



DECEMBER 2019

A Voice of Riverview Park

JANUARY 2020

HILLCREST HIGH SCHOOL HELPS Reconciliation struggles out of the shadows



Coast Salish carver and artist Luke Marston's Bentwood Box, an exhibit on Truth and Reconciliation featured at Hillcrest High School, thrills this Hawthorne Public School teacher and her students. PHOTO: BILL FAIRBAIRN

by Bill Fairbairn

Some 100 Hillcrest High School students ceremonially circled the National Truth and Reconciliation Bentwood Box and met its creator, Coast Salish artist Luke Marston, after it arrived on the school's theatre stage at the end of September. Earlier in the event the names of 2,800 Indigenous children, who died while attending or some escaping from residential schools in Canada, were displayed on a more than 30-metre-long red cloth that stretched the length of the Hillcrest stage to commemorate their lives and to honour the National

CONTINUED ON PAGE 3

Blair Court Community House assumes role as local food bank provider

by Kristy Fudakowska-Donnelly

For 26 years, the local community food bank operated from the basement of the Nativity Church at 355 Acton Street. Under the direction of Sister Louise Letarte and her many dedicated volunteers, the food bank served Riverview Park and the surrounding community with food on an as-needed basis. In June of 2019, after many years of serving this community, Sister Louise stepped down from her duties at the food bank and handed over the responsibility to the community house.

With Sister Louise's guidance and her knowledgeable volunteers, support from the Ottawa Food Bank and Ottawa Community Housing, Blair Court Community House transformed a portion of the basement into the new Blair Court Community Food Bank. In June of this year the doors opened and the newly located food bank has been providing service every second week since. Currently, the Blair Court Community Food Bank receives 100 per cent of its food donations from The Ottawa Food Bank. Blair

CONTINUED ON PAGE 3



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Wall Space Gallery shares... the stunning winter landscape views of David Lidbetter

by Carole Moul

David Lidbetter has an amazing eye for the Canadian landscape. Many have even likened his work to that of Tom Thompson and The Group of Seven. ‘Bold, but yet subtle’ is just one description given to his paintings of the Canadian wilderness. His most recent exhibition at Wall Space Gallery, 358 Richmond Road, which is on display from November 30th to December 14th, provides a picture of the Canadian wilderness few of us have the opportunity to view up close. David Lidbetter takes the opportunity and shares it with us through his art. Vivid scenes from areas such as Temagami, Gatineau and Algonquin Park are both recognized and appreciated in Mr. Lidbetter’s work, and are close to his home and studio in Ottawa. His last ten paintings are highly identifiable and unquestionably Canadian landscapes in oil, notes the Wall Space

Gallery, as it provides a glimpse of what we can expect as we take in the exhibit, ‘out there’. “I look for inspiration in what may be considered bleak and desolate landscapes. A blanket of winter snow with a single bare tree silhouetted against a cold grey sky. A band of translucent, pale orange light breaking through a dark storm cloud over a frozen lake or a single autumn leaf left hanging after the first winter storm provides endless possibilities for dramatic paintings.” These are all parts of nature in Canada’s landscape that inspire this artist. “By looking past what one might consider the more conventional beauty of nature, I attempt to illuminate the unexpected,” he adds. And, as the cold and sometimes bitterness of winter is soon approaching, we should be better prepared in appreciating what nature has to offer, such as David Lidbetter does in his beautiful collection.



“forest lake at south river”, 24 x 14, oil on wood panel by David Lidbetter



“change in the weather”, oil on canvas, 30 x 30 by David Lidbetter

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Reconciliation

CONTINUED FROM PAGE 1
Canadian Truth and Reconciliation Commission's work.

Introduced from the platform by school principal Geordie Walker were residential school survivors Elders Phyllis Googoo, a silent Isla and artist Mr. Marston, there not only for his grandmother and great grandmother who were at residential schools, but as a well recognized designer of the iconic Bentwood Box.

The principal said Hillcrest was honoured to host the very emotional event for many people who were related to truth and reconciliation on a journey of working together. He said hard new truths would be set against decades of untruths presented to Canadians against aboriginals as narratives were unpacked from the stage on traditional land of the Algonquin Nation.

Before elder survivors spoke, Carolyn Kropp of Māmawi Together, and Lindsay Barr, of World Changing Kids, held two ends of a long red cloth that stretched the length of the stage with names and schools of those children who did not survive printed on it.

Brother beaten up

Phyllis Googoo, aged 75, a member of the Wycobah First Nation and holder of honours recognizing her lifelong contribution to the Mi'kmaw community, was first to speak. She went back to her years from age four and a half in residential school to recall seeing a PEI girl she was playing with on a swing fall to the ground with eyes she saw were open. She said that after children had eaten their supper her body was picked up and put on a station wagon.



An aboriginal song and drum accompaniment by Luke Marston grips the audience while (lower right corner) sits residential school survivor Elder Phyllis Googoo.

PHOTO: BILL FAIRBAIRN

Phyllis, before residential school, lived for a short time on her grandfather's big farm with animals. She loved the ladybugs there. At residential school she would relieve bad days by talking and softly singing to ladybugs. "If we spoke openly in our Mi'kmaw language, and I did because I was stubborn, we were punished. The priest and nuns in black robes scared me. One nun told me on the hallway to stop. She said that I was approaching God's House. I asked her who God was. You see, we aboriginals speak about the Creator, not God. The first English word I learned was stop!"

There was tuberculosis and preg-

nancies at Phyllis's residential school. "I don't know what happened to the children. If they are alive I hope they are happy. I saw across the school hallway that my older brother had blisters and a swollen face through a beating. I hardly recognized him. It hurt me. I missed most my mother's kisses. The train that brought us to the school would pass nearby when we were in bed. I hoped my mother would come on the train and pick me up."

Phyllis closed her talk saying she was now healing and getting better all the time.

Broken fingers

Luke Marston recalled the story that his grandmother's fingers were broken at residential school when, he said, she was pushed down a staircase by a nun. "Probably for speaking her language or defying increased Christianity. Assimilation, or taking the Indian out of the child, was the reason for the schools."

He said his grandmother's mother was also in the residential school on Kuper Island, B.C. "I drew inspiration as an artist from that. I also had other relatives, friends of the family, mentors, elders who had been in the schools and who helped me when I was making my Bentwood Box. The box is from old growth wood which, when cut down and used, gives new life to something else with its own spirit, or its own soul."

"Respect and bridging gaps between cultures are targets," he declared before singing a West Coast aboriginal song to his drum.

Marston's red cedar Bentwood Box has taken a seven-year journey of healing with the National Centre for Truth and Reconciliation Commission of Canada. Its home

now is at the NCTR's permanent residence at the University of Manitoba, where it continues to be a symbol of hope.

The illustrated Box captures the First Nations of Canada distinctly. The Woodlands First Nation is captured by style of art. The Metis figure eight is prominent. The carving is Coast Salish. The Inuit are represented by the Northern Lights and by the Inuit man with parka over head.

Marston challenged students: "How can one help culture as one person? One respects everyone's culture!"

More names to come

In the words of Ry Moran, director of the NCTR, the commission's work that has been happening with regard to truth-telling is bringing information out of the shadows and into the light and that more names of missing residential school children will be uncovered and none will ever be forgotten.

Records show that 150,000 indigenous children were forced to attend those schools in Canada. The first of the network opened in the 1880s in colonial Canada and the last, Gordon Indian in Saskatchewan, closed in 1996. The so-called civilizing mission, funded by former Canadian governments, rested generally on a belief in white racial and cultural superiority and that there exist several races instead of simply one human race.

Note: Bentwood boxes are used as burial boxes for ancestors, for storage of clothing and household items, for transporting goods and for cooking.

SEE MORE ON PAGE 11

Blair Court

CONTINUED FROM PAGE 1
Court Community Food Bank is looking to develop relationships with individuals, organizations and businesses in the local community to help fill gaps in providing food assistance to the many families living in Riverview Park and surrounding area that use the service.

The Blair Court Community Food Bank is currently accepting specific food items to assist with the preparation of Christmas baskets that will be distributed to approximately 40 families the week before Christmas. Each basket will include a turkey, ham or Halal meat option as well as some extras to help out during the Christmas holidays. The food bank is looking for the following specific items: boxed stuffing, canned cranberry sauce, canned or powdered gravy, rice or pasta packets, sugar, tea, coffee, biscuits, cere-

al, pancake mix (just add water), jam, canned fruit, chocolates and candies. They would also gladly accept a monetary contribution for which a

charitable tax receipt will be issued for donations of \$20 and up.

Do you have any questions, are you interested in volunteering with

the food bank or would you like to assist with either a food or monetary donation? Please contact Kristy Fudakowska at 613 736-5058.



O'Brien's Pub corners the Kilborn Plaza

Many of you have had your curiosity peaked enough to look through the window or just to stop into O'Brien's Corner Pub at 1785 Kilborn Avenue. This is the sister pub to the well-known O'Brien's Eatery & Pub in Heron Park community.

When I asked Brian Mahmoud, the owner, why he chose this corner in Alta Vista, he mentioned that the neighbourhood needed a local restaurant where they could grab a quick bite or to even have breakfast.

Unlike the other location, they do not have karaoke and have sensible hours to accommodate this community. They open for breakfast 7 am to 11 am and have a plentiful menu for lunch and dinner. They close at 10 pm.

A must try is the fish and chips, pizza, Reuben sandwich and their famous juicy Heron Burger which they introduced to this community. They are fully licensed with 12 draft lines of domestic and import beer. The wine selection is sure to please your palate.

The design may be small but the location is convenient and the atmosphere is warm and friendly.



The student surpasses the master. At one time the gentleman on the left owned a restaurant and Brian worked there. Today, he jokes laughingly, "I work for Brian."



This former bank location is now serving up some wonderful food.



Above: All our choices were different and received an A+. Elizabeth enjoyed her Spaghetti and Meatballs, her Grandmother Elga found her Fried Zucchini to be 'Excellent', Carole (not shown) devoured a whole Hawaiian Pizza, and the photographer, Geoff Radnor, relished his Reuben sandwich.

Left: The new O'Brien's Corner Pub was a popular place to share lunch with friends, even mid-afternoon. PHOTOS: GEOFF RADNOR



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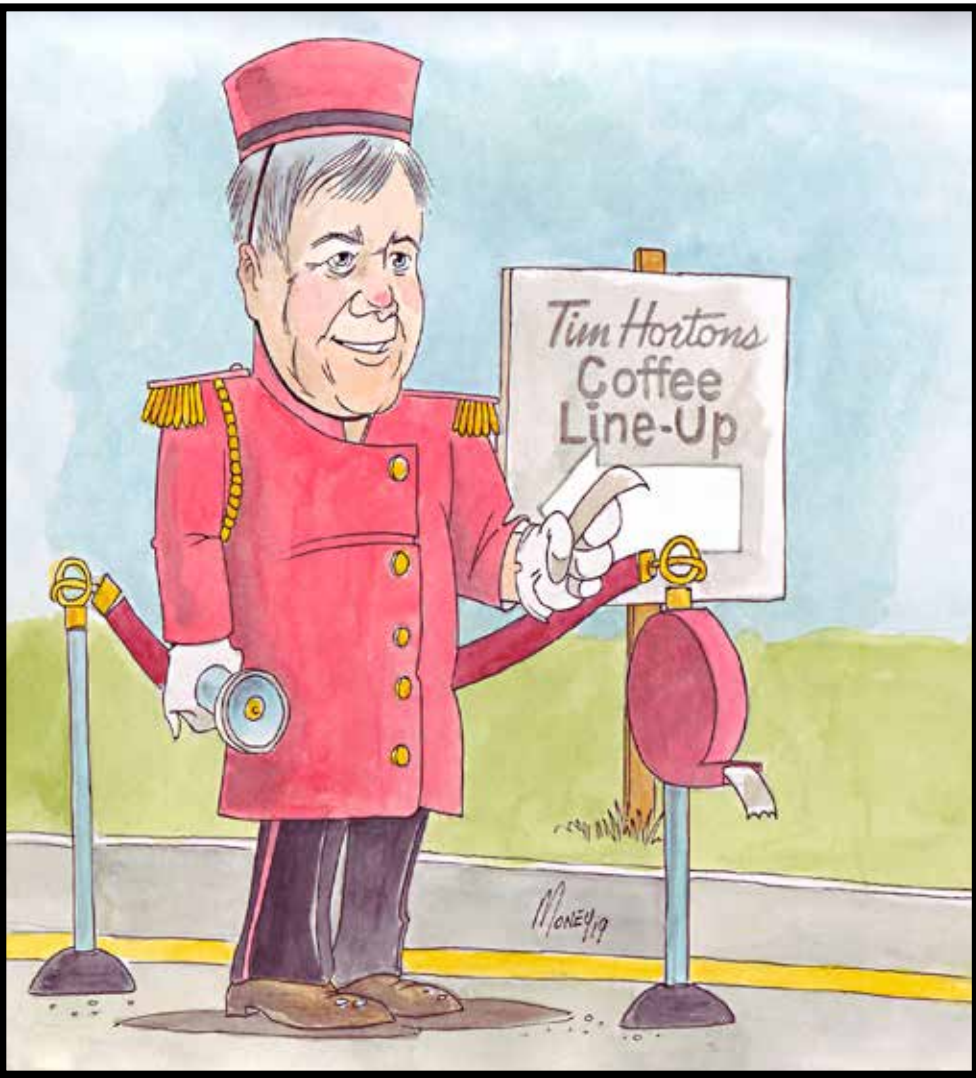
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Get in line...

On the front page of the October issue of the *Riverview Park Review* there was a picture of the line-up of cars waiting their turn for the Tim's drive through. It was an illustration of a frustrating, daily, occurrence. Several complaints arose around the blockage at Dorion, Neighbourhood Way and Alta Vista, but no helpful ideas of how to make it better. There were ideas like valet parking at the drive through, and the coffee hose that sprayed coffee at morning commuters, but nothing really helpful.

When inquiring at City Hall, the Highway Traffic Act was invoked, maintaining that if vehicles are waiting to make a left hand turn, other vehicles can only pass on the right hand side. This would work if Dorion were wide enough for that kind of traffic choice. In an attempt to underline this form of traffic logic, the City undertook to paint a yellow line from Alta Vista to Neighbourhood Way. It is like the velvet rope that stops people from getting out of line. Fun idea, but when the snow comes, will anyone notice? Drivers waiting to get into Tim's can ponder that question along with "What is the sound of one hand clapping?" and "If a tree falls in the forest..."

In the mean time, those waiting to get their coffee are considered "not stopped", but rolling stock? That means drivers wanting to leave Riverview Park need to wait in line, as well as those trying to enter from Alta Vista. Busses trying to get to school, parents and teachers trying to do the same, and people trying to get to the train will all collect outside Tim's and could be considered potential clientele for a Tim Horton's outreach program.

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

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Motion on improvements to LRT stations – adding down escalators

The following letter was sent to Mayor Jim Watson and the City of Ottawa councillors:

Good evening,
Members of the Riverview Park Community Association Board like many of our counterparts across Ottawa are concerned about the operations of the recently opened Light Rail Train (LRT) system. We appreciate that the City and OC Transpo are working to obtain/purchase additional buses to help address the shortcomings and rider frustrations that have followed the roll-out of the system since October 2019. Measures like re-instituting cross-town bus service and better bus linkages with LRT stations will hopefully alleviate many of the issues faced and restore (or at least improve) public confidence in the system.

That said, there are features of the LRT infrastructure and the stations themselves that we believe warrant addressing now (including having bigger bus platforms that may require setbacks behind bus shelters to reduce crowding) -- to fix issues in the existing stations and avoid problems in the stations that will be built for Stage 2.

One particular shortcoming involves the lack of down-escalators at most LRT sta-



The only escalator at St. Laurent Station is an ascending one. PHOTO: GEOFF RADNOR

tions -- a common feature found in comparable systems in North America, Europe, and elsewhere. In many instances, the escalator direction can be reversed in accordance with the predominant traffic flow during different periods of the day (e.g. one direction during morning rush hour and the opposite during evening rush hour). This feature helps ensure smoother and safer passenger flow -- particularly during rush hours - and it is surprising that they are not standard in all Ottawa LRT

stations. (Down-escalators are particularly appreciated by many commuters coming home after a long day of work and families with younger children)

With that in mind, the Riverview Park Community Association Board passed the following motion on November 15 by an 8-0 vote:

The RPCA Board formally asks Councillors to pursue measures to address the lack of down escalators at LRT stations, including Hurdman Station and to ensure down escalators are installed in all subsequent LRT stations (Stages 2 and 3). These features (down escalators) are important to facilitate smooth, safe, and efficient passenger travel through LRT stations.

