



JUNE 2019

A Voice of Riverview Park

JULY 2019

Is it really a climate emergency?

by Geoff Radnor

Jean Cloutier, our councillor, is a member of the Ottawa city council and a member of the environment committee, properly known as the Standing Committee on Environment Protection, Water and Waste Management. Shawn Menard, the councillor for the neighbouring Capital Ward is also a member.

Following a positive vote at the committee stage, the city declared a Climate State of Emergency on April 29th 2019. It was the floods in Ottawa that caused this state of emergency. Many residents were threatened to lose their homes that bordered the Ottawa River. This flooding was caused by the melting of the record snowfall we had this winter plus the forecast for heavy rain.

The committee meeting was also the reason for a protest meeting outside City Hall by environmentalists that are concerned with climate change and the lack of action to combat it by business leaders and politicians around the world. The real emergency, they say, is not just the flooding, but why is this the second serious flood in 3 years? Is



The students start their walk to Parliament Hill.

it the result of climate change?

Readers may remember the article in the previous edition of this paper about the pro-

test movement started when a 15 year-old Swedish girl, Greta Thunberg, started protesting alone outside the parliament in

Stockholm in August 2018. She took off from school one Friday to protest. "Skolstrejk for klimatet" **CONTINUED ON PAGE 3**



There are many positive outcomes from the work of the Inspiring SOLES.

PHOTOS: GREG MCKEAN, TEACHER

Read about the Inspiring SOLES

Submitted by Evan Chamberlain and Adrian Wright

The social action group run by the grade 8 students at Vincent Massey Public School, Inspiring SOLES, is continuing to move forwards in their quest to deliver a youth

program to the Russell Heights community.

The students have developed three different programs for the children of the Community: Kin-Ball, drama and dance. We have now begun to put their plans to action and have visited the com-

munity several times in the past weeks to teach the kids. We have received feedback from the community and have used this to improve their programs for the remaining weeks to come. Both immersion groups are doing a **CONTINUED ON PAGE 3**



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Two women:

Two very different but fascinating art exhibitions at Wall Space.

by Carole Moul

Nicole Allen called her Art Exhibition, *Hush*. A short conversation with the artist and you discover her reasons behind sharing some amazing floral art work.

Nicole’s response when asked what began her interest in painting flowers,

“These allow me to indulge my love of colours and also allow me to be more abstractive. I do what brings me joy. When someone sees my work and connects to it emotionally and it makes them happy, then it’s fulfilling for me artistically. I know then that my life helps them in some small way,” she added.

Not flowery at all, but equally engaging, *Must Be the Neighbours* drew guests into the streets and environment in which Elle Chae travels as she walks her daughter to school each morning.

The name of the exhibit came to be, “because it kind of summarizes the work I do,” noted Elle Chae.

“There are no figures. Things get shifted around giving different perspectives of a neighbourhood and the time of day.”

Light and shadow are significantly present on the objects the artist sees in Vanier. Things being thrown out on the street also catch her attention. She notices unwanted, curb-side objects during her daily neighbourhood walks and is fascinated by the fact that there is a loss of interest in these items. Elle then vividly reconstructs these images in her art. Speaking with the artists provided beautiful insight into their worlds of paint and brush.

The work of Nicole Allen was on display at Wall Space Gallery in Westboro Village. Wall Space Framing at the Train Yards held the exhibition for Elle Chae.



Above: At her Artist Reception, Nicole Allen shares the story of her oil on canvas, *Thrive*.



Right: Elle Chae at her Exhibition Walk-through explains the reason for the name of her oil on canvas, *The Usual Spot*.

PHOTOS: CAROLE MOULT



Richard Ahnert + Silvia Taylor: All Things Considered
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Different signs; different ages

Is it really a climate emergency?

CONTINUED FROM PAGE 1

It has snowballed (pun intended) into a world wide protest movement.

This is not the only group protesting inaction by authorities on climate change. *Extinction Rebellion* is one that was involved at the city hall protest in April. It has been very active recently when it tied up traffic in central London and brought sections of the city to a standstill. The number of young people taking off from school to protest have been large in many cities around the world. Several thousand students filled the streets of Brussels earlier this year. It has not been just cities in Europe where these activists are involved; in Australia, Mexico and Uganda and other such unlikely places are where young people are becoming activists.

The islands in the South Pacific are some of the most threatened regions by the rising ocean levels due to climate heating. Some could disappear completely under the waters of the Pacific. Neighbouring New Zealand recognises this.

On the 13th May 2019 Ant6-

nio Guterres, Secretary-General of the United Nations, said: "Today I had the opportunity to meet with New Zealand youth that are really in the front line of climate action. They very clearly recognise that we face a climate emergency and that we need to reverse the present trend which climate change is running faster than what we are."

Countries with large areas of populated land below or close to sea level are threatened. Some countries are not treating this threat as being real. "It may not happen", "The scientists may be wrong", "It won't happen in my lifetime", "It's a once in a hundred years event" are just a few of the comments that are made to avoid declaring a state of emergency. So, is it a real emergency?

Here in Riverview Park and in Alta Vista (High View) we are well above any rise in the water levels of the Ottawa and Rideau Rivers, but are we going to have more extreme winters like the last one? Will the changes in temperature and an increase in annual rainfall affect the production of the farms of east-



These ladies knew something to protest about too.



This is the reason for the protest, two students from Ottawa schools tell us why.



Colleen Glass joined the students' protest. PHOTOS: GEOFF RADNOR

ern Ontario? Will this Carbon Tax drive the price of gas to extreme levels? Are the youth of Canada in the front line of climate change?

On Friday May 24th 2019 there was a School Strike for Climate around the world. In Ottawa several hundred students were joined by others in a protest walk from City Hall to Parliament Hill. There were not thousands like in other cities. Many area schools were rep-

resented, So are we really in a State of Emergency now that the water levels have gone down from their record setting peak in April? Many around the world agree with the Secretary-General of the United Nations when he says we are in a climate emergency.

Read about the Inspiring SOLES

CONTINUED FROM PAGE 1

wonderful job and learning how to differentiate based on skill and keep kids involved in the activities. The goal is to inspire the kids to become involved and try new activities, but also for the classes to gain leadership and mentoring skills. This program is taking place at Dempsey Community Center.

Along with the youth program, we have also been preparing for the annual Bike tune up session. In order to update our supplies and fix a few of the bicycles to practice on, the class needed to fundraise. The group collected pledges from friends and family to show their commitment with a Bike-A-Thon, where students rode a stationary bike nonstop during school hours for one week. The classes were successful, raising close to \$575. The Tune up event will take place Thursday, June 6th, 2019 from 4-6pm. A special thanks to all the community members and Safe

Roads Ottawa for participating in this event.

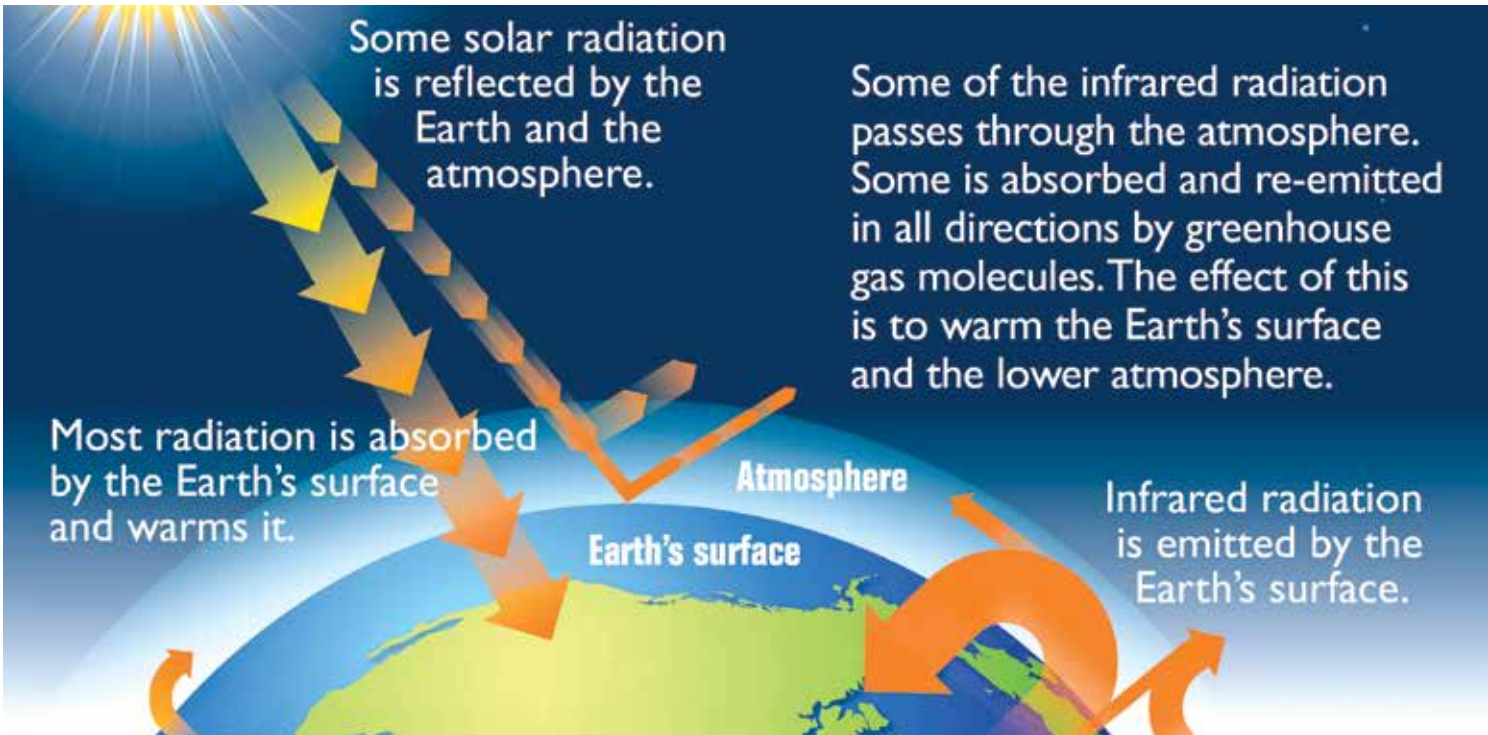
In the month of June, Inspiring SOLES will also be working with Ottawa Community Housing to plant trees in the Confederation Court community and clean up the gardens in Russell Heights. These gardens were installed by the group last year with the CEPGP grant from the City.

The classes would like to thank all the adults involved in making this participation a reality, Sarah Dwyer, Community Director; Ottawa Community Housing; and Kateri Deschenes and Kelly Haslam, the Principal and Vice Principal of Vincent Massey Public School.

Right: Kin-Ball is a team sport invented in Quebec. The Inspiring SOLES taught the game over at the Dempsey Community Centre to children from the Russell Heights Community.



VINCENT MASSEY PUBLIC SCHOOL



How the Greenhouse Effect works. PHOTO: WIKIMEDIA COMMONS

Wake up! Climate change is here to stay

Written by: 2 mindful students.

Do you care about your lives? If you are worried or even concerned about what's happening in Canada then you should be grateful that you don't live south of the equator.

Climate change has hit Canada hard. The floods happening in Canada is a hint of what the people, south of the equator are getting.

Before the world climate started to change rapidly, Africa and Brazil always had tropical storms, hurricanes...etc, imagine how bad it would get due to climate change.

Climate Change.

Let's take it back a bit, what is climate change? Climate change is the changing of temperature in the globe over a period of time. This is happening because of the greenhouse effect.

The gases that charge up your car is killing all of us. A car burns oil. When the oil is burned, it turns into gas. These gases are made of carbon dioxide(Co2) and nitrous oxide(No2). When these gases float into the sky, they make a roof. This is called the greenhouse effect.

Greenhouse effect

The gases makes a roof in our atmosphere, trapping the sun radiation inside. Our earth makes heat too, also trapping that inside as well.

The floods that are happening now are a hint of what we are going to get if we keep going on like this.

How are tropical storms formed south of the equator

When the warm moist air evaporates over the water rising from the oceans and cool air blows, it will make a spiral formation which then creates tropical storms.

Because of climate change, peo-

ple and animals are being forced to leave their habitats, because the southern part of the equator is rapidly melting ice. The people that are living there are losing their homes. Scientists have estimated that by 2040 all the ice in the southern part of the equator might all melt.

What is happening now

Every year, in the Arctic Region the temperature increases by 8 degrees celsius. The ocean temperature has risen half a degree in the past 30 years. It's a small number but has a huge effect, because the water is rising so much, the ice is melting which is making the oceans rise. Creating floods or hurricanes...

Around the whole world, there is about 70 to 110 tropical storms every year. 40-60 reaching hurricane strength.

Cuba, Madagascar, Vietnam, China etc. have super typhoons (tropical cyclones). Since now the world climate is increasing, this will only get worse. Remember that you're part of the problem but you can be part of the solution.

Tropical cyclone.

Why should WE care?

How can WE make change?

Open your eyes, the world doesn't just revolve around you, there are people around the world dying because of this major crisis.

Floods, hurricanes and rising sea levels are just the beginning of this crisis. If we dont step a foot forward to stop this then you don't know what you might be inviting.

The ice has been melting faster in these 20 years than the past 10,000 years. Our futures rely on us but if we don't do anything then we might not even end up with a future.

We can help. Stop using plastic or reuse it over and over again. Use

cloth bags. Just by not using plastic bottles anymore and cars, YOU can make a big difference.

Consequences

If we do not do anything then we will all die in this crisis, there will be consequences that you haven't even imagined of.

Polar bears are losing their habitats and they are dying. If we don't do anything then,sooner or later these animals can lose their habitats and won't survive.

Solution

We already know the solution we just need to act on it. Reduce the use of your car use and recycle. Recycle as much as you can. Just always remember that the more you recycle the more you are helping yourselves.

Be mindful about the things that's happening around you.

Instead of using a plastic bag just once, why not spend only 2 dollars on a cloth bag that can be used over and over. Things like this will make a huge impact.

Stay safe and help your environment. Keep your future safe.

Glossary

Habitats - The natural home or an environment of where an animal lives.

Crisis - A time of danger

Tropical storm - A low pressure wind system forming over oceans creating hurricanes.

Global warming - an increase of temperature in the earth's atmosphere

Climate change - change of temperature of our world over a period of time

Atmosphere - A thick layer of gases surrounding a planet, protecting us from the sun's radiation.

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The sounds of summer

Ahh, the sounds of summer. Birds chirping, chainsaws singing, and kids enjoying the out of doors. All the good intentions tell us to get outside and play in the air. Extra sunshine should mean more exercise and less screen time. Enjoying the outside means there is noise to go with it. The noise of home projects. The noise of vehicles being tuned. Music creates a soundtrack to our adventures. Among the sounds of summer are those produced by kids released from school. Kids biking, kids playing ball, and kids in the backyard pool.

After a long winter of being indoors with the windows closed, we hardly saw or heard our neighbours. Maybe to see their lights on after dark, or to share complaints about shoveling - again, but really we were pretty insulated from others. Now the windows are open and the outside is coming in. And here is where one world rubs up against another. One neighbour wants to do hot yoga in the back yard with Mozart, the other wants to blow the stink of the day off in the pool. One wants to play basketball in the cool of the evening, the other would like to cool off with a drink and contemplate life. One is full of youthful energy that has to express itself vocally, and the other exudes the quietude of maturity.

After 4 months of buffered coexistence, it is really hard to remember to be aware of others. Part of being in a neighbourhood, and not in an isolated setting, is that we live in a shared space. In an age where we are told we are not getting outside enough, it seems odd then to tell people to do so quietly. But, sharing parks, backyard spaces and streets is what makes Riverview Park a real community. And re-learning how to share would make our kindergarten teachers proud.



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

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

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

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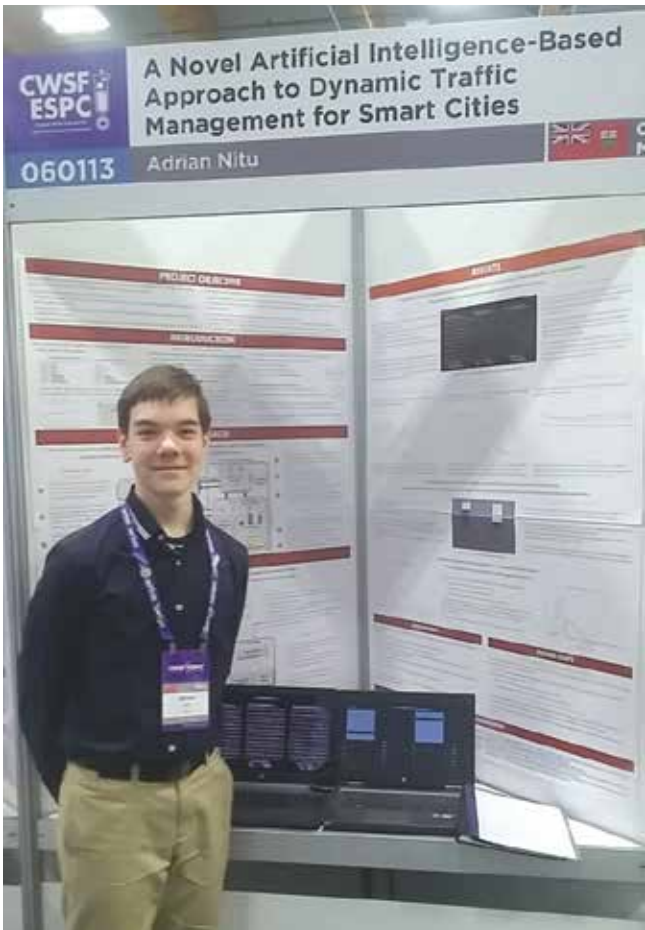
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VINCENT MASSEY PUBLIC SCHOOL

Artificial Intelligence-Based Approach to Dynamic Traffic Management for Smart Cities



Adrian Nitu stands with his project at the Canada-Wide Science Fair (CWSF). In this STEM-related project he created a new method for traffic management.

by Adrian Nitu

My name is Adrian Nitu, and recently, I had the opportunity to attend the Canada-Wide Science Fair (CWSF) held in Fredericton, New Brunswick the week of the 13th of May. This was a nation-wide event for youth from grade 7 to 12 to display their love and expertise with science by creating and presenting a STEM-related project. The term stands for Science, Technology, Engineering and Mathematics.

To develop this project, I started thinking about pressing issues in the world, and I decided to address traffic congestion. In my project, I created a new method for traffic management that greatly improves the traffic conditions of any city. It allows city planners to control traffic performance more directly by setting objectives which are compared against results from simulations to find which decisions best fulfill those objectives. Over time, the traffic control system also learns how to manage the traffic more efficiently by adding real results to the results observed from the simulations, constantly improving itself. Using this method, the time spent in traffic could be decreased

by more than half.

However, the Fair offered much more than submitting my project. It was a chance to meet over 500 like-minded people, learn about science from their projects and from activities organized by the Fair, and create memories to last forever. In addition, we were invited to visit some iconic landmarks and locations in the region, such as the Bay of Fundy and St. John's City Market. The brilliance of all those young minds astounded me, and I was truly inspired from their dedication to the pursuit of knowledge.

For any kids out there seeking to deepen their understanding of the world, I strongly recommend participating in science fairs like this one. It is my sincere opinion that it will completely change how you think of science and motivate you to continue to pursue your passions. Keep innovating, and I hope to see you at the CWSF next year!

Adrian is a student at Vincent Massey Public School.
Well done Adrian.
What a clever idea.

