



OCTOBER 2019

A Voice of Riverview Park

NOVEMBER 2019



PHOTO: GREG MONEY

Tim Horton drive-through centres public dispute

by David Knockaert

You may not have noticed but on around July 23 a small sign was erected alongside Dorion Avenue announcing an application to the Committee of Adjustment. The application was from the owners of Alta Vista Plaza seeking approval to grant a lease, in excess of 21 years, for the building, parking lot and drive-through associated with Tim Hortons.

Some residents did notice the sign. At least three (including myself) forwarded written submissions to the Committee while two others residents appeared in per-

son at the Committee hearing. All voiced opposition to the application. On August 7, the Committee ruled all of these interventions irrelevant and approved the application. That is where the story ends. But it is a conclusion with many loose ends, which deserve further consideration.

The concerns expressed by residents focussed on the Tim Horton's drive-through. Anyone who uses Dorion is well aware that the space allocated for the drive-through is inadequate. Particularly in the morning rush hour customers wishing to enter the drive-through are left to idle their

vehicles, often along both sides of Dorion or straddling the north side sidewalk as they await drive-through space to become available. But Dorion is a public road, neither owned by the Plaza nor leased by Tim Hortons. Yet, rather than expecting the owners to acquire/allocate space necessary for their own operations, the City of Ottawa allowed, and continues to allow Dorion to be used as an extended drive-through. Effectively, the City has chosen to subsidize these businesses even though such usage demonstrably impairs vehicular/ foot traffic and elevates the risk to users. The obvious question is, why?

In the spring an official from the City's Transportation Services Department confirmed to yet another resident that the Tim Hortons drive-through does not meet City guidelines. However he stated that the City could not alter the traffic flow on Dorion without there being a sufficient number of vehicle, pedestrian or bicyclist accidents - since such an alteration would have an adverse financial impact on the business owners. Which begs a series of questions: 1) why do residents need to suffer any injury or financial loss before the City stops using a public road to subsidize a

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Eighty of the best films will celebrate NFB's 80th anniversary

by Janina Nickus

Did you know that The National Film Board (NFB) is celebrating its 80th anniversary this year by showcasing 80 of its most powerful productions? Not surprisingly, when the NFB was created in 1939, part of its mandate was to create World War II propaganda documentaries. Like it or not, in the politics

of today's Canada, the NFB actually was started by a Scottish documentarian with strong socialist leanings named John Grierson. He was recruited by the Canadian government and in 1939 appointed first commissioner of the NFB.

The organization has come a long way since the war years, with over 13,000 productions, winning 12

CONTINUED ON PAGE 8



This photo, from the early 1990's, shows Lois Siegel (centre in the pink cap) with her seven crew members taken while shooting a scene for Baseball Girls in California.



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Meet Claire Desjardins...

by Carole Moul

Her vibrant art work was on display this past month from September 7th - September 26th. at *Wall Space Gallery*, 358 Richmond Road. She is a Quebec abstract painter and chose for the name of her recent exhibition, *Bask in the Glow*. “I like to use the name of a piece of my work for the title of the show,” Claire said on opening night.

Guests at the artist’s talk and reception were totally engaged. Claire Desjardins had chosen pieces from different series of her work for display and described to the visitors who joined her just how each series came to be. “The common thread is colour,” she said. Questions were welcomed as the captivated group visited the various paintings around the room.

“A white canvas is the most exciting time,” Claire Desjardins suggested as she told how she began her paintings. Then she added, “Layers are really important in my paintings.” She also described how that particular technique is incorporated.

“Nature is also very important to me and I am often inspired as I walk my dog every day,” she stated.

The artist spoke about how she painted after visiting different places such as China or California. And, how does she choose her colour palette?

“You create what you can with what you have.”

And speaking of creating; in 2019, Claire Desjardins launched her own signature collection of women’s “wearable art”, being worn by several of the visitors at the exhibit opening.

Yes, Claire Desjardins is so much a multi talented Canadian artist. How fortunate we were to be able to spend time with her at the *Wall Space Gallery* on that early fall Saturday afternoon.



Claire Desjardins shared many messages at the exhibit opening. In the photo she is standing in front of her painting, titled, *My Intentions*.



This unique painting *Basking in the Glow* shared the honour of having the exhibit named after it. PHOTOS: CAROLE MOULT



Claire Desjardins responded to questions on the evening of the artist’s talk and reception. Here, she stands in front of her beautiful work, *So Much Garden*.



David Lidbetter, *Kass 3*

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Drive-through dispute

CONTINUED FROM PAGE 1

business?, 2) why is the City more concerned with the welfare of the businesses than that of its individual citizens?, and 3) can the City not resolve the traffic congestion problem simply by installing and enforcing "no stopping" signs on top of the existing no parking signs?

Having a Riverview Park property going before the Committee of Adjustment is unusual. Indeed this was the first such case in 2019. Not surprisingly residents were not quite certain what to expect. But the City of Ottawa Planning Department offers to assist in the management or the process. Owners who are considering submitting a consent application are encouraged to seek advice and counsel in advance from a planning officer. The Planning Department was also present at the Committee hearing to respond to enquiries or otherwise assist Committee members. Yet when questions concerning the application were posed by myself to the Planning Department they went unanswered. And when that initial lack of response was met with a second round of questions, those too went unanswered. Which gives the impression that Planning



Department is more inclined to act as advocate for the applicant rather than as a neutral source of expert opinion for all parties to a Committee deliberation. Is that an appropriate role for City officials?

By August 7 the Committee of Adjustment and the Planning Department were in agreement that neither the conformity of the drive-through to City guidelines nor the use of Dorion as a drive-through were matters of their concern. But they were also both in agreement as to who should be concerned and who holds the key for resolution, this being our Councillor Jean Cloutier. Mr. Cloutier is aware of the issue. In fact each of the three



residents who submitted written views to the Committee copied the councillor.

The community will clearly benefit from the clarity and intervention that Mr. Cloutier is capable of

delivering. Hopefully we will soon have our public road returned fully to public use or have a clear and justifiable explanation for why not.

Letters to Editor:

1. Last week while walking my dog in the morning I came across a familiar sight. A line up of vehicles waiting to get their cup of joe without getting out of the comfort of their vehicles. Cars were lined up on Dorion all the way to Alta Vista Drive. It was a nice day, no rain and I wondered why all these people, usually only 1 per vehicle, couldn't take the incentive to go into the parking lot, park and walk a few feet to get their coffee. That action would take shorter period of time rather than waiting and moving one car space at a time. Parking and walking would eliminate all vehicles lined up running their engines, plus, maybe everyone would get a few steps closer to their 10,000 steps per day.

Just an observation. Anonymous please,

2. Just an fyi. We have a fender bender involving 3 vehicles at Tim's. Called police non emergency and they said they have up to 2 hours to respond.

I told them they need to come soon before another accident happens.

Way to go Celtic Tigers!

by Louis Comerton

The Celtic Tigers cycling team has participated in the Ottawa MS Bike tour for the past 19 years. For the first 12 years the tour consisted of a two-day 160K round trip cycle between Ottawa and Kemptville. For the past seven years, the tour has consisted of a two-day 160K round trip between Ottawa and Cornwall.

During those 19 years, the Celtic Tiger's Team has varied in size from as few as six cyclists to as many as 22 cyclists. This year's team had 18 cyclists, four were from Riverview Park: Aileen Comerton, the team captain, Jackie Comerton, Louis Comerton and Jackie Bohemier.

Over the 19 years, the various Celtic Tigers teams have raised, through individual sponsorships, over \$175,000 for the MS Society of Canada. This year, the team raised over \$17,000.

The Celtic Tigers plan to participate again next year in their 20th Ottawa MS Bike Tour.

The 2019 Ottawa 160k MS Bike Tour took place on Aug. 17th & 18th. Over 470 cyclists took part in the event and raised over \$500,000 for the MS Society of Canada.



Pictured here are some of the members of the Celtic Tigers cycling team.

SUBMITTED BY LOUIS COMERTON

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Are universities for scholars *or* skilled workers?

by Maria CampbellSmith

Millions dream of pursuing university education while other people scorn it. It is a tricky issue. Tertiary education is an indicator of development and prosperity for whole nations. It is also a massive money-making institution in itself. It is a rite of passage on the road to becoming a professional (doctor, lawyer, scientist, engineer) and today we have more universities in more countries with record numbers of students enrolled. We also have more dropouts, failures and unemployed graduates than ever before. As the globe becomes more populated and more technological, it seems that higher learning has become both impetus and impotent.

It was not always this way. We estimate the 11th century's world population was 300 million. Our 21st century is nearly 8 billion! Communities have evolved from small, rural, illiterate groups to highly concentrated, educated, urban centres. Our fields of knowledge exploded as we developed, but does systematizing higher learning crush the passion and enquiry that it used to nurture? Corporate sponsorships and massive endowments provide lucrative capital, but can also influence the content taught and research done. As affluent societies extend childhood and make university the expected next step, a bridge to the adult world, we see students attend whether they are committed or not.

Initially, formal education was only for wealthy or religious young males. European Cathedral schools educated and trained future clergymen. *Guild schools*, chartered by royalty or towns, trained and qualified new members. In Asia and Africa, madrasas and special schools trained clerics and government officials. It was the rediscovery and translation of Aristotle's work that really fuelled the 12th century university movement of Medieval Europe and then the wider world.

The Latin *universitas magistrorum et scholarium* means a community of teachers and scholars. As studies gave way to more secular matters, subjects expanded and university enrollment did too. Medieval universities expected students to know the *trivium* (grammar, rhetoric and logic) and the *quadrivium* (arithmetic, geometry, astronomy and music). Higher learning was heady stuff and with the expansion of education came the explosion of art, sciences, trade and technology.

Other divisions developed. Italy and Southern Europe used universities to train professionals, espe-



cially in law and medicine. Germany and Northern Europe focused more on academics and theology, training teachers. Monasteries and madrasas continued to train the clergy. However, the more that universities separated from religious or private funding and control, the more secular and public they became. Universities were hotspots for academic rigour, research, and freedom of thought. That made them prestigious and exciting. Some of the oldest universities in the world continue to operate today!

- Italy's University of Bologna beats them all. It has been teaching students since 1088!
- The University of Oxford since 1096
- The University of Paris since 1160
- University of Salamanca, Spain since 1134
- Cambridge University since 1209

The New World enshrined higher education as well. Repeatedly ranked the world's wealthiest and most prestigious university, Harvard actually began in 1636. The first American university to award a PhD was Yale University, founded in 1701. Benjamin Franklin founded the University of Pennsylvania in 1740, and in 1754 New York City got Columbia University, which still administers the Pulitzer Prize today. MIT (Massachusetts Institute of Technology) is the world's pinnacle for scientific research. Stanford University has produced 30 *living* billionaires (the business moguls of Google, Nike,

Yahoo, Hewlett-Packard). With law schools, med schools, economists and scientists - the movers and shakers of the modern world are rooted in the university system.

Canada has a proud tradition too. Tertiary education in Canada can mean intensive training or apprenticeship programs, college diplomas, or university degrees. We have over 90 universities with 1.5 million students spread across the 10 different provinces. Université Laval is our oldest, established in 1663. The University of Toronto is our largest, established in 1827, with nearly 75 000 students currently enrolled! In Saskatchewan, we also have The First Nations University which began in 1976.

The national capital region offers several institutions of higher learning: Université du Québec en Outaouais (over 7000 currently enrolled), St. Paul University (1000 students), Carleton University (over 30 000), and the University of Ottawa (nearly 43 000 current students). Add Algonquin College's 20 000 students and the area has over 100 000 people enrolled in college or university programs. The thirst for knowledge and skills seems very strong.

This is a worldwide trend. At the 2016 World Economic Forum, Justin Trudeau declared that "Canada's educated population is its most valuable resource". Other nations concur. Those investing in higher education reap results with more diverse economies, healthier and wealthier populations, and the world's largest GDP levels.

The Organization for Economic Co-operation and Development ranks the nations of the world based on adult education levels and Canada tops the list. With a population over 37 million, 56% have tertiary education which makes us "the most educated country in the

world". Other nations that stress university education, achieving 40-50%, include Japan, Israel, South Korea, United Kingdom, United States, Australia, Norway, Finland, and Ireland. While all of these nations boast high levels of education, they struggle with stagnation and unemployed graduates as well.

The world's most populous and rapidly developing nations also make for an interesting study. Formal universities did not flourish in China until the 1900s. The Cultural Revolution (1967-76) devastated those higher education institutions. It was not until political reforms (post-1980) that tertiary education, industry, and development saw resurgence. Now, there are over 3000 universities and colleges in China, with more than 25 million students enrolled this year! Nevertheless, criticisms there identify the new and confounding problems of unemployed graduates and insufficient or non-transferable skills. International standards are difficult to meet. Many students and schools seem motivated to churn out specialized workers, rather than scholars.

China has the biggest population on the planet. America is the wealthiest. Can you guess which nation has the world's largest university? With nearly 5 million students enrolled this year (at the physical campus or online) it is India's Indira Gandhi National Open University. 5 million students seeking higher education and skills all at the same time at the same alma mater - that is impressive.

In Turkey, Anadolu University has nearly 2 million students enrolled this year. The Islamic Azad University in Iran has over 1.5 million. Allama Iqbal Open University in Pakistan has 1.3 million. Clearly, the global trend is to make tertiary education accessible to more and more people.

Are we becoming a smarter planet? Most students desire specialized training to become more skilled and employable. Universities educate experts and professionals who network, innovate, and make nations and corporations more technological and prosperous. But are there enough high level jobs for all those with higher education?

Universities used to be institutions for individuals passionate about certain fields. They fostered academic enquiry and broad-based mastery of knowledge, history, and problem-solving. For many, that is still the goal and rigorous learning and scholarship are thriving. For others, tertiary education means enormous money-making institutions that produce workers who may or may not even get a job.

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Potholes as traffic calming?

So far in 2019 the City of Ottawa has filled over 183,000 potholes, and with winter coming more are on the way. Each year drivers are frustrated with dodging ruts and each other, let alone the damage to their vehicles. But with a budget of approximately \$100 million dollars for road repair it may be time to rethink our relationship with potholes.

If the common concern in our neighbourhood is the volume and speed of cars and trucks, maybe potholes are the answer. Just don't fill them in. Don't like dodging and weaving? Don't want to damage your car? Slow down. If you want to avoid other vehicles and pedestrians, slow down. Drivers won't be able to go 85 km/h in a school zone. They may be lucky to drive 30.

This winter the Glebe and Old Ottawa South are going to experiment with lowering the speed limit to 30 km/h. With potholes and ice-ruts left alone, this will be self enforcing and won't need police presence. And it won't cost a dime!

Investing in new asphalt materials and even machinery like the Python 5000 can keep up repairs all year round. But these are stop gap measures as more and more roads are built. And all of which costs more and more. Compound this with the cost of implementing "Road Calming" initiatives like humps, digital speed warners and stantions, and it may be time to look again at the maligned pot hole.

Posting the reduced the speed of local roads like Neighbourhood Way to 40 km/h won't slow drivers down, but potholes the size of lunar craters might. Besides, with all those ready-made holes laying around, maybe we could plant trees in them. Offsetting climate change has become fashionable these days, and Riverview Park could be the calmest, greenest neighbourhood in the city.

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SHAWN MENARD COUNCILLOR CAPITAL WARD

New Pedestrian Crossing at Lycée Claudel



SHAWN MENARD
Shawn.Menard@ottawa.ca

by Shawn Menard, City Councillor

Making our streets safer was a major theme of last year’s election campaign. It was a key part of my platform, and it was a concern that came up repeatedly as I knocked on doors throughout the ward. In this first year of office, I’ve been working on a number of measures to make all of Capital Ward safer for pedestrians, bicyclists, transit riders and drivers.

Residents expect city streets to be safe, and rightfully so. In this first year of office, residents have brought up a number of issues in our ward, and my team is working every day to get improvements and safety enhancements.

And so, after years of advocacy

by community members, I’m happy to announce that this summer, at the request of our office, the city installed a new pedestrian crossing on Lycée Place, connecting Lycée Claudel d’Ottawa to the Lycée Claudel Transitway Station. This is an important pedestrian connection both for students at Lycée Claudel and for neighbourhood residents accessing the Transitway.

Concerned parents and residents contacted my office back in the spring and explained the safety issue at Lycée Claudel. It was obvious that what was needed was a proper pedestrian crossing. People going to and from the transit station needed a safe convenient crossing. Many people were already crossing there, understandably, so it was time to

Concerned parents and residents contacted my office back in the spring and explained the safety issue at Lycée Claudel.

formalize the crosswalk.

We were able to work with city traffic planners to quickly get a design approved for the crossing. There was already a curb cut, allowing for a quick implementation. It was a great example of residents, city staff and my office coming together, identifying a problem and quickly remedying it.

I’m very pleased with how this worked out. The diligence of the community paid off. And it was a great opportunity to work with staff who were really committed to making safety improvements for residents.

This is what city government is about: making our communities safer and more livable for residents. A crosswalk or a stop sign or a sidewalk can seem like a small issue, but these are the things that improve the lives of hundreds of residents each and every day. And seeing these improvements made to Capital Ward gives me even more energy to keep fighting for safer streets and a better Ottawa for all of us.

It is reassuring to know that as students go back to Lycée Claudel this fall, many will have a safer route. When you’re going to school, you should be thinking about tests and homework, extra-curricular activities, and seeing your friends. You shouldn’t be worried about whether or not there’s a safe way to cross the street.

Thanks for reading.

Shawn Menard is city councillor for Capital Ward. He can be reached at CapitalWard@ottawa.ca.

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Baseball girls CONTINUED FROM PAGE 1

Academy Awards (Oscars) and more than 90 Genies. The NFB promotes productions by Indigenous people and women. In 1974, the NFB created the world's first publicly funded women's film studio and in March 2016, it announced a new gender-parity initiative where the NFB committed half of all its spending to films directed by women.

One such film is the 1995 award-winning *Baseball Girls*, narrated and directed by Lois Siegel, voted one of the top 50 people shaping the future of the National Capital in 2002. Lois Siegel now lives in Ottawa. This feature documentary covers the history of women's baseball and softball from the 19th century to the 1990s. The film combines great ball-playing action with wonderful personal commentaries from the women, including Jackie Pranteau, a Métis from northern Manitoba, and Michelle Granger, a 70- mile- per- hour pitcher from California.

Baseball Girls also shows film footage of the All-American Girls Professional Baseball League that existed from 1942 to 1954 and included about 10 per cent of its players from Canada. This same league was the subject of the 1992 Hollywood film *League of Their*

Own starring Geena Davis, Madonna, Rosie O'Donnell and Tom Hanks. Another baseball documentary made at that same time was by PBS-famed director Ken Burns. Interestingly, Burns' over 18- hour series contained only 23 minutes on women's baseball.

Siegel's film, *Baseball Girls*, premiered at the Montreal World Film Festival and won an award at the International Sports Film Festival in Palermo, Italy—something Siegel is very proud of. The NFB then scored a major coup when they got the film screened at the Athletes' Village during the 1996 Olympics in Atlanta.

Other NFB 80th anniversary films chosen include the famous short film, *The Sweater* made in 1980, about a young boy who gets a Toronto Maple Leafs jersey instead of one for Maurice "Rocket" Richard of the Canadiens; the film *Ladies and Gentlemen...* Mr. Leonard Cohen from 1965 about Cohen returning to his hometown of Montreal at age 30; and *Margaret Atwood: Once in August* made in 1984.

Now will someone *take me out to the ball game, take me out with the crowd, buy me some peanuts and crack- er jacks*, so I can root, root, root for the Ottawa Champions?



PROVIDED BY LOIS SIEGEL



This photo of her team was taken by Lois Siegel.

Lois Siegel comments to the Riverview Park Review in September 2019.

"Baseball Girls was shot over three summers. I went across Canada and parts of the States doing research to prepare a report before I made the film. The idea for *Baseball Girls* originated in 1990.

The report I made after traveling and doing research was made in 1991 and given to my producer Silva Basmajian. It included photographs and text about the people I met.

The film *Baseball Girls* was shot over three summers: 1992, 1993, and 1994 because it was a summer film. We had a lot to cover. It was completed in 1995."

The NFB website comments about Baseball Girls...

"This feature documentary uses animation, archival stills and live-action footage to detail the history of women's participation in the largely male-dominated world of baseball and softball. Zany and affectionate, it features 7-year-olds learning the rules and skills of the game and 50-year-olds hitting home runs, from the early days of the Bloomer Girls to the heyday of the Colorado Silver Bullets.

For more background information on this film, please visit the NFB.ca blog." <https://blog.nfb.ca/>

An NFB 80th anniversary letter arrived from Albert Ohayon, Collection Curator, NFB, informing Lois Siegel of the honour given to her this year.

'As part of our commemoration of the National Film Board's 80th anniversary, we decided to choose a symbolic 80 powerful productions to highlight 80 years of exceptional storytelling by our great institution. 80 titles out of a collection that numbers more than 13,000....'

"Hi Lois,

I just wanted to let you know that for the NFB's 80th anniversary, I chose 80 films that best represent 80 years of filmmaking at the NFB. I am proud to tell you that *Baseball Girls* is one of my 80 choices. You can see all the special programming here:

<https://www.nfb.ca/80years/>
Here is my blog post explaining how I chose the 80 films. <https://blog.nfb.ca/blog/2019/05/02/80-nfb-productions-for-our-80th-anniversary/>

We will be sharing this on all our platforms today, including on the homepage of NFB.ca and on Facebook and Twitter. Hope you are well.