Thank you for taking into account and addressing these concerns (which are shared by many other Ottawa residents and taxpayers outside Riverview Park). We hope that our input informs the discussion and decisions at the November 20, 2019 session of the Transit Commission and subsequent Commission and Council meetings.

Sincerely
Kris Nanda
Immediate Past President,
Riverview Park Community Association



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by Geoff Radnor

whether we like it or not. The city is spending considerable time and money on encouraging the use of bicycles for commuting; two examples that come to my mind are O'Connor Street and McArthur Ave. Just think how easy it would be to go down Dorion Ave. to the lights at Alta Vista Dr. if it was only bikes that were waiting in line at Tim Horton's.

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Regardless of the cause, if you suffer from it, you want to relieve the pain as soon as possible. That why most people will take a lot of medication which most of them will have side effects. There is a better alternative.

The research shows that spinal manipulation from a doctor in chiropractic may be an effective treatment option. The reason why is that most of them originated from the neck area. The JMPT (Journal of Manipulative and physiological Therapeutics) study found that chiropractic care improves migraines and cervicogenic headaches.

Headache Triggers

Headaches occur for a reason. A headache is your body's way of signaling you that something is wrong. Many reason to trigger a headache like dehydration, improper diet food, excess smoking and drinking but most of them are due to spinal misalignment in the neck. About one in 11200 patients with headache have a problem that show in MRI or CT scan.

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Your Doctor of chiropractic is primarily concerned to correct any misalignments of the spine and muscle problem sources of your headaches. He will perform a spinal examination to determine the headaches are coming from a spinal issue. The spinal issue is called subluxation. He might take x-rays to determine the damage and the spinal alignment. If you suffer from headaches do not wait any more because chiropractic has amazing result.

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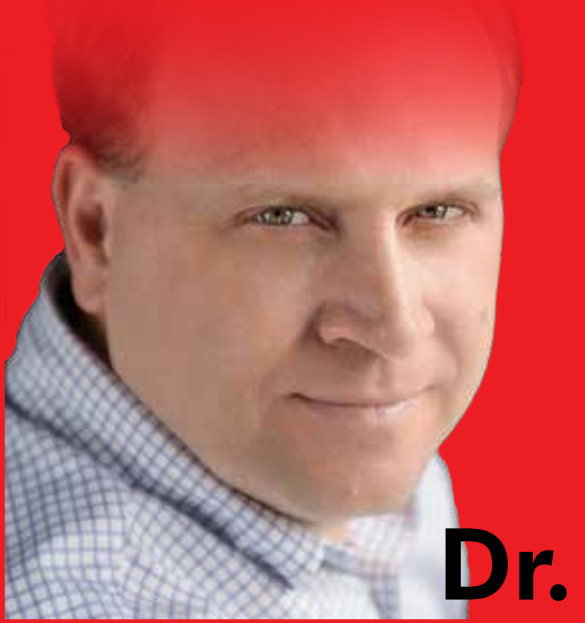
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There are more children to be found

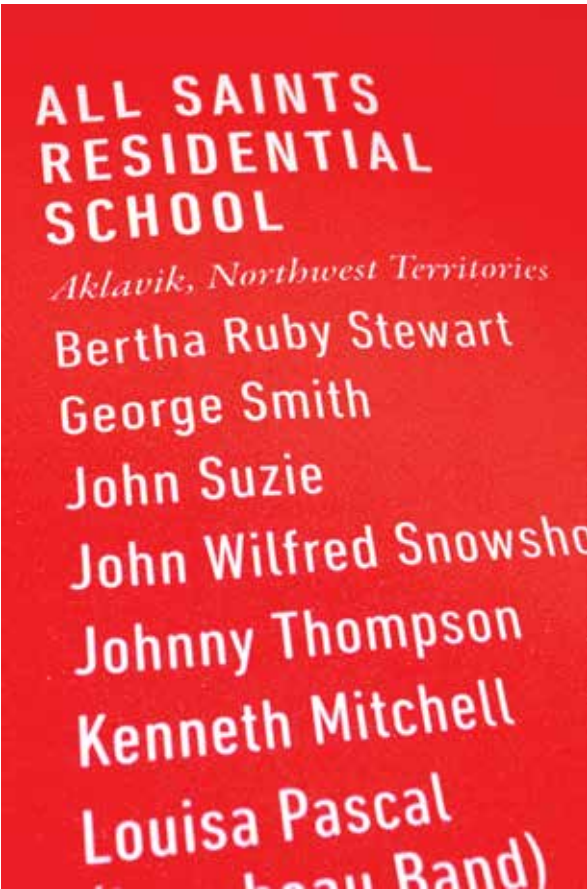
To the right is only one of 68 pages from the National Student Memorial Register that remembers the 2,800 children who never returned home from residential schools across Canada. This page lists the names of six of 16 children from All Saints Residential School in Aklavik, Northwest Territories, who died at school.

Development of the register is the result of more than a decade of work by countless people with advice and blessing of Elders and knowledge keepers at a gathering held at Turtle Lodge in Sagkeeng First Nation, Manitoba. Additional names of children waiting to be found are not included in the register

The National Centre for Truth and Reconciliation of Canada states that it is ready to receive any additional information.

Senator Murray Sinclair is quoted in the register saying, “The road we travel is equal in importance to the destination we seek. There are no shortcomings. When it comes to truth and reconciliation, we are all forced to go the distance.”

PHOTO AND STORY BY BILL FAIRBAIRN.



A Declaration by the First Nations

Found by journalist Bill Fairbairn in Kamloops Residential School basement (Kamloops Indian Reserve), British Columbia, in 1970.

We, the Original Peoples of this land, know the Creator put us here. The Creator gave us Laws that govern our relationship to live in harmony with nature and mankind. The Laws of the Creator defined our rights and responsibilities. The Creator gave us our spiritual beliefs, our Languages, our culture and a place in Mother Earth that provided us with all our needs. We have maintained our freedom, our Languages and our traditions from time immemorial. We continue to exercise the rights and fulfil the responsibilities and obligations given to by the Creator for the land upon which we were placed. The Creator has given us the rights to govern ourselves and the right to self-determination. The rights and responsibilities given to us by the Creator cannot be altered or taken away by any other nation. Those main rights referred to by the joint council of the National Indian Brotherhood were true rights recognized by the Crown and Indians in the Royal Proclamation of October 7, 1763. The Declaration stated that any changes required the consent of two parties to the treaties. Those were Indian governments representing Indian Nations and the Crown representing the British Government. The Canadian Government was a third party and could not initiate change.

Note: Fifty children never returned home from Kamloops Residential School.

Happy Holidays

and wishing you all the best for 2020

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Movies for gray nights

by Peter Thompson

We all go through it in Canada; the weather changes, the days shorten and we don't really feel like doing anything from about 5 pm on. So when the chores of the evening are done, what better than to sit down and watch something? Well, watching something worth the time would be the short answer! So without further ado, here are some titles released leading up to these gray nights, that deserve your time.

The Grizzlies – You hear the term ‘inspiring’ a lot these days, but in this case it’s true. The Grizzlies is a fine drama (with some light moments) about a group of Inuit students who buck the trend of alcohol, drug abuse, depression and one of the highest teen suicide rates in the world when they’re introduced to the game of Lacrosse. Lots of fun, so while not preaching the issues in Inuit communities, make this a must see!

Maiden – An unbelievable documentary on a group of women who tackle the daunting task of sailing around the world in the Whitbread Round the World Race. But before they can even attempt this, they have to come up with the money and support to do it, with everyone telling them they’re fools to attempt it. Massive waves, icebergs and incredible feats of courage and strength.

Chernobyl – Cheated a bit with this title, because it’s already ranked as the top TV mini-series in history, but if you don’t know



Above: Maiden
Left: The Grizzlies



about it, or if you dismiss it because it’s too heavy, get in your car this instant and drive up to rent it. It’s one of the rare things I personally would give a 10 out of 10!

The Truth Will Out – Excellent, slow burning Swedish mini-se-

ries about a detective called back to duty to look into unsolved murders (NOTE: if you haven’t seen the English series Unforgotten, do so immediately). Working with a group of detectives that are considered second rate, they fall deep-

er and deeper into what looks like a high profile murderer that might not be a murderer after all.

The Farewell – The premise: A Chinese family discovers their grandmother has only a short while left to live and decide to keep her in the dark, scheduling a wedding before she dies. You’ll laugh, you’ll (maybe) cry and when it’s done, you’ll be recommending it.

Never Look Away – From the director of one of the best films of all time, The Lives of Others, comes a film set in post-war Germany around an artist who meets a woman in university whose father holds a very dark secret that relates to his past. It’s long and it’s methodically paced, but it’s very good.

True Detective: Season 3. They’re back! The team that made the first season of True Detective so good returns to form after a misstep in Season 2. The result is another classic season that demands attention. The basic premise is the disappearance of a young boy and girl that will haunt a detective for the rest of his life, but there’s a lot going on in this season.

So, there it is, a crash course on how to spend some of those cold, dreary nights. If you need more recommendations, come and see us and we’d be happy to point you to many more.



True Detective

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Collecting wartime history in a stamp album

by Bill Fairbairn

Few printed records of World War II are more interesting than those portrayed by military postage stamps. Take the word of Gen. Dwight Eisenhower, a man who was not given to overstatement: “The stamps of the world are powerful object lessons not only in war but in the eternal hunger of human beings for knowledge. They are a pictorial history of the arts and science and human progress since the earliest civilization.”

Eisenhower himself has been pictured on stamps and one of his presidential predecessors, Franklin Roosevelt, actually did the sketches for a 1940 series of stamps when the United States was still officially WW II neutral. Those were followed by a 1943 series showing the flags of countries occupied or partly occupied by German power: Poland, Czechoslovakia, Norway, Luxembourg, the Netherlands, Belgium, France, Greece, Albania and Denmark.

The 1944 Corregidor issue paid tribute to the resistance of Gen. Jonathan Wainwright's American and Filipino troops after the fall of Bataan in 1942 and in 1945 an Iwo Jima stamp showed U.S. Marines hoisting the flag on Mound Suribachi. The same year, the U.S. Army commemorative stamp showed the 28th Division marching through Paris, while a corresponding U.S. Navy stamp summed up the tenor of the times with a group of grinning sailors.

The Rome-Berlin stamp
On the other side of the ocean, Germany kept up a barrage of stamps for inspirational purposes before and throughout the war. A souvenir sheet in 1937 marked Hitler's 48th birthday. The following year Hitler was shown in profile, and another issue featured a Hitler Youth Corps member bearing a torch and laurel. Mussolini joined the fuhrer on a stamp marking the Rome-Berlin union of powers.

The last of the German war stamps, issued to commemorate the 12th anniversary of the Nazi rise to power, showed SS stormtroopers and were on sale in Berlin briefly before the Soviets gently arrived.

The Soviet Union had begun the war with an issue portraying a mother bidding her son goodbye. The inscription? *Be a hero.* As the war continued, the Soviets released dozens of stamps depicting medical personnel rescuing wounded soldiers, snipers in action and war medals.



Dad's Army
Britain, of course, issued a whole multitude of serious wartime stamps. But the Royal Mail also put out a set gleefully praising Dad's Army (The Home Guard) with this caption. *“Who are you kidding Mr. Hitler....take a look at those stamps on rationing, don't panic, air raid wardens, put that light out! etc., etc., etc.”*

Canada's wartime issues tended to be less funny and less strident than others. While our stamps did picture the requisite battle material there were also a Quebec munitions factory, a grain elevator and a farm showing the home front. One Canadian military stamp that attracted attention was a six-cent issue showing British Commonwealth Air Training Plan pilots ready to fly a Harvard trainer.

But the outstanding Canadian and, arguably, the best wartime stamp ever, depicted a five-year-old boy escaping from his mother's grasp and racing to a long column of army recruits to grasp his father's hand as he marched to the ship going over there. The photograph of the poignant event was taken by Vancouver Daily Province photographer Claude Dettloff on October 1, 1940, and recognized sufficiently to become not only a postage stamp but a fixture in schools all across British Columbia entitled “Wait for me Daddy/Attends moi Papa.”

Footnote: Philately speaking stamp collecting is the end-all and the be-all of once ultra popular hobbies curiously today probably pursued by nobody you know. Forgive the author who also knows little about stamps. He had to dig. And only for wartime stamps!



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Archery gives a close shave
for Cancer Research

Submitted by Janice Clark,

XQuest Archery held its inaugural fundraiser for breast cancer research on Friday October 25, 2019. Owner, Janice Clark, felt deeply about the cause as her mother had survived breast cancer.

Class participants and members of the club, along with their friends were invited to come in and experience archery under the supervision of our range safety officers and coaches. Forty people participated at Friday evening’s event with many more donating to the team on the ‘Dress for the Cause’ website. \$10 of their drop-in fees were also donated to the cause.

We had set a fundraising goal of \$2000 and as incentive, owner and head coach, Janice would have her head shaved by one of her national level athletes.

Not only did we meet our goal, we surpassed it, raising just over \$2900. At 8 pm our head coach’s head was shaved live on our Facebook page.

Check it out on xquestarchery.com



The Shoot For The Cause event at XQuest Archery on Russell Road was literally hair raising. Janice Clarke, Owner/Head Coach, shaved her head after raising over \$3,000.00 for Breast Cancer Research. Clippers were run by Monique Wun.

PHOTO: KENT WUN, XQUEST ARCHERY

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The Chopped Leaf appears to be ... a wonderful windfall at the Ottawa Train Yards

by Carole Moul

It was just three years ago when Joanne Carisse first had lunch at *The Chopped Leaf* in Saskatoon, Saskatchewan; and she was impressed. She liked the food, the décor, the simplicity of the menu, and that it was tailored to vegan. In fact, it wasn't long before it became her 'go to' place at least once a week when she was eating out. The restaurant was near her home and the whole concept really appealed to her.

"I started talking to the manager and liked her enthusiasm and how she was still committed after four years of running the franchise, and it was nice to see," recounted Joanne recently. "Not only was the food good, but the people enjoyed working at *The Chopped Leaf*."

What soon became evident was that other customers felt the very same way that Joanne did.

It was at that same time that Joanne was working with a transition plan to go from the military to becoming a civilian.



The Chopped Leaf at the Ottawa Train Yards opened on May 11th this past year. Ever since then, Joanne Carisse has made the dining experience at her restaurant a welcome one. PHOTO: CAROLE MOULT

"I was posted in Saskatchewan but I was originally from Ottawa



Joshua and Melissa hadn't been to The Chopped Leaf before their recent visit. Both declared that they will be back!

and my family are here," Joanne added, explaining how she ended up in Ottawa owning this franchise.

"I began investigating into *The Chopped Leaf* and locating one in Ottawa where I felt customers in this city would really appreciate this type of restaurant."

And so, today, as the franchise owner of *The Chopped Leaf* in the Ottawa Train Yards at 140 Trainyards Drive, Joanne is the one who goes around and chats with her customers about their dining experience.

Blair Stevens is the Found-

er and Brand President of *The Chopped Leaf* which began in Kelowna, British Columbia in 2008, where Blair and his wife, Karla, 'recognized the growing demand for wholesome, fresh food intended for those always on the go'. The couple turned this vision into a reality and began working on a menu. Over the following year the menu was fine-tuned, and in late 2010, the first franchise for *The Chopped Leaf* opened in downtown Vancouver, B.C. Today, there are approximately 100 franchises for *The Chopped Leaf*.

Visitors to the Ottawa Train Yards and those who enjoy wholesome food will truly appreciate their dining out experience at *The Chopped Leaf*. Whether it's the amazing tomato soup, a wrap, bowl, sandwich, quesadillas, chef designed salad or one you design yourself, you will certainly be glad that Joanne Carisse made the decision she did. So, thank you, Joanne, for such a healthy choice.



