth Ave

# Library

CONTINUED FROM PAGE 1

Distressed Women.

The first OPL building was constructed using a donation of \$100,000 from the Carnegie Foundation, named for the Scottish immigrant who made his millions in the steel business in Pittsburgh. After making so much money Andrew Carnegie then started to give it all away. One of his philanthropic objectives was the provision of free public libraries. It was quite a controversial subject in those days. More than 3,000 libraries were built by the Carnegie Foundation.

This new library was opened in 1906 and was located on the corner of Metcalfe Street and Laurier Ave. West, which is the same site as the current main branch. Soil conditions under the first library building forced its demolition in the early 1970s

There are pieces of the first library still in existence. One is a stained glass window that was incorporated into the new library; the others are parts of the Corinthian Columns that are now in the Village Green Park in Rockcliffe Village, near the Art Price sculpture, Birds and Chipmunks.

The current Main Branch was opened in 1973, and was considered a fine example of the Brutalist style of architecture compared to the neighbouring glass towers. So its life as a library will be for about 50 years.

Both the OPL and L&A Canada are seeking advice from the public by organizing workshops to assist the Diamond Schmitt Architects and KWC Architects in producing the final design for the new building by the end of this year.

Our local branch, now in the Elmvale Shopping Centre, might also get a nicer looking building than the one it is in now. But it too may be a few years before we will see it.



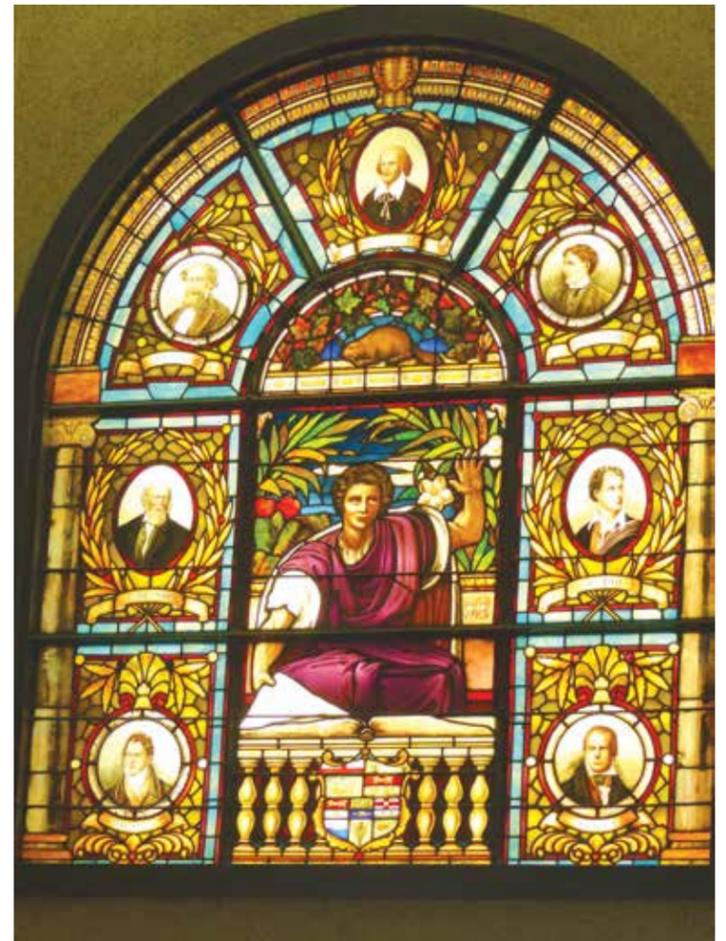
A spacious interior is enjoyed by the visitors to Elmvale Acres Public Library. PHOTO: GEOFF RADNOR



Our Elmvale Acres Public Library: very convenient, lots of free parking. PHOTO: GEOFF RADNOR

The Corinthian Columns from the old Carnegie Public Library building went to the Village Green Park on Springland Road in Rockcliffe Village. They are near the sculpture, Birds and Chipmunks, by Art Price.

PHOTO: URBSITE



There are seven writers pictured in the stained glass window that was originally in the 1906 building and is now a feature of the current Main Branch of the OPL at Metcalfe and Laurier: Clock wise from bottom left; Thomas Moore, Irish Poet; Alfred Lord Tennyson; Charles Dickens; William Shakespeare; Archibald Lampman, Ottawa Poet; Lord Byron; Duncan Campbell Scott, Ottawa Poet and civil servant. The central figure is a Sibyl turning the pages.

PHOTO: GEOFF RADNOR



Dunfermline Carnegie Library.

PHOTO "USER:KILBURN"



The original Ottawa Public Library at Laurier Avenue and Metcalfe Street. The stained glass window above the front doors is the one that is in the east wall of the current library building. Circa 1900

LIBRARY AND ARCHIVES CANADA. REPRODUCTION REFERENCE NUMBER: PA-023297

**SAVE \$5**  
with this coupon off your purchase of  
**\$50 OR MORE**  
on groceries\* (before taxes)

Offer valid until May 10, 2019. Shawarma / Hot Buffet Counter orders, OLG lottery products and cigarette purchases are exempt\*. Limit one coupon per customer. Limited time only. No redeemable cash value. No photocopies accepted. Must present coupon. This coupon cannot be used with another coupon, senior / student discount offer, prior purchase, exchange or refund.

**LOCAL**  
**ORGANIC**  
**GLUTEN-FREE**  
**VEGAN**

**Support your local grocer in Ottawa South!**

**PREPARED HOT & COLD FOODS**  
SAVOUR OUR DELI & HOT BUFFET COUNTER.

SHOP, TAKE-OUT & DINE!

WE'RE OPEN **LATE**  
*Just for you!*

DELI ITEMS MADE FRESH!  
FROM SCRATCH IN OUR KITCHEN!

**7 DAYS A WEEK**

OUR KILBORN SHAWARMA SECTION HAS FOUND A NEW HOME!

**STORE HOURS (BOTH LOCATIONS): 9:00 AM - 10:00 PM**

Primary Location: 1255 Bank Street, Ottawa (Near Cameron Ave. Intersection) Tel: (613) 288-2797  
 SHAWARMA HOURS (BANK ST.): 11:15 AM - 10:00 PM  
 Secondary Location: 1793 Kilborn Ave., Ottawa Tel: (613) 422-6526

**OPENING SOON IN THE SAME PLAZA AS KILBORN CEDARS!**

**Loyal** **Shawarma & Bakery**

Fresh **SHAWARMA & SAVOURY BREADS!**

**O'BRIEN'S CORNER**  
GOOD FOOD! GOOD BEER! GREAT ATMOSPHERE!

**Lebanese Palace**  
FINE CUISINE FULLY LICENSED

**Mediterranean Buffet**  
ALL-YOU-CAN-EAT\* VEGETARIAN SELECTIONS! MONDAY THROUGH SUNDAY  
\*Meat-based entrées available at additional cost (à la carte).

Lunch Buffet: 11:30am - 2:30pm **\$14.95 +tax**  
 Dinner Buffet: 4:30pm - 9:30pm **\$19.95 +tax**

**FRIDAY DJ ZIAD & SATURDAY LIVE ENTERTAINMENT AFTER 9PM**

**MOTHER'S DAY Sunday Brunch**  
COMING UP NEXT MONTH!

**JAZZ & R&B**  
BLUES

Book your **SPECIAL EVENT** with us!

- ✓ Wedding
- ✓ Anniversary
- ✓ Christmas Party
- ✓ Baptism
- ✓ Mercy Meal

**LATIN night**  
New Monthly Thursday Feature.

**LIVE MUSIC NOW EVERY WEDNESDAY FROM 7 UNTIL 10PM**

**NO COVER CHARGE!**

**LOTS OF FREE PARKING**

919 INDUSTRIAL AVE., OTTAWA, ON @ ST. LAURENT BLVD. INTERSECTION  
 RESERVATIONS: (613) 739-2929

Lebanese Palace Restaurant  
 Stay up-to-date and contact us on Facebook!

## TRINITY COMMUNITY GARDEN

by Bernadette Bailey

I look out my window and see the snow piled higher than it has been in years. There was a lovely snowfall last evening which left the branches of the trees and shrubs in my backyard coated with white. It is very pretty, but I am sure, like many other people, in the middle of March, I am ready to see winter go.

Luckily, I'm a gardener, so I have something that brings me joy and hope at this time of year: seeds! Like many of the members of Trinity Community Garden, I like to start some of my plants from my own seed. This is the when I take my container of seed packets out of the fridge and begin to look through them, to remind myself of what I have and what I might need to buy. I mentally begin to plan my garden and imagine what it will look like. It's nice to get that image of green in your head while everything outside is still white.

Some of my seeds will be sown directly out of doors, but some need to be started indoors in order to bear fruit in our growing season. This includes vegetables such as squash, peppers, and tomatoes. Plants can be purchased at a garden centre in the spring but I find many benefits from growing them myself.

One reason is that it is cheaper. A packet of seeds costs much less than a tray of seedlings, and if they are stored properly, I have found that I can use one packet for a number of years. It also gives you greater control over the number of plants. For example many garden centres sell their seedlings in trays of 4 or 6. I like to grow a few different types of tomatoes but at most all I only want is about 6 plants, so planting just a few seeds of each allows me to have different varieties. Using seeds also allows me a greater choice of variety. I have seeds for a lovely heritage tomato,

as well as a beautiful golden cherry tomato, both of which are difficult to find from a nursery.

One of the main reasons I like starting them indoors, is that it gives me a jump on spring. I can get my hands in the soil, mixing it with water in a bucket, while the ground outside is still frozen. Then, soon after I can see the sprouts, and as they flourish and grow, I have a constant, encouraging reminder that spring is around the corner. It also hones my sense of observation and appreciation. I find I notice the daily growth and change in the tiny plants in doors in ways that I don't with the plants that are grown from seed outside. In other words, it's easier to get up close and personal with them.

There is one thing that I like to grow however, that does not begin with a seed and it is the

# Getting a jump on spring



Potato harvest

PHOTO: RHONDA TURNER.

children, it's the gardener's version of digging for treasure.

potato. These I start by taking a potato, carefully cutting it in pieces which each containing one or two eyes, letting them dry for a couple of days, and then planting them directly into the garden. Whereas planting seeds now gives me thoughts of the beginning of the gardening season, planting my potatoes gives me a satisfying image of the harvest. They have long been one of my favourite things to grow, because of the excitement and mystery of the harvest.

Unlike the plants that bear their fruit above ground, you don't know what the bounty will be until you pull up the plant. Sometimes, many of the potatoes will be still attached to the roots, but there are usually some that stay in the ground, and it is great fun to sift through the soil with your hands and find them with your fingers. Especially with

So, while I look at the whiteness outside, I am looking forward to another year at Trinity Community Garden. Here, each member plants, maintains and harvests their own plot. However, we also try to foster a sense of community, by having common days where we take care of the shared spaces together and enjoy a potluck lunch. It's nice to happen to be working on your plot at the same time as another member, to share successes and challenges, and to maybe learn something new.

Our membership has grown over the years, with the result that we now have a short waiting list and won't know until a little later in the spring how many plots will be available this year. However, if you are interested in joining the community garden or if you would like more information, please contact us at: [trinity.garden@rogers.com](mailto:trinity.garden@rogers.com), or check out Trinity Community Garden on Facebook.



## Figure 8 & Hockey One

skates are what we know.

## Rollerblading season is almost here!



Gift Card Available

shop online [www.figure8.ca](http://www.figure8.ca)

380 Industrial Ave. 613-731-4007  
(east of Riverside Drive, south of the 417)

**NEW HOURS:**  
 Monday Closed  
 Tuesday – Wednesday 9 – 6  
 Thursday – Friday 9 – 9  
 Saturday 9 – 5      Sunday 11 – 5

HOCKEY • FIGURE • INLINE • DANCE • GYMNASTICS  
**PROFESSIONAL SKATE SHARPENING**

**RIVERVIEW PARK REVIEW • Vol. 11, No. 2****Board of Directors:** Peter Bishop, Bill Fairbairn, Greg Money, Marian O'Connor and George Stairs**Editor:** Carole Moulton – [editor.riverviewrpr@gmail.com](mailto:editor.riverviewrpr@gmail.com)**Advertising Manager:** Carole Moulton – [advertise.riverviewrpr@gmail.com](mailto:advertise.riverviewrpr@gmail.com)**Staff Writer and Editor Emeritus:** Bill Fairbairn 613-737-3212**Layout and Design:** Patti Moran**Distribution Manager:** [distribution.riverviewrpr@gmail.com](mailto:distribution.riverviewrpr@gmail.com)**Cartoonist and Masthead Artist:** Greg Money**Business Manager:** Anne Stairs**Photographer:** Geoff Radnor**Printer:** Metroland Media Group

## Last Straw Day will launch movement to reduce single-use plastics

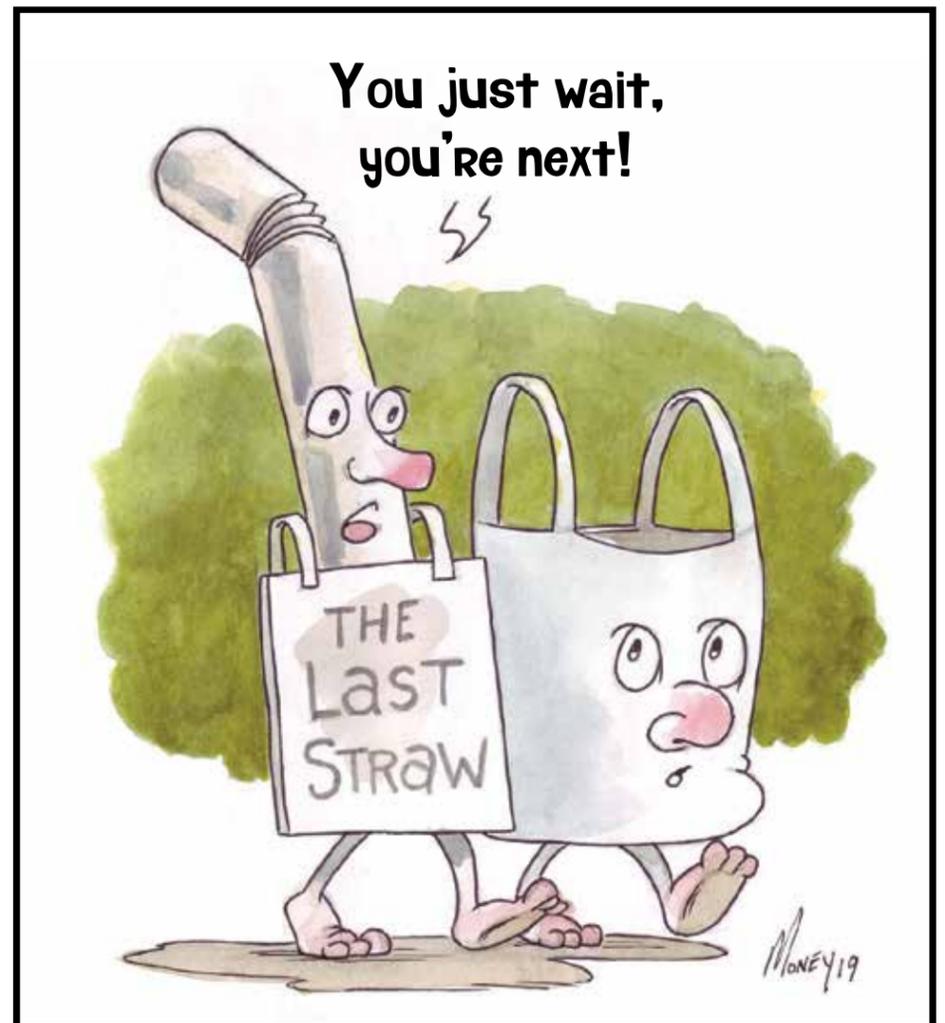
It might be a bit of a plastic revolution, but the idea of starting to reduce plastic waste with straws is gaining credibility. In an attempt to get producers and consumers away from single use plastics like utensils, bags and straws, the Last Straw movement has focused on the drinking straw as a place to start.

Toronto is trying to convince bars and restaurants to stop using straws as of April 21st, designated as the official “Last Straw” day. Noticing shifts like this, Environment Minister Catherine McKenna has declared that the Federal Government will eliminate single use plastics like straws in an attempt to reduce, reuse or recycle 75% of its plastic waste by the

year 2030. And some big corporations are starting to take notice too. Ikea is going to eliminate single use plastics, including straws as of 2020.

Large corporations can do a lot to start the change. But as individuals we can do something as well. As consumers of companies like MacDonald's, Tim Hortons, Pepsi, Coca Cola, and Nestle (the top 5 plastic polluters), we can make change happen by choosing where to spend our money.

With less than 11% of plastics being recycled across Canada, and a need to harmonize the plastic recycling programs across Ontario municipalities, starting with straws seems like a good way to at least start to reduce.



## About the *RPR* Review community newspaper

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

Please support our advertisers. Get to know the persons and companies who serve you. Let them know that you saw their advertisement in *Riverview Park Review*. This newspaper could not be prepared without their support. If you know of anyone providing a service in the community, please tell them about *Riverview Park Review*. Email [editor.riverviewrpr@gmail.com](mailto: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](mailto: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](mailto: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](mailto: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.**

**RPR Review is currently seeking distributors.**

**\* Contributions by politicians are paid announcements.**

RPR back issues are online at [www.riverviewparkreview.ca](http://www.riverviewparkreview.ca)  
Use this QR code to go to there with your mobile device



### RPR Review needs volunteers to help with distribution.

Please contact

[Distribution.riverviewrpr@gmail.com](mailto:Distribution.riverviewrpr@gmail.com)

Next deadline for advertising and copy:  
May 10th for the June RPR Review

### WHAT'S THAT NUMBER?

Ottawa Public Library	613-580-2940
Alta Vista Library	613-580-2940
Elmvalle Public Library	613-580-2940
Jean Cloutier, City Councillor Ward 18	613-580-2488
Shawn Menard, City Councillor Ward 17	613-580-2487
Ottawa City Hall	311 ( <a href="http://www.ottawa.ca">www.ottawa.ca</a> )
Police – non-emergencies	613-236-1222
Emergencies only	911
Ottawa Hydro	613-738-6400

**Riverview Park Review Distribution List:** A sincere *thank you* to all of the distributors who take the time to deliver the Riverview Park Review.

**Area Captains:** Peter Bishop, Colleen Calvert, Denise Kennedy, Carole-Anne Mill, Greg Money, Janina Nickus, Geoff Radnor, Anne and George Stairs and Sherry Woodburn. **Distributors:** Erik Apedaile, Ammar Atieh, Azzam Atieh, Stewart Bailey, Rachele Bedard, Michel Bourassa, Charlotte, Émile, and Gilles Bourget, Peter Cairns, Colleen Calvert, Connor CampbellSmith, Maria CampbellSmith, Aileen Comerton, Tracy Contini, Bill Davis, Graham Djuric, Sarah Djuric, Tracy Di Canto, Marc Donovan, Sean Donovan, Ian Duff, Eric Ewing, Bill Fairbairn, Abby, Jason & Jennifer Fraser, Kitty Galt, Heather Gilman, Brian Golden, Lillian Graziadei, Colin Hine, Kim Holownia, David & Diana Hood, Annalys and Jimmy Jamieson, Darren Johnston, Cheryl Khoury, Chris Khoury, Max Lawrence, Sandra Lawson, Ginette Le Phan, Tim Mark, Kathleen McCulloch-Cop, Tanner McCulloch-Cop, Vince McDonald, Helen & Brian McGurrin, Greg McKean, Carlie McLellan, Michelle McLellan, Sherry McPhail, Emily Money, Bob Morden, Carole Moulton, Villana Murray, Janina Nickus, Catalina Pascual-Meagher, Blaine Primeau, Chantal Racine, Cathy Radnor, Jen Robichaud, Richard Russell, Jennifer Sayers, Max and Tony Shewchenko, Wendy Simmons, Elizabeth Skitch, Anne & George Stairs, Marlene Stepan, Betty and Joe Stickl, Lydia Tonelli, Penny Turnbull, Dale Wagner, Terry Warner.

# Volunteering is more than a statistic

by Carole Moul

Not long after Riverview Park resident Michel Bourassa retired he became a statistic. It began when Michel's wife decided he needed a dog, after Michel had retired. Now, this in itself did not make him a known statistic, however, what followed with Michel and his Standard Poodle dog Dylan Thomas Pendragon, did.

When Dylan was about two years old, and people continued to comment about the dog's excellent behaviour, Michel made the decision to see if he and Dylan could become an Ottawa Therapy Dog team. They passed the rigid requirements of OTD, and it was then that Michel joined the millions of other Canadians who volunteer each year.

According to *The Value of Volunteering in Canada: Briefing presented to Volunteer Canada, April 5, 2018* by The Conference Board of Canada, it was estimated that volunteers added over two billion hours to Canada's work effort in 2017, with a volunteer contribution valued at \$55.9 billion in 2017, and if volunteering were an industry, it would employ nearly as many people as those currently working in education.

The numbers are huge, perhaps even staggering, however these figures are not what are on a volunteer's mind, such as Michel's, when he sets out each Monday morning for the nearby Rehabilitation Centre of The Ottawa Hospital. Michel and Dylan worked together for about five years until he passed away. Today, Michel and Copain are registered as a team, with Copain one of approximately 100 therapy dogs here in Ottawa. Dylan had been an exceptional mentor for the younger dog.

"Our job is to interact with ALS patients and caregivers who come to this outpatient's clinic," Michel said recently. Feedback to Michel about their visits reinforces the positive role of their interaction with the people who attend the Rehab Centre on a regular basis.

"Sporadically, we are requested by the Ottawa Therapy Dogs to go on special assignments such as visits to universities and high schools during exam time to help students de-stress," Michel noted. We are set up in a special room and Copain and a group of students will interact."

"At the time of the bus crash at Tunney's Pasture, we were asked to visit staff at the Civic campus. Two patients asked if we could visit them as well." Needless to say, this was a unusual request and this team of two responded most definitely

to what was needed at that time.

When asked his reasons for volunteering, Michel Bourassa quickly responded, "I have the time now that I can give back to society. Society has been good to me over the years and now I'm in a situation where I can help." Michel also credits the volunteering that he did during his working life helping make the transition to volunteering in retirement an easy one.

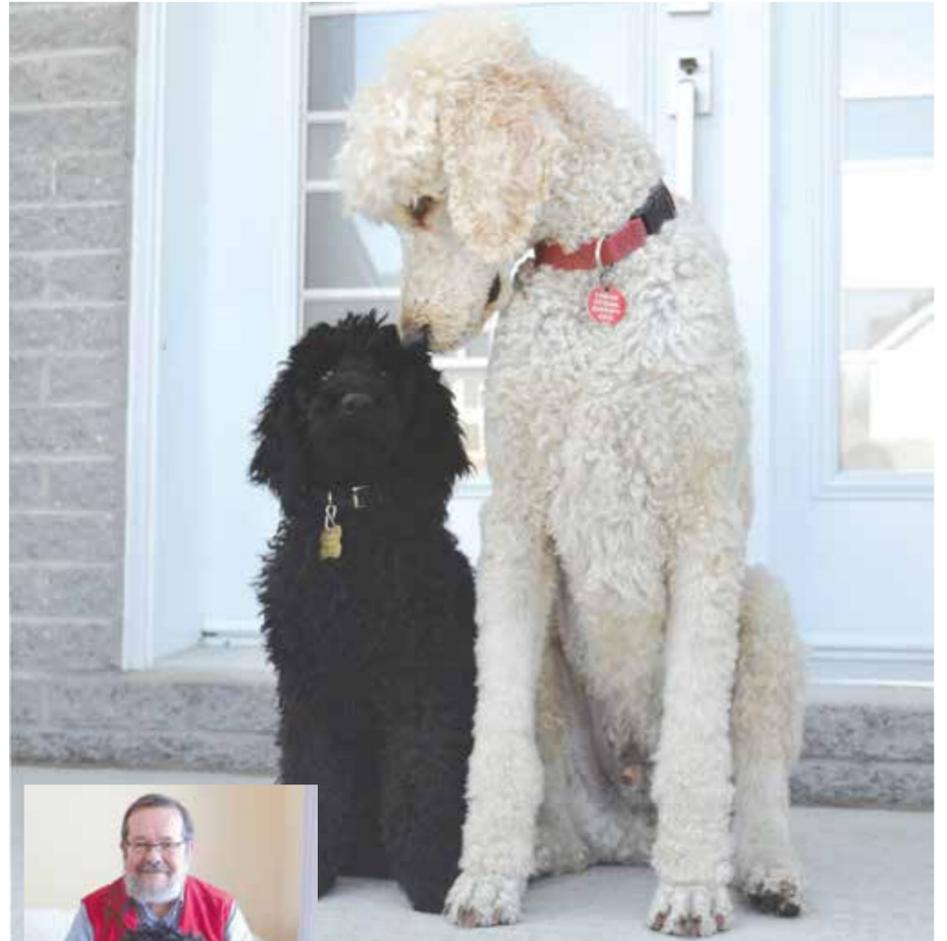
A Special Report, *Giving in Canada- Filling the Gaps*, March 30, 2015 by Economist Brian DePratto for TD Bank looked at surveyed Canadians as to why they volunteer. Over 90 per cent reported that they volunteer because they want to make a positive contribution to the community in the same way that Michel Bourassa replied.

Today, Michel's volunteerism also includes being a member on the ITC Syrian Refugee Committee where he can provide the kind of budgetary guidance that he has honed for his own family. He has also been able to assist with the home maintenance skills that he acquired for his own house over the years. Not surprisingly, eighty percent of those surveyed, cited their ability to use their skills and experience as reasons for volunteering.