Albert Ohayon,
Collection Curator
National Film Board of Canada
a.ohayon@nfb.ca T: 514-513-4969



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Preventing Osteoporosis

Think you're too young to worry about osteoporosis? Think again. Recent research suggests that the behavior during the second, third and fourth decades of life may have a profound effect on the future bone health. So, do your future self a favor, work to prevent osteoporosis.



Simply Chiropractic
A Tip from Dr. Stéphane Chillis

Tips for reducing the risk of this disease.

Major impact

Engaging weight bearing activities throughout adulthood is the single most important step to preventing bone loss. Those activities include power walking, running, jumping etc.

Diet

Your diet affects your chances of developing osteoporosis. Bone smugglers to avoid include refined sugar, grains and flours, processed food, caffeine, soda and animal meats.

Bone builders

Fruits and leafy vegetables, fish, nuts, low fat dairy product.

Keep a good blood pressure.

According to a research study a high systolic pressure (top number) can change bone demineralisation by 25 %.

Calcium supplementation

When choosing a calcium supplement, get a citrate formulation. Although calcium and magnesium are effective, they are not the only supplement to consider there is a good benefit with vitamins D, K, manganese, potassium, zinc and vitamin C.

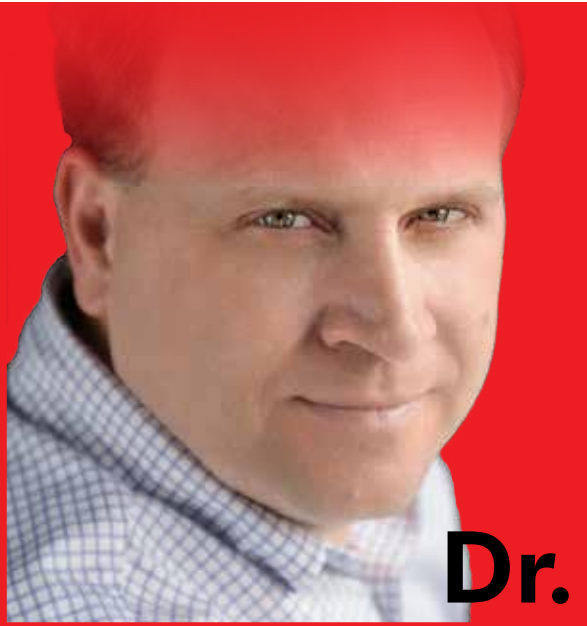
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Doctor of Chiropractic take a comprehensive approach to osteoporosis, prevention, one includes nutrition, exercises and spinal health.

A good spine healthy spine is always good to prevent osteoporosis.



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Photo: Bryan Orendorff,
President, Riverview Park Community Association



Photo: Michael Reid, Assistant to Councillor Jean Cloutier



Photo: Carole Moul



Photo: Bryan Orendorff,
President, Riverview Park
Community Association



Photo: Bryan Orendorff,
President, Riverview Park
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TALKING MOVIES BY PETER THOMPSON OF MOVIES 'N STUFF

10 Foreign Films you may not have seen

by Peter Thompson
With nice cool evenings descending upon us, you might want to take a break from whatever superhero movie is currently 'in' and head over to another country for films you might actually remember a month from now. So, without further ado, here are 10 that you should be making your way into Movies 'n Stuff to see:

1. The Lives of Others
A secret police agent in 1984 East Berlin listens in on a playwright and his actress wife, both of whom he feels are too perfect in their loyalty to communist Germany. As time goes by, he becomes increasingly obsessed with the couple - especially the wife. A masterpiece that you need to seek out!

2. The Secret in Their Eyes
A retired federal justice agent is haunted by a brutal case that he couldn't solve, and as he reflects on his life he begins to realize that he needs closure. A taut thriller that will ultimately take your breath away with a great ending!

3. Tokyo Story
Master director Yasujiro Ozu tells his tales with minimal props and minimal action, but his films are as emotional as they come. An older couple visit their children and grandchildren in the big city, but quickly realize there's no time for the elderly anymore. If you suddenly feel a surge of emotions



Stalker



The Secret in Their Eyes

throughout Ozu's work, don't worry, you're certainly not alone.

4. Ali: Fear Eats the Soul.
One of the most tender stories ever put on film. This is a wonderful tale of a woman in her mid-sixties who meets and falls in love with a Moroccan man who is 25 years her junior. Amidst rampant racism in 1970s Germany, they cling to each other, both finding comfort and love in this unusual relationship.



The Lives of Others

5. Stalker
Masterfully directed with haunting images, this is certainly not a film for everyone, yet given the opportunity it can be mesmerizing from beginning to end. Three men travel to a mysterious and forbidden area of a post-apocalyptic city called 'the zone', with the 'stalker' acting as a guide through the ever changing, dangerous landscapes that attempt to thwart their travels. Follow the 'stalker' and you will be rewarded with a room that will

...mesmerizing
from beginning
to end

grant the person's deepest wishes, but it won't be easy..

6. Departures
What would happen if you're a devoted cellist and your orchestra disbands? You try to find work to support your family - quick! Moving back to his old home town, Daigo answers an ad for Departures, thinking it's a travel agency, but soon realizing it's for a funeral professional who prepares bodies for the next life. While his wife is aghast, he begins to take pride in his new endeavor. Charming!

7. High and Low
From master filmmaker Akira Kurosawa comes a deviation from his famous samurai films. A high ranking executive stages a coup and raises enough money to buy out the company he owns a minority in, but when his chauffeur's son is kidnapped, he's faced with making a decision of owning the company he's wanted all his life or paying to have his chauffeur's son brought back. One of the most underrated of all police procedural thrillers!

8. Harakiri
One of the greatest films of all time, this is a story of honour and the samurai code. A samurai arrives at a feudal lord's home and requests an honourable place to commit suicide, but suddenly things take an unexpected turn when he reveals why he's really come. Every frame of this is incredible!

9. Cinema Paradiso
I cheated a bit here, as most people know this wonderful Italian film. A man recalls his childhood as he fell in love with films and the projectionist whom he forms the deepest of friendships with. A love story of a different kind, steeped with warm visuals of a small Italian village.

10. Il Postino (The Postman)
Alright, I'll cheat again. Nominated for Best Picture among others, people have probably heard of this. A simple mailman learns to love poetry when he delivers the mail to a famous poet - and he uses this new love to woo a pretty woman in the small village.

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BOOK REVIEW BY BILL FAIRBAIRN

A brainstormer on the Middle East

Here, in one book by Qais Ghanem, we have modern and ancient history of the Middle East named *Democracy, Deity and Death*. Four Arabs, one a woman, are seated around a table on several occasions in London, discussing what went wrong and how to right it.

The book's four Arab debaters have different beliefs, but an intent interest on what is happening in the Middle East. The first, Abul Raheem, is a devout Muslim from Yemen, born in Wales, and who had moved back to Britain from the Middle East. The second, is Sam, a Lebanese Christian homosexual. The third is a retired Muslim Egyptian professor of biology named Saleh. The fourth is Samia, a London bank manager, who has discarded her Islamic tradition and beliefs.

Qais Ghanem, himself an accomplished debater, had regularly met for coffee with a small bunch of elders like himself, Arab men, and a woman or two, in the Alta Vista area. "It goes without saying," he writes, "that the conversations turn into a debate about the chaotic state of the Arab world." Qais acknowledges the influence of other writers whom he terms more learned than himself on life in the present or in the hereafter.

As book reviewer, I'm on par with Professor Abdulla Daar of Toronto, who saw Qais's book as a veritable Middle East curriculum for youth at a needy time.

Haphazardly opening at page 54 I found this contemporary debate on women's rights:

"So, how did you hear about our *sultab*? " *Abdul Raheem asked Samia.*

"The same way you heard about our *mulukhiyah*. And the same way we both heard about fish and chips here in the UK."

"This talk is making me hungry," joked Sam. "Shall we not change the subject? I'm actually surprised that Samia has not raised the issue of women's rights, yet, in any of our discussions. So, how about it Samia?"

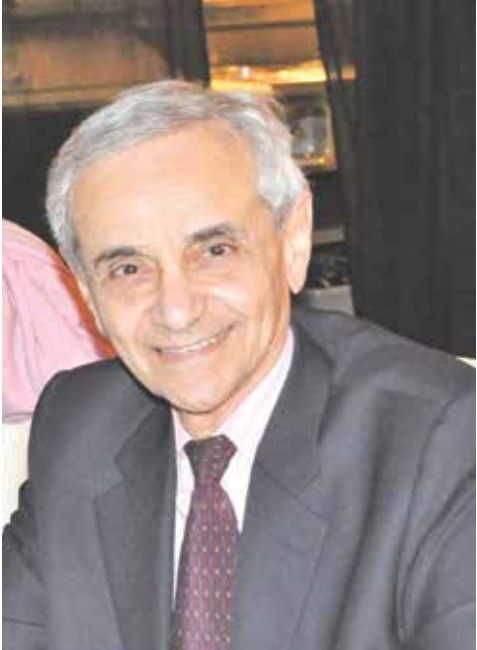
Samia looked over at Sam, slightly taken aback at the shift. "But it's a massive subject! Where do you want me to start?"

Sam smiled: "Wherever you like."

"But the audience is all male."

"Well here's your chance to convert and convince us."

"A demanding task! Especially given that Arab men have been brainwashed since birth," replied Samia. "A lot of them probably think that a woman is born with half a brain. But why wouldn't they? I mean, her evi-



Author Qais Ghanem

dence given in Sharia court is worth half that of a man. And her inheritance, too, only half of his. And she can be one of four wives. And she can't travel without a male guardian. And in some countries women can't drive or go swimming when men are in the pool. And don't get me started on the pathetic belief some men have that a woman gets sexually aroused as she rides a bicycle or a horse."

Well, that got the Arab males going! One even pointed out that Saudi Arabia had allowed women to drive!

I conclude that Qais's mini-encyclopaedia, published by Austin Macauley of London, should be on western high-school-and-upward curriculums given the turmoil between East and West today. I did have first-hand insight as a journalist into European, African and North American countries, but insight only from what I read about on the Middle East. My closest experience was when I was on a passenger ship passing Aden on my way home to Scotland and now wishing the ship had called at the then British colony where Qais Ghanem was born.

Qais ascribes his book to the billions who struggle with the concept of "what happens to them when they leave this world, how they should treat people of other faiths, and whether and why their own faiths may be no better than the faiths of others, after all."

On resurrection, he quotes what American social theorist Stuart Chase wrote: "For those who believe no proof is necessary. But for those who do not believe, no proof is possible."

This book is well worth reading whether one believes, or needs to believe, one way or the other.

Note: The author immigrated to Canada in 1970. He graduated in medicine from the University of Edinburgh.



Special training was obtained in public health, pediatrics and neurology at Queen's, McMaster, Michigan, Sanaa and finally Ottawa that allowed him to remain clinical professor at the University of Ottawa.

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JEAN CLOUTIER
Eastway Gardens
Community Association
and the LRT

Councillor Jean Cloutier and the Eastway Gardens Community Association invited the community to the grand, re-opening of the St. Laurent Station tunnel and the launch of Stage 1 LRT on Saturday, September 14th. Everyone met at the entrance to the tunnel at Tremblay Rd and Avenue S at 1:50 p.m. Ribbon cutting took place at 2 pm and then residents could pass through the tunnel to visit the St. Laurent Shopping Centre, the new St-Laurent LRT station or be among the first to ride Ottawa’s new light rail system. OC Transpo staff and LRT ambassadors were on-site with red

vests to answer questions and point riders in the right direction. Everyone agreed that this was a very exciting time for Ottawa, and for Eastway Gardens.



PHOTOS: GEOFF RADNOR



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Three bowls of food are shown on a wooden table. The top left bowl contains a salad with chicken, corn, and cheese. The top right bowl contains a wrap filled with vegetables and meat. The bottom bowl contains a salad with chicken, tomatoes, and cucumbers.

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VINCENT MASSEY PUBLIC SCHOOL

Sharing a Vincent Massey School update on the InspiringSOLES

Story and photos by
Greg McKean, Teacher

Vincent Massey’s student philanthropy group, InspiringSOLES, finished up another successful year working with the Russell Heights community. Our Sports, Dance/drama activities engaged many of the youth in new opportunities and our students responded equally saying that they enjoyed working and connecting with the children by teaching them new games.

A huge thank you to the City of Ottawa, Safer roads division, for supporting the annual Bike Tune up session. The students were also able to work with some talented community members who volunteered their time to help out.

InspiringSOLES were also involved in the maintenance of the newly planted gardens at Russell Heights. Weeding, edging and laying down new mulch helped to maintain this sustainable commitment.

Our major planting project involved installing 25 trees in the community of Confederation Court. This was all part of the TD grant that was successfully secured by Ottawa Community Housing.

The classes worked with a landscaping team and volunteers during a long day of planting.

Congratulations to InspiringSOLES for an amazing effort and commitment!

Our incumbent classes of EF8a/b look forward to working with community members and OCH staff to strengthen our commitment to our class theme of teen philanthropy.





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Training your Dog “Part 2”

How to choose the right trainer for you and your dog!

by Jonathan Sumner

Having a well-trained dog is important when living in a city. Training provides dogs with the basic good manners and behavior most people expect—from polite greeting, to walking nicely on the leash, to coming when called. However, with so many training options including group training classes, private trainers, and online courses, it’s easy to get confused.

Dog training classes are a great relationship exercise for owners and dogs alike because it helps socialize your pups, and it provides an excellent opportunity to train with real life distractions; other dogs. However if your dog gets too stimulated in a class environment, private training might be your best bet.

Whichever direct you choose, make sure you choose a professional trainer that matches your philosophy for raising your dog. While there are several training approaches, using positive reinforcement based training techniques tends to be the most effective. Therefore, look for a certified trainer that subscribes to positive “reinforcement training” which uses rewards for good behaviors avoiding techniques that punish for non-compliance. A positive approach builds your dog’s confidence and strengthens your bond with them as opposed to having them develop a fear for doing the wrong behavior. Positive based trainers can often give you more than one training approach to cater to your dog instead of a one size fits all.

Many people turn to the internet for training advice as there is no shortage of dog and puppy training information that is easily accessible online. However, relying on these online sources can be problematic if you patch together contradicting and confusing exercises resulting in inconsistent instruction and mixed messaging to your dog. This can set you back further even though you have the best intentions. So, if you decide to “home train” it is important to verify the source of the training advice and what their training methodology is. It can be very easy to click on a charismatic trainer that teaches outdated and potentially harmful techniques.

There is nothing wrong with using the internet to help train your dog but without asking a professional trainer about these exercises, you risk confusing your training

approach. Professional trainers can give you something the internet cannot. Feedback. Dog training is all about training the owners and instructors can give you immediate tips and commentary to help your approach and effectiveness. Group classes also often have a consistent curriculum and roadmap not unlike grade school to patiently walk the owners and dogs through a well thought out, scientifically based, positive reinforcement training plan.

The investment in training yourself and your dog help ensure a healthy and safe relationship. Choosing an approach that works for you ensures your investment yields high returns

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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DECISION 2019

THE QUESTIONS:

What do you commit to do to address climate change?

What is your answer for addressing the Phoenix Payroll System issues?

In Ottawa, a growing number of illegal handguns are being 3D printed. What are your plans to help solve this problem?



Rodrigo Bolarios
People's Party
of Canada

CLIMATE CHANGE: The story of Chicken Little (Henny Penny) can be found all over the world. There have been Chicken Littles since the 1960s claiming every 10-12 years the world will end. And every 10-12 years, the world doesn't. Of course, there is a pollution issue, but we also have "green" activists who hypocritically sabotage pipelines. The PPC will prioritize practical solutions, eliminate the federal carbon tax, abandon UN

targets, leave it to the provinces to reduce emissions, and bring clean drinking water to reserves.

PHOENIX: We must write our IT contracts to be able to charge companies for giving knowingly broken systems to our government; it's sabotage against Canada and the federal public service, and those responsible should stay responsible. Implementing programs where top local IT students and professionals can take multiple looks at the programming to resolve any errors the original programmers may have "over looked" wouldn't hurt either. The PPC (as government) can open a secured trust or fund account, transfer liquidity, and pay by cheque.

HANDGUNS: Organized crime has always been rampant in Canada, even during the Al Capone days. Writing more laws against people who don't obey laws is asinine, and creating a prohibition inflates the blackmarket. We need to target illegal weapons smugglers and criminal organizations, their ability to form/grow, and implement safety, community-oriented programs for Canadians without needing to rely on 'Big Government' or 'Big Policing', too often involved themselves. We're fighting for your *right to be free*, and the PPC will empower, not dis-empower, Canadians.

Morgan Gay
New Democrat Party

CLIMATE CHANGE: The NDP is committed to working towards limiting the global temperature rise to 1.5 degrees Celsius. Transitioning to a net carbon-free economy will require investing in new renewable energy projects and we



will need to ensure workers earn a living wage as the economy shifts. We will create over 300,000 good jobs within a first mandate, rebuild local economies with family-sustaining work and provide funding for retrofitting buildings, improving transit systems and protecting waterways.

PHOENIX: As a negotiator with PSAC, I have seen firsthand the hardship Phoenix has caused for public service employees. The union I work for has taken many steps in an effort to get the Liberal government to fix the problem—from legal action to union members occupying MP's offices. But the government has not addressed the issue. As your MP, I would fight to ensure that federal employees are appropriately compensated and work to establish a clear and accountable timeline for establishing Phoenix, eliminating the backlog, and transitioning to a new pay system

HANDGUNS: 3D printed guns represent a new safety threat to our community. We don't know how many printed guns are in circulation in Ottawa, but we do know that nearly two thirds of Canadians support limit-

ing access to handguns and three quarters support limiting access to assault rifles. Any plan to address gun violence needs to involve those affected. I am proud to support City Councillor Rawison King's call for a ban on handguns and increasing investment in our most marginalized communities.



David McGuinty
Liberal Party
of Canada

CLIMATE CHANGE: On Climate Change, as an environmental lawyer, I will continue to strongly support: Expanding public transit, investing in energy efficiency to help families and businesses save money, investing in green technologies and clean solutions, improving building codes and standards so our homes and buildings are more efficient, raising standards so cars run on cleaner fuels and cost less to operate, support new electric-vehicle charging stations; and, keeping plastic waste out of our environment.

PHOENIX: On the Phoenix Pay System, I will continue my efforts to support the strong teams that are in place to process Phoenix claims, ensure that the Response



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Team System continues to function well for public servants who are affected; and, continue providing assistance to residents as their Member of Parliament. We will implement a new solution that will deliver a modern, user-tested, and reliable long-term solution.

HANDGUNS: On community safety and illegal guns, I was proud to fight for the government’s recent investment in the Ottawa Police Service Guns and Gangs Unit and the Crown Prosecutor’s Office. This flows from the announcement by the Minister of Border Security and Organized Crime of \$54 million in funding for Ontario’s Guns, Gangs and Violence Reduction Strategy. This is in addition to the \$11 million announced earlier this year. I will continue to be a strong voice for community safety in Ottawa South.



Les Schram
Green Party
of Canada

CLIMATE CHANGE: We have a detailed plan to reduce emissions by 60 per cent below 2005 levels by 2030, reaching net zero by 2050 (double the current reduction target).

PHOENIX: There are no quick fixes to the Phoenix problems. We have to take the time necessary to build a fully functioning system or systems. The five process recommendations of the Senate report are a good start. This time around, the government procurement experts and the contract winners need to be more accountable.

Handguns: An unmarked handgun of any kind is illegal. Anyone manufacturing without a licence is faced with up to 10 years in prison. The Green Party is considering a handgun ban.



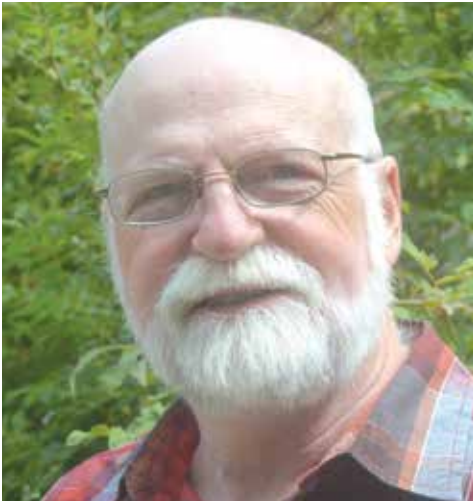
Eli Tannis
Conservative Party

CLIMATE CHANGE: Climate change is affecting our world. Canadians aren’t big contributors to human activity affecting greenhouse gases. A tax on gasoline/home heating impacts your wallet, not world climate. Conservatives have a climate plan at www.ARealPlan.ca. Our plan includes tax credits encouraging investment in home energy efficiency and supporting new green sector technologies.

PHOENIX: The Phoenix fiasco involved multiple governments,

public service executives, professional service firms and others. So, there’s blame to go around! The Harper Government conceived the plan, found problems and froze implementation. The Trudeau Government ignored these warnings and implemented the Phoenix Payroll System. Phoenix doesn’t work, costs are through the roof and families suffer. I will dedicate staff to assist any constituent affected, while pushing government to work with public service unions to implement what actually works.