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TRINITY COMMUNITY GARDEN

Working together on Garden Preparation Day

by Bernadette Bailey

The members of Trinity Community Garden had a wonderful day on May 4th to kick off the 2019 gardening season. The volunteer committee was a little concerned in the middle of March when they set the date for the Garden Preparation Day as there were several feet of snow on the ground. Although there were still some wet areas, the morning dawned clear and sunny and it was a wonderful day to work. This is a day where the members work together as a community to care for the shared aspects of the garden. Many gardeners attended, from all ages and life stages, from families with very young children to retirees, and they enjoyed working together. After a morning of hard work they shared a delicious pot luck lunch.

Garden members rent a plot which they prepare, plant, maintain and harvest on their own. There are also communal jobs that are required for the functioning of the garden and work teams have been formed to complete these. Each member joins one of the teams and performs specific duties. Water team members ensure that the barrels are kept filled for the gardeners to use. Another team controls plant growth around the perimeter of the garden to keep the area neat and to control the spread of weeds. Two of the gardeners comprise the small team that care for the communal Herb Garden which all members are free to pick from as they wish. The compost team works throughout the season to create our own compost.

As the gardeners clear their plots, the excess vegetation is added to one of the compost bins. The members of the compost team transfer this material successively through the series of bins to create rich compost which all gardeners are free to use. The Food Donation team maintains two plots which are designated specifically to grow food to be donated. The members of the garden wish to share the bounty with those in need so weekly deliveries are made to the local food bank and to Trinity Church where it is greatly appreciated by some of the congregation. During the 2018 season the garden donated approximately 400 pounds of fresh vegetables.

The community aspect of the garden is reinforced on the two annual garden days, one in the fall and this one, at the beginning of May.



Improving the donation plots.

PHOTO: ANNA PROESTAKIS



Youngest gardener Theo ready to help.

PHOTO: PATRICK HAMEL



Members working together to improve garden.

PHOTO: FRANKLIN CHOUINARD

The gardeners came together to prepare, repair, improve and maintain. The water barrels were set up to be ready for the new seeds and seedlings. The compost bins were repaired, and last years material was turned and transferred to encourage its decomposition. Borders were built around the donation plots.

The garden has in-ground plots rather than the raised beds which are found in some of the

other community gardens in the city. Many of the gardeners have chosen to build a border of boards around their plot to reduce the encroachment of weeds and grass and to prevent water runoff. This reduces the water usage and helps to keep the nutrients where it is accessible by the vegetables. The donation plots have been simple in ground plots since their creation. To make them easier to access and to increase production, a couple of our members offered to erect a border. Because the plots are something that all the members support, the committee approved the use of funds

for this purpose. Over the course of the day the two plots were transformed! Other members worked hard to cut and bundle buckthorn, a very invasive species which is continually encroaching on the perimeter of the garden. The Herb bed was prepared as well as a new area which will be planted with wildflower seeds to support our pollinators. Some of the pathways have a tendency to become muddy and problematic, so landscape fabric was laid on these and then covered with mulch.

At Trinity Community garden we do what we can to recycle and reuse. Last season some of the trees on the church property had to be cut down. The mulch that was produced was kept on site. The church members used some of it for their flower beds, but the remainder was donated to the community garden and this is what was used to cover the pathways. Pallets are collected from local industries that put them out as waste. They were used to build and repair our compost bins as well as to make sturdy bases to support our water barrels so gardeners can easily access the spouts.

Our mission at Trinity Community Garden is to strengthen community ties and to encourage the growth of local organic food through the sharing of land. On Garden Preparation Day the gardeners chat and laugh and get to know their neighbours as they work together to create and maintain the space where they will produce nourishing food throughout the summer. All of the plots have been assigned for this year but we are pleased that there will be some plots available for the 2020 season. If you are interested in becoming a member or would like more information, please contact us at trinity.garden@rogers.com or find us on Facebook

Riverview Park Community Association

ANNUAL GENERAL MEETING

Wednesday, October 23, 2019

7:00pm - 9:00pm



RIVERVIEW PARK

COMMUNITY ASSOCIATION

Ottawa Montessori School

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For more information: www.riverviewparkca.com

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- ~ Get answers to your questions and concerns
- ~ Meet the council candidates prior to the election
- ~ Learn about developments in your community
- ~ Offer ideas to improve the quality of life in Riverview Park
- ~ Find out how you can contribute or get involved yourself
- ~ Participate in the election of the Board of Directors

Fibromyalgia

It is said that Fibromyalgia affects more than 10 million people. Furthermore, it is more likely to affect women than men. But what are the common signs of fibromyalgia? Typically, the main symptoms include anxiety and/or depression, fatigue and overall loss of energy, and pain that spreads inexplicably throughout the body. In many cases, patients may also report that they experience a lower threshold for pain and have tender areas throughout the body.

Mark Pelligrino, MD (author of The Fibromyalgia Survivor), reported that after studying over 2,000 fibromyalgia patient files, he found two-thirds of fibromyalgia patients started having symptoms after a traumatic event like a car accident, work injury, or a fall.

Clinically, we have seen many people struggling with fibromyalgia and they report that their pain is so severe that they cannot work, and cannot handle activities of every day life, such as house work, yard work, or simply going for a walk. This struggle has lead to depression, anxiety, stomach issues, constipation, diarrhea, irritable bowel, sleeplessness, and a sense of hopelessness. Many people state that their relationships are falling apart, and they are losing hope. When they ask for help, they are given medications to modify pain, alter mental function and to control depression. These treatments at best serve as a Band-Aid to cover up the symptoms but do not treat the cause. There is also the option of seeking chiropractic treatment for fibro. Many patients have found that having regular chiropractic sessions that involve spinal adjustments can help to relieve many of the symptoms of fibro, including pain, soreness, and muscle stiffness.

Want to find out more about chiropractic treatment for fibro? If so, then give Simply Chiropractic a call at 613-520-0123 today. We would be happy to schedule a consultation and answer any questions you have.



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A Tip from Dr. Stéphane Chillis



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TALKING MOVIES BY PETER THOMPSON OF MOVIES 'N STUFF

The explosion of Nordic Noir

by Peter Thompson

Trends come and go in television. One month zombies are the rage, the next CIA operatives saving the world are in, but the meteoric rise in popularity of 'Nordic Noir' has finally reached a pitch where it's not only here to stay, but it's firmly entrenched in our pop culture too.

First, what is Nordic Noir? Loosely defined, it's a crime thriller that takes place in Scandinavia – usually replete with bleak settings – and usually featuring a strong female lead. And if that sounds slightly underwhelming, remember that much like British detective series, the Scandinavians are becoming known for their tight scripts and quality acting. At the end of the day, most of the stories in Nordic Noir have been done before, but it becomes the execution of the story and the quality of the characters that have endeared this genre to a new wave of audiences all over the world.

So, with so many Nordic Noir to choose from, what are the best? Let's take a look at ten of them that should be filling your spring and summer nights, complete with a short description (that couldn't possibly do them justice):

10 Department Q. Newly assigned to a cold case squad, a troubled detective and his new partner must decide what cases deserve another look. Danish series has standard story lines, but



Beck.



Rebecca Martinsson

they're done well in this taut series of three movies.

9 Those Who Kill. Really well done and underrated Danish mini-series about an asocial detective hunting a serial killer. This one's worth a watch!

8 Spring Tide. Talk about a tough assignment for school, Olivia is given a cold case file from 15 years back and challenged to solve it. However, as the cadet

starts to get closer, will her inexperience cost her?

7 Irene Huss. Huss is a DI trying to balance her investigations with her family life in this engaging 12 episode series. It helps that as well as being street smart, she's quite the martial artist too!

6 Modus. A profiler is sent to investigate the murder of a bishop, not realizing just how dangerous an assignment it was going



The Bridge (Bron/Broen).



Maria Wern.

to be. Good two set series out of Sweden.

5 Rebecca Martinsson. The thick of mysterious forests and lakes are a silent, but omnipresent character in this one. Martinsson comes home after a friend dies and suspects foul play. Will her suspicions get her in trouble? Answer: absolutely.

4 Acquitted. Really neat two part series about a man who was acquitted of the murder of his high school sweetheart, leaves for 20 years and then is forced to return to try to save a floundering company. His return creates new conflicts and opens up past wounds.

3 Maria Wern. Recently widowed, Wern wants a fresh start and moves her two young children to the island of Gotland. Her hopes of leading a relatively low key existence are shattered after a series of gruesome murders rock the area.

2 Beck. Fantastic crime drama out of Sweden. If you've watched your share of British crime dramas and want a change, then check this one out. Beck's thoughtful and intelligent character mixes wonderfully with his partner, the loud, brash, politically incorrect Gunvald. Highly recommended!

1 The Bridge (Bron/Broen). One of the greatest series of all time, a body lies in the middle of a Bridge between Denmark and Sweden – and thus begins an unlikely partnership between Danish inspector Martin Rohde and Swedish inspector Saga Norén, where together they must track down the killer together. Words don't do this one justice, everything about it is excellent.

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Operating Room Black Box: The box that collects input from the room. Note that the actual “black box” is the thin white box that looks like a DVD player. The screen that the surgeons and nurses are pointing at is just the user interface. PHOTOS: THE OTTAWA HOSPITAL



Dr. Sylvain Boet in the Operating Room.

RESEARCH TEAM’S TARGET IS SAFER SURGERY

‘Black Box’ coming to operating room at General Campus

by Amelia Buchanan, General Hospital

Technical skills are clearly part of a successful surgery, but what about 'soft skills' like leadership, communication and teamwork.

Dr. Sylvain Boet and his team are studying whether improving teamwork and communication among operating room staff can make surgery safer for patients. Studies suggest that over half of surgery complications can be linked to problems with these “soft skills” during operations.

“When I was a medical student we had lots of training in technical skills, like how to close an incision or insert a breathing tube. But there was less focus on soft skills like leadership, teamwork and communication,” said Dr. Boet, a scientist and anesthesiologist at The Ottawa Hospital, and associate professor at the University of Ottawa. “Today medical staff receive more training in these areas, but we don’t know whether it’s making a difference in patient outcomes.”

Dr. Boet and his team have already studied the best ways to teach these skills during simulated scenarios. However, they did not have a way to measure whether these lessons were being applied in real-world operating rooms, until now.

Link to patient wellness

The research team has partnered with Dr. Teodor Grantcharov and his team at St. Michael’s Hospital to install an Operating Room Black Box® OR3 at The Ottawa Hospital’s General Campus this

summer. This platform captures audio, video, patient vital signs and other information from the operating room environment.

This information will be used to identify trends in teamwork and communication, which the researchers will then link to how well patients did after surgery. Information captured by the OR Black Box® will be used for research purposes only, and faces and voices will be obscured to protect privacy.

Understanding that surgery is already a stressful experience for patients, Dr. Boet’s team worked with patient advisors Maxime L   and Laurie Proulx to find the best way to explain to people why their surgery might be recorded. Patients are told about the OR Black Box® before their surgery, and can choose to opt out at any time.

“Personally, I wouldn’t have any problem with my surgery being recorded, because I know there are many safeguards in place to protect my personal information,” said L  . “The more I get involved in this project, the more I am confident that it’s a good idea. It’s exciting to be part of something that could be such a breakthrough in health care.”

Fourth in Canada

The Ottawa Hospital is the fourth hospital in Canada to implement the OR Black Box®, and the first one outside of the Toronto area.

“By studying teamwork and communication, we can develop best practices that improve patient care, not only in Ottawa but around the world,” said Dr. Boet.

This research was possible be-

cause of generous donations to The Ottawa Hospital from Research to Improve Patient Care. The researchers have also received support from The Ottawa Hospital Academic Medical Organiza-

tion, the Canadian Institutes of Health Research, the Department of Anesthesiology and Pain Medicine, the Department of Surgery and the Department of Obstetrics and Gynecology.

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Insights on parenting a child with autism

Reviewed by Bill Fairbairn

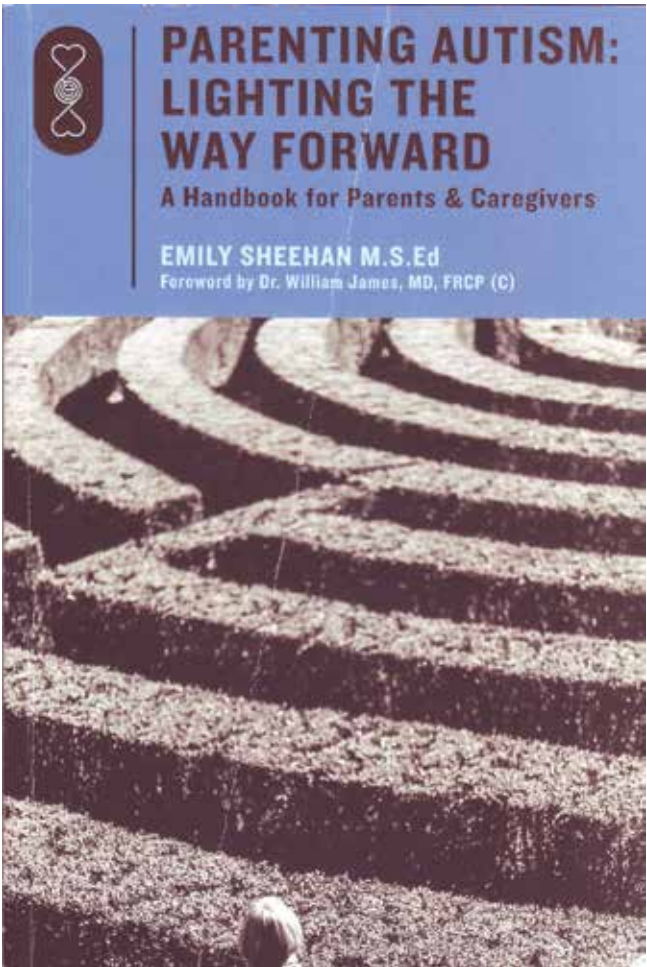
As conflict envelopes Ontario's controversial changes to its autism-funding program an Ottawa insider on school and hospital treatment has written a handbook on how a parent can treat her or his autistic child.

Author Emily Sheehan, M. S. Ed had expert advice, mentorship and a foreword for her handbook from Ottawa pediatrician Dr. William James, whose interest in children and youth led him to many distinguished positions including chairman of the Ottawa Carleton Board of Health and president of the medical staff at CHEO (Children's Hospital of Eastern Ontario).

The aims of this book are to encourage autistic children to move forward and at the same time give parents the self-confidence to develop home therapy for their autistic child. Being engaged in the world around them is the book's "key to opening the door to learning and development for children with Autism Spectrum Disorder (ASM)."

The author spares no hiding of the magnitude of the task outlined for success. Yet its presentation is in a simple continual mode of instruction. How to increase good behaviours and decrease negative behaviours is its strength in encouraging parent comfort in dealing with a child on the spectrum.

Sheehan says it is believed that individuals on the spectrum need 40 hours a week being connected to the world, but that more time is even better. Being engaged in the world around them



is the key to opening the door to learning and development, she contends.

How does one get a child on the spectrum to pay attention to the world around? Her answer is by getting them engaged in activities. Their interests provide motivation, and where there is motivation, there is always a learning opportunity. "Through my experience I have always found utilizing a combination of techniques

Where there is motivation, there is always a learning opportunity.

and philosophies to be the best way of keeping any child motivated to learn."

When other kids notice a difference and ask questions about one's child with autism she advises to answer honestly and as matter of factly as one can. Her standard answer to what autism is? "X has a different brain and learns in a different way and that is why the kind of work/routine/habits X does are different from yours."

She believes that a child's brain is elastic, so it is critical that parents begin working with their child as soon as possible. Eliminating or decreasing an unwanted behaviour in a two-year-old is much easier than in an eight-year-old because the eight-year-old probably has made the unwanted behaviour habitual over the increased number of years.

"The sooner you begin therapy with your child the easier it will be and it does not have to involve spending thousands of dollars."

The author ends the first chapter of her 112 page handbook on this positive note: "You are the expert on your child and you will always be the greatest influence and advocate in your child's life. I know you will be great."

Published by Baico of Ottawa

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Three Good Lookin' Guys sing for Council

This barbershop quartet, Three Good Lookin' Guys, joined Councillor Jean Cloutier on Wednesday, April 10th after singing O Canada to open a council meeting. (Their unusual name was chosen by a democratic vote of three to one.) With Councillor Cloutier from L-R, Rod McGillivray, Gerry Allen, Bruce Thomson and Brian McGurrian.

PHOTO: CITY OF OTTAWA



Aged in Harmony welcomes new members. PHOTO: RAYLENE MULROONEY

Seniors sing for seniors

AGED IN HARMONY is a senior men's barbershop chorus in Ottawa. We were founded 17 years ago in 2002. Our mandate is to bring music to seniors in the community while having fun. We sing at senior's residences, hospitals, hospice, and churches about twice a month between September and early June.

A typical 'show' lasts about an hour. The chorus practices every Tuesday afternoon for two hours at Trinity United Church, 1099 Maitland Avenue, just south of the Queensway. If you are a retired gentleman and love singing, you are encouraged to give AGED IN HARMONY a try.

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Now we have coyotes as neighbours

by Lisa Couture

Coyotes have been in the Ottawa area for many years, yet if you ask around, you may quickly learn that few of us know much about coyotes. Ever present, coyotes are rarely seen in the wild. Whereas their urban dwelling kin aren't as shy once they have become habituated to us and our habits. Coyotes that are fed in residential neighborhoods can lose their fear of people and may eventually test humans and pets. The most effective way to prevent habituation and thus coyote attacks in our neighborhood is to eliminate wildlife feeding.

As scavengers and predators, coyotes are attracted to our garbage and compost and then in turn to the smaller animals that are also attracted to the garbage and bird feeders. Therefore, it is imperative as a community and as individuals that we do ALL we can to secure our garbage and compost. Additionally, many people also unintentionally feed coyotes by feeding rabbits/chipmunks or by having bird feeders.

If you are seeing an increase in coyotes, ensure compost and trash bins are not allowed to be a source of food. Animal-proof bins



are needed to prevent scavenging when the garbage is placed curbside and any refuse that gets scattered should be picked up quickly.

Pets left outside, even with fencing, remain at risk for predation and unnecessary conflict. Do not leave your pets unattended outside, not even for a second. Free-ranging cats may also attract coyotes; don't feed your animals outside.

Springtime is pupping season and so urban coyotes may seem more intent on defending a certain area. The presence of coyote pups can increase negative coyote behavior. Keep dogs on leashes. Alter your route to avoid conflict.

When you encounter a coyote, DO NOT RUN AWAY!

If the coyote is acting normally, by avoiding humans and pets, do not seek him out or otherwise aggravate the animal. If you are approached by a coyote - yell, wave your arms, and throw something in its direction.

Seeing a coyote during the daytime is reason to exhibit extreme caution, as that coyote may have become habituated to humans and may be more likely to attack. Any coyote that fails to exhibit fear of humans or acts aggressively should be reported as soon as possible to the appropriate officials. Call **the City of Ottawa** at 311 to file these reports.

Signs of aggression are similar to those you'd see in domestic dogs: barking, raised hackles, growling, and lunging. If you have a direct encounter with an aggressive coyote you should immediately call **911 for assistance.**

In non-threatening situations, it seems the consensus of researchers is that it is best to leave coyotes where they are since the removal of one animal does not ensure the removal of coyotes from your area in general. Like most municipalities, the City of Ottawa has adopted this belief.