Much of the work that is cited for volunteering comes after Statistics Canada released the findings of the *General Social Survey (GSS); Giving, volunteering and participating*. Data for this article is from the 2013 survey, with the next survey expected in the first quarter of 2020. Collection periods are every five years and for this upcoming report data was collected September 4th- December 28th, 2018.

From 2013, the GSS on volunteering reported that four in ten Canadians volunteered, with those volunteers contributing 154 hours per year on average. In the upcoming report from 2018, Michel Bourassa's contribution will be reflected in several of the categories, since not only does he work with the Ottawa Therapy Dogs plus the ITC Committee but helps with local trail maintenance in a nearby woods and still finds time to deliver this paper.

It is hard to imagine a country such as Canada without its volunteers. These are the people who donate their time to our country's 175,000 not-for-profit organizations each year. You, your family, friends and neighbours who volunteer are those who become the statistics of this wonderful country. Isn't it an admirable way in which to be counted?



Above: Friends from the first: Young Copain (L) and his mentor, Dylan.

PHOTO: SUBMITTED BY MICHEL BOURASSA

Left: Michel Bourassa and Copain dressed and ready to go on assignment. PHOTO: CAROLE MOULT

## Eagle Automotive

Vilbert Enviye  
Owner/Operator

20+ years of experience with  
Foreign and Domestic cars

### FULL SERVICE

- Safety Checks
- Tune-ups
- Suspension - Tires
- Brakes
- Exhaust

Over 10+ Years



call **737-9717**

Mon - Fri 7:30 am - 6:00 pm

**EAGLE**  
Automotive



**730 Industrial Ave**  
(at Russell)



# Scotland

CONTINUED FROM PAGE 1

tional cooperation and progressive values. “We are both open, outward-looking nations. And, of course we have one more thing in common. We both have to deal with bigger neighbours to the south!”

For all these reasons, Scotland hugely valued its relationship with Canada and wanted to find new ways of strengthening it.

“That’s why we recently established Scotland’s first permanent office here in Ottawa. It adds to our existing presence in Toronto and we’re hoping it will open up new opportunities for trade, investment and collaboration.”

Sturgeon said more than 9,000 Canadian nationals live and work in Scotland and that Scotland is home to 40 Canadian-owned businesses.

“Our two countries are already exchanging expertise and ideas. In September Scotland hosted the 11th Social Enterprise World Forum, an event my country established in 2008. We were delighted to welcome many representatives from Canada. We provide international support through Scotland’s Social Enterprise Academy. And it is now operating in 12 countries outside Scotland. I am delighted that Canada will soon join the list.”

Sturgeon thanked Scotland’s National Chef Gary Maclean and John Higgins of George Brown College for that night giving the reception a masterclass in the use of Scottish products.

She said that Costco Canada had



Say cheese please as this tasty Scottish export becomes available in Canada.



Scottish First Minister Nicola Sturgeon introduces Scotland’s National Chef Gary Maclean at a grand reception with dinner that included haggis and lots more.

launched two Scottish cheeses, Orkney Island Cheddar and Old Edinburgh Mature and that Canadians can now buy Scottish haggis,

beers and spirits. “All that helps to explain why Scotland’s food and drink exports are at a record high of over a million pounds.”



Earnscliffe, the historic home of British High Commissioner Susan le Jeune d’Allegre, was the Ottawa venue where Nicola Sturgeon met Canadians during her recent trade and social tour of North America. PHOTO: SUPPLIED BY OFFICE OF THE BRITISH HIGH COMMISSION

Food and drink enjoyed at the reception lived up to her masterclass portrayal and a country open to new partnerships and new ideas.

## What Bill’s home town newspaper wrote

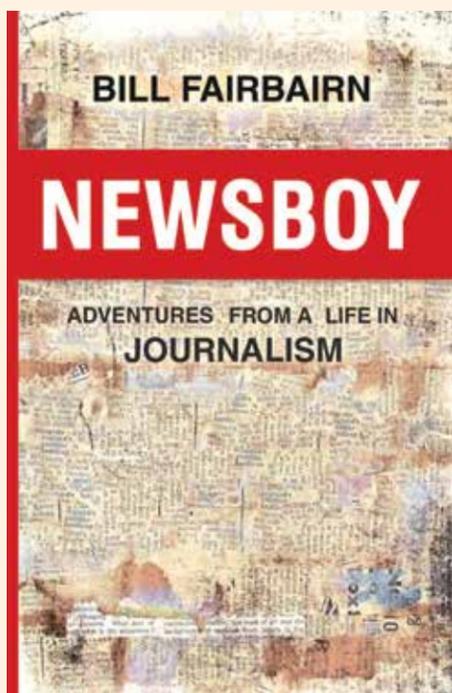
by Hilary Mactaggart

Bill Fairbairn presented his latest book *Newsboy* to Scottish First Minister Nicola Sturgeon when she recently visited Ottawa, where he now resides.

The former Trinity primary school, Hawick, pupil has penned his experiences as a print and radio journalist over many decades.

Bill’s father “Wullie” had a grocer’s shop in Bourtree Place, before joining the local Co-op store, and he was educated and brought up in Hawick, before launching his journalistic career in Jedburgh.

He attended St Mary’s primary “above the narrow lane down past what 70 years ago was Dummy’s shoe repair shop” before Trinity, and



then Hawick high school.

Bill fondly recalls his primary school gym teacher – voice of rugby legendary commentator Bill McLaren. He also recalls training as a runner with former Scottish professional half-mile champion Billy Hodgins of Hawick.

Bill, now 83, has lived in Canada for nearly 50 years with his wife Janina, having emigrated in 1969.

“I’m still in the news craft 68 years after starting with Walter Easton’s *Jedburgh Gazette* in 1950,” revealed the exiled Scot.

“I actually started as a newsboy in Hawick earlier; delivering on the now dismantled Garfield Street.

“Before Canada, I worked in Africa for more than four years on the *Rhodesia Herald*,

the *Northern News* in Ndola reporting the war in Katanga, and on the *Daily Nation*, in Kenya.

“I reworked my career in Canada from the weekly *Williams Lake Tribune* in British Columbia to the *Montreal Star* and *Montreal Gazette*.

“I did two years at Radio Canada International in Montreal, then joined Canada’s *Legion Magazine* reporting remembrance ceremonies all across Canada and in many parts of the world.

“I now peacefully write and edit for the community paper *Riverview Park Review* in Ottawa under the highfaluting title of editor emeritus and until a year ago was also its newsboy.”

Aptly, *Newsboy* is the title of his latest book – the fourth he has written – and was inspired by journalist James Hilton’s book *Goodbye Mr. Chips*. “My presentation of it to Nicola Sturgeon was arranged by the Scottish representative on the British High Commission here,” explained Bill. She promised to read it on the plane home.”

## The Stress/back connection

Numerous scientific studies have established the connection between anxiety and back pain. According to research, high levels of emotional stress not only trigger back pain, but also affect the whole body especially your body's weaker points. Stress will inhibit the delivery of cytokines which is a chemical that triggers healing to the wound sites.



## Simply Chiropractic

A Tip from Dr. Stéphane Chillis

An Australian study concluded that, Psychosocial factors are dominant in the presentation of chronic low back pain in adults and the disorder is not primarily a musculoskeletal one (Aust N7.J Surg 1996;66(5):294-7). Of course, preventing stress is easier said than done. Chiropractors are dedicated to keeping you pain-free and that means helping to keep you stress-free.

## Stress factor strategy

### End anxiety with exercises.

A 20 minute daily aerobic exercise activity like walking, running, hiking, biking, and dance are all good to stress reduction

### Meditation

There are several types of meditation to explore, you just need one that you like. With the internet you can find one that works for you. The effect of meditation is beyond the calming effect and may also prevent a lot of diseases associated with stress.

### Chill-out and Get more organized

Looking for a drug free solution to stress, look to Mother Nature. Cut down the non-productive diversions like Internet, TV etc. Get a to- do list to clear your mind.



If you have back pain, consider stress as a possible aggravating factor. However, if simply reducing stress does not help consider chiropractic to see what is going on for your problem. Back pain is the second leading cause for seeing a doctor. Fortunately, chiropractic is an effective solution without drug and surgery.



## Simply Chiropractic



### Special Offer

Postural evaluation Complete exam  
X-ray (if needed) for only 40\$ (a 200\$ value)



Call us before May 31<sup>st</sup>, 2019  
to make an appointment.

Places are limited

**Dr. Stéphane Chillis**  
20 years of experience

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

## TALKING MOVIES BY PETER THOMPSON OF MOVIES 'N STUFF

## Of docs, indies and international

by Peter Thompson

With the Oscars behind us now, we can reflect on the movies that didn't garner any attention - but probably should have. Instead of looking at bigger titles that may have been snubbed (First Man comes to mind), we'll take a gander at some films you may have heard of, some you probably haven't and a few blasts from the past that have finally gotten their release on DVD!

## INDIES THAT DIDN'T MAKE CUT

These smaller films fell victim to the Hollywood juggernaut and didn't end up on Oscar's shortlists:

1. **The Cakemaker** (from Israel). When the Oscar nominations were announced and this wasn't there, I was upset. And I'm not sure I care about the Oscars that much anymore, it was because this small gem wouldn't get the increased awareness it deserved. So it falls to people who have seen it to recommend it. This is an unusual love story, first between two men (one married), then slowly between the married man's wife and his lover. Each scene is lovingly directed and beautifully acted and by the end of this film, if you like foreign films that focus on story and character, you will be able to pass this recommendation along.

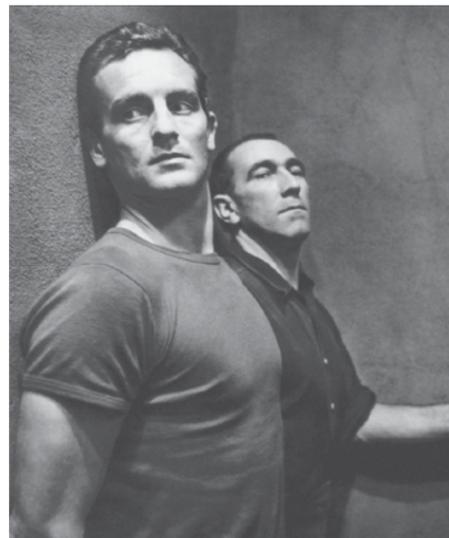
2. **The Rider**. After a riding accident leaves him unable to compete



The Rider

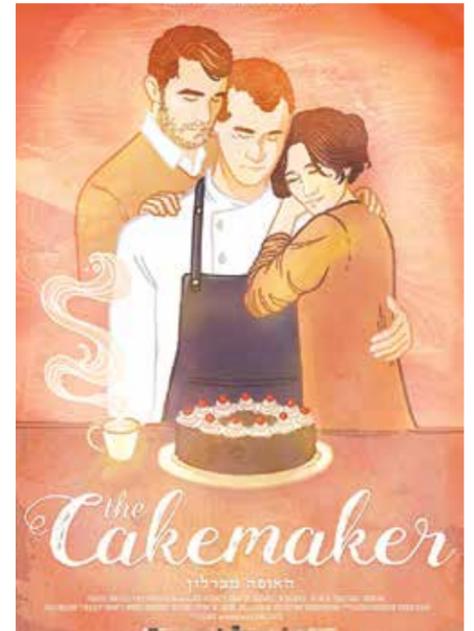
on the rodeo circuit, a young cowboy searches for a new purpose. Winner of the Best Independent Picture Award (The Spirit). Brady Jandreau stars in a role that is based on his real life experience and absolutely excels. This film is a wonderful movie that highlights hope and asks several important cultural questions, most notable: if a cowboy loses his spurs in Middle America, is there still a place for him?

3. **Leave No Trace**. One of the very best movies of the year. A father and daughter live a perfect but mysterious existence in Forest Park, a beautiful nature reserve near Portland, Oregon, rarely making contact with the world. But when a small mistake tips them off to authorities, they are sent on



Le Trou.

an increasingly erratic journey in search of a place to call their own. Lyrically written and perfectly acted, the Oscars could have made a statement that they actually know what they're talking about had they nominated this.



The Cakemaker



Leave No Trace

## TOP RE-RELEASES OF THE YEAR

1. **Le Trou**. Not just the top re-release of the year, one of the best films of all time in my opinion. Criterion released this recently in very limited quantity, so it was difficult to get, but it was fully worth it! A group of four prisoners in a France jail begin a long process of escaping (tunneling out through a hole) during a renovation of the prison, but a monkey wrench is thrown into their plans when a fifth convict is placed in their cell. Riveting stuff, a MUST SEE!

2. **Harakiri**. Up there with the best of the best, this reaffirms faith in not only film, but the samurai films that seem to be only synonymous with Kurosawa. Wonderfully shot, this delves into the code of honour that samurais possess and while it would be wrong to disclose any of the secrets of the film, it is absolutely worth the time.

3. **The Human Condition** (Trilogy). One of the top reviewed films in history, this follows the journey of the well-intentioned, yet naïve Kaji who transitions from being a labor camp supervisor to an Imperial Army soldier and eventual Soviet POW. Constantly trying to rise above a corrupt system, Kaji time and time again finds his own morals an impediment rather than an advantage. A long awaited treasure and valuable addition to our Criterion collection.

**MOVIES 'N STUFF**  
 1787 KILBORN AT VIRGINIA  
 738-1607  
 Inspired Viewing  
 SERVING THE COMMUNITY FOR OVER 25 YEARS

- OVER 10,000 MOVIES & GAMES
- KNOWLEDGEABLE HELPFUL STAFF
- USED MOVIES AND GAMES FOR SALE
- WE HUNT DOWN HARD TO FIND MOVIES
- DAMAGED DVD'S & CD'S RESURFACED

**OPEN** MON - THU 11:00 - 8:00  
 FRI & SAT 11:00 - 9:00  
 SUN 12:00 - 7:00

**MOVIESNSTUFF.COM**



# Jean CLOUTIER

**Alta Vista**

## Spring melt is here

### **Information and tips to protect your home and neighbourhood**

In the wake of our record-setting winter, concerns have moved from the condition of iced-over roads to flooding and potholes.

If you notice any streets experiencing significant water pooling, please report them to my office or 3-1-1 so that crews and necessary equipment can be deployed immediately. It is always important to keep catch basins clear in order to drain water off the road as quickly as possible. Many streets have residents and neighbours who are able to help proactively clear catch basins. My sincere thanks to all who can lend a hand. In a city with 94,000 catch basins, this small act can have tremendous impacts.

More damaging and costly to homeowners are basement floods. I continue to identify areas of high risk and am working closely with residents and city staff to mitigate potential flooding.

Visit [Ottawa.ca](http://Ottawa.ca) for information on how to prevent flooding, including where to get sandbags, how to lay them and what to do if your home has experienced basement flooding. **The first call to make is to 3-1-1.**

Homeowners can take some simple steps around their home to ensure water is flowing away from their homes. These steps include:

- Clearing catch basins near your home.
- Ensuring eavestroughs are clear and pointing away from your house.
- Making sure your sump pump is working.

Homeowners who have incurred damage to their home are encouraged to document as much detail as possible and work with their insurance company to submit a claim to the City for investigation or response on their behalf.

Staff are also working to develop a Flood Preparation and Response Tool to launch this Spring. This will help ensure the City is coordinated and appropriately equipped to respond to potential spring flooding events. It will help coordinate communication between you, my office, and City staff. Watch for more on this tool at [Ottawa.ca](http://Ottawa.ca).

If you or someone you know in Alta Vista has experienced flooding inside your home, please contact my office using the information below.

## Riverview Park Community Safety Night

### **Keeping your neighbourhood safe**

Public safety continues to be a top priority across the ward. Active engagement is the key to keeping our community safe.

I invite you to listen to presentations offered by Ottawa Police Services and Crime Prevention Ottawa. Join the conversation about what issues are affecting your neighbourhood and what we can do to mitigate them. I want to hear your suggestions on how we can continue to keep Riverview Park safe for everyone.

**Wednesday, April 17**  
**Resource Open House 6:00 p.m.**  
**Presentation 7:00 p.m.**  
**Maplewood Retirement Community, Lounge**  
**340 Industrial Ave.**

**Limited parking for this meeting is available at 380 Industrial Ave, thanks to Figure 8 Skate Specialists.**

**We encourage residents to walk, cycle or carpool as much as possible.**



[www.JeanCloutier.com](http://www.JeanCloutier.com) Conseiller / Councillor Jean Cloutier

110, avenue Laurier Avenue West / ouest, Ottawa ON K1P 1J1 | 613-580-2488 | [jean.cloutier@ottawa.ca](mailto:jean.cloutier@ottawa.ca)

# HLR (Hospital Link Road)

by Geoff Radnor

To those who live in Riverview Park the acronym could mean “(NO) Help Lives in Riverviewpark”. How many years were spent in the planning of the HLR? How many dollars did this planning cost? How many trees were cut down and how much green space was lost? We do know that the still unfinished HLR cost around \$70 million. In all of this, the Riverview Park Review has documented the progress of this project. Our columns have regularly reported on the Riverview Park Community Association stated concerns. In the February 2018 edition of this paper we were reminded that the HLR had been open for a whole year. We learned that in its first year the road would be continuously monitored “with special attention to traffic movements and speeds.” As a result, as this new data is collected, appropriate modifications would be made to “optimize its performance”.

As a frequent user of Alta Vista Drive I have yet to see any modifications to the junction at the HLR. Are there any results from this full year of monitoring? Are there to be any changes to the signage? The



traffic volumes on both Alta Vista and Smyth hardly seem any less than a year ago, and we must not forget that these volumes increase

year by year, as the population of Ottawa increases.

The sign indicating No Right Turn from the HLR north on to

Alta Vista Drive is ignored on a daily basis. The same for the No Left Turn sign on Alta Vista south bound to the Hospital via the HLR. The residents of Riverview Park on their ways to and from the hospital need these signs removed. The \$100 fine for illegal turns will soon bankrupt some of the residents if there was a Ottawa Police Service officer on duty at the junction 24 hours a day. When is the vicious \$100 fine sign going to be taken to the city dump? Where else in the city are there such threatening signs? I have also seen cars coming from the hospital make a legal left turn on to Alta Vista, was this in the plans for the HLR? Can the residents of Riverview Park, plus all that live in the greater Alta Vista area too, be assured that changes must and will be made?

What has the HLR done in its two years of existence to justify its enormous cost? Has it become a white elephant? The Conroy/Queensway connection, of which the HLR was sometimes seen as a part, is a dead duck. The \$70 million could have been spent on affordable housing that all the candidates for councillor talked of last year.

*Alana*  
**Dennett** r.r.s.  
SALES REPRESENTATIVE

Direct:  
**(613) 299-7200**  
adennett@sympatico.ca

**ROYAL LEPAGE**  
Performance Realty  
Brokerage, Independently Owned and Operated  
Office: 613.238.2801



- ◆ Over 24 successful years selling real estate
- ◆ Lives and works in the South End of Ottawa
- ◆ Presented with Hall of Fame Awards, 100% Club Awards and Presidents Gold Awards
- ◆ Supports the Childrens Hospital of Eastern Ontario and the Women's Shelter Foundation

Should you be thinking of Buying or Selling Real Estate call Alana  
**(613) 299-7200**

# Winter Frolic 2019



Inaugural Winter Frolic on the new Toboggan Hill. A special *Thank You* to the organizers – Carol Richenhaller, Amy Greig, and Raylene Lang-Dion. Supported by the Riverview Park Community Association and fun for all. PHOTOS BY RAYLENE LANG-DION AND CAROL RICHENHALLER

# PHARMASAVE®

## CYRIL PHARMACY

1795 Kilborn Ave, Ottawa • (613) 680-1772

*Come See The Difference At Your Neighbourhood Pharmasave*

Open Monday to Friday 9am – 7pm • Saturday 10am – 4pm  
Stop By or Visit Cyril Pharmacy Today!

- All Drug Plans Accepted • Free Local Delivery \*
- Free Blood Pressure & Blood Sugar Monitoring • Compliance Packaging
- Bilingual Service • Prescription Refill Reminder Service (Blister packs)
- eRefills
- Easy Prescription Transfers

\* Some restrictions apply, see store for details

Download our app today



Download on the App Store

GET IT ON Google play

Apple, the Apple logo and iPhone are trademarks of Apple Inc., registered in the U.S. and other countries. App Store is a service mark of Apple Inc.



### \$5 OFF\*

Your next purchase of \$15.00 or more on Pharmasave Brand items

\*Redeemable at Cyril Pharmacy Pharmasave only.



# The day I nearly scored for the Uppy clan

by Bill Fairbairn

The game of Hand Ba' is played yearly in the Scottish Borders town of Jedburgh. The leather balls used are contributed by town businessmen. To my surprise I was honoured by *Jedburgh Gazette* newspaper owner-editor Walter Easton to throw the ball up in the air to start one of the games back in 1953 when I was a young soldier back in town on leave during National Service conscription.

Starting the annual traditional game with ball in hand, a game I now know had a macabre beginning, was to me an honour. I thought I might get my name in the newspaper I was apprenticed to or even catch my own thrown ball if I scored for the Uppies clan of which I was a qualified member.

\*Fastern's E'en Hand Ba' is played with leather balls stuffed with straw and decorated with tails of ribbons between two teams divided on where in the town they live—the Uppies and Doonies. It has moved from its gruesome beginnings where instead of a ball the villagers were said to have tossed the head of an Englishman through the streets. The ribbons are said to



Wearing a Glengarry bonnet and Leslie tartan trews of the King's Own Scottish Borderers infantry regiment, Pte. Bill Fairbairn is photographed holding one of the balls he fought over in the 1953 Jedburgh ba' game, an annual tussle between town Uppies and Downies. WALTER EASTON

represent the long hair of the original "ball" in medieval times back in the 1700s.

Tussling for the ball can be brutal at times as today I remember

There is little regard for spectators who get too close to the players or for cars parked too close.

well from experience.

Two areas of Jedburgh are designated as goals, with much running and scrummaging in between. At least 10 balls are used throughout the day. Shops are boarded up to avoid breaking glass.

Even the Sheriff Court House window has not escaped unscathed. There is little regard for spectators who get too close to the players or for cars parked too close. Players who nurse bruises next day are bound to be out again for festivities the next year. You will see on a map that Jedburgh is the first town in Scotland through high hills and dales for drivers from England. Its town motto and song goes something like this:

*The cry's gone thro' the Borderland,  
The beacons bleeze on Dunion top;  
The English knaves fro' Cumberland  
Ha' cros't the Fell by Carter Slap  
Stand firm and sure for Jethart's here*

As I stood as firm and sure as I could in the centre of a mob of Jedburgh's strongest young men to throw the ball in the air, I had a dirty plan though there are no rules to rule it out. I purposely threw the ball low, easily caught it and hared off with it in grip from the town centre Mercat Cross start heading upward for the Castle jail, goal mark for the Uppies 200 metres away.

I still maintain that my stiff army uniform allowed a fleet of foot Jedburgh rugby player to catch me wrestle the ball from my grip and finally score for the Doonies.

Meanwhile my editor, Walter Easton, trying to photograph me in the turmoil, had dived round a street corner to get out of the way and injured one of his eyes on some object. While I was running with the ball he was in the local dispensary having his injured eye attended to. He covered the next year's Ba' Day while I was still soldiering on but counting down the days to my return to the *Jedburgh Gazette*.

\*Fastern's E'en is a Scottish festival held on the Tuesday before Lent

## BIENVENIDOS Latin Market

We carry all the ingredients you'll need for your Latin American meals. From corn flour to already made tortillas to a wide assortment of condiments and dried peppers.

Try our ready to eat empanadas, tamales, pastelitos, alfajores and Latin coffees.



1731 St. Laurent Blvd  
613-618-7239  
www.bienvenidos.ca



Loyalty Program

Earn Rewards

Join our free loyalty program and receive a 5% cash back on all purchased merchandise.

# Dog park etiquette

by Jonathan Sumner

Ottawa has a growing number of great off-leash dog parks to take your dogs for some exercise and socialization. While some parks have posted rules, most do not. Here are some helpful tips to make your next trip to the dog park stress-free.

**Tip #1: Pay attention:** If you take anything from this article make it this. A trip to the dog park isn't the time to catch up on work email, or scroll through twitter on your iPhone. It's time for you and your dog – so avoid being distracted.

**Tip #2: Manners are important:** While the dog park is a great place for your dog to play and socialize it is important to recognize that not every dog has the happy disposition that yours may have. This is why it is important that you make sure your dog has some basic obedience skills to help avoid unsafe situations. Your dog should be suitable for social interactions with a pack of dogs. Taking a fearful or reactive dog to the park is unfair to your dog and the others. If your dog is being overwhelmed you need to step in and reset the play situation. On the other hand, if your dog is acting inappropriately then you also need to react to avoid any escalations between the dogs or other owners. What is inappropriate play? These behaviors include incessant barking and pestering of other owners or other dogs; including jumping with muddy paws for treats. Dogs should not be allowed to mount other dogs or pin another dog. These can be one sided or dominant behaviors and you want to look for a 50-50 play style.

**Tip #3: Scoop your poop:** The big four letter word at the dog park is P-O-O-P. Watch your dog and make sure you bring enough bags. If people hate one thing, it's stepping in random dog poop!

**Tip #4: No toys or treats:** Dog parks are full of fun but I highly recommend against toys, balls and even sticks. Not all dogs share well and fights can start at a moment's notice over these prized possessions. Not every dog knows "drop it" and while your dog might not guard his ball, another dog may be willing to fight for it. Same goes for treats.