HANDGUNS: Illegal guns are finding their way into our streets and we are all concerned. I will liaise with community police, government representatives and community groups to help educate youth and reduce access to illegal weapons. I will strongly promote that our justice system apply penalties already in place for repeat gun offenders.



Larry Wasslen
Communist Party
of Canada

CLIMATE CHANGE: The science is real. The danger evident. I support emergency legislation to slash carbon emissions and end carbon credits. Private energy

monopolies (often foreign owned) make immense profits. We need to nationalize energy and natural resources. This would allow Canada to reduce the carbon footprint. I would work to develop renewable green energy including solar, wind, geothermal and hydro electric. I would close the dirty-oil tar sands. Associated pipelines would be closed. No new pipelines! I would strive to ensure that oil and gas sector workers are guaranteed jobs at equivalent wages in green energy or other sectors. I would ban fracking.

PHOENIX: Fix it or scrap it but, in either case, federal public servants must be adequately compensated. The Phoenix fiasco has resulted in workers losing homes, being forced from apartments, and not being able to meet financial obligations to families. This system, introduced by the Harper Tories and implanted by the Trudeau Liberals, has continued to be felt by many civil servants and their families. A solution to this problem must be found within a collective agreement with PSAC.

HANDGUNS: Hands guns are used to kill people. We must remember the horrific events of the Ecole Polytechnique in 1989 and other similar attacks. There is no need for people to have access to handguns no matter if they are produced locally on printers or imported from the USA. As the MP for Ottawa South, I would work to ban these weapons.

Every effort was made to reach all candidates for Ottawa South but some answers were not received by press time.

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TRINITY CHURCH

Crisp days. Cool nights. Autumn has arrived!

Story and photos by
Pastor Franklin Chouinard

With Autumn's arrival comes a return to routine schedules after a less structured summer. Bed times change, lunches are packed and children are off to school. The first few weeks of September can be difficult as families adjust to these changes.

September has also been a time of renewal for those who attend a church. Summer visiting and vacations take many people out of town, which means they are out of touch with their home church family. As well, many churches scale back their summer program ministries to allow workers a time for personal renewal. In September the leaders return, ready for another year, and people return to the discipline of church attendance and spiritual growth.

Most of the program ministries at Trinity Church that were paused for the summer have begun once again. An active youth group meets each Friday evening under the direction of Matt Charlebois. Activities for teens range from the tame to the wild; teen night activities are an excellent alternative to Friday evening boredom at a minimal cost.

A Young Adult group meets the second Tuesday of each month to discuss topics that affect their lives from a Biblical viewpoint. A Thursday evening Bible Study is restarting, continuing a study of the parables of Jesus.

Sunday morning services continue at 11 am. This fall Pastor Frank is speaking on a number of *things we don't talk about in the church*. The series, titled **shush!**, will look at topics such as mental anguish, suicide, human trafficking, abuse, and prejudice, among other things. While these are not "nice" topics, we do not live in a nice world, and these topics should not and cannot be ignored.

Not to get too far ahead, as fall has just begun, the sermon theme for Advent (which begins December 1) is *the Comings of Christ*. A musical celebration of Christmas will be featured in the December 8 service as many of the congregation will share in song and instrumental music. There will be a candlelight service Christmas Eve at 7 p.m.

In May, the church hosted a breakfast for a number of local motorcycle riders. A "blessing of the bikes" followed the morning service. The congregation, realizing



Above and left: A beautiful day all around for the Lawn Chair service.

the gift that it has in the property it owns, celebrates each summer with a service on the front lawn. Weather was perfect for the service and for the pool party and fellowship luncheon that followed at a local parishioner's home.

Trinity Church provides land for use by the Trinity Community Garden for individual non-profit organic vegetable garden plots. This partnership between the church and a volunteer-led group of individuals who enjoy gardening began in 2011 with four "communal" plots and has since expanded to 44 plots with 35 gardeners. The annual "Harvest Potluck" with members of the church and the garden was a great success this year, a number of gardeners joined Trinity Church in a September service that centred on our responsibility to creation. They then ate together.

The Alta Vista Co-operative Nursery School continues to use the facility during the school year. The program provides children

with a variety of fun learning experiences through each day in order to stimulate young minds and help children grow intellectually. It also provides constructive play opportunities where children can work together as a team to build on their social skills. Nadia DeFranco oversees a caring and committed staff of qualified Early Childhood educators which includes Cindy Ferris and Megan Harricharan.

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

Trinity Church is glad to be part of and to offer spiritual services to the Riverview Park/Alta Vista community. Denominationally, part of the Church of the Nazarene (Protestant church with Wesleyan roots that holds traditional Christian teachings and values), Trinity Church responds to the love of God for all people by loving and caring for others. The congregation gathers Sunday mornings at 11 for worship services, which are a blend of the traditional and



Vroom! Vroom! The church hosted a breakfast for a number of local motorcycle riders.



Everyone looks forward to the "Harvest Potluck".

the contemporary in structure and format, incorporating both hymns and praise and worship songs in the services. Prayer is an important part of the times together, and a Biblically based message relevant to Christian living is also central to the Sunday service. Everyone is welcome to all church events and activities.

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



Alta Vista

Jean
CLOUTIER

Slow down!

New gateway signage is here

Riverview Park residents may be noticing some new traffic signs in their neighbourhood. These are part of the Gateway Speed Limit signage designed to reduce speeds in residential areas. Riverview Park is among the first in Ottawa to receive this signage.

Under the new regulations, gateway speed signs are posted at each entry and exit to a community where these lower speeds are in effect. Previously, under the Ontario Highway Traffic Act, all unsigned streets were a default 50 kilometre per hour limit. This new signage informs drivers of a blanket coverage of 40 kilometres per hour within marked neighbourhoods and eliminates the need to sign each and every block.

In Riverview Park, this applies to the area highlighted below.



Riverview Park was chosen based on feedback from the neighbourhood. There are other areas in Alta Vista that will also receive gateway speed signage as the program continues to roll out.

Do you know any particular neighbourhoods that could benefit from gateway speed signage? Let me know by emailing JeanCloutierOtt@ottawa.ca.



Community Office Hours

Together, we build strong communities

What's important to you in your neighbourhood? Drop by for a chat, share your concerns or compliments, or just to say hi!

Tuesday, October 15
Three Sisters Bakeshop - 2211 Arch St.
4:00pm to 5:30pm

Thank you Alta Vista!

2019 Corn Roast was a huge success

An estimated 1,000 people visited Balena Park on September 8 for the 18th annual Alta Vista Corn Roast for family fun, good food, and one last summer celebration.

Thank you to our partner, Andrew Fleck, and major sponsor, Alta Vista Shopping Centre, and to all our supporters and volunteers who are integral to the success of this event.

See you all next year!



Tasting the world is ours to savour

by Carole Moul

One look around our neighbourhood Asian restaurants recently and it appears that the on-line articles have it right. Canadians love their ethnic foods.

It was just three years ago that the Mintel study, *Ethnic Foods and Flavours*, presented its results with regard to Canadian fondness for ethnic foods. Seventy-three percent of the 2000 respondents said that they liked to experience other cultures through foods. Fifty-seven percent answered that they were more open to trying ethnic foods than they were a few years ago.

“There are several components that have contributed to the rise in popularity of ethnic cuisines in this country,” noted Robert Carter, an industry analyst and Executive Director of Foodservice with Toronto-based NPD Group. “Canada is an ethnically diverse nation and a lot of our population growth comes from immigration. We have a continued increase in different cultures and this plays into the ethnic trends we see.”

Other reasons for ethnic food consumption are the interest in exploring new flavours, searching for adventurous eating experiences, and



This was a first time for Alejandro and Céline dining at 168 Sushi. They liked the variety of food choices and the iPad ordering. “They’re fast!” they both agreed.

PHOTO: CAROLE MOULT

becoming tired of a typical cuisine.

The most recent census data from Statistics Canada is for 2016, and notes that Ontario has the largest percentage of immigrants: 29% of persons living in private households, British Columbia is second with 28.3% of persons living in private households, and Alberta follows with 21.2% of persons living in private households. Several factors, aside from the growing number of immigrants, come into play for being able to experience the great foods from other countries.

Larger numbers of a certain population lead to both a greater de-

mand and availability of different foods. There is a globalization of food supplies; plus increased international travel has also lead to a wider awareness and enthusiasm for ethnic foods.

Today, just as Robert Carter did in a May 2018 report, people frequently refer to some of their new favourite foods not only as ‘ethnic foods’ but ethnic cuisines, international food, global foods or world cuisine.

How then to correctly incorporate these terms of recent years?

Friends Lan and Tai and their families would not think having lunch or dinner at 168 Sushi was eating ‘ethnic foods.’ They enjoy the opportunity to dine out and treat themselves to a variety of dishes using the iPad ordering system, but the family is still eating a particular kind of food that others attribute to them.

Nearby at another 168 Sushi booth Sara and her family originally from Central America, would consider themselves to be enjoying their Asian Buffet of ‘ethnic food.’ Sara’s family are not members of the ethnic group that considers this Asian food their own nor is this the particular kind of food that others attribute to them.

Whatever the reasons, diners

continue to look for different flavour experiences. And, while they are more likely to turn to restaurants to sit down to a meal, dinner is the most popular time to try a new eating experience.

In March of this year, according to information just released by Stats Canada, 54 percent of Canadians who responded to a government survey said they eat out at least once or more a week, and the main reasons they eat out are convenience and socializing.

From all the information we have it would appear that we are doing much more than just dining out with family and friends. We could also be said to ‘tasting the world,’ and judging from what we know, it would appear that we are doing an excellent job of it.

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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Did you know? Fibromyalgia...



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The Mayo Clinic defines fibromyalgia as a disorder characterized by widespread musculoskeletal pain accompanied by fatigue, sleep, memory and mood issues, such as anxiety. Researchers believe that this chronic condition amplifies painful sensations by affecting the way the brain processes pain signals. This includes an abnormal increase in neurotransmitters, which are chemicals in the brain that indicate pain, and an overreaction to pain.

A symptom picture for fibromyalgia includes widespread pain all over the body, muscle spasms and tightness making daily activities, including exercise, difficult. Very poor sleep patterns and insomnia

leave sufferers to feel extreme fatigue and decreased energy. Poor sleep and continuous pain also lead to “fibro-fog” – an inability to concentrate. It is common for fibromyalgia patients to also suffer from irritable bowel syndrome, which includes abdominal pain, bloating, nausea, and alternating periods of constipation and diarrhea. Finally, many also suffer from anxiety and depression associated with the symptoms of their condition accompanied by a lack of understanding from others because fibromyalgia sufferers don’t “look sick”.

One way for fibromyalgia patients to help manage their condition is by having regular massage



therapy sessions.

Massage therapy improves the range of motion in joints, and increases circulation, which delivers nutrients and oxygen to fatigued muscles, and eliminates waste products. After massage, people generally feel more relaxed and have quality sleep – which can elim-

inate the sensation of “fibro-fog” and allows a human growth hormone to be released which is a hormone produced by the body that promotes healing.

Our therapists encourage open communication and we work within each person’s tolerance levels, as sometimes sensitivity to touch can be increased. Over time, that sensitivity improves as the body becomes accustomed to touch and pressure. The therapeutic benefits of massage are compounded with regular visits.

If you suffer from fibromyalgia and have questions about how massage therapy can help you, contact us. Our team is ready to help!

If you would like to learn more about your body and conditions you have, please subscribe to our newsletter through our website at www.essential-health.ca.

If you have any questions about how massage might be able to help you, or about psychotherapy services, please email info@essential-health.ca



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On her return visits Fran enjoys checking out the new styles.
PHOTO: ROBIN HEPWORTH

Cyberknife makes the cut with radiation treatment

by Carole Moul
The story of CyberKnife® began 25 years ago at Stanford University in California. CyberKnife® was developed through the collaboration of experts in computer science, medical informatics, imaging physics, and robotics. The amazing machine offers a non-invasive alternative to surgery for treating both cancerous and non-cancerous tumors.

The treatment delivers beams of high-dose radiation with extreme accuracy to tumors. Today, neurosurgeons and radiation oncologists turn to the CyberKnife System when more invasive techniques are deemed ineffective or too risky.

On September 24, 2010, the Ottawa Hospital announced the launch of unprecedented radiation treatment through CyberKnife. It was to be for Ottawa residents and Eastern Ontario patients, although others have benefitted from its incredible results. At the time it was purchased, CyberKnife was noted as the world's first and only robotic radiosurgery system. CyberKnife radiosurgery is so precise that it destroys the tumour without harming healthy tissues surrounding it. There were three in Canada.

Earlier, in 2005, Dr. John Sinclair was first introduced to the CyberKnife when he did a fellowship at Stanford Medical Center in California and he had hoped to bring this novel technology to patients here.

Community stepped in
But CyberKnife came at a cost of \$3.9 million dollars and the provincial government would not pay to fund the unique radiation therapy since it felt there were too many unknowns. Thus, it was members of the community at large who made the conscious decision to fund-raise for the purpose of purchasing one of these remarkable machines. Many still remember or were part of the stories that came out of this exceptional fundraising initiative.

Erin Nazarali is Manager of Communications, Marketing & Public Relations for the Ottawa Regional Cancer Foundation. "We

contributed to the CyberKnife project by raising funds locally through events like the Ultimate Run for Men's Cancers and Dine-A-Rama, through groups like the Rotary Club of Ottawa South, and through individual/private donations that we then granted to The Ottawa Hospital for the purchase of the CyberKnife and later, the CyberKnife fellow. It was somewhere between one-two million dollars.'

During the CyberKnife story, the name of Lawyer Frank Tierney has come up numerous times as being instrumental in raising funds for CyberKnife, while organizations such as the Ottawa Professional Fire Fighters were included as well as groups who organized BBQs, golf tournaments, runs and as many kinds of events as can be imagined to raise the necessary funds for The Ottawa Hospital machine.

Farmer's initiative
One friend remembers the story of the farmer who raised quite a sum of money when he drove around on his tractor collecting from other farmers in the area to donate to the cause. The media at the time shared about his efforts.

Reporters told about the tireless work of Dr. John Sinclair in bringing CyberKnife to the Ottawa Hospital, and what could be accomplished by having CyberKnife. An article included in this newspaper tells about the invaluable and progressive work of Dr. Sinclair.

Newspapers all over Eastern Ontario played an important role in taking the message of CyberKnife to the forefront of people's minds so that they too could participate in the endeavor; and they did. Later, the CyberKnife that many people helped fund would eventually have an impact on their own lives.

One such Ottawa resident who read about the fundraising initiative in the local paper was Robin Hepworth. Fran and Robin remember giving a donation, then being invited and going on the tour at The Ottawa Hospital to hear

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about CyberKnife. ‘It was still in the box,’ he recalled recently.

Little did the Hepworths realize that a few years later CyberKnife would become invaluable in helping Fran after she was diagnosed with a brain tumour. And, like Robin Hepworth, countless other people no doubt donated, never knowing how CyberKnife was later to touch the lives of their families.

In 2012, Fran Hepworth was diagnosed with breast cancer. At the time she was treated with chemotherapy and radiation. In 2017, she passed the five year mark. But cancer was to return, next in her hip area. Most recently, Fran Hepworth was diagnosed with a form of a brain tumour, however, this time the cancer was to be treated differently.

At TOH Cancer Centre it was suggested that Fran have an appointment to see about having treatment with CyberKnife, and the family agreed.

Following the initial appointment and consultation, a face mask was made. At a later visit Fran actually had her CyberKnife treatment lasting 47 minutes. She said that they had a TV on the ceiling, and she was asked what she would like to see. She could watch a movie or listen to music, She chose music.

A guide was provided for the family, including what symptoms might occur after the treatment, but none did. At a follow up visit

a scan on Fran Hepworth’s brain showed excellent results.

Not the only one

Today, months later, as the family looks back, the Hepworths realize that Robin Hepworth was not the only Hepworth whose donation to help with the fundraising for CyberKnife would end up helping one of them. Fran, herself, had also participated, but in a much different way.

It was in the early 2000s that Fran Hepworth worked for *The Wholesale Outlet 4 Women* at 1877 Innes Road. She enjoyed being on staff and part of this involved helping with spring and fall fashion shows, called *Fashion with Compassion*.

Everyone who attends these shows knows, that after the event, Sherry Woodburn, the owner of the store, sends funds to the Ottawa Hospital to help with cancer fighting initiatives. The models in the show are all cancer survivors. Ironically, Fran Hepworth would have been helping the year the money raised from the proceeds of the day’s sales went to support the CyberKnife fundraising initiative,

It would be difficult to think of very many fundraisers where so many people from different walks of life and in so many ways came together for a single purpose, but Dr. John Sinclair and CyberKnife did that here in Ottawa.



Sherry is always happy to have Fran back at the store.
PHOTO: ROBIN HEPWORTH


Little did Mr. Hepworth realize that a few years later CyberKnife would become invaluable in helping Fran after she was diagnosed with a brain tumour.


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CyberKnife destroys inoperable tumours

Submitted by The Ottawa Hospital

Patients don't need to have a metal halo screwed into their skull when they receive radiation treatment with the CyberKnife. That was one of the appealing factors for neurosurgeon Dr. John Sinclair to bring the radiosurgery robot to The Ottawa Hospital.

With other radiosurgery, patients with brain tumours had to have their head held perfectly still during treatment. A metal frame or "halo" was screwed into their skull and then fastened to the table they'd lie on for treatment.

However, patients do not need to be held still when receiving CyberKnife radiosurgery. The robot uses x-rays and complex precision software to accurately track the tumour. It gives a high dose of radiation to the precise location of the brain tumour while the patient, who is fitted with a custom-made plastic mask, lies on the table.

"CyberKnife has an advantage over regular radiation because it is so much more accurate; its precision is less than a millimetre," said Dr. Sinclair, Director of Cerebrovascular Surgery at The Ottawa Hospital. "You can give very high doses of radiation right to the lesion [tumour] and get almost no spill over to normal tissue. And as a result, we see greatly improved responses to this type of treatment compared to regular radiation."

Dr. Sinclair was first introduced to the CyberKnife when he did a fellowship at Stanford Medical Center in California. CyberKnife was invented at Stanford, so the neurosurgeon was one of the first to see the benefits of this frameless radiosurgery treatment.

When Dr. Sinclair was recruited to The Ottawa Hospital in 2005, he had hoped to bring this novel technology to patients here. At the time, it was a technology that wasn't approved by Health Canada. So, Dr. Sinclair and his team made a case for robotic radiosurgery, presenting scientific data that validated its success.

The Ottawa Hospital was eventually one of two health research centres in Ontario allowed to test the CyberKnife. However, there was no government funding available to purchase the machine. The hospital appealed to the community, which pulled together and generously raised the entire \$4 million to purchase it. CyberKnife began treating patients at The Ottawa Hospital in September 2010.

"Because it's delivering a high dose, it's considered similar to surgery without using a scalpel, so

The hospital's CyberKnife has gained a reputation for improving treatment of various tumours.

patients experience no blood loss, no pain, no ICU stay, or recovery time," said Dr. Vimoj Nair, one of the radiation oncologists trained to prescribe CyberKnife treatment. "So CyberKnife radiosurgery does provide an option where people can be treated with outpatient techniques."

With regular radiation, the daily doses were lower and patients had to come to the clinic for more radiation treatments overall. Regular radiation treatment could range from five to six weeks. With CyberKnife, radiation is focused precisely on the tumour, allowing larger doses to be given daily, therefore giving the total treatment in one to six days. The hospital's CyberKnife has gained a reputation for improving treatment of various tumours. Dr. Nair said that because it is one of only three in Canada, patients from British Columbia to the Maritimes are occasionally referred to The Ottawa Hospital for treatment.

"At first, we would treat one tumour," said Dr. Sinclair. "Now, we treat five or six individual tumours at a time and spare the rest of the brain. We're sending radiation only to those metastatic tumours. There is a proportion of patients who develop cognitive problems a few months after whole-brain radiation. But with radiosurgery, because we give a higher dose of radiation only to the actual tumours, patients have improved outcomes, and so their quality of life is better."

This has meant an increase in the number of patients having multiple tumours treated in the same session.

"Treating several tumours at once helps keep the patient's clinic visits to a minimum," said Radiation Therapist Julie Gratton, who has worked with CyberKnife since it was installed at The Ottawa Hospital. "Targeting individual tumours rather than treating the whole organ helps spare healthy tissues and reduce side effects."

Until 2017, 1,825 patients had been treated with the CyberKnife. In 2018, 359 patients received 1,824 CyberKnife treatments. Gratton said that because more tumours are being treated at once in each patient, the number of treatments given per



Dr. John Sinclair was instrumental in bringing the CyberKnife to The Ottawa Hospital.



Radiation Therapist Julie Gratton has given CyberKnife treatments to patients since 2010.



The CyberKnife at The Ottawa Hospital is one of only three in Canada.

year has increased as expected. Although 90 percent of CyberKnife treatments are for malignant or benign brain tumours, CyberKnife is also being used to treat tumours in other parts of the body. Because it doesn't require a frame to keep the area receiving radiation still, CyberKnife's image guidance system is used to treat tumours in organs that move constantly, such as the lungs, kidneys, liver, prostate gland, and lymph nodes. CyberKnife can precisely align the radiation beam to the tumour even when it moves. The method of tracking tumours in organs and soft tissue has been improved by research at The Ottawa Hospital. Read more about how the team is increasing the success rate of this already powerful and precise treatment. CyberKnife Platinum Seeds: <https://ohfoundation.ca/be-inspired/platinum-seeds-planted-to-transform-cyberknife-treatment/>

Rent or buy original art from local artists at Art Lending of Ottawa

Save the date:
Saturday, December 14th,
10 a.m. – 4 p.m.