The awareness and willingness to educate varies across the City of Ottawa. It would appear that there is no funding or designated program nor are there employees in the City to manage a coyote program similar to those in other jurisdictions. An excellent 'Co-existing with Coyotes' program upon which one may be modelled here in Ottawa is run by the Stanley Park Ecology Society in conjunction with Vancouver's Board of Parks and Recreation. It might be wise for Ottawa to follow Vancouver's lead and educate its citizens on how to live in harmony before we entice our coyotes into menaces.

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Sharing the work of the Ottawa Smockers Guild

by Jackie Comerton

The Ottawa Smockers Guild is an organization founded in 1985 to promote the art of smocking and to enhance the skills of its members.

The Guild is committed to the continuing education of its members, providing learning projects at its regular monthly meetings and occasional workshops. Experienced members will provide help to any new members who would like to learn to smock.

Since 1995, dedicated volunteers have made smocked baby nighties for donation to Ottawa area hospitals to be used in bereavement packages given parents on the loss of a baby, as well as to dress critically ill babies when parents visit. Staff at the hospitals say the Guild's contribution to these programs gives a measure of comfort to parents at a particularly difficult time.

Guild members are also active in supporting other organizations, such as emergency shelters for women, by providing toiletries, pretty slip-on slippers with decorative smocked toe panels, sewing kits and other items from time to time.

As well as enjoying the art of smocking, many members practise other forms of textile arts which make the "Show and Tell" feature a highlight at the monthly meetings. All are welcome to share their recent accomplishments.

We invite you to attend one of our meetings as a guest, and perhaps you will enjoy yourself so much that you will become a member. The Guild meetings are informal, friendly and fun. They provide a great opportunity to both learn and socialize and many members have become good friends both at and between Guild meetings – just one of the reasons for joining!

Guild meetings are held at the McNabb Community Centre at 180 Percy Street in Ottawa. The first meeting is usually the last Thursday in August and the rest of the meetings are held on the first Thursday of each month from October to June. Further information about the Ottawa Smockers Guild is available from Jackie Comerton at 613-521-1287 or by going to the Ottawa Smockers Guild website <http://www.ottawasmockers.org>



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COMPUTER TIPS & TRICKS

New this Season – Exciting and Mundane

by Malcolm and John Harding, of Compu-Home

If today’s headline made you think of robots and self-driving cars, we’re afraid that you had better keep looking somewhere else. This time we are looking especially at some developments, trends and devices for everyday users like you and me that have been in the works for awhile and whose time has (probably) now come to shine.

SSDs, or Solid State Drives are disk drives that use integrated circuits to store files, using the same technology as USB Flash Drives which have been in use for more than 15 years. SSDs are often now installed in computers instead of (or along with) traditional hard disks (HDs). An SSD is many times faster than an HD and has the significant advantage of being more robust, due to the fact that there are no delicate moving parts. Until recently, SSD drives were much more expensive than equivalent HDs but their price has dropped radically in the past year, which means that it is now possible to have a reasonably priced laptop

with an operating speed quite a bit faster than you might have expected just a short time ago.

USB ports that have been common on desktops, laptops, and even some tablets and phones have gone through generations 1, 2 and now USB-C. This is the first USB port to have a different shape from previous versions and it has the advantage of being symmetrical, meaning that there is no fumbling from trying to plug it in upside down – a deceptively important improvement when the ports are often located in a place on the computer that is hard to see. Far more important, however, is the speed of data transfer. USB-C speed rounds off to 10 times faster than USB 2 and several hundred times the speed of USB 1. This may not make much difference in your connection to a printer, but it is huge for any sort of data transfer. For example: copying videos or large numbers of photos or data backups may now take seconds instead of many minutes or even hours. Expect computers to have both older and newer USB ports during this transition, and for awhile you

will have to put up with adapters to make the old and new versions fit, but we predict that it will not be very long before you will definitely want to have USB-C ports on your new equipment.

Improved routers and range extenders will reduce one of the most common problems that Compu-Home clients have been fighting with. Annoying connection failures in certain rooms of the house, or when moving from room to room with a portable device are now being overcome with improvements in the strength and speed of new generation wifi gear. This is due to better equipment being supplied by the Internet providers and/or better devices being available for purchase by the homeowner. This development is sometimes as much as twice the cost of what was previously available but the resulting reliability means far less frustration.

Refurbished smartphones are becoming more popular. Most cell phone plans in the past took advantage of an offer from the cellular provider for a shiny new phone at a greatly reduced

cost or sometimes free, in return for agreeing to an extended service contract. Nowadays, however, many people are deciding that the fancy features of the most recent smartphones are not worth their exorbitant prices. (Do you REALLY have to pay \$800 for your phone to recognize your face in order for it to unlock?) As a result, many users are simply buying outright a used or refurbished slightly older phone and signing up for a considerably cheaper cellular plan. You can read <https://tinyurl.com/jcxtu8e4> for a lighthearted discussion of this moneysaving trend.

...

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Why invest in training your dog? You get more than you think!

by Jonathan Sumner

Part 1

Most dog owners look at obedience training as a mandatory step in the development of their puppy or dog. In this article “**Part 1**”, I am going to focus on the benefits of investing both time and money in training. In “**Part 2**” I will discuss different training methods and how to choose your trainer.

Obedience training with your dog is like school for children. We are preparing them how to act and behave in the real world. Often small dog owners opt to skip obedience classes because if their dog jumps on people it is often laughed off or ignored. I would argue for the reasons below every dog and owner benefit from the process of training.

Training your dog creates a communication language that ensure you can ask your dog for certain things and vice versa. Communication with your dog ensures a healthy and cooperative relationship where you can set boundaries, reward good behavior and teach life skills to your dog. With repetition you develop cues and commands to speak to each other day to day.

Training is often overlooked as a bonding experience but the more training and work you put into your dog, the stronger relationship you will have. You both become invested in working for each other and the communication you develop with each other is beyond words.

Much like humans, dogs can have a sense of confidence when they know what their purpose or job is. It can be extremely rewarding to have a well-trained, confident dog that in any situation. Of course each dog can come with their own issues and may require unique training or management plans.

Training is your shield of confidence. If your dog is trained you create a stress free situation in any activity you choose. For example; if your dog has a strong recall you can go for an off leash walk on the beach and have the confidence that your dog to come back if you encounter an unsafe situation.

Why enroll in a class or use a professional trainer? Great question.

When enrolling in a class you benefit from building your training IQ with a professional and your dog gets the healthy experience of training with distractions in a controlled and safe environment.

The trainer will help provide techniques and feedback specifically to you and your dog. Trainers can help you avoid setbacks and provide a structured plan so both your dog and you see results. It is like a personal trainer at the gym, you can benefit from a structured plan!

“**Part 2**” will cover how to choose a trainer that you are comfortable with their approach.

Jonathan Sumner is the head trainer and owner at the Ruff House where you can register for private and group training classes for the youngest puppy through advanced obedience.

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Swanee, how I love ya ...

by Brian McGurrian

George Gershwin, one of the most successful American composers of the 20th century, was born in Brooklyn, NYC, on September 26, 1898, the second son of Russian Jewish immigrant Moishe Gershovitz, and Lithuanian Jewish immigrant Rosa Bruskin. During his short life (before dying of a brain tumour in 1937) he composed well over a thousand songs for Broadway and Tin Pan Alley, often in collaboration with his older brother Ira, a superbly talented lyricist. George also composed several extended works, including *Rhapsody in Blue*, which is still being performed in concert halls the world over.

George was thrilled, at the age of twelve, when his working-class family acquired a second-hand upright piano. George had never showed much interest in formal learning and played hooky from school whenever he could, so his parents were astounded by how rapidly he learned to play the piano – largely self-taught - with the result that in May 1914, when George was only fifteen, he found full-time work as a song-plugger at Remick's, a music publisher on Tin Pan Alley - earning a princely salary of fifteen dollars a week. As a junior employee, he, "*spent most of his time in a little cubicle...[pounding] a piano from eight to ten hours a day,*" demonstrating Remick's latest songs for potential buyers.

Prior to the development of radio and TV, song-pluggers were needed to promote new songs, by demonstrating them for professional performers. In those days there was big money to be made

from a hit song, but people obviously had to hear the song before they might consider buying the sheet music or a recording. Of course, Gershwin was also constantly composing songs of his own and trying to get them published.

If you'd like to know which one of Gershwin's songs was his most successful, I can tell you that it was definitely *Swanee*. I wouldn't claim that it's his greatest song, but it was his most commercially successful song, thanks mainly to Al Jolson. And here's how it happened

While Gershwin was still working as a song-plugger at Remick's he had begun to collaborate with another Remick's song-plugger named Irving Caesar, who was pretty good at writing lyrics, and they became lifelong friends. One evening in 1919, while they were dining in the theatre district at Dinty Moore's, Caesar proposed that they should write a song in the same style as *Hindustan* which was a big hit around that time [*"Hindustan, where we stopped to rest our tired caravan..."*] and Caesar proposed that they should also change the locale from the Orient to the American South.

Caesar was later quoted as saying that they wrote the song during the bus ride back to the Gershwin family residence on 144th Street: "*I can write very fast when it hits me. Sometimes lousy, sure, but always fast. What the hell, Gershwin and I wrote 'Swanee' in about eleven minutes flat!*" Gershwin later gave a more conservative estimate, saying that he thought it must have taken at least an hour, because he remembered getting complaints that their sing-



Irving Caesar



George Gershwin

... Among the folks in
D-I-X-I-Even know my mammy's
Waiting for me praying for me
down by the Swanee...

ing and piano playing was disturbing his father's poker game with his buddies.

Their song was initially performed in a show called *The Capitol Revue*, which opened at the Capitol Theatre in October 1919, where it was sung by Muriel De Forrest with a line of sixty dancing girls with electric twinklers on their toes! Nevertheless, the sheet music sales were so disappointing that Caesar and Gershwin made desperate attempts to stimulate sales by buying up copies of their own song in the theatre lobby.

At the time when George and Irving were desperately trying to promote their new song, it so happened that Al Jolson was in New York, starring in a show titled *Sinbad*, and one night he gave a midnight party after his show. Lyricist Buddy DeSylva, who was a close friend of Jolson, brought George to the party and asked him to play something for Jolson. Richard Rodgers, of the Rodgers & Hammerstein partnership, once commented drolly that Gershwin, "*played marvelously - and at the least provocation,*" and we can well imagine that George would have pulled out all the stops when he played

Swanee, and Jolson immediately decided to put the song into his current show.

It was thanks to Jolson's extraordinary promotion of *Swanee*, that the song suddenly became a big hit. Irving Caesar says that the song just, "*took off and never stopped.*" Within one year, Gershwin and Caesar had each collected ten thousand dollars in royalties, an immense bonanza in 1920. That one song made Gershwin financially secure, and it enabled him to live the life of a man about town, constantly surrounded and admired by attractive women. It also became one of Jolson's greatest hits, second only to *April Showers* and *Sonny Boy*.

Neither Gershwin nor Caesar had ever visited the South when they composed their famous song. There's a story that some time after they became famous, Caesar and Gershwin were on a train to Florida and as they crossed the Georgia-Florida state line the porter said, "*Hey boys, there's that river you wrote about.*" Caesar later commented that they looked out the window at this unimpressive little stream and decided it was better that they had written their song before seeing it.



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There are oodles of noodles with another lengthy history

by Carole Moul

The word ‘noodles’ certainly sounds innocent enough. Noodles are included in many different food dishes, presented perhaps with a sauce, vegetables, meat, fish or frequently served by themselves.

There are said to be thousands of varieties of noodles. Many kinds are even allocated for special occasions. The main ingredient is usually wheat flour but noodles can be made from rice flour, mung bean starch or whatever the creative cook decides. Salt, egg, water and other ingredients could be added depending on the type. The number of noodle recipes is countless.

With handmade noodles the noodle dough is stretched, released, or rolled flat and cut into one of a variety of shapes which usually include long, thin strips, or waves, tubes, strings, or shells, and folded over, or cut into other shapes. For centuries and generations, handmade noodles were what noodle preparation was all about. Today, suggestions abound in recipe books or magazines as to the best way of preparing noodles by hand, as many cooks still do.

The history itself of different popular foods can be a complex one and so it is with noodles. We even further confuse the issue when we interchange the terms ‘noodles’ and ‘pasta’. Perhaps, this is where we need to bring in the words of experts for help.

According to the authors of the article, Noodles, traditionally and today, in Science Direct, Chinese noodles originated in the Han dynasty, which has more than 4,000 years of history. It became a staple food for the people of the Han dynasty which was 206 BCE – 220 CE, with the oldest evidence of noodle consumption from about 4,000 years ago in China.

A National Geographic article by John Roach in 2006, sites an unearthed 4,000-year-old bowl of noodles as the earliest example ever found of one of the world's most popular foods. It also suggests an Asian origin for this staple dish. The well-preserved, long, thin yellow noodles were found inside an overturned sealed bowl buried under three meters of sediment at the Lajia archaeological site in northwestern China. "This is the earliest empirical evidence of noodles ever found,"

Houyuan Lu of the Institute of Geology and Geophysics at Beijing's Chinese Academy of Sciences said.

The Industrial Revolution and the growth of the food industry, thousands of years later changed much of the noodle making from the traditional handmade production to the mass production of making noodles by machines. Various countries lay claim to the invention of the first noodle machine, with history noting that the Chinese noodle making machines appeared to have come at the end of the time period noted as the Industrial Revolution.

The next revolution in noodle making and noodle eating came in 1958 with the advent of instant noodles as a fast food. And according to the World Instant Noodle Association, 103.6 billion servings of instant noodles were eaten in 2018 with countries having their own unique flavours.

Today, the internet and the technological revolution have brought us another way as to how we look at noodles. Not as to whether we do in reality enjoy the taste and eating of this age old staple, but how we can get out the word that we do. We use Facebook, Twitter, Snapchat, and Internet Messaging Boards to tell about our love of noodles. We Blog and we provide recipes and even make Podcasts about a food that came about from such humble beginning long ago.

So the next time your thoughts are of indulging in one of the world's most popular comfort foods, remember millions of others are thinking that way too, and enjoy another bite of history.

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





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There were plenty of reasons to be a Newfoundlander that day

by Carole Moul

You can reach St. John’s Newfoundland from Ottawa in about three days. The driving distance will be over 2700 km, depending on your route. Alternatively, you can fly there in a little over five hours. Or, as many did recently, you could enjoy the great spirit of Newfoundland in just one afternoon at Revera Landmark Court, here in Ottawa south.

The Fumblin’ Fingers Band led the packed house in singing and clapping with traditional East Coast and Newfoundland music. A rousing ‘Screeched-In’ Party was also part of the merriment for those in attendance that Saturday.

Jane Brennan is Executive Director of Landmark Court at 140 Darlington Private. She is also from Newfoundland, where knowing how to party is in their genes. And, like all other Newfoundlanders, Jane knows that to become an ‘Honourary Newfoundlander’ a person must go through somewhat of a ritual to earn the title. And, although this usually takes place in a downtown St. John’s, Newfoundland pub, on this particular occasion many enthusiastic residents, family and friends of Landmark Court Retirement Residence went through with the custom locally to join thousands of others earning the very unusual rite of passage.

Tradition has it that a proper welcome ceremony involves swearing an oath, eating a piece of bologna, kissing a frozen cod, and drinking a shot of Newfoundland rum known as Screech. Then, and only then, do you become a full fledged Honourary Newfoundlander.

Celeste, of Fumblin’ Fingers, who hails from Grand Falls, Newfoundland, had the oath in large print for everyone to recite at the beginning of the celebration. Those in attendance solemnly swore, albeit with smiles on their faces, and the festivities began.

It wasn’t long before plates of bologna appeared: another prerequisite of a Screeched-In Party. Then the guest of honour, a beautiful codfish, was taken around the room to be kissed by a crowd of extremely good sports. Laughter by all was the order of the day.

A shot of Screech was provided to all those brave enough to try it,

and from the looks on many faces, they did!

Unmatched entertainment was provided. Have you ever seen an Ugly Stick? Celeste used one as part of her musical repertoire. Hers was made from a wooden floor mop turned upside down, planted in a rubber boot and with bottle caps nailed in the handle that jingle as it’s shaken. Celeste’s Ugly Stick was special because her ‘Tammy’ has a Newfoundland tartan tam sewn to the mop head.

Have you seen Jane Brennan sing ‘Rubber Boots’, dressed in true Newfie regalia? Well, the folk at Landmark Court did that day, and was it entertaining!

Nick Flynn thought that the whole afternoon could have been held for him.

“I considered that party to be a welcoming party for me because I just came from St. John’s Newfoundland in January,” he said. “My daughter lives in Ottawa,” he added. “I thought it was one of the best parties I’ve ever attended and was delighted to hear the Newfoundland songs so I could get up and have a little dance.”

Grace Foote Shaver noted, “It all brought back a lot of Newfoundland memories.”

Grace was born in Footes Cove, on Pardy’s Island, in Burin Harbour. “My parents used to have parties in their kitchen. Plus, for me helping to prepare for the day also took me back down ‘memory lane’”, she said.

Jokingly, Patrick O’Meara from Ottawa suggested that there were “Way too many Newfies here today,” but admitted to “enjoying the party quite a bit.” Fittingly dressed in a borrowed ‘sou’ wester’ hat he too tried the screech and found it “to my liking”.

Does Patrick now consider himself to be an Honourary Newfoundlander? “Absolutely!” he quickly replied.

Newfoundland just turned 70 this year and the population on the web is listed at 525,983 for 2019. That, of course, was before the Screeched-In Party at Revera Landmark Court in Ottawa this spring. Today, Canada’s newest province can add to their numbers the many enthusiastic people who became Honourary Newfoundlanders just a short time ago, certainly in spirit, if not actually born on ‘The Rock’.



Lynn, (L) Hannie, Wayne and Celeste of the Fumblin’ Fingers Band, did a great job of bringing some famous Newfoundland music to Landmark Court..



From out of a memory album, Grace Foote Shaver shared a photograph of herself from her last visit ‘down home’.



Celeste sure knows how to play that musical Ugly Stick.

PHOTO: CAROLE MOULT



The guest of honour!



Good sport, Patrick O’Meara, tried the Screech and liked it.



Jane Brennan and Nick Flynn kick up their heels with some Newfoundland music.

Young at heart are the Sunset Singers

by Ed Weick

The Sunset Singers are a dynamic group of older people who envision a meaningful world to praise through songs that help their community. They've been active as a group for seven years.

Though members come and go there are now about 15 of them, some 10 women and four or sometimes five men. They range in age from their late 60s to well into their 90s.

When they were younger they worked hard for a living, made sure their families had food and shelter and their children educated. They did the necessary things that get one through life. Now they have time to let their creative side come to the fore.

Declining health from aging has been a factor with the Sunset Singers. Yet health issues have not stopped them sing. One member



who suffers from Parkinson's serves meals to the needy. She recently celebrated her 80th birthday and takes piano lessons practising four hours a day. A member in his 90s completed two books, made four compact discs and created a Webb site to share his research on the history of Israel. Another wrote a play to be performed in Wakefield in the fall. Still others have taken university-level courses, joined committees and a miscellany of or-

ganizations because they still have a lot to offer and reject boredom.

The Sunset Singers assemble weekly from various parts of Ottawa-Gatineau to practise under director Roxanne Goodman. They see themselves singing not because the sun is going down but because it's still up there. And surely they will sing as long as it's there!

Who listens to their songs? Well, they've done gigs at retirement homes and other facilities that

house older or ailing people. Their audiences often invite them back. Once a year they do a concert at places like Centrepont Theatre. That is where they'll perform their eighth annual concert on November 2, at 2:30 p.m. Their program will consist of songs, skits and a silent auction. They hope to see you at the concert because they know you'll enjoy it.