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Ottawa Regional Cancer Foundation announces a new name for their Cancer Survivorship Centre located at 1500 Alta Vista Drive

Article and photo submitted by the Maplesoft-GumDocs Centre for Cancer Survivorship.

Thanks to a generous, private donation from our longstanding partners at GumDocs, the building will now be called the Maplesoft-GumDocs Centre for Cancer Survivorship.

The new name recognizes two organizations – Maplesoft Group and GumDocs – and their commitment to improving cancer care in our community. It celebrates the significant contributions that both organizations have made to the Ottawa Regional Cancer Foundation and is a lasting reminder of the impact their support has had on local families who are facing cancer.

“We are affected by cancer as a community, and we are fighting it as a community,” says Linda Eagen, President and CEO of the Ottawa Regional Cancer Foundation.

“As cancer incidences continue to rise, more and more people need access to cancer care. Thanks to the support of both Maplesoft Group and GumDocs, the Cancer Foundation is able to offer the best care possible to those affected by



cancer in our region through Cancer Coaching, and through support of local research and clinical trials.”

The services available at the Maplesoft-GumDocs Centre for Cancer Survivorship will remain unchanged. The Cancer Foundation’s team of Cancer Coaches will continue to deliver the same level of cancer care, support, education, practical guidance and navigation assistance to help their clients meet their health and wellness goals. The building will also continue to house the Ottawa Regional Cancer Foundation’s fundraising

operations.

“Maplesoft’s donation in 2010 was at a time when we were literally breaking ground to build Canada’s first cancer survivorship centre,” says Jody Campeau, President and CEO of Maplesoft Group. “We are breaking ground again today, though more figuratively, by welcoming more leaders in the community to step forward to create a better future for those facing cancer in our community. We are thrilled to share the name of this incredible facility with GumDocs to secure a brighter future for local

families.”

“Since opening its doors in 2011, the Maplesoft-GumDocs Centre for Cancer Survivorship has become a hub for cancer care in the Ottawa region and beyond,” says Cory Ready, Chair of the Cancer Foundation’s Board of Directors. “We are excited to continue to build on the incredible advancements that have been made in the field of cancer care and research and for the new opportunities that this partnership will allow us to explore.”

For more information, please contact: Erin Nazarali, Ottawa Regional Cancer Foundation enazarali@ottawacancer.ca | office: 613-247-1920 ext. 228 | cell: 613-286-6280

About the Ottawa Regional Cancer Foundation

The Ottawa Regional Cancer Foundation is the voice for cancer survivorship in Eastern Ontario. The Cancer Foundation is a leader in our community in providing local residents with increased access to person-centred care through the delivery of the Cancer Coaching, innovative cancer research and a world-class clinical trials program. For more information please visit www.ottawacancer.ca.

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Keeping your dog happy and looking good

by Jonathan Sumner

Those of us who own dogs take great pride in our pooch's behavior and appearance when we hit the neighborhood for a stroll. This responsibility rests firmly on our shoulders as our four legged friends lack the ability to groom themselves. It is often underestimated that keeping on top of our dogs' grooming needs is important to their overall well-being.

A great place to start is to create familiarity with the process immediately after you get a new puppy or adopt a dog. Grooming can be uncomfortable and stressful for dogs so helping them desensitize is a helping hand. We can get them used to being groomed by constantly handling the commonly groomed areas such as feet, ears and mouth. You can also counter-condition the fear of grooming tools by pairing them with tasty treats. Talk to your local trainer about this to get more details.

Each breed requires different grooming scheduling and it is important to understand their requirements for daily maintenance. For example; a chocolate lab may need their nails done every 2-3 weeks, their teeth brushed daily, their ears cleaned every 1-2 weeks and possibly a bath once every three months or as needed.

Other dogs such as the immensely popular poodle cross breeds will have much higher grooming requirements. On top of the regular nails, teeth and ears schedule owners need to anticipate almost daily brushing to prevent matting. In between grooms which might be every 3-4 months, paw trims and sani trims to clean and tidy their sanitary area may also be necessary for their comfort. Let's also not forget the face trims so we can see their eyes!

Matting is the number one cause of discomfort and disappointment with grooming. A mat is when a dog's fur twists and turns into a dreadlock/knot that can tighten increasingly, pulling on your dog's skin. This can lead to bruising, pain and even costly and painful hematomas. One can avoid this by having a disciplined grooming schedule and understanding how to properly brush out your dog's hair. Not only is matting painful for your dog it can be painful to your pocketbook as it requires much more attention and work for your groomer. Ask your local groomer to demonstrate which tools and techniques are right for your dog.

Dog owners often focus on diet as a primary source of health, but grooming also helps your dog be comfortable and healthy on a daily basis. That is all the motivation you should need but an added bonus, regular grooming, will save you money in the long run!

Jonathan Sumner is head trainer and owner at the Ruff House where you can request a full list of grooming services for any breed of dog. Visit the website at www.ruff-house.ca to register.



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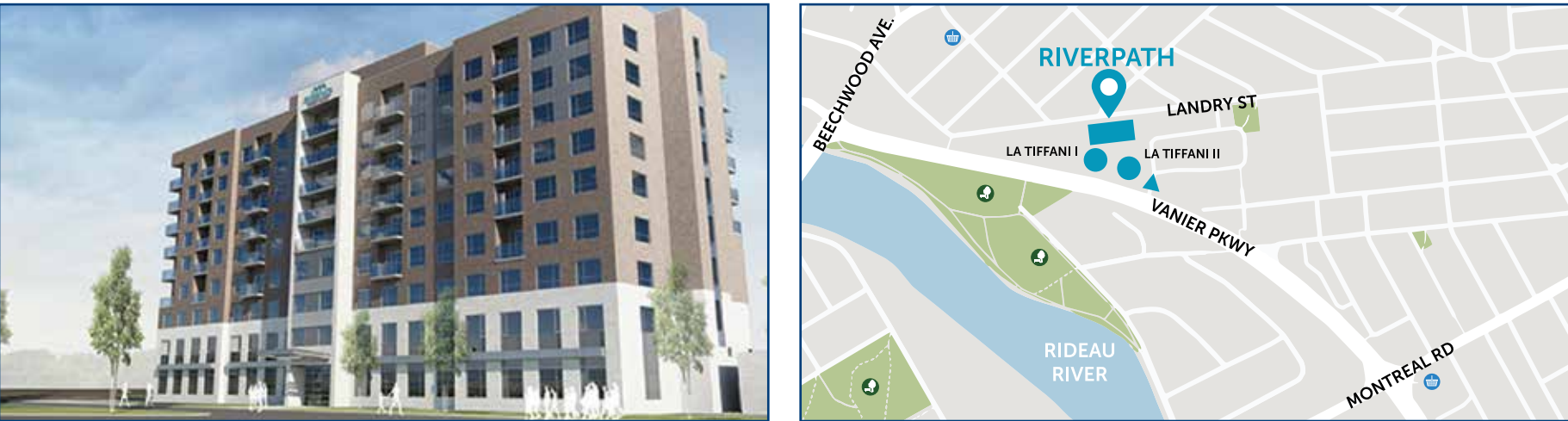
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Questions to ask before being discharged from the hospital

by Alexis Nickson,
The Ottawa Hospital

A hospital visit can be an uncertain time for patients even if it is for a planned procedure. Two ways to reduce some of that uncertainty is to ask questions and take notes about what to expect after leaving the hospital. Doing so early in a hospital stay can help patients feel more at ease and in control of their health care.

“Patients should be thinking of discharge as soon as they arrive in hospital,” says Melanie Morris, Discharge Planning Coordinator at The Ottawa Hospital.

Discharge from hospital may look different for each patient. Some patients need little or no medical support after leaving the hospital, while others need ongoing care. Some patients are discharged home, while others are discharged to another place to continue their care, such as a rehabilitation centre, a skilled nursing environment, retirement living, or a palliative care facility.

No matter where a patient goes after a hospital stay, they should ask their health-care providers some important questions well before being discharged. They can include:

- What is the name of my medical condition(s)?
- What medication(s) should I take? When and how should I take it?
- Why do I take each medication? What are the possible side effects?
- How much will my medications cost?
- What medical equipment do I need? How much does it cost?
- What are the dates, times and locations of my follow-up appointments? How do I make an appointment?
- What is my recovery plan? What can I eat and drink? Can I exercise? How? What activities should I avoid?
- What is my follow-up care plan? What should I expect at the new facility if I am not going home?
- How do I contact my health-care provider(s) if I have questions or problems? When should I contact them?

Asking these questions can not only help ease stress for patients, but it can also allow health-care providers address any barriers before discharge takes place.

Patients can also start asking themselves these questions as soon as they are admitted to the hospital:

- How am I getting home? How do I get into my home?
- Am I able to manage my usual tasks considering my current medical condition? If not, what do I need so that I can manage them and recover?
- If I need support after discharge, who will help me? How will they help me? When will the help start?
- Will I have any restrictions for driving, working or other daily activities? How will I manage any other needs?
- Do I need my health-care provider to fill out any forms while I’m in hospital? When is the



PHOTO: SUBMITTED BY THE OTTAWA HOSPITAL

- best time to do that?
 - What community resources can I access after I am discharged from hospital?
- Patients are encouraged to

address these topics with their care team. If more help is needed, the social worker assigned to the unit can help coordinate hospital and community resources.



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Princess Patricia's Canadian regiment link to Ottawa

by Orrin Clayton

The Princess Patricia's Canadian Light Infantry originally was an Ottawa regiment. They were formed in Lansdowne Park in August 1914 and demobilized there in May 1919.

Many men from Ottawa served with the regiment in the terrible battles of WWI. Ottawa was considered the home of the regiment, which was new and not part of the Canadian pre-war militia. Sir Robert Borden (Canadian Prime Minister) faced with the task of forming the Permanent Force after the war found little enthusiasm from the public.

Most Canadian families had some members who became casualties and over 66,000 had been killed; it was a huge burden. Canadians were fed up with war and the appeal to the military was minuscule. Borden needed three infantry regiments to support Canada, the Royal Canadian Regiment (RCR) in Eastern & Central Canada already part of the pre-war Militia was an obvious choice.

In Quebec the "Vingt Doux", the Royal 22nd Regiment was a popular choice. The prairies were different. While several different western regiments had served with



Aged in Harmony: bringing music to seniors in the community.
PHOTO: RAYLENE MULROONEY

distinction and valour in the war each was linked with a province or district.

Borden chose the Patricia's and while his reasons are not recorded it was a good choice as there were no political or media objections to the selection.

The Patricia's had many westerners from all four provinces and its war record was well known in the West. In 1920 it was re-formed and located in Winnipeg and Esquimalt (Victoria). In the West the Patricia's have remained for close to 100 years. Westerners regard the regiment as their own and in all four provinces they are well recognized and respected. How-

ever, since 1922 there has existed in Ottawa a veteran's organization called the PPCLI Association. It was formed by Patricia veterans WWI and has served as a meeting & social institution for these past 96 years. Its main activity since 1967 has been an annual memorial service on November 11th at Lansdowne Park.

Regimental members and adherents from Eastern Ontario and Quebec gather at this memorial service to remember their fellow Patricia's who died that year. The service is traditional; with prayers and hymns of praise and reading of the dead names, and is led by a service padre.

Singing has always been important with strong voices leading the singing. About twenty years ago, hymn singing began to falter as the strong voice leadership 'passed away'. The young leading Patricia members did not know the hymns or the old regimental songs, and thus the voice leadership was lacking.

Fortunately, one of the senior members of the Association had become a member of a male Barbershop Chorus, "Aged in Harmony" (AIH) here in Ottawa. In 2002, he invited AIH to take part in the annual Remembrance Day service at Lansdowne Park. It worked and the traditions of this service have been maintained, while all attending appreciated the musical support provided by AIH.

Over the years the regiment and chorus have participated together on Nov 11th and this has led to AIH and the PPCLI bonding. In 2010, the late George McGill (AIH member) wrote two songs dedicated to the Regiment in the barbershop style and these caught on.

Brigadier General Vince Kennedy heard AIH and asked that AIH record Regimental tunes to be part of a CD celebrating the Regiment's 100th Anniversary (2014). The AIH created a CD of eight

PPCLI Regimental Songs in the Barbershop style. The 100th Anniversary CD featured sound clips from battles WWI, WW2, Korea and after, and many marches by the Regimental Brass Band over the years. Included also were two songs sung by AIH. The CD was a great success and had wide distribution across Canada. The Patricia songs became part of AIH's repertoire, and these have often been used by AIH at remembrance performances in senior's residences, nursing homes, and the community.

Three years ago, Dave Forrester, Assistant AIH Director, adapted a song "I'll Remember" to Barbershop harmony. The words were a poem written by a relative of a resident at the Perley Rideau Veteran's Health Centre. Kathleen Johnson, a staff member put the poem to music and recorded it. This song is now part of the AIH repertoire sung each year at the November 11 PPCLI Remembrance Service at Beechwood Cemetery Chapel.

In 2008 the Nov 11th service expanded to include a bus load of students from Laval Liberty High School in Montreal. One of the school's graduates, Sgt Christos Karigiannis, a member of PPCLI, was killed in a roadside bomb attack in Afghanistan. The school each summer sends 2-3 buses to Edmonton where the students are hosted by the Regiment. Also, to commemorate his memory, the school has sent a contingent of students to Ottawa for the past ten years to participate in the Nov 11th Remembrance Service at Beechwood Cemetery Chapel. AIH enjoys singing to the students and teaching them the regimental war melodies. They are quick learners.

AIH, has become a uniquely associated part of the PPCLI and very proud of this relationship looking forward to many more years of service together.

AGED IN HARMONY (AIH) is a senior men's barbershop chorus in Ottawa founded 17 years ago in 2002. Their mandate is to bring music to seniors in the community while having fun. AIH sings at senior's residences, hospitals, hospices, and churches about twice a month between September and early June. A typical 'show' lasts about an hour. The chorus practices every Tuesday afternoon for two hours at Trinity United Church, 1099 Maitland Avenue, just south of the Queensway. If you are a retired gentleman and love singing, you are encouraged to give AGED IN HARMONY a try.

For more information - Email letterit@rogers.com or phone John at 613 829-1462 or 613-599-6342.

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COFFEE WITH CLOUTIER: With his notepad in hand, Councillor Jean Cloutier wrote down questions or provided answers to questions during *Coffee with Cloutier* on a recent Thursday evening. Councillor Cloutier regularly invites constituents of Ward 18 to drop by for a chat on various evenings and at different locations throughout the ward. The chat, pictured here, was held at Figaro Coffee House, 650 Industrial Avenue. Joining in the chat were (Left to right): Lisa Couture, Debra Hauer, Sharon Bernard, Dave Kidd, and Councillor Cloutier. PHOTO: GEOFF RADNOR

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Sciatica refers to pain that can be felt in the lower back, through the buttock and down the outside of the leg. It usually affects only one side. Sciatica is not actually a condition, but the symptom of other possible conditions.

Herniated Disc occurs when the disc that separates bones of the spine ruptures. The ruptured disc presses against the nerve root causing sciatica.

Degenerative Disc Disease occurs when the discs between the vertebrae begin to break down. Some disc degeneration occurs naturally with aging, but this condition is a faster progression of degeneration. This results in the spinal vertebrae being compressed

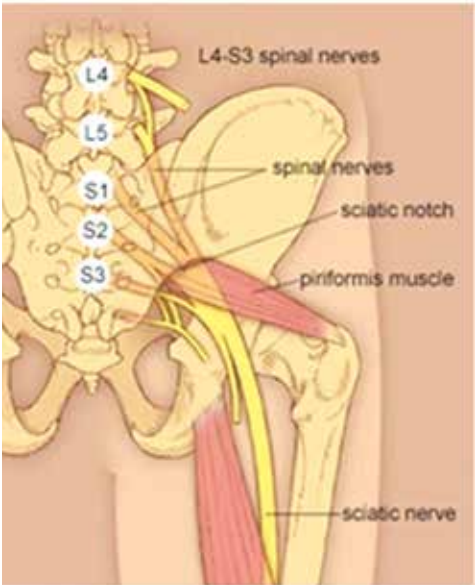
which results in nerve compression of the sciatic nerve.

Spondylolisthesis occurs when small stress fractures in one vertebrae allow the next vertebrae to slip forward decreasing the space between the bones. This causes compression on the nerve.