Art Lending of Ottawa (ALO) is a unique not-for-profit artists' cooperative established in 1970. 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.

The next art show will be on Saturday, 14 December 2019 in the Outaouais Room at the RA Centre, 2451 Riverside Dr. Ottawa from 10 am to 4 pm. You may rent or purchase original art by local area artists. There are a variety of mediums, styles and sizes available. ALO shows are always FREE admittance with free parking. Contracts for rental of art are completed at the shows only when a visitor has decided to rent a piece of art.

If you are an Artist who wants to promote your work, ALO offers an exciting opportunity to lease and

sell your original artwork. Much of the current bank of work is two-dimensional, but ALO would welcome a variety of different art forms.

In pursuing a higher level of artistic endeavour, ALO does not accept "craft work", but if you feel that your work exceeds that characterization, you are welcome to apply to have your work juried.

Art Lending of Ottawa provides a series of one-day shows and sales. There will be 4 art shows each year; on a Saturday in early March, June, September and December.



Linda Bordage chose several paintings to exhibit at the last ALO Exhibition. Two of these include: Tuscan Village and Cefalu in Sicily.
PHOTOS: CAROLE MOULT



At the September 14th exhibition, Richard Pell included in his display: Spring Birches and Three Pines, both acrylic on gallery canvas.



Andrea Oatway shares two of her paintings: Autumn Sunflowers, a watercolour and Island Inspiration, an acrylic.



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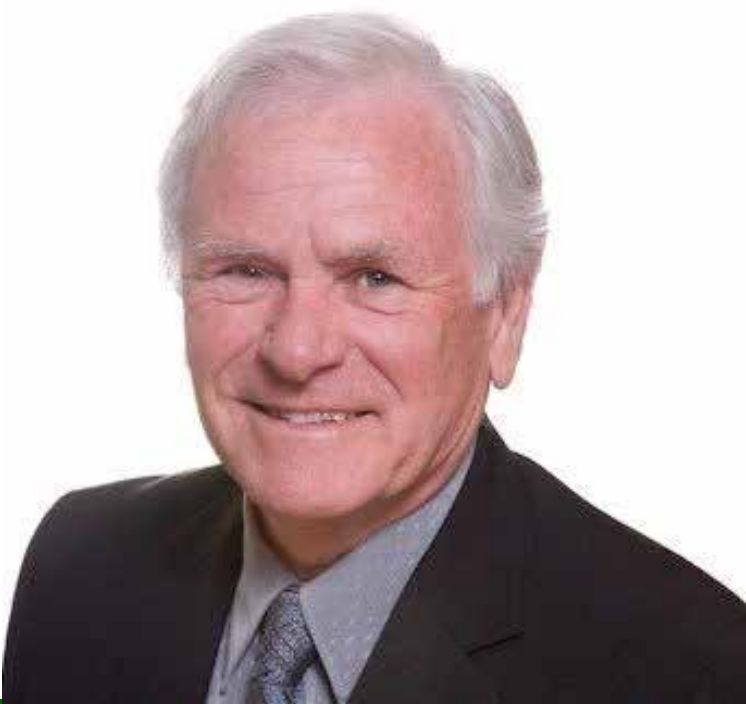
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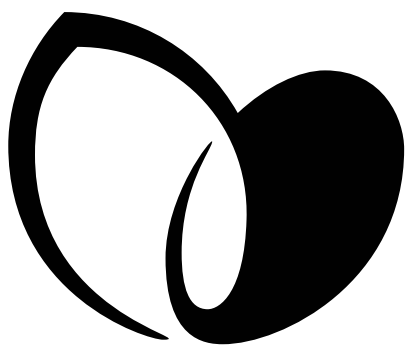
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■ Art Lending of Ottawa

Art Lending of Ottawa will be held at the R.A. Centre (Outaouais Room), 2451 Riverside Drive (east entrance) on Saturday, December 14th 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.

■ Shantymen's Dinner

Friday, October 18, 2019
Emmanuel's Men's Club invites you to a Shantymen's Dinner on

Friday, October 18. The evening starts with a traditional Shantymen dinner featuring a hearty menu of homemade beans, ham, coleslaw, and dessert. Emmanuel men do all the cooking, the serving, and yes, even the clean up! Tickets will be available in late September through the office (613-733-0437). Two sittings will be offered at 5:15 PM and 6:45 PM.

■ One and Only Arts & Craft Fair

with the GOOD BOOK SALE, Saturday, November 9 from 10 a.m. to 4 p.m.: Save the date! Sandy Hill's unique and affordable One and Only Craft Fair, this year with books! Lots of local artisans, hand-picked books, light refreshments. At the Sandy Hill Community Centre, 250 Somerset St. East. Book donations are appreciated. Call 613-565-4828 or 613-230-4247 to arrange drop off before November 8th. Proceeds to local youth arts and literacy programs, and Action Sandy Hill. The book sale and some vendors are cash-only.



Girls just love street hockey. PHOTO: GEOFF RADNOR

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- October 9th - High Tea and Fashion Show**
Join us for a traditional High Tea as well as a Nygard Fashion Show from 2pm to 4pm.
- November 18th-22nd - Asian Fusion Week**
Pack your bags and join us for a daily “Taste of Asia”. For more details about Asian Fusion week give us a call at 613-656-0556.
- November 23rd - Maplewood Holiday Bazaar**
Start your holiday shopping in style! We will have a variety of handmade items for sale at our Holiday Bazaar taking place from 10am to 3pm.
- *Maplewood does not currently offer Memory Care.**

For more information about our public events or to R.S.V.P. contact Brian at 613-656-0556



613-260-7144

- October 5th - OPEN HOUSE**
Join us for a “Taste of Riverstone” from 1pm to 3pm as Oakpark hosts its open house. We will also be featuring Resident Artwork at the event.
- October 16th - Gatineau Hills Outing**
Fresh air and fall leaves. Join us for a relaxing drive through the Gatineau Hills. Space is limited so be sure to RSVP to Brittani as soon as possible.
- November 11th - Remembrance Day**
This Remembrance Day, join us in honouring and remembering the bravery and sacrifices of Canada’s Veterans.
- November 21st - Holiday Bazaar**
Start your holiday shopping in style! We will have a variety of handmade items for sale at our Holiday Bazaar taking place from 10:00am to 2:00pm.

For more information about our public events or to R.S.V.P. contact David at 613-260-7144



Riverview Park Review

SECTION TWO

OCTOBER 2019A Voice of Riverview ParkNOVEMBER 2019

Removing legal tender status from bank notes

What it means for you

Submitted by The Bank of Canada

The Government of Canada has announced that, as of January 1, 2021, it will remove legal tender status from the \$1, \$2, \$25, \$500 and \$1,000 bills.

This comes after legal changes following the 2018 federal budget gave the government power over legal tender status of bank notes. This will not affect most Canadians.

What “legal tender” means

Bank notes issued by the Bank of Canada, along with the coins issued by the Royal Canadian Mint, are what is known as “legal tender.” It’s a technical term, meaning our government has deemed them to be the official money we use in our country.

In legal terms, it means “the money approved in a country for paying debts.”

By removing legal tender sta-

tus from these bills, the government is essentially saying that you shouldn’t use them in cash transactions or to pay debts.

But this does not mean these bank notes will lose their value. The Bank of Canada will honour their face value even after legal tender status is removed.

Here’s what to do

If you own any of these older bank notes, you have a few options.

You can redeem them. The simplest way to do this is by going to your financial institution, where they will exchange them for new bills or deposit the amount into your account.

You can also send them to the Bank of Canada, which will continue to honour these bank notes at their face value. For details on how to redeem your notes at the Bank

of Canada, you can go to <https://www.bankofcanada.ca/banknotes/bank-note-redemption-service/>.

Finally, you can decide to simply keep your notes.

Check the value of your bills before you go to the bank

Some bank notes, such as the \$25 and \$500, may be worth significantly more than their face value. To find out if your bank notes have a different value to collectors, you can refer to a collector’s catalogue, or obtain an evaluation from two or three money dealers who cater to collectors.

Why remove legal tender status?

The bank notes targeted in this announcement haven’t been produced in decades. Some people might not recognize them anymore, which means they probably wouldn’t be accepted in transactions.

By removing legal tender status from the \$1, \$2, \$25, \$500 and \$1,000, the government is helping ensure that the Canadian bank notes in circulation are current and easy to use.

The Bank of Canada, which issues Canada’s bank notes, supports this initiative. Keeping notes current means they work more effectively for everyone because they have better security features that make them hard to counterfeit.

With all this, you may wonder whether the government intends to remove legal tender status from any other bank notes. There are no plans to remove legal tender status from any other notes at this time. If it does happen in the future, Canadians will be informed with plenty of time.

If you’d like to learn more about legal tender or Canada’s bank notes, visit our website: bankofcanada.ca



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TRINITY COMMUNITY GARDEN



Photos showing the progress of the donation plots over the summer.



Heather collecting Trinity Community Garden produce for the Food Bank.

PHOTOS: RHONDA TURNER

What to grow next year is now the question

Story and photos by Rhonda Turner

I joined Trinity Community Garden in 2013, one year after it started. A friend told me about it and I decided that I wanted to get back to having a vegetable garden.

My first experience with gardening was with my family as a kid helping prepare things for the freezer. Many years later I lived in the North West Territories for three years and had a very substantial vegetable garden there. The first year it was huge. I planted all the usual things, tomatoes, lettuce, chard, beans, cucumbers and much more. The next two years the plot was divided into three as our co-workers wanted to get into the action. The growing season up there is very short. I had to wait for warmer weather which meant that planting couldn't be done until the last week in June. With having pretty well 24 hours a day daylight the garden never stopped growing and by the second week in August the garden was done. Vegetable gardening in the NWT at that time was not too common. Someone found out about my garden and I ended up being interviewed over the phone for CBC radio.

At Trinity Community Garden I have

my own 4 x 20 foot plot. I also help three other gardeners with two garden plots that are designated for donation to a local food bank situated in Blair Court Community House. Kristy Donnelly is the Executive Director and has been so pleasant to work with. This year we have donated weekly contributions of chard, kale, tomatoes, cucumbers, onions, lettuce, Egyptian spinach and parsley. Beets and carrots will soon be harvested and donated. Many of the other TCG gardeners have donated extra vegetables from their own plots. Each year we develop different plans based on would be good for donations and what grows quickly. The donation plots are getting better and better each year.

The gardening season is coming to an end and all the gardens will be cleaned up and closed for the year. All of us gardeners will be thinking of what to grow next year and how we can improve.

If you would like more information about Trinity Community Garden, or if you are interested in obtaining a plot next year, please contact us at Trinity.garden@rogers.com. Notifications always appear in the spring about the garden in this great little newspaper.

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It’s like walking on clouds

by Denis Poitras

As the summer comes to an end, well, this beautiful weather has to end at one point; I have been enjoying one of my best purchases made in a very long time. Perhaps you have heard someone say the word Oofos and went, “What is that?” Well they are the most comfortable and recovering sandals ever made.

They are made out of high tech foam called Oofoam which absorbs more shock than any other foam on the market. I am a heavy set 6’ 1” man who swears by them. Since I bought them, my sandals haven’t changed at all and the foam has stayed the same, plus my feet feel great. They have a multitude of positive effects after a long day at work, which will make you wonder why you haven’t already bought a pair.

As soon as I enter my home from being on my feet all day long, I put on my sandals and the recovering begins. The Oofos help reduce the stress that has accumulated on my feet, knees and back.

Our feet are one of the most important parts of our body. We stand on them all day long, yet they are the part of the body that is the most neglected by wearing awful shoes that offer no structural support.

Our feet and joints take a pounding on hard surfaces. Oofos are designed with great arch support which takes pressure off our ankles, knees and hips as well as our lower back. The shoes are soft and their conforming toe-post eliminates chafing. They are durable and the



As soon as I enter my home... I put on my sandals and the recovering begins.

Oofoam holds its cushion for their entire life.

The benefits of the Oofoam sandals are incredible. They are also moisture resistant, the cell foam is closed and they are shower ready as well as machine washable, moreover, they are light and they float.

Oofos have been biomechanically designed with soft and flexible Oofoam material that enables your foot to articulate the way nature in-

tended. I was so impressed that I have bought two pairs: one pair for outside and one pair for inside the house, and I don’t regret my purchases. They have the power to recover my feet and make me forget that I have been on my feet all day. I am rarely seen without sporting a pair.

If you don’t believe me ask a marathoner that runs a 5km and up. Many of them wear these sandals as soon as they finish a run. It helps their feet to recover. My sister who’s a nurse has been wearing them for a year and swears by them to help her feet recover after a long day running from patient to patient at the hospital. They cradle your arch which helps with the recovery process. Here are some comments posted on my Facebook page: “I have these and love them. The arch support is amazing I wear them the minute I get up otherwise my feet hurt. Great purchase!” – Pauline, RN Nurse; “Absolutely LOVE mine!!!” – Lynn

Best purchase ever made at Figure 8 Skate Specialists at 380 Industrial Avenue or on the web at www.figure8.ca They are one of the fastest selling sandals on the market. Don’t wait too long to start healing your feet. After all, you are standing on them all day. Everybody needs a break and chance to recover.

Denis Poitras is a Fashion Designer working out of 4 Dance, Gym & Cheerios (main floor of Figure 8 Skate Specialists) located at 380 Industrial Avenue, Ottawa. Phone: 613-731-4007 Email: info@figure8.ca



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What a difference a year makes!

In late June and early July of 2018, during the hottest weeks on Ottawa records, we welcomed to Canada the Atieh family of seven; (little did they comprehend what was to come the following winter!). For everyone involved, the sponsoring committee and the family, it had been an excruciatingly long wait for approvals and an incredible relief to see them descend the escalator at the Ottawa airport.

Regular readers of the Riverview Park Review have been introduced to the family through several articles spanning three years on the work of the “It Takes a Community Refugee Action Group (ITC)”, the many fundraisers to bring them here and the welcome they received. For new readers, the family of seven includes grandparents, Ramez and Nadia, sons Azzam and Ammar, daughter-in-law Kinda and two children belonging to Azzam and Kinda, Alan and Acil (then 6 and 4). The family had fled their home in Homs, Syria in 2016 and found refuge in Beirut, Lebanon. They had brought with them personal articles and clothing only, and resided all together in a one-bedroom apartment for close to three years. Employment was very restricted as was schooling so the years were very difficult to say the least.

They had left behind a much loved but now war torn country in which, before the war, they had enjoyed good jobs, comfortable lifestyles, and a large extended family. Among them, they had successfully farmed, run a bookstore, and worked in pharmaceutical, dairy, hairdressing

and trucking enterprises. Most of us cannot imagine leaving behind almost all of what we have owned, our friends, relatives, communities, work, family treasures and memories and literally starting over in every way imaginable.

With the generosity of Riverview Park residents, the Riverview Park Community Association, the Hunt Club Community Association, the Honourable David McGuinty and his office, Emmanuel United Church, and the ITC’s own networks of colleagues, friends and generous souls, there were sufficient finances and donations in kind to sustain the family comfortably for a full year in a fully furnished four bedroom home.

As a Committee, our formal work and responsibility for and with the family is now over. It took a lot of work and dedication to make it happen and none of us has a single regret. It was a privilege and a highlight for each of us. Our friendships with the family are solid and will endure, and we look forward very much to the day we attend and celebrate the Atieh family as full Canadian citizens. They will make a real contribution to our country and we look forward to many Arabic coffees to come!

On a final note, we extend our thanks to the *Riverview Park Review* for making it so easy to reach out to the community and beyond; it most definitely has been a part of this success story.

The It Takes a Community Refugee Action Group (ITC)
MORE PHOTOS ON NEXT PAGE

With the amazing dedication, determination and resilience of the Atieh family, fast forward one full year and we are able to paint a very different picture:

- Acil and Alan have successfully completed Kindergarten and Grade 1 in English and wanting to take every advantage of the chance to be fully bilingual, are now registered in French for Grades 1 and 2;
- Azzam and Ammar are employed full time and supporting their families independently;
- Kinda will be moving into the workforce when the children are settled well in their new school;
- The entire family is speaking English, some with more proficiency of course but all can get by;
- They have moved from a single dwelling to two apartments, affording the families some privacy and space for the first time in several years; they have however remained in the same building so they can continue to support each other;
- They have all survived the coldest winter on Ottawa’s records!
- Nadia and Ramez take long daily walks to stay healthy and fit (in most months of the year!);
- There are strong bonds of friendship between the family and ITC members;

They have come to love Canada and report that “it is the best!” This may be the last article we will write on this initiative and this family and we thought it appropriate to share a few reflections, lessons and insights we as a committee have gained through this experience:

- Arabic coffee is exceptionally delicious and is always on offer;
- Hospitality is a Syrian specialty and is offered endlessly; The work ethic is alive and well in this family. We were resolved to keep them in English language training for most of their first year but we could not keep them away from their need to be self-sufficient and contributing. Their position was that they would learn as much or more on the job than in the classroom ... and they are proving to be right!
- Syrians already settled here (and there are a surprising number established in the medical, dental, optical, educational, employment sectors), almost without exception are quick to offer their services without charge if needed;
- Our system can be amazing in its outreach. Noting the need to converse accurately with hospital staff (during several treatment events over the year), on short notice the hospital ensures a translator is on site to make sure nothing is lost in translation;
- There are remarkable resources in our communities. They are not always visible but they are there. The YMCA Pre-Employability staff and programs are but one example of exceptional and affordable training and support;
- New entrants to the labour market face enormous challenges. Even with so much skill and work experience it is close to impossible to start with more than minimum wage. This is demoralizing and financially very challenging in light of their determination to be independent and the necessity to be fully self-supporting. Salaries will most likely improve with time, Canadian experience and tenure but it makes for a daunting start;
- While we are very proud of the record of our government and their commitment and record in welcoming and resettling Syrian refugees, our system has some real flaws. The approval process is extremely difficult to penetrate and getting information is next to impossible. There may be good reasons for this, but as an applicant it is frustrating in the extreme. This was a private sponsorship, so apart from government staff doing the application processing, approvals and travel arrangements (not trivial), no direct funding whatsoever was provided. Yet the family is required to pay back their airfares after only one year. Government sponsored refugees do not have to repay their airfares and receive government funds for a full year. This family lost everything and to saddle them with such a debt after only one year makes their start to life in Canada even more difficult;
- Never underestimate the generosity of individuals and organizations in the community and beyond. Note that a four bedroom home was fully and beautifully furnished for a total cost of less than \$200.00; that moving in and out was donated; that very little new clothing was actually needed and that Emmanuel United Church managed the financial contributions, charitable receipts and accounting for every penny without any compensation whatever – and the list goes on.



Having fun at Grand Lake. PHOTO: ALAN LANDSBERG



Above: Fun and frolic were all part of the game for the Atieh family and members of the ITC Refugee Action at Grand Lake this past summer.



Above right and right: The day before their big move to two apartments the Atieh family feasted the Committee to say thank you! It was a full house (and tummies) as the family thanked the ITC Refugee Action Group with a wonderful spread of Syrian delights.

PHOTOS: ALAN LANDSBERG



HAPPY THANKSGIVING!

I wish you and your families a holiday filled with gratitude and food.

Open House

I would like to invite you to an Open House at my community office,
Saturday, October 26, 2019, 1pm – 3pm at 1828 Bank Street (beside Value Village).
Light refreshments will be served. All are welcome!



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

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FINANCIAL PLANNER

Are You Prepared for Financial Disasters?

by Bob Jamieson

It's not something anyone wants to think about, much less discuss: but the reality is that your financial strategy needs to protect the assets and lifestyle you've worked so hard to create. Here are some events that can have serious financial consequences, along with suggestions on preparing yourself:

- *Loss of employment* – If you were to lose your job, your family might have to struggle financially to make it until you're employed again. To protect against this potential threat, try to build an emergency fund containing three to six months' worth of living expenses. That's a lot of money, of course, so it will be challenging to build such a fund – but try to contribute something each month to a liquid, low-risk account. Otherwise, you might be forced to cash

out your retirement savings to pay for your living expenses during your period of unemployment.

- *Loss of health* – If you become seriously ill or injured, you might be out of work for weeks or months. Your employer may offer you some type of disability insurance as an employee benefit, but it might not be sufficient. So you may also want to purchase an individual income replacement plan to cover as much of your after-tax income as possible. You may also want to consider critical illness insurance which provides a lump sum payment in the event of a major illness.
- *Loss of life* – Death is an uncomfortable topic to discuss. Of course it would be emotionally devastating to your loved ones – but it could also be financially catastrophic. Would your

family still be able to pay the mortgage? Could your surviving spouse afford to send your kids to college or university? Without life insurance, your death could leave your family without the ability to cover financial obligations. The exact amount you require depends on a variety of factors, such as your family's expenses, size of family, savings needs over time, and so on. Generally speaking, you can choose between two broad categories of insurance: term and permanent. Term insurance, as the name suggests, is designed for a specific number of years and provides a death benefit to meet short term needs. Permanent insurance is in place for needs greater than 20 years.