The Sunset Singers perform not just because they enjoy doing so but in large measure because charities benefit. Those charities include food banks, wildlife preservation and programs for young people. The singers understand caring and giving and will not quit their cause while demonstrating that age need not be a burden. They believe that much of your younger years can remain on entering senior years. Ed Weick, a member of the Sunset Singers for five years, affirms that you need not leave your true self behind!



American Goldfinch. PHOTO: ELGA RADNOR





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Spring is here and so are ticks

Ottawa Public Health (OPH) has made tick keys available again this season. Please contact my office at JeanCloutierOtt@Ottawa.ca or call 613-580-2488 to request one.

Alta Vista is lucky to be home to some of Ottawa’s most beautiful natural greenspaces. If you are out in wooded areas or areas of tall grass where ticks are known to inhabit, you need to be aware of the risks of Lyme disease and take appropriate precautions. Be alert, wear an approved bug spray with DEET or icaridin and wear long pants tucked into your socks, to name a few.

Check yourself, family members and pets for ticks when returning from a hike. Pets can get into areas we can’t, especially when we’re not looking, so make sure to check them daily. Your pet will enjoy the extra attention while you keep them healthy.

Please visit www.ottawapublichealth.ca to familiarize yourself with preventative tips and tricks, ways to identify Lyme disease, and what to do if you find a tick.

Thank you tree planters!



On May 11 we planted 200 trees at the Heron Corridor Greenspace and most of us managed to dodge the mud. I’m looking forward to our next day out!



Drop by the Spring cycling safety blitz!

We’ll be joining Safer Roads Ottawa to promote safe cycling in Alta Vista. Stop by and chat about cycling culture in Ottawa or just show off your bike!

Wednesday, June 5
Alta Vista Dr. and Industrial Ave.
weather permitting
3:30pm to 5:30pm

Avoid break & enters into sheds & garages

With the arrival of warmer weather, the Ottawa Police Service Break & Enter Unit is anticipating an increase in the number of break & enters to insecure sheds and garages across the City. It takes moments to enter a garage or shed and make off with commonly stored items within, like powered yard equipment and bikes.

The best deterrent to avoid this situation is to ensure sheds and garages are properly secured. Garage doors should be left closed when unattended. An insecure garage door can also facilitate entry to the residence.

In the event of a break & enter, investigators are greatly assisted when important information about property is properly recorded. Police will ask about the availability of make, model & serial numbers of stolen property, and/or unique identifiers where relevant. Photographs are particularly helpful and increase the potential of the successful recovery of stolen property.

Report information on incidents to the Ottawa Police’s Break & Enter Unit at 613-236-1222 ext. 4533.

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Pelvic Floor Health

Here’s a question for you; how is your pelvic floor? Don’t really know? It’s okay since most people don’t think about it either.

The Pelvic Floor is the name we give to the muscles and ligaments that sit at the bottom of our belly in the region of the pelvis, in both men and women. It functions as a stabilizer for the hips and the low back, helps to split the forces coming from the spine and gives you the ability to hold the urine and bowels when we are out and about. It serves an important sexual function for orgasm and is the support for the bladder as well as the sexual organs in the pelvis. These muscles also work with the diaphragm to assist in proper breathing! That sounds quite essential right?

Now that you know what the

Pelvic Floor is, how can you identify if you have a problem? Here are some questions to think about:

- Do you ‘pee’ more than 8 times per day?
- Do you feel an urge to go to the bathroom and feel like you won’t make it there?
- Do you experience leakage (fecal or urine)?
- Do you have pain during sex?
- Do you have pelvic pain and/or pressure (including tailbone or pelvis)?
- Do you have low back pain that hasn’t resolved with treatment?

If you said yes to one or more of these questions, you may have a pelvic floor dysfunction. As with any muscle or a ligament, the pelvic floor can be affected by weakness or tightness and affect both men

and women (not only post-partum women). Treatment is geared towards the tissues affected to learn how to release/relax a tight muscle or strengthen/activate a weak one.

Wishing that the issue would go away on its own is natural. It’s the same as that muscle injury that can resolve without the care of a specialist, or a neck ‘kink’ that feels sore for a while but then slowly goes away. However, if the symptoms don’t go away after a month or two, you should seek a qualified therapist.

A Registered Massage Therapist trained in this area can help in this matter. They will perform an assessment that will include a questionnaire about signs and symptoms and complete an interview. Once the root cause is figured out, a treatment plan will be designed specifically for you and the type of dysfunction that you are presenting. The treatment is based on work externally with the related

muscles, ligaments and joints. Part of the treatment plan includes sets of home exercises that will be discussed to maintain the effects of the on-site treatment until the following visit. Some of these exercises include filling out a bladder journal, specific pelvic floor relaxation exercises and the occasional Kegel. Treatment is always dependant on the type of dysfunction presented.

Other professionals available for this type of dysfunction are Physiotherapists with Pelvic Floor specialization or urogynecologists. Both have the training to work internally for a more specific treatment.

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PHOTOS: DEBBIE CHAPMAN AND ALAN LANDSBERG

When a date is more than just another number on the calendar

by Carole Moul

You saved the time and date of April 27th, found the location at 1877 Innes Road for The Wholesale Outlet4Women, and then followed instructions from the men in pink hats who were directing traffic in the huge parking lot. You made it inside the store, and soon found one of the 125 chairs that were rented for that special Saturday. Perhaps before the show ever began you may have even changed seat locations a couple of times for that ‘perfect’ spot. No matter what, you knew that over the next couple of hours there would be a lot of great things go-

ing on. And, not only would it be an entertaining morning, but more importantly the audience was there to help support two very worthwhile causes. This was, after all, the Fashion with Compassion Show.

Cancer Research

Sherry Woodburn is the owner of The Wholesale Outlet4Women where the fashion show takes place. Sometime over the past month or so it was decided that this was show number 24. Number twenty-four would be quite different, however, from the original when they were happy to have even 25 in attendance and perhaps three

or four fashion show models.

“Originally, the proceeds from items sold the day of the show went to breast cancer because of my involvement with FDJ Jeans,” Sherry noted.

“When talking to the owner of FDJ Jeans about the initiative we had planned at the time he said that the company would support us with a donation of product.

“I had a few friends who had cancer and thus the first donations were to Breast Cancer at The Ottawa Hospital. Then over time, as the models changed and several were doing this to support family members living with different

types of cancer or going through cancer treatment, it was decided to donate to cancer research at The Ottawa Hospital Cancer Centre- General Campus. Moreover, as the fashion show evolved it was no longer just about women and just about one kind of cancer. Eventually, the models involved in the Fashion with Compassion Show were all cancer survivors and had had various types of cancer, however all cancer patients could benefit from our show.”

These days there are always ten very committed TWO models. At the recent show there was a full house of at least 125 enthusiastic



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guests plus quite a number of wonderful volunteers to help with the smooth flow of the day. Lise Butters, the upbeat and affable emcee, reports that she has missed only one show and guests acknowledge her familiar style as a truly winning one.

“It is because of generous people like yourselves that we were able to send along \$2,500 to the hospital in support of cancer research,” Sherry said after the recent show.

On April 1st, 2019 just weeks prior to the fashion show, updated material was posted on their website with regard to ‘Cancer Research at The Ottawa Hospital’. This latest report is for 2018-2019 and provides invaluable and thought-provoking insight into the work and exceptional research being undertaken, and is relevant as to where the proceeds will end up from the Fashion with Compassion Show.

Your Impact,

This subtitle and the following information could have been written for participants, guests, and volunteers of the April 27th fashion show, and permission was given to share.

“The impact that one person can have on the future of health care is huge. The impact a group of like-minded community leaders can have on the future of health care is limitless. Thanks to donor support we’ve built one of the largest and busiest regional cancer treatment centres in the country. We have one of the only oncolytic virus manufacturing facilities in the country that trains modified viruses to kill cancer cells. We have technology like the CyberKnife that performs non-invasive day-surgery procedures on previously inoperable and often terminal brain tumours. Our state-of-the-art breast health cen-

tre has dedicated diagnostic machines to speed up the treatment process, clear backlogs, and help more people get back to healthy lives. These are only a few examples of how donors have changed the face of health care. We specialize in matching donors who want to help with those who need their help the most.”

Victoria’s Quilt’s Canada

It has only been over the past few years that Victoria’s Quilts Canada has been the other recipient of a donation from the Fashion with Compassion Show. The following very short story tells how this came about with Sherry Woodburn and VQC.

“A friend of mine had cancer and someone else asked if I had ordered a quilt for her. I Googled Victoria’s Quilts Canada and re-

quested a quilt. Since then I have requested several quilts and delivered one.”

During the Fashion with Compassion Show, one of the models, Marlene, spoke about how comforting it was to receive her quilt, and how it travelled with her on her cancer journey. She shared just how cold some of the treatments make you feel physically, and how wrapping the quilt around you provides physical, emotional and spiritual support. “I took it to all eight chemotherapy sessions,” Marlene said.

Marlene is just one of the over 70,500 Canadians who have received a quilt since 1999 the year local Ottawa resident, Betty Giffin, started Victoria’s Quilts Canada. In that initial year 16 quilts were made and distributed by Mrs. Giffin and several friends to people living with can-

CONTINUED ON PAGE 26



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CONTINUED FROM PAGE 25

cer. The number of quilts for 2018 was 7,182, with VQC now making and distributing about 600 quilts a month, according to their Victoria's Quilts Canada- Homepage.

The request for quilts continues to increase and frequently quilt recipients are the ones who will be among the private individuals who donate. Sherry Woodburn saw how this works, first hand, when on the Monday following the show, Christine, another quilt recipient dropped into The Wholesale Outlet4Women.

“Here is a photo of the most recent quilt I had requested for one of my customers who had a mastectomy in December. Isn't the quilt beautiful?” Sherry commented. “Christine came in yesterday and brought a \$100 donation for VQC and left a note saying the quilt has helped her through her cancer journey and has brought her much comfort.” Then Sherry continued, “After the April 27th show, we also gave a donation in the amount of \$450 to Victoria's Quilts Canada for handling our refreshments during the show.”

Just one day and there were many winners

As in previous years, generous individuals and corporate donors have provided amazing ticket draw items for prizes at the intermissions. Anticipation always runs high as numbers are checked and prizes awarded. Everyone is a winner from this show!





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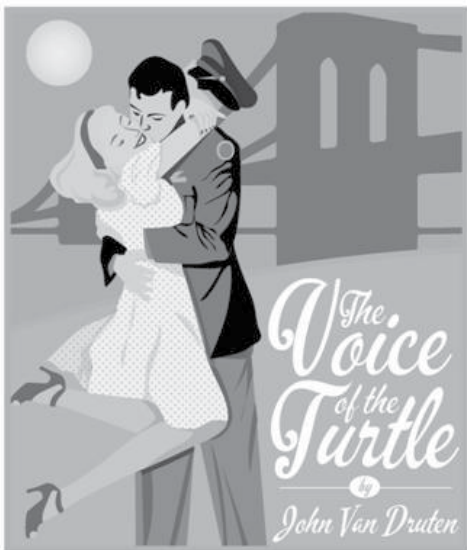


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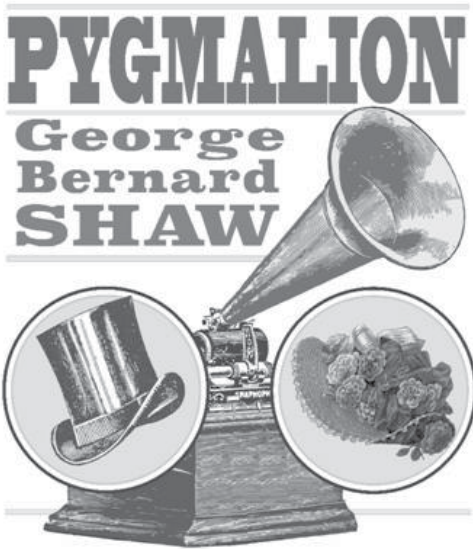
Does a swinging 1940s soundtrack get your toes tapping? Does your DVD collection host Hollywood's golden age romantic comedies? If so, you'll love the 9th-longest running play in Broadway history. This remarkable comedy will embrace you with the passions and excitement of World War II-era New York City, when young people from across the nation converged on the Big Apple to discover new loves, share their dreams, and navigate the challenges of rapidly changing moral codes.

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Art Lending of Ottawa welcomes you to its upcoming shows

Art Lending of Ottawa (ALO) was established in 1970 as a not-for-profit artists' cooperative in the National Capital Region. It is dedicated to making accessible, to its clientele, high-quality original art produced by local, visual artists, who have been successfully juried into the organization. ALO facilitates rental of their art, lease-to-purchase opportunities, and sales, all at affordable prices; and invites the public to its art shows, featuring original artwork in a variety of styles and mediums by local artists. Those who want variety in their homes and businesses have the choice to rent art for a minimum of three months, and the cost could be as little as \$12. per month. Rental payments can be applied toward the purchase price.



Renate Hulley, water colourist, Feature artist, March 2019



Elvi Edwards, ALO member artist participant, March 2019



Miles Whittingham, photographer, member artist, March 2019



Mike Gugeon, artist member participant, March 2019

PHOTOS: MARGARET FIETZ

The Art Show Location:

Outaouais Room, RA Centre (east entrance),
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Art Show Dates:

- Saturday, 15 June 2019 10 am - 4 pm (Revised)
- Saturday, 14 September 2019 10 am - 4 pm
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Website: www.artlendingofottawa.ca

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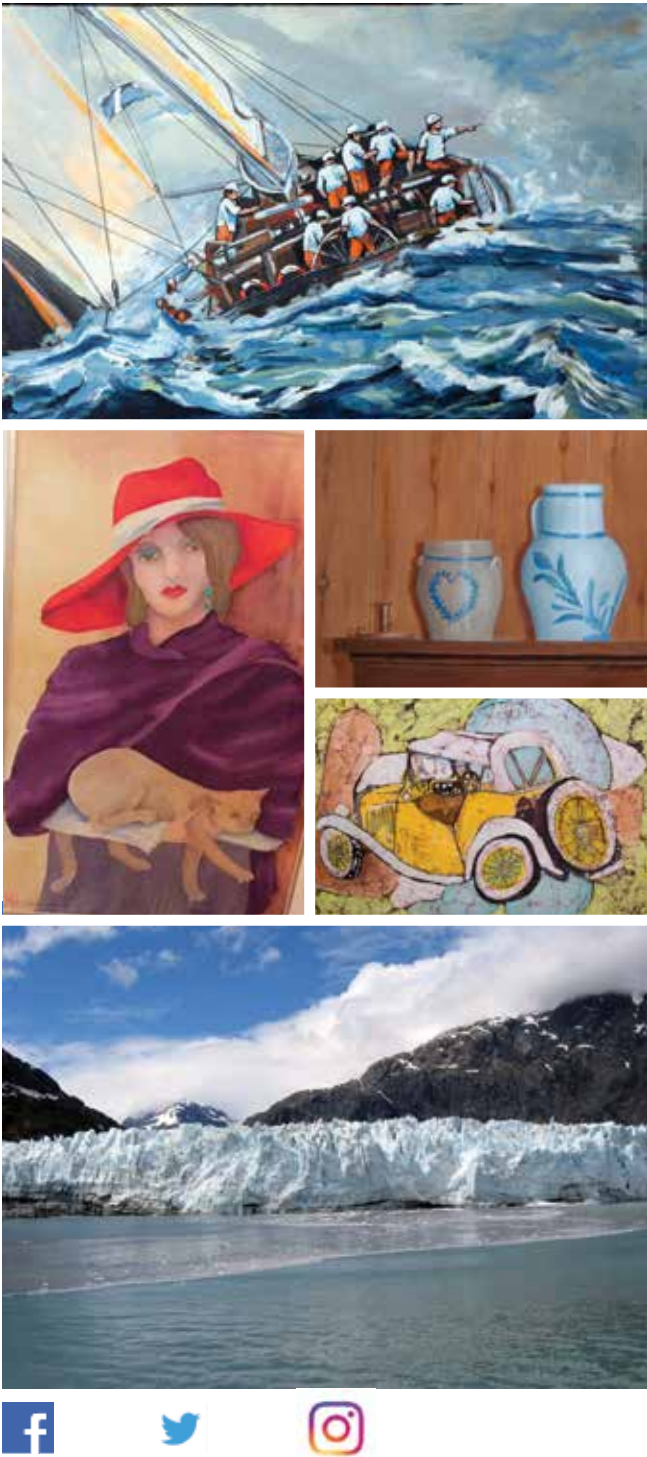
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Ottawa finds strength and resiliency in the midst of a natural disaster

by Jim Watson, Mayor, City of Ottawa

In May 2017, the National Capital Region was hit by significant floods that devastated hundreds of homes along the Ottawa River in West Carleton, Cumberland, and in Gatineau. What was presumed to be a once-in-a-hundred years natural disaster came back to ravage those very same communities only two short years later.

Tragically, the community of Dunrobin was still recovering from the devastating tornadoes that hit in September 2018 when the current flooding occurred. When the tornadoes touched down, many residents lost their home in an instant. Thankfully, no one lost their life, but the impact of two natural disasters occurring less than eight months apart has taken an important toll on our community.

On April 25, on the recommendation of City Manager Steve Kanellakos and his team, I declared a State of Emergency in the City of Ottawa. The projections from the Ottawa River Regulation Planning Board showed that the river peak levels in some areas would reach dozens of centimetres above May 2017 levels. It was clear that the City of Ottawa would need the assistance of the provincial government and the help of the Canadian Armed Forces to



City crew and volunteers help fill sandbags during the floods that devastated Ottawa in April 2019.

PHOTO: CITY OF OTTAWA.

mitigate the floods and offer some relief to the homeowners, volunteers, City crews and first responders who had been working around the clock for weeks to save homes in the affected areas.

Over the last few weeks, thousands of dedicated City employees, volunteers and military personnel have shown incredible acts of courage and determination as they tried to save as many homes as they could from the rising Ottawa River. My heart goes out to the homeowners whose homes have been affected by the floods, and to the 155 households who had to evacu-

ate their residence and leave their belongings behind.

I would like to express my most sincere gratitude to the nearly 16,000 volunteers and 700 members of the Canadian Armed Forces who came out to help our residents in need. These incredible men and women filled over 1.6 million sandbags, brought hot beverages and food to the volunteer centers, and provided invaluable emotional and moral support to those working on the front lines and to the impacted residents.

Once again, in the midst of a natural disaster, our city has shown

that it is a caring and compassionate city. I am touched by the generosity and kindness I have witnessed during this difficult time.

As we move into the post-floods recovery stages, I encourage our residents to keep their spirits up and our sense of community strong. The City of Ottawa and its disaster relief partners will continue to provide help and resources so that flood victims can start to rebuild their homes and bring normalcy back to their lives.

The latest information on the flooding situation can be found at www.Ottawa.ca.



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EXCELLENCE IN EQUITY AWARD TO MARY ENNS

Department Head
Hillcrest High School

Mary has been with the OCDSB for over two decades. Throughout her career, Mary has been leading her colleagues in raising awareness, questioning assumptions and changing us all for the better.

At Sir Robert Borden High School, she single handedly ran the “Black History Month” celebrations, taught teachers about Kairos’ Blanket Exercise and always saw things through an equity lens. Since moving to Hillcrest High School, she has become even more instrumental to the lives of Black, Arab, Muslim and Indigenous students. She facilitates weekly meetings with the Black Excellence Club, works to bring students to the Black Youth conferences and helps with the Black Youth Planning Committee.