**Tips #5: Be prepared:** There are risks involved with dog parks. If there is an altercation, emotions and tempers can easily escalate. In this case, it's important to stay calm and work together to exchange information and make sure the dogs are assessed and get the treatment they need ASAP. You should keep the contact info for nearest 24-hour veterinary clinic in

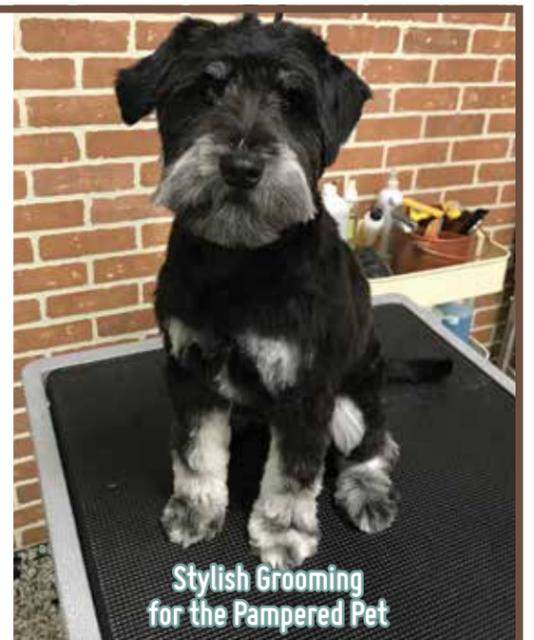
your phone, just in case.

Dog parks are communal areas and it is up to all of us to make sure they are able to be enjoyed by everyone. By watching, and enjoying your dog in their element you can help make a visit to the dog park a positive experience for everyone!

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



**Meeting all your dog's needs!**  
 Dog Daycare Grooming  
 Dry/Raw Food Store & Accessories  
 Training/Obedience Classes



**Ottawa's First Choice for Dog Care Services**

- Premier dog playground with 4 supervised play areas
- Watch your dog play via our LIVE Dog Cams.
- Our store features Canadian-made food and accessories
- Positive training classes to help with your dog's obedience
- On-site groomer to make sure your pooch looks their best



Unit 16, 800 Industrial Ave. Ottawa, ON K1G4B8  
 (613) 260-RUFF (7833)  
[www.ruff-house.ca](http://www.ruff-house.ca)  
 Mon-Fri 7am-6:30pm | Sat 8am-5:30pm | Closed Sunday  
 Just a block away from the Train Yards



Author James Radnor formerly of Riverview Park now works in Rwanda



by James Radnor,

Our Toyota 4x4 bumped and bounced and bumped again as we travelled the rough, narrow dirt track, fine iron-rich red dust lifting and falling in small clouds behind us. We moved slowly through the dry, scrub savannah, the tree branches and bushes sometimes scraping the side of the vehicle like so many fingernails down a chalkboard. From inside the vehicle, we scanned the landscape for animals.

Thoughts about the car paint quickly disappeared from my mind when rounding a corner we saw a herd of zebra close to the road. One black line disappeared into another's body, the group becoming one large, living, moving and shifting geometric pattern. In that moment, with so many beautiful animals only metres away, I experienced a moment of reflection - how fortunate I am, and what an unexpected path through life I have travelled from those early days in Riverview Elementary.

I live in Africa, and have the opportunity to see amazing animals in the wild. Looking out the window, I marveled at the diversity of life surrounding me, and thought, I am not visiting a zoo, or driving through an African safari park; instead, I am in the heart of Africa seeing animals where they belong. This is where they should live, where they traverse the hills, valleys and flood plains following tracks from one part of the landscape to another in search of food, all according to the natural cycle of the rains. My wonder at this wild, beautiful world was tempered moments later when the herd of zebra moved away. As the herd thinned, one zebra straggled behind on an injured hind leg. Everyone in the car had the same thought at that moment; we knew that its time was

# Musings from a little corner of Africa



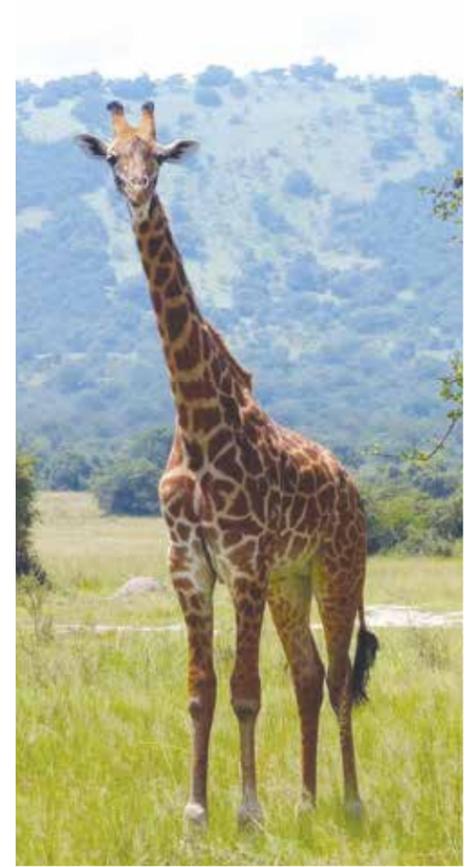
limited. Our unanimous, North American reaction was, call for a vet! Someone should to do something! We came to understand - the job of the park rangers in Akagera, the easternmost and largest national park in Rwanda, is to protect the animals from the people, not from other animals. The lions and hyenas also need to eat.

As the day passed and the sun sank behind the dry, brown hills, our safari in Akagera was coming to an end. As we passed out of the park and back into cultivated land, I experienced an immediate sense of dislocation. On one side of the electrified boundary fence there are lions, rhinos, hippos, giraffes and water buffalo; on the other side, there are fields of corn, beans, Rwandan cows and people - lots and lots of people. The contrast is

very stark.

Having exited the park we learned that, in the not-so-distant past, the land we were now traveling through on our trip back to Kigali, the Rwandan capital, was previously also part of Akagera. In 1995, after the genocide in Rwanda and when peace returned, the national government reduced the park size by two-thirds, giving the land to returning refugees who numbered in the hundreds of thousands (UNHCR).

Over the next several years, thousands upon thousands of predators and herbivores were slaughtered to make way for cattle, while trees and scrubland were clear-cut for agricultural cropland. In 1997, the park was reduced from greater than 2,500 km<sup>2</sup> to its current 1,122 km<sup>2</sup>, while outside the new park



boundary, people replaced animals almost to the exclusion of all else. Fortunately for the environment, the Rwandan Government is now committed to protecting its national parks, and moving the country in the direction of environmental sustainability. Single use commercial plastic bags are banned, and eco-tourism is a significant part of the national economy. Rwanda is a pioneer in Africa on this path.

The country does not fit with many of the other imagined notions about the vast continent of Africa. Rwanda is one of the smallest countries in Africa, only 26,338 km<sup>2</sup>, yet with a population of 12.5 million: the most densely populated country in Africa. As a comparison, Nova Scotia with a little under a million inhabitants is 55,284 km<sup>2</sup> - double the size of Rwanda. Yet, to reach the comparable population density of Rwanda, the population of Nova Scotia would need to be over 25 million people. On a bigger scale, the equivalent Canadian population would be a little over 5 billion. Think about that! Aside from the national parks, there is nowhere you can travel in Rwanda, along its roads, over its thousands of hills, and down into its valleys, where you do not see people.

This makes protecting what remains of a wild Rwanda so important, and something the national government takes seriously. The government has programs that allow its citizens to enter the parks at little to no charge on organized visits. Experience has shown that ensuring the local citizens see the economic benefit of eco-tourism, and the money it brings to the national and local economies, is more lucrative than poaching or clear-cutting.

Yet, my impression is that the average Rwandan is more disconnected from the wild than the average

Canadian. There are reasons for this that I mentioned, size of the country, population density, urban versus rural populations – 30% versus 70% respectively - World Bank.

The sad reality is a cautionary tale for other countries, Canada included. People have almost exclusively replaced non-commercial animals from the land. I have lived in Kigali for 18 months, and the only wild animal glimpsed was at dusk when I caught the sight of the tail of a monkey moving into a tree. You see more wildlife in Ottawa than in Kigali. Yes, I am counting squirrels, raccoons, skunks, foxes, coyotes as part of Ottawa’s urban wildlife.

In contrast, in Kigali, I see almost nothing but birds, but what amazing and beautiful birds they are! There is no Rwandan equivalent of seeing a deer in the Greenbelt, or reading about a moose ending up in someone’s swimming pool. And while I am sure my parents in Riverview would prefer not finding squirrels living in their chimney, or discovering paw prints of a coyote bedding down in the ferns below their kitchen window, I feel sad to be so removed from other living creatures. Of course, I don’t want to stumble over a lion crouching in the tall field grass at the bottom of the hill from my apartment; the point is that in Rwanda there is a very clear demarcation where wildlife is, and where it is not. While the three main national parks of Rwanda make up a good percentage of the country’s total land area, they are still relatively small. At 1,122 km<sup>2</sup>, Akagera is less than half the size of the geographic boundary of Ottawa at 2,778 km<sup>2</sup>. Meanwhile, Gatineau Park is a tiny 361 km<sup>2</sup> compared to the over 7,653 km<sup>2</sup> of Algonquin Provincial park – one-third the size of the total area of Rwanda. This makes the Rwandan government’s commitment to protecting its remaining wild areas very commendable.

Every local, regional and national government, Ottawa City Council and the NCC included, must consider the impact of population growth on urban and rural planning, and address the importance of a wild landscape for the health and psyche of its people. Biodiversity can disappear very quickly and easily. As Ottawa grows and pushes harder against the Greenbelt, and urban sprawl eats up more outlying farm and woodland, how much nature are we willing to give up? Would we be happy seeing Canadian wildlife only in zoos, parks, and nowhere else? That is a question for us to answer together. Sometimes being overseas makes you appreciate what you have back home in Riverview Park all the more.



# There are many reasons to save the date...

**F**ashion with Compassion is about to celebrate a birthday. No one is quite sure whether it is the 23rd or 24th show, but what is known for certain is the exceptional cause that this free fashion show supports.

This year the spring event is on Saturday, April 27th at 10 a.m. and a rental hold has already been put on 125 chairs for both the regular attendees and no doubt many new guests. Last autumn's show had not one chair sitting empty, and people knew enough to arrive early at The Wholesale Outlet Store, 1877 Innes Road.

Cancer research at The Ottawa Hospital- General Campus has now been the recipient from this unique fundraising endeavour over a number of years. The models are all cancer survivors and hold a strong belief in giving back to the community that has helped them. They also know that 25% of all sales that day go to cancer research while Victoria's Quilts will likewise receive a donation.

Several of the models have even been in pilot projects and can't say enough good things about the care they received. Others tell about their type of cancer and their success stories. Still some inform about their achievements and aren't one bit shy in giving advice to the upbeat audience. Enthusiasm abounds throughout the morning show.

### The life of a model... full disclosure!

by Lynne

We all recognize women who somehow manage to "pull it all together". The expertly tied scarves draw attention to the subtle background colours; the perfect pieces of jewellery just seem to fit; the shoes and handbag blend perfectly; the Full Monty (sort of!) looks so



Spring was in the air for the April 2018 Fashion with Compassion Show

simple and quite simply works—it just works.

I am one of those who recognizes the "all together look"... but I just cannot master it. Among the many sheer pleasures of being a "model" for "Fashion with Compassion" is that Lise who moderates the show and dresses the models is one of those amazing women who masters it and she does it for you! I have tried on outfits that I never would have picked for myself and they "worked"; I have seen the magic the right scarf can make; I have been told in no uncertain terms to "take that off"; it does NOT work! And I have had the pleasure of buying many of the outfits I model because I think I never looked so good. And if I keep all the pieces together in

my closet, I will have no decisions whatever to make and I can pretend I did it all myself (unless of course you saw me at the fashion show and could blow my cover)!

The ultimate challenge for Lise may have been last year when I was still recovering from knee replacement and could not model. I suggested Lise challenge herself to make my outfit of two hospital gowns worn discreetly back to front and front to back (there is no uglier article of female clothing anywhere!), a bandaged knee, (real, not fake) and running shoes and "pull that all together". True confessions—it would not have made it into Vogue but with a hat, shawl and jewellery, it was almost presentable! And it was great fun.

And that is what also makes "Fashion with Compassion" special. It has laughter, friendship, purpose, the always delightful Sherry, the inspirational fashionista Lise, and it is fun! And deliciously, I can announce twice a year to friends and family that I am busy this weekend as I am "modelling" and what could be better for the ego?

And there is more that is good for the ego and good for the soul. As a very lucky colorectal cancer survivor, it is a way to make a tiny contribution to cancer research. And it gives me a forum to encourage attendees over 50 to take the home test and preferably have a colonoscopy. It is staggering how many people avoid both because of embarrassment. One day out of

CONTINUED ON PAGE 19

## WHOLESALE OUTLET

MON – SAT 10 – 5

SUPPORTING THE FIGHT FOR THE CURE

Follow us on Facebook

1877 INNES ROAD

613-748-6605



The Ottawa Hospital Cancer Centre

**CONTINUED FROM PAGE 18**

your life to detect one of the deadliest forms of cancer when caught in later stages and one of the most curable when caught early! Among my favourite pleas was to point out that we all find a baby’s bum one of the most beautiful things in the world—as adults our bums are still beautiful, just bigger and bolder. We need to honour and protect them—and we need to get over ourselves!

So for me, “modelling” is about the sheer pleasure of pulling it all together, the comradery, the laughter, the chance to make a tiny dif-

ference and advocating for bum power!

**A cancer journey with a friend**  
*by Merri*

We are friends, an unlikely pair, and often confusing to those we meet.

Our friendship began around 1980, and continues today. What is confusing to others is that he does not speak but a little English, and I, none of his native tongue.

Despite this, and with the support of a translator for the serious things, we manage. Last January, he began his journey with cancer, and

I am taking that journey with him.

Cancer, for most people, is a terrifying diagnosis.

This has been tempered greatly by the genuine empathy, outstanding care, and consistent respect we have experienced along this journey. For me, the knowledge that we would be assigned a translator for all appointments and procedures done in the Ottawa Hospital, was indeed a blessing. All translators with whom we have contact are helpful and valuable in their role. Informed consent is required for most procedures. Complete understanding of a prescribed treatment

plan is vital.

We have had many consultations, CT Scans, echocardiograms, appointments with Oncologists, Urologists, Heart Specialists, and hours spent with the skilled nurses in the Chemotherapy Unit. At all times, we met highly professional personnel, who were willing to answer questions, and ensure that we understood. All were careful, non-judgmental, and supportive. We appreciate the excellence with which care is provided. We are indeed fortunate to live in a city where such a high degree of care

**CONTINUED ON PAGE 20**



Only 45 years

**MON – SAT 10 – 5**

WHOLESALE  
OUTLET



4  
women



SUPPORTING  
THE FIGHT FOR  
THE CURE

Follow us on  
Facebook



1877 INNES ROAD

613-748-6605

CONTINUED FROM PAGE 19

is offered. To have experienced this with a friend gives me comfort in knowing what I might expect should I require this support in the future.

**A message from The Ottawa Hospital Cancer Centre**

*The challenge*

When you're diagnosed with cancer, time is critical. Every minute counts, and the wait for surgery, for treatment, for life to get back to normal can seem agonizing. Time is critical in the world of cancer research, too. Every day, scientists are working on new and better therapies. The sooner these therapies can be delivered to patients, the better their chances for recovery.

In the next few years, researchers at The Ottawa Hospital will undertake some of the most important clinical trials in the history of the collective battle with cancer. They will also conduct groundbreaking genetic research to map the pathways of certain cancers and develop personalized therapies. In order for made-in-Ottawa cancer therapies to happen, we must:

- Retrofit research facilities to ensure researchers have the tools to compete and work with top global research centres.
- Renovate facilities for manufacturing cancer therapies used in patient clinical trials.
- Purchase new equipment to purify, visualize and study cancer cells, and conduct clinical trials.
- Increase financial support for research teams, and attract top recruits from around the world.

Research already underway

- Dr. Rebecca Auer is investigating approaches to improve the success of cancer surgery, including administering treatments around the time of surgery to prevent cancer from spreading.
- Dr. Ian Lorimer is making progress in enhancing our understanding of breast, brain and lung



Lynne

cancer, so that more targeted and personalized therapies can be developed.

- Dr. Mark Clemons is developing personalized treatment approaches for breast cancer, and his research is having an impact

around the world.

- Dr. John Bell discovered a number of viruses that attack cancer cells without harming healthy cells. These oncolytic viruses have been tested in more than 100 patients around the world, including

many at The Ottawa Hospital, and with promising results.

**How you can help**

We're raising \$20 million to expand the research facilities and research team. Your ongoing support is needed to purchase equipment and fund research. Innovative cancer research takes more than the best minds – our researchers need the proper tools to do their vital work.

“Each of us individually, and together as a community, has the power to define what health care will look like in Ottawa in the coming decades. The Ottawa Hospital is positioning itself on the front-line of today's medical revolution. We are combining technology and research with expertise and compassion, and what we are creating is a world-class facility that offers you and your loved ones access to the very best of care and top-notch research.”

“The best cancer treatment begins with research. New drugs, personalized treatment plans and groundbreaking clinical trials are the hallmarks of cancer research at The Ottawa Hospital. Recognized around the world as a leader in cancer research, the Ottawa Hospital Research Institute is focused on biological therapeutics, which use molecular science to build better treatments with the goal of one day finding a cure. Researchers are also focused on improving patient care by developing innovative approaches for the assessment, treatment and prevention of cancer. These twin pillars of research – creating new therapies and improving patient care – are benefiting cancer patients every day.”

*You'll find more inspiring patient stories and information on how you can support cancer care and research on The Ottawa Hospital Foundation website: [ohfoundation.ca](http://ohfoundation.ca) Don't hesitate to call The Ottawa Hospital Foundation at 613-761-4295. Or you can donate online, or download our donation form.*

## Bill 74 Big Changes to our Health Care

It is important that we fight for and protect what is important to all of our families: good schools, great health care and a clean environment. The recent introduction of Bill 74, signalling the government's intention to create a Super Agency based in downtown Toronto, has many people worried across the province. There are five major concerns with the government's proposed legislation:

- 1.** The bill proposes a Super Agency that will drive a massive centralization and will concentrate decision making power to downtown Toronto. This will have a serious impact on communities deciding the delivery of health care in their community. We have seen this movie before: centralization, restructuring and bureaucracy that marked the Harris years. Our community had to rise up to save the CHEO cardiac unit and the Montfort Hospital. We don't want a return to those years.
- 2.** Bill 74 proposes giving draconian powers to the minister and the board of the Super Agency to restructure, amalgamate or terminate local health care providers with thirty days' notice. There is no right to appeal.
- 3.** The massive restructuring proposed in Bill 74 does not create capacity or address the immediate needs of our health care system, like care for the frail elderly and access to a primary care provider when you need them.
- 4.** The Bill proposes the repeal of the Cancer Act and the amalgamation of Cancer Care Ontario. Ontario's cancer outcomes are among the best in the world and we share our best practices with the world. In British Columbia they amalgamated their Cancer Agency and outcomes declined.
- 5.** Bill 74 waters down the promotion and planning for both French language services and services for our First Nations.

Bill 74 proposes serious risks, ones that the government must address. The spring budget will also clearly signal the government's intent on those health care services our families all depend on.

### We are here to help

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



**John Fraser, MPP**  
Ottawa South

Ottawa, ON K1V 7Y6  
T: 613-736-9573 | F: 613-736-7374  
jfraser.mpp.co@liberal.ola.org



# March Break-in : Lessons learned

*Special to the Riverview Park Review*

**F**inding out that our house was broken into after spending a nice weekend in Toronto with friends was devastating. We experienced the feeling of being invaded as well as anger and sadness. We can only hope that our feelings of insecurity and acute hypervigilance regarding noises, lighting and shadows will dissipate with time. We are moving on and have accepted that this unfortunate event happened to our family (although, I have to admit, I still get teary thinking about one item from my great grandmother that was stolen).

Difficult events are often accompanied with lessons and have the potential to make us grow. As part of this process, our family thought of sharing with our neighbors what we have learned and things to consider for making our homes more secure. However, I would like to mention that I am not an expert in home security and the information that I share with you was communicated to us by professionals following our recent experience. One website that I have found



helpful in making decisions about our home is from Home Security Metal Products. Although the format of the website is outdated, I encourage you to view it for its content (<http://www3.sympatico.ca/rh.campbell/index.htm>).

To start with a note of reassurance, I would like to share what police officers have repeatedly mentioned: (home) break-ins in Riverview Park are rare. Homes that generally look unattended or unoccupied are easy targets. Leaving lights on (perhaps setting a

timer for lights), informing your trusted neighbors of your departure (even for a short weekend trip), and having someone come by your home while you are away are basic security recommendations that you probably heard of and are easy to implement. What also tends to make homes more vulnerable to break-ins is a secluded or private backyard (e.g. cedar trees, darkness, low lighting). Setting up lights with motion detectors and making sure your backyard is well lit can be a deterrent for burglars. Also, do not leave valuables in front of windows and invest in blinds or curtains. This discourages individuals from viewing the contents of your home.

Intruders usually try to access homes through the backyard. Back doors with a window make it easier for them to enter the house as opposed to a back door with a single pane glass panel. Patio doors are another high-risk access to the house. It was recommended that a door with a quality deadbolt installed with a 10-inch steel strike in the frame secured with six three-inch screws can prevent the common entry of kicking the door. Homes often have front doors built with a long floor to ceiling glass pane alongside the door on the lock side (this is a very popular design). This design can weaken the integrity of the wood frame where the deadbolt resides. Basement windows are another common entry point. Although not exactly aesthetically pleasing, adding metal bars on basement windows can be an excellent deterrent. Adding pieces of wood or other types of bars that require intruders to break windows was also recommended.

If you are planning on adding a camera, consider having a camera that sends the footage to a computer drive or even better to the cloud (in case the camera or computer gets damaged or stolen). Choose a place difficult to access

in terms of height and a camera that can record segments longer than 12 seconds; this way, police officers have a better chance of using the footage. Surprisingly, we have learned that cameras can be resistant to our brutal winters and can be placed outside. However, it is important to note that cameras are deterrents and with good quality footage have the potential to help identify the individuals, but only after the fact. In fact, none of the recommendations I talk about here are fool proof! Home security alarms can also be considered as they are a strong deterrent if someone breaks into your home. They reduce the amount of time someone is likely to spend in your home and can alert neighbors with the alarm and notify the police. We were told that approximately 17% of homes use some type of monitored alarm system. We were also warned not to act on our emotions (e.g. fear) when making the decision to invest in a monitored alarm system. Consult professionals on this matter.

When leaving, it is recommended that you do not keep your jewelry in one place, especially in a jewelry box. Hiding your valuables in unusual places was a recommendation. Backing up your personal photos and other important documents or information on the cloud is also a good preventive measure. In the event that your vehicle or house was broken into and your tablet or laptop is stolen, one option offered by Gmail is to locate all devices linked to your e-mail account. An actual map will be displayed on your computer screen and your devices can be located if they are turned on. Most importantly, you can change your password and delete your e-mail history on the device right from your Gmail account from anywhere in the world. Don't forget to also delete your Facebook history on the device and to delete the stolen devices linked with your Facebook account.

In summary, I hope you have found some of these lessons and points helpful. Although we are somewhat new to the neighborhood, we have enjoyed living here and would like to contribute to making it safer. If you have any information regarding a home break-in that occurred on Lindsay Street during the weekend of March 8-10 2019, please do not hesitate to call crime stoppers (1-800-222-8477). Let's also keep an eye out for one another as neighbors and report any suspicious activity to crime stoppers. Merci beaucoup!

## Doherty's Property Services Inc.

### Let us help you with...

- ⇒ Lawn & Aeration Services
- ⇒ Snow Services
- ⇒ General Home Repairs
- ⇒ Painting (Interior & Exterior)
- ⇒ Property Management Services
- ⇒ Home Sale Preparedness
- ⇒ Kitchen & Bathroom Remodelling
- ⇒ Commercial & Residential Contracts Available



**Sean Doherty 613.862.5307**  
3316 Clearwater Cres, Ottawa, ON K1V 7S2  
[dps@rogers.com](mailto:dps@rogers.com) • [dohertyspropertyservices.ca](http://dohertyspropertyservices.ca)

**ESSENTIAL HEALTH**

The Temporal Mandibular joint (TMJ) is the joint that connects your bottom jaw to your skull. The TMJ is the hinge that lets you open and close your mouth – it’s a ‘jaw dropping’ joint!! TMJ Dysfunction is a general term that describes pain and a malfunctioning of the muscles that move your lower jaw during eating, talking, and swallowing. Common symptoms include pain and muscle spasms in the jaw and head, including neck and shoulders; headaches, earaches, and dizziness. You may also notice noises in the jaw such as grinding, clicking, or popping, and limited ability to open the mouth (“lock jaw”). These symptoms can become chronic and challenging to manage.

**How does this happen?**

*Overuse or imbalances in the chewing muscles:* Are you a gum chewer? Do you play sports that require a mouth guard? These individuals are more likely to develop TMJ Dysfunction due to the regular clenching of the jaw muscles. Also, if you find yourself chewing food on one side of your mouth you may be predisposed as well.

*Bone misalignment:* This includes misalignment between the teeth,



**SHANNON FARRELL  
RMT**

**TMJ dysfunction**

especially the molars, due to grinding the teeth or after tooth extraction.

*Postural Dysfunction:* Do you slouch? When bad postural habits lead to the head and jaw being projected forward, this moves the lower jaw forward beyond its normal resting position. This can lead to TMJ Dysfunction.