- *Loss of property* – If you own a home or car, you already have insurance, but it doesn't hurt

to check your policies annually to make sure they're appropriate to meet your needs. If you're under-covered, and had to pay out-of-pocket for some major damage, you might be forced to dip into your long-term investments. Building a "what-if" clause into your financial strategy can mean the difference between successfully moving on from life's unexpected events or being overwhelmed by them.

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"Chippy" the Chipmunk gets a handout. PHOTO BY GEOFF RADNOR



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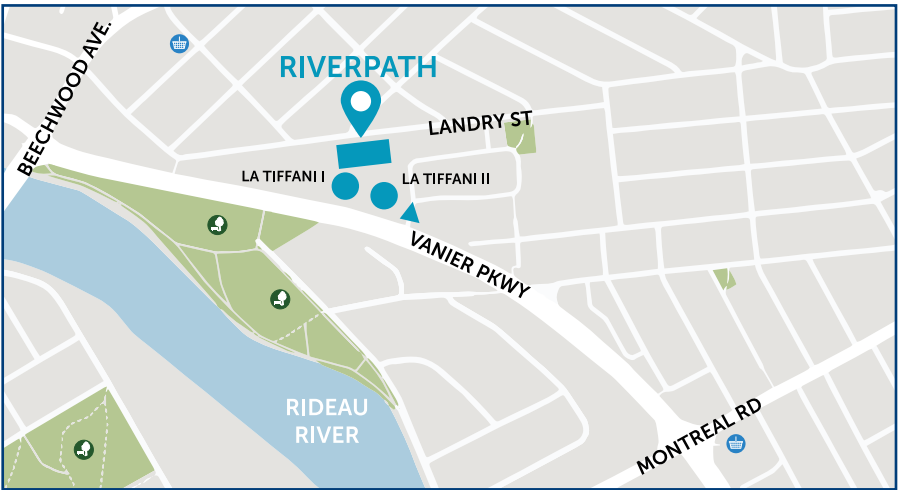




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THE ARTS IN RIVERVIEW PARK BY DIANE STEVENSON SCHMOLKA

Parodies, parables and portraits

Hidden and not so hidden messages in some works of art

by Diane Stevenson Schmolka

In my second report, I spoke about the auditory messages and meanings by which composers relate to listeners, no matter what genre of music is presented. In this report, I will try to show how creative artists of all kinds, (visual, musical, kinaesthetic, literary), inspire one another, disagree with one another, and provide the means by which many creative works become ‘eternal’ in the minds and hearts of people throughout the world.

My first example is a musical one created by Stravinsky. Stravinsky, one of the most iconic composers of the early 20th C, immigrated to the USA from Russia, when he was a very young man. He wasn’t handsome in any way, and was on the short side. Soon after he arrived, he noticed that the Tango had equalled and sometimes superseded all other ballroom dances. While he loved to dance, most all women he asked to dance with him, refused. Stravinsky decided to create a Tango for piano, unlike any other Tango composed at that time. In it, he portrays just how awkward a dance it can be. He mocks it, but ensures in the compositional design, that it is a terrifically fun piece to perform!

Mussorgsky, a late 19th C. Russian composer, attended an opening of an exhibition of works by a highly esteemed artist of that period. Mussorgsky, was so inspired by the works, he composed one of his most famous suites: “Pictures at an Exhibition”. His precise sonic descriptions are so strong, that one does not need to see the actual works of art themselves. You can find many performances plus each of the works he describes on You Tube and in other sites. Google “Pictures at an Exhibition” –Stravinsky, to experience both the visual and the auditory!

Nina Drew, visual artist said: “For me the streets are full of visual poetry and visual music; it can be one word or a novel-a low humming or a great symphony” [<https://www.photologio.gr/interviews-eng/nina-drew-interview/>]

Not only is Drew correct from my perspective, but those creators of films, operas, TV series, have proven it many times. For example: the many movies made from Shakespeare’s poetry, his somewhat opaque biography, knowledge of historical setting in detail, and more. When attending an opera, we become much more acquainted with the composer, because of the manner in which s/he/ has depicted each character, working plot and theme from his/her setting by the script writer, and the interpretations of the director.

Diane Schmolka B. Mus., B.A.

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Archibald Lampman plaque



Stravinski portrait

One of the most obvious examples of ekphrasis is a poem being turned into a song, but there are many more examples of visual art and poetry being turned into novels, plays, and plays, poetry becoming visual art. One of the most famous poems is John Keats’ “Ode on a Grecian Urn”. Why this poem became one of his most popular was because he described the dancers depicted both eternally dancing, while simultaneously being ‘frozen’ in time. He also made an ironic statement about music within the poem:

*‘Heard melodies are sweet, but those unheard
Are sweeter; / therefore, ye soft pipes, play on;
Not to the sensual ear, but, more endear’d,
Pipe to the spirit ditties of no tone.’*

Many friends have told me that they find poetry the most difficult to understand. They cannot find the ‘clues’. One of the main objectives of poetry is to make us ask questions. It is only when we can break down the poem, (in a sim-



John Keats portrait

ilar manner in which we can break down each phrase of a piece of music), that we can get a couple of our questions answered. In my first instalment of this series on ‘messages’ in many works of art, was the need for creators to send messages about what we are creating. There can be more than one message. Some poets, like Archibald Lampman’s nature poems, are very obvious in their message. Poets, who’ve created works like his, have more of their work composed as songs.

Although Art Song has become the outcome of many, singers and our accompanists have realized there are also subtle ‘messages’ and meanings when we analyze what the composers have noticed in the ‘subtexts’. Composers send messages in both ‘accompaniment’ and solo, which are imparted to the listeners.

Poetry, along with all the other arts, continues to portray the necessary ‘unknown lyric’. After asking many questions to yourself about a poem, painting, sculpture, play, movie, novel, musical score, photograph and more, you might still not find the answer. A couple of years later, not even thinking of the continual conundrum, suddenly, you get a ‘flash’ from ‘nowhere’, and then you begin to realize what the ‘answer’ to that ‘elephant’ in the hidden chamber of your mind might be.

All artistic genres help us realize each of our lives are quests. They help us dig deeper within ourselves to find meaning. We need these questions more than we need ready answers, in order to make our lives meaningful. We don’t need to be all that serious every day, but the arts help us play! Even those of us who are seniors need to play with words, colors, shapes, sounds and every possible work of nature! Chagall lived a long and fruitful life. So did Stravinsky, Robert Frost and many others.

I hope you have experienced a lovely summer. I look forward to your feedback.

Diane Stevenson Schmolka
www.officiant-music.ca
ph. #613-733-5219 • e-mail: dandp5219@gmail.com

COMPUTER TIPS & TRICKS

We’re finally starting to understand the importance of our privacy

by Malcolm and John Harding, of Compu-Home

... and that’s not all; lots of recent news reports are making us aware of the extent to which our online privacy is in serious jeopardy and the chances of the resulting serious repercussions. There seems to be a widespread notion that cell phones are at the root of our current vulnerable state, but clunky old desktops bear their share of the blame too.

This month we are simply presenting a suggested reading list on this subject; in the midst of such a complex and rapidly-evolving issue our 2-cents’ worth would be worth just that, in comparison with the experienced and knowledgeable articles we have assembled for you. We are technicians and not sociologists or lawyers and so we will let the experts speak for themselves.

We are going to break with tradition and post this column right away onto our blog (see below) so that you can take advantage of the links to the articles.

<http://bit.do/privacycommissioner> (do not type the hyphen) The most thorough and detailed entry in this list, from the Privacy Commissioner of Canada. Many of the sections include specific advice on protecting oneself.

<http://bit.do/nortpriv> and also <http://bit.do/kasperspriv> It may seem odd to include two advertisements for commercial products in this reading, but if we ignore the sales pitch and focus on the background information (which is readable and not overblown) the articles add to our understanding of the seriousness of the problem.

<http://bit.do/wiredpriv> Wired

Magazine makes clear the relationship between Artificial Intelligence (very big in the news these days) and the gathering of data about us that makes experts uncomfortable.

<http://bit.do/nprpriv> Listening to this Cincinnati Public Radio documentary is 18 minutes very well spent.

YouTube: <http://bit.do/alasdairallen> Alasdair Allan is a scientist, author, hacker, and journalist. This TEDx Talk is in a European setting, but the comprehensive list of digital threats applies to us all. For proof, watch carefully for Allan’s description of how this subject could impinge on a farmer stuck on his broken-down tractor in the middle of his field.

On the lighter side: Rick Mercer ranted about threats to our online privacy ‘way back in 2012 [\[bit.do/rickmercerc\]\(http://bit.do/rickmercerc\)

No doubt delving into the information above will lead you to even more interesting reading, listening and watching. We would be very grateful to receive reports of more helpful articles.

Welcome back to all RPR readers after what we hope was a terrific summer!

Go to \[compu-home.com/blog\]\(http://compu-home.com/blog\) for an archive of our columns \(including this one\) and lots more tech-related articles. There is a space right after each item for you to make comments and suggestions, and ask questions. You can even sign up for automatic updates. Have a look at \[compu-home.com/blog\]\(http://compu-home.com/blog\) soon or call us at 613-731-5954 to share your opinions and suggest subjects for future columns. Our email address is \[info@compu-home.com\]\(mailto:info@compu-home.com\)](http://</p></div><div data-bbox=)

INTERESTING CANADIANS

Welcome to the Potlatch

by Bruce Ricketts

If you are ever invited to a Potlatch Ceremony, forget about bringing a gift for the host. Just bring a large bag to carry home the gifts you are given. It has been said that it is greater to give than to receive, and for Canadian west-coast Indians, the potlatch was the ultimate expression of that. In a tradition, which has contradictory origins, the potlatch entailed an aspiring chief holding a party in which he gave away most, if not all, of his worldly gifts. In exchange for this largess, the chief-in-waiting received adoration and the affection of his guests.

It is said the tradition of the potlatch ceremony began with the giving of feathers, a sacred item for most west-coast Indians. However, over time the ceremonies took on more elaborate gift-giving themes.

The word *potlatch* comes from Nootka, a Wakashan language spoken nowadays by about six hundred people in western British Columbia and Vancouver Island. The Nootka word for gift was *patshatl*. Potlatch was first used in English in a Puget Sound document from 1865, wherein the following description was found:

“There was going to be a great potlatch at the coal-mines, where a large quantity of iktas [goods] would be given away—tin pans, guns, blankets, canoes, and money. It seems that anyone who aspires to be a chief must first give a potlatch to his tribe.”

Potlatch was made illegal in Canada in 1885, at the urgings of missionaries who declared the practice as wasteful and not part of civilized values (I can only guess that they missed that “blessed” part in their bibles.) One missionary, William Duncan, wrote in 1875 that the potlatch was “by far the most formidable of all obstacles in the way of Indians becom-



ing Christians, or even civilized.”

First Nations saw the law as an instrument of intolerance and injustice, second only to the taking of land without extinguishing Indian title. The outlawing of the potlatch is the extreme to which Euro-Canadian society used its dominance against its aboriginal subjects in British Columbia.

In 1885, the Indian Act was amended to include:

“Every Indian or other person who engages in or assists in celebrating the Indian festival known as

the “Potlatch” or the Indian dance known as the “Tamanawas” is guilty of a misdemeanor, and shall be liable to imprisonment for a term not more than six nor less than two months [holy mandatory minimum] in a jail or other place of confinement; and, any Indian or other person who encourages, either directly or indirectly an Indian or Indians to get up such a festival or dance, or to celebrate the same, or who shall assist in the celebration of same is guilty of a like offence, and shall be liable to the same punishment.”

The banning was also seen as part of the attempt to assimilate the Indians, but it did not work. The prohibition on potlatch simply drove the ceremony underground.

The first person to be charged under the law was a Sto:lo man from Chilliwack, Bill Uslick, who horrified Indian agent Frank Delvin by giving away all his goods, "practically leaving himself destitute." He was arrested February 1, 1896 and sentenced to two months in prison.

In the end, the amendment to the Indian Act was found to be ineffectual due to a lack of enforcement.

The potlatch was made legal again in 1951. After the ban was lifted, Nations on the coast began to openly potlatch again. The revival of open ceremony gained strength during the 1970s and 1980s, and it is once again widespread among many of the Nations that previously potlatched prior to the ban.

Author’s note: “The term ‘Indian’ is used for historical accuracy. The term refers to First Nations and Indigenous Canadians.”

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

Migration, skunks and mail

by Riedwaan Ahmed
Riedwaan is a former South African diplomat who has settled in Riverview Park with his Canadian husband and family. His column speaks of a newcomer's perceptions of Riverview Park.

Since moving to Riverview Park in May, we have been welcomed in many ways: gift baskets, flowers, bottles of wine, home-baked cookies, and a skunk.

My husband, who moved here from Toronto via the Glebe, is enchanted by his short morning walk to work and the friendly neighbourhood greetings along the way. The children enjoy the seemingly endless shortcuts that link hidden parks and roads. The dog enjoys the quiet streets and I am certain he does not miss the noisy sidewalks of the Glebe. I continue to marvel at the difference between the snow-covered streets when we bought our home in March and the canopy of leafy trees that line them in the warmer months. But I will admit that—after I wore a brave face for months—Canada's wildlife terrifies my African sensibilities.

Before sharing our property with a skunk, we had to remove several birds from our garden after they kamikazed into our windows as if we were characters in an Alfred Hitchcock movie. We also had an episode with a racoon in our shed. I watched my husband panic. He talked himself out of calling 911 and was googling the number of animal control. I was filled with bravado. I calmed the husband down with, "I'm from Africa. I have chased monkeys and baboons. This racoon thing doesn't scare me." I won the battle against the racoon through a crafty mix of sticks, pots, vinegar-soaked rags, a loud radio and flashing lights.

Skunk more perilous
The war against the skunk is more



The not-so-intelligent dog finds out about tomato juice after he meets the skunk PHOTO: RIEDWAAN AHMED



perilous. When I first moved to Canada, I found skunks cute. Until one sprayed our adorable but not-so-intelligent dog. Loving a dog, that for weeks made you want to puke, is difficult. Thinking skunks cute after that is impossible.

I recall reading reports in May about an Ottawa neighbourhood who had their mail delivery suspended due to skunks. As I recall, the City said it was not responsible for capturing the skunk and Cana-



da Post, terrified of this nocturnal creature, appeared to wash their hands of the entire neighbourhood. At the time I shook my head in disbelief, thinking, "I will never be bothered by such first-world problems."

Resettling into a country far from home brings with it an unsettling reliance on bureaucracy. (To be eligible for document x you need document y, which requires document z, which often requires document x.) While I wait for the steps to fall into place, I have spent time getting to know my new 'hood.

Riverview Park has a rhythm. It is groggy in the morning as droves wind their way to work. It quiets during the day while neighbouring Trainyards buzzes. Lawns get mowed. Trees get cut. Then neighbours wave and say hello as the community swells at dusk. Earlier in the day mail has been delivered! This reliance on mail surprising me.

Over the last few years I watched as Africa leapfrogged many tech-

nologies. It seems difficulty leads to innovation. Bloomberg recently reported on how a reluctance or inability by private banks to enter rural African villages led to the mushrooming of mobile phone-based payment systems like M-Pesa in Kenya in 2007, seven years before Apply Pay or 13 years ahead of Facebook's upcoming Libra currency. In South Africa, paying by cheque went out of fashion around the time apartheid ended. Which would explain why I felt like I was in Back to the Future when a Canadian company recently requested payment by cheque. Cheque! It had been so long since I had seen one that I had to google "how do you complete a cheque in Canada."

Sea of bureaucracy
I dutifully wait for mail so that I can take my resettlement further. I have come to rely on the rhythm of Riverview Park to bring stability in this sea of bureaucracy. Without this rhythm there would be no mail. And with no mail, I will be caught in a bureaucratic loop.

Which brings me back to that sneaky skunk. Gone are the days of my finding them cute. This skunk has become my arch nemesis. I will not allow it to terrorise poor Canada Post to the point that it halts mail. Somehow, I will gather the courage to coax it out of Riverview Park for the good of all. But, if you find me walking a not-so-intelligent dog that reeks, then know the skunk has won.

Chris Ellis

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Welcome to the new Riverpath Retirement Community, where the residents enjoy...

Submitted by Diane Charlebois



The 59th Street Bridge Song (Feelin' Groovy)

by Brian McGurrian

In New York City, the *Queensboro Bridge*, colloquially known as the *59th Street Bridge*, crosses the East River, connecting Manhattan Island to the borough of Queens. It was constructed well over a century ago, and it offers great views of the city skyline, but in 1966, after many decades of neglect it was showing its age. It's about a kilometre across, perhaps a fifteen minute walk, and pedestrians were fully exposed to the noise and vibration of the zooming cars and their noxious exhausts.

Simon & Garfunkel recorded their song about the *Queensboro Bridge* in August 1966, and it was released on their third album, *Parsley, Sage, Rosemary and Thyme* in October 1966. Songs are not autobiographical memoirs, but as it happens, we know quite a lot about how Paul Simon was inspired to compose this song.

"I spent most of the year 1965 living in England," says Simon, "and in December, I came back to the United States. 'The Sound Of Silence' had become a big hit, and I had to make this adjustment from being relatively unknown in England to being semi-famous here, and I didn't really swing with it... Finally, I remember coming home one morning about 6 o'clock over the 59th Street Bridge, and it was such a groovy day... so I started to write the song that became the 59th Street Bridge Song (Feelin' Groovy)."

During the time when Paul was living in England, he had developed a close romantic relationship with Kathy Chitty, which he beautifully captured in Kathy's Song, released on S&G's second album in January 1966. In that same month, Kathy came to New York for a two-week visit with Paul's family, and got a chance to see how her life might be chaotically altered by the demands



made upon Paul in America - very unlike their calm and comforting surroundings in Britain. Kathy returned to England without coming to any decision about their future and Paul began his new life as a rock star. It was a sad, reluctant parting on both sides.

I'm sure that you've heard Simon & Garfunkel's *59th St. Bridge Song (Feelin' Groovy)* many times over. You may not be able to recall Paul's reason for feeling so groovy, but it's right there in the lyrics, and Paul Simon's lyrics are always worth close attention.

As the song begins we hear Simon repeatedly picking out the song's simple theme on his acoustic guitar. I say simple, because the melody is based on just four consecutive descending notes of the major scale: da da, da, da (la-sol-fa-mi). Then Paul sings the melody, mostly accompanied by Art's softly inserted treble harmonies. It's all

"Just kicking
down the
cobblestones
Looking for
fun and
feelin'
groovy."

quite mesmerizing. Paul begins verse 1 with a reflection on how the cars are moving way too fast, "...ya got to make the morning last." But he doesn't really sound irritated – just thinking out loud, perhaps murmuring to himself. In fact, the entire song is very laid back, almost a simulated whisper.

Then in verse two he gets very whimsical. He chats with the lamp post and comments on its hanging flower basket: "Hello lamp post, what'cha knowin', I've come to watch your flowers growin'," and even pretends to ask the lamp post for help in creating rhymes for his song, "Ain'tcha got no rhymes for me?" Of course he knows he's being silly, but that's the sort of thing people do when they're feeling ...euphoric.

Finally, in verse three he tells us why he's feeling so euphoric: "I got no deeds to do, no promises to keep..." Simon, English Lit. major, is refer-



encing a famous poem by Robert Frost: "The woods are lovely, dark and deep, but I have promises to keep, and miles to go before I sleep." At this particular moment in the midsummer of 1966, Simon feels suddenly liberated from any responsibilities or promises to keep.

Then, in the next line Paul describes himself as, "dappled and drowsy and ready to sleep." Nice bit of alliteration, but why *dappled*? Dappled isn't a word that we hear in everyday conversation. Merriam-Webster unhelpfully defines it as "dotted, freckled, splotchy."

Moreover, at this point in the song, Simon signals a moment of special drama by suddenly bursting out of the simple four note pattern described above, and soars upward into a higher octave for the word dappled. I like to think that our English Lit. major, in his early morning euphoria, may be channelling a 19th century poet, Gerard Manley Hopkins, with his spellbinding description of a falcon that hovers in the sky above the dappled dawn in *The Windhover* (1877):

I caught this morning
morning's minion,
kingdom of daylight's dauphin,
dapple-dawn-drawn Falcon....
High there, how he rung upon
the rein of a wimpling wing
In his ecstasy!

In his ecstasy! Isn't ecstasy pretty much synonymous with *feelin' groovy*?

Then Simon concludes with a concise encapsulation of the entire song: "Life I love you, feelin' groovy." And why not? Paul is young and healthy, presumably feeling no pain after a night on the town, and thrilled by his sudden spectacular success as a singer-songwriter.

Youtube offers many Simon and Garfunkel performances of this song (both studio and live), but take note that the original 1966 S&G studio recording of this little masterpiece was achieved in just 1 m. 43 sec., which includes a 20 sec. ending of da-da-da-da nonsense syllables! Have you ever heard a more concise expression of contentment and grooviness?

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AIKIDO JISEIKAN • OF LIFE AND BLACK BELTS



by Rustling Birch

Long long ago at my grade eight “graduation” I received a medal bearing the inscription General Proficiency! When my father confirmed that the medal meant what I thought it did, I was more than a little disappointed. To me, it seemed a dull, lack-luster kind of recognition. I would have wanted something more conclusive, definitive... like the awards my two friends received, one for her performance in Mathematics, and the other, in English. It was hard for me to accept that being “good enough” at most things was an accomplishment.