While she supports this work, student voice is at the centre to what she does. Mary believes that all students have a voice, that they’re valued, respected and are meant to be heard. She has created safe spaces where all students are respected within every school she’s taught. Mary incorporates these voices into all classes. Recently she had Dr. Clyde Ledbetter speak to CHW3M and HSP3UF classes about African Creation Myths, and she invited Fran Schiller into her Law class to speak about the Civil Rights Movement she was a part of in the mid-60s. She works very hard to include lessons about Indigenous treaties in the Ottawa area.

Mary allows for complete inclusivity in all aspects of education. She reaches out to community partners such as the Somali Centre and other minority groups which support human rights. Mary brings professors from Ottawa Universities to mentor Black youth and those in low income situations. Her influence does not end when kids graduate; she continues to help youth develop far beyond high school. All the work she does has two things in mind, — supporting racialized youth and building bridges between minority groups. She doesn’t just talk the talk — she has devoted her career and her life to social justice.



Eastway Gardens, you did it!

Nicole sent out the email and many wonderful volunteers responded. Thank you for the great team work in Eastway Gardens for the Spring Clean the Capital. The whole neighbourhood looked amazing after all your hard work. These photos help tell the story.

PHOTO: CAROLE MOULT

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Rollin', rollin', rollin'

by Denis Poitras

As we are heading toward and looking forward to summer, a lot of us are getting ready for rollerblading which is really in-line skating. The sun is slowly motivating us to get ready as we are inspecting our in-line skates and wonder if we need new brakes, new wheels or just plain buy a new pair. I know that is my routine as I get ready to shed a few pounds for the summer body. In-line is a great way to enjoy a physical activity while admiring the city with everything it has to offer.

The city has cleaned most of the lanes from dirt and debris and the paths are waiting for us to enjoy. The rules are simple. All you need is a helmet, wrist protector, elbow or knee pad protection as well as skates. There are two major companies that offer great new styles every year and Rollerblade and K2 are among the best in the business. If you are a beginner, you might want to choose a wheel size 80, 82 or 84 mm. If you have been doing it for years, you might choose to increase the speed to 90, 100 or 110 mm wheels for the long distance enthusiast. All you have to keep in

It is a family outing that is fun, healthy and creates important moments in one's life.

mind is "the bigger the wheel, the faster you will go" also the less control you will have so that should be kept in mind when buying in-line skates for the first time.

Parents have already bought some for their kids. It is an easier process to purchase since they are adjustable and grow with the child. You can have size 11 to 2; 1 to 5; and 4-8 depending on the company, which is great because kids grow so fast and they are able to have their inline skates longer as they grow older. As for protection for the kids, it's the same as adults. Kids enjoy the sport for a multitude of reasons but the main one is to help get ready for the hockey or ringette season that has just finished. Training continues even if you are not on the ice.

Another main reason to get kids in-line skates is because it is some-



thing they can do outside of the house and get exercise with their parents or friends. Plus, it is a great way to do physical activity as a family. You leave the house with a backpack filled with water bottles and a snack when you stop for a break. It is a family outing that is fun, healthy and creates important moments in one's life. Also, by keeping the kids active outside of the home during the summer, it is good for many reasons but the most important is that they are not glued to an iPad, computer, game station or the television. Sports lead to healthy bodies and healthy minds. Figure 8 Skate Specialists

have received new models. Drop by the store to view the new in-line skates. The summer is starting soon and it's a great time to get ready to enjoy the outdoors and be physical.

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 He's the creator of 4 Dance, Gym & Cheer which is a retail store within Figure 8 providing all the necessities for dancers, gymnast and cheerleader. www.figure8.ca

Public Health Agencies Benefit All of Us

Public Health agencies provide public health programs and services to individuals and communities while advocating for public policies that make our city and its residents healthier. Throughout the province, they work with hospitals, schools and with Community Health Centres to provide services. Public health agencies also run laboratories, 11 across Ontario, which do 5.5 million tests a year and where approximately 10,000 specimens a day are received for checks on water and food safety to name a few.

All Public Health Ontario (PHO) agencies such as Ottawa Public Health, provide vaccination education, monitor immunization records and provide vaccinations in schools. They make sure that beaches and public swimming areas are safe and clean to swim in. They work with local Community Health Centres to provide primary care for seniors, newcomers, to marginalized populations, as well as host sexual health clinics that keep our communities safe and healthy. They work in hospitals to help get information to parents and families about breastfeeding and childhood growth milestones.

They provide breakfast programs, dental screenings and vision screenings in elementary schools. Specifically in Ottawa high schools, they provide funding for Project STEP which allows for support, treatment, education and prevention of youth addictions. Ottawa Public Health also provides suicide prevention supports in schools.

The work that Public Health Agencies do protect us all. They provide information we all need at certain points in our lives. However, the government is making deep cuts to the programs and services of Ontario Public Health agencies that matter most to Ontario families.

Ontarians deserve so much better.



John Fraser, MPP
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- July 1st - Canada Day Celebration**
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- July 19th - Casino Royale**
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- August 29th - Country Western Festival**
Yehaw! Bring you appetite and enjoy our Annual CountryCorn Roast starting at 2:30pm.

For more information call Diane at 613-656-0556



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- June 13th - Morning Concert Series**
Kelly & Scott Richardson, piano and flute, at 10am.
- June 19th - African Drumming Workshop**
Live drumming performance starting at 3pm.
- June 25th - Strawberry Social**
Join us at 2pm for a Strawberry Social.
- July 4th - Intergeneration Music Event**
Live entertainment with Paddy Stewart at 10:30am.
- July 31st - Ice Cream Social**
We all scream for ice cream! Join us at 3pm.
- August 6th - Peach Social**
Plenty of peaches and live entertainment by Jean Guy Bernard at 3pm.
- September 13th - Lucky 13!**
Join us for a casino extravaganza from 2pm to 4pm.
For more information call Nathalie at 613-260-7144



Riverview Park Review

SECTION TWO

JUNE 2019

A Voice of Riverview Park

JULY 2019

Staying connected at the Oakpark Retirement Community

by Nathalie Bartlett,
Marketing Manager

Spring has sprung and you can definitely feel the excitement in the air at Oakpark. We have had an eventful and busy couple of weeks from attending the National Women's Show on April 27th & 28th, to our Spring Fashion Show featuring a Allia & Tanjay Spring Collection, as well as our Spring Fever Dinner Theater conducted by the Smile Theater. We are looking forward to inviting them back again for another performance. Stay tuned!

While always staying connected with our community, Dr. Richard Bergeron and his team from the Ottawa Memory Clinic will be hosting a very interesting pop-up information session at Oakpark Retirement Community on Thursday June 20th at 7:00pm. The Ottawa Memory Clinic specializes in early detection of Alzheimer's disease. They are dedicated to helping



Nathalie Bartlett & Brenda Grandy, Marketing Managers with Riverstone, ready to greet everyone at the National Women's Show. It was busy!



Trudy and Henry from Carlingwood Retirement Community did an amazing job presenting, "A Taste of Riverstone" on the Culinary Stage at the National Women's Show, Ottawa on April 27th & 28th. They made some yummy strawberry and goat cheese bruschetta.



Checking out the clothing at the Spring Fashion Show

improve the lives of people who may be at risk for or are affected by memory decline, The OMC team consists of health care professionals and all services offered are free of charge. If you are interested in attending this session, please RSVP to Nathalie Bartlett Marketing Manager 613-260-7144.

Their research and clinical trials are really interesting so come and join us on June 20th at 7:00 p.m. Join us as well for a unique workshop, led by Leo from Tree Frog Percussion, on June 19th at 3:00 P.M. Leo will be teaching us about many different percussion instruments that he accumulated while

on his travels in Africa. This interactive workshop lets participants play the instruments collectively in an African drumming circle: a great afternoon of culture and music that you will not want to miss. If you have any questions about Oakpark and our services, don't hesitate to call us at 613-260-7144.



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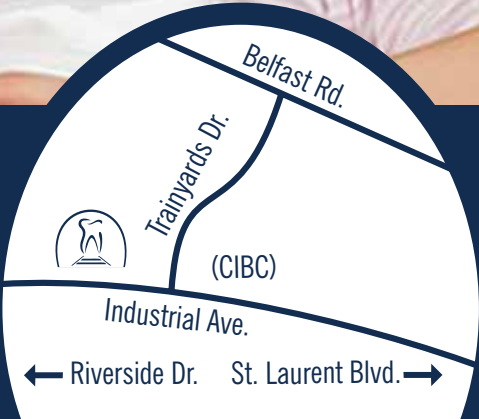
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INTERESTING CANADIANS

Stand up and be counted – the real Canada

by Bruce Ricketts

2020 is an important year for Canada and Canadians. Seventy-five years earlier, on May 8, 1945, Germany unconditionally surrendered to the Western Allies, including Canada. The date became known as Victory in Europe Day or VE Day.

World War II started in 1939 when Hitler’s armies invaded Poland. Within two years, Germany controlled much of Europe, including France and Holland.

Canada, following Britain’s lead, declared a state of war with Germany on September 10, 1939. At the time of the declaration, Canada had a Permanent Active Militia, full-time army, of only 4,169 officers and men and a Non-Permanent Active Militia, army reserves, numbering 51,148. The Royal Canadian Navy consisted of 309 officers and 2967 naval ratings. The Royal Canadian Air Force consisted of 360 officers and 2797 airmen.

Men and women began to line up across the country to fight for Canada in all three services. Over the course of the war, the army enlisted 730,000 men and women; the air force 260,000; and the navy 115,000 personnel.

The majority of Canada’s overseas contingent were based in England for training. Apart from the Dieppe Raid in August 1942, the frustrated Canadian Army fought no significant engagement in the European theatre of operations until the invasion of Sicily in the summer of 1943. With the Sicily Campaign, the Canadians had the opportunity to enter combat and later were among the first to enter Rome. From that time to the end of the war in 1945, Canadians had been a part of almost every major action of the war. In addition, Canada had trained 100,000 pi-



Young Farley Mowat



lots, navigators and gunners in the British Commonwealth Air Training Plan which saw airfields spring up all across Canada.

By war’s end Canada had the allies’ third largest navy, fourth largest air force and fourth largest army. In the five years of the war, we had turned out thousands of weapons, millions of rounds of ammunition, thousands of ships and planes and had the world’s largest Merchant Marine force running men, fuel, supplies and relief across the Atlantic to sustain the allied effort and to feed the starving civilians.

But there are a few little-known stories that almost belied Canada’s accomplishments.

Recall that it took almost three years into the war before Canadian’s entered the European fray.

Why did we sit in England for so long? Although Canada declared war on Germany within days of England’s declaration, Winston Churchill was not keen to have Canadian send across the pond. Indeed, we send only a few divisions at the first. Canada was viewed as a support and resupplier rather than a first-in combat organization. Compound that with Mackenzie King’s demand that Canada fight as a sovereign army and not just as part of the British force, and there was a recipe for Canadian restlessness until the invasion of Sicily in 1943.

Those first few divisions sent by Canada were also central to another bit of Churchillian bluster. The Canadian government was developing weapons at a fast pace in Canada and was getting ready to send a stock over to England when Churchill interceded - wanting the weapons to be sourced in the UK, thus costing Canada hard currency - by stating to his senior officers, “Let them supply the insignia flashes”. King was not amused.

Historians, mostly British ones, have downplayed the role which Canada played in the Second World War. We celebrate Vimy Ridge from WWI and the War of 1812. We celebrate only one WW2 action - D-Day on June 8.

But what of Operation Husky? What of Ortona and Cassino and the Gothic Line, the Hitler Line, the Battle of the Scheldt and the liberation of Holland.

What about the Battle of the Atlantic and the supply convoys which braved the U-boats crossing the oceans?

What of our brave soldiers in Hong Kong and Burma? And what of our RCAF flyers in North Africa, Italy and Bomber Command over Europe. Over 17,000 Canadians in Bomber Command alone, made the ultimate sacrifice.

What about the folks back in Canada, building planes, tanks, trucks and guns, growing the food to be sent to Europe, toiling in research projects such as the development of RADAR? And what about the “common” folks who collected metal and cloth and what ever other materials they could find to contribute to the war effort. What about the folks that bought the War Bonds which helped fund the efforts?

And finally, what about the politicians, diplomats and military personnel that negotiated the peace in 1945 and help to maintain it.

Canada’s population in 1939 was 11 million. I dare say that all of them were part of Canada’s war effort and I salute them for it.

Want to learn more about Canada’s contribution to achieving and maintaining peace around the world? Please visit www.canadiansatarms.ca.

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

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Expert craftsmanship awaits customers at Noura's Jewellery

by Carole Moul

It was just recently when the popular Alta Vista jeweller, Elias Zidan, was asked, "When did you decide you wanted to become a jeweller?"

"Actually, I didn't want to become a jeweller," Elias quickly replied, and thus several questions followed, since Elias owns the amazing jewellery store, Noura's.

The way Elias tells it, what transpired began when he was a 15 year old in Syria. And, as it often happens with many young students, he took the opportunity to work with family over the summers, and his uncle happened to be an accomplished jeweller.

Four summers later and with many hours of invaluable experience, Elias became as passionate about handcrafting jewellery as his other family members. In the year 2000 he came to Canada bringing an amazing family talent with him.

By the year 2002 Elias was designing and fabricating jewellery out of his home. Today, Elias Zidan is recognized in Ottawa as the designer of unique and beautifully crafted jewellery.

"Designing jewellery has become a lost trade," Elias said recently "Even other jewellery stores send us jewellery to create or repair, which keeps me so busy."

Noura's Jewellery opened at Alta Vista and Bank in 2012 and has continued to have a reputation for its excellent on-site services. Not only holidays or special occasions have given him long hours, but with such a specialized skill there has been only one quiet week since he set out on his own.

Meeting deadlines is the biggest challenge



Elias Zidan's expertise in creating custom-made jewellery is well respected and in high demand.

Elias faces because jewellery is not only valuable but sentimental, and people want it returned as quickly as possible. Every piece tells a story, and usually the customer shares the sentimental value.

"Even with my own designs, each means something to me, and sometimes even I don't want to sell them," Elias said.

Out of curiosity the question was asked about the most popular request for having custom-made jewellery. Rings are the number one choice, with bracelets, earrings and pendants in high demand. Customers get ideas from glossy magazines, the internet or even show up with pictures of what celebrities might be wearing, and they want Elias to create something identical. Several years ago Oprah wore a certain pendant on her show and soon after the demand was high for Elias to design pendants 'exactly like Oprah's'.

Do people often sell their old gold jewellery to turn it into something new? The answer is 'yes'.



When Noura's House of Expert Craftsmanship first opened this was the family. The beautiful picture hung on the wall until recent renovations.

"Some customers only want to sell their gold for the money. Others want to 'reform' it into something they can enjoy; and it is important for them to keep the value. If the jewellery has stones, then I measure the size, quality and quantity," he adds.

At Noura's Jewellery the family prides itself on the 'superior customer experience.' "Being a jeweller is in our blood," Elias says. "Then it becomes our passion," he adds. Watching Elias at his craft, it is easy to see how this could happen.

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An overdue look at other Carnegie libraries

by Geoff Radnor

Many communities around the world besides Ottawa are indebted to that millionaire Scot, Andrew Carnegie, for the financing of their public libraries. Ottawa was the recipient of funding for two libraries.

Readers of the last edition of this paper will be familiar with the main branch on Metcalfe and Laurier that was built in 1906 using a grant from Andrew Carnegie. There is another much smaller and very less imposing branch that received financing for its construction in the early 1900s. It is the still-existing Rosemount branch in Hintonberg.

There was a demand for a branch of the OPL to serve the expanding western edge of the city. Local councillors thought that the city should ask the Carnegie Foundation to help finance its construction. In 1917 City of Ottawa Mayor Harold Fisher was against asking the Carnegie Foundation for money, being of the opinion that asking Carnegie for money to build a library would "lower the city's dignity". Members of council however unanimously approved the request and the Carnegie Foundation decided to donate \$15,000 for its construction.

The branch went through a very difficult birth process, but it was finally opened to the public on November 29th 1918. That original library building on Rosemount Ave. was the subject of an extensive renovation that was carried out in the early 1980s. The Mayor of Ottawa at the time, Marion Dewar, presided over the re-opening of the new library in November 1982. However the Rosemount library is a very busy little branch of the OPL and is again to have an extensive renovation and an upgrade of its facilities. It is to close on June 3 and is due to re-open in the spring of 2020.

Ottawa contributed many of its young citizens to the 1914-18 war in Europe and some were never to return and were buried overseas. Our city didn't suffer any structural damage during that war, but many cities in Europe were almost totally destroyed.

The Carnegie Endowment for International Peace was keen to help rebuild the cultural and educational institutions of cities that had been war victims. Three cities were picked that had suffered extensive damage, Leuven in Belgium, Reims in France and Belgrade in Serbia.

Leuven was a prominent city with a university that housed a



The First Carnegie Library, Braddock, PA



The Original Rosemount Library 1918



Interior, Library, Reims, France



Suva Carnegie Library, Fiji



Curepipe Carnegie Library, Mauritius

library with many Gothic and Renaissance manuscripts and with some of their books printed even prior to 1504. It was totally destroyed by the invading German army in August 1914, even though Belgium was neutral. So Carnegie came to the rescue with



Rosemount Library.

PHOTO: GEOFF RADNOR



The KU Library, Leuven, Belgium



The University Library Belgrade, Serbia

a \$100,000 contribution for its rebuilding. It was supplemented by \$500,000 that was raised by schools and universities, both well known and unknown, in the United States with the help of Herbert Hoover (that's close to \$8million in today's money). The new library was a fine great building in the city centre.

The philanthropy of Andrew Carnegie was spread around the world. In the town of Curepipe on the island of Mauritius in the Indian Ocean you will find a Carnegie Library. So too, in Suva in the Fiji islands in the Pacific Ocean. Closer to home is the Yorkville branch of

the Toronto Public Library. Even closer is the Perth public library.

His philanthropy did not begin with these libraries in the far reaches of the world. One of his ideals was to bring education and other aspects of cultural life to the workers of his steel mills. We have heard how many years ago the mayor of Ottawa considered libraries as "luxuries" and not for the workers of the world, and not worth "begging" from millionaire industrialists for funds to build a branch library on Rosemount Ave.

One of Carnegie's steel mills was in the town of Braddock, PA, not far from his headquarters in Pittsburgh. The town was named after Major General Edward Braddock, the Commander-in-Chief of the all the British forces in The Thirteen Colonies. He died in 1755 in the battle between the English and the French/Indian forces on the banks of the Monongahela River, just south of present day Pittsburgh.

The Braddock Carnegie library opened in 1873, it was the first of over 3,000 libraries that Carnegie helped finance. The building was enlarged in 1893 to include a billiards room, a gym, a 2-lane bowling alley, a 900 seat music hall and a swimming pool. The total donation by Andrew Carnegie and his wife was \$357,782. Braddock was a booming town and its workers were given cultural and recreational facilities unknown before.

But the good times did not last. The library closed in 1974. Lack of funds caused the neglect of the structure and it looked like it was to be demolished, however a group of concerned citizens bought it for \$1.

It is now listed by the US government as one of the National Historic Landmarks. The swimming pool is a pottery workshop. The music hall is being reconditioned with new floors and upgraded seating. But Braddock is not a prosperous town any more, and although the steel mill is still operating, its workers have moved to better places to live and the town is full of derelict houses and stores. It is the epitome of the many rust belt towns in the US with its population is diminishing year by year. Thus, the future of Carnegie's first library is not at all certain, unlike the Rosemount Carnegie library branch which will see new facilities to accommodate an increase in use by the expanding population of Wellington West. The cost of this revitalization is about \$2.4 million. The whole process will take about a year.