*Trauma:* This can include a direct injury to the jaw from a strike or fall, or from a whiplash type injury resulting from a car accident or other injury. This can also include indirect trauma following prolonged dental work.



*Stress/Anxiety:* Increased stress can lead to jaw clenching, grinding teeth while sleeping. **So what can we do for TMJ pain and discomfort?**

Your doctor or dentist may suggest taking over the counter pain medication or anti-inflammatories. You can also harness the power of ice, and apply a cold compress to the face and jaw.

If symptoms persist, then massage could be the answer for managing your condition.

Massage therapy for TMJ will fo-

cus on all compensating structures that support the head, including back, neck, upper chest and scalp. This can reduce tension and may help reduce pain that is referring into the jaw. Having the muscles we use for chewing massaged is extremely beneficial, as these muscles are directly connected to the joint and are usually the culprits for TMJ pain. These muscles are along the temple, down the side of the face, and underneath the lower jaw line.

The biggest benefit of TMJ massage is done intra-orally. Using gloves, your massage therapist will proceed very slowly and massage all of the muscles that are directly around the hinge joint of the lower jaw. This type of massage can provide a dramatic relief of pain symptoms.

Jaw pain related to TMJ Dysfunction? We have a massage for that...!

If you would like to learn more about your body and conditions you have, please subscribe to our newsletter through our website at [www.essential-health.ca](http://www.essential-health.ca).

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



**Essential Health Massage Therapy**

Serving Riverview Park,  
Alta Vista, Elmvale Acres  
and Trainyards.

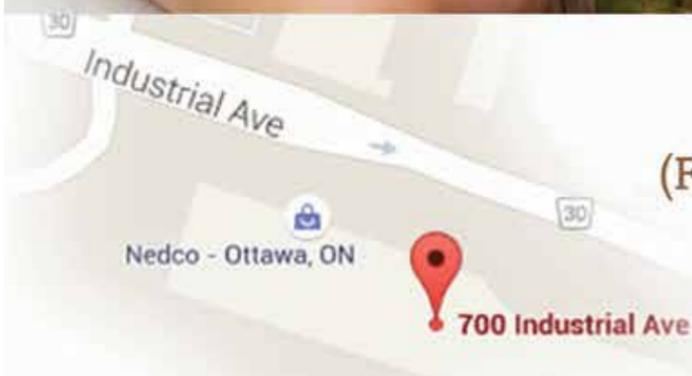
[www.essential-health.ca](http://www.essential-health.ca)



Unit 220-700 Industrial Avenue, Ottawa, ON  
(Free Parking, Clinic entrance faces Coronation Blvd.)

[info@essential-health.ca](mailto:info@essential-health.ca)

613-695-4000



# What is good about Good Friday?

by David Hood

Good Friday seems strange doesn't it? The message that will be shared in many churches on April 19 seems far from good. Ministers, priests, reverends, and pastors will talk about a first century Galilean carpenter named Jesus, who claimed to be the Son of God, who amassed an enormous following, and then was brutally executed in one of the most horrific ways imaginable, by crucifixion; the cruellest mode of capital punishment ever devised. The word translated excruciating was invented to describe it. None of the common terms of the time for pain and suffering were weighty enough to convey the experience of being stretched out, having nails hammered through your hands and feet and being left for hours, sometimes days, to hang from a wooden beam, eventually drowning in your own blood.

How is this Good news? What is good about it? What is good about Good Friday? Well technically nothing in and of itself. Lots of people had been crucified before and after Jesus by the Roman Empire; criminals, traitors, rebels. But here's the thing, all of those people died, and that was it. They died. They stayed dead. But Christians believe that though Jesus died, that wasn't the end of his story. Christians believe that three days after Jesus was crucified, he came back to life. He exited the tomb where he was buried and heavily guarded. He appeared physically to his closest followers, to his mother, to five hundred others, at various times and in various places, until forty days later he ascended back into the heavenly realm he had descended from.

This remains one of the most remarkable stories of all time. A man who was dead, came back to life, not a few minutes or even a few hours after he died, not by being resuscitated, no, a man who had been stone cold dead and buried for three days, woke up, and walked out of his tomb.

Now there are a lot of counter-theories out there: Jesus didn't really die, a twin or doppelganger of his died in his place, his body was stolen and His followers simply lied, people in their extreme grief experienced group hallucinations, but none of these theories seems adequate to me, and they are largely explanations given by people who have a prior philosophical commitment to the idea that people don't rise from the dead.

Here's the thing, I agree!



They're not supposed to. And even the pre-scientific revolution and enlightenment Jews and Romans agree, and that was why the empty tomb and the claims and eye-witness testimonies of the early Christians were so extraordinary. And they weren't shy about it; it was the focal point of all of their public preaching and teaching for decades. A bold move if they knew it wasn't true. And indeed many of them were persecuted and some were martyred for their testimony, yet they were unwavering. You'd think at least one of them would have folded.

In the first few centuries, thousands came to be followers of Jesus. The Christian church was born in Jerusalem and spread throughout Judea, Samaria, and to the ends of the earth. The Roman Empire tried at various times to persecute Christianity into oblivion in notoriously grotesque ways, some of the most famous examples being Nero burning Christians alive on stakes to light his dinner parties, and the Coliseum where for entertainment hundreds came to watch Christians get fed to the lions; and yet Christianity grew and flourished. Today, over 2 billion people across the globe claim Jesus is Lord, and Christianity continues to grow, especially outside of North America and Europe, and even in places where it is illegal to openly assemble or practice or to proselytize. There's

something very undeniable about the power of this story to move people across the globe even two thousand years later.

But why does the resurrection make the crucifixion good news? The narrative of the Bible claims that death came into our world, and with it all kinds of evil (war, genocide, sexism, racism, human trafficking, environmental degradation, greed, poverty, selfishness, relational breakdown etc...), because we disconnected ourselves from God, the source of life and love and goodness. Jesus, who claimed to be the Son of God, came to re-connect us to God and, therefore, to mend our broken world. He came to give us eternal life; that is a relationship with God that starts now and that carries on forever and ever into eternity. Jesus' crucifixion was him absorbing our disconnectedness and all of its effects, and his resurrection was his overcoming all that disconnects us from God; his breaking through to the other side. Jesus' resurrection is our certain hope that through him is re-connection to the God we were made for, forgiveness for the mess we've made, a fresh start, and new life; a resurrection.

As we surrender to and let the risen Jesus live his life through us we can start to mend our own brokenness and the brokenness of our world, and someday Jesus will return from his heavenly realm and will mend our universe completely and

finally. The Bible calls this the New Heavens and New Earth, and what is said about C.S. Lewis' Narnia can be said about this new creation: "All (our) life in this world and all (our) adventures...(are) only...the cover and the title page." Jesus' renewing of everything will be "Chapter One of the Great Story which no one on earth has read: which goes on forever: in which every chapter is better than the one before."

This is how the resurrection makes the crucifixion good news. This is why I/Christians believe crucifixion Friday is Good Friday, because Easter Sunday is coming.

If you are interested in hearing more about this good news, **you are welcome to join us at Southeast City Church on Easter Sunday (or any Sunday) at 4:15 pm** for a very simple service in which several of our members will take a few minutes to answer the question "What does the resurrection mean to you?" Southeast City Church is a new church that is forming in and for the Alta Vista ward. **We meet at The Martin Luther Church, 933 Smyth Rd.** Come check us out. We love visitors, and skeptics are always welcome because we have all struggled with our own doubts at one time or another.

**David Hood**

davidhood.southeastcitychurch@gmail.ca and  
<http://southeastcitychurch.ca>

# About your grandchildren

By Geoff Radnor

**W**e had a lot of snow this winter. Was it a record amount? Climate change can not be real if we have all that snow, can it? My brother in England has told me that they had record high temperatures at the end of February. He says it is due to climate change. My cousin in Australia tells me it was the hottest summer on record there. Globally the last five years have been the hottest on record.

Is all this really true? Are the glaciers in Greenland really melting? Andrew Cohen, in *The Citizen*, recently talked of “a global emergency” and of a “great moral challenge of our time”.

In the February 2019 edition of this newspaper, Judy Burwell of The Ottawa South Eco-Action Network, talks of “Climate Change at warp speed...”

Last year the IPCC\* report on climate change noted in its summary that limiting global warming to 1.5°C would require rapid, far-reaching and unprecedented changes in all aspects of society.

Note these three words; RAPID, FAR-REACHING and UNPRECEDENTED.



“Did we have snow this year?” PHOTO GEOFF RADNOR

We are still waiting for the political leaders of the major countries contributing to carbon dioxide emissions to take any rapid action on this global emergency. Action must be taken now as Doomsday will be here by the year 2050 (that’s in only 31 years time). Personally I will not be around to see what the world will look like then. But my 10 year-old granddaughter will be, and I hope, in the prime of her life.

Turning down the thermostat,

driving a smaller car, using a bicycle or taking the bus instead of the car are things that individuals can do, but these measures maybe rapid but they are not far-reaching and unprecedented. Our world, my world too, is dependant on electrical energy produced from burning coal, oil and gas. Alberta and Saskatchewan use coal for 83% of their energy. Ontario uses none. But by far the largest users of coal are China, In-

dia, Japan, South Korea, Taiwan and Germany. The US mines a lot of coal but uses less than the others. The largest exporters of coal are Australia, Russia and Indonesia. So whatever my family or yours do, or what Ottawa or the whole of Ontario does, is a drop in the ocean compared to what these other countries must do and they must do it soon. We like the people from the west but the oil sands and the pipelines are a part of the global problem. How can we ensure their lively hood but halt the production of CO<sub>2</sub>?

While we wait for those government and business leaders to act, last year in Sweden, a 15 year old, Greta Thunberg, protested alone outside the Swedish *Riksdag* (parliament), with her sign, SKOLSTRJK FÖR KLIMATET, School Strike for Climate. On Friday February 15th many thousands of school age children, prompted by Greta’s action in Stockholm, went ‘on strike’, not only in Sweden, but in many other countries around the world to make their political leaders realize that this is “a global emergency”. In the UK there was

**CONTINUED ON PAGE 27**



Fryxellsee Glacier

SOUTHEAST CITY CHURCH  
INVITES YOU TO OUR

---

**EASTER SUNDAY  
SERVICE**

---

**An Evening of Stories**

SUNDAY, APRIL 21  
@ 4:15 PM  
MARTIN LUTHER CHURCH, 933 SMYTH RD.

All are welcome- Christians & Skeptics  
Children’s program is provided  
Check out our website at [southeastcitychurch.ca](http://southeastcitychurch.ca)  
Follow us on Instagram/Facebook @seccottawa

## COMPUTER TIPS &amp; TRICKS

## Across our desk this month

by Malcolm and John Harding, of Compu-Home

**1** Be the boss of your software. We are big boosters of the judicious use of freeware. Virus protection, graphics editors, music players and little make-your-life-easier utilities such as calendars and calculators are old standbys – they are easily available, quick to install and, best of all, free. Sometimes, however, there is no substitute for an expensive commercial title. Tax preparation software, genealogy programs and office suites, for example, do sometimes come in free versions but often for a va-

riety of reasons you have to spring the money for the real thing.

A point of confusion arises when it becomes time to retire the computer where commercial software is installed. Many people expect that they can simply copy a program from the old machine to the new one, in the same way that they would be transferring their data. Worse, other users assume that they will have to buy a new copy of that expensive program for installation on the new computer. Neither notion is correct; the good news is that you probably don't have to go to the expense of buying the pro-

gram again, but the bad news is that the process is just a bit more complicated than simply copying it.

Commercial software usually comes with a “product key” also called “activation key.” If you bought an installation disk this key would have been printed on the package. If you downloaded the installer, the key was probably emailed to you for use at the time of installation. We hope we are not conveying bad news when we emphasize the importance of keeping that key safe for future reference. One time that you will need it again is if the program becomes

corrupted somehow and has to be reinstalled. Another time that the installation key is required, paradoxically, is for the purpose of uninstalling the program, because you now wish to install it on a new computer.

By the way: A technician can often help you find that lost product key; it is usually stored hidden somewhere in your computer.

The strategy is to go to your uninstall utility to remove the program from the old computer, entering the product key when required, and to install it in the new location, again using the product key at the right time. The following article uses the example of Microsoft Office to illustrate the process: <https://tinyurl.com/zxda8uc>

**2** A confusing current Windows update is causing a lot of grief. Several of our clients have been calling us to report that their computers seem to have locked up, with nothing but a big blue screen describing some gobbledygook about “Voice Recognition.” There appears on first glance to be no way to escape, and many people assume that they have been attacked.

In fact, this is a very poorly designed (but legitimate) Windows update, focused on your computer's security settings. You must scroll down through several screens, making choices on each one regarding how several apps and programs will respond to your computer use in the future. Actually, most users have told us that they emphatically do NOT want these increased interactions – targeted ads, for example – and so their response is to select the “No” response for every choice. Unfortunately, even when you have clicked on the “No” box, you must then click on “Accept,” which on the surface seems to be a contradiction. Rest assured that “Accept” means simply that you are satisfied with the choice you have made on this particular screen. It's hard to imagine how Microsoft could possibly have made this more obscure!

Go to [compu-home.com/blog](http://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](http://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](mailto:info@compu-home.com)



## FOR ALL YOUR LANDSCAPING NEEDS

CUSTOM INTERLOCKING BRICK WORK & DESIGN

FOUNDATION EXCAVATION & WATERPROOFING

POOL INSTALLATION

SNOWBLOWING EXCLUSIVE TO

RIVERVIEW PARK, ELMVALE ACRES & ALTA VISTA

**KLPSOTTAWA.COM**

**613.247.1887**



*We work in your Neighbourhood*



RESIDENTIAL & COMMERCIAL

BIN RENTALS

WASTE & JUNK REMOVAL

LARGE DOORS FOR EASY LOADING

FULLY INSURED

**613.247.1887**

**CONTINUED FROM PAGE 25**

a debate as to whether these children have a right to protest during school hours. (Oh! Great let's skip classes.) Over 200 academics have sided with the students. "It is us who will benefit if there can be rapid, far-reaching and unprecedented action NOW!"

In January Greta went to the Davos Economic Summit and there in her presentation she made a most plausible case for the senior politicians and business leaders to enact rapid and unprecedented measures to protect our world from the effects of climate change. She took the train to Davos, the other participants used over 1,000 private jets.

A larger international student 'strike' took place on Friday March 15 2019. It is reported that over 1.4 million young people took to the streets to protest. In over 2,200 cities in 128 countries like Santiago, Chile and Lisbon, Portugal and in far off Sydney Australia and Taipei, students left the classrooms seeking action on climate change legislation from their political leaders and meaningful decisions from business leaders.



**Flooding in Colorado**

**The Guardian reported:**

However, education ministers in the UK and Australia condemned the strikes and some commentators were critical. Madeline Grant, formerly of the Institute of Economic Affairs thinktank, asked: "Just how kind is it to shower praise on children who are fundamentally wrong?" The climate strikers should inspire us all to act at the next UN summit.

Greta Thunberg posted a response on Facebook to "people who want us to go back to school". "The favourite argument here in Sweden, and everywhere else, is that it doesn't matter what we do because we are all too small to make a difference. [But] Friday was the biggest day of global climate action ever, according to 350.org," she said.



**BC forest fires 2018**

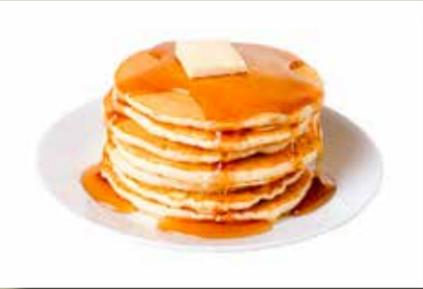
Will the young people at Hillcrest and Canterbury high schools, students at Algonquin College and those at Ottawa and Carleton Universities be the front runners to force the world's politicians and business leaders to enact the extremely tough measures required to protect our world? One small student protest originated on the Ottawa U campus. There were about 200 when they left on their walk through town to Parliament Hill. Another worldwide "Strike4Climate" is planned for May 3. Will the thousands of students here in Ottawa want to "Make The World Great Again", "There is NO PLANET B!"

We only have 31 years left, the clock is always ticking. More at "fridaysforthe future" website.



**\*The Intergovernmental Panel on Climate Change (IPCC)** is an intergovernmental body of the United Nations  
Go here to read the summary: [www.ipcc.ch/site/assets/uploads/sites/2/2018/07/SR15\\_SPM\\_version\\_stand\\_alone\\_LR.pdf](http://www.ipcc.ch/site/assets/uploads/sites/2/2018/07/SR15_SPM_version_stand_alone_LR.pdf)

**All Day Breakfast**  
Includes toast, jam, coffee & 1 refill. Your choice of bacon, ham or sausage.



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



**Daily Specials**  
Includes soup, dessert and coffee.





**613-746-2203**  
1188 Newmarket St.  
[www.stansdiner.com](http://www.stansdiner.com)

**Group Reservations Welcome**

**Plenty of Free Parking**

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

Look at retirement living **differently.**

**RIVERSTONE**  
RETIREMENT COMMUNITIES



Visit Us  
April 27, 28 at  
the National  
Women's Show  
**SHAW CENTRE**  
Ottawa

Spring in to the fun at any one  
of our events... You'll be smiling all the way!

  
**Maplewood**  
RETIREMENT COMMUNITY  
**613-656-0556**

**April 8th -12th "Taste of Egypt"**  
Guest speakers, Belly dancers, Egyptian food  
tasting and more!

**May 4, 2019 - OPEN HOUSE!!!**  
"Taste of Maplewood" 1:00 pm - 3:30 pm

**May 22nd - High Tea and Spring Fashion  
Show - 2:30 - 4:00**

**June 15th - Father's Day Car Show  
and BBQ - 11:30 - 2:00 pm**

**June 30th - Farmers' Market**  
10:00 am - 2:00 pm

For more information call Diane at 613-656-0556



[MaplewoodRetirement.com](http://MaplewoodRetirement.com)

  
**OAKPARK**  
RETIREMENT COMMUNITY  
**613-260-7144**

**April 11th - Morning Concert Series**  
Opus 3 Flute Trio - Cathy Baerg, Loyda Lastra & Diana  
Lam - 10:30am

**April 17th - Spring Fashion Show**  
with Alica and Tanjay at 2:00pm

**May 4th - OPEN HOUSE!!!**  
1:00pm to 3:30pm ~ Try Zumba at 2:00pm!

**June 25th - Strawberry Social**  
Join us for our Strawberry Social with entertainment  
by Shamrock and Thistle - 2:00pm

For more information call Nathalie at 613-260-7144



[OakparkRetirement.com](http://OakparkRetirement.com)

**RiverstoneRetirement.ca**

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

# Riverview Park Review

## SECTION TWO

APRIL 2019

A Voice of Riverview Park

MAY 2019

### A new season with many reasons to visit Oakpark

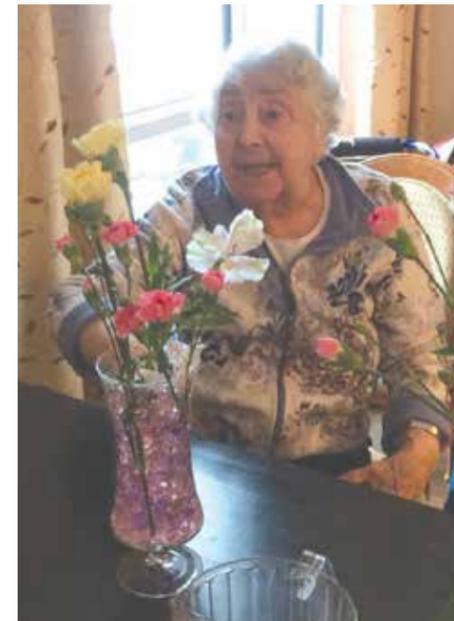
Submitted by *Brittani Fawcett*,  
Activity Director

Spring is on its way, and here at Oakpark we are not only anticipating the warm weather, but we are also counting the days to some of the year's biggest and most anticipated events.

It will be hard to say which sound will be sweeter – the birds singing or the sounds of flutes at the morning concert series. Please come join us for the classical music of the Opus 3 on Thursday April 11th at 10:30 a.m.

With a new season comes new fashions. Our ladies will be modelling the 2019 spring collection from Allia and Tanjay at the Oakpark Fashion show on April 17th at 2:00 p.m. With mother's day, the Ottawa Tulip festival, and the May long weekend coming there's plenty of excuses to purchase some new spring attire.

While you are doing your spring cleaning, ensure that you put that formal evening gown or tuxedo



Spring is in the air at Oakpark! Just check out the flower arranging.

aside for the season's grandest spectacle- The Spring Fever Dinner Show presented by The Smile Theatre – we will be looking dapper as Oakpark turns Hollywood for the evening of May 21st. Please RSVP to Nathalie Bartlett – and don't miss the "lights, camera, action."

If you are in the neighbourhood, on Saturday May 4th, come stop by for our open house from 1:00-3:30, with a free Zumba class at 2:00. This is a great chance to see our community, meet our team, and get a better understanding of the services we provide- including memory care.

On June 21st come join us on the patio for our Strawberry Social, as we celebrate the first day of summer!

If you have any questions about Oakpark and our services please don't hesitate to call us at 613-260-7144.



**TRAIN YARDS**  
DENTAL CENTRE

**Dr. Steven Da Costa  
and Associates**

**New patients & Emergencies welcome!**  
Service in: English, French, Portuguese & Spanish

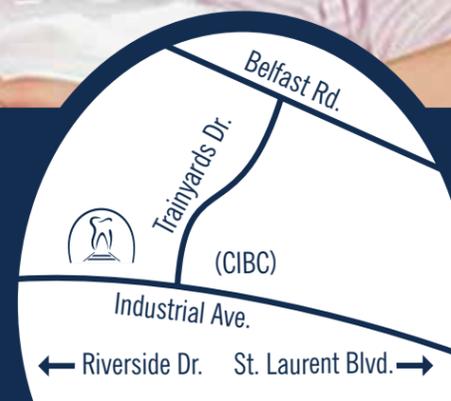
**Our Services Include**

- General Dentistry for the Whole Family
- Dental Implants
- Invisalign & Orthodontics
- Complete & Partial Dentures
- Veneers & Other Cosmetic Services

**613.789.2500**

**www.trainyardsdental.com**

**525 Industrial Ave., Unit 1, Ottawa, ON K1G 0Z1**



# Fifty years old a great reason to celebrate

by Pastor Franklin Chouinard

Celebration activities were many last year for Trinity Church. With the end of the year comes the end of the celebration, or, at least, the end of celebration activities. The next phase of service in the Riverview Park community now begins.

Important to note is that Trinity Church is part of the Riverview Park community. Trinity is not just a church in the community, but a church of the community. The relationship with neighbours of the church continues to grow. This is not just a "Sunday morning only" church. The church building is well-used in Riverview Park.

The Alta Vista Co-operative Nursery School uses it during the school year. The program provides children with a variety of fun learning experiences through each day in order to stimulate young minds and help children grow intellectually. It also provides constructive play opportunities where children can work together as a team to build on their social skills. Nadia DeFranco oversees a caring and committed staff of qualified early childhood educators which



Trinity Church of the Nazarene at 50 years

includes Cindy Ferris and Megan Harricharan.

Trinity Community Garden uses land provided by Trinity Church for individual non-profit, organic vegetable garden plots. This partnership between the church and a volunteer-led group of individuals who enjoy gardening began in 2011 with four "communal" plots and has since expanded to 44 plots with 35 gardeners. This year's garden registration night is April 24 at the church.

The Eglise Pouvoir de Dieu Hispanic church meets Saturday evenings and Sunday afternoons for services in Spanish each week. Pastor Elsa leads the congregation.

Trinity Church is glad to be part of and to offer spiritual services to the Riverview Park/Alta Vista community. Denominationally part of the Church of the Nazarene (a Protestant church with Wesleyan roots that holds traditional Christian teachings and values)

Trinity Church is an open church that welcomes everyone to join in services. The congregation gathers Sunday mornings at 11 for worship services, a blend of traditional and contemporary in structure and format incorporating both hymns and praise and worship songs. Prayer is an important part of the times together. A biblically based message relevant to Christian living is also central to the Sunday service.

This year, during Lent, Pastor Frank is speaking on Jesus's "Words from the Cross" as his message series. This will lead to Palm Sunday (with the traditional waving of palm branches), Holy Week, and Easter Sunday. Again this year Trinity Church will join with her sister church in Kanata for Holy Week services. Services will be held Monday and Wednesday evenings at the Bridlewood Church of the Nazarene, 2 Stonehaven Drive, and Tuesday and Thursday evenings at Trinity Church; each evening at 7 p.m. On Good Friday a Tenebrae Service will be held at the Bridlewood Church at 4:30 p.m. Palm Sunday and Easter Sunday services will be held at 11 a.m. All are well-

CONTINUED ON PAGE 31



DESIGN • BUILD • MAINTAIN

# HANSEN

LAWN & GARDENS LTD. SINCE '88

Enjoy your garden without the work!  
Hire a professional by calling us today!

We provide full outdoor property solutions!

- Garden installation and maintenance
- Mulch installation
- Spring and Fall cleanups
- Lawn mowing
- Sod installation
- Seeding

Join the Hansen family of satisfied clients and get more out of your summer. Call Hansen today!

[www.greensideup.com](http://www.greensideup.com)



/HansenOttawa

613-260-8175

## RPCA PRESIDENT'S REPORT



**BRYAN ORENDORFF**  
RPCA President

'Plans are worthless but planning is everything,' said famously by Dwight Eisenhower. While he was talking of battle plans, the words ring true in many more ways. City planners may disagree. The latest major update of the official plan kicked off March 4 with an open house at City Hall. This new version is intended to take us to 2031. And while it may or may not be the start of a battle, it is certainly the start of a plan.