I am 70 now, and a lifetime has happened since then: an undergraduate degree in Psychology, work, marriage, children; in my forties, I completed a Masters and re-invented myself as a freelance writer, editor, and translator; after that, I became a trainer, teaching writing skills to professional adults for twenty years. Through it all, I developed many interests, signing up for lessons of all sorts – cooking, sewing, tango, languages – to name but a few. I am currently enrolled in pottery classes.

I finally understand how and why general proficiency might define me: I am a chronic, inveterate lifelong learner. I love leaving my comfort zone and finding myself over my head in the dark, unknown waters of new codes, symbols, and concepts. It’s why I love languages. And the more cryptic and obscure the code, the happier I am.

The enigmatic or the impenetrable is not limited to languages. Learning to decipher codes is a metaphor for every area of human activity. In 2000, I started Tai chi, and in 2007, I enrolled in Aikido classes. I was 58. I never imagined I would stick it out for so long, but it turns out that both Tai Chi and Aikido are surprisingly cryptic in their seeming simplicity. I have been trying to decode and understand them ever since.

In the spring of this year, I retired (from the labour force – but not from learning). Around the same time, I was invited to take my shodan (black belt) test in Aikido. While I had never even set off on

the way to Aikido with the intention of becoming a black belt, the eventuality of a shodan test had of course been there all along, a little further up the path – inevitable, if I were to continue. And now I was there. Life has taught me that it is not reaching the summit, but the climb itself that is meaningful, so I slowed my pace, paused, and sat myself down on a big rock to figure this one out.

Musings before the test:

1. I did not feel ready for this test, but Sensei obviously thought I was. He seems to have the uncanny knack of knowing when a student is ready for a new technique or to proceed to the next step, often before that student even realizes it. That has certainly been the case for me, and I have more than once been surprised to discover that he was right about my capabilities, where I had harboured self-doubt.

2. Aikido has been a stimulating and challenging exercise in self-discipline. Sometimes, the hardest part of a practice session is just leaving home and going to the dojo. Once there, time flies, and never once have I regretted going. On the contrary, practice is always a fun and energizing learning experience. I have learned various techniques and practiced repeatedly what Sensei calls “the fundamentals.” I will definitely need to focus on those and integrate them into whatever the test may bring. Trust the technique.

3. I have also gained appreciation for the rituals that punctuate Aikido practice (bowing, for example). They are a constant reminder of the respect we develop for one another in practice. At our dojo in particular, they complement the spirit of mutual welfare that Sensei himself practices and encourages in all of us. I train with people of all ages, of different statures, and of varying expertise, and I do so, confident that I am learning in a safe environment.

4. Having gone through many previous colored belt-grading tests, I know that, above all, I will need to be mentally prepared – for anything, for everything, for surprises. I could be asked to execute a technique I practiced yesterday or a kata that we have not seen in a year. Inhale. Exhale. Relax.

5. The test will be demanding, but I know that effort is a mind-set and that we really never know what we are capable of doing. Several years ago, I injured my shoulder. The full diagnosis read as follows: “complex, complete full-thickness tear of supraspinatus tendon; full-thickness and complete tear

of adjacent infraspinatus tendon.” (I didn’t even know we had those!) My physiotherapist told me that doctors did not operate on patients over 65 years. I asked about practicing Aikido, and two doctors advised against it.

Overnight I could relate to athletes who injure themselves and work doggedly to overcome the odds, the pain, and the dire warnings of naysayers. I found myself refusing to let go of Aikido. I went to physio, but covertly attended Aikido classes. Sometimes I would work up to the pain and pull back; at other times, I would work through the pain. “Arm, just keep up!” It took a couple of years, but my injuries mended, and I regained my full range of motion.

Sensei encouraged me to attend classes anyway, if only to watch. Since I couldn’t resist the draw of the mat and all the action, he suggested I tie a red ribbon around my injured arm (to serve as a visual reminder for my partners) and join in. Sensei as well as my fantastic partners accommodated me in various ways so that I could continue to practice. I am grateful to all. Of course, given my age, I am not without aches and pains, but those only serve to remind me that I am still alive.

6. In Aikido, as in life, stick to the essentials. I will keep it clean, lean, simple, uncomplicated...less is more. More effective. More efficient.

Musings after the test:

1. Well, time to pick up my rucksack and move on. The test was surprisingly uneventful and not as demanding as I had anticipated. Previous grading tests had typically been more exacting. It was, however, a destabilizing test, mentally. I was thrown off by the age of my test partners, who were mostly very young. (Therein lay the surprise!) As Nage (the one who responds to an “attack” with a technique), I had to remember not to grip delicate wrists too hard or lock willowy arms too vigorously...or toss my partner too forcefully across the mat. As Uke (the one on whom the technique is applied), I had to at-

tack gingerly, but make my attacks genuine enough for my partner to respond with the appropriate technique. I then had to be responsive and react accordingly. (It was not always easy to be convincing since it sometimes felt like a chickadee had perched on grandma’s wrist.) Surprisingly, it turned out to be a meaningful learning experience, one that confirmed for me the very essence of Aikido: the importance of using Ki (instead of strength) in harmonizing with a partner... any partner... all partners.

2. What I know about Aikido today is not what I thought it would be after all these years. Aikido is about effort, determination, and persistence. Any proficiency or skill one might acquire is a happy spin-off of hard work and comes with time. Nor is a black belt what I thought it would be: shodan literally means “beginning degree”, and that is obvious to me now. Aikido is like the proverbial iceberg, and a black belt simply means that you have touched the tip. You then dive in and explore all that lies beneath the waves.

And so it is time for fresh beginnings and more work. I will always be adjusting here, correcting there, forgetting one thing or another (that seems to happen more and more frequently), recalling, unlearning, re-learning... evolving. Above all, I have to learn to trust the technique and use less force. There is still so much to decipher and more to learn – about Aikido and about my own self. This black belt means that I am not quite “good enough”!



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CHRIS ELLIS OCDSB TRUSTEE ZONE 6 RIDEAU-ROCKCLIFFE AND ALTA VISTA



CHRIS ELLIS

Chris.Ellis@ocdsb.ca

It's good news that increased enrolment and the use of budget reserves have enabled the Ottawa-Carleton District School Board (OCDSB) to minimize the negative impact of provincial government cuts to education for the current school year. The bad news, for next year and beyond, is that reserves have been depleted.

Zone meeting

My first Zone meeting will focus on what we want our schools to be and how to advocate for them at different levels - School, School Board, Province and even City. The meeting, which is open to the public, will be held on November 21 at 7 pm at The Rideau Community Hub (former Rideau HS), 815 St Laurent Blvd.

School Level

A powerful tool for parents and School Councils to work with the

principal and school staff to set school goals is the School Learning Plan (SLP). The Zone meeting will be an opportunity to address how parents and the School Council can engage in developing the SLP and then monitor the implementation and finally assessment of success. Having the SLP can then be leveraged by parents to advocate for the resources the Principal may need to implement the SLP effectively.

School Board Level

There are times when parents/School Council may need to advocate to Senior District Staff and/or the Board of Trustees. For example, I've heard from a number of parents concerned about Kindergarten class sizes and, although this is set by the Province, the District has in the past set lower caps. The Zone meeting will be an opportunity to talk about how to advocate.

There are times when parents/School Council may need to advocate to Senior District Staff and/or the Board of Trustees.

Provincial Level

The current Provincial Government has made changes that will negatively affect Public Education. If provincial cuts are combined with a potential Federal level tax credit for private schools, I fear that Charter Schools or Vouchers may be introduced and seem attractive. In identifying what we want our schools to be, I would like to explore how those who would like to advocate at the Provincial Level can go about it.

Contract Negotiations


Negotiations always take time so I do not expect there will be a lock out or strike action before the end of October. I do expect there will be disruption to schooling this year. Class sizes and ratio of adult to student ratios are likely to be a key issue. So far the Ontario Public School Board Association (OPS-

BA), which represents public district school boards (the employers) in negotiations, and Ontario School Trustees have not influenced the Province to rethink the increased class sizes announced last spring. I hope the folks representing all of School Board employees (the unions) will have more success.

Health and Sex Education Curriculum

The latest Health and Sex Ed curriculum is for the most part the same as the one that was withdrawn last year. This is good news but too bad that it took a lost year and wasted time and turmoil, not to mention the cost of consultation that the Province is now refusing to share.

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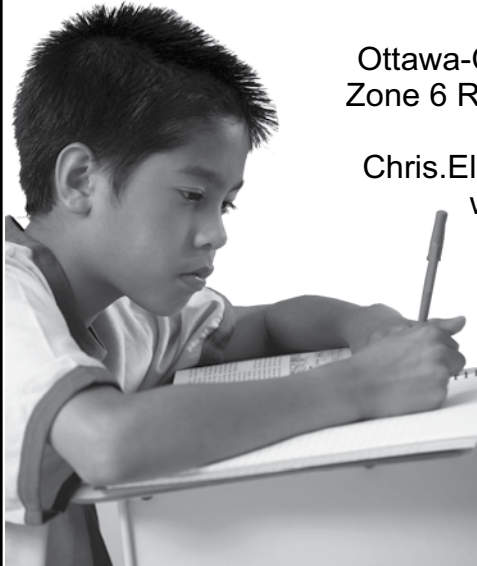
OCDSB Trustee Ellis Zone Meeting

The Schools We Want

Thursday November 21, 7pm to 9pm
Rideau Community Hub
(former Rideau High School)
815 St Laurent Blvd

Discussion on what, as a community,
we would like our schools to be.

Working toward the vision at the
School level, Board level, and
Provincial level



Ottawa-Carleton District School Board
Zone 6 Rideau-Rockcliffe and Alta Vista
Trustee Chris Ellis
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www.SchoolZone6.org

Cheers to six years at Maplewood!

Submitted by Snjezana Kulic , General Manager and Shelby McLean, Activity Manager



The residents and staff enjoyed a Silver 6th Anniversary in the City. A wonderful evening of laughs, celebration, and an amazing performance by Lauren Hall. We can't wait to celebrate our next anniversary.



The residents of Maplewood made the most out of their summer months enjoying our beautiful backyard. Here pictured at our Country Western Corn Roast with entertainment by Joanie and Marie-Soliel!



Our main lounge and activity room are always the place to be at Maplewood! Whether enjoying a morning cup of coffee and reading the paper, all gathered to enjoy an educational presentation by the Parrot Partner, or creating wonderful works of art!



Finally, who can resist our picture perfect outings. We ventured to the Canadian Museum of Nature to explore their butterfly exhibit. It was also the season for outdoor picnics and mini-putt. Stop in and see what we are doing this fall or take a look at our online activities calendar!



Pomme William: Notice the WOW factor with these tasty potatoes

by Chef Kevin Desormeau – Maplewood Retirement Community

Pomme William is the center piece of this plate. Hard to imagine Chateau Briand in a Peppercorn Brandy sauce not being the main focus, But no, it is a simple potato that will make your guest go WOW.

Basic mashed potato but no additional liquid is added (no milk) we mash and add only an egg your per 12 portions, pinch of parmesan and chopped parsley, we manage a low sodium dining room so also just a pinch of black pepper.

Let potatoes cool and shape them like a pear. When peeling the potato cut on the side of fairly thin with a knife, cut julienne strips and fry them (think of a hickory stick) and use as the stem for the pear.

Bread the potato in breadcrumbs while refining the pear shape. Quickly fry the potato to brown and slowly bring to serving temperature in a low heated oven, please be advised.....if the potato gets too hot internally this work of art will crack and can semi explode, A terrible waste of art and passionate work.



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Try a taste of Oakpark



What a wonderful way to spend a summer day in the 1000 Islands.

Story and photos by Brittani Fawcett

With summer coming to an end we are looking back at an exciting season of events. Our residents were kept busy celebrating our 11th anniversary, taking a cruise around the lovely 1000 Islands, enjoying some much appreciated laughter yoga, and of course staying healthy with daily exercise classes.

Now, with summer winding down, we would love to invite the community to come make the most of the beautiful fall season by joining in the festivities at Oakpark! We are kicking off October with an open house, *The Taste of Oakpark*, Saturday, October 5th from 2 p.m.-4 p.m. featuring treats for the taste buds and the eyes. And, while trying out the Oakpark treats, enjoy browsing through the residents' art work, which will be displayed proudly in the main lounge. Some pieces will be for sale, with proceeds going towards the local food bank.

This is also the perfect time to check out a model suite, and meet

with our Marketing Manager, David O'Neill, and Activity Manager, Brittani Fawcett.

We also encourage you to join us for a breathtaking trip to the Gatineau hills to see the autumn leaves, October 16th at 2 p.m. Please call 613 260 7144, by October 11th and speak with David or Brittani, to reserve your seat on our wheelchair accessible bus.

On Monday, November 11th, for Remembrance Day, we will be honoring all who served. Our formal service will commence at 10:30 a.m. We are also hosting a Remembrance Tea in the afternoon, at 2:00. This is a great chance to honour those who served, and to share stories of life during the war years. We kindly ask that you RSVP to the Remembrance services by November 7th.

On November 21st, we will be starting to think about Christmas, with our Christmas Bazaar. Come check out a variety of vendors, and find something for everyone who made your "Nice" list this year!



We celebrated our eleventh Anniversary with a great party.



CANADA DAY ON CAVERLEY STREET

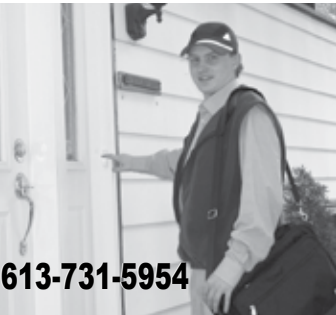
On July 1st, 2019 over 50 enthusiastic residents enjoyed the ninth annual Canada Day Party on Caverley Street. It was held on the street, with a permit provided by the City of Ottawa. People of all ages from just a few months old babe in arms to those in their mid eighties enjoyed the celebration..

The party was held underneath the two catalpa trees that were in full bloom. A variety of food and drink was provided and shared by all.

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Malcolm and John Harding

Communities move mountains; trekking creates great community

by Heather Swail

BACKGROUND

In July, a group of 14 trekkers, the Climb for Kids (CLK) contingent for 2019, set off to hike and climb the Tour du Mont Blanc (TMB), a 170 km trail that circumnavigates the Mont Blanc massif through France, Switzerland and Italy. This was a second trek for CLK, the first being in 2018 through the Apu Ausangate region, or Rainbow Mountains of Peru.

The CLK II initiative combines physical challenge and community development. The trekkers trained all year to prepare for the trek and also raised close to \$38,000.00 for the Christie Lake Kids Foundation (CLK). Through individual fundraising and community fundraisers Climb for Kids has raised \$65,000 to date for CLK.

Christie Lake Kids provides transformative recreation programs for children throughout the city of Ottawa through year-long skill-based programs and its summer camp, located near Perth, Ontario. The Dempsey Community Centre is a busy hub for many Christie Lake kids who participate in hockey, basketball, gymnastics, cooking and many other courses.

Climb for Kids was “founded” by long-time Riverview residents, Paul McGuire and Heather Swail after Paul returned from a trek to Mount Kilimanjaro with the Ottawa Dream Team which included friend and neighbour, Byron Johnson. The Swail-McGuire family has a long and strong association with Christie Lake Kids, and many Riverview residents support and participate in Climb for Kids’ initiatives. Heather and Paul greatly appreciate that their friends/supporters continue to open their e-mails and answer calls! Paul is currently organizing a 14-18-person trek for 2019 back to **Kilimanjaro, “the roof of Africa”**. Heather is also working on the organizing and will be climbing. Anyone interested in the climb or the initiative, can contact Paul at mcswar@gmail.com or Nbenson@christielakekids.com.

Heather wrote the following article after returning from the trek.

TMB WITHDRAWAL

If you had told me, on Day 9 in the middle of that damn ascent up Col du Tricot in blistering 35 degree heat that I would miss all of this, I would have hit you with



Where we started, where we summited: Paul and Heather with Mont Blanc massif. PHOTOS: TMB TREKKING TEAM

my trekking pole. That noon-time climb almost did us all in. Almost. We collapsed on the grass at the top, poured water down our heads and throats and lay still. Twenty minutes later we got up, heeding the sun and long journey ahead, clamped on our packs and hats and descended down a long trail of rock and sandy soil. The heat punctuated by the sound of glacial rivers pouring off the mountains, our eyes sharpened by the sight of the glacier and mountains. On the trek there is no room for self-pity. You get up, shake yourself off and go on. Your only thought is to find the next solid rock on which to place your boot, the 10-metre route ahead and calculations for agility. **You must be both intensely mindful and completely mindless.**



Col du Tricot

When I returned from the 14-day, Tour du Mont Blanc expedition, my body ached in places I never knew I had. I would awake at night with searing muscle cramps in my

feet, my thighs, and my calves. Ten, full, eleven-hour days trekking all the way around the Mont Blanc massif, through France, Switzerland, and Italy took its toll. One-thousand-metre ascents and descents through all kinds of terrain challenged our bodies to keep moving, to pivot and turn, to angle our feet in ways they never knew. To never look back, and to breathe – steadily and calmly because panic and anxiety will betray the natural resilience of a body moving



Steep descents on arid, slippery rock

Frankly, I do not know if the ten days of post TMB aches and pains

were a form of healing and recovery or an innate desire to keep moving and not stay stationary. All I know is that I am still reflecting on and processing our group’s TMB trek, and that I already miss that grueling, exhilarating time. What do I miss exactly?

I miss being outside for 14 days under brilliant blue skies smelling forest greens, feeling alpine breezes, hearing the roar of gray, glacial rivers.



The Bovine Walk

I miss the beautiful mindlessness of moving steadily in a line in our guide’s directed, meditative walk that would lead us through 170 kilometres. I miss the squeak of my knapsack as it moved on my hips,

CONTINUED ON PAGE 53

CONTINUED FROM PAGE 52
and the steadily increasing power of my body, day by day.

I miss the Alps. When I was able to safely look up from my boots, I witnessed beauty that now makes me cry. Sharp, powerful joints of rock piercing the sky, massive white-gray glaciers glaring in the sun. Velvet-green descents from sky to valley, stitched by rock. I miss the sound of cowbells from far-off and nearby meadows, ascending through trails in the forest with mountain larches caressing your face, and the wildflowers – brilliant shots of yellow, blue and purple that lined narrow ledges and moved to meadow wind.



Italy, back toward Courmayeur

I miss the water, the sound, the shock of a glacier’s run-off hitting your hot human skin and cooling you immediately, also water running down your neck from your soaking hat.

I miss being guided. I miss being led by someone I completely trust and following them in the line. Looking for their tall, blue-hatted head when I was at the back, to find their calm and meditative pace.

I miss being in a dusty, dirty, sweaty group of colleagues all of whom have had their ups and downs. I miss that we all got through this together. Each of us taking up the slack or offering a helping hand when needed. I love that this group were able to shake off a day’s incredible fatigue and within a half hour all be assembled in the tent, palming down salty treats, swigging beer and laughing. So much laughter.



John leading us up 500 metres one early morning

I miss the giggles in the tents at nights. The perfectly lovely slovenliness of rolling out of dirty clothes into a soft T-shirt, and knowing you will be reversing that in 7 short hours.

I miss the group experience when everyone has pushed themselves to the max, survived and accomplished a huge amount. Many have now said that this trek has given them a much sharper idea of what they are capable of doing. Saying yes can bring many powerful revelations and understandings.

The last day, the afternoon we



Le Brevent towering over Chamonix, our last summit

descended from Le Brevent to Chamonix (a 1500-metre ascent in powerful heat), we poured into an unsuspecting pub just as the rain and wind swept down the mountain into town. We unceremoniously yanked off our boots and

toasted all and each other. Our guides – veterans of the mountains and many treks – joined us without any obvious reserve – singing and laughing. We were blessed by the power of community and our own resolve and strength.

More women landing in alcohol-use emergencies

Special to the Riverview Park Review

More Ontarian women are ending up in emergency hospital departments due to alcohol use. The largest increases are in women and young adults between the ages of 25 and 29, according to a new study led by researchers at ICES, The Ottawa Hospital, the Bruyère Research Institute and the University of Ottawa.

The study, published in the CMAJ, identified a total of 765,354 ED visits in Ontario due to alcohol use over a 14-year study period. These visits represented 1.2 per cent of all ED visits in Ontario. The number of ED visits due to alcohol increased on average by 6.7 per cent (2676 visits) per year over the study period. After adjusting for the aging and growing population, the researchers found that ED visits due to alcohol increased by 86 per cent in women (from 20.7 visits to 38.6 visits per 10,000 individuals) and 53 per cent in men (from 51.1 to 78.3 visits per 10,000



individuals). By comparison, while ED visits due to any cause also increased over the study period, the observed increase in ED visits due to alcohol was 4.4 times greater.

“We found that ED visits due to alcohol use are rapidly increasing in Ontario,” says lead author Dr. Daniel Myran, a family physician and public health and preventive medicine resident at the University of Ottawa, who is also training at The Ottawa Hospital and Bruyère

Research Institute. “These increases are consistent with data showing increasing average weekly alcohol consumption in Ontario and higher rates of binge drinking during the study period, particularly in women across Canada.”

A large burden

Alcohol use causes a large burden on the health of Canadians. It led to an estimated 5.8 per cent of deaths in men and 0.6 per cent of deaths in women in 2017.