Check out the Street Food Socials in the Cancer Survivor Park

Boasting good company, great food, Zumba, live music and bouncy castles, the Street Food Social event had something for everyone! Ad Mare Seafood, Angry Dragonz, Dash Mobile, Mr. Churritos, Mr. Sundae and Rico Peru set up shop on the grounds of the Ottawa Regional Cancer Foundation and brought together families and friends, with 10% of sales supporting local cancer care.

The next edition of the Street Food Social will be held on August 4th and offers alongside Yoga in the Cancer Survivors Park at 1500 Alta Vista Drive.



Summer fun is soon to arrive at Maplewood Retirement Community

by Emily Parenteau,
Activities Manager

We are so glad to see that the long winter is behind us and are looking forward to many fun activities throughout the summer months at Maplewood Retirement Community. We would like for you, your family and friends to come and join us. This past winter we stayed warm inside and enjoyed a variety of get togethers, entertainment, wine and cheese socials just to name a few. We know how to throw a party and have a great time!

We would like to invite you to our Annual Strawberry Social on Monday June 24th at 2:30 pm and please come and visit our first farmers' market of the season on Sunday June 30th from 10 am to 2 pm. Before you know it Canada Day will be upon us. Our party begins at 2:30 pm and we invite you to join us!

Some other upcoming events that might interest you is our Casino Royale event on Friday, July 19th from 7:00 pm to 9:00 pm and our Country Western Festival with our Annual Corn Roast on Thursday, August 29th starting at 2:30 pm. We are always happy to see you at our fun events!

At Maplewood Retirement Community, we offer a selection of short stay suites. Whether you are looking for a place to recuperate after a hospital stay or even a tri-



Visit Maplewood's first Farmers' Market for 2019 on Sunday June 30th from 10 am to 2 pm. Last year's guests enjoyed the variety of choices and wonderful location.



al stay. We are looking forward to meeting you and it will be our pleasure to share Maplewood with you.

*For more information
or to RSVP to one of our events
please call Diane at 613-656-0556.*

Challenges face school budgets

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

Budget

I held a Budget Zone meeting May 14, where Mike Carson, Ottawa-Carleton District School Board (OCDSB) Chief Financial Officer presented an overview of the challenges for the 2019-2020 school year budget due to lack of detail from the Province. Much of the discussion focused on the impacts of what the Province HAS announced, especially the increase in class sizes, which will result in a 20% reduction of high school teachers. The current estimate is that, once fully implemented, the class size increase will result in 250 lost teacher positions in the OCDSB. There will likely be more positions lost due to other changes in the funding formula.

At a time when the province is cutting funding to education, budget decisions take on great importance. Should there be more cuts to Libraries or Physical Education, to Arts or Mental Health or other areas? The proposed OCDSB 2019-20 budget was presented May 29. During the early part of June you can provide input and I look forward to hearing from you, my constituents, as I struggle with how to vote on this upcoming budget.

School boards, including the OCDSB, are already struggling to meet the needs of all students because there are not enough resources to address all the needs. Currently, at least ten parents a year ask me, as Trustee, to help them advocate for services their child needs. I worry that for every one I help there are 5 others not getting the help they need. I am clear in my mind that the

current cuts will result in more children and young adults falling between the cracks, from not reaching their potential to higher drop out rates to self harming and more attempts at suicide. This puts me in a dilemma. Should I vote for a budget, imposed on school boards by the Province, that I know will harm children or vote against it?

Ottawa has a history of standing up for the adequate funding of education. In 2002 during the Harris years the OCDSB trustees along with Hamilton and Toronto trustees voted for a deficit budget after \$400 million was taken out of education. Although the province is now reporting that more money will be allocated to education than ever before, with the modest increase in enrolment, the cost of living increase and the need to deliver more services (e.g. less support in the community for Autism means

more need at the school level) this is in reality a cut to funding per student. I have heard analysis suggesting that announcements to date will lead to up to a 4% or \$1 billion cut over 4 years to classroom funding. These cuts will disproportionately hurt Special Education children, children living in poverty, children of colour, LBGTQ2S+ and newcomer students.

Strategic Plan

On May 7, District Staff presented the OCDSB 2019-2023 Draft Strategic Plan. Deadline for public input on the draft is June 7. This is an opportunity to give input on the new Strategic Plan which will guide the work and direction of the OCDSB over the next four tumultuous years. On June 18 the revised strategic plan will be presented to Trustees for discussion. On June 24 Trustees will vote on a final OCDSB 2019-2023 Strategic Plan.

FINANCIAL PLANNER

Try to Overcome “Roadblocks” to a Comfortable Retirement

by Bob Jamieson

In your life, you will want to take many journeys. Some are physical – perhaps you’ll finally visit Machu Pichu or take a Mediterranean cruise. Others involve personal growth – one day, you’ll finally become fluent in that foreign language you’ve been studying. But of all the destinations you can identify, few will be as important as retirement – specifically, a comfortable retirement. And that’s why it’s so important to consider the “roadblocks” you might encounter on your road to the retirement life-style you’ve envisioned.

Here are four of the most common obstacles:

- *Insufficient income* – Very few of us have ever reported having “too much” in their retirement. But a great many people regret that they saved and invested too little. Don’t make that mistake. To supplement CPP, OAS, and pensions - contribute as much as you can afford to your RRSP or other employer-sponsored retirement plan, and increase your contributions whenever your salary goes up. You may also want to consider the tax-exempt growth potential that a TFSA offers, so take advantage of that opportunity, too. And always look for other ways to cut expenses and direct

- this “found” money toward your retirement.
- *Underestimating your longevity* – You can’t predict how long you’ll live, but you can make some reasonable guesses – and you might be surprised at your prospects. According to Statistics Canada, men reaching age 65 today can expect to live, on average, until age 83.5, while women turning age 65 today can anticipate living, on average, until age 86.6. That’s a lot of years – and you’ll need to plan for them when you create long-term saving, investing and spending strategies.
- *Not establishing a suitable withdrawal rate* – Once you are retired, you will likely need to start withdrawing money from your retirement accounts. It’s essential that you don’t withdraw too much each year – obviously, you don’t want to run the risk of outliving your resources. That’s why you need to establish an annual withdrawal rate that’s appropriate for your situation, incorporating variables such as your age, the value of your retirement accounts,

- your estimated lifestyle expenses, and so on. Calculating such a withdrawal rate can be challenging, so you may want to consult with a professional financial advisor.
- *Ignoring inflation* – It’s been low in recent years, but inflation hasn’t disappeared, and it could rise at exactly the wrong time – when you’re retired. That’s why you’ll want your portfolio to include some investments with the potential to outpace inflation, even during your retirement years.

By being aware of these roadblocks, and taking steps to overcome them, you can help smooth your journey toward retirement – and once you get there, you may enjoy it more.

If you would like to discuss how your retirement will look, and assistance in overcoming roadblocks, please give me a call at 613-526-3030.

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Pileated woodpecker. PHOTO: ELGA RADNOR

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AIKIDO JISEIKAN • LEARNING



by Pink Panther

Winston Churchill once said, “Personally I’m always ready to learn, although I do not always like being taught”

When I started to study Aikido, over 30 years ago, one of the hardest things for me to accept was the constant feedback and correction that my Sensei provided.

“Don’t put your foot that far back, don’t lean so far forward, the other knee goes down, try to relax your arm, RELAX.”

Aikido (and any other martial art for that matter) requires a good awareness of both body and surroundings. Inner and outer spacial awareness is key. Some people have this awareness but unfortunately it is not something that comes naturally to me.

It should be easy to learn Aikido; you watch how it’s demonstrated, you replicate the demonstration.

Active viewing requires concentration and the ability to observe the finer details of a demonstration. You have to be in a position (mentally and physically) where you can actually see and understand what is being shown. This requires a good vantage point and a quiet mind. Some newer students find it awkward being told to move so they can see what is being demonstrated. Perhaps this is due to shyness or not wanting to seem too forward or aggressive or to block someone else’s view. This reluctance must be overcome as accurate observation is fundamental to learning Aikido.

When I am watching a demonstration, mentally, I am picturing how to do the technique and trying to understand how it works.

When I am actually practicing the technique, it’s a whole other story. As the old saying goes “The proof of the pudding is in the tasting.”

My memory of the technique is not always accurate. Was I watch-

ing carefully enough?

My understanding of how it works might be wrong. This often happens if I concentrate on the end result and not the steps needed to get there.

My body position is frequently not what was shown. This is the most difficult part for me as I can not “see” myself when I am doing the technique. My mental image of myself feels blacked out. I am not sure if this is a stress issue, rushing through the technique to get to the end, fear or a lack of body awareness.

Learning is not as easy as it seems. Each person learns differently, every person is physically different and has different levels of understanding and awareness. Aikido is designed for this variance. There are basic principles in Aikido such as blending (awase), body movements (tai sabaki), unbalancing (kuzushi) and energy (ki). This being said Aikido is an art and not a science and is therefore, by nature, fluid and not exact. My experience has been that there are no rigid rules associated with doing the techniques.

To add to this variability Sensei will often change the way that a technique is to be done. There are benefits to changing things up. It allows the form and the students to evolve and improve. Often a student will say “but we used to do it this other way” to which Sensei will reply “well we’re doing it differently now”. Change allows our Aikido to move forward and improve.

Changing the techniques is extremely challenging. Once I’ve learned a technique it gets imprinted into my mind, I’ve developed a physical understanding of it and most significantly I’ve developed

an opinion on how it’s supposed to work.

Change forces the development of flexibility both mentally and physically. The brain has to be plastic enough to develop new neural pathways and the body has to be flexible enough to change its muscle memory. Change definitely moves me into my discomfort zone which is where growth and improvement happens.

Going back to my discomfort of correction and feedback, emotionally I go through the following stages: if I’m getting corrected it means I’m not doing it right, if I’m not doing it right it means I am failing, if I’m failing it makes me feel bad about myself, which results in being angry at myself or others, which in turn makes me up tight and stiff.

I very much want to do a technique perfectly” and often suffer from “paralysis by analysis”. Perfectionism is defined as a combination of excessively high personal standards and overly critical self-evaluations. Taken to its extreme it is associated with mental illness. Yes I need to have personal standards but as with everything in life these expectations need to be balanced

with reality and physical ability. As the old saying goes “the enemy of better is perfection.”

I think that the root of my inability to relax is my dislike of failure and on the flip side of that is my desire for perfection. There is no rigid, exact, right way to do Aikido. To think there is, is a misunderstanding. By concentrating on the end result of a technique I lose track of the way to get there. By trying to do a technique perfectly I am not thinking about how it feels, how I am feeling, how my partner is responding, or what is going on around me.

I don’t understand why I dislike failure so much. It is the stepping stone to success. Thomas Edison failed a thousand times before he invented the lightbulb.

“The pursuit of quality and excellence in martial arts is fundamentally a personal matter” is written at the top of the white board in the dojo.

So how do I improve my flexibility and learn to relax? Counterintuitively I think that I have to do less. Stop thinking so much, stop trying so hard, have fun and make mistakes. If I get feedback or correction I have to stop thinking of it as a negative thing, suppress my ego, listen to the gift that is being given to me either by Sensei or another student, and accept it with a positive attitude and an open mind.



初 Aikido 心
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Romeo:
Fear nay my love, I can put thou at ease
For near us is a helpful soul so please
Come hither to some counseling right now
For thou can rest at ease right here I vow

Counsellor:
Correct, good sir, when troubled hearts come here
I rest their worries and I calm their fears
Just pay fifty pounds to me this instant
For I cannot be but an assistant

Juliet:
I fear to never see thy face again
For marriage is something I can't attain
My family shan't love you as I do
Without you my love will turn all askew

Romeo:
Oh my, that is too much money to pay,
I will not hand a single pence, so nay,
I shan't trust the smile of a lowly snake,
If my money is all you want to take

Counsellor:
But sir, I believe that love has no sum
I charge too much? Then why, do you two come?
You seek my aid, then that will be received,
If harmony is what you seek achieved.

Juliet:
I suppose you cannot fix our romance,
I fear this is a scam, i'll take no chance,
Farewell my bud, we'll find another way,
That won't end in fifty pounds that I pay.

Counsellor:
A scam, why you insult me Juliet,
It's easy to take thou into my debt
The price is not the value of your pain,
But rather is the value of your gain.

Romeo:
We cannot pay this large sum, you foul shrew,
You must charge less for I am Montague,
My father will doth make you pay the price,
And, Oof, I can say it will not be nice.

Counsellor:
Very well Romeo, I will doth leave,
Though don't come back to me when you all grieve,
My absence will be missed by others sure,
For your troubles I can find the cure.

By Sophia, Wares and Lilly

Iambic Pentameter at a Hockey Game
Welcome to Game 4 of this heated series
The losing team is feeling quite weary
Competing are the Pens and the Isles
For the Pens though, they don't have any smiles

Fans are roaring as the ref drops the puck
Phil Kessel is hit, he forgot to duck
There's a big puck battle in the corner
Someone's high sticked, it looks like a horror

The Pens get to go on the powerplay
Crosby dekes and scores , the crowd yells hooray
Period one is coming to a close
As the two teams exchange furious blows

Welcome back to TSN twelve hundred
The Penguins lead after the Isles blundered

With top speed comes the flying Matt Barzal
He shoots the puck, will he score? Yes he shall!

The second period is completed
And the Pens storm off looking defeated
But this game is still completely tied
And the Islanders are looking quite fried
The third period is opening
The game is tied, and fans are yodelling
Malkin comes in and splits the defencemen
A goal, the Penguins come through yet again.
By Luke and Oliver

Formula 1 Around the World
Whether you race Melbourne's Albert Park,
Or in the Bahrain Grand Prix in Sakhir,
Then in Singapore's streets, very dark,
UAE's finale, have no fear.

Chaos, Spa-Francorchamp's slippery track,
Carnage in Baku, Williams third place,
Malaysia, Kimi eats his ice cream snack,
Spain had Maldonado's surprising race.

Italy Grand Prix, Ferrari fans meet,
Monaco, approaching Casino Square,
At Red Bull Ring, don't let cars overheat,
Hungaroring's tight turns, causes tire wear.

First summer race at Circuit Paul Ricard,
Silverstone, sharp turns moving to Brooklands,
Overtakes in Hockenheim can be hard,
Race in Japan gathers all Honda fans.

Russia's track, a large parabola,
Grand Stands in Mexico create great shows,
Race one-thousand was this year in China,

CONTINUED ON PAGE 44



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Iambic poetry

CONTINUED FROM PAGE 43
'o8, the closer in Interlagos.

Race in Canada, Montreal in June,
Vietnam and Dutch GP coming soon.

by Roman

In dusk

In dusk, there lies a putrid falling soul
Enrobed in hatred red as rubies shine
His words as brittle as a dried up weed
He yearns for the destruction of the world

In dusk, there lies a putrid falling soul
Complete with his eternal sadness blue
Encased in his relentless jail of lies
He yearns for the destruction of his pain

In dusk, there lies a putrid falling soul
In time, he's lost to those who envy him
As he has envied them who came before
He yearns for the destruction of their eyes

In dusk, there lies a putrid falling soul
Alone in darkness, trapped and endlessly
He sits and tries to gather strength once more
He yearns for the destruction of the chains

In dusk, there lies a putrid fallen soul
An empty husk of what he used to be
No longer shall he try and live again
He yearns for the destruction of himself

By Maya

FOUND POETRY

Polar Curse

The haunting Vikings turn their attention
To the Arctic for the desire
Of the wealth
In the Orient

After a sudden and violent storm
At the tip of Norway
Three ships
Separated

The two ships
That remained
Cruised in a north-easterly direction
Towards Russia

Next summer
All were dead
From scurvy
The polar curse.

By Oliver

And from the whole process here is another poem.

The music of a winter's night

the music of a winter's night
the burden of the blues

the stars that twinkle in the light
but fall with all the cues

and when the crowd begins to cheer

the lights fade to dim

we hear the voice choke back a tear
and sing their silent hymn

the music of a winter's night
the burden of the blues

the lyrics in our minds they write
with all the hidden clues

a song that disguises all the pain
that sees the sanguine hope

and through the thick dark sheets of rain
they somehow learn to cope

the music of a winter's night
the burden of the blues

becomes too much for them to fight
put yourself in their shoes

imagine that your too thin too fat
that you can't be beautiful like them

imagine your life has fallen flat
your heartbeat a slow dull strum

every time you take the stage
you hear the dank dark notes

of a quiet song that seems to rage
the anger stuck in your throat

for you know that this is the end



Member of Parliament | Député

The Honourable | L'honorable

David McGuinty

Ottawa South | d'Ottawa–Sud



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

Mon bureau vous renseigne sur les services offerts par le gouvernement du Canada, notamment:

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

David McGuinty, MP | Député

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that you simply can't go on

that no one cares if you take that bend
they'll forget your old song
the music of a winter's night
the burden of the blues

the sanguine hope departs in flight
fearing the dreaded news

that he had gone, decided to move on
his heart had ceased to beat

no more could he stand the dark of dawn
alone on a hard bus seat

and now that he's chosen this twisted path
he'll never get to see

the crowds of people, through the sheets of rain
singing him to sleep

The Journey
Haunting Viking,
Hundred Arctics,
Desire of the Orient

By Naomi

Expedition three,
Sir, captain ship
Into the white sea,

Where led,
With life
Into darkness
Found curse of wait

Hope Walsh

June is Deafblind Awareness Month

Deafblind Awareness Month was started in 2015 as a way to help Canadians develop an understanding of, and a comfort with, the people in our communities who live with Deafblindness.

Helen Keller was deaf and blind. Here is a poem written by her:

Helen's first bio-poem after a time being taught by Miss Anne!!

Helen

Trustworthy Caring Hopeful Adventurous

The daughter of Kate and Captain Keller,
sister of Mildred, owner of Viney, Percy,
and Martha Washington, student of Anne Sullivan.

Who loved to explore new places, people,
and objects

Who felt curiosity, friendship, and devotion
through her life

Who feared, not breaking through the dark 'wall' that covered her, not helping people just like her believe in themselves, and losing her friends and family



Who changed history by helping people who have disabilities like her

Who wanted to bring smiles to people, show equality to everyone, and give people who are blind, deaf, and dumb, someone to believe in

Born in Tuscumbia, Alabama and lived in an estate, Ivy Green

Keller

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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 the proposal to move the Farm Boy grocery store to Belfast Road, and better infrastructure for pedestrians and cyclists. In addition, the RPCA along with several other organizations across Ottawa successfully called on the City to make responding to climate change a Term of Council Priority for 2019-2022.

The RPCA is following and has provided comments on the review of the City's Official Plan, which was recently launched. Individual residents have had an opportunity to share their view directly before May 31 via a City of Ottawa website, (May 31, 2019 deadline was recently extended until June 30, 2019.) The website link details are later in this article. There will be an opportunity to comment on the Draft Plan when it is released later this year.

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 \$69 million Hospital Link, including traffic matters. City traffic monitoring reports so far indicate that vehicles are not using the hospital Ring Road and Hospital Link to bypass the Alta Vista Drive and Smyth Road intersection. Some local residents have reported that many ambulances still use Alta Vista Drive and Smyth Road – rather than the Hospital Link – particularly for accessing the emergency entrance.

Work has been taking place this spring on landscaping and the new mulched pedestrian trail path through the woods just east of Alta Vista Drive. (The route follows a new path that local residents blazed through the snow over the

winter). A new at grade Pedestrian Crossover (PXO) crosswalk is being 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. For safety reasons, trees are being planted on three sides of the sledding 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 will have impacts to some of the Hospital lighting infrastructure and site grading and will be adjacent to the Ring Road. Work will now proceed in the summer and is slated to be completed in September 2019.