Don't expect the plan to have any stirring vision. That's not our style. Even places like Lebreton Flats will simply be blanketed as a nebulous blob. And there will be many such blobs of various colours on the plans. The blobs themselves aren't terribly important, but each one comes with a unique set of rules. That's what's important. The City calls the plan a strategic document to guide growth and development. Those blobs will describe the City's strategy in each of these areas and the rules they expect developers to play by.

And residents have a distinct part to play in helping to formulate the strategy. The City is launching a multi-month consultation process this year. This process will help to inform them about how to tweak their draft official plan to be released in 2020. Residents then get another chance to comment on the draft before it is finalized in 2021. But, it is normally expected that few meaningful changes will be made between the draft and final plans. Where residents should expect to have real impact is now, before the draft plan is released.

There may be some thought that the official plan is sacrosanct; that somehow it is the gilded star ever-present in the night's sky that cannot be tarnished, diminished, or moved from its celestial perch. Far from it. It is a living document, just as we have a living city. Many of the things we do here get updated in the plan. The City is in the process right now of looking at increasing the areas of transit oriented development to change zoning

## What's in a plan?

in areas around future LRT stations to get them to be as dense as possible and maximize LRT usage. This requires an amendment to the official plan. Even Secondary Plans, like the one recently developed for the Elmvale Mall, get enshrined in the plan. And these amendments happen all the time. This is why the planning is the important part, and the plan itself is less important because it is intended to change with changing needs. The planning part is starting now.

If you aren't into city building, how to make the city core more livable, or how to best connect one end of the city to the other as a reason to get involved, there are also a whole host of local reasons to at least want to take a look and let your opinions be known. Let's start with climate. If you are one of the many people who see climate change as a real priority for the city, how best to get the city to put real dollars to it than to enshrine some projects or processes within the plan? Planning Committee isn't where you'd normally expect to see something like that, but it may in fact have one of the biggest impacts since the plan controls land use.

How about the Alta Vista Corridor? Sure, the Hospital Link is here to stay, but there is a big difference between a sleepy two lane road and a 6 lane arterial taking mass amounts of cars and trucks from Nicholas down to Conroy. It has been on the plan for decades, but maybe now is the time to see if something different is more useful

to the community?

Want to protect the urban forest? Tree protection can play a big role in zoning bylaws that are derived from the plan. Want more multiuse pathways to get more exercise? The plan shows where all the pathways to be built over the next ten years are and includes the definition of what is affordable to build in that time. Do you have concerns about densification? The plan is what sets the targets that planners will strive to get developers to build in what will be the great struggle between high rises and urban sprawl that is likely to define the future look and feel of much of our community.

The City's Official Plan is its rulebook. If you want to contribute meaningfully to the planning process, you need to know the rules. You need to know how the game is going to be played. Because you can bet that the City, the developers and builders, and the approvals agencies at Queen's Park have thousands of professional staff that do nothing else with their entire careers than get to know that rulebook front to back in order to maximize everything they can out of it. It is big money, and knowing the game is worth every penny. Join us, get involved and be a game changer.

*For more information, check out our website at [www.RiverviewPark.ca](http://www.RiverviewPark.ca), drop me a line at [bryan.orendorff@rogers.com](mailto:bryan.orendorff@rogers.com) with your questions or thoughts, and/or come to our next RPCA Board meeting on April 10th.*

## Trinity

CONTINUED FROM PAGE 30

come to the services.

Trinity's annual day of Music and Celebration is April 28 during the 11 a.m. service. Many members of the congregation will participate sharing in song and prose.

On May 26, the "Misfits" motorcycle group of Ottawa will join the congregation for breakfast at 9:30 before the worship service, when Pastor Frank will speak. The morning message—"We're All Misfits"—is a reminder that originally Christianity was counter-cultural and that Christians need to continue to stand up for what is right. Following the service a bike "blessing" will be held before the group heads out for a spring ride. All riders and bikers are welcome to the celebration!

According to the CBC, 34 per cent of Canadians hope to win the



Ground breaking of Trinity Church of the Nazarene 1968.

SUBMITTED BY PASTOR FRANKLIN CHOUINARD

lottery so that they can afford retirement. Other surveys have discovered that about 64 per cent of people do not have estate planning documents such as a will or a living trust. This is an issue that should

not be ignored or avoided. Trinity Church has invited Dr. Riley Coulter to share a seminar on Wills and Estate Planning and he will be at the church on Saturday morning June 1. This is a free seminar and is

for anyone who might be interested in how to plan for their future. The seminar will begin at 9 a.m. and conclude at noon.

The Trinity congregation continues to be involved in compassionate ministries locally and internationally. The youth contingent has volunteered at and raised funds for Ottawa's downtown shelters and the congregation supports a number of compassionate ministries including the Nativity Parish Food Bank. The Trinity congregation also continues to support two congregations in Cuba and is still involved in work in other world areas.

More information about Trinity Church can be found at the church web site ([www.ottawatrinity.ca](http://www.ottawatrinity.ca)) or Facebook page, by following Pastor Frank on Twitter @TheFrankPastor; by e-mailing the church at [ottawatrinity@rogers.ca](mailto:ottawatrinity@rogers.ca), or by calling the church office at 613 731-8926.

## FINANCIAL PLANNER

# The Pros and Cons of RRSPs vs. TFSAs

by Bob Jamieson

It's a perennial challenge for many Canadians — contribute to a Registered Retirement Savings Plan (RRSP) or a Tax-Free Savings Account (TFSA). Ideally, you should be making regular contributions to one or both throughout the year as part of a plan you've worked out with a financial advisor. If, however, you have some extra cash available, here's a quick summary of the benefits and considerations of each option.

## RRSP Pros and Cons

RRSP contribution limits for Canadians continue to increase every year. Your allowable contribution is 18% of your earned income from the previous year to a maximum of \$26,500 for 2019. You may also have contribution room carried forward from previous tax years.

Allowable contribution is deducted from your gross taxable income for the year and you may end up with a tax refund. This makes an RRSP an ideal first choice for savings, especially for higher-income earners.

On the other hand, an RRSP only defers payment of income tax until your retirement years and the required annual withdrawals after age 71 may reduce government old age benefits. Those expecting a rich pension plan, to be working in retirement, or major sources of alternative income may want to consider additional savings options, such as a TFSA, in consultation with a financial advisor.

## TFSA Pros and Cons

The TFSA is an all-purpose way to invest as it can be used to save for any financial goal. As of January 1, 2019 the maximum annual contribution is \$6,000. However, with unused contribution room from previous years in which you were eligible, the total could be as high as \$63,500. It is an excellent vehicle for younger investors (above the age of majority), those just getting out of school and early in their careers, and those with limited income and/or RRSP contribution room.

Unlike the RRSP, you can withdraw TFSA money without paying

tax at any time and, best of all, the full amount of any withdrawals can be put back into your TFSA in future years (but not the same year). Also, unlike the RRSP, amounts withdrawn do not affect your eligibility for federal income-tested benefits and credits, and there are no required withdrawals from your TFSA after age 71, so it is a great vehicle for seniors.

The main disadvantage to a TFSA is that your contributions are not tax-deductible, so there is no immediate tax benefit as seen with an RRSP.

## The Bottom Line

The RRSP continues to make good sense as a first savings option for many investors. That said, a TFSA

offers interesting investment opportunities for lower income earners, those without RRSP room, as well as seniors. It may also be valuable to investors needing to access funds at any moment without penalty.

A financial advisor can show you how TFSAs and RRSPs can be optimized for your individual situation, and need to access funds. If you would like to discuss this further, 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](http://www.edwardjones.ca/bob-jamieson)

Edward Jones: Ranked #1 in Canadian Investor Satisfaction, Six Years in a Row

## A Tax-Free Savings Account Isn't Just Another Savings Account.

When you opened a Tax-Free Savings Account (TFSA), you probably did it for the tax-advantaged savings. But remember, not all TFSAs are created equal.

By holding a TFSA with Edward Jones, you can benefit from working with a financial advisor\* who will meet with you to better understand your needs. Working together, we can personalize your TFSA with investments that are tailored to meet these needs.

\*In Quebec, our financial advisors are known as investment advisors.

Call or visit today to personalize your TFSA.



**Bob Jamieson, CFP®**

Financial Advisor

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

[www.edwardjones.com](http://www.edwardjones.com)

Member - Canadian Investor Protection Fund

**Edward Jones**  
MAKING SENSE OF INVESTING

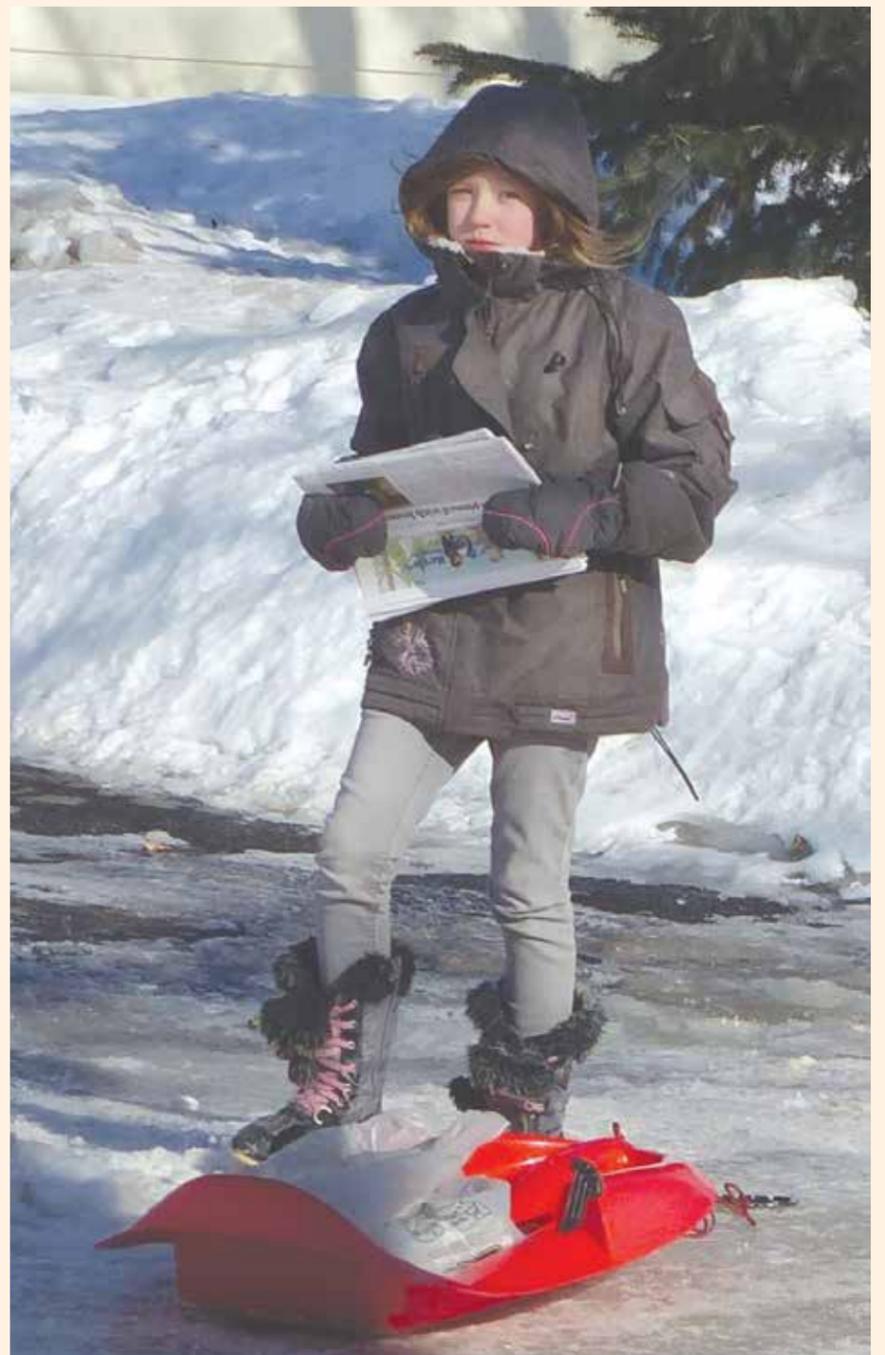


PHOTO: GEOFF RADNOR

**National Volunteer Week:** April 7th-13th is a time to celebrate and thank Canada's 12.7 million volunteers. This year's theme is: "The Volunteer Factor- Lifting Communities." The Volunteer Factor celebrates and recognizes the huge impact of volunteers and how they lift our communities. It shares how when people volunteer together, the sky is the limit in terms of what they can achieve. Ten year old Elizabeth Skitch can be seen in this photo helping to deliver the February edition of the Riverview Park Review. It's a family affair for Elizabeth since both her mother and grandfather are part of her team.

INTERESTING CANADIANS

by Bruce Ricketts

The story of immigrant John Redpath is a story of success, driven by hard work, dedication to task, and development of industry, commerce, and community.

John Redpath (1796-1869) was born in Scotland, during a period of agricultural reform called the Lowland Clearances. The reforms created economic hardship for the general populace, and at age 20, Redpath emigrated to Canada. At Quebec City, penniless, he left his ship, and walked to Montreal (a two-hour drive today), looking for work.

In Montreal, Redpath found work as a stonemason and within a few years had his own construction company. He soon joined his company in a consortium to build a canal around the Lachine Rapids on the St. Lawrence River, at Montreal.

Several attempts had been made, over more than 130 years, to bypass the Lachine Rapids, and so, in 1825, the canal that Redpath and the consortium built was a marvel; it allowed large vessels to sail up the St. Lawrence River, and hastened the development of Upper Canada.

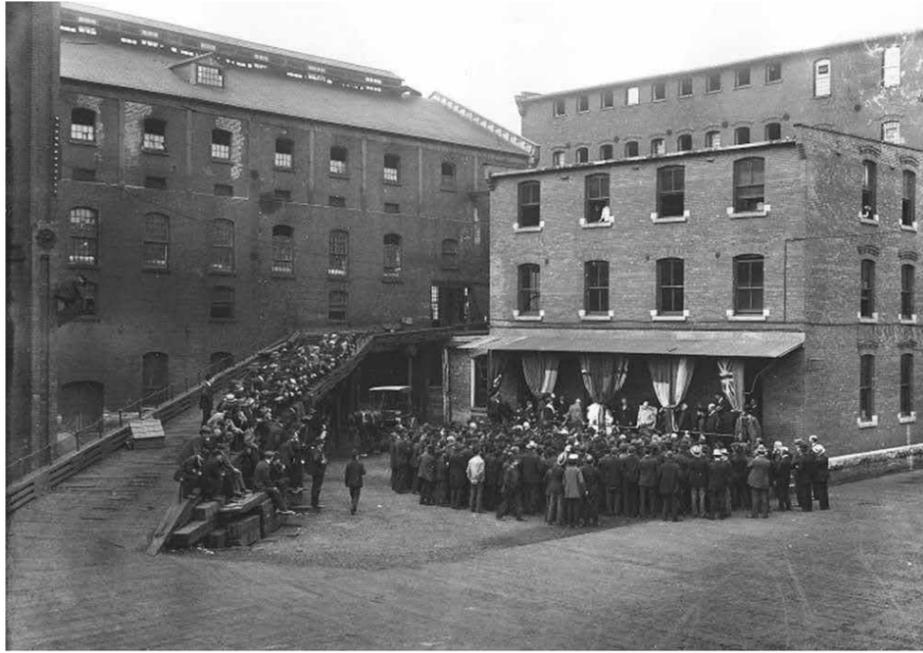
Following his success on the Lachine Canal, Redpath partnered with Thomas McKay (another Scottish immigrant who settled in Montreal and became a stonemason) to perform construction on the Rideau Canal. They were to build a dam at Jones Falls, to assist in the creation of a series of four canal locks. For the time it was built (1826-1832), the Rideau Canal itself was an engineering marvel, but the works at Jones Falls were, and are today, the jewels in the crown of the Rideau.

At Jones Falls, boats must rise/fall almost 60 feet; this is accomplished by a set of four canal locks, and a dam, sometimes called the Whispering Dam, which holds back the 60 feet of water. This is the dam built by Redpath and McKay.

The dam is approximately 360 feet long, 60 feet high, and is built of large sandstone blocks cut at a nearby quarry which were hauled by horse-team to the site. The blocks were 'dressed' (shaped) on site; this work was precise, as no mortar or cement was used in this giant dam; the blocks were set in a giant arch, with the pressure of the water behind the dam pushing the perfectly-dressed blocks together, much as Roman arches do in many well-known stone structures.

When completed (1832), the Jones Falls dam was the largest

# Out 'Dam' Sugar!



Canada Sugar Refining Company

dam in North America, a true marvel of engineering. But why is it called the 'Whispering Dam'? Well, if a person stands at one edge of the dam, near the top, and another person stands at the other edge, the two can talk quite well, over a distance of almost 360 feet. This is a result of the shape of the dam, the Roman arch shape demanded of the huge sandstone dam made with no mortar. The abnormal acoustics were not designed; they were a delightful result of the design.

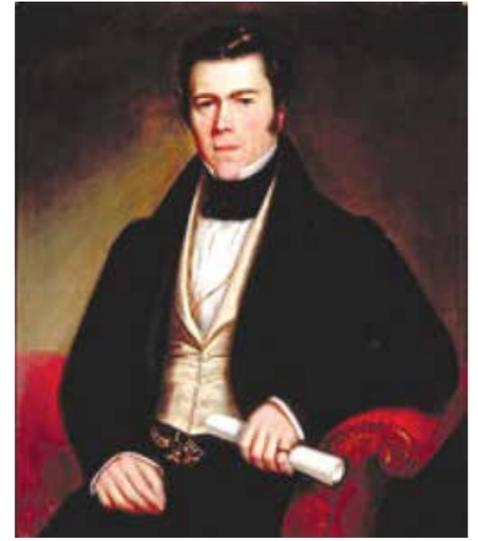
John Redpath worked on many other impressive structures, including Notre Dame de Montreal Basilica (one of the most dramatic Basilicas in the world), and a number of buildings that are now part of McGill University.

In 1854 Redpath created a sugar refinery in Montreal, a huge development for early Canada. Prior to that time almost all sugar was imported, and quality and price were constant problems. With his refinery on the Montreal waterfront, Redpath could import raw materials (often with his own ships) and process them here. Redpath soon had a virtual monopoly on sugar; he soon grew his refinery into first one, then two, giant works, which can still be seen in Montreal today.

John Redpath became a recognized businessman, his investments and influence helped develop a number of mining and resource industries in Quebec's Eastern Townships. In 1833 Redpath was invited to serve on the Board of Directors of the Bank of Montreal and served for 39 years.

John Redpath was also a man of community and charity. He was a member of Montreal City

council, a director on the boards of many charitable organizations, and a social reformer who supported the law to abolish slavery



John Redpath

in Canada (1833), and also worked to end "White Slavery" (prostitution).

Redpath, a man of amazing skill and enterprise, who came to Canada with almost no education and no money, was also the benefactor of many educational efforts, including the first endowment fund established for Montreal's McGill University.

**SOUTH OTTAWA'S INDEPENDENT PAINT DEALER!**

**FULL LINE BENJAMIN MOORE DEALER**

**Benjamin Moore®**  
Paints

**Rubin's**  
**PAINT**

- QUALITY TOOLS
- ECO PRODUCTS
- CUSTOM PAINT SPECIALIST
- EXPERT SERVICES FOR OVER 60 YEARS

**Corner of Bank & AltaVista**

2649 Alta Vista Drive  
Serving Ottawa Since 1952  
**613-521-3636**

VINCENT MASSEY PUBLIC SCHOOL

# SOLES receives grant funding

by: Brianna Killaby, Marina Sweezie

Vincent Massey's student lead social action group, InspiringSOLES, is continuing to make progress within the Russell Heights community. Recently we received the news that we were the recipients of the Ministry SpeakUp grant of \$750. This greatly anticipated award will support the programs set up for the community this year.

On March 1st, the group went to the Russell Heights community to teach kids how to skate. The ice was in excellent condition and many children attended. The group taught kids the basics of skating and some fun games to play with friends. It was a great experience for both the children and student teachers involved.

For the program this spring, InspiringSOLES is planning on a drama and sports session where they intend on including a mentoring component for the 6 week session. Students are now starting to plan activities and develop the lesson plans. We also will be running these lessons with groups at Vincent Massey to gain feedback and make adjustments to in order



to be best prepared.

On June 6, we are planning our annual Bike Tune up session. We are hoping to get the City of Ottawa and community volunteers to

help us out again this year. If you are interested, please email us at the contact below.

InspiringSOLES hopes to reach their goals this year. If you want

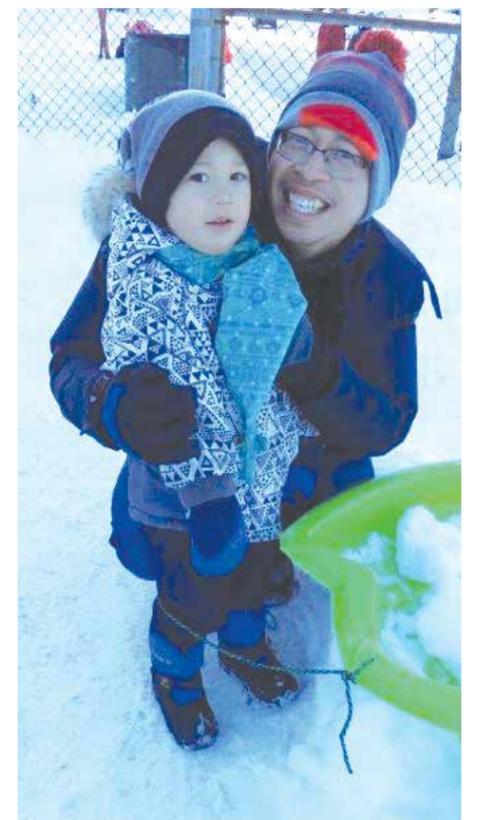
to get in touch with InspiringSOLES, you can email us at [inspiringsoles36@gmail.com](mailto:inspiringsoles36@gmail.com) or on Instagram at [@inspiringsoles\\_](https://www.instagram.com/inspiringsoles_) or Twitter at [@Solesinspiring](https://twitter.com/Solesinspiring).

## Wonderful volunteers were everywhere for Family Fun Day

by Carole Moulton

A fantastic skating rink, lots of activities, awesome treats and perfect weather helped make for an excellent Family Day at Alta Vista Park. Hosted by the Alta Vista RinkRatz, it was their fifth annual Family Fun Day event and even horses Rosie and May joined in the fun with their owner, Doug Scharf, providing horse-drawn wagon rides for many of the visitors.

Imagine cooking up hotdogs for the hundreds of people? Rink operators, Dylan Burger and Mike Smith did just that, and with the greatest of style. The Hansen Lawn & Gardens Ltd. Team was there to serve up delicious hot chocolate and collect non-perishable food items for the Ottawa Food Bank, while people of all ages took advantage of the great community support.



# Many hands make the RPCA Winter Carnival a success

by David Hood, Chair, Recreation and Parks Committee, Riverview Park Community Association

We had another great year at the annual Winter Carnival at Bale-na Park. The weather cooperated nicely; it was sunny and not too cold. Around 200 people attended over the course of two hours to skate, play games and win prizes, dredge through the deep snow in snowshoes, roast marshmallows and make S'Mores by the campfire, and spend time with neighbours.

I am very grateful to live in a community that not only has so many great community spaces and hubs, but also has so many community-building and family-friendly events throughout the year, and it's wonderful to see just how much the community rallies around these things and makes them their own.

We want to thank François Marier and the St Aidan's Ottawa 101st Boy Scout Group for running our campfire; John Fraser's office for providing a hot drinks bar; Jean Cloutier's office for the snowman making kits; the caretakers of the

rink for getting the facilities ready for us; and I want to thank my fellow Riverview Park Community Association board members for volunteering in a variety of ways to make this event a success. I also want to thank the families of Riverview Park for attending and making it a fun event.



PHOTOS: GEOFF RADNOR AND CAROLE MOULT

# Danny's

## Spring Special is here

### \$49.40 Oil Change and Inspection

Add \$25.00 Summer tires already on their rims  
a savings of **\$20.00**

Add \$70.00 Summer tires not on rims,  
Installed and balanced  
a savings of **\$20.00**



Spring Special  
**\$63.75**  
for most cars and trucks  
Oil change, inspection  
... and more  
with this coupon  
• expires May 1st  
• synthetic motor oil extra



# Danny Dear

SERVICE CENTRE LTD.



Keep an eye out for Spring Specials

850 Industrial Avenue, Unit #3

613 • 521 • 4216

## THE ARTS IN RIVERVIEW PARK BY DIANE STEVENSON SCHMOLKA

# Necessary obliquities in the arts, part two

by Diane Stevenson Schmolka

**H**andel's Messiah, his most famous choral work, contains many 'messages' on many levels. One of the consistent clues to his messages, is the manner in which he uses Biblical passages about 'darkness' and 'light'. In his aria: "The People That Walked in Darkness: Google You Tube with title of aria. In both the solo for Bass voice and the accompaniment, (which is an exact copy of the melody), Handel's use of intervals portrays people moving almost in 'crab style', facing forward, but not getting anywhere in the dark. He repeats this melody at least three times, and then ends that section with a startling and striking change of direction ascending when he states 'have seen a great light.' He repeats the last phrase three times! He then repeats the first phrase of people walking in darkness, to describe the long time that people have walked in darkness.