Lumbar Spinal Stenosis occurs when the spinal canal narrows, usually in people 60 years of age or older and often results from arthritis.

Piriformis Syndrome occurs when the piriformis muscle irritates the sciatic nerve.

Sciatica pain travels along the sciatic nerve pathway from the low back, through the buttock, along the outside and back of the leg, and



can even reach the outside of the foot including the baby toe. Pain can be intermittent, or constant. The pain is generally worse when sitting or standing, and can present as sharp, pins and needles or a prickling sensation. Some patients describe a weakness or numbness in the buttock and leg. Symptoms may intensify when moving from seated to standing position, or during a cough or sneeze.

Massage therapy can help alleviate the symptoms of painful

sciatica.

A massage therapy treatment for sciatic nerve pain will begin with work on the low back to help loosen the muscles that cause compression on the nerves. The treatment will also work through the gluteal muscles to help loosen the piriformis muscle, as well as working through the muscles at the back of the leg that surround the nerve. Keep in mind that this treatment can be a little more painful so be sure to communicate with the therapist on tolerance levels. Massage also causes the release of endorphins—our pain fighting hormones!

Your massage therapist can also discuss some exercises and stretches to help you manage your symptoms at home.

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, please email info@essential-health.ca.



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Look Good Feel Better

by Carole Moul

The story began with just one patient in the United States and her very caring doctor. The year was 1987.

A woman in cancer treatment was experiencing such dramatic side effects that she would not even venture outside of her hospital room. Her concerned physician contacted former Personal Care Products Council President Ed Kavanaugh to see how he could organize a “makeover” for the woman. Mr. Kavanaugh made a number of successful telephone calls and soon was able to provide both the cosmetics plus a cosmetologist for the doctor’s cancer patient. It was later reported that the makeover ‘transformed not only the woman’s look, but also her outlook’.

Thus, it was the beginning of an amazing outreach program to be named

“Look Good Feel Better”, launched in 1989 in the United States with the workshops of two groups; one at Memorial Sloan-Kettering Cancer Center in New York and the other at Georgetown University’s Lombardi Cancer Center in Washington, D.C.

Here in Canada, the program had its start in 1992, and is Canada’s only charity dedicated to helping women and teens manage appearance-related effects of cancer and its treatment.

Their Mission Statement:
‘In the face of cancer and its treatment we help women recognize themselves.’

The Look Good Feel Better website is a very encouraging one in providing guidance for a woman enquiring about the program. It identifies with women and their loss of self with a cancer diagnosis and shares how that person becomes the ‘can-



Christine Gray underwent cancer treatment at The Ottawa Hospital Cancer Centre and was high in praise for her care. PHOTO: ANDRÉE LAROSE

cer patient’ and not just the mother, sister, wife or colleague. It also explains why the program exists.

“At Look Good Feel Better, we know that true health care treats the whole person - not just the physical, but the emotional and psychological aspects too. Research and medical treatments are priorities but there is a growing gap in care for the psychosocial needs of pa-

CONTINUED ON PAGE 25

FASHION Outlet4 WOMEN

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A program where women empower women



There are three locations here in Ottawa for the Look Good Feel Better program: the Maplesoft-GumDocs location at 1500 Alta Vista Drive (shown); the Irving Greenberg Centre at the Queensway- Carleton Hospital and The Ottawa Hospital General Campus. PHOTO: GEOFF RADNOR

CONTINUED FROM PAGE 24
tients facing a cancer diagnosis and treatment - emotional fallout from cancer is often overlooked. THIS IS WHERE WE COME IN, the site notes in capitals, and this is how it works:

Look Good Feel Better offers a complimentary supportive care workshop that gives Canadian women the tools and techniques to feel beautiful and vital. In so doing, we help restore a sense of self; however a woman chooses to define it. Accessing the workshop locations on the *Look Good Feel Better* website is made easy for women entering cancer treatment. With only three clicks of the mouse the participant is able to find out where in her province and even her city sessions take place plus the times and locations of the upcoming workshops.

By the numbers
In their most recent *Look Good Feel Better Community Impact Report* excellent background information was provided for the reader:
1 in 2 Canadian women are ex-

pected to develop cancer in their lifetime;
Close to **10,000** Canadian women a year in cancer treatment are supported by the *Look Good Feel Better* program;
93.6% of women felt very or somewhat confident after attending the program compared to 52.4% prior to attending the workshop;
98% would recommend *LGFB* to another woman with cancer;
1216 volunteers led 1173 workshops in the past 12 months;
110 hospitals and cancer care sites across Canada offer the *LGFB* program;
\$422. supports one woman's workshop experience;
LGFB has supported **250,000** women since 1992; and *LGFB* is worldwide with programming in **26** countries.

The voice of a team leader
Lori Pancel is the *Look Good Feel Better* Team Leader at the Ottawa Regional Cancer Foundation's *Maplesoft-GumDocs Centre* for Cancer Survivorship. As a breast cancer



Lori Pancel is the *Look Good Feel Better* Team Leader at the Ottawa Regional Cancer Foundation's *Maplesoft-GumDocs Centre* for Cancer Survivorship. She is dedicated to the role she plays in helping other women.
survivor with a cosmetic program in her background, Lori is also a perfect ambassador for the *LGFB* program. Her years of volunteering, cosmetic background and life experience enabled her to fulfill the team leader role for the workshop. At a recent interview, Lori generously shared her own story of her cancer journey and how she became a *Look Good Feel Better* vol-



These were just a few of the products in the wonderful kit given to Christine by *LGFB*.
PHOTO: ANDRÉE LAROSE

unteer.
"It began 10 years ago because I was going through breast cancer," Lori said when talking about losing her hair. "The thing I really needed to know about was how to draw on my eyebrows."
Lori had read about *LGFB* in a magazine years before her diagnosis and thought this would be the perfect program for her to volunteer for. The session she took was at The Ottawa Hospital- General Campus. "You'd be so good at this," the session leader noted, and "I replied, funny you should say that, and the rest is history."
At the time of this interview, Lori shared a number of interesting comments about the program. "The participant comes for one session only and the sessions at the Ottawa Regional Cancer Foundation's *Maplesoft-GumDocs Centre* for Cancer Survivorship will last for about two hours. Workshop participants are welcome to bring a woman friend who can observe and listen. Each woman will receive a kit that is valued between \$200.00 - \$300.00 and we are 'brand neutral'," she added.
Look Good Feel Better is supported by members of the beauty industry who donate products for the kit. Each kit provided to the partici-

CONTINUED ON PAGE 26

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featuring

Bali CORP.



Lynn Morris spent some time at the cash and heard many customers say how appreciative they were of the FDJ Jean Fit event.

PHOTO: CAROLE MOULT

CONTINUED FROM PAGE 25

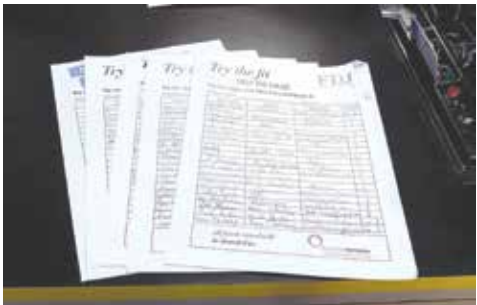
pants has products that enable the team leader and volunteers to go through the ‘Signature Steps’ for skin care and make up application. There is a guide in each kit plus all the makeup. Workshops are led by a team of volunteer experts trained in compassionate care.

Wig Specialists are also an important part of the workshop. There are many types of wigs on the market. Participants are able to view different types of wigs and headwear fashion and receive expert advice on proper fit, style and colour.

After a number of years of being a volunteer for the program, four years ago Lori Pancel became the team leader at the *Maplesoft-Gum-Docs Centre* for Cancer Survivorship at 1500 Alta Vista Drive. The two other locations for the *LGFB* program here in Ottawa are at the Irving Greenberg Centre, Queen-sway-Carleton Hospital and The Ottawa Hospital General Campus.

Cancer has no age limitations, nor does the program. Participants are of all ages with a maximum of about 12 women per session to enable small group interaction. As team leader, Lori passionately encourages and empowers women to, at the very least, follow the skin care steps and put their lipstick on every day. Psychologically this helps women and those around them feel better.

To have the opportunity to speak with Lori Pancel about the *Look Good Feel Better* program can only be compared to having a win-



For every pair of jeans tried on at the Jean Fit Clinic, FDJ donated \$1.00 to the Look Good Feel Better program. Five pages of names were filled. PHOTO: CAROLE MOULT

dow opened for a peek into the good that is being done by women to help other women.

Christine’s Story

Christine Gray is one of those positive women who appreciate the opportunity to share about the wonderful care she received when attending her *Look Good Feel Better* session.

It was just two years ago that Christine was diagnosed with uterine cancer. Her surgery was scheduled just a few days later. Today she looks the absolute picture of health and hopes that one day she can become a volunteer with the *Look Good Feel Better* program. Recently Christine told about her experience.

“It was after surgery and when I started my first sessions of chemotherapy that one of my lovely nurses gave me additional information about extra services that were available for women cancer patients.

“In the package was a pamphlet from the *Look Good Feel Better* program and the nurse said, ‘You should go.’ And so with curiosity



It was a FDJ ‘Jean Fit’ day and Christine was volunteering as one way that she “gives back”. PHOTO: CAROLE MOULT

I decided to call the number that was on the pamphlet. Lucky for me, there was a session the following week on the third floor of The Ottawa Hospital Cancer Centre.

“I remember everything about the program. It was from three to four hours long and beautiful women made you feel so welcome. There were about 14 of us and about four volunteers from the *LGFB* program.

“As we went in we were given a gorgeous bright purple bag and they tried to match the contents of the bag with your skin type. They went through all the skin care, taught us how to draw on ourselves and make our faces glow.

“At the end of the session I felt like a million dollars and when my husband came to pick me up he was impressed!

“When I retire, I want to give back and become one of the volunteers for the *Look Good Feel Better* program. One of the reasons that I like to help Sherry Woodburn at the *Fashion Outlet 4 Women*

en is because she does so much to help with cancer causes, especially women’s cancer.”

As a cancer survivor, Christine hopes also to be in the upcoming 2020 spring Fashion with Compassion Show where 25% of the proceeds of the day go to cancer research.

No stranger to volunteering, Christine Gray was one of the Canadians in 2012 to receive the Queen Elizabeth II Diamond Jubilee medal in recognition of her twenty-five years of tireless helping with numerous charities.

Help from corporate Canada

It was just a few weeks ago when Christine volunteered at the *Fashion Outlet 4 Women*, ‘Jean Fit Clinic’ where French Dressing Jeans, a Canadian company from Montreal, and one of the sponsors of the *Look Good Feel Better* program, donated \$1.00 to the *LGFB* program for each pair of jeans tried on by a customer. You didn’t have to buy the jeans, just try them.

Kim, a FDJ representative, helped women at the *Fashion Outlet 4 Women* store find which jean fit worked well for them and many ladies were pleased to see that their local store had five pages filled with names that would help the *LGFB* program. The logos of over forty generous partners and sponsors are noted on the *Look Good Feel Better* website.

From British Columbia to Newfoundland and Labrador, there are complimentary *Look Good Feel Better* workshops all across Canada. Over 10,000 women a year will benefit from kindness of the over 1200 remarkable volunteers who give generously of their time to help make this program happen. And, many, like Lori and Christine who attended the sessions will no doubt also want to give back some day.

The world is filled with many wonderful people. You don’t have to look much beyond the *Look Good Feel Better* program to see how this is so.

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Expect the cold – explore hot cocoa

by Maria CampbellSmith

Earlier this year, on the morning of January 19, Ottawa dipped to -24°C and momentarily beat Mongolia’s Ulan Bator as the coldest capital city in the world! We certainly needed hot cocoa that morning!

Living in Ottawa, we cannot escape winter. It blankets our beaches and fields with snow, coats cars and roads with icy veneers, frightens creatures (four-legged and two) into hibernation. There are skiers and skaters who thrive in sub-zero sunshine, but sooner or later, we all must trudge out there in boots, mitts, sweaters, and coats to play or work, to shop, or shovel the driveway. Winter here can last four or five months. Why not celebrate it and warm yourself up with delicious hot chocolate drinks?

Hot Chocolate Around the World

Hot chocolate is a decadent beverage ritual in nations and homes around the world, especially at Christmas time. The cocoa tree was first domesticated in Central America and Mexico thousands of years ago. The ancient Mayans ground cocoa beans and spices to make rich, bitter beverages for their ceremonies.

Now, sweetened, cinnamon *Chocolate Caliente* accompanies meals and even helps heal imbibers today. It remains a common beverage in Mexico with breakfast, after supper, and certainly as part of Christmas time and the Day of the Dead. On the other side of the world, another ground cocoa bean drink, called *Tsokolate*, also tradi-

tionally starts Christmas morning throughout the Philippines.

European countries have their own take on hot chocolate as well. In Spain and Italy, in Germany and Austria, in Holland and France hot chocolate is part of breakfast routines or an addition to dessert. Where Latin American hot cocoas have thin or watery consistency and savoury or spicy flavour, Europe’s hot chocolates are more thick, bittersweet, and a bit like drinking warm pudding.

North America’s hot chocolate drinks are different yet. Like coffee or tea options here, hot cocoa can be scalding and clear, or sweetened and creamy. Many families and restaurants mix artificial powders with water; others melt chocolate and cream. Miniature marshmallows are a favourite garnish.

Each approach has its advantages. Some hot chocolates help warm you up. Some help with digestion. Some are pure indulgences to celebrate special occasions. Try a few different recipes and you’re sure to find a favourite.

Back in the winter of 1970-71, Ottawa had snow on the ground for 143 consecutive days. Last winter (November 2018 - April 2019) broke that record with 147 straight days of lingering snow or consecutive snowfalls!

We know this is a wintery city. The holiday season will dance us through December and into January. *Winterlude* and Family Day help us celebrate February. The March Break will see families play in the snow or try to escape it for a few days. But spring is a long way off. So embrace the cold and experiment with some hot chocolate recipes instead.



Recipes

Sweet Cheat - Nutella Cocoa

Pour 2 cups of 2% milk into a small saucepan. Cook on medium heat to a simmer. (Do not boil.) As tiny bubbles form along the pot's edge, add 1/3 cup Nutella (4 full tablespoons) and 1 teaspoon cocoa powder. Whisk together over low heat until creamy. Serves 2. Serve fast. Drink even faster!

Chocolate Caliente – Mexican Cocoa

In a large saucepan, on medium heat, mix: 3 (12 oz) cans evaporated milk 1-2 tablespoons ground cinnamon (as desired) 1 teaspoon vanilla extract 1/2 teaspoon ground nutmeg Healthy pinch of cayenne pepper Pinch of chili powder (if desired) Pinch of salt

Whisk together well and then add: 1 and 1/2 cups chopped bittersweet chocolate Keep stirring until the chocolate bits melt. Do not let the mixture boil! Serve dusted with cocoa powder. Serves 4.

Decadent Party - Slow Cooker Cocoa

In a slow cooker, gently whisk together: 7 cups 2% or whole milk 1/4 cup cocoa powder 1 cup heavy/whipping cream 1 tablespoon vanilla extract 1 (14oz) can sweetened condensed milk 2 cups chopped chocolate (a mix of bittersweet, semisweet or milk chocolate pieces – as desired) Cover and cook on Low for 2 hours. Stir well before serving. Serves 10. Keep on Warm setting to keep guests spoiled.



PHOTO: GREG MONEY



Penny Turnbull, Ken Church, Kathleen and Byron Johnson were recent brick donators to the Pet Patio Memorial in Balena Park. All monies from the brick purchases go to the Canadian Guide Dogs Association. For further information see advertisement on page 54.

PHOTO: ORRIN CLAYTON

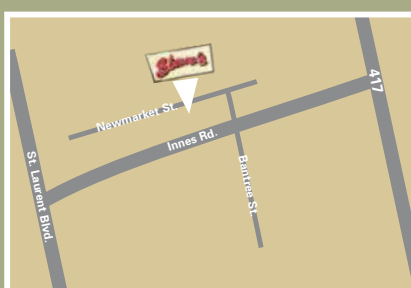


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Winter driving – winter safety reminders

Being prepared

Get your car ready for winter with a maintenance check-up that includes battery, hoses, belts, radiator, oil, lights, brakes, tires, exhaust system, heater and defroster, wipers, plus ignition.