Farm Boy relocation to 820-830 Belfast?

The City recently received a Site Plan application to build a new, large Farm Boy Store that would back onto Belfast Road, at the far northeast of the Ottawa Train Yards Parcel. (The location currently includes a vacant lot and the Reliable Parts store at 820 Belfast). The existing Farm Boy store would be closed and presumably leased to a different business or businesses once the new store opens.

While there have been numerous complaints that the current Farm Boy parking lot itself is poorly designed, its location is convenient for many local community residents as many Riverview Park residents walk or cycle to the store, especially during warmer weather. Some residents have raised questions as to why Farm Boy would choose to build and move to a new store only a few years after opening at its present location? There are also concerns that moving the store to a different location on Belfast will create extra vehicular traffic. It may become harder for people in Riverview Park to walk or bike to the store, especially if there is no good pedestrian infrastructure to the proposed new location.

The official comment period ended on May 31 with a decision expected over the summer. In providing comments on the proposal,

the RPCA Board has emphasized the need for better pedestrian and cyclist connectivity through the Ottawa Train Yards so that customers can safely walk or ride their bikes instead of driving.

Trainyards High-rise Residential Development (Steamline Street)

As of press time, Controlex, the developer for the Trainyards 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 Board has supported the concept of Transit-Oriented Development (TOD) that covers the proposed complex, and 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.

Pedestrian and Cycling Connections

Following an invitation from the RPCA, Councillor Cloutier provided the Board with a summary of the recently completed follow-up study on the multi-use pathway (MUP) overpass between Terminal Avenue and the Via Station/Light Rail Train (LRT). He stated that cost estimates had risen considerably (more than double) to reflect design changes needed to meet some special requirements for VIA trains. This link would 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). It is part of the City of Ottawa's long-term Cycling and Pedestrian Plan network.

The project would provide an active transportation route between the LRT (once it opens), the refurbished Train Station and the Ottawa Train Yards Office and

Retail Complex. The overpass has been backed in principle by local elected officials from all levels of government, as well as the RPCA Board. It also has had support from senior officials from the Ottawa Champions Baseball Team and Controlex (Trainyards).

The RPCA Board has reiterated its request for Councillor Cloutier to share the copy of this new report (as he had provided the initial report conducted by Parsons a few years ago), but it had not yet been received at the time this article went to press. In addition, the Board had asked to be included in future meetings with stakeholders regarding this overpass.

Other Trainyards Developments/Industrial Avenue Issues.

The new office building at 405 Terminal is now fully leased with Public Services and Procurement Canada (PSPC) as the new tenant. The interior design and fit-up work will occur over this year, with the occupants expected to move in by early 2020.

Chopped Leaf Restaurant, which bills itself as “healthy take-out served fast with its own urban style,” recently opened next to Great Hobbies Store. The Gap clothing store is opening later this year in the former Artemano location beside Old Navy. Healthy Planet (located next to Urban Barn) will sell vitamins, herbs and supplements at its health products store – slated to open in September.

The project to construct a five-story Dymon Storage facility at 851 Industrial Avenue has now started and is expected to be completed by spring 2020. (The City had approved the zoning change – addition of a 5th story – for the Dymon project proposal despite concerns presented by Councillor Cloutier and the RPCA Board that there was insufficient justification for the extra height and retail component demanded by Dymon.)

A proposal has also been received to build a one-story retail outlet at 564 Industrial – across from the CIBC Bank – on a site currently being used to store new tractors.

Light Rail Construction Related Issues

Testing of Light Rail Trains continues, despite delays and reports of performance issues though the system is not slated to open for riders before Summer 2019. In the meantime, RPCA members had raised concerns about the effect that the LRT opening will have on



The HLR has been open for well over two years but finally the landscapers are at work. Colorado Blue Spruce, Silver Maple, Northern Red Oak and Accolade Elm are some of the species of trees being planted.

PHOTOS: GEOFF RADNOR

PLANNING AND DEVELOPMENT UPDATE, CONTINUED FROM PAGE 46

bus routes, public transit ridership capacity, and emergency contingency planning.

The RPCA Board and others were unsuccessful in efforts to ensure that the 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 Issues

The City of Ottawa is currently in the middle of the exercise for its next Official Plan. On-line consultations wrapped up on June 30, 2019 and there will be an opportunity for additional public input when the Draft Plan is released later this year. RPCA Board members and others have provided input on several aspects, including a call to remove from the Official Plan the remaining links of the AVTC (from Conroy to the Hospital Link and from the Link across the Rideau River to Nicholas Street).

Climate Change as a Term of Council Priority

At its April 2019 meeting, City Council endorsed a motion (supported by the RPCA Board and

many other community associations) declaring a climate emergency and making 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. The RPCA welcomes your input on these proposals and any other potential developments in the area.

...

If you are interested in joining the RPCA P&D group or would like further information, you may contact the Committee Chair, Kris Nanda at krpp1415@gmail.com. For more information on this and other activities in Riverview Park, please see the RPCA website: www.riverviewparkca.com OR Email: riverviewparkca@gmail.com



Friends of Dale Park, you did it again! Thank you everyone for doing such a super job for Spring Clean Up.

PHOTO: MICHELLE MCLELLAN

Chris Ellis

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

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

RIVERVIEW PARK PRESIDENT’S REPORT



BRYAN ORENDORFF
RPCA President



Nurture our cherished spaces

As I was partaking in the bi-annual park cleanup in the spring after the waters had receded from our local parks, I was struck by the abundance of open space we enjoy here in Riverview Park. I’ve lived in a number of different places around town, including Orleans, Westboro, and Ridgemont, and I can truly say that here, we outstrip them all for lovely park space. There is a whole other half of Dale Park I’m sure most people don’t know exists, and by way of a quick quiz, how many people can say they know where Alda Burt Park is? See, there is so much park space you don’t even know the names of them all. That’s OK, neither do I, but for the record, it is a lovely park and worth the visit, especially in the summer when the wading pool is open.

And it isn’t just our City parks we have amazing access to. The hydro corridor provides for lots of room to let the dogs run, the Rideau River pathway is an amazing link to all sorts of places, and even private sites like the Perley Rideau have outdoor amenity spaces like their

pond – retrofitted last summer to provide a better viewing area to a little oasis of water life in the heart of the City. I’ve counted numerous fish, ducks, turtles, and even a heron there on my many visits. Last time I was there, I even managed to see the heron catch one of the smaller fish; something I’ve never seen in the wild.

And that’s just in the summer time. Our parks get used all year ‘round. From the Winter Carnival to the Winter Frolic, all the cross-country ski trails, and all the community skating rinks that are made, we’re out there all winter. Skating, sliding, skiing, snowshoeing, we do it all. We’ve made our public spaces truly year-round spaces for all of us to enjoy, and that’s something to take deep pride in.

But will it always be this way? Maybe not. In the not too distant future, our community is likely to look very different than it does today. Between the high rise development at the Trainyards, continued development along Industrial Ave., the redevelopment of the National Defence Medical Centre, and the

impacts of additional high rises as a part of transit oriented development, many more people are going to be moving in. That will be followed by a wave of residential densification not unlike what we see right now in Old Ottawa South for even more people. The burden of being popular... For all those thousands of additional people, we aren’t getting any new park space. The land is full. But demand for park space will soar.

How we use that space will have to change in order to accommodate the increase in demand. We should be thinking now about how to make that happen. We should be thinking about who uses our local parks now, and how we can get more people to use them, and how we can share the spaces together. That way, those new residents have ready-made facilities for them when they arrive and can jump right in enjoying the space just like the rest of the community; becoming part of the community. What about a dog park? A splash pad? More allotment gardens? More forest paths? What about additional park programming? Riverview Soccer is just one highly successful community venture that uses these spaces.

All of these ideas take time, effort, money, and volunteers. If we want to succeed in bringing more people to the space we have and to succeed in getting people to make the most out of our limited space, we are going to need to make some real investments. Some of that can come from the City or the other owners of the space we enjoy, but some of that is going to need to come from us, too. Much of the vision, too, is going to need to come from us, and the drive to do more. Expect some fundraising initiatives in the not too distant future and for folks to come calling about big ideas for changing our spaces, be it for programming, general enjoyment, safety, or just simple beautification.

Keeping up plentiful and beautiful spaces isn’t easy. Just ask our park cleanup volunteers. It takes a lot of effort to keep these spaces clean and welcoming. Sometimes it is litter that impinges on the space, or garbage blown in from afar, and sometimes it is nature itself causing problems with trees dying or just huge puddles of mud sitting on paths ready to swallow up the unwary boot. We can’t all plant new trees as the City recently did in Coronation Park, but we can all play a part to help out in some meaningful way.

To help out, the Riverview Park Community Association has officially adopted five of our parks. You may have seen the signs around while walking through them. Park adoption is a long-standing City program where volunteers promise to do a little park maintenance and in return get some credits towards using the parks for, say, movie nights or Easter egg hunts. Not to belabour an old point, but we are always looking for more volunteers. It doesn’t take long and you don’t even need to do it twice a year. As it stands, most often a group of board members does the cleanup – often for parks they rarely if ever go to.

I firmly believe that responsibility over something leads to a sense of ownership of it or belonging to it. No less is true for our parks. The more we as a community involve ourselves with our parks, the more they become an integral part of our community fabric. The more they become part of us and the more we invest ourselves in them, the greater their value and the better they will be able to withstand whatever stresses the future has in store for them.

For more information, check out our website at www.RiverviewParkca.com, drop me a line at bryan.orendorff@rogers.com with your questions or thoughts, and/or come to our next RPCA Board meeting on June 12th.



WHEN A TREE FALLS ON DORION

Tuesday May 21st was windy – so much so that the wind took this tree down on Dorion. No damage, no injuries.

PHOTO: GEOFF RADNOR

Looking at the LRT from different perspectives



This is the public art installation at Tremblay LRT (VIA Rail) Station. The panels are mounted underneath the ceiling of the covered walk leading from the LRT station to the VIA station. The panels depict all the provincial flowers. The polished surface is so reflective that you see the paving bricks of the path reflected in the ceiling. The panels that are placed on the ground still have their protective film attached and are waiting to be installed. Title: National Garden, Artist Jyhling Lee. PHOTO: GEOFF RADNOR



Not far from Hurdman Station and going toward Tremblay Station, double trains on the LRT tracks curve by the Post Office, leading to the Via Rail Station. SUBMITTED BY PAUL WALSH



Above and below: Pimisi Station will be located under Booth Street and serve Chinatown, Little Italy, a planned new Central Library and later the redeveloped area of LeBreton Flats. These photos show the eight-metre tall chromed eel as part of the Public Art that will be at that station. The word 'Pimisi' is an Algonquin language word for an "eel".

PHOTO: JAMES RADNOR





Ottawa Board of Education

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Jordan Seal explains the process while Stefan Thompson works with their eco-friendly material.

Uniquely celebrating Earth Day at Wall Space Gallery

by Carole Moul

It was a distinctive way to share your talents and a somewhat different kind of Earth Day Celebration. Using only eco-friendly materials, artist Stefan Thompson and guest artist Jordan Seal painted a piece together throughout the day and chatted to guests about the eco-friendly materials they had made for their art work.

“All are non-new, non-toxic and renewable,” it was noted, “with techniques that are influenced by the findings of both modern chemistry and ancient practices.”

The Earth Day demonstrations lasted from 10 a.m. to 7 p. m. on Monday, April 22nd, and helped enlightened guests throughout the day about homemade alternatives in the world of art.

COMMUNITY BULLETIN BOARD

Rideau Park United Church
2203 Alta Vista Drive, Activities and Events, June - Mid September 2019
For more information, please call the church office at 613-733-3156 x229 (Mon-Fri 9am-4pm) or www.rideaupark.ca

Frankenstein, The Opera 2019
Come to a fun evening at Rideau Park in support of Andrew Ager’s opera. Friday, June 7 at 7p. m. This will be an evening of wine, refreshments and door prizes, including “Dinner With The Monster!” There is a \$20. Cover Charge or admission by purchase of a ticket for the performance on Oct 31/Nov 1 at Dominion Chalmers. Free admission for ticket holders. Tickets available at eventbrite.ca (type Frankenstein, Ottawa) 10742368 Canada Inc., Productions.

Camp Awesome 2019
Register now for 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.

Euchre Club
Starts in early Sept and continues on every Thursday. 1pm, until next June. Come to our Euchre gatherings for cards, refreshments, stories and general fun. A small donation is requested to cover refreshment expenses. Please join us.

Open House and Brunch
You are invited! Sunday Sept 15, 11am - 12 noon. Please join us for brunch and to learn about our numerous programs, activities and services at Rideau Park. There is something for everyone, from Sunday services, Christian education, community outreach and pastoral care to music programs (adults, youth & children), family dinners and Harmony Club (seniors 60+), to concerts, quilting, exercise, euchre, book studies, meditation and more. All are welcome.

St. Thomas the Apostle Anglican Church
2345 Alta Vista Drive (by firehall)

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

The Pacesetters Walking Club

Start the morning off by walking and joining others at the 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.

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 15th from 10:00am to 4:00pm. Purchasing, leasing, and lease to purchase quality fine art from local artists is available. Visit www.artlendingofottawa.ca for further details and to visit the artist’s gallery.

Nativity Parish Food Bank

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




Lost and Found Pet Recovery Network

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

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





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

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









Balena Park Pet Memorial

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



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



The look may be updated, but it's the same great service

by Carole Moul

Surplus Warehouse at 716 Industrial Avenue has a new look. Repeat customers are now using the terms, “Spiffy, snazzy and wow!” when describing the revised version of one of their regular haunts; and they are correct on this one.

“Customers also think that one of their favourite stores has increased in size but it hasn’t,” noted owner Pavel Brouchkov recently. “It’s just that it’s looking less like a warehouse and more like a new furniture store,” Pavel added when referring to the 11,000 square foot family business.

Surprisingly enough, 95% of what is being sold at *Surplus Warehouse* is actually used. The store buys what the government releases through Crown Assets and because the government buys high quality the store team is able to pass a used furniture savings on to the customer at from 1/3rd to 1/10th of the actual cost.

“Chairs are the most sought after item,” Pavel responded when asked about customer choices. Some even refer to the mezzanine as ‘chair heaven’. Shoppers most often look at chairs for use in home offices, although that same chair can work well in a business setting.” The vast majority are ergonomic, which means that they have adjustable parts that enhance comfort while sitting, and provide adjustable seat height, seat depth plus lumbar or lower back support.

Gerry Chaput has been at *Surplus Warehouse* for over twenty-five years. His career working with office furniture has spanned since the early 1970s and he is well known as ‘the chair expert’. Commenting about today’s office furniture, and



Mark, Pavel, Gerry and Jeremy are the experienced team members ready to provide the help that you need. PHOTOS: CAROLE MOULT

in particular chairs, Gerry says, “Make sure that you have good instructions to help with the set up! Today’s chairs can have more pedals and buttons to manipulate and many have a five star base rather than four. Choices for castors can include those for linoleum or car-

pet or even laminate floors, all of which we never had before.”

What is the second most requested furniture that customers want? Manager Mark Benoit notes, “That would be work stations, and the smaller the better, since most are for home office use. File cabinets are always a sought after item because paper is still relevant and frequently needs to be stored for long periods of time.” Plus, anything and everything that you need for your office can be bought at the store; including cabinets, shelving, pin boards, white boards, and even various styles of coat racks.

Mark has also been at *Surplus Warehouse* for well over twenty years and it is he who does the used furniture purchasing, readily recognizing the most sought after items of consumers.

“Customers are still appreciative of the fact that they are not only saving money, but also helping the environment by buying previously used furniture,” Mark adds. Thus he continues to search out and make available the office furniture



that their busy clientele requires.

When it comes to the furniture building, Jeremy Turcotte is the in-house person who does most of this. Needless to say, it will be the bigger companies who buy those beautiful Conference Room tables and chairs in the center of the room, although delivery is available for all the furniture, and Jeremy helps with that, as well. “I also enjoy working with all the people,” he replied when adding to the list of what he does around the store.

Customer service remains the number one priority at *Surplus Warehouse*. “We make sure that we’re still engaged with our customers not only during but after the sale,” Pavel Brouchkov says frequently.

It is obvious from shopping or even browsing in *Surplus Warehouse* that every customer is considered to be unique. The team continues to treat their customers the same way they would hope to be treated when they go shopping, and Pavel, Mark, Gerry and Jeremy wouldn’t have it any other way.

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ALTA VISTA PUBLIC LIBRARY

JUNE 2019/AUGUST 2019/
JUIN 2019/AOUT 2019/

SUMMER 2019
Please note that the Alta Vista Library is closed for improvements from Wednesday, June 12th to Sunday, June 23rd inclusively. La bibliothèque Alta Vista sera fermée du 12 au 23 juin 2019 en raison de réparations. It will reopen on Monday, June 24th at 10 AM. The outside book return will not be available during this time. For nearby Library services during the closure, please visit the Elmvalle Acres Branch (1910 St. Laurent Blvd.) or the Sunnyside Branch (1049 Bank Street)

*The Library will be closed for the following holidays:
Monday, July 1st (Canada Day)
Monday, August 5th (Civic Holiday)
Monday, September 2nd (Labour Day)*

■ **Children’s Programs/ Programmes pour enfants**

STORYTIMES / CONTES
Get your Summer Read On Day / Journée “à vos marques, prêts, lisez!”
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.
Saturday June 22, from 11 a.m. to 11:40 a.m.
Le samedi 22 juin, de 11 h à 11 h 40.
This program will take place at the Albion Heatherington Recreation Centre located at 1560 Heatherington Road, Ottawa. It will also be possible to register for the Summer Reading Club! / Ce programme aura lieu au Centre récréatif Albion Heatherington situé au 1560 Heatherington Road à Ottawa. Il sera également possible de s’inscrire pour le Club de lecture d’été!

Summer Babytime / L’été des bébés à la biblio
Stories, rhymes and songs for babies and a parent or caregiver, 0 to 18 months. No registration required. / Contes, rimes et chansons pour les bébés et un parent ou gardien. 0 à 18 mois. Aucune inscription requise.
Mondays, July 8 to July 29, August 12 and August 19, 10:30 a.m. to 11 a.m.
Les lundis du 8 juillet au 29 juillet et les 12 et 19 août de 10 h 30 à 11 h.

Summer Family Storytime / Contes en famille en été
In my backyard / Dans ma cour
Nature knocking on your door.
Stories, rhymes and songs for ages 2 to 6 and a parent or caregiver. No registration required. / La nature frappe à ta porte. Contes rimes et chansons pour les enfants de 2 à 6 ans et un parent ou gardien. Aucune inscription requise.
Tuesdays, July 2 to August 13, 10:30 a.m. to 11:30 a.m.
Les mardis du 2 juillet au 13 août de 10 h 30 à 11 h 30.

Summer Toddlertime / L’été des tout-petits à la biblio
Stories, rhymes and songs for toddlers. Ages 18 to 36 months and a parent or caregivers. No registration required. / Histoires, comptines et chansons pour les enfants de 18 à 36 mois et un parent ou gardien. Aucune inscription requise.
Thursdays, July 11 to August 15, 10:30 a.m. to 11 a.m.
Les jeudis du 11 juillet au 15 août de 10 h 30 à 11 h.