In my introduction to 'necessary obliquities' in the arts, I used Rembrandt's "Visitation" to describe the symbolism of 'light' and 'darkness'. Rembrandt, (who lived and worked in the Baroque era like Handel), had a unique manner in which he used different chemicals, (biological and geological), to make his shafts of light in paintings more than just translucent. They became transpired! Handel does this with his harmonic progressions throughout his Messiah, and in most of his works, both instrumental and vocal.

Ralph Vaughn-Williams, Benjamin Britten, Aaron Copeland each played with many messages in their compositions. Light and Darkness were common elements, but each had their own unique ways. In "Appalachian Spring", Copeland opens slowly and quietly with wide harmonic spaces within his intervals. One can sense light emerging and expanding from within. It's as if the intervals between the instruments are growing larger inside the 'belly' of the orchestra, and that they have a 'mind of their own'. Google Appalachian Spring by Copeland.

Each and every composer of merit, no matter what genre, (classical, r&b, pop, jazz, tv/film soundtrack, folk, world and more), knows the reason why they are composing something. Even if it is a commercial, they know what messages they will put into the brief soundtrack, whether it will be subtle or obvious or both. The listener will either receive those messages consciously, sub-consciously or unconsciously. In order to learn how to listen, one must enter into the environment of the music, without a prediction of what it is 'supposed' to be. Then, when listening, try to notice the different instrumental elements, as well as the different 'voices', rhythms, and motives they are transmitting. If it is a live concert you are attending, then going to You Tube or Google will help you



George Frideric Handel, painted by Thomas Hudson, 1756

THE COLLECTION OF THE NATIONAL PORTRAIT GALLERY, LONDON

discover much more of what is revealed in the works you just experienced. You'll be able to save those works on your hard drive, and begin to listen many more times for the different elements. I believe you'll become even more cognizant of the amazing number of messages the composer is sending.

Chopin was half French and half Polish. His mother's country, Poland was having a terrible time. While he lived most of his short life outside of Poland, his mother's culture influenced him. In his youth he began writing Polonaises and Mazurkas. While these were not composed for dancing, they revealed the Polish characteristics of the people well. In a couple of his Preludes, he describes in one section, the intense struggle of the people to retain their independence from Russia, and to reveal Poland's unique character. One can hear the sadness, but also the reliance in their determination to keep their autonomy from every other country, especially Russia and the Austro-Hungarian Empire. He composed many Polish Art Songs, which were published after his death. Those you can also hear on You Tube. One clue to his Polish 'messages' is in the Bass lines of his compositions and in his harmonies.

Learning how to listen for the codes in mu-

sic, helps you hear everything in Nature and in human social experiences more deeply also.

Here are some guides to help you learn more about these 'messages': Search Engine: "How to find a subliminal message in a song or any piece of music." Another one: BBC Music/articles on Handel's Messiah, Copeland: Appalachian Spring, Ralph Vaughn-Williams: Songs of Travel and more. There are more approaches like googling 'messages in music', and 'intuitive listening'. The last phrase to use in your search engine is also very good: "communicative powers of instrumental music".

One last example of necessary obliquities (sonic ones), is my four-movement piano work: Lament for Montreal, composed in 2012-2013. In many sections, the bass part is the foundation for the other parts. It is often of Mohawk and Algonquin and Cree chants. The work is a programmed suite. It tells the story of Montreal's founding, growth and crisis in 2012, and ends with hope that it will recover.

Enjoy your listening experiences! I look forward to revealing more ways in which other creative artists send their messages—often on more than one level!

Diane Stevenson Schmolka  
www.officiant-music.ca

*Diane Schmolka* B. Mus., B.A.  
*Music Studio*

Piano, voice & all  
theoretical subjects!

many years' experience  
Permanent Teachers' Certificate  
Active Musician

613-733-5219 - dandp5219@gmail.com  
www.officiant-music.ca

# CANADA'S NEW & IMPROVED FOOD GUIDE: A dietitian and cancer nutrition coach weighs in

by Emily Fitzgerald

There's been a lot of buzz surrounding Canada's food guide, as a new and improved version was released featuring some pretty big changes. The new guide takes a revolutionized approach to both the foods we eat and how we should be eating them, and it has been met with mixed reactions from the public. After all, the revised guide is a huge departure from both the structure and the content of the previous version, last updated in 2007. However, the opinions among nutrition experts are consistent: the new food guide is relevant, evidence-based and useful to Canadians. The updated food guide aims to address these behaviours and considers additional factors like determinants of health, the environment, and cultural diversity in helping Canadians make healthier food choices.

So, what are the biggest changes and key takeaways?

One of the biggest changes to the revised food guide is the layout and messaging. The trademark food rainbow and recommended serving sizes are nowhere to be found: instead, the guide uses the image of a plate filled with whole, unprocessed foods to help readers visualize what they can try incorporating. Using simple ideas and terms, the guide suggests that readers fill half their plate with vegetables and fruits, one quarter with whole grains and one quarter with protein food sources.

### Here's how they suggest you choose those foods:

Consume more plant-based foods and protein sources. This is a major departure from the 2007 version's inclusion of – and choice to base entire food groups on – meat and dairy products. But the change was made because plant-based foods offer a whole host of benefits, includ-

Have plenty of vegetables and fruits

Eat protein foods

Make water your drink of choice

Choose whole grain foods

ing antioxidants, phytonutrients, fibre, vitamins, and minerals that can protect against cell damage. These foods can improve blood lipids and lead to a reduced risk of developing chronic diseases like cancer, cardiovascular disease and type 2 diabetes, where a high intake of red and processed meats has shown to increase risk of developing diseases like colorectal cancer.

Make half your meal from fruits and vegetables. Getting enough fruits and vegetables has been long recommended in the food guide, but the half plate image now serves as a reminder of how prevalent these foods should be at each meal. According to Health Canada, eating more vegetables and fruit is linked to a lower risk of cardiovascular disease, and the increase in fibre they provide is linked to improved blood lipid levels and a lower risk of cardiovascular disease, colon cancer, and type 2 diabetes.

Choose healthy fats, but don't cut fat altogether. The new guide actually recommends including dietary fat on your plate, choosing healthy fats more often. This means replacing saturated fats like those found in beef, pork and whole dairy with healthy unsaturated fats to decrease the risk of cardiovascular disease. Examples of foods containing unsaturated fats include avocados, olive oil, nuts and seeds, and fatty fish like salmon.

Say yes to water and no to alcohol...at least most of the time. Making water your drink of choice

helps support overall health and promotes hydration. It also ensures you aren't adding any sneaky sugars to your diet through the drinks you choose – the guide also suggests minimizing sugar-sweetened beverages, which actually contribute the most added sugar in Canadians' diets.

Limit processed foods. Choosing minimally processed foods is beneficial to long-term health, which is why the new food guide recommends limiting intake of processed foods and beverages. These products often contain added sugars, sodium and saturated fats, which are linked to an increase risk of chronic disease.

### And my favourite part!

The new food guide focuses not only on foods, as healthy eating is so much more than the foods you eat. The guide encourages us to be mindful of our eating habits by taking the time to eat, becoming aware of our hunger and satiety cues, cooking more often, including others in meal planning and preparation, enjoying our food by embracing cultural and food traditions, and eating your meals in the company of others. These are very similar to the healthy eating habits that I encourage my clients to adopt during nutrition workshops, and in 1:1 nutrition coaching conversations. Emily Fitzgerald (MScFN, RD) is the Cancer Foundation's Nutrition Coach.

Find out more about her programs at [www.groundedlife.ca](http://www.groundedlife.ca).



## #Transportation-Challenge

The RPR Staff Photographer, Geoff Radnor, snapped a photo of Councillor Jean Cloutier as he left the #86 bus to complete his journey home on foot. The photo was taken on a very snowy Thursday evening during the Transit Week Challenge. Councillor Cloutier is a regular transit user.

## COMPUTER HELP IN YOUR HOME

### WE COME TO YOU TO FIX COMPUTER PROBLEMS.

Compu-Home is a highly regarded family business located right near you. Service is honest, reliable, affordable and prompt.



613-731-5954

### HOW CAN WE HELP YOU?

- Computer slowdowns
- Problems with Internet connections
- Spam, spyware and security programs
- Setting up and maintaining home and office networks
- Printer problems
- Helping plan, purchase and use new computer equipment
- Transferring and backing up data
- Using new digital cameras
- Coaching

**Compu-Home**

613-731-5954  
info@compu-home.com  
Malcolm and John Harding

# Serving up some history on the world's #1 beverage

by Carole Moulton

Tea itself is said to date back about 5000 years with many written accounts beginning according to legend. Likewise, numerous books have been written on not only tea but the beginning of tea drinking, again with much reliance on folklore.

One popular legend on the origin of tea drinking tells how it was the second Emperor of China, Shen Nung, who one afternoon while taking a walk decided to stop and rest under a tree. A servant gave him a cup of boiled water to drink when a Camellia Sinensis leaf from the tree he was sitting under fell into his cup and began to steep. Noting how the leaf made the water turn a light brown, the Emperor, a scientist who studied plants and herbs, decided to taste it. Fascinated with the aromatic scent and floral taste, Shen Nung decided that this should be a drink to have in China.

Interestingly enough, all varieties of Chinese tea come from different parts of the Camellia Sinensis. China, the top tea producer, yields over a million tons a year.

## Tea-drinking phases in China

Originally, tea was cultivated mainly as herbal medicine and generally within temples. Its calming effects were used by monks as a sign of respect for nature. The Chinese Tea Ceremony came as a result of this respect and the need for peace, with the blended philosophies of Buddhism, Confucianism, and Taoism.

Over time, Chinese people began appreciating tea's enjoyment, aside from its medicinal purposes, and tea ceremonies went from being religious to social, cultural and traditional events.

When performing a Chinese Tea Ceremony everything must be perfect: from one's state of mind, tea and water selection, ambiance, and required technique. Time-honored Chinese tea sets have continued to play a significant role in the forming of Chinese tea culture. Today, not just for the Chinese Tea Ceremony, but in Chinese homes and restaurants guests may be provided with a teapot and small handle-less cups.

Chinese Kung Fu tea ceremony examples can be found online.

## Japanese tea ceremonies

Across Asia, even pouring tea has been refined, with different varieties



Regular Japanese tea cups. PHOTO SUPPLIED BY 168 SUSHI



Vintage Korean Tea set



Chinese Tea Ceremony set

ies of tea brewed at specific temperatures for exact amounts of time. Tea may have been known in Japan before the 8th century. The first written records of tea served in that country are by the Emperor Shomu. The belief is that tea was brought to that country by a travelling Buddhist monk

The Japanese tea ceremony integrates preparing tea with Zen philosophy. A full ceremony can be a multi-hour event. Exact protocol is defined with regard to equipment and even hand movements, although today Japanese tea ceremonies have become abbreviated. There are two kinds of Japanese tea "cups" and neither have handles. There are chawan, wide bowls used to drink matcha in the tea ceremony, and yunomi with tall cylindrical Japanese tea cups used in Asian restaurants.

**Ups and downs of tea in Korea**  
Like other Pacific Rim tea drink-



Japanese Tea Ceremony set



Thai Iced Tea Glasses

ing nations, Korea's tea history is a long one; no doubt begun when Buddhist monks returned with seeds from China. Buddhism played an essential part in Korean tea drinking for centuries, with monks teaching its importance for developing mental discipline.

The first record of the Korean tea ceremony is from 661AD. Originally, the ceremony had religious overtones. Today, there are variations depending on different occasions. The enjoyment of tea, in an easy, formal and natural setting, is the focus of the Korean Tea Ceremony called Darye, a cross between Chinese and Japanese ceremonies.

When Buddhism was overtaken by Confucianism in the 14th century tea went out of favour. It came back only to be dispelled in the late 16th century when Japan invaded the country.

Chinese and Japanese teas are more widely known although Korean green teas are popular. Preparation is performed with simplicity and gracefulness. Used in Darye is Korean green tea, also known as Panyaro tea. It was not widely grown in the Republic of Korea until the 1960s due to the earlier loss of many tea plantations.

## Thailand tea history

The origins of tea in Thailand could go back a 1000 years since some of the tea plants, now trees in the far north, are probably that old. Thailand's history was not all one of tea growing. Instead their fields supported the opium trade. It was only in the late 1970s, as part of a government and Thai Royal Project initiative, that it was decided to trade the production of opium for Taiwanese oolong tea. The government began assisting local farmers with tea and coffee plants.

By the early 2000s, the first tea crop results were beyond expectations. Today, northern Thailand produces some of the best tea in Asia. Of all the different kinds that are grown in Thailand, the local population seems to prefer sweet green tea.

Should you ask someone today about Thai tea, they may comment about Thai iced tea, locally known as cha-yen. It is a strong red tea with anise added for taste and combined with condensed milk, sugar and spices. Thais drink their cha-yen on ice. The final touch is an added splash of whole or evaporated milk in tall glasses. Considering the country's short tenure as a tea producer, and its dark history as part of the Golden Triangle drug trade, credit must be given to the farmers of northern Thailand.

And, like so many of the other foods and drinks we enjoy so much, a tremendous amount of work and history has gone into getting tea to your table and into your cup. What an amazing story of just some of the tea growing nations to be able to share.

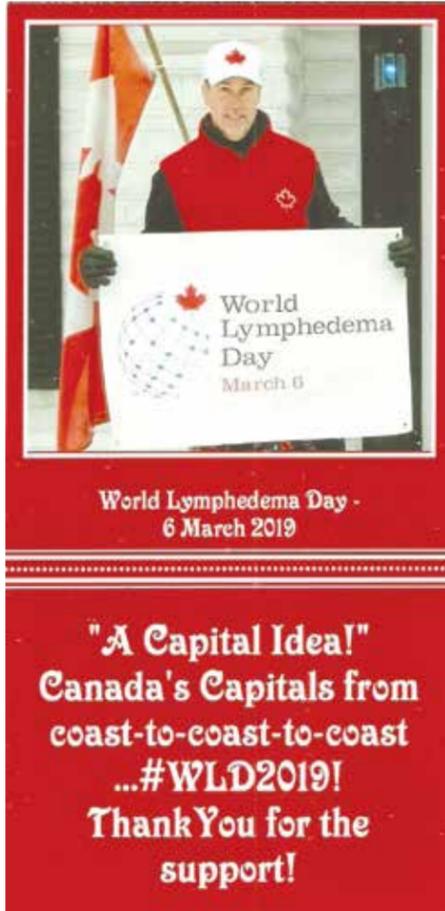
*This article was written for 168 Sushi Asian Buffet to share with our readers. The restaurant is located at 1760 St. Laurent Blvd., between Smyth Road and Industrial Avenue. Open 7 days a week + holidays. All You Can Order from over 168 items. Order the On-Line Sushi for Take-Out or Delivery. In the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

# 'A Capital Idea!' ... what is it, one might inquire?

Well...from the dictionary, "capital" as a noun, it is "the most important city or town of a country or region, usually the seat of government," while as an exclamation, it is "used to express approval, satisfaction or delight". From the same dictionary, "idea" is a noun that is "a thought or suggestion as to a possible course of 'action'", or "the aim or purpose".

So, for Stephen Kelland, who favours "active advocacy" for lymphedema (LE), "A Capital Idea!" was to combine the best of these two words. The nexus was Canada's Capital, Ottawa, which upon establishment of *World Lymphedema Day (WLD) - 6 March*, 2016, became the first-ever municipality, anywhere, to proclaim the day for the "Lymphedema Community". The Capital Mayor has graciously renewed this gesture each year since.

For 2019, the ambitious goal was to present a series of WLD-supportive announcements with a Canada-wide promotion aptly named "A Capital Idea!" They were to come from "capitals", invoke expressed approval, and entail action with aim plus purpose.



Stephen Kelland and "A Capital Idea!"

To launch the campaign, the Canadian Community of Capital City Mayors was approached with a specific "ask". The "ask" was for recognition and attention by way of an educational, support-

ive and compassionate gesture (a proclamation) for the estimated approximately 1,000,000 Canadians afflicted with the progressive, chronic, oft-debilitating, socially stigmatizing plus medically marginalizing disease known as lymphedema ("LE"), on "World Lymphedema Day - 6 March", 2019.

Importantly, the Mayors were assured that granting of this gesture(s) would be greatly appreciated by this neglected community of Canadian society. Further, the message emphasized that, despite the severity of this disease and the considerable numbers it afflicts, most living with LE are un-/under-/mis-diagnosed, thereby denying them the beneficial "X" factor trifecta of:

- 1) **Dx** – timely, competent diagnosis;
- 2) **Rx** – LE-savvy, prescriptive care; plus,
- 3) **Tx** – all-important, case-specific and appropriate treatment.

To graphically illustrate the magnitude of this situation, a staggering note was added. In the neighbouring U.S., there are an estimated 10 million Americans afflicted by LE: this is more than the numbers of individ-

uals struck by ALS, AIDS, MD, MS & Parkinson's Disease...combined!

The result has been rewardingly successful; with "Capital" proclamations achieved from all provinces, except Quebec, plus from our national capital, Ottawa. Thank you, "Capitals" for the Canada-wide recognition and attention for the cause...the fight vs. lymphedema (LE), plus support for "World Lymphedema Day".

This result signals a sea-change of how LE is viewed. Back in the mid 1990s, pockets of grassroots efforts in Canada and the U.S. achieved limited, qualified attention gains through an awareness-only day known as 'Lymphedema Awareness Day'. To ensure full recognition, attention, and support...plus at a grander, global level, "World Lymphedema Day" was established in 2016 as THE Day...OUR Day.

For more on lymphedema, and the advocate-at-large efforts of Stephen Kelland as "Canada MALE (Male Advocate for LymphEdema), please visit FB page "Lymphedema - LE Nexus Canada" or connect with him at LymphCanada@gmail.com or CanadaChapter@LymphaticNetwork.org .

# "Lips That Touch Liquor Must Never Touch Mine"

## 150 Years of Drinking and Temperance Songs

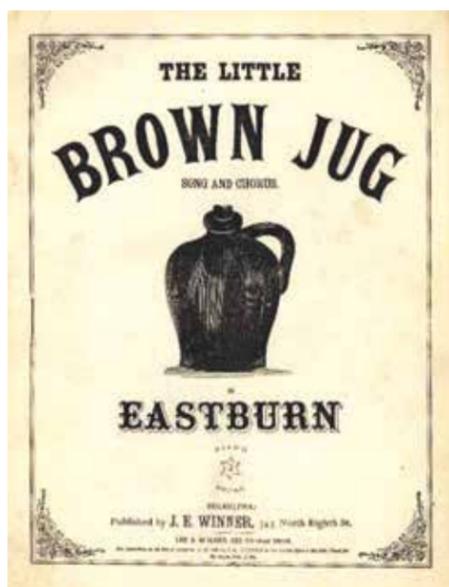
by Brian McGurrian

**H**a, ha, ha! You and me, little brown jug how I love thee...."

*Little Brown Jug*, composed 150 years ago, is such a convivial and tuneful ditty that it's often sung as a children's song with laundered lyrics: "My wife and I drink lots of pop, / Sometimes it seems we seldom stop, / She drinks from a fancy mug, / But I prefer my li'l brown jug."

But on listening to the original version of this song we find that it's not so much about a convivial couple who take pleasure in a shared aperitif, as it is about a wretched couple caught in a downward spiral of addiction.

When the rum-drinking husband says, "When I hold you I feel so brave," he's not talking about holding his wife, he's talking about holding his little brown jug. When he giggles and says, "I can't make my feet behave," he's admitting that he's a falling-down drunk; and the line, "You make me shake and cure me too," is surely symptomatic of a serious affliction. But (ha, ha, ha!) he and his



wife still sit in their little log hut, swigging their gin and their rum.

These folks were hardly unique. Canadian historian Pierre Berton tells us that during the building of the CPR, "whiskey peddlers had kegs of liquor [hidden] at points along the entire right of way," and the bosses would arrive some mornings, "to find the whole camp roaring drunk. Work would be tied up for a week."

It seems that from earliest recorded times, societies have struggled to find a balance between

appropriate and inappropriate use of alcohol. Jesus miraculously supplied wine for the wedding feast of Cana ("the only worthwhile miracle in the whole New Testament," according to the irreverent Christopher Hitchens), while St. Paul cautioned the Ephesians not to get drunk because it, "leads to debauchery," (reminding me of Mae West's naughty quip: "One more drink and I'll be under the host").

During the later 19th century there were many who became deeply concerned over alcohol abuse as a threat to family stability and social cohesion. How could men be responsible citizens and breadwinners if they were addicted to whiskey? These convictions inspired the fury of female crusaders like Carrie Nation (no surprise that her first husband was a drunkard) who smashed up saloons with her little hatchet, and led to the formation of "temperance" lobby groups such as the WCTU (Woman's Christian Temperance Union), founded in 1873, and the Anti-Saloon League founded in 1895 with the slogan: "Lips That Touch Liquor

*Must Never Touch Mine.*"

These social issues spawned a genre of popular music called temperance songs, with titles like: *Come Home Father* (1864) and *The Drunkard's Child* (1870). In the gruesome, *Father's a Drunkard and Mother is Dead* (1866), young Bessie sadly but ungrammatically reflects that she was once part of a loving family: "We were so happy till Father drank rum, / Then all our sorrow and trouble begun..." Bessie's mother and baby brother have wasted away, "their dear faces all silent and white," and now, Bessie is cold, barefoot and hungry, without a home or a friend, sleeping on the wet ground while a wild storm rages above.

Prohibition legislation was duly implemented in several countries, including Canada. (The Canada Temperance Act of 1878 is ranked among the most significant accomplishments of Liberal Prime Minister Alexander Mackenzie.)

The 18th (Prohibition) Amendment to the US constitution implemented on January 16, 1920, never achieved its intended goal because

**CONTINUED ON PAGE 47**

RIVERVIEW ALTERNATIVE SCHOOL

# Life at Riverview Alternative School...

## The River keeps flowing

by Nina Weiler,  
Proud Principal of Riverview  
Alternative

At Riverview Alternative School, we continue our good work on numeracy and literacy. The Kindergarten students have been busy taking surveys. Our younger students focused on pattern work and are learning a variety of math strategies including “counting on.” Our 3/4 students helped rebuild the Geological Survey of Canada’s database by excavating “minerals” (read chocolate chips) from cookies. The 4/5 students have enjoyed weekly STEM challenges (Science, Technology, Engineering & Mathematics). Our Maker Space classroom continues to be a popular spot to create, design and build with cardboard, squishy circuits, ozbots and Lego. Our River staff worked on their own math learning during our recent PD Day; collaborating in teams to solve the toilet paper roll challenge!

Our Junior students (Grade 4, 5 and 6) worked together to create beautiful art images for February’s Black History Month. We were immensely proud when the Director of Education recently showcased our students’ work on the themes of equality, dream and inspire to celebrate this special month.

Despite the cold temperatures and record snowfalls, we embraced the winter and jumped right into our love of the outdoors. This winter, we were very excited to start our cross-country ski program. Much thanks to our School Council and Kundstadt Sports for funding our ski equipment. The students absolutely loved hitting the trails around our school yard. Our younger students have been snow stomping, snowshoeing and creating sculptures with coloured ice. For the second year in a row, we welcomed the Forest School program to our school to continue the focus on nature-based learning. We’ve been listening to stories, building imaginary fires, climbing trees and discovering the magic as we go explore in the woods!

To chase away the winter cold, the students enjoyed a variety of Spirit Days which included: Silly Hair Day, Pink Shirt Day, Beach Day and a Valentine’s Dance organized by our School Council.

Beautiful winter art continues to adorn our hallways with Grade 1 city snow scapes based on a book



study entitled, “Snow,” and 1/2 students studied perspective art and painted water colour snowmen. Recently, our Kindergarten students learned about the artwork of Michelangelo and created their own works of art under classroom tables and desks! We are all artists!

The River Wolves are looking forward to spring weather. There is much to do in this season of renewal. Our Primary students will be working with a local potter. We’re already planning our vegetable gardens and look forward to tending the flower beds with our community volunteer and avid gardener, Miss Denise. Our outdoor Garden Loom will also display the new season ahead! Stay tuned for more learning and fun at “the River!”



## AIKIDO JISEIKAN • MY MARTIAL ART



helped me with track, since it is sort of a recovery workout. Track is of course, a very intense sport that fatigues the muscles a lot. As in the contrary, Aikido is more of a relaxed sport that affects the muscles similarly to yoga. Yoga is a physical activity that every athlete must incorporate in their workout, due to the fact that it forces you to use those small muscles that are used to balance yourself. Whenever those small muscles are strengthened, they also strengthen the larger ones, (the ones that are more used, like the quads etc.). Aikido does the same thing, which concludes why it is beneficial for my track performance as well.

by Maria

I began coming to our dojo for Kids Judo when I was five, stopped for a year, and returned at the age of seven. I started to practice the martial art of Aikido at the age of eight. Even if I didn't necessarily enjoy practicing then, my parents told me that it would be beneficial. I didn't have a choice but to believe them since they're my parents and since my father used to practice the martial art as well. Throughout the years, I have noticed how Aikido has influenced my entire life and not just my physical appearance, and I soon understood what my parents meant. I notice how, with every year, I more and more enjoy practicing not only for the belt improvement, but for the way it changed me as an individual.

Aikido has taught me to be able to eliminate all my thoughts as well as anything that has been disturbing me, and concentrate on what I am doing at the moment. Which, has helped me out with other things like school work, track, etc. Since Aikido is to free the spirit and focus on the movement of your body, being present at the dojo for several years has somehow helped me incorporate that feeling of the freedom of mind into everyday things.