Many under-aged women

During the study period, the age group that had the largest increase in alcohol-related ED visits was young adults aged 25 to 29, with a 175 per cent increase (27.2 visits per 10,000 individuals to 74.9 visits per 10,000).

“Our findings show a concerning generational effect, where youth and young adults are experiencing year-over-year increases in alco-

hol-related harms over the last decade and a half,” says senior author Dr. Peter Tanuseputro, adjunct scientist at research institute ICES, researcher at the Bruyère Research Institute, physician-scientist at The Ottawa Hospital and assistant professor at the University of Ottawa.

Other findings include:

- ED visits for alcohol use at age 19 years increased on average by 4.1 per cent every year.
- Women who visited the ED due to alcohol were more likely to be under the legal drinking age of 19 years (17 per cent) compared with men (9 per cent).
- The highest rates of alcohol-related visits were in women aged 15 to 24 and men aged 45 to 54.
- Although individuals in the lowest neighbourhood income group had 2.4 times the rate of ED visits due to alcohol than those in the highest income group, this relation was relatively stable over the study period.

ALTA VISTA PUBLIC LIBRARY

OCTOBER 2019/
OCTOBRE 2019
NOVEMBER 2019/
NOVEMBRE 2019

(Closed on October 14, November 11,
December 25 and December 26, 2019/
Fermée les 14 octobre, 11 novembre, 25 et
26 décembre 2019)

Children's
Programs/
Programmes
pour enfants

STORYTIMES / CONTES

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

***Session 1**
Mondays, September 9 to October
7, October 21, 10:30 a.m. to 11 a.m.
Les lundis du 9 septembre au 7
octobre et le 21 octobre de 10 h 30
à 11 h.

***Session 2**
Mondays, November 4, November
18 to December 2, 10:30 a.m. to
11 a.m.
Les lundis 4 novembre et du 18
novembre au 2 décembre de 10 h 30
à 11 h.

**Family Storytime /
Contes en famille**
Stories, rhymes, and songs for all
ages and a parent or caregiver.
No registration required. / Con-
tes, rimes et chansons pour les
enfants de tous âges et un parent
ou gardien. Aucune inscription
requis.

***Session 1**
Tuesdays, September 10 to October
22, 10:30 a.m. to 11:05 a.m.
Les mardis du 10 septembre au 22
octobre de 10 h 30 à 11 h 05.

Session 2
Tuesdays, November 5 to Decem-
ber 3, 10:30 a.m. to 11:05 a.m.
Les mardis du 5 novembre au 3
décembre de 10 h 30 à 11 h 05.

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

***Session 1**
Thursdays, September 12 to
October 24, 10:30 a.m. to 11 a.m.
Les jeudis du 12 septembre au
24 octobre de 10 h 30 à 11 h.

***Session 2**
Thursdays, November 7 to
December 5, 10:30 a.m. to 11 a.m.
Les jeudis du 7 novembre au
5 décembre de 10 h 30 to 11 h.

Special Programs /
Programme
Speciaux

Lego Block Party / Ca dé "bloc"
Create and build with Lego! Ages
6 to 12. No registration required. /
Architectes en herbe, à vos Lego!
Pour les 6 à 12 ans.
Aucune inscription requise.
Wednesdays, October 2, 9, 16 and
23, 3 p.m. to 5 p.m.
Les mercredis, 23 octobre de 15 h à
17 h.

**No school today? /
Pas d'école aujourd'hui?**
Come to the library for a fun
scavenger hunt! Family program.
No registration required. / Viens
à la bibliothèque pour une chasse
au trésor amusante! Pour toute la
famille.
Aucune inscription requise.
Monday, October 21, 2 p.m. to 4 p.m.
Le lundi 21 octobre de 14 h à 16 h.

**Come join us for a spooky
adventure! / Joignez-vous à
nous pour une aventure
effrayante de plaisir!**
Halloween stories, rhymes and
songs for children ages 0 to 6 and
a parent or caregiver. Feel free to
bring a costume! No registration
required. Histoires, chansons et
comptines pour les enfants de 0 à 6
ans et un parent ou gardien. Vous
êtes les bienvenus d'amener un cos-
tume! Aucune inscription requise.
Tuesday, October 29, 10:30 a.m. to
11:05 a.m.
Le mardi 29 octobre de 10 h 30 à
11 h 05.

Talk about money
Join Tecla Kalinda of ZalaSmart
to learn in a FUN interactive way
about the value of money, savings
and more. Ages 9 to 12. Registra-
tion required. Saturday, November
23, 1:30 p.m. to 2:30 p.m.

*Registration for all programs requires
a valid OPL library card for each
registrant. Registration for September
to December 2019 children's programs
starts on September 4. / Toutes les
personnes qui souhaitent s'inscrire à
des programmes doivent être titulaires
d'une carte valide de la BPO. / L'inscrip-
tion pour les programmes d'enfants qui
prendront place de septembre à décembre
2019 débute le 4 septembre.*


Adult Programs/
Programmes pour
adultes

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.
October 3, 2019
Circling the Sun by Paula McLain
November 7, 2019
Flight Behavior by Barbara
Kingsolver

**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 to 8 p.m.
October 17, 2019
Wildcard
Sharon Bolton
(also credited as SJ Bolton)
any stand alone mystery
November 21, 2019
Wildcard
Steve Hamilton, Alex McKnight
series

Infusions littéraires
Partagez avec nous le plaisir des
livres dans une ambiance détendue.
Joignez-vous à nous pour une dis-
cussion. De 14h à 15h.
Le lundi 21 octobre, 2019
La femme qui fuit d'Anaïs Bar-
beau-Lavalette
Le lundi 18 novembre, 2019
Le poids de la neige de Christian
Guay-Poliquin








**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 partici-
pants will be sent a confidential e-mail with a description of
the lost or found pet. When a pet is found, Orrin and Pam will
notify the owner and arrangements can be made for the pet to
be returned.

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



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

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



ALTA VISTA PUBLIC LIBRARY

CONVERSATION GROUPS

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, September 16 to December 16, 4:45 p.m. to 6 p.m. Les lundis 9 septembre au 16 décembre de 16h45 à 18h Fermée les 14 octobre et 11 novembre / Closed on October 14 and November 11.

Groupe de conversation en français (intermédiaire) / French Conversation Group (intermediate)
Improve your spoken French in a relaxed setting. This group is for those at an intermediate level. No registration required. / Améliorez votre français parlé dans une ambiance décontractée. Ce groupe est de niveau intermédiaire. Aucune inscription requise. Tuesdays, September 10 to December 17, 6:30 p.m. to 8 p.m. Les mardis 10 septembre au 17 décembre de 18h30 à 20h

English Conversation Group (Monday) / Groupe de conversation anglais (lundi)
Practice your English language conversation skills and meet new friends in a relaxed and friendly environment. No registration required. / Améliorez votre anglais parlé et rencontrez des gens dans un milieu décontracté. Aucune inscription requise. Mondays, September 9 to December 16, 6 p.m. to 7:30 p.m. Les lundis 9 septembre au 16 décembre de 18h à 19h30 Fermée les 14 octobre et 11 novembre / Closed on October 14 and November 11.

English Conversation Group (Tuesday) / Groupe de conversation anglais (mardi)
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. Tuesdays, September 10 to December 17, 12 p.m. to 1:30 p.m. Les mardis 10 septembre au 17 décembre de 12h à 13h30



■ Adult Programs

Aging By the Book: A Reading Circle
Be part of a group that meets weekly for six weeks to explore the older adult experience as portrayed in a wide range of written work. We will discuss poems, short stories, essays, and excerpts from novels and memoirs. Readings will be provided. Registration is limited to eight participants; registration closes after the second session. Thursdays, October 3, October 10, October 17, October 24. 10:15 a.m. to 11:45 a.m. Wednesday, October 23 6:15 p.m. to 8 p.m.

Small Business Financing
Join Antonio Garcia, small business advisor at Scotiabank, for an informational talk about how the process works and how to prepare before applying for credit (any credit) and/or grants for your small business. Antonio will focus on financing for start ups. What are the options for finding financing for your start up? What information do you need to provide to apply for financing? Antonio will share essential information about credit, loans, other options, and useful tips about credit and alerts. Tuesday, October 8 from 6:30 p.m. to 8 p.m.

Fitness for Fall – Fall Prevention: A Seniors’ Home-Based Exercise Plan
Falls are the leading cause of injury, emergency room visits, and hospitalizations for seniors in North America. In this interactive workshop, Amanda Sterczyk, fitness instructor, will teach participants how to incorporate foundational exercises into their daily lives to improve their balance and prevent

falls. The exercises don’t require special equipment or the need to get on the floor. Each exercise also includes modifications on how to make it easier or harder, depending on abilities. Drop In Program – registration not required. Thursday October 10, 2019 from 2 p.m. to 3:30 p.m.

Money Basics: Financial Literacy for Low-Income Canadians
A series of talks put together by the Chartered Professional Accountants of Canada designed to help low income Canadians
1. The Journey Out of Debt – Learn what credit it and how it works. Understand the difference between good debt and bad debt. Learn how to take control of debt. Saturday, October 19 from 2 p.m. to 3:30 p.m.
2. Stretching in Savings – Define saving and learn to set savings goals. Learn to create a budget to help develop a savings plan. Learn how to invest savings to achieve savings goals. Saturday, October 26 from 2 p.m. to 3:30 p.m.
3. Know Your Money -Develop financial knowledge to be able to make informed money decisions. Learn how to read and understand a pay stub and its relationship to a T4 slip. Develop a basic understanding of credit lenders, credit scores and credit reports. Saturday, November 2 from 2 p.m. to 3:30 p.m.
4. Facts About Tax – Understand why there are taxes, how the Canadian tax system works, and what taxes are used for. Learn who should file a tax return and the many government assistance/benefits gained from filing a tax return. Saturday, November 9 from 2 p.m. to 3:30 p.m.

Cloud Computing 101
The “cloud” has become a ubiquitous term in the modern computing vernacular. In a nutshell, cloud computing is merely the practice of using an Internet hosted server to store, manage or process data rather than relying on a local network server or personal computer. Jeff Dubois, Publicity Chair, Ottawa PC Users’ Group, will examine a number of cloud-based practical applications, services and features that may be of interest to the consumer market. Wednesday, October 23 from 6:15 p.m. to 7:45 p.m.

Planning for Retirement on a Low Income
Learn about income security pro-

grams. What is “low-income”? What do seniors get in Ontario? How do you reduce taxable income or get money back. How do you protect a low retirement income? Whether you are a current senior, approaching retirement, assisting your family or just concerned about the future, join us. Presented in partnership with The Council on Aging of Ottawa’s Experts Panel on Income Security. Wednesday, November 6 from 6:30 p.m. to 8 p.m.

Make a Will-Law at the Library
November is Make a Will Month. Learn about the importance of having a will and powers of attorney for you and your family. During Make a Will Month, lawyers who practice Trusts and Estate Law will speak at Ottawa Public Library branches about
• the elements of a will
• what happens if you don’t have one
• what are powers of attorney
• why they are important and special considerations to keep in mind when preparing your estate and care plans
Join us to learn how having a will and powers of attorney can help you and your family. This session is informational only and does not include legal advice. Saturday, November 16 from 2 p.m. to 3 p.m.

■ 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, October 3, 10, 24; 6 p.m. to 8 p.m.
Saturdays, October 5, 12, 19; 10:15 a.m.to 12:15 p.m.
Thursdays, November 7, 14, 28; 6 p.m. to 8 p.m.
Saturdays, November 2, 9, 16; 10:15 a.m. to 12:15 p.m.

The Alta Vista Library is located at 2516 Alta Vista Dr. For more information, please call 613-580-2940 ext. 30426.

La bibliothèque Alta Vista est située au 2516, promenade Alta Vista. Pour de plus amples renseignements, veuillez composer le 613-580-2940, poste 30426.

ELMVALE ACRES PUBLIC LIBRARY

**Programs @ Succursale Elm-
vale Acres Branch**
1910 St-Laurent Blvd
**OCTOBER 2019 TO NOVEM-
BER 2019**
**OCTOBRE 2019 À NOVEM-
BRE 2019**

*(Closed on October 14,
November 11, /
Fermée les 14 octobre,
11 novembre, 2019)*

**■ CHILDREN’S
PROGRAMS**

Bilingual Family Storytime / Contes
en famille bilingue
Stories, rhymes and songs for
children of all ages and a parent or
caregiver. Drop-in program. / Con-
tes, comptines et chansons pour les
enfants de tous âges et un parent ou
gardien. Aucune inscription requise.
Wednesdays – 10:15 am and 11am
Mercredis – 10 h 15 et 11 h
Oct 2, 9, 16 and Nov 6, 13, 20, 27

**Babytime /
Bébés à la biblio**
Stories, rhymes and songs for ba-
bies and a parent or caregiver. 0-18
months. Drop-in program. / Con-
tes, comptines et chansons pour les
bébés et un parent ou gardien. 0-18
mois. Aucune inscription requise.
Thursdays – 1:30 pm
Jeudis – 13 h 30
Oct 3, 10, 17
Nov 7, 14, 21, 28

■ ADULT PROGRAMS

**Mystery Book Club 2019 –
Monday nights are murder**
Mondays – 6:30pm
Oct 7, Nov 4, Dec 2
Share the enjoyment of good mys-
teries in a relaxed atmosphere. Join
us for a discussion.

Planifier la retraite avec un faible
revenu
Inscription requise
Mercredi le 13 novembre à 18 h 30



Walking Hadrian’s Wall

Judith takes a walk
through ancient history
on top of Hadrian’s Wall
in northern England.
PHOTOS SUBMITTED BY
JUDITH FAIRBAIRN

by Judith Fairbairn

A healthy and historic holiday in the UK is to walk Hadrian’s Wall. This stone wall was erected by Emperor Hadrian starting in 122 AD to separate the edge of the Roman Empire from the ‘Barbarians’ or ‘Picts’ to the north (i.e. the Scots!). In modern times what’s left of the wall sits in the north of England, just below the Scottish border, and is an impressive UNESCO World Heritage Site.

For a political junky like me, summer of 2019 was a perfect time to walk a ‘wall’ and think about why people built walls in the past (Berlin, China), and still continue to want to build physical walls (Trump) and legal walls (Brexit). Is it to keep people in, keep people out, or fear of people mingling too much?

For fit walkers it takes about a week to complete the 135 km walk. The preferred route is walking west to east in June and July so the wind is on your back, the weather might be ok, and the sun is up late.

Hadrian’s Wall has plenty of good walking and if you break the trip down to even more days you can spend time in museums and visit lovely towns. The history focuses on the Romans, but there is also more recent history such as the battles for Scottish independence between Robert the Bruce and Edward the 1st in the 1300s.

Purists will walk coast to coast dipping their toes in the Irish and



What would Hadrian have thought of today’s historic site wall?

North seas, or at least getting the stamps to prove they were there (walking into the sea can be mucky). For a more leisurely or shorter holiday you can skip the dipping parts and just walk from Carlisle to Newcastle, which takes you past the main scenic areas.

Walking is a great way to spend time with people. I loved the stimulating conversations and stories. We had a nicely sized group of seven resilient walkers and we were lucky to have no injuries and perfect weather. Our favourite game was to come up with unusual words we had encountered during the day and then guess the correct definition. This is how we were baptised The Dossals (an ornamental cloth hung behind an altar in a church).

The trek also takes walkers past

the famous tree from a Bryan Adams’ song that reminds me of a job I had catering weddings at the Ottawa RA Centre in the early 90s. For at least a year Everything I do, I do it for You was the most popular first dance. Apparently a Robin Hood movie with this song was set on Hadrian’s Wall (nowhere near Nottingham Forest).

Passing by a sign to Jedburgh made me think of my dad. It’s where he worked on his first newspaper, the Jedburgh Gazette and made me think of my ancestors in the Scottish Borders who must have dealt with all this history.

There is good accommodation near Hadrian’s Wall and companies that will carry your bags.

A super holiday for walkers, history enthusiasts, architects and engineers.



This sycamore tree is the perfect background to hikers Judith and husband Ian along Hadrian’s Wall. It is the famous Robin Hood Tree featured in the Prince of Thieves film and video to the soundtrack song Everything I Do I Do It For You by Bryan Adams.



Hiking party’s first glimpse of Hadrian’s Wall.

by Bill Fairbairn and Carole Moul

Mensan Laté was born in Lomé, Togo, one of seven brothers and sisters. His father was a senior police officer in the then French colony. His mother was a seamstress who rarely allowed him as a child to use her needles because she thought it dangerous. But he would stitch to his heart's content with her needles when she was not around.

Mensan moved to Paris, France when he was in his early teens, where not only French was spoken, as it had been in his birth country, but he had the opportunity to mix with people of many cultures. And, if you had asked Mensan Laté then what his aspirations were in his new country, he would have responded, 'architecture'.

"I don't really know when fashion actually became part of me," he said recently in his newly opened shop, *Ottawa France Tailor* at 1581 Alta Vista Drive in the local Alta Vista Shopping Mall. "I grew up in France, a country where fashion is in the mainstream.

I had always been a curious student, and while I had seen fashion in the media, I wanted to discover all about it. It was as I grew older that I was directed to Université de la Mode of Lyon where students came from all over the world."

"They did not just take anyone," Mensan said in an interview at his tailor and dry cleaner shop, a business he purchased in July. "Thanks to financial help from my Uncle Patrice, I had a university residential apartment in Lyon."

Elegance and style was the primary mode at the fashion school. Study with live models, model paintings, photography, the fabrics of that textile creation region with its textile

A passion for more than fashion



Mensan Laté is a welcome addition to our community. His flair and commitment to fashion is evident from the minute you walk into his shop.

museum and the fundamental design of clothes from an international perspective was on the curriculum. The course lasted five years and Mensan Laté graduated with the university's esteemed fashion diploma.

Mensan worked for a time with a Lyon couture company but he had read about Canada and its multiculturalism and so he personally came to check it out. He saw Canada as a wonderful country for his wife Akouvi and his daughter Urielle, who is now fully bilingual in French and English and likes to sew. The three have grown to love Canada and earlier this year Mensan, Akouvi and Urielle became Canadian citizens.

"My commitment has always

been for fashion to influence people's lives," he notes. "Here in Ottawa I want to contribute to making people feel better about themselves, to let fashion extol body type big or small; to make

you look good; and to help you empower your body. It is clothes that make the man. Trudeau gave me a lesson on how to dress."

"Justin Trudeau?" "No, no, no! I speak of Pierre Trudeau," replies Mensan. "He had style à la mode. I watched him whenever I could, wherever I was."

Dress style, of course, differs in Africa than in Europe. In Africa ready to wear clothes hardly exist. The morphologies of fashion are different. "I wish to create a mode for people. The look will be the reflection of personality, the colour of hair, the cut, the posture, all ephemeral."

On the more down to earth side Mensan intends to give one hour evening sewing classes at his Alta Vista Plaza store twice a week starting in October. Perhaps it will be to help families repair their children's clothes, but his goal is also to help people create fashion for themselves, with perhaps even a fashion show as a finale.

Mensan has a passion for human beings as well as fashion. "I want my customers to leave my store happy," he has said. And, judging from the extremely pleased feedback of people who have already come from his shop, Mensan Laté is doing an extremely great job of doing just that.



Exceptional attention to fashion detail is one of Mensan Laté's trademarks."Here in Ottawa I want to make people feel better about themselves." PHOTOS: BILL FAIRBAIRN



The Emmanuel Men's Club



Shantymen's Dinner

Hearty Fare!!
Music by the Emmanuel River Boys!!



Friday, October 18, 2019
Sittings at 5:15 and 6:45 PM

\$15 Adults, \$5 Children (under 12), \$40 Family



Tickets & Information 613-733-0437

Emmanuel United Church
691 Smyth Road



Zulu phrase tells us: To exist we need each other

by Riedwaan Ahmed

Moving to Riverview Park from the Glebe has been surprising. We have experienced the loss of anonymity that downtown living brought. We have learned that pretty gardens are a thing. And we have accepted that the negotiations around building a fence involve a delicate dance to maintain neighbourhood equilibriums.

So far, all of these have been warmly welcomed by my South African soul. In South Africa we would often speak of the spirit of ubuntu. The term borrows from the Zulu phrase *umuntu ngumuntu ngabantu*, which means that a person is a person through other people. The suggestion that being human is defined by interactions with other humans has served me well. It propels me to get out of the house, even when it's warm and snug. To exist, I remind myself, we need each other.

Are these lofty visions of humanity echoed in South African society? The images of civil war in the final years of apartheid never materialised. South Africa's Truth and Reconciliation Commission with its focus on forgiveness (and not vengeance) serves as a model for the world and has been used to heal and guide Crown-Indigenous relations here in Canada. According to the World Bank, South Africa's GDP per capita has grown by 81% since the advent of democracy in 1994. The growing wealth has even seen it being invited to join the grouping of emerging economies known as BRICS (Brazil, Russia, India, China and South Africa).

Left to fend off bears?

Yet, it seems to me that increasing wealth in South Africa has not been accompanied by increased



Photo caption: The after and before photos of a 'teeny tiny' garden.
PHOTO: RIEDWAAN AHMED

ubuntu. Instead, houses have increased the heights of fences. And South African communities have begun to show signs of the NIM-BY (Not in My Backyard) mindset on proposed new infrastructural projects. I, perhaps unfairly, drew a causal line between increases in wealth and decreases in ubuntu.