■ **SPECIAL PROGRAMS / PROGRAMMES SPECIAUX**

2019 TD SUMMER READING CLUB / CLUB DE LECTURE D’ÉTÉ TD 2019

Opening Ceremony / Cérémonie d’ouverture
Join us for the TD Summer reading Club 2019 kick-off! No registration required. / Joignez-vous à nous pour le lancement du Club de lecture d’été TD 2019! Aucune inscription requise.
Friday, June 28, 1:30 p.m. to 2 p.m.
Le vendredi 28 juin de 13 h 30 à 14 h.

Make an Inukshuk Wall Hanging
Join a member of the Ottawa Inuit Children’s Centre to learn and use embroidery skills with a large, safe needle to decorate a wall hanging with an Inukshuk design. Everyone will take home their decorated wall hanging. For children 6 to 12 and their parents. Registration required.
Friday, June 28, 2 p.m. to 3 p.m.

Our animal friends / Nos amis les animaux
We’re going on an animal hunt. Ages 4 to 6. No registration required. / Promenons-nous dans les bois. Pour les 4 à 6 ans. Aucune inscription requise.
Wednesdays, July 3 to August 14, 10:30 a.m. to 11:30 a.m.
Les mercredis du 3 juillet au 14 août de 10 h 30 à 11 h 30.

It’s a wild, wild word / C’est un monde fou fou fou!
Let your imagination run wild. Ages 7 to 9. No registration required. / Laisse libre cours à ton imagination. Pour les 7 à 9 ans. Aucune inscription requise.
Thursdays, July 4 to August 15, 2:30 p.m. to 3:30 p.m.
Les jeudis du 4 juillet au 15 août de 14 h 30 à 15 h 30.

Game on! / 1, 2, 3... au jeu!
Come play Wii and board games at the library after school. Ages 5 to 13. No registration required. / Viens jouer au Wii et à des jeux de société à la bibliothèque après l’école. Pour les 5 à 13 ans. Aucune inscription requise.
Fridays July 5, July 19, August 2 and August 16, 1 p.m. to 4 p.m.
Les vendredis 5 et 19 juillet, 2 et 16 août de 13 h à 16 h.

Billings Estate National Historic Site Herbs and Their Uses
In early Gloucester Township, Lamira Billings was the community’s resident expert on wellness. Neighbours looked to her to cure what ailed them. This program explores the natural world of herbs and their uses in history. Join us and create your own tea remedy to take home. Ages 6 to 9. Registration required.
Wednesday, July 10, 2 p.m. to 3 p.m.

Reading Buddies / Copains de lecture
This program helps children practice and improve their reading skills! Children will receive individualized reading help and encouragement. Ages 6 to 12. Registration required as of Monday, June 24, 2019-at the Children’s Information Hub. / 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 à partir du lundi 24 juin 2019 au Carrefour de services jeunesse.
Monday, July 15, 1:30 p.m. to 4:30 p.m. (Each session lasts 30 minutes)
Le lundi 15 juillet de 13 h 30 à 16 h 30. (Chaque session dure 30 minutes)
Tuesdays, July 9, July 23, July 30, August 13 and 20, 1:30 p.m. to 4:30 p.m. (Each session lasts 30 minutes)
Les mardis 9, 23 et 30 juillet, 13 et 20 août de 13h 30 à 16 h 30. (Chaque session dure 30 minutes)

Luv2Groove Moves and dance / Rythmes et danse
Express your nature through fun, easy dance moves. Get lost in movement, while interacting, building confidence and expressing

wilderness. Ages 6 to 12. Registration required. / Relève ta nature à travers une série de mouvements de danse facile à suivre et amusants. A travers le mouvement, les participants pourront interagir, augmenter leur confiance en soi et surtout, s’exprimer en dansant! Pour les 6 à 12 ans. Inscription requise.
Saturday, July 16, 2 p.m. to 3 p.m.
Le samedi 16 juillet de 14 h à 15 h.

Concrete Jungle / Jungle urbaine
When the wild comes to visit. Ages 11 to 17. No registration required. / La faune t’invite à faire la fête. Pour les 11 à 17 ans. Aucune inscription requise.
Saturdays, July 20 and August 3, 1:30 p.m. to 3:30 p.m.
Les samedis 20 juillet et 3 août de 13 h 30 à 15 h 30.

Ecolonature :
A l’action! Le rallye des 4 RV / Du semis à l’assiette
Les 4 RV, ça te dit quelque chose? On accumule, on achète, on gaspille et on produit des tas d’ordures. Participe à notre Rallye des 4 RV afin de Repenser, Réduire, Réutiliser et Valoriser tout ce qui t’entoure. Il faut juste y penser et agir. Deviens un vrai écolo de la nature et amuse-toi à inventer ou imaginer des petits trucs pour une planète plus verte. / Avez-vous mangé des grains, des feuilles ou même des racines avant de venir à l’école? Avez-vous déjà pensé d’où venait ce qui dans votre assiette? Pourrions-nous nous passer des plantes? Quels rôles jouent les plantes? Comment se développe une graine? Pour tout connaître, il est peut-être temps de semer quelques graines et de suivre le développement des fruits et légumes qui nourrissent la terre. Pour les 5 à 12 ans. Inscription requise.
Le mercredi 24 juillet de 14 h à 15 h 30.

Start a Story Young Writers Workshop
Timm Holmes, author of the *Mostly made up Adventures of Malcolm & Cooper*, aims to excite the hearts, inspire the minds, and celebrate the creativity of primary and junior aged story tellers. This 75 minute workshop presents the core elements of story creation to children from Kindergarten to Grade 5. Working as a group they will be fully involved in bringing to life a story of their own design.
Verbally guided through the decision making process, utilizing both written and visual elements, the workshop culminates in a theatrical reading of the children’s story that they have just created together.
Optional post-workshop activ-

ALTA VISTA PUBLIC LIBRARY

ities can be shared and celebrated allowing the excitement of story creation to continue.
For ages 6-10. Registration required.
Tuesday, August 20, 10:30 a.m. to 11:45 a.m.

Closing Ceremony / Cérémonie de clôture
Join us for the TD Summer Reading Club 2019 wrap-up. All ages. No registration required. / Joignez-vous à nous pour la fermeture du Club de lecture d'été TD 2019.
Wednesday, August 21, 1:30 p.m. to 3:30 p.m.
Le mercredi 21 août de 13 h 30 à 15 h 30.

Registration for all programs requires a valid OPL library card for each registrant. Registration for summer children's programs starts on June 12. / Toutes les personnes qui souhaitent s'inscrire à des programmes doivent être titulaires d'une carte valide de la BPO. / L'inscription pour les programmes d'été pour enfants débute le 12 juin.

ADULT PROGRAMS

BOOK CLUBS
Book Banter
Share the enjoyment of good books in a relaxed atmosphere. Join us for discussions on the first Thursday of every month from 2 to 3 p.m.
Thursday, June 6, *Exit West* by Mohsin Hamid
Thursday, September 5, Title TBD
Thursday, October 3, Title TBD

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.

Please note: The May 16th and June 20th meetings will take place at the Elmvale Acres Branch.
Thursday, May 16th. Stuart MacBride, Logan McRae series
Thursday, June 20th, Jeffrey Deaver, Lincoln Rhyme series
Thursday, July 18th, Summer Social Event. Location TBD
Thursday, August 15, 2019, Quintin Jardine, Bob Skinner series
Thursday, September 19, 2019 P D James, *The Murder Room* or *Cover her Face* (Locked room mystery)
Thursday, October 17, 2019, Sharon Bolton (also credited as SJ Bolton) any stand-alone mystery

Infusions littéraires
Partagez avec nous le plaisir des livres dans une ambiance détendue. Joignez-vous à nous pour une discussion. De 14h00 à 15h00.
SVP notez que les groupes du 13 mai et du 17 juin auront lieu à la bibliothèque Elmvale Acres.
Le lundi 13 mai, 2019, *L'exception* d'Ava Olafsdottir
Le lundi 17 juin, 2019
Ce vain combat que tu livres de Faoud Laroui
Le lundi 16 septembre 2019
Titre à être déterminé
Le lundi 21 octobre 2019
Titre à être déterminé

Conversation Groups / Groupes de Conversation
There will be no conversation groups between June 24th and September 3rd inclusively. All conversation groups resume the week of September 9th.
Il n'y aura aucun groupe de conversation entre le 24 juin et le 3 septembre inclusivement. Les

groupes reprendront la semaine du 9 septembre.

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. Group Cancelled June 17th.
Les lundis de 16h45 à 18h. Annulé le 17 juin.

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.
Group Cancelled June 17th and 18th.
Les groupes sont annulés les 17 et le 18 juin.
Mondays, 6:00 to 7:30 PM.
Tuesdays, 12:00 to 1:00 PM.

Les lundis de 18h à 19h30.
Les mardis de midi à 13h.

Other Adult Programs

One-on-One Computer and eBook 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.

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 July 4, 11, 25; August 1, 8, 22; September 5, 12, 26; October 3, 10, 24; 6:00- 8:00 p.m.
Saturdays, June 1, 8, 29; July 6, 13, 20; August 3, 10, 17; September 7, 14, 21; October 5, 12, 19; 10:15 a.m.-12:15 p.m

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

EMVALE ACRES PUBLIC LIBRARY

Programs at Succursale Elmvale Acres Branch 1910 St-Laurent Blvd
JUNE 2019 TO AUGUST 2019
JUIN 2019 AAOUT 2019
(Closed on June 12 to June 23rd, July 1 and August 5, 2019 / Fermée du 12 juin au 23 juin, les 1er juillet et 5 août 2019)

Children's Programs

Bilingual Family Storytime / Contes en famille bilingue
Wednesdays – 10:15am, June 19 until August 28, 2019
Mercredis – 10 h 15, 19 juin jusqu'au 29 août, 2019
Stories, rhymes and songs for children of all ages and a parent or caregiver. Drop-in program. / Contes, comptines et chansons pour les

enfants de tous âges et un parent ou gardien. Aucune inscription requise.
Babytime / Bébés à la biblio
Thursdays – 1:30pm / Jeudis – 13 h 30
Stories, rhymes and songs for babies and a parent or caregiver. 0-18 months. Drop-in program. / Contes, comptines et chansons pour les bébés et un parent ou gardien. 0-18 mois. Aucune inscription requise.
TD Summer Reading Club 2019 / Club de lecture d'été TD 2019
July 2 @ 3-4pm: In my backyard / Dans ma cour. Age 4-9.
July 4 @ 2-3pm: Herbs and their uses, with Billings Estate National Historic Site. Age 6-9.
July 8 @ 10:30-11:30am: Head in the clouds / La tête dans les nuages.

Age 4-6.
July 16 @ 3-4pm: Ride the wave / Surf sur la vague. Age 4-9.
July 18 @ 2:30-3:30pm: See Spot Read, with St. John Ambulance. Age 6-10. Bilingual program.
July 22 @ 10:30-11:30am: Me, Myself and I. / Moi et moi seul (e). Age 7-9.
July 23 @ 2:30-3:30pm: See Spot Read, with St. John Ambulance. Age 6-10. Bilingual program.
July 30 @ 3-4pm: Let it grow! / Mon jardin d'idées. Age 4-9.
July 31 @ 10:30-11:30am: Du semis à l'assiette, avec Écolonature. 5-12 ans. French program.
July 31 @ 2:30-3:30pm: See Spot Read, with St. John Ambulance. Age 6-10. Bilingual program.
Aug 6 @ 3-4pm: Block Party, with

Lego®. Age 5-12. Bilingual program.
Aug 12 @ 3-4pm: My World, My Way! / Le monde a ma façon. Age 10-12.
Aug 20 @ 3-4pm: It's a wild, wild world! / C'est un monde fou fou fou! Age 4-9.

Adult Programs

Mystery Book Club – Monday Nights are Murder
Mondays - 6:30pm
June 3, July 8, August 12, September 9, 2019
Share the enjoyment of good mysteries in a relaxed atmosphere. Join us for discussion.

DEAR FRAN



FRAN DENNETT
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Scented Geraniums

Scented Geraniums, like the zonal annual geraniums we buy in the spring are not really geraniums, botanically speaking, are part of the closely related *Pelargonium* genus. There are more than 280 species of pelargoniums but only about 30 species are cultivated as scented geraniums. Those in the know refer to them as “the scented”. They were some of the wonderful discoveries brought back to Europe from commercial voyages to South Africa in the 17th and 18th centuries. They quickly earned a place in European gardens especially when they could be kept on the window ledge through the cold winters. In the 1790s the pioneers brought them to North America. Over the next 100 years the scented, being a bit promiscuous, crossbred both by themselves and deliberately by breeders to the point that no one could recognize varieties or classify them.

The scented are not to be confused with the annual “geraniums” used in mass plantings, hanging baskets and containers. The flowers of the scented are not as showy as those of bedding geraniums. Their value and desirability is in their scented leaves which brings another dimension of perfume and texture to the landscape or container.

In the 1940’s a group of botanists met to establish criteria and bring order to this genus. They classified these plants based on scent, leaf shape, foliage colour, texture, flower shape, colour and reproductive parts. They also discovered that the same plant grown in a container and in the garden will exhibit different growth patterns and colouration, and different types of soil will also produce differences in the same plant. Imagine the confusion among growers and breeders of scented geraniums and the home gardener!

Classification

The following six groups evolved based on their scent – rose, mint, fruit, pungent, spice and other:

1. The **rose** scented group (the

largest) is characterized by two distinct triangular leaf patterns, one lobed (*Pelargonium capitatum*) and the other is deeply cut and open (*P. graveolens*). These two species are the source of most hybrids.

2. The **mint** or **pepper-mint**-scented group is characterized by large, fuzzy leaves and named *P. tomentosum*, because of their woolly texture. This group has a spreading habit and grows best in mottled shade.
3. The **fruit**-scented group contains distinct types. The citrus (largest) group is characterized by shrubby habit and serrated light or dark green or variegated leaves. This group contains some very old varieties, e.g. the Lime geranium (*P. X nervosum*) really smells like limes, ‘Mabel Grey’ (*P. citronellum*) is lemony with a light green leaf (sometimes sold as the mosquito geranium), and ‘French Lace’ (*P. crispum*) has a variegated leaf and has been grown for over 120 years.
- Other fruit scented are apple (*P. odoratissimum*) meaning very fragrant, and two strains of ‘Old Spice’, one apple and the other nutmeg-like.

4. The **pungent**-scented group is almost all oak-leaf shaped (*P. querifolium*). Some think they smell more eucalyptus-like, others say pine. This group has distinct colouration in its leaf, blooms profusely, and hybridizes easily.
5. The **spice**-scented group is small group, but contains very recognizable members, e.g. the nutmeg geranium (*P. fragrans*), the ginger scented geranium (*P. X nervosum*), and the spicy apple scented ‘Toronto’ and ‘Apple Cider’.
6. The group designated “other” contain those scented geraniums that defy classification.

Cultivation

Scented pelargoniums require sun (a few do well in the shade), good drainage, rich soil (lots of organic



matter for water retention), and fertilizer just like the bedding geraniums. Growing naturally in rocky crevices their fleshy roots seek water and food, so water deeply as their feeder roots are near the soil surface.

Propagation can be done two ways:

1. In August, water with iron chelate three weeks before taking cuttings. This produces strong cuttings that root well. These cuttings must be grown and tended through the winter for the next season.
2. In September, select a well-grown healthy plant as your “mother” plant. Grow it over the winter and in January take cuttings from the “mother” plant and grow till ready to harden off outside in May. You may give the “mother” plant iron chelate three weeks before taking your cuttings.

Grow new cutting in good light (west/south window or under lights) through the winter.

This will produce good, strong plants for use outside the following summer. It takes 15 weeks for bloom-bud to form, so don’t pinch too severely in the spring. These plants are susceptible to the same pests and diseases as bedding geraniums, so remember healthy, well-grown plants are better able to withstand pests and diseases. Discard any plants that become black or soft, or have leaves that wilt or look dark, or look diseased in any way. Praying mantises are attracted to the scented-geraniums – another good reason to grow the scented.

Uses for the scented geraniums:

- in a mixed border where their variations in leaf texture, shape and colour add contrast and texture, e.g. oak-leafed has hairy and variegated leaves; ‘Scarlet Unique’ has blood red flowers with silver green foliage.
- near flower bed edges or walkways where their scent is released when brushed.
- as topiary and standards because they are fast growing, e.g. ‘Mabel Grey’ (*P. citronellum*).
- as bonsai because some have shrub-like forms with small leaves and woody stems that can be trained, and, they over-winter indoors, e.g. ‘Southernwood’ or ‘Fingerbowl’. The strawberry and nutmeg scented also are good candidates.
- in potpourri and other crafts such as paper making where their leaves add bulk and scent to the paper.
- in cooking, e.g. rose geranium jelly; place a lemon-scented leaf in the bottom of a pan before adding cake batter, in sorbets, syrups, butters, sugars, teas and add a lemony leaf to a finger-bowl.

Locally, Green Thumb Garden Centre and Ritchie will have scented geranium for sale.

Richters Herb catalogue lists 25 different scented geraniums sold as plants. They do not come true from seed, however, you can still grow them from seed and you might discover the next hot cultivar in the world of scented geraniums.

As always I hope you find this information entices you to try the scented geraniums oops pelargoniums.

References:

- *Growing and Using Scented Geraniums*, by Mary Peddie, Judy Lewis and John Lewis, Storey Publishing Bulletin A-131. 1991. 32 pages.
- *Geraniums and Pelargoniums* by John Feltwell. Firefly Books 2001
- *Richters Herb Catalogue*, Goodwood, ON LoC 1A0, www.richters.com
- Access the internet and search for scented geraniums.

- 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.
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Cancer and loneliness: accessing community support

Submitted by the
CANCER FOUNDATION

Here in Canada, at least one in five people experience some degree of loneliness or social isolation. Loneliness can sometimes even be hard to define on a larger scale, let alone resolve, but more Canadians than ever are living and spending much of their time alone. While we are more connected than ever through technology our face-to-face interactions and offline communities are dwindling.

Its own kind of “alone”
For someone who is facing cancer, the experience of loneliness can be as much about emotional disconnection as physical isolation. They experience situations and emotions that very few of their family members or friends can relate to, un-

less those people have had cancer themselves.

As much as loved ones may try to empathize, it can be difficult for them to really understand what a patient is experiencing. It is also common for those going through cancer to withhold their feelings to avoid others feeling sorry for them or to prevent people from minimizing their experience.

After treatment, these feelings often persist; cancer survivors can feel especially alone and misunderstood given the expectations that their life will go right back to the way it was before cancer. Sometimes loved ones are ready to move on, while a patient continues to deal with physical symptoms, emotional struggles, and a changed sense of identity and perspective.

A recent report from the Canadian Partnership Against Cancer (CPAC) showed that 70% of Canadians reported emotional challenges after their cancer treatment ended, and that 25% were not satisfied with the emotional support they received as an outpatient.

But thankfully, there are many solutions that exist within our communities to help those facing cancer feel more supported, understood, and prepared to meet the challenges cancer can bring. Expressing yourself authentically, being vulnerable and truly connecting with others helps alleviate loneliness, but it can be an overwhelming step to take. Many find it much easier to reveal their hopes and fears to others who have gone through cancer themselves...those people “get it”, because they have been there.

What you can do
At the Ottawa Regional Cancer Foundation, we offer Group Coaching programs lead by professional Cancer Coaches where you can benefit from specialized knowledge while gaining support from people with similar experiences to yours. These programs provide the opportunity to connect with others at various stages of cancer, to meet people who share your experiences and concerns, and to receive practical guidance from healthcare professionals who understand what you are going through. It is a safe, supportive, friendly space.

To learn more about Cancer Coaching or to find out how you can meet with a Cancer Coach, please visit:
www.ottawacancer.ca



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