Practicing the sport has also

As its definition, Aikido is a way to harmonize spirit and body. The martial art has helped me meditate because of its peacefulness. It has helped me become more gentle, since I am a very rough person. Aikido has helped me meditate whenever I need to. Personally saying, I am a very hot-headed person, which almost all the time can be an obstacle whenever doing something. Whenever we commence, and end a practice, we all place ourselves in a line for seiza meditation. Those several long and slow breaths are helping me learn to meditate whenever I am struggling with something or anything of the sort. Whenever I am frustrated with something, my father always tells me to breathe so slowly and delicately, that if there is a feather at the tip of my nose, it wouldn't move. I seem to have improved that technique whenever I pay attention to my breathing patterns during the seiza meditation.

When I took that small summer break from Aikido this year, I have been told that I absolutely must go back to practice. I, of course agreed, but in my mind I wondered why it is so needed? My grandmother, who is someone which has never wanted me to end



my progression in Aikido and even wants me to practice more during the week, has told me that I seem to be more calm and peaceful when I have practiced Aikido, alongside my parents. I guess I could agree, since when I don't practice Aikido for at least four weeks I start to become easily bothered and I can't find a solution without being negative. So, Aikido gives me the power of being more positive in diverse situations, which can only help me to move forward. I most honestly will say that I have no idea how Aikido influences my mood, but I can only assume that it is because, in some way, it relaxes my spirit and makes me happier afterwards.

Aikido also helps me be more aware of my surroundings. Even if I injure myself only because of my unintentional ignorance of my surroundings, Aikido has still helped me out anyways. As I would admit not only to myself, but to anyone, I am a clumsy person, regardless that I practice a martial art that teaches me otherwise. I would consider myself a decently active person, and I enjoy playing other sports which include physical contact. And Aikido has definitely saved me several limbs to say the least. But unfortunately, I am not aware of my surroundings enough at all times and as an example, I almost broke my nose a few weeks ago. Then again, I am constantly learning, adapting to new things and of course improving, like in this case,

my awareness.

The interesting thing about this martial art is that, even if I've spent hours and hours of practice on a technique, every evening that I spend on the mat, I always discover a mistake that I make. So, no matter what I do and how much effort I put in, there is always something I can work to improve on. And that's also the fun part about learning.

The importance of Aikido is not only to defend yourself, but to also be able to control your opponent with care. So, Aikido has taught me to be aware of what's going on with my partner as well. Sensei always tells us to be careful with our partner, meaning, knowing where to throw them, being able to understand that not everyone's body will have the same reaction to the same technique, etc.

And of course, Aikido has helped me stay in shape whenever I wasn't training track, and also has improved my body's flexibility, endurance, strength and finally balance.

Aikido is something I would like to continue practicing for a long time due to its benefits. Also, I will definitely discover and learn more things about this martial art in the near future. It will most likely help me out with more serious moments in my life and as always, I am thankful for it. I am honestly so thankful for being able to practice such an amazing martial art and being able to be present at the dojo.



初
Aikido
心

Tai  
Chi
Kids  
Judo

[www.JISEIKAN.org](http://www.JISEIKAN.org) 613-738-7338

## THE PLANNING AND DEVELOPMENT UPDATE



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

The Riverview Park Community Association (RPCA) tracks and advocates for the community on 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 a planned high-rise residential complex, traffic congestion, and better infrastructure for pedestrians and cyclists. In addition, the RPCA along with several other organizations across Ottawa has called on the City to make dealing with climate change a Term of Council Priority for 2019-2022.

The RPCA is following and will be providing comments on the review of the City's Official Plan, which was recently launched. Individual residents have an opportunity to share their view directly before May 31 via a City of Ottawa

website. The association also plans to provide input into the review of amendments to Development Charges by-laws scheduled 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.)

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 again 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 cost (nearly \$70 million) and the stated rationale for the project (to improve access to the Hospital Complex and reduce traffic on other roads). Meanwhile, in response to safety concerns raised about the new sledding hill (and how close it is to the Hospital Link road) the City placed protective barrier of hay bales between the hill and the roadway.

Work on the new mulched pedestrian trail path through the woods was only tendered to D&G Landscaping in November and is set to be completed this spring. Meanwhile, in response to a request by the RPCA, City officials plus the landscape architect and representatives of the contractor conducted a walkthrough in February to confirm path locations through the woods. (The route follows a new path that local residents blazed through the snow over the winter). During the tour, officials noted the location – just east of the sledding hill – where a new at grade Pedestrian Crossover (PXO) crosswalk will be installed to link up with the multi-use path adjacent to the road. This PXO – which gives pedestrians right of way over cars – is intended to provide better access to the Hospital Complex and the National Defence

Medical Centre. The officials also provided an update on landscaping as well, explaining that for safety reasons, trees are to be planted on three sides of the hill (only the side facing West towards Alta Vista will be designated for sledding).

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

#### Alta Vista Drive Re-Surfacing

Late last year, many residents voiced concerns about the delay in installing line markings on 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 Hortons).

After an on-site meeting, Councillor Cloutier identified and requested a number of corrections to address the concerns raised. Contractors subsequently took advan-

**CONTINUED ON PAGE 43**



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 prêts 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  
Ottawa (Ontario) K1V 7Z9

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

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

**CONTINUED FROM PAGE 42**

tage of a brief reprieve in weather conditions to heat the road and apply an interim paint coat – the permanent paint is scheduled to be applied in the spring.

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

As of press time, Controlex, the developer for the Ottawa Train Yards complex had not confirmed that it had received 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 stories each and totaling over 400 units was still expected to start before summer 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 supported 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 follow-up study was recently completed for the City 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 too, would provide an active transportation route between the soon-to-open LRT, the refurbished Train Station and the Ottawa 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 Champions Baseball Team and Controlex (Ottawa Train Yards). The RPCA Board will be inviting Councillor Cloutier to provide an update and a copy of the study report once he has been briefed on it. In addition, the RPCA has asked to be included in future meetings with stakeholders regarding this overpass.

### **Ottawa Train Yards Developments/Industrial Avenue.**

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.

The travel agency lease has expired, and that space is being taken over later in 2019 by The 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 has opened and features home furnishings and fixtures and an in-house design team.

An appeal of the City's 2018 approval to build a five-storey Dymon Storage facility at 851 Industrial Avenue was dismissed on March 15, 2019. The appellant had argued that the increased height (top storey) of the Dymon building would "overshadow" a building that he was proposing to construct on the adjacent property at 845 Industrial and have a negative impact on his proposed rooftop solar-power installation. (The City had approved the zoning change, an addition of a 5th storey for the Dymon project proposal, despite concerns presented by Councillor Cloutier and the RPCA that there was insufficient justification for the extra height and retail component demanded by Dymon.)

### **Light Rail Construction Related Issues**

Testing of Light Rail Trains continues, despite delays and reports of performance issues through the system, and is not slated to open for riders before summer, 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 have not yet received confirmation from the City about a request 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 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.

### **Official Plan and Development Charge Related Issues**

The City of Ottawa Planning Committee received the staff report/presentation on the Plan, "Beyond 2036," on February 14th. The City held an Open House on March 4 and released nine-discussion papers. <https://ottawa.ca/en/city-hall/public-engagement/projects/new-official-plan> Consultations via an On-Line feedback form have also been launched which is open until May 31, 2019. The form on the City of Ottawa website at: <https://s-ca.chkmt.com/?e=150093&h=0721618C-93C4ACB&l=en>

The RPCA Board will be considering recommendations to make, and would welcome input from local residents. The RPCA is also looking at holding an information session with other Community Associations on the Official Plan.

In addition, on March 15, the City released the 2019 Development Charges background study which presents the results from the review of anticipated capital projects required to service expected growth in the City. (Development Charges are fees charged to builders to offset capital costs to the City associated with growth - they pay for new roads, other infrastructure, new police, fire, and library resources among other things). The link to the study is : [https://www.hemson.com/wp-content/uploads/2019/03/HEMSON\\_2019-Ottawa-2019-DC-Background-Study\\_15March19.pdf](https://www.hemson.com/wp-content/uploads/2019/03/HEMSON_2019-Ottawa-2019-DC-Background-Study_15March19.pdf).

These development-related costs are then apportioned among various types of development (residential and non-residential) in a

way that reflects the increase in the need for each service that can be attributed to each specific type of development. A public meeting on the study results is slated for spring 2019 – a date has not yet been set – before Council votes on approving the Development Charges by-laws in accordance with the provincial Development Charges Act, 1997.

### **Climate Change as a Term of Council Priority**

At its March 2019 meeting, the RPCA Board passed a motion calling on City Council to declare a climate emergency and make climate action an official Term of Council priority. This motion stemmed from an international campaign supported by the Community Association Forum on Environmental Sustainability (CAFES) and Ecology Ottawa to urge the City to make responding to climate change a higher priority and follow the lead of Halifax, Hamilton, Kingston, Vancouver and more than 300 Quebec municipalities that have declared a climate emergency. The intent is to make funding for climate change related initiatives a priority, particularly in the wake of numerous scientific reports on the rapid rate of climate change related impacts around the world.

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

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



# SURPLUS WAREHOUSE

NEW AND USED OFFICE FURNITURE

- DESKS
- CHAIRS
- BOOKCASES
- FILING CABINETS
- TABLES
- WORKSTATIONS
- STEEL SHELVING
- MUCH MORE!

**613.247.4000**  
**716 INDUSTRIAL AVE.**  
[www.surplusfurniture.ca](http://www.surplusfurniture.ca)

## DEAR FRAN

## Attracting butterflies to your garden



**FRAN DENNETT**  
dearfrangardener@gmail.com



of sugar. The greater the plant diversity in your garden, the better the chance of attracting butterflies and plus the side benefit of attracting beneficial insects and discouraging insect pests.

The metamorphosis of a butterfly is fascinating. They do not emerge from an egg as an adult, but must progress through four distinct stages from an egg to a butterfly. Investigating this is a very good project to do with children. So you both can learn something.

#### As a gardener what should I do?

**1. NEVER use chemical insecticides or herbicides**, and this includes Bt (*Bacillus thuringiensis*), in your garden as butterflies as well as beneficial insects and pollinators are the first to DIE from these chemicals.

**2. Sunshine** - Butterflies are creatures of sunshine so they only feed on flowers that are growing in the sunshine. If yours is a shady garden, your best option is to place containers planted with flowers they love in a sunny area. If you have a vegetable garden, plant nectar sources and larval food plants in the vegetable garden. For example, plant golden rod and common milkweed in one or two-gallon plastic pots to prevent them from spreading, and set among the vegetables.

**3. Safe havens** - Provide areas in your garden that are safe havens both for resting, protection from



wind and predators (in this case birds). Choose shrubs that have a dual purpose, such as, food and protection in the form of wind-breaks. Plantings along a fence or hedge in full sun are the preferred sites of hungry butterflies. A bench near the flowerbed will permit you to see and photograph them. Wear something red and they may land on you for a rest.

**4. A mud puddle site** is a wet patch of sand or soil where butterflies gather to eat nutrients or salt and must be kept damp at all times. This damp area is especially important for the females for egg formation.

**5. Plant annuals, perennials, shrubs and trees** that are rich in nectar that butterflies need to sustain themselves. Besides the nectar producing plants you will also need plants that feed the larval stage or caterpillar. Yes, this means there will be caterpillars eating the leaves of your plants, but only the leaves of their favorite plants. Some butterflies are very particular about their larval food, e.g. Monarch caterpillars ONLY feed on plants in milkweed family. The Canadian Wildlife Federation ([www.cwf-fcf.org/](http://www.cwf-fcf.org/)) butterfly poster shows the larva and adult of some Canadian butterflies and is excellent for teaching children.

Choose nectar plants that bloom from early spring to late fall to have a steady supply of nectar throughout the season. A good choice for early spring nectar sources is the hardy spring bulbs and Primulas, ending the season with *Hylotelephium spectabile* (formerly, *Sedum spectabile*) and Michaelmas Daisies (hardy fall asters). **The Morning**

**Cloak**, a non-migrant, over winters as an adult butterfly, and is searching for spring nectar to produce eggs for the next generation on the first warm sunny day.

#### Some Favourite Butterfly Nectar Plants

Key: ♦ butterfly larva food  
✿ nectar

#### PERENNIALS

- ✿ Flowering onions (*Allium* spp.). hardy bulb
- ✿ *Anemone* spp
- ✿ Bee Balm (*Monarda didyma*)
- ✿ Blazing star (*Liatris* spp.), a magnet for Monarchs
- ♦✿ Black-eyed Susan (*Rudbeckia hirta*)
- ♦✿ Butterflyweed (*Asclepias tuberosa*)
- ✿ Canadian goldenrod (*Solidago canadensis*)
- ✿ Catnip (*Nepeta cataria*)
- ♦✿ Common milkweed (*Asclepias syriaca*) magnet for Monarchs
- ✿ Common yarrow (*Achillea millefolium*)
- ✿ Fleabane (*Erigeron* spp.)
- ✿ Globe thistle (*Echinops* spp.)
- ✿ Hyssop (*Hyssopus officinalis*)
- ✿ *Iris* spp.
- ✿ Joe-Pye-Weed (*Eupatorium maculatum*) common wild flower
- ♦✿ Lupins (*Lupinus* spp.)
- ♦✿ Michaelmas daisy/hardy fall asters
- ✿ Peony (*Paeonia brownii*)
- ✿ Panic grass (*Panicum* spp.)
- ✿ Russian Sage (*Perovskia atriplicifolia*)
- ✿ *Phlox* spp.
- ✿ *Primula* spp.
- ✿ Queens Anne's Lace

CONTINUED ON PAGE 45

From Ancient Egypt to South America to China, butterflies have appeared as cultural symbols for over 3500 years. Depending on the country, they symbolized resurrection, hope, beauty or death. Today, butterflies have come to be symbols that bring joy to our lives. Gardeners are eager to have them visit their gardens and hope that they stay. The line from the movie *Field of Dreams*, "build it and they will come," is apropos when thinking about attracting butterflies to your garden.

You have to consciously choose the right plants to attract butterflies and make them stay in your garden. A butterfly garden is like a good pub with nectar on tap in the form of glucose, sucrose and fructose. Some plants contain one nectar (glucose), others contain all three. Hence, you should strive for a wide range of different plant material to provide all the types

**Chris  
Ellis**



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

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

- Master Gardeners of Ottawa-Carleton (MGOC) check our website for gardening information <http://mgottawa.mgoi.ca>.
- To receive TROWEL TALK, our free monthly electronic gardening newsletter, contact: <troweltalkeditor@rogers.com> to be added to the list.
- Check out THE EDIBLE GARDEN, a monthly online guide for those who wish to grow their own food.
- Phone Help Line: 613-236-0034, Wednesday and Thursday only, 1-3pm. Year round.
- Email Help Line: mgoc\_helpline@yahoo.ca



Birch  
Hackberry  
Cherry  
Oak  
Willow

The larva of the **Mourning Cloak** feeds on willow, poplar and ash leaves.

The larva of the *White Admiral* feeds on birch, willow, poplar and hawthorn leaves.

The larva of **Black Swallowtail** feeds on parsley.

The larva of **Tiger Swallowtail** feeds on willow, birch, cherry and poplar leaves. The adults obtain nectar from thistle, butterfly bush, honeysuckle, milkweed and clover.



- ◆❁ Dill (*Anethum graveolens*) annual
- ◆❁ Parsley (*Petroselinum crispum*) biennial
- ❁ Peppermint (*Mentha piperita*) perennial
- ❁ Sweet Marjoram (*Origanum majorana*) annual
- ❁ Thyme spp. perennial

**CONTINUED FROM PAGE 44**

- (*Daucus carota*) biennial wildflower
- ◆❁ Red Clover (*Trifolium pratense*)
- ◆❁ Showy Stonecrop *Hylotelephium spectabile* (formerly, *Sedum spectabile*)
- ❁ Selfheal (*Prunella vulgaris*)
- ◆ Vetch (*Vicia* spp.)
- ◆ Violets (*Viola* spp.)
- ◆❁ Dutch White Clover (*Trifolium repens*)
- ❁ White Prairie-clover (*Petalostemum candidum*)

- allegbeniensis*)
- ❁ Common Elder (*Sambucus canadensis*)
- ◆❁ Highbush Blueberry (*Vaccinium corymbosum*)
- ❁ Honeysuckle (*Lonicera* spp.)
- ❁ Lead plant (*Amorpha canescens*)
- ❁ Sweet Viburnum or Nannyberry (*Viburnum lentago*)
- ❁ Pussy willow (*Salix discolor*)
- ❁ Smooth wild rose (*Rosa blanda*)
- ❁ Staghorn Sumac (*Rhus typhina*)
- ❁ Wild Black Currant (*Ribes americanum*)

**SHRUBS**

- ❁ Butterfly bush (*Buddleia davidii*) a true butterfly magnet
- ❁ Common Blackberry (*Rubus*

**TREES:**

Aspen

**ANNUALS**

- ❁ Bachelor's-button (*Centaurea cyanus*)
- ❁ Common Sunflower (*Helianthus annuus*)
- ❁ Cosmos
- ❁ Mexican sunflower (*Tithonia*)
- ◆❁ Pot Marigolds (*Calendula* spp.)
- ❁ Sweet William (*Dianthus barbatus*) biennial

**HERBS**

- ❁ Chives (*Allium schoenoprasum*)
- ❁ Borage (*Borago officinalis*) flowers are edible

**HARDY BULBS**

- Crocus
- Hyacinth
- Scilla

As always, I hope you find this information helpful. Good luck in your pursuit of butterflies.

On a personal note, I wish to thank Patti Moran, Geoff and Elga Radnor, and Carole Moulton for making my articles look so professional.

If you attend the 2019 Ottawa Home and Garden Show, March 21-24, stop by the Master Gardener booth and say hello.

**RIVERVIEW... NOW**

**A birds-eye view of the important role of Hurdman Station**

by Paul Walsh

This photo of the finished LRT Station at Hurdman shows that all but the very last cosmetic additions to the inside of the Station have been made and this location, one of the 13 Stations, is ready to go!

Speculation as to when the LRT service starts has been hard to pin down, but whether it is in the month of April, beginning of June, by Thanksgiving...or...as late as next January, 2020, there is no doubt that much of the project is ready to begin what should be a major addition to the transportation system in the Capital.

Few seldom get to see the Hurdman Station, and some residents of the Riviera Apartments are the exception. This photo, taken



from one of the top floors of building 1, clearly shows what a massive role Hurdman plays.

One can see the Rideau River, and the bridge to the other side, leading to

Lees Ave., Mann Ave, Nicholas St., and the University of Ottawa Campus. Someone will

note that the bicycle paths aren't cleared...and no names will be mentioned here! The Transit-Way Road, at 7 of the clock, leading left to parallel Riverside Drive, and, the other, at 5, heading toward Alta Vista Drive, show how pivotal Hurdman Station is to the overall system.

**SHOPPERS DRUG MART**

www.shoppersdrugmart.ca

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

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

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

**MCCAY DUFF LLP**  
Chartered Accountants

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

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

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

**ROCK'S BARBER SHOP**

1579 Alta Vista Drive  
Alta Vista Centre  
Ottawa, Ontario

**ROCK LALONDE**  
Owner - Propriétaire

(819) 635-3711

## COMMUNITY BULLETIN BOARD

### ■ Rideau Park United Church

2203 Alta Vista Drive, Activities and Events. For more information, please call the church office at 613-733-3156 x229 (Mon-Fri 9am-4pm) or [www.rideaupark.ca](http://www.rideaupark.ca)

**Gentle Yoga, Spring Session** – 5:30pm, Wed. April 3 - May 29, AND/OR 9am, Fri. April 5 - May 31, a gentle flow mat class. Chair Yoga is also offered on Fri. 10:30am, April 5 - May 31. More info & fees, Lynda Spalding, 613-422-3565 or [4livingyoga@gmail.com](mailto:4livingyoga@gmail.com)

**Voices of Rideau Park II Concert**, Sun. Apr. 7, 2:30pm. Enjoy performances by current & former soloists, and members of Rideau Park's Chancel Choir. Reception to follow. Freewill contribution. All are invited.

**Easter Services:** Thurs. Apr. 18, 5:45pm, Seder Supper, followed by Maundy Thursday Service; Fri. Apr. 19, 11am, Good Friday Service; Sun. Apr. 21, 7am, Easter Sunrise Service; Sun. Apr. 21, 10am, Easter Sunday Service. You are invited to come and worship with us.

**The Harmony Club for Seniors 60+** meets on Wed. Apr. 24. From 1-2pm, listen to retired registered nurse, Pat Trites speak about, "What Kind of Work Did You Do, Nana?" All seniors are welcome.

**Spring Nearly New and Book Sale:** Fri. April 26, 6 - 8:30pm and Sat. April 27, 9 - 11:30am. It's all second time 'round. Pick clothes for the whole family. Choose from a huge array of books at great prices. Proceeds to the work of the church.

**The "Bells In Spring" Concert:** Sun. May 5, 7pm: Our annual Massed Handbell Concert will feature guest bell ringing ensembles from three other Ottawa churches, and the five handbell and chimes choirs of Rideau Park Not to be missed. Freewill offering.

**The Harmony Club for Seniors 60+** meets on Wed. May 29. From 1-2pm, John & Carolyn Scollick will entertain you with a talk about their recent trip to Alaska. All seniors are welcome.

**Register now for Camp Awesome 2019**, August 19 - 23: This Christian day camp program at the church serves children aged 4-12. Led by trained staff, activities include games, crafts, drama, singing, water fun and learning about important topics. The Camp runs each day from 10am - 3 pm. Children bring their lunch. Cost per camper is \$80 if you register by June 16, and \$90 after. Optional childcare is available each day before and after the Camp for a fee. To register online, click Camp Awesome on the home page of [www.rideaupark.ca](http://www.rideaupark.ca).

### ■ St. Thomas the Apostle Anglican Church

2345 Alta Vista Drive (by firehall) Mark this date on your calendar! Saturday, June 8th **Annual Parking Lot Sale & BBQ** from 8 am to 1 pm at St. Thomas the Apostle Church. Call Jim at 613-523-2487 in May to reserve a spot with a table for \$20.

### ■ St. Aidan's Anglican Church

934 Hamlet Road (behind the Elmvalle Shopping Centre). Roast Beef Dinner – Thursday, April 11, 5 - 6:30 pm Enjoy a traditional roast beef dinner with all the trimmings. Tickets \$18 adults, \$9 for children 6 - 12 and free for children under 6. Tickets available at the church or by calling 613-733-0102 or [staidans@bellnet.ca](mailto:staidans@bellnet.ca).

### ■ Friends of the Central Experimental Farm

April 6 Friends of the Farm **Volunteer Recruitment Orientation**. Come and meet garden team leaders and event coordinators on Saturday April 6 at 9:30am at Bldg. 72 CEF Arboretum, east exit off Prince of Wales roundabout. [friendsofthefarm.ca/fcef-annual-events/](http://friendsofthefarm.ca/fcef-annual-events/)

April 16 Friends of the Farm **Master Gardener Lecture** from 7 to 9pm. "The Art of Rock Gardening" Learn about types of rock gardens as well as rock placement in gardens. 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/](http://friendsofthefarm.ca/master-gardener-lectures-2018/)

April 17 Friends of the Farm **Annual General Meeting** 7 to 9 pm. Public welcome, membership not required. Free event. Guest speaker is TBD Meeting and presentation at K.W. Neatby Bldg with free parking. Registration is required [friendsofthefarm.ca/event/annual-general-meeting-2018/](http://friendsofthefarm.ca/event/annual-general-meeting-2018/) 613-230-3276

April 30 Friends of the Farm **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/](http://friendsofthefarm.ca/master-gardener-lectures-2018/)  
May 12 Friends of the Farm **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](http://friendsofthefarm.ca/fcef-annual-events)

May 14 Friends of the Farm **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/](http://friendsofthefarm.ca/master-gardener-lectures-2018/)

### ■ Pacesetters Walking Club

Come and put a "spring" into your walking and join others at Billings Bridge Shopping Mall. Located in the basement of the tower at the northwest corner of the Mall. Activities include walking with your friends, social gathering, knitting for charities, puzzles. Open from 7:30 to 10 am weekday mornings. Low cost of \$10 per year covers our expenses. Call 613-521-6740 during open hours for information.

### ■ Nativity Parish Food Bank

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

### ■ Art Lending of Ottawa

Art Lending of Ottawa will be held at the R.A. Centre (Outaouais Room), 2451 Riverside Drive (east entrance) on Saturday, June 1st from 10:00am to 4:00pm. Purchasing, leasing, and lease to purchase quality fine art from local artists is available. Visit [www.artlendingofottawa.ca](http://www.artlendingofottawa.ca) for further details and to visit the artist's gallery.

### ■ Southeast City Church

We meet every Sunday at 4:15pm at The Martin Luther Church, 933 Smyth Rd, including Easter Sunday. Children's Church provided. Skeptics welcome. [davidhood.southeastcitychurch@gmail.com](mailto:davidhood.southeastcitychurch@gmail.com), <http://southeastcitychurch.ca> Facebook/Instagram @seccottawa

### ■ Emmanuel United Church

691 Smyth Road. 613-733-0437 Get Set for Summer With Fashions. Women's fashion designer, Judy Joannou, will introduce summer styles on Sunday June 2, beginning at 2 pm at Emmanuel United Church. There will be a pop-up shop with clothes and accessories while dessert and beverages are served. Tickets are \$20 and are available through the church office at 613-733-0437. Advance tickets only!!!

.....

Community **Easter egg hunt** at Balena Park (1640 Devon St.). Coffee, hot chocolate, snacks, prizes and entertainment provided. Saturday, April 20. 9:15am- parents bring and hide 10 plastic Easter eggs (per child) with peanut-free treats. 10:00 am - families arrive and the hunt begins - rain, snow or shine!