Make sure that you keep your gas tank at least half full.

Keep an extra container of winter windshield washer fluid in the trunk (good to -40 degrees C) with sufficient fluid in the reservoir at all times.

Have an expert check your vehicle's tires. Tire air pressure decreases in cold weather thus ensure that tires are properly inflated, worn or damaged tires restrict safe driving, all-season tires do not provide the traction and handling of winter tires which need to be four tires with the same tread pattern, internal construction, and size. Winter tires meeting specific snow trac-



tion performance requirements will be marked with a snowflake symbol.

Assemble a winter driving kit that includes a snowbrush/ice scraper, shovel, a traction aid such as sand or kitty litter, a rope or chain, road flares, booster cables, a flashlight and batteries, first aid kit, small tool kit, extra clothing and footwear, a blanket, gas line antifreeze and energy foods such as

meal replacement bars, soup, juice, plus bottled water. Clear off any snow or ice from the roof, windows, lights, or mirrors before getting behind the wheel of your vehicle.

On the road

Stay well behind the vehicle in front of you in case you are forced to make a quick stop.

Look far ahead of you to detect conditions that could have an im-

pact on your travel. Avoid sudden braking or accelerating, or turning of the steering wheel.

Slow down.

Remember all vehicles take longer to stop in winter weather.

Turn on your vehicle's full lighting system when there is poor visibility.

Do not use cruise control during inclement weather.

Be extra cautious on areas that are shaded or on overpasses or bridges since these freeze over sooner in cold weather and remain frozen longer.

Watch out for black ice that can be extremely dangerous.

Check for additional highway information by calling 1-800-268-4686.

(Adapted from an Ontario Ministry of Transportation website)

Two common elbow injuries

by Sue Reive, Physiotherapist

Summer is over but some golfers and tennis players may still feel pain in their elbow if they are suffering from Golfer's or Tennis Elbow.

The elbow joint is a three joint complex between the humerus (arm bone) and the radius and ulna (forearm bones). It is classified as a hinge joint and supported by ligaments on both sides and a fibrous capsule.

Many muscles cross the elbow joint. The biceps muscle functions to bend the elbow while the triceps straightens it. In addition, the tendons of the wrist flexors and extensors originate off the lower humerus and cross the elbow joint. They function to move the wrist up and down.

Golfer's Elbow involves the common wrist flexor tendon. Pain is usually felt on the inside of the elbow where it originates off the medial epicondyle of the humerus. The pain increases with activity involving wrist flexion such as gripping, throwing, golfing, and racket sports.

Tennis Elbow involves the common wrist extensor tendon. Pain is felt on the outside of the elbow where the tendon originates off the lateral epicondyle of the humerus. The pain is felt with wrist extension and more so when loaded with weight or resistance. Painting,

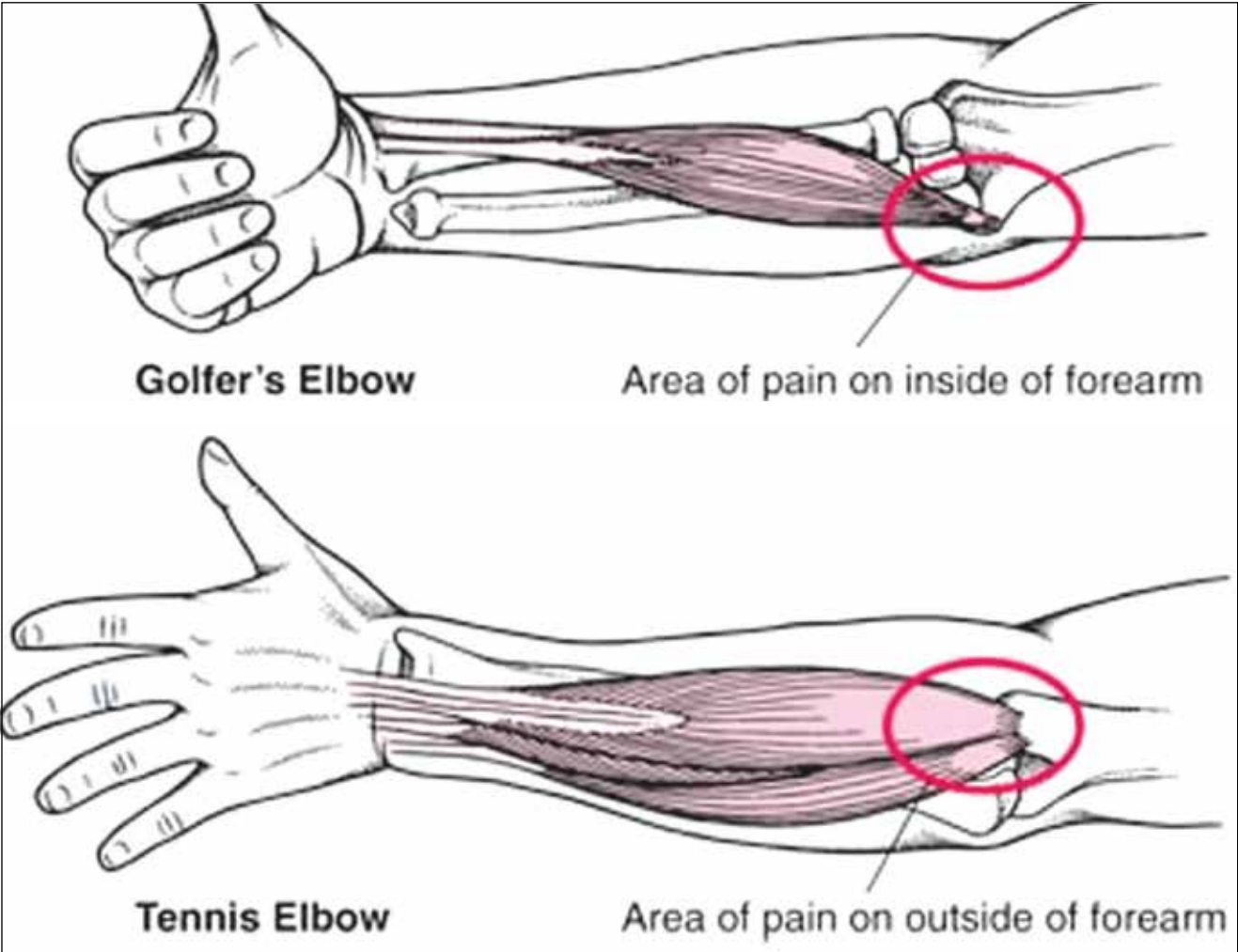


PHOTO FROM WWW.MERCKMANUALS.COM



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gripping, opening doors, and even brushing the teeth or holding a cup of coffee can increase the pain. It can be very debilitating and requires treatment. Tendon injuries can be mild strain to a complete tendon rupture which requires surgery. Left untreated these injuries can become chronic and interfere with activities of daily living.

Physiotherapy treatment is very helpful with tendon strain, particularly Golfer's and Tennis Elbow. Treatment involves taking a careful history to determine the cause of injury. If poor

biomechanics is an issue with respect to a sport than this needs to be addressed. A thorough assessment will examine the flexibility and strength of the surrounding muscles and exercises to stretch and strengthen are prescribed accordingly. Modalities to enhance the healing process are employed. Education is given on the use of a brace and return to sport. A gradual return to play is recommended to avoid reinjury.

Sue Reive has been the owner and primary physiotherapist of the Kilborn Physiotherapist since 1994.

Breaking ground for the new Farm Boy store

by Geoff Radnor

Construction has started on the new Farm Boy store on Belfast Road. The rear of the store will face Belfast and is opposite the Pepsi Cola Building. The customer parking and the store entrance will be on the south side of the building, close to the retail section of the Ottawa Train Yards that includes Kettleman's Bagel Co. VCL workers on the site reckon the new store will be open for business in about a year's time.



Happy Holidays .. Joyeuses Fêtes



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David McGuinty
Member of Parliament | Député
Ottawa South | Ottawa–Sud



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- » Canadian Passport / Consular Affairs
- » Business Opportunities / Grants & Funding
- » Student Loans / Taxation Issues

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- » les demandes de renseignements relatives à la citoyenneté
- » les questions d'immigration
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- » les occasions d'affaires / les options de financement
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Si jamais je peux vous aider, n'hésitez pas à contacter mon bureau.

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Join us from 2pm to 3pm for a piano performance featuring some of your favourite holiday classics.

December 31st - New Year's Eve Party

Ring in the new year at Maplewood! Come celebrate, and enjoy a delicious lunch from 1pm to 3:30pm.

January 3rd - Winter Wonderland

We will be transforming Maplewood into a Winter Wonderland. Come experience a wonderfully themed dinner and a movie from 5:30pm to 8pm.

January 24th - Robbie Burns Day

Come celebrate the life and poetry of Robert Burns with us at Maplewood. We will be hosting a traditional celebration and lunch from 1pm to 4pm.

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





OAKPARK
RETIREMENT COMMUNITY

613-260-7144

December 10th - Euchre Social

Meet other players and join us from 1pm to 3pm for a game or two! There will be plenty of snacks and prizes to be won. RSVP to reserve a spot at the table.

December 15th - Christmas Lights Drive

Join us for a festive drive! Departing at 5pm, we'll pick up food and drinks then be on our merry way to take in the lights of Taffy Lane. RSVP by December 13th.

January 14th - Downtown Abbey & High Tea

Join us from 12:30pm to 4pm for a high tea and social luncheon. We will be dressing in period attire and screening the movie, Downtown Abbey.

January 23rd - Dinner and a Movie

Join us at 5:15pm for a fabulous dinner and a screening of Rocket Man, The Elton John Story. Enjoy some fresh popcorn and drinks in our theatre room. Space is limited to 10, RSVP to save a seat.

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



Riverview Park Review

SECTION TWO

DECEMBER 2019

A Voice of Riverview Park

JANUARY 2020

Taking care of our most vulnerable residents during the holidays

by Jim Watson, Mayor, City of Ottawa

The holiday season is an occasion to reflect on the past year, take a moment to count our blessings and find opportunities to help those less fortunate than us.

But the holidays can also be a hard time for those living in poverty, in temporary housing and shelters or even on our streets. Like many Canadian cities, Ottawa has been experiencing a high demand for emergency housing. Our local shelters and struggling and the low vacancy rate of under 1.6% makes it hard for individuals and families to find adequate housing.

City Council is committed to helping our most vulnerable residents and to providing safe and affordable housing for all. Last year, we invested \$15 million to build new affordable housing in Ottawa, the first investment of this magnitude in the City's history. This unprecedented investment allowed us to approve the building of 266



new affordable units. I am pleased that we will be repeating this investment with Budget 2020 by investing an additional \$15 million into affordable housing.

Further to securing safe and affordable housing, many families are also struggling to make ends meet and to put food on their tables, particularly during this time of year. In Ottawa alone, more than 39,000 people visit an emergency food bank program every month.

This holiday season, I urge you to lend a helping hand to those less fortunate in our city.

Each year, several Food Drives are organized across the city in support of the Ottawa Food Bank, including:

- The 35th annual OC Transpo/ Loblaws Christmas Food Drive on Saturday, November 30
- The CTV Morning Live's Holiday Helpers Food Drive on Thursday, December 5
- My 19th Annual Christmas Celebration at City Hall on Saturday, December 7
- CBC's Project Give on Friday, December 13

In addition to these food drives, you can fill donation boxes with canned and non-perishable items at several City of Ottawa facilities, local schools, workplaces or community centre, or make a monetary donation to the Ottawa Food Bank by visiting www.ottawafoodbank.ca/donate. I invite you to support

the various food drives in our city by donating non-perishable items such as peanut butter, pasta, rice, tomato sauce, canned and packaged soups, any canned food items, baby food and formula and diapers. Visit www.OttawaFoodBank.ca to consult the Ottawa Food Bank's calendar of events and find out where you can donate.

Last year, your generosity helped the Ottawa Food Bank collect and distribute hundreds of thousands of food and non-perishable items and thousands in cash and food vouchers to those in need during the holiday season. Together, let's try to make an even bigger impact this year.

I am proud to support the Ottawa Food Bank each year and hope that you will join the City in spreading a little bit of holiday spirit. Every donation, whether big or small, goes a long way in helping the most vulnerable in our community.

I wish you all a safe and happy Christmas and Holiday Season.



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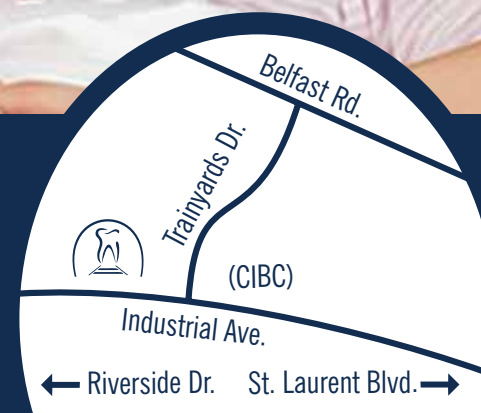
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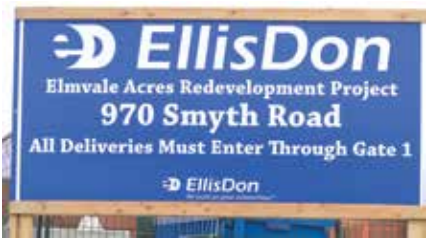


Signs, signs, everywhere signs – of construction

by Geoff Radnor

Kelsey’s has gone and work is well on its way on the 9 storey residential building fronting on to Smyth Road. It will have 168 rental apartments and two levels of underground parking. Three other 16 storey apartment towers are planned for in the new Elmvale Shopping Centre. EllisDon is the company responsible for this construction. Currently the entrance to the centre from Othello is restricted to the one that gives access to the parking lot to Loblaws at the far south of the centre. Customers of the Beer Store, the Ottawa Library, the Rexall Drug Store and the LCBO are finding it hard to find a vacant

parking space as many spots have been lost due to the construction. When it is finished there will be 570 new apartments added to the centre, which previously was all just retail. In the years to come we will see even more traffic on Russell Road and St Laurent.



Why I joined Toastmasters...

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goodmorningtoast61@gmail.com
www.goodmorning.toastmastersclubs.org

by Penny Turnbull

It was during an All-Candidates meeting at Hillcrest High School, the fact was hammered home that I just could not get up in front of an auditorium full of people to ask a question – even if it was a very pertinent question. I was so bothered by this that I went looking for a method to get over my fear and found the solution - Toastmasters

Toastmasters is a worldwide not-for-profit organization that promotes, through experiential learning, methods of public speaking, better communication and leadership. Their program, (Pathways), provides members projects to accomplish through various levels of skill development.

I went to the meetings. Despite meeting and getting to know wonderful people, for a long time I hoped no one would ask me to speak. Gradually I found the courage to try some of the smaller roles. And while I continued to find courage to speak I listened. I actually learned to listen! Years of multi-tasking had hidden my ability to hear and retain information. This was mind bending and career helping.

I heard all sorts of small ideas that would help others to get better at formal and informal speaking. By listening and remembering those accumulated facts, they helped calm my nerves when I finally decided it was time to deliver a project speech. Our group was helpful, caring and supported my efforts to find my voice. The more I talked the easier it was, the more I learned the better I got.

I was definitely less afraid of an auditorium full of people... but more importantly, my presentations at work were smoother, I was prepared with pertinent information and I delivered the message in an engaging manner. I even stopped using ‘um’ every second word.

If you are a morning person, join our group – Good Morning! Ottawa Toastmasters and be energized!

Our sessions are held every Thursday morning from 7:05 to 8:20, at the raised platform area in the food court – Queen Street Fare, 170 Queen Street, Ottawa. For more information visit: <https://goodmorning.toastmastersclubs.org/> Contact us at: goodmorningtoast61@gmail.com. Come experience how Toastmasters can improve your communication and leadership!