I will admit that relocating to Canada worried me. Would the spirit of ubuntu be present here or would I find myself in a sea of vulgar wealth and cynicism, left to fend off ferocious Canadian bears on my own?

Despite my fears, I have had the good fortune of never having wit-

nessed a Canadian fend off a bear. But I have seen Canadians help one another in winter months: whether shovelling snow from underneath buses or by placing that lost glove on top of the snow pile. I have seen Canadians join sponsorship groups to bring the most vulnerable across seas to find safety on these shores. And, closer to home, I have seen the surprising beauty of Riverview Park. It brought at times a sense of peace and at other times a sense of garden-envy.

Much like inadequate peacocks wanting to strut their finest feathers, the husband and I found our way to a nursery. Initially this act filled me with a touch of shame. I asked, "Are we merely trying to keep up with the Joneses?" Right there, we engaged in a philosophical debate about the merits and demerits of peer pressure. We glanced at our cart overflowing with tall grass and leafy hostas, weighed up the effort of returning everything and agreed that the striking gardens around Riverview Park brought us joy as we walked our dog around the neighbourhood.

Teeny tiny garden

I am a terrible gardener. Everything I have attempted to grow has died. But I agreed to set my hesitance aside. The daughters might have shared my doubt of our ability to carve a green paradise, but they soon joined us in planting colourful perennials. And now, our new home has a teeny tiny garden. I no longer see it as keeping up with the Joneses.

Gardens are for the pleasure of passers-by. They are intended to be a welcoming attempt to show and create pride in the neighbourhood. In a tiny way they are a recognition of ubuntu and that we are all interconnected.

Wonder Woman Helen McGurrian (79) in photos with her daughter Kelly and her son-in-law Ken in the recent Canada Army Run 5K Race and the 21.1K Half-Marathon.

Helen finished first in her age group (Female 75 to 79) in both the Half-Marathon and the Commander's Challenge 26.1K race (the 5K race and the 21.1K race combined)!

SUBMITTED BY
LOUIS COMERTON



RIVERVIEW PARK PRESIDENT’S REPORT



BRYAN ORENDORFF
RPCA President



The year that *was* and the year that *will be*

Another summer come and gone and now, so quickly, we are on to fall. For your community association, this marks the end of the year. The next annual general meeting is just around the corner on October 23rd at the OMS Montessori on Lindsay Ave. (a new location for us). This annual event will herald a new year with new priorities and new people to help make them happen. But before we think to the future, let us take a little time to remember the year that was.

And what a year it has been! I had been thinking I would be able to ease into my first year as association president, but it was not to be. There was something of a tug of war to finally get access to the Balena Park field house, there was the issue of line painting safety on Alta Vista Drive, and there was the Steam Line Road development consultations where we pushed the developer to hold a public information session for all the interested residents; not to mention questions about crime in the community. This meeting resulted in a community safety meeting later in the year and closer contact with our friends in Capital Ward who share many of our community concerns, plus from whom we can learn a great deal about the future look and feel of our community. I’ve been busier than I thought I’d be, and there is still so much more that can be done.

One of our big focuses this year was community outreach. You may already have had a knock at your door from one of our many stellar volunteers who have been helping at canvassing the entire neighbourhood. We haven’t knocked on every door yet, but we’ll get there soon. We’ve been going door to door making sure everyone knows who we are and the good work that we do. If you haven’t seen us in person, I hope you’ve read the little postcard we left at your door. As I’ve walked the neighbourhood streets I’ve heard from all kinds of people on concerns about things such as traffic, bus routes, City services, and culture. Keep it coming! We want to know and we want to



October
23, 2019

help to get effective solutions that work for the residents of Riverview Park.

And it hasn’t all been door knocking. We have also enhanced our social media presence and our online activity. If you haven’t been to the website in a while, I suggest taking a quick visit like so many of your neighbours have done. You’ll be amazed at how much local content we’ve been able to bring to everyone’s attention. And if you don’t want to keep coming back to the website, subscribe to our monthly newsletter and we’ll send the news to you!

You may also have noticed our ads in this fine paper have been changing. We have rapidly been adopting our new branding that was unveiled at last year’s annual general meeting with our new, very tall, standing banner. Since then, that banner has travelled to many places bringing attention to the community association, from the sliding hill in the spring to the corn roast this summer.

It has also been a year of reflection for us. We’ve been trying to ask and answer some of the bigger questions like who we are, who we want to be, and what we want to concentrate on as an association. After all, it is far better to do a few things really well than to do many things poorly.

This last year, we did some strategic planning to help inform us of some of those answers and figure out the best spots to spend our energy. It has been a truly eye-opening experience of self-reflection that I hope to share with you at the annual general meeting, including finding out that, by the numbers and demographics, we are considered a very diverse high rise community. At least, that’s how City planners see us.

This year coming, we are going to focus on our parks, our planning

files, and a few community-driven events. The events we are going to focus on are a fall social in 2020 we hope to make an annual event, the Carol Sing Christmas-time fundraiser for those in need, the Winter Carnival, Riverview Soccer, the summer movie night in Balena Park, and the Corn Roast. We will be continuing to add to our social media presence to keep everyone informed and, at times, entertained. We’ll be keeping an eye on the big planning files for the year including pushing for environmental assessment funding for the new

bridge over the Via Rail tracks, monitoring all the new transit-oriented development at the Trainyards, and looking at some new thinking for some of our major thoroughfares.

As always, your help is much appreciated. As a volunteer or a member, or both, you can bring us closer to meeting and exceeding our goals while at the same time help to strengthen your community. Strong communities are resilient to the inevitable change that is to come and can even help shape that change into something special and unique to Riverview Park.

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 October 9th.**

28th Annual / 28^e annuel

Concert de Noël Immaculate Heart of Mary Christmas Concert

Benefit Concert / Concert bénéfice

Immaculate Heart of Mary Church Choir
Kanata Choral Society
Ottawa Catholic School Board
Chamber Choir
Ottawa Wind Ensemble /
Ensemble à vents d'Ottawa

Soprano Soloist / Soliste soprano :
Lynlee Wolstencroft

3 p.m. / 15 h
Sunday, December 8th, 2019
Le dimanche 8 décembre 2019
Doors open at 2:15 p.m.
Les portes ouvrent à 14 h 15

Eglise Immaculate Heart of Mary Church
1758 prom. Alta Vista Dr.
Free admission and parking
Entrée et stationnement gratuits

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, including issues associated with the Alta Vista Transportation Corridor (AVTC) Hospital Link road between Riverside Drive and the Ottawa Hospital Ring Road, activity in the Trainyards and along Russell Road. The RPCA is following and has provided comments on the review of the City’s Official Plan, which was launched earlier in 2019.

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

Alta Vista Transportation Corridor (AVTC) – Hospital Link: Landscaping

Landscaping work continued over the summer and the new mulched pedestrian trail path has been completed 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 were planted on three sides of the sledding hill (only the side facing west towards Alta Vista Drive will be designated for sledding).

While the project start date was delayed the new multi-use pathway between the Hospital Link and Roger Guindon Avenue, is still expected to be completed in fall 2019. It will run adjacent to the Hospital Ring Road.

Proposed Apartments for 355 and 374 Everest Private (across from Perley Rideau)

Over the summer, an application was submitted to erect two eight-storey apartment buildings at 355 and 374 Everest Private (between Russell Road and St. Laurent Blvd.) which would add another 293 units and 354 parking spaces to the existing complex. The RPCA Board shared its concerns with the City about implica-

tions on local traffic (congestion on Russell Road, sufficiency of current pedestrian crossing). The increase in height and number of units is beyond what was originally envisioned when the first phase of the complex was constructed several years ago.

Trainyards High-rise Residential Development (Steamline Street)

Construction of the first phase of a high-rise rental apartment complex along Steamline Street, across from the Post Office building on Sanford Fleming had been expected to start in 2019 with a 2020 completion date. This project features two 20-storey buildings and 400 units (the first phase of what is ultimately envisioned to be a 7 building complex with approximately 1900 units). However, the developer Controlex has advised that the project is still with the City Planning Department awaiting final approval

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 stipulated in the original agreement with Trainyards from 2000/2001.

Farm Boy relocation to 820-830 Belfast?

Earlier in 2019, the City received a Site Plan application to build a new, larger Farm Boy Store that would back onto Belfast Road, at the far northeast of the Trainyards Parcel. (The location currently includes a vacant lot and the former location of 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.

During the comment period, the RPCA Board and others raised 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. In providing its comments, the RPCA Board emphasized the need for better pedestrian and cyclist connectivity through the Train Yards so customers can safely walk or cycle instead of driving.

Controlex is currently responding to the City Planning Department regarding comments received on the proposal from the public

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. Occupants are expected to move in by early 2020.
- The Gap clothing store has opened in the former Artemano location besides Old Navy.
- The Healthy Planet store (located next to Urban Barn) is slated to open in the fall. It will sell vitamins, herbs and other health products.
- The project to construct a five-story Dymon Storage facility at 851 Industrial Avenue is expected to be completed by spring 2020.
- A proposal was 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.
- The long-awaited path between Coronation and Industrial Avenue, to the east of the Metro food depot and parking lot, is now open and provides another access route for local pedestrians and cyclists

Light Rail Construction Related Issues

With the Light Rail system now opened, the RPCA Board will continue to monitor the effects on commuters using local bus route, public transit ridership capacity, and emergency contingency planning. The Board has already contacted the City to ask for an increase in the number of bike racks at Hurdman Station and to stress the importance of maintaining the trees next to the station. Local

cyclists and pedestrians are now taking advantage of the MUP between Hurdman and University of Ottawa that was opened earlier this year and which noticeably reduces the commuting time for many residents

Tim Horton Lease Renewal

Over the summer, the Tim Horton’s in the Alta Vista Shopping Centre, applied for a 21-year lease extension. The application was approved in August by the Committee of Adjustment, despite concerns raised by local residents and the RPCA Board and even though staff had acknowledged that the drive-through was non-conforming with existing regulations and would not have been approved if it had been presented as a new proposal in 2019. Residents were advised by City staff to bring their concerns to the Councillor.

Several local residents (including RPCA Board members) submitted comments to the City expressing concerns about allowing a problematic and unsafe traffic pattern to continue along Dorion Avenue (cars blocking street and sidewalk, near misses with pedestrians and cyclists) and that facilitating the drive-through undermined City efforts to address the climate change emergency as it leads to idling and more greenhouse gas emissions. Residents noted that the safety concerns increase during the winter when problem when icy conditions on sidewalks often force pedestrians to use the road and when Dorion is narrowed due to snow banks

At least one submission also noted that the recent project to repave the entire parking lot for the strip mall (including the Tim Horton’s drive-through and parking) would have been an ideal time for this issue to be addressed. However, there was no advance notice to the community of the repaving which was extensive as it involved digging up and repaving the lot itself over a period of several weeks.

Pedestrian and Cycling Connections

Following an invitation from the RPCA, earlier in 2019, Councillor Cloutier provided the Board with a summary of the follow-up study on the multi-use pathway (MUP) overpass between Terminal Avenue that the Via Station/Light Rail Train (LRT).

This link would fill in the missing pedestrian/cyclist gap between Alta Vista and the northern side of Hwy 417 (e.g. Coventry Road, CONTINUED ON NEXT PAGE

CONTINUED FROM PAGE 60
Baseball Stadium, and St. Laurent businesses). It is part of the City of Ottawa's long-term Cycling and Pedestrian Plan network. 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 had requested that Councillor Cloutier share the copy of this new report (as he had provided the initial report conducted by Parsons a few years ago), and had asked to be included in future meetings with stakeholders regarding this overpass. The Councillor indicated that since the study was partially paid for by Controlex, the Trainyards developer Controlex permission was needed to share the report. The Board has contacted Controlex for a copy of the report, but a response to the request had not been received at

the time this article went to press.
Elmvale Acres Redevelopment
Work started in September on Phase 1 of the RioCan redevelopment at Elmvale Acres Shopping Centre and is expected to be completed by Fall 2021. It will feature a new 9-storey, rental residential building at the corner of Othello Avenue and Smyth Road, on the site formerly occupied by Kelsey's restaurant. Phase 1 includes the addition of a long-anticipated right-turn lane from Othello Avenue onto Smyth Road that should improve traffic flow.
On-site demolition work is being followed by excavation for below-grade parking, and then construction of the new building.
Official Plan Issues
The City of Ottawa is currently in the middle of the exercise for its next Official Plan. While the first round of consultations ended on June 30, there will be an opportuni-

ty 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).
Rental Accommodation Study and Rooming Houses
The City consultation period on Rental Housing Conditions and Short-term rentals closed September 4, 2019 and featured policy option papers and online surveys on these issues. Several Riverview Park residents expressed unease with the growing numbers of absentee landlord "rooming houses" in the neighbourhood after houses have been renovated. The RPCA Board has forwarded these concerns to Councillor Cloutier. Residents with questions about whether the maximum number of

permissible renters per house has been exceeded may contact the City by-law officers at 311 or contact the Councillor.
...
Information on some project proposals can be found at the City of Ottawa website at: http://www.city.ottawa.on.ca/residents/planning/index_en.html. The RPCA welcomes your input on these proposals and any other potential developments in the area.
...
If you are interested in joining the RPCA P&D group or would like further information, you may contact the Committee Chair, Kris Nanda at krpp1415@gmail.com. For more information on this and other activities in Riverview Park, please see the RPCA website at www.riverviewparkca.com or email the RPCA at riverviewparkca@gmail.com



A barista at work completing his final shift.

Goodbye Kelsey's!

by Geoff Radnor
There were many regular customers at Kelsey's on the early evening of Friday August 30th. They were there to say farewell as the local favourite bar and restaurant is making way for the new development of Elmvale Shopping Centre. It was the last night to watch the game on the TV and enjoy your favourite beer. There were no signs of tears and regrets as everyone there was

in good spirits despite it being the last night.
In two years time there will be a nine storey residential building fronting on Smyth replacing Kelsey's. This is just the first phase of the complete make over of the shopping centre. RioCan, who own the centre, assures the businesses that operate there that they will be given as much assistance as possible to lessen the impact of the construction of the new centre.



Many customers have opened these doors.



This note tells that good times at Kelsey's are coming to an end.



This kind of fence says it all!

Left: Customers make certain that they have a good time on the final evening.

DEAR FRAN

Tulipa – History & Growing & Forcing



FRAN DENNETT
dearfrangardener@gmail.com

Tulips belong to the Liliaceae family and the genus is Tulipa. The derivation of this name is a bit murky, but commonly believed to be from the Turkish word ‘toli-ban’ and when latinized becomes turban. Geographically, tulips are native to the regions of the Mediterranean in Europe, North Africa and Asia that have a cool wet winter and a hot dry summer.

The Turks were cultivating tulips as early as 1000AD, but by the 1500s with the rise of the Ottoman Empire tulips were grown only for the sultan and his court. It was during the reign of Ahmed III in the 1700’s that the tulip became a symbol of wealth and prestige and became known as the “Age of the Tulips”. Under Turkish law tulips could only be bought and sold inside the capital—Constantinople. They were considered more valuable than a human life.

In the late 1500’s tulips seeds were sent to Carolus Clusius, a biologist at the Royal Medicinal Gardens in Prague, who developed an enviable collection of tulips. Clusius fled to the Netherlands seeking religious sanctuary and brought his collection of tulips with him, but would not share his tulips to the dismay of the Dutch elite. Then tulip fanatics broke into his garden and stole them. Clusius was so disgusted he never grew tulips again. However the Dutch entrepreneurs were ecstatic and eager to grow tulips for the wealthy. It was now early 1600.

There is a classic story that goes with this period 1634ish, tulips were so popular they were a form a currency. A single *Semper Augustus* bulb cost 3000 guilders (US\$1500) and a later bulb cost 4500 guilders (US\$2200) plus a horse and carriage.

Great fortunes were made and lost during the Tulipmania (1634-1637) in The Netherlands. Demand to tulips grew as the commoner wanted them too. Supplies increased, the prices dropped, and the bottom fell out of the tulip market in a very short time such that a single tulip bulb was the same price as an onion!

The government stepped in with trading laws and for the next sev-

eral centuries the tulip remained popular but the politics in Europe—the French Revolution, and Napoleon’s invasion, the occupation of the Netherlands—put the tulip in perspective regarding the appropriate price for a bulb.

The Dutch never fell out of love with tulips and when they immigrated to Australia and the New World they took the tulip with them, thus spreading its popularity.

Today when you think of tulips you think of The Netherlands. Half of Holland’s 47,150 acres of flower bulbs are planted with tulips; the other half is devoted to lilies, gladioli, narcissi and hyacinth. Every year three billion tulip bulbs are produced and two billion are exported, and the other one billion are used for forcing. One billion is imported by the USA with the rest going to Japan, Germany and other countries.

Growing Tulips

- Plant tulips in the sun in clumps of 7-10 bulbs of the same color per clumps for the greatest impact.
- The soil should be well-drained and rich with a neutral pH.
- Add a fertilizer low in nitrogen and high in potassium and phosphorous, e.g. a rose or bulb fertilizer.
- Plant bulbs from September to October 21cm or even better 30-40cm deep in this zone. This discourages squirrels and keeps the bulbs from producing offsets.
- There are few pest and diseases, botrytis being the major problem. Dig up and discard bulbs in the garbage that have malformed flowers and single leaves with no flowers.
- Do not buy bulbs with moldy spots.
- Remove the faded flower heads and stem to the first leaf, allow the leaves to turn yellow before removing them. This makes your garden looks messy, but remember these leaves are making next years flowers.

During the last century the Royal Horticultural Society of England and the Royal General Bulb Growers of Holland decreed that



there were 15 groups of tulips:

Fosteriana, Kaufmannia, species, single early, double early, Mendel, Triumph

Darwin hybrid, Greigii hybrid, parrot, Darwin cottage, double late, lily-flowered, Rembrandt.

The early tulips are short from 30-40cm and good for forcing. The late varieties are tall from 66-72cm and should not be planted on windy sites or used for forcing.

Today you can purchase some of the same varieties of tulips the Turks and Dutch grew in the 16th, 17th, and 18th centuries.

Forcing hardy bulbs for winter flowers

A bulb is a storage organ that has the flower initial already formed at planting time. It requires three stages to develop to its full potential. In nature these are:

1. A cool rooting stage (autumn).
2. A cold resting stage (winter).
3. An active growth and flowering stage (spring).

In forcing, we try to provide the optimum conditions for each of the stages so that the process is speeded up.

Containers

Clean sterile clay or plastic azalea pots that are at least 10 cm. deep are suitable for Hyacinths and Tulips. Narcissus bulbs need a pot that is at least 15 cm. deep.

Soil

A peat moss based soilless mix or any other sterile indoor potting

mix or combination of the two can be used to pot up the bulbs so long as it is heavy enough to support the plant. The mix must be evenly moist not wet. Do not add fertilizer.

Potting

Cover the drainage holes and fill half the container with potting mix, and gently push healthy bulbs into the soil. Tulips and Hyacinths should have their growing tips level with the rim of the container, while Narcissus should be 1.25 cm. above the rim. Minor bulbs (e.g. Crocus) should be completely covered. Place the bulbs close together but not touching. Tulips should be planted with the flat side toward the outside of the pot. Work the potting mix around the bulbs and firm it. Leave a 1.25 cm. space at the top of the pot for watering. Water well and allow to drain.

Forcing

Place pots in a cool, dark place that is between 5 -10°C. An unheated garage or second refrigerator is ideal. When roots fill the pot and appear at the drainage holes drop the temperature to just above freezing, about 2°C until shoots are 5 cm. in height. Now bring pots into a cool (10 -17°C), bright room until the shoots turn green then move into the window. Turn pots every day or two to keep the stems straight and when the buds show colour they can be moved to where you can enjoy them. Water

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

Riverview Park
Review

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Dear Fran

CONTINUED FROM PAGE 62
so that the pots are never allowed to become completely dry. At no stage should the bulbs be allowed to freeze.

After Care
Most forced bulbs are discarded after forcing. However you can try to save these for planting in the garden the following spring by removing spent blooms, fertilize and grow in well lighted cool area. Remove the yellowed leaves and store the pot including the bulbs in a cool location (do not allow to freeze) until spring. Then plant in the garden remembering it will take 1 or 2 seasons to return to the natural blooming cycle. Do not force bulbs a second time.

Hardy bulbs for forcing
Tulip: early to mid season bulbs in the 25-40cm height range are better choices, e.g. “Carlton”, “Apricot Beauty”, any *Greigii*.
Narcissi: “Mount Hood”, “Cheerfulness”, “Silver Chimes”, “Tete-a-Tete”, “February Gold”.
Hyacinth: “L’Innocence”, “White Pearl”, “Delft Blue”, “City of Haarlem”, “Lady Derby”.
Minor Bulbs: Crocus “Blue Pearl”, “Remembrance”.
Iris reticulata
Scilla sibirica “Spring Beauty”
Muscari armeniacum “Early Giant”
Muscari tubergeniana

If you wish to learn more about the history of tulips, search the internet.
As always I hope this article will



inspire you to try forcing some hardy bulbs.
I wish to thank Linda Temple for allowing me to use her article on forcing bulbs.

Fran Dennett is the President of Gloucester Horticultural Society and a thirty three year member of Master Gardeners of Ottawa Carleton.



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