**Lost and Found Pet Recovery Network**

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

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

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

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

CONTINUED FROM PAGE 39

vast numbers of Americans simply refused to stop drinking. People who enjoyed their liquor, whether in moderation or excess, deeply resented a paternalistic government telling them how they should behave; and if they couldn't get their booze legally then they would get it illegally from bootleggers like Al Capone. Pretty soon it became socially acceptable to flout the law, and the temperance movement lost many of its advocates as crime and violence increased.

The Canadian Encyclopedia tells us that, "Alcohol use in most countries, including Canada, is relatively moderate today compared with that of the 18th and 19th centuries [when] regular use of beverage alcohol was the accepted norm." And Wikipedia tells us that, "in 1830 the US per capita consumption

of alcohol was almost four times the rate of consumption in 2008."

But, *plus ça change plus c'est la meme chose*. For a more recent musical example, consider Rap artist T-Pain's great success in 2007 with a song



"Alcohol use in most countries, including Canada, is relatively moderate today compared with that of the 18th and 19th centuries [when] regular use of beverage alcohol was the accepted norm."

titled: *Buy U a Drank (Shawty Snap-pin)*. He pronounces "drink" as "drank" and pronounces "Shorty" as "Shawty" a rapper term for a young, attractive woman. According to T-Pain: "Basically, these days lots of people begin their relationships in the clubs. Whole conversations begin with some guy buying a young lady a drink. I wanted to make a song for those folks."

In this song you'll hear some of T-Pain's come-on lines: "Baby girl, what's your name?" "What's the chance of you rollin' wit me? I'll be in the grey Cadillac." (No mention of a designated driver.) Well, how could a shawty resist all this charm? "Let's get drunk, forget what we did." In T-Pain's milieu, guys don't appear to waste time on conversational niceties.

I'm tempted to echo St. Paul's warning about debauchery, but then I recall my elders criticizing the vulgar immorality of Elvis Presley. And I'm certain that my grandparents must have criticized the naughty suggestiveness of singers like Bessie Smith ("Nobody in town can bake a sweet jelly roll like mine"), and Mae West ("Why don't you come up and see me some time?")

So, maybe I won't even go there.

# Le Jazz Hot Baby...

by Denis Poitras

Recently, I got a call from the Vanessa Plettell Dance School to do team jackets and started to have flashbacks of my time when I was dancing in her school and with Le Jazz Hot Dance Company. Vanessa, the owner, has become a great friend over the past few years. She is an artistic person that doesn't spare any effort in putting on a show that is worth attending. Her dance school incorporates theatre and dance in their year-end production. It was something that was just up my alley when I decided to join her growing business back in 1994 when she was located on Bank Street, where Ottawa Ballet used to have their studios.

Vanessa Plettell Dance School is celebrating 30 years of existence this year. I can't believe I have been living in Ottawa that long. It is a dance school that not only offers ballet, jazz, hip hop, acro, tap, lyrical and contemporary classes but more than that; it's a school that teaches the love of dance and the love of performing in theatres that are mostly used by professional troupes.

I have done about 10 yearly productions with this dance school and Le Jazz Hot, a performing company. The year-end shows are usually based on a major production that has either hit the main stage or the cinema. It is like watching a dance/theatre production. Having played many roles from Dick Tracy to Disco Inferno, one of my last performances was being Cinderella's evil step mother - a role that pushed my limits by becoming a character; and of course wearing heels. To this day, I still have parents wondering how I was able to walk on stage in stilettos.

Vanessa is a devoted dancer, artistic director, teacher and most of all a great person. She has also given her students the honour to learn from her mentor, the late Eva Von Genscy. Eva was with the Royal Winnipeg Ballet as well as les Grands Ballets Canadiens and helped create les Ballets Jazz de Montreal. A great lady of dance, her presence in the studio would make us strive to achieve perfection such as Vanessa is instigating in her students to this day.

To flash forward to the present, team jackets



or other team apparel is something that is often done at the store. We take the time to listen to customers and try to find the perfect apparel to suit the needs of a school, a team or an association. This time we worked with crystals on the jackets of Vanessa Plettell Dance. We had the name of the school embroidered on the front of the jacket and the back was three letters VPD in crystal that catches the light and shines like

the performer on stage. We also did a tote bag for the students to carry all of their dance necessities to class.

The next Vanessa Plettell Dance production will be called "Snow White Dreams" at the Shenkman Arts Centre in Orleans on May 17 (evening show) and May 18 (matinee). You can get ticket and production information on [www.vanessaplettelldance.com](http://www.vanessaplettelldance.com). Save the date and go see this show, it promises to be quite the celebration to mark her 30th anniversary.

So come on in and play me. Le Jazz Hot, baby, 'Cause I love my Jazz Hot Love, jazz, Hot! Le Jazz Hot!

Denis Poitras is a Fashion Designer working out of Figure 8 Skate Specialists located at 380 Industrial Avenue, Ottawa. Phone: 613-731-4007 Email: [dance.gym.cheerios@gmail.com](mailto:dance.gym.cheerios@gmail.com) He is the creator of 4 Dance, Gym & Cheerios which is a retail store within Figure 8 providing all the necessities for dancers, gymnasts and cheerleaders. [www.figure8.ca](http://www.figure8.ca)



## 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

APRIL 2019 / AVRIL 2019 /  
MAY 2019 / MAI 2019 /

(Closed on April 19, April 22 and from  
May 13 to May 23 2019 / Fermée les 19  
et 22 avril et du 13 mai au 23 mai 2019)

### ■ Children's Programs/ Programmes pour enfants

#### STORYTIMES / CONTES

##### Babytime / Bébés à la biblio

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

##### \*Session 2

Monday, March 25, 10:30 a.m. to 11 a.m.

Mondays, April 1 to April 15, 10:30 a.m. to 11 a.m. and 11:15 a.m. to 11:45 a.m.

Le lundi 25 mars de 10 h 30 à 11 h.

Les lundis du 1er avril au 15 avril de 10 h 30 à 11 h et de 11 h 15 à 11 h 45.

##### \*Session 3

Mondays, April 29 to May 6, 10:30 a.m. to 11 a.m. and 11:15 a.m. to 11:45 a.m.

Les lundis du 29 avril au 6 mai de 10 h 30 à 11 h et de 11 h 15 à 11 h 45.

##### Family Storytime / Contes en famille

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

##### \*Session 2

Tuesdays, 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.

##### \*Session 3

Tuesdays, April 30 to May 7, 10:30 a.m. to 11 a.m.

Les mardis du 30 avril au 7 mai de 10 h 30 à 11 h.

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

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

##### \*Session 2

Thursdays, 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.

##### \*Session 3

Thursdays, May 2 to May 9, 10:30

a.m. to 11 a.m.

Les jeudis du 2 mai au 9 mai 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 5:30 p.m.

Les mercredis du 2 janvier au 8 mai de 15 h à 17 h 30.

#### The art of books / L'art dans les livres

Explore an art form in children's picture books, and then create your own work! Ages 6 to 12. No registration required. / Explore l'art des illustrateurs d'albums jeunesse, puis crée ton propre bricolage! Pour les 6 à 12 ans. Aucune inscription requise.

Mondays March 25, April 29 and May 27, 3 p.m. to 5 p.m.

Les lundis 25 mars, 29 avril et 27 mai de 15 h à 17 h.

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

#### Game on! / 1, 2, 3... au jeu!

Play Wii, card games and board games at the library. Family program. No registration required. / Viens jouer au Wii, aux cartes ou à des jeux de société à la bibliothèque. Pour toute la famille. Aucune inscription requise.

Fridays April 5, May 3, May 31, June 14 and June 28, 3 p.m. to 5 p.m.

Les vendredis 5 avril, 3 mai, 31 mai, 14 et 28 juin de 15 h à 17 h.

#### PD Day Poetry Fun / S'amuser avec la poésie les journées pédagogiques

Family program. No registration

required. / Pour toute la famille.

Aucune inscription requise.

Monday April 8, 12 p.m. to 3 p.m.

Le lundi 8 avril de 12 h à 15 h.

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 your own 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, April 27, May 25, June 22, from 11 a.m. to 11:40 a.m.

Les samedis 27 avril, 25 mai et 22 juin, de 11 h à 11 h 40.

### ■ 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, April 4, *The Last Neanderthal* by Claire Cameron

Thursday, May 2, *Born a Crime: Stories of a South African Childhood*, by Trevor Noah

Thursday, June 6, *Exit West* by Mohsin Hamid

##### 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, April 18th, Karin Slaughter – *The Good Daughter*

Thursday, May 16th, Stuart MacBride, Logan McRae series

Thursday, June 20th, Jeffrey Deaver, Lincoln Rhyme series

##### 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 15 avril, 2019, *La petite fille en haut de l'escalier* de François Gravel

Le lundi 13 mai, 2019, *L'exception* d'Ava Olafsdottir

Le lundi 17 juin, 2019, *Ce vain combat que tu livres* de Faoud Laroui

### ■ 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. Aucune inscription requise. / Practice your French language conversation skills and meet new friends in a relaxed and friendly environment. No registration required.

Mondays, 4:45 – 6:00 p.m. Closed April 22nd and May 20th

Les lundis de 16h45 à 18h. Fermée les 22 avril et 20 mai.

#### 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. Closed April 22nd and May 20th

Tuesdays, 12:00 to 1:00 PM.

Les lundis de 18h à 19h30. Fermée les 22 avril et 20 mai.

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 audiobooks and magazines. Please visit the branch for more information or to schedule an appointment.

#### Community Volunteer Income Tax Preparation

The Ottawa Public Library is partnering with Canada Revenue Agency to offer free tax preparation through the Community Volunteer Income Tax Program (CVITP). In order to have a volunteer file your tax for free you need to have a modest income AND a simple tax situation. You will need to bring all

required documents to the appointment. This program is drop-in and on a first-come first-serve basis. Saturdays in March and April (except April 20th) – 10:30 AM to 1:30 PM.

**Access to Justice at the Library**

University of Ottawa Faculty of Law students will provide, under supervision from a professor, free legal information or referrals for members of the general public. No registration required. Sessions will be conducted on a first-come, first served basis.

Friday, March 29th 2 PM to 4:30 PM

Saturday, March 30th 1 PM to 4:30 PM

Monday, April 1st 6 PM to 8 PM

Tuesday, April 2nd 10:30 AM to 1:30 PM

**Opening a Food Business in Ottawa**

If you are thinking about opening a fixed food establishment such as a bakery, café, restaurant, or wholesale food business, this is the session for you. You will learn about

business licence categories, home-based business regulations and permit and legislation requirements for all types of food premises. Offered in partnership with Joanne Cléroux, Business Information Officer, City of Ottawa. Joanne is responsible for guiding restaurateurs through the City's application processes and requirements applicable to food premise businesses in relation to various legislations such as the Ontario Building Code and the Health Protection and Promotion Act. Wedn., May 1st – 6:30 PM to 8 PM.

**Law Affecting Older Adults**

Lawyers with expertise dealing with the unique legal issues and needs of older adults discuss a variety of topics, including: capacity concerns, the importance of powers of attorney, and remedies for financial abuse of seniors. Learn about the rights and responsibilities of older adults, and those who care for them, under Ontario law. Presented by the Ontario Bar Association, Elder Law Section.

Wednesday, June 12th – 6:30 PM to 8 PM.



**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, April 4, 11, 25;

Thursdays, May 3, 10, 31; Thursdays, June 6, 13, 27; 6:00- 8:00 p.m.

Saturdays, April 6, 13, 20;

Saturdays, May 4, 11, 18;

Saturdays, April 1, 8, 15;

10:15 a.m. -12:15 p.m

*Registration for all programs requires a valid OPL library card for each registrant. Registration for March and April 2019 Reading Buddies starts on March 6. / Toutes les personnes qui souhaitent s'inscrire à des programmes doivent être titulaires d'une carte valide de la BPO. / L'inscription pour le programme Copains de lecture de lecture qui prend place en mars et avril 2019 débute le 6 mars.*

*The Alta Vista Library is located at 2516 Alta Vista Dr. For more information, please call 613-580-2940. / La bibliothèque Alta Vista est située au 2516, promenade Alta Vista. Pour de plus amples renseignements, veuillez composer le 613-580-2940. The Alta Vista Library will be closed for repairs from May 13 to May 23, 2019. / La bibliothèque Alta Vista sera fermée du 13 au 23 mai 2019 en raison de réparations.*

**EMVALE ACRES PUBLIC LIBRARY**

**BIBLIOTHÈQUE ELMVALE ACRES LIBRARY  
APRIL and MAY /  
AVRIL et MAI 2019**

*(Closed April 19 & 22 and May 20 /  
Fermée le 19 & 22 avril, et le 20 mai)*

**ADULT PROGRAMS – POUR LES ADULTES**

**Mystery Book Club- Monday Nights are Murder**

Share the enjoyment of good books in a relaxed atmosphere. Join us for discussions on the first Monday of every month from 6 to 7 p.m.

Monday, April 1, *Rooted in Evil* by Ann Granger

Monday, May 6, Any of the “Mrs. Polifax” series by Dorothy Gilman

**CHILDREN'S PROGRAMS – POUR LES ENFANTS**

**Family Story Time**

Stories, rhymes and songs for children of all ages and a parent or caregiver. Wednesdays from 10:15-10:45, April 3, 10, 17, 24 and May 1, 8, 15, 22, 29

**Bilingual Family Story Time**

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 from 10:15-10:45/ les jeudis de

10h15 à 10h45  
April 4, 11, 25 / le 4, 11, 25 avril  
May 2, 9, 16, 23, 30 / le 2, 9, 16, 23, 30 avril

**Babytime/Bébés à la biblio**

Stories, rhymes and songs for babies and a parent or caregiver. 0-18 months. / Contes, comptines et chansons pour les bébés et un parent ou gardien. 0-18 mois. Thursdays from 1:30-2/ le jeudi de 13h30 à 14h

April 4, 11, 25 / le 4, 11, 25 avril  
May 2, 9, 16, 23, 30 / le 2, 9, 16, 23, 30 avril

**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 from 11:00 to 12:00/ les samedis de 11h à 12h

April 6, 13, 20, 27 / le 6, 13, 20, 27 avril  
May 4, 11, 18, 25 / le 4, 11, 18, 25 mai

**Say “Bye-bye Winter” and “Hello Spring”!**

Let's make some holiday-themed spring crafts! Think bunnies, chicks and tulips... Ages 4+ Saturday March 30, 2019 2:30pm -4pm  
le samedi 30 mars, 2019 14h30 à 16h

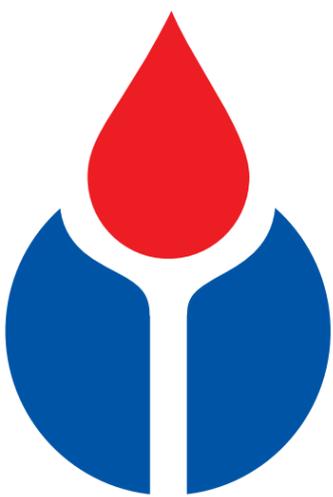
Is it magic? Or... it is science? Let's come together to craft some cool things! Ages 5+ Saturday April 13, 2019 2:30pm - 4pm

le samedi 13 avril 2019 14h30 à 16h

**Hello Spring! Let's be green!**

Let's welcome spring with some nature crafts. Registration required. Inscription requise. Ages 6+ Saturday April 27, 2019 2:30pm - 4pm  
le samedi 27 avril, 2019 14h30 à 16h

*The Elmvale Acres Library is located at 1910 St-Laurent. For more information, please call 613-580-2940 or visit the branch. La bibliothèque Alta Vista est située au 1910 St-Laurent. Pour de plus amples renseignements, veuillez composer le 613-580-2940 ou visitez la succursale.*



**Ottawa Board of Education**  
**Reunion**  
**2019**  
**Back by popular demand**

**Saturday**  
**September 21<sup>st</sup> 2019**

For tickets contact Ross Maxwell  
**613 271-8405**  
or email: [rossmax@trytel.com](mailto:rossmax@trytel.com)  
or for more information  
[www.obereunion.ca](http://www.obereunion.ca)





# Wine tasting livens up the day at Maplewood

by Geoff Radnor

On February 15th a crowded room filled by the residents and friends of the Maplewood Retirement Community enjoyed a wine tasting presented by Martha Kelly. Martha is an experienced Certified Sommelier and is a specialist on wines of

the world. Maplewood Chef Kevin added a fine array of nibbles and tasty home-made treats to accompany the four wines chosen by Martha for the occasion. These were three wines from Italy, Prosecco, Chardonnay and Merlot plus Sandeman Late bottled Vintage Port from Portugal.



Martha Kelly in an animated discussion with a Maplewood resident.

PHOTOS: GEOFF RADNOR

## Maplefest well enjoyed

by Emily Parenteau

With great anticipation for warmer weather still due to arrive, we the staff and residents at Maplewood are regaining our strength after the busy month of March and our Famous Maplefest Event! Residents and guests were treated to a delicious "Sugar Shack Style" Brunch with all of your favorite dishes that were sure to please! After filling up with maple treats we enjoyed our afternoon of Entertainment provided by "Le Grand Portage".

### Black Forest recipe from Maplewood

**Ingredients:**

Standard Chocolate Sponge recipe (use your family favorite i.e. Devil's food cake in Maplewood recipe)

Whipping cream

White sugar

Rum

Canned cherry pie filling

Grated chocolate and/or fresh or marinated cherries if desired

Kitchen Secret – we place the mixing bowl and whip in freezer to chill prior to whipping.

**Method:**

- Whip 35 % cream add a small amount of sugar just as the whipping starts to take hold
- Cut Desired Chocolate sponge and soak sparingly with Rum, you may substitute extract
- Add a thin layer of whipped



Executive Chef: Kevin Desormeaux (L) shown with Tee

- cream, add cherry filling
  - Add a second layer of sponge again soaking in Rum, a third layer may be added if that is your preference.
  - Using a piping bag pipe all exposed surfaces till completely enveloped in whipping cream
  - Garnish with piped rosette of whipped cream grated chocolate and Fresh or marinated cherry's
  - Let set over night or is time is tight let cake settle in freezer. Enjoy with family or friends, or you are more than welcome to enjoy alone!
- Cheers from the Culinary team at Maplewood!*



Resident Mrs. Newcombe accepts Chef Kevin's offer



Martha Kelly with some eager wine tasters



Residents were taken good care of by Maplewood staff Rosalind Gyasi, Shelby Mclean, Emily Parenteau and Michelle Hamelin



Riverview Park  
Review  
**BUSINESS  
DIRECTORY**

**Support our businesses. They support us!**  
For a Business Directory ad space,  
please contact editor.riverviewrpr@gmail.com \$50.

**ROOFING REPAIRS**  
Andrew, the Roofer  
**Call or Text (613) 889-7170**  
" Oftentimes, a repair is all you need"

**COMPUTER HELP IN YOUR HOME AND OFFICE**  
We come to you to solve problems.  
**Compu-Home** 613-731-5954  
[info@compu-home.com](mailto:info@compu-home.com)  
**CELEBRATING 20 YEARS SERVING OTTAWA IN 2018**  
**CALL US FOR ANNIVERSARY SPECIALS**  
[www.compu-home.com](http://www.compu-home.com)

 **Simply Chiropractic Inc.**  
We have commercial spaces for lease for other health care professionals to add to our chiropractic clinic.  
d.beaulne@videotron.ca  
**613-520-0123**  
1569, Alta Vista Dr., Ottawa, Ontario

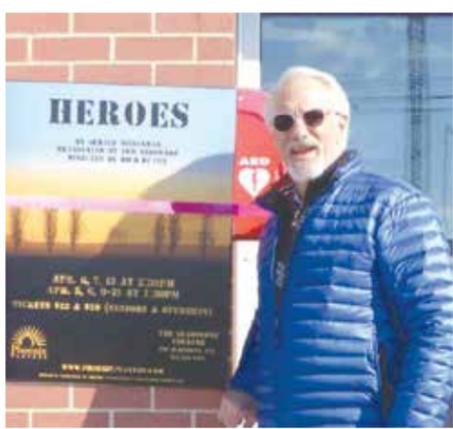
**EAGLE**   
*Automotive*  
SPECIALIZING IN JAPANESE & DOMESTIC MODELS  
**HELP WANTED!**  
2-3 Year Apprentice or Licensed Mechanic  
\* competitive wages, benefits and holidays \*  
e-mail: eagleauto@rogers.com tel: 613-737-9717  
730 Industrial Ave (at Russell Rd.)

**RND Construction** is a leader in creating energy-efficient homes and minimizing the impact on the environment at every phase of construction.   
We are expanding our work force and are seeking an individual to fill the following position:  
**LANDSCAPING AND SITE MAINTENANCE WORKER** Description:  
- Maintenance of 3 properties on Industrial Avenue  
- Approximately 10 flexible hours per week with regular visits to properties  
- Must own steel toe boots  
- Own a vehicle  
- Wage based on experience  
Please send your résumé to Diane: [diane@rndconstruction.ca](mailto:diane@rndconstruction.ca) OR deliver to 675 Industrial Ave.

 **Your advertisement could be here**  
(We can even design it for you)

HEROES AND GOOD CAUSE SHOWS IN OTTAWA  
**Challenges on and off the stage**

by Carole Moulton  
**H**enri, Gustav and Philippe are three odd characters in the play Heroes, by Gérald Sibleyras (2003). The Phoenix Players production of the play centres on the three World War I veterans who pass their monotony-filled days in a military hospital. Passing the time by engaging in verbal battles, grumbling about the staff, and reflecting on their lives, they plan a daring escape.  
The inter-play of the three peculiar men is only part of the story. The cast members are themselves working toward being heroes both on and off the stage.  
Dr. Kershman a local Orthodontist, and actor in the play, is taking his personal heroism to heart. He remembers "being told during my first CPR course in the 1970s that the safest place in the world to have a heart attack was Seattle because it had the highest concentration of persons trained in CPR." When his office was



On February 22, Dr. Kershman registered the new SaveStation outside his office front door at 1579 Bank Street. PHOTO: GEOFF RADNOR

recertified for CPR a couple of years ago he learned that CPR itself was significantly less effective in saving cardiac arrest victims than an Automatic External Defibrillator (AED). Dr. Kershman then had the idea to bump Seattle off of its pedestal and make Ottawa the safest place in the world to have cardiac arrest.  
"When I originally came up with the idea, I was not aware of



SaveStations. A SaveStation costs double that of a portable defibrillator so certain locations would get SaveStations and others defibrillators."

Last fall, during The Penultimate Problem of Sherlock Holmes, Phoenix Players issued a challenge – "Bums in Seats, Food in Bellies": If they could sell 1,500 tickets throughout the run, Dr. Kershman would donate \$5,000 to the Ottawa Food Bank. The director, André Dimitrijevic, also offered to contribute. The final night, 1,501 tickets had sold and \$6,000 was given to the Ottawa Food Bank.  
They are issuing another challenge called "Cheat Death" for Heroes. If they sell 1,000 tickets, Dr. Kershman and André Dimitrijevic will donate funds toward a defibrillator for The Gladstone Theater. The Phoenix Players then plan to continue the "Cheat Death Challenge" with the goal of providing AEDs to a wider area of Ottawa.  
Heroes will be playing evenings at 7:30 p.m., Tuesday, April 5th – Saturday, April 13th at The Gladstone, with matinees at 2:30 p.m. on Saturday and Sunday.



iPad Ordering right at your table



# ASIAN BUFFET

FREE Delivery on Orders over \$25 (before tax) in limited area

10% Discount on Pick-Up Orders (cash only) Minimum Order \$15

All You Can Order From Over 168 Items

Japanese Chinese Korean Thai

**\$10 OFF DINNER BUFFET**

- Minimum 2 adults
- One certificate per table
- Not valid with any other offers
- No cash value
- Management reserves the right to final interpretations
- expires May 31 2019

1760 St. Laurent Blvd. 613.523.1680

**\$5 OFF LUNCH BUFFET**

- Minimum 2 adults
- One certificate per table
- Not valid with any other offers
- No cash value
- Management reserves the right to final interpretations
- expires May 31 2019

1760 St. Laurent Blvd. 613.523.1680

**Lunch Buffet**  
(11:00 am - 3:30 pm)  
Mon-Fri \$16.95  
Sat, Sun, Holidays \$17.95  
Kids (5-10 years old) \$9.95  
(3-4 years old) \$4.95

**Dinner Buffet**  
(Whole Day available)  
Adults \$26.95  
Seniors \$20.95  
Kids (8-10 years old) \$14.95  
(5-7 years old) \$9.95  
(3-4 years old) \$5.95  
\*\* Kids under 3 eat free

Gift Certificates are AVAILABLE

# 613-523-1680

Order the On-Line Sushi for Take-Out or Delivery

You can get Apps "168sushibuffet" at



Order with your iPhone! And do so much more!

Order with your Android! And do so much more!



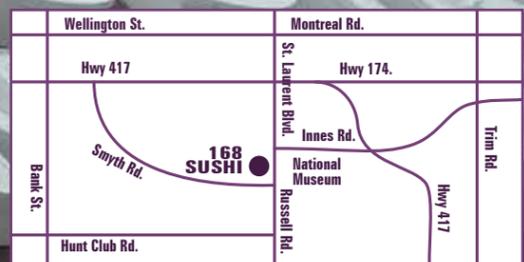
Scan and download to your iPhone!

Scan and download to your Android!

## Open 7 Days A Week + Holidays

Sun - Thur: 11:00 am - 10:00 pm (Last Call at 9:30 pm)

Fri - Sat: 11:00 am - 11:00 pm (Last call at 10:30 pm)



1760 St. Laurent Blvd., K1G 1A2

168SushiBuffet.com