Toastmasters is a fun way to learn to find your voice and to learn to communicate in a supportive group. For more information check out: <https://www.toastmasters.org/>

THE END OF WWII IN PERSPECTIVE 1945

Milestones on the road to peace in Europe

by Bill Fairbairn

May 1-2: German radio announces the death of Hitler, who had died on April 30. Hitler's successor, Grosadmiral Karl Donitz, urges order, discipline and continued resistance. German forces in Italy surrender. A campaign that began in July 1943 with the invasion of Sicily ends with Allied troops in Venice and Trieste. The Canadian contribution to the campaign is evident in Sicily and on the mainland.

May 2: Fifth Canadian Armored Division, assisted by eight companies of Dutch troops, complete the clearing of Delfzijl in the Netherlands. The Royal Canadian Navy destroyers Haida, Huron and Iroquois participate in the last convoy battle of the war. First Canadian Parachute Battalion meets Soviet troops near Wismar, Germany.

May 3: Royal Canadian Army Service Corps relief convoys cross the Grebbe Line into German occupied Holland at the rate of one vehicle per minute. Royal Air Force Bomber Command uses Pathfinder Mosquitoes to mark drop zones for an emergency airlift of food and medical supplies for Amsterdam and Rotterdam. Mosquito squadrons stage the last raid of the war in Europe against shipping in Kiel.

May 4: The German command agrees to surrender all German armed forces in Holland, north-west Germany and Denmark. The hostilities are to end at 8 a.m. on May 5, 1945. Offensive operations by 1st Canadian Army are suspended, including 3rd Canadian Infantry Division's planned assault on Aurich, Germany. The chaplain of the Canadian Grenadier Guards and another officer are killed while

assisting wounded German soldiers. They are the last Canadians to be killed in action in Europe.

May 5: The formal surrender of 117,629 German troops in occupied Holland takes place in Wageningen. Prince Bernhard of the Netherlands joins Lieutenant-General Charles Foulkes for the signing of the capitulation.

May 6: Three U-boats are off the Canadian coast when the order to surface and surrender is issued.

May 7: The unconditional surrender of the German armed forces is accepted at 2:41 a.m. in a schoolhouse in Rheims, France. Spontaneous celebrations in Canada are marred by rioting in Halifax.

May 8: The official end of hostilities in Europe occurs in Berlin at one minute past midnight on May 7-8. May 8-9 are celebrated as Victory in Europe with public holidays in Britain. Churchill and the King and Queen greet crowds at Buckingham Palace.

May 11: Canadian troops receive a pamphlet outlining plans for returning personnel to Canada. Volunteers for the Pacific force are first, followed by married men on a broad first-in, first-out principle.

May 16-19: Royal Canadian frigates intercept several u-boats and direct them to Scotland where they are sunk in Loch Eribel.

May 20: Prime Minister William Lyon Mackenzie King announces that a 30,000-man expeditionary force will serve with United States forces in the Pacific. The Royal Canadian Navy will supply 60 ships, manned by 35,000 men.



May 21: First Canadian Army's victory parade is held in The Hague with composite battalions from all Canadian, British, Polish and other Allied forces that served with the 1st Canadian Army. Aircraft from No. 84 Group and 2nd Tactical Air Force stage a flypast.

May 23: As the battle for Okinawa

continues, U.S. planes bomb Tokyo in the largest raid of the war. More than three square miles of the city are burned.



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The Riverview Park Community Association: looking back at the last year and planning ahead for the next year

The AGM 2019

by Carole Moul

MS Montessori was a new venue this past October 23rd, 2019 when the Riverview Park Community Association held its annual meeting. President Bryan Orendorff welcomed the over 50 guests and provided key messages from both last year and priorities for the upcoming one.

Remarks from the two councillors for Riverview Park were welcomed. Riverview Park is fortunate to have both Councillor Shawn Menard of Ward 17 for the Riverside Drive portion plus Councillor Jean Cloutier for the remainder of the community. Both acknowledged the connectivity of the two wards and how what happens in one community can impact on the other.

The Keynote Speaker for the evening was Nick Stow from the City of Ottawa. His message, The Urban Forest, shared about the importance of trees on both public and private property plus the impact that development has on the canopy cover. Dr. Stow works as a Senior Planner in the Resiliency and Natural Systems Planning Unit and was able to provide invaluable information about the importance of trees in terms of climate change and other factors with regard to the value of our urban forest.

There were two local residents who received the Annual Volunteer Initiative Award on behalf of David McGuinty, MP for Ottawa South.

“It is people like Kathy Wright who are the unsung heroes and who work behind the lines and expect no recognition,” noted Anne Stairs in her nomination for Kathy Wright to receive the Annual Volunteer Initiative certificate. “Tonight, we want to recognize and thank her so much for her efforts that have improved our community life.” Anne then read a long list of volunteer activities where Kathy Wright has been involved.

Nominated by Raylene Lang-Dion, Denise Kennedy received the other Annual Volunteer Initiative Award for her invaluable contributions to this community and beyond. Aside from being a volunteer for the Friends of the Central Experimental Farm, Denise took on the role of looking after the gar-

dens of the Riverview Alternative School. The distribution team of the Riverview Park Review are also very grateful for her role in helping get out our community paper.

Congratulations to these two very well-deserving volunteers.

The RPCA –AGM continued with the Treasurer’s Report plus Committee Reports, and the election of a new Board of Directors. Notes of appreciation should also be made at this time to retiring Board of Directors Anne Stairs, David Knockaert and David Hood.

Snjezana Kulic and Brian Kimberley from the Maplewood Retirement Community were acknowledged and graciously thanked for their continued generosity in allowing the RPCA to meet there every month. Jim Puskas was introduced from the Kiwanis Club of Rideau, and Jay Innes from the Perley and Rideau Veteran’s Health Centre was also recognized.

The meeting was adjourned by President Bryan Orendorff after giving some very positive closing remarks.

Raylene Lang-Dion (L) shared her reasons for nominating Denise Kennedy (C) to be a recipient of the Annual Volunteer Initiative Award provided by David McGuinty, MP for Ottawa South. RPCA President Bryan Orendorff showed the audience the well-deserved award. PHOTO: CAROLE MOULT



Please welcome the RPCA Board of Directors for 2019-2020: Left to right: Craig Cormier, Sam Kazak, MB MacDonald, Dianne Hoddinott, Kris Nanda, Bryan Orendorff, Wanda Raymond, Glen McPherson, and Raylene Lang-Dion. Not pictured are Lorella Piirik and Ron Ridley. PHOTO: CAROLE MOULT



Dr. Nick Stow of the City of Ottawa was the Keynote Speaker and talked about the importance of ‘The Urban Forest’. PHOTO: GEOFF RADNOR



RPCA President, Bryan Orendorff, (R) welcomed Councillor Jean Cloutier (L) and Councillor Shawn Menard (C) to the October 23rd Annual General Meeting. PHOTO: GEOFF RADNOR



Anne Stairs (L) presented Kathy Wright (C) with her well-deserved Annual Volunteer Initiative Award for the many volunteer activities she tirelessly participates in. RPCA President Bryan Orendorff helped offer the congratulations on behalf of the Riverview Park Community Association to Kathy Wright. PHOTO: CAROLE MOULT



No more lacing up your skates

by Denis Poitras

As winter creeps in the cold weather signals that we will be able to enjoy a time of recreational skating on pond or outdoor rink. Fresh air filling our lungs is surely a great feeling in Canada. Yet recreational skating has changed in past years. Even lacing up our skates is becoming a thing of the past.

Soon you will see ice rinks pop up in your neighborhood and that will bring childhood memories of a rink at the back of the house. I remember days when my father would create the biggest ice rink in our back yard for all the kids in the neighborhood to play with us. As we grew older, we would find a frozen pond and have tons of fun playing our national sport. Nowadays, I get even more pleasure just skating in a rink or on the canal.

Comfort is one main reason for buying a pair of K2 Ice BOA skates. I can even place them on my feet without removing my gloves, which is a bonus when skating outside.

For the past few years, a skate company named K2, has developed



Rink Raven Junior (angled)

a high tech skate with an Ice Boa system. K2 has taken major steps to ensure the recreational skater gets comfort while keeping his or her feet warm due to a layer of Thinsulate insulation. Furthermore, a BOA system is used to tighten skates without even having to lace them. This mechanism is used on downhill ski boots, which is much easier than the normal lacing system. K2 has such confidence in its skates that there is a year long warranty. The BOA system also has a lifetime warranty in a case of manufacturing defect. One should try to find on the market such a warranty. You may be looking forever as they have the best manufacturer warranty a customer could desire regarding skates.

To make things clearer the BOA system is a mechanism extremely easy to use and it provides great



FIT Ice Boa (angled)



Alexis Boa (angled)

closure. BOA was developed in 2001 with the goal of replacing shoelaces on skates with a system that is faster and more convenient. The result is a dial and wire system that has filtered into everything from snowboard boots to helmets.

To make matters easier here is a description of the skates. The K2 F.I.T. Ice BOA skate, is the premier model in their lineup. The skates feature a copyrighted K2 soft boot design. It has the added benefit of a BOA closure system for “easy on, easy off” capabilities.

The Thinsulate liner is coated in water repellent materials that will keep your feet toasty and dry while on the ice. The Enhance Stability Cuff offers a level of support never experienced before on a recreational ice skate and its injection locked blade is easy to sharpen which keeps you gliding and edging on the ice. This means that the steel is of high grade and helps keep its edges.

The skates are available at *Figure 8 Skate Specialists*. The kid’s model, Rink Raven Boa, range in size from 11-2, 1-5, 4-8 so they grow in sizes as the kid grows. The women’s version Alexis Ice Boa, coming with a figure skating blade or a hockey blade, ranges in size from 4 to 11 as well as half sizes. The men’s version F.I.T. Ice Boa ranges from 5 to 14 with half sizes available. As you can see they have a wide range of sizes that is surely welcome for finding the right size skate.

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 do *they* know about *our* dining-out habits?

by Carole Moul

Obviously, there are many who know much more about *our* dining out habits than we do ourselves. Use Google on the internet and you will discover that there are hundreds of market research companies in Canada posing questions about almost every topic. Next, begin asking about subject specifics such as the Canadian Food and Beverage Sector. The results will appear endless. The word ‘shift’ or several words similar to it are frequently used to describe how our dining habits have been changing over the years.

The Canadian government agency responsible for producing statistics to help better understand Canada, its population, resources, economy, society, and culture is Statistics Canada, commonly called StatCan or StatsCan. It was created in 1971, and is headquartered here in Ottawa.

In January 2019, StatsCan provided a report, ‘Eating out- How often and why’, noting that 54 per cent of Canadians who responded to a government survey said they eat out at least once or more a week, 39% per cent answered that they eat out less than once a week, and only eight per cent of respondents said that they hadn’t eaten out in the past month. The data is from the 2016 General Social Survey on Canadians at Work and Home and helps provide an overview of Canadians’ habits, in this case, when eating out and purchasing takeout food.

And, why do we like to eat out so much? Fifty-two per cent of respondents stated that they see eating out in terms of treating themselves, celebrating a special occasion or event, or socializing with friends and family. Forty per cent of respondents said that they eat out due to not liking to cook, not knowing how or having no time, with dinner the meal eaten out most often at 49% of respondents. Lunch follows next at 33%, however for breakfast, that number was only 10%.

As of March 2017, from Statista, an online statistics, market research and business intelligence portal, it appears that Chinese food was the most popular cuisine among Canadians when choosing to eat out at a restaurant, followed by Japanese, American, Thai, Italian and Greek fare.

According to a different study, this time on ‘financial guilty pleasures’, ‘Canadians overwhelmingly admit that restaurant food is their most popular indulgence, with 72 per cent dining out and 71 per cent ordering takeout more than a few times in a typical month’. The report, from *Capital One Canada and Credit Canada*, was provided during Credit Education Week., October 2017. The next indulgences for Canadians came from daily coffee purchases (50 per cent), online shopping (44 per cent), clothes shopping (33 per cent) and beauty services (23 per cent).

Restaurants Canada is a national, not-for-profit association representing Canada’s diverse and dynamic foodservice industry. On their website they note, ‘*Foodservice Facts* is Canada’s most trusted foodservice industry research and insights guide’.

Their latest edition of *Foodservice Facts* covers all the latest



Author shares his memoir: Bill Fairbairn of the Riverview promotes his latest book at the 3rd annual Rio Vista book fair and art salon in Ottawa Nov. 16. PHOTO: YVON PICHETTE



Matt and Jenna enjoy the iPad ordering experience at 168 Sushi. They would also be considered to be Millennials and according to statistics are a part of the changing landscape at restaurants. PHOTO: CAROLE MOULT

foodservice sales trends, and reports how Generation Z-ers (people born between 1995 and 2015 and who are currently 4-24 years old) and Millennials (people born between 1981 and 1996 and who are now between 23-38 years of age), have been changing the foodservice landscape.

Report Highlights note that: 79 per cent of gen-Z consumers and 71 per cent of Millennials order food or beverages from a restaurant at least once a week or more; consumers under 30 years old spend 44 per cent of their food dollar on food and alcohol from restaurants,

compared to 35 per cent for those between the ages of 30 and 39, and just 27 per cent for those 65 and older.

And, looking around our nearby 168 Sushi Restaurant, John Ke, the owner would have to agree with what has been written about the age demographics of his customers. Yes, there are people of all ages who enjoy the dining out and iPad ordering experience that his 1760 St. Laurent Blvd. provides however, it is indeed the gen-Z consumers and the Millennials who are the most prevalent in the booths and at the tables.

So what do *they* know about *our* dining out habits? According to the work of the experts looking at the statistics, it would appear to be quite a lot!

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



John Fraser, MPP Ottawa South



Thank you!

Thank you to everyone who came out to our Constituency Office Open House on October 26. It was great to meet new residents and see old friends.

Happy Holidays!

My family and I sincerely wish you and your family the very best for this Holiday Season.

Pancake Breakfast

I will be hosting our annual festive Pancake Breakfast on December 23, 2019 from 8:30am-10:30am at the Albion-Heatherington Recreation Centre. (1560 Heatherington Rd.)

All are welcome to come and enjoy some holiday cheer!

New Year's Levee

We will be hosting our New Year's Levee on Saturday, January 12 from 1-4pm at 3 Sisters Bakeshop. (2211 Arch St.) Please join us!



Happy 2020!

I want to wish you and your families a very Happy New Year and I am looking forward to continuing to work hard as your representative at Queen's Park in 2020.

Christmas Office Hours

Our office will be closed from noon on December 24 through to January 6. For any urgent matters, please feel free to contact us as emails and voicemails will be monitored.



We are here to help

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



John Fraser, MPP Ottawa South

1828 Bank Street
Ottawa, ON K1V 7Y6
T: 613-736-9573 | F: 613-736-7374
jfraser.mpp.co@liberal.ola.org
johnfraser.onmpp.ca



Making Changes in Speed Limits

by Geoff Radnor

Residential sectors of the city of Ottawa built since 2009 are subject to a 40 km/h speed limit. How that limit is signed I do not know. Riverview Park was developed in the 1950's and like the rest of the city streets was subject to the general speed limit of 50 km/h.

With the city's objective of safe streets in residential areas the speed limit was lowered to 40 km/h in those areas. This change could result in new signs being added to our already cluttered streets. So the city decided last year to erect

new signs only at the entrances of residential areas that were developed prior to 2009. How many signs have been installed since then? I would hazard a guess at quite a few. One example is at Dorion Ave a few metres from the intersection of Alta Vista Drive. You are advised that as you turn onto Dorion from Alta Vista, that you are entering an area with the residential speed limit of 40 km/h. Conversely as you proceed down Dorion towards Alta Vista you are advised that you are leaving the 40 km/h speed limit area.

How these new signs will affect traffic on our local streets is some-

thing the city is hopeful on. The signs do not change the speed limits on Coronation Blvd, that is still 50 km/h. and you still have to navigate those 'pesky flexies', but they are gone now as winter approaches.



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MAKING SENSE OF INVESTING

Member - Canadian Investor Protection Fund

by Bob Jamieson

To retire comfortably, you need to save and invest regularly using an effective savings and investment strategy. Maximizing RRSPs or other retirement accounts will likely be essential to realizing your retirement goals. Once you retire, you'll need to "switch gears" somewhat and begin considering wealth transfer strategies.

An effective wealth transfer strategy can help you accomplish a variety of goals, such as distributing your assets the way you choose, avoiding probate fees and reducing estate taxes. You can explore a variety of wealth transfer tools, including the following:

- **Gifting:** Gifting your assets to your adult children can help minimize the size of your estate, reducing the tax burden at death. This could also potentially lower probate, executor and legal fees. Be careful when gifting property (including cash and securities) to a spouse or minor child, as income attribution rules may apply, causing income earned on the gifted property to be taxed in your hands.
- If you donate securities with a capital gain to a registered Canadian charity then there is no tax payable on the capital gain, and you get full credit for the donation, up to the standard charitable deduction limit.
- **Will:** A will is simply a plan for distributing your assets to family members and other beneficiaries. If you were to die intestate (without a will), provincial laws would determine how your assets should be distributed — and there's no guarantee that the end result would be what you would have chosen.
- **Beneficiary designations:** Many of your financial assets — including life insurance policies, RRSP/RRIFs and TFSAs — allow you to name a beneficiary, and the option of contingent beneficia-

ries. Upon your death, your beneficiary will automatically receive these assets, avoiding the sometimes time-consuming, expensive (and public) process of probate. It is essential that you periodically review these designations to make sure they reflect your current wishes and that they do not conflict with the terms of your will.

- **Trusts:** Different trusts can help you accomplish a variety of wealth transfer and estate planning goals. For example, an inter vivos trust can help you leave assets to your heirs without going through probate. You can also structure the trust to stagger payments over a number of years, rather than all at once, or include other restrictions or incentives.
- As you can see, trusts are versatile instruments — but they are also complex. Consequently, you'll need to consult with your tax and legal advisors regarding your particular situation.
- **Permanent Life Insurance:** When building an estate for your heirs, you have typically considered both registered and unregistered investment accounts as your principal sources of accumulating wealth. Permanent life insurance can be used to pay taxes on the estate, but also to effectively accumulate wealth and pass it along to children or grandchildren, typically in a very tax-efficient manner.
- All the wealth transfer techniques we've looked at will require some careful thought and preparation on your part — so don't wait too long before getting started. Time has a way of sneaking up on all of us — but it's especially sneaky when we're unprepared.
- If you would to discuss the above strategies in more detail, please give me a call at 613-526-3030.

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Addressing the concerns of Everest Private

Information collated by Carole Moul

On Tuesday evening, November 12th 2019 at the Dempsey Community Center, Councillor Cloutier hosted an open house with regard to the development applications for 374 Everest and 355 Everest. Information and details were provided by both the developer, Groupe Heafey, and Fotenn Consultants. During the course of the evening, questions were asked by the interested people attending the meeting, and responses were provided by Carmine Zayoun, one of the Vice Presidents of Groupe Heafey plus members of Fotenn Planning and Design, Ottawa, Nick Sutherland and Jaime Posen. Councillor Cloutier provided a number of responses as well.

Concerns raised were the following:

- Originally, this phase of the development was supposed to be 100 apartments and 82 condos. This is what the residents were promised when they first bought;
- Since moving in, it has become clear that their private road is problematic. It has speeding issues and is not safe for pedestri-

- ans at current traffic volumes (i.e. without any further development). The Condominium Corporations have implemented traffic calming measures at their own cost to try and address the issue, but it's still not great;
- Now a much larger development is being proposed: two apartment buildings totaling 293 units;
- As originally proposed, the new apartments were to access Russell Road via Everest Private;
- The associated increased traffic volumes raised significant safety concerns for the private road. It also raised concerns from residents in the larger area regarding traffic impact on Russell Road;
- After conversations with the developer, they have tentatively agreed to switch the access to a new intersection on St Laurent Road. This new intersection would be built as part of a new development on St Laurent that will be submitted to the City in the coming months. The 293 apartments would still initially use Everest Private for access until the new intersection is built, but that would be temporary. The connection to St Laurent is contingent on City of Ottawa approval;

- This would largely address the safety concerns of Everest Private, other than for the period of time between when the apartments are built and when the new intersection is constructed on St Laurent. The same can be said for the concerns regarding Russell Road;
- The developer has agreed to install traffic calming measures on Everest Private to help mitigate issues during this interim period;
- The developer has agreed that all construction traffic will access the site exclusively from St Laurent. This is big for residents of Russell Road and Everest Private;
- The developer has made an agreement to route traffic of heavy equipment and other construction traffic during the construction phase via the St Laurent access.
- The developer has been good to come to the table and do his best to address the Condominium Corporation concerns.
- The western side of St Laurent will also be re-developed by Groupe Heafey in the next few years.

As densification spreads in the neighbourhood, many concerns such as those listed above will become a common source of debate.



These photos illustrate the reasons for Everest Private condo owners' concerns. Their condominiums are located just off the east side of Russell Rd., near Haig. The proposed apartment towers will be on vacant land behind the condos. The condo owners are raising their concerns because of the high potential for traffic congestion with both residents of the condos plus two apartments using the same private roads. Their roads are very narrow, have 90 degree angles, lack sidewalks and have parking spots abutting them. PHOTOS: GEOFF RADNOR



This rendering of the proposed high rise towers has been shared with the residents and home owners of the existing condominiums.



Prior to the meeting, hosted by Councillor Jean Cloutier, display boards were situated around the room for viewing. Everest Private homeowners, Luigi and Linda Aurora, checked these out carefully.



Carmine Zayoun, a Groupe Heafey Vice President, spoke to the audience about the proposed apartment towers and planned changes in and around Everest Private.

THE ARTS BY DIANE STEVENSON SCHMOLKA

Buried treasures of all genres in surprising places

This will be my first presentation on this topic, but the one of many, interspersed with interviews, and other approaches to this amazing issue.

The internet has become an essential source of learning for those who endeavour to ask questions and search for answers. When I find some solutions to questions I posed on my search engine, many more questions appear in my mind. When I discovered You Tube over 10 years ago, I was amazed at the number of composers, visual artists, dramatists, choreographers and more, of which I had no knowledge. When I attended McGill for my music degree, the composers we studied were mainly German, Italian, French and English. We touched on a few Slavic ones and a couple of American composers. After I graduated, I sought out more, and soon after I focused on Canadian artists of all kinds.

I was trying to find my natural “place” within myself as a composer, but what continually became apparent to me, was what I discovered I was doing when I improvised at the piano, was the music to which I was introduced when I was 13 years old, along with the Scottish, Irish and Welsh music I discovered in my mother’s old high school music book.

When I was in CGIT, our leader had us invited to a Friday evening Shabbat service at Temple Emanuel in Montreal. I was enthralled by their music! I learned the beautiful, short “Baruch Ata Adonai” immediately by heart, and still sing it to myself every Friday evening. Both my Celtic genes and my attachment to Jewish music play a significant part in my own compositions. This has led me to research the music of many other under-represented women composers, not Northern or Western European or North American.

What makes Jewish women composers my first focus for this article?

First: Jewish culture being originally Asian, and like many other Asian societies and over many centuries, spread over much of Europe, then the rest of the world. (the spread is similar to that of Celtic cultures, for similar reasons). Jewish melodic, harmonic rhythms and memes in all genres of their works, whether religious, classical, secular, klezmer, (folk), world, jazz, are iconic to their approach to their communities.

The rhythmic styles were originally based on their liturgical chants. Much of their melodic and harmonic usage was also derivative of sacred songs. During the Mediaeval, Renaissance and Baroque Periods, much more creative and expansive development was encouraged and expressed, along with a great widening and deepening of folk, dance, and ‘art’ music genres of Jewish Music. Because of wars, trade, and the burgeoning expansion of a prosperous busi-



Alma Maher



Duarte family portrait- Leona Duarte (circled)



Jane Marion Joseph

ness class, Jews were encapsulating the influences of Central, Eastern and Southern European cultures.

This is especially noticeable when listening to Romanian and Ashkenazic folk music.

A similar ‘fusion’ is noticeable when listening to Spanish, Gypsy (Flamenco), Arabian and Sephardic music. Jewish composers musically ingested those ‘fused’ ‘memes’ into their compositions. Here are just a few examples: typical Ashkenazic: ‘Raisins and Almonds’ (Roghenkis Mit Mandlen-You Tube); typical Sephardic: 1. You Tube-Yamma 2.Trio-‘Global Hebrew and Jewish Music’ & Montserrat Figueras-‘La Rosa Enflorece’. Jewish Temple Music: ‘Avinu Malkenu’-You Tube.

Marriage or nunnery?

Most women artists of one kind or another were unable to practise their disciplines after they married. Medieval female artists could become ‘troubadours’, (female troubadours), but had to be from the nobility or aristocracy. To have their own career, they had to leave their

comfortable family estates and roam throughout the land, composing and performing. Most were not from the upper class, so had only two choices: marriage, (arranged), or nunnery. Renaissance and Baroque female composers could not perform or publish after they married. Very few had supportive husbands, so often their choice was not to marry. Jewish women artists had even a harder time of it, because of Talmudic laws and isolation; and in many countries, alienation from the rest of society, due to anti-Semitism. From the 16th C. to the 20th C., female Jewish composers have been quietly and consistently composing.

Leona Duarte, citizen of Antwerp, a Jewish Converso, born in 1610, to a prominent family of merchants and art collectors, was a violist and composer of seven sinfonias for viol. Her works were very descriptive of the behaviors and nature of life in the early part of the 17th C. Within these works, one can perceive contentment before a blazing fireplace, rustling leaves and more. Her sinfonias were recently recorded by the group: Sonnanmbula, a group based in NYC.

Alma Mahler, composer, born Alma Margaretha Maria Schindler, August 31,1879, in Vienna, became a composer, author, poet, and socialite. She composed 17 song cycles, became the wife of Gustav Mahler, famous composer, but 17 years her senior. While he retained very conservative ideas of women, and discouraged her composing activities, he changed his perspective when she became depressed for many months. After her seeking psychiatric help, by whom the psychiatrist, himself, blamed Mahler for his bias of her musically creative abilities, she returned to composing in earnest and became much happier. Gustav died soon after their reconciliation (1911). In 1938,after the Anschluss, Alma was forced to flee Austria. It was unsafe for Jews. Eventually the couple settled in Los Angeles. In later years, her salon became part of the artistic scene, first in Vienna, then in Los Angeles and in New York.

Jane Marion Joseph, (1894-March1929), composer, arranger, librettist, performer, producer, music teacher and transcriber and active member of Society of Women Musicians. She was a prodigious musician, whose compositions were admired not only by other female composers, but by Vaughn-Williams, Gustav Holst and the British public. Her life was cut short by kidney failure.

Because my maximum word allowance is 1,000 words, I must leave you with a small list of these amazing composers. They can be found on the ‘Net’: Elena Romero, Anna Rubin, Mirrie Hill, Verdina Shlonsky, Elena Gnessina, Erika Fox, Sarah Feigin, Henrietta Bosmans, Yardina Alotin, Lina Alcalay. Several were victims of the Holocaust, composed songs in the camps, but perished there. Their biographies can be found in Wikipedia, and a few samples of their music can be found on You Tube.

It is my deepest wish and highest hope that the voices in the many compositions which these women I cited, along with the many Jewish female composers, whose works were either destroyed or never published, will be discovered somehow, or re-created. I long to hear what is, so far, those amazing harmonies which are symphonies of sounds of silence.

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This is a first in Riverview Park

by Geoff Radnor

Our community started when the small houses on the four streets to the west of Alta Vista were built in the early 1950s. They were Dale, Abbey, Caledon and Balfour. Over the next few years Riverview Park spread eastwards towards Russell Road. We have seen the later additions such as 700 Coronation, Pixley, Renova, Santa Cruz, Mimosa and Sonata add more homes to the neighbourhood. Riverview Park has certainly grown over the years.

To the south of us, on the other side of Smyth Road, development of suburban Ottawa continued, some of the lots were larger than in Riverview Park. We see this now as these larger lots have had the original bungalows demolished and much larger homes built on them.

Pleasant Park Road is one example where there are still some of the smaller original homes that have escaped the wrecker's ball, but for how much longer? One new development is on the corner of Alta Vista Drive and Mountbatten Ave, where RND are planning to replace the original home on its large lot, with more than one. RND are a local company with their office

on Industrial Ave. Across from this house is the oldest house in Alta Vista built in 1940 when it was the Billings family farm

The demolition of a bungalow on Neighbourhood Way (formerly Blair Street) is the first example of the loss of an original house in Riverview Park and its replacement by a much larger building. Is this the first sign of a trend coming to our community that is so evident in other parts of the city?

Just recently the city of Ottawa became a member of "The Millionaires Club", our population has reached 1,000,000. The federal government has promised that Canada will welcome almost a million new immigrants in the next few years. So where are they going to live? Someone had better start planning on building lots of new homes. People will buy or rent these new ones and someone will move into the places just vacated and the immigrants maybe will move into what is left. But the country needs lots of affordable houses and soon. The large new homes in Alta Vista selling for over a million are not the answer. Is the new house under construction on Neighbourhood Way a possible answer?



Some nice things about the LRT

by Geoff Radnor

As we come closer to the time of the year when we all send our best wishes to our family, our friends and just about everyone else, it behooves me to not say anything nasty about the new LRT. We hear it all on TV and on all social media. So let's look on the bright side of life.

The City of Ottawa devotes 1% of the budget of all capital projects to public art. For the LRT that came to about \$7 million for the thirteen installations. So, about 5 years ago the city sent out requests for public art installations for each of the stations on the new LRT line. I went to see what we got at the Tremblay Station. Besides being almost overwhelmed by the large VIA sign, the artist Jyhling Lee from Toronto created "National Garden".

It is installed under the covered walkway that partly connects the Tremblay Station with the Via Rail Station. It is a pity that there could not be complete integration of the two stations despite the fact that even the planners involved

know that we have winter for a few months a year.

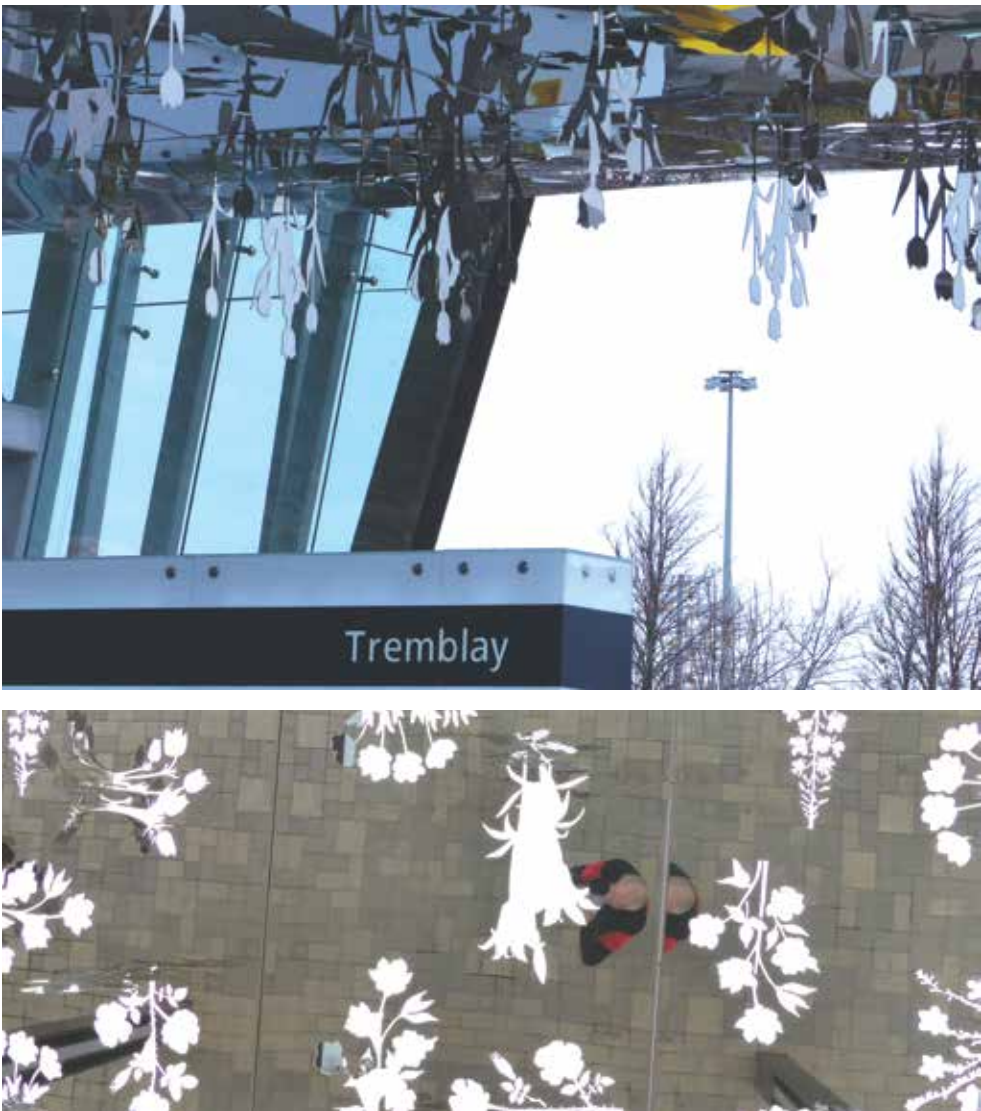
"National Garden" is composed of mirrored finish stainless steel panels representing the flowers of Canada. They are suspended from the roof of the covered walkway which also has cut outs of similar shapes.

Jyhling Lee is an architect, a public artist and an active contributor to the cultural community of Canada. She is passionate about the socially enabling role of public art and design in place-making within the built environment. She feels that public art and public space making lies between the realm of art, architecture and urban design. She is based in Toronto and Saskatoon and is the principal of Figure-ground Studios Inc. and has been involved with many public arts' projects in Canada.

Jyhling Lee says about her Tremblay station project,

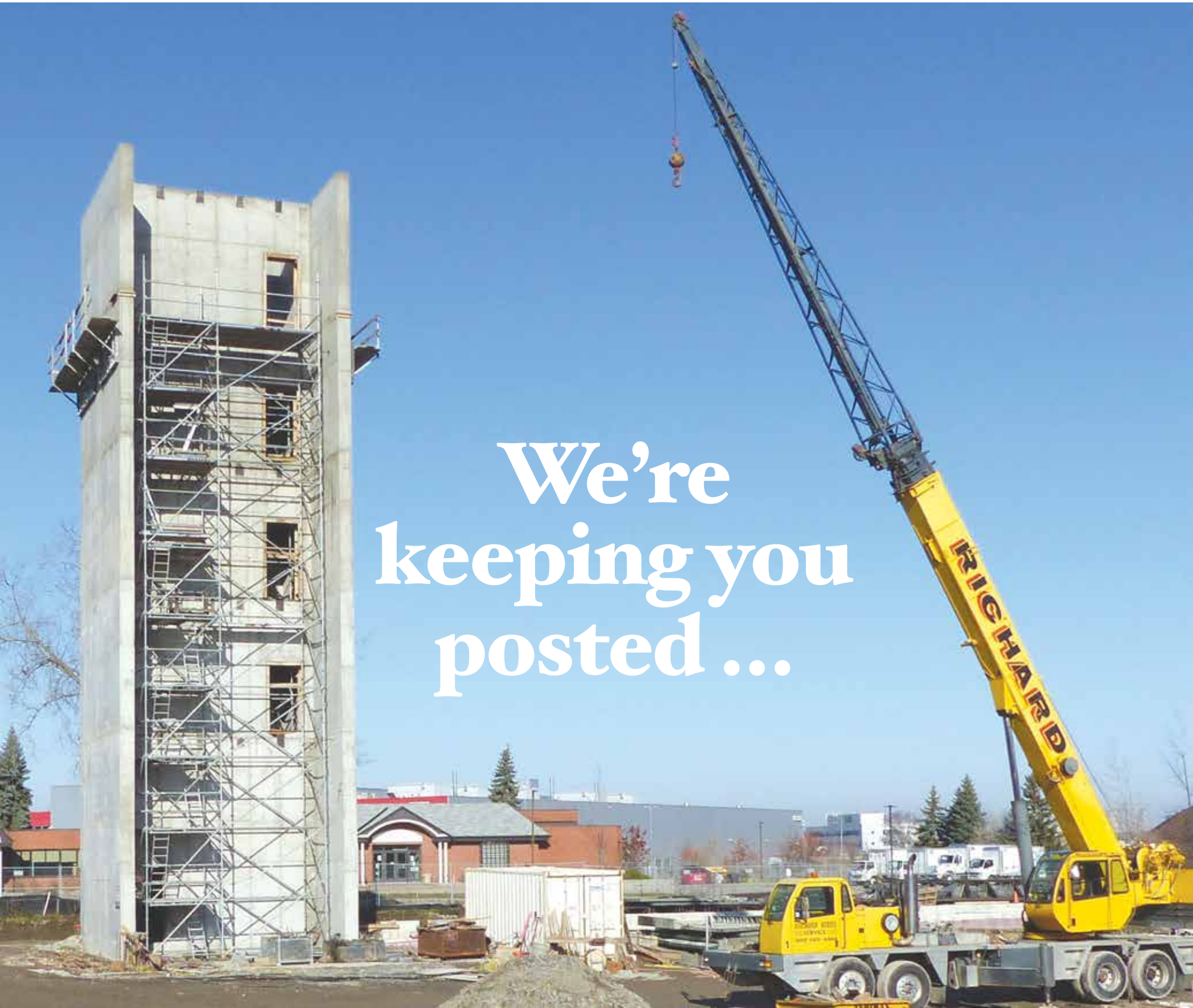
"The flowers will waiver in the wind, create shadows on the ground. The piece will be constantly changing because of its capacity to reflect and take in the surrounding environment."

So if you manage to use the LRT and get on or off at Tremblay, take



PHOTOS: GEOFF RADNOR

a few moments to see the beauty flowers that the artist created in stainless steel. above you and try to identify the



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keeping you
posted...



Chris
Ellis

Public School Trustee

Alta Vista/Rideau-Rockcliffe

Zone 6 Ottawa-Carleton District School Board

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

Work continues on the Dymon Storage building at 851 Industrial Avenue. First down came the Budget Car Rental that had been there plus some trees and now up are going three cement elevator shafts. Eventually, this Dymon Storage will be five storeys high. Construction is everywhere; however this way of building a structure is somewhat different.

PHOTO: GEOFF RADNOR

Riverpath, where it's not just a retirement community, but a community hub...



The map to Riverpath Retirement Community



Wallace is an 18 ½ month old Miniature Schnauzer. She could be considered a ‘regular’ as she visits Laura Griffin at Riverpath almost every day. On this particular Friday, Wallace is at the Wine and Cheese Get-Together. Under age perhaps, but very well- behaved.



A huge *Thank You* to volunteer, Sharan Kruger, for making sure that everyone was well looked after on that Friday afternoon. What a personable and welcome addition to have at the Riverpath Retirement Community, while taking such good care of everyone. PHOTOS: CAROLE MOULT



These three were great sports even after the photographer sat down with them and asked if she could take their picture. From left to right are: Raymonde leBlond, Denyse Brisson and Claudette Toole. They too were enjoying Riverpath’s Friday Afternoon Wine and Cheese.



More good sports at this Friday afternoon Get-Together. And, while it might have been cold outside, inside the lounge at Riverpath it was warm and inviting. Merci to (from left to right) Mariette Lafrenière, Normand Lafrenière and Thérèse Perron for sharing their time.



With the *Holiday Bazaar* just around the corner, these Santa’s helpers were wrapping an interesting-looking collection of holiday gifts. Thanks to those who donated items and (from left to right) Suzanne Dansereau, Pauline Trudel, and Mimi Binda, the bazaar shoppers were going to have a wonderful selection. No doubt people from many of the groups who hold their meetings or luncheons at the Riverpath Retirement Community will be getting in some early holiday shopping as well.

Kingdom Coming: a Minstrel Song of the American Civil War

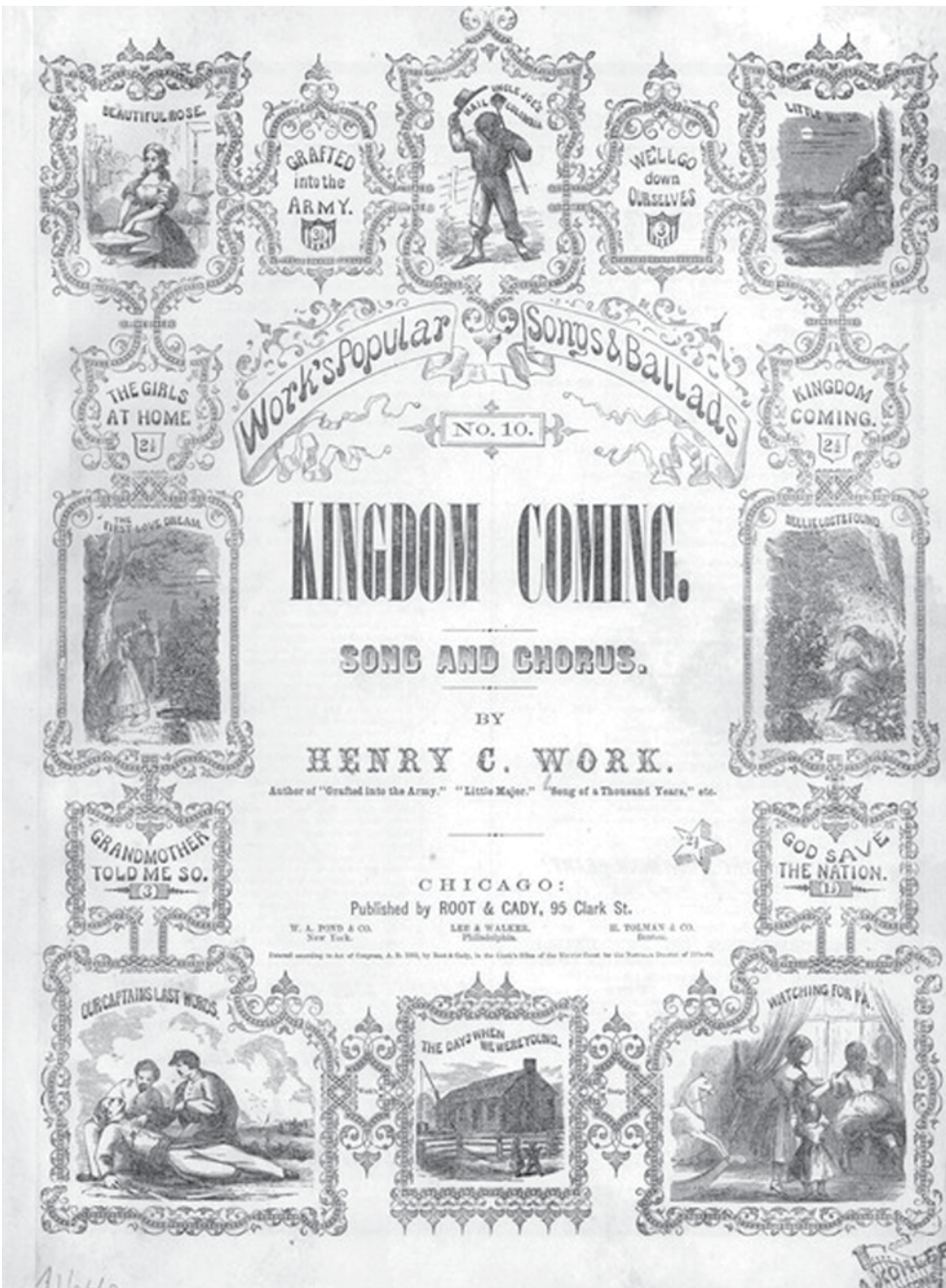
by Brian McGurrian

Major wars seem to create memorable soundtracks. Many of us still remember the century-old songs of WWI, such as *Mademoiselle From Armentieres* and *Pack Up Your Troubles*. And I don't doubt that you will even remember some songs from the American Civil War of the 1860s, such as *When Johnny Comes Marching Home*, and *Dixie's Land* ("Oh, I wish I was in Dixie, Hooray, Hooray..."), and *The Battle Hymn of the Republic* ("Mine eyes have seen the glory of the coming of the Lord...") later to be inscribed on the base of an inspiring sculpture in the American war cemetery at Omaha Beach in Normandy.

For me, one of the most delightful and fascinating Civil War songs is *Kingdom Coming*, composed by Henry Clay Work in 1862. Henry Clay Work was raised in Illinois where his family home was actually a way station on the Underground Railway that brought thousands of escaping slaves to freedom in Canada.

Not surprisingly, Work was a committed abolitionist, and the title of his brilliant song relates to the Kingdom of God and the Year of Jubilee described in the Book of Leviticus, an event recurring every fifty years, when slaves and prisoners are freed, debts are forgiven and the mercies of God are made manifest.

But despite its underlying sober message, *Kingdom Coming* is also a comic minstrel song, a song that describes a group of Southern slaves, giddy with excitement over the approach of the Union army and their impending emancipation. They seize the opportunity to imprison the hated plantation overseer in the smokehouse cellar and then proceed to help themselves to the Mas-



sa's supply of wine and cider. There is a wide range of attitudes expressed in minstrel songs, and *Kingdom Coming* adds a very different flavor to the mix. Yes, there is comic caricature in this song, but it's mostly personified in the white 300-pound 'Massa': "He six foot one way, two foot tudder, and he weigh tree hundred pound, / His coat so big, he couldn't pay the tailor, an' it won't go half way round." The Massa was last seen waddling down the road trying to make good his escape from the ap-

proaching Union army. As we are told in the refrain: "De Massa run, ha, ha! De darkey stay, ho, ho! / It mus' be now de kingdom coming, an' de year ob Jubilo!" In *Battle Hymns: The Power and Popularity of Music in the Civil War* (2012), historian Christian McWhirter points out the subversive intent behind Henry Clay Work's ostensibly innocent lyrics. Work used the same "blackvoice" dialect as many other minstrel songwriters, but in a much more radical context: "His ... slave singers are celebrating a complete racial inversion, as the master becomes the runaway while the slaves stay on the plantation. The very premise of slaves taking over a plantation hinted of slave rebellion — a subject most other songwriters would have considered off-limits... The song's radicalism is evident, but Northern audiences ate it up anyway because the presentation was seemingly comical and irreverent." Wikipedia informs us that Henry Clay Work, despite his strong abolitionist credentials, is now frowned upon because he used "slave dialect" in songs such as *Kingdom Coming*. What's the issue here? Is it likely that a minority group would be hurt or humiliated by an entirely plausible historical and comical portrayal of a group of slaves who turn the tables on their

overseer and their Massa? In fictional narratives, authors are compelled to employ descriptions of dress and speech and behaviour in order to create characterization and to express motivation. Shortly before the Civil War, Harriet Beecher Stowe's celebrated novel, *Uncle Tom's Cabin* (1852) had a profound effect on attitudes toward African Americans and slavery in the U.S. In passages such as the following, Uncle Tom's grace and courage and integrity (as he refuses to whip an innocent woman) is set in contrast to the ignorance and cruelty of his overseer Simon Legree: "I beg Mas'r's pardon," said Tom; "hopes Mas'r won't set me at that. It's what I ain't used to, - never did, - and can't do, no way possible." "Ye'll larn a pretty smart chance of things ye never did know, before I've done with ye!" said Legree, taking up a cowhide, and striking Tom a heavy blow cross the cheek. If Stowe had been compelled to use correct syntax and vocabulary and pronunciation in her characterization of Tom (and Legree) would her message have been improved, or merely rendered incomprehensible? Henry Louis Gates Jr., Director of the Center for African American Research, Harvard University, himself an African American, observes: "there are so many parent groups, particularly black parent groups, who want to throw [Huckleberry Finn] out of the high school curriculum because the word 'nigger' appears... And then there's Uncle Tom's Cabin, I know, but what we have to do is help people to understand that just because the word 'nigger' appears doesn't mean we have to throw the book out. I mean, we can use these as teaching opportunities ...for goodness's sake, we can't lend ourselves to censorship." It is said that the black troops of the Union army enthusiastically sang *Kingdom Coming*, "while marching into Richmond in the closing days of the Civil war." (Yes, that's right, African Americans signed up in the tens of thousands and fought valiantly against the Confederate forces. They were officially designated as USCT – United States Coloured Troops, and in total, represented about 10% of the Union forces during the later stages of the war.) *Kingdom Coming* was first performed on stage by a group called the Christy Minstrels in April, 1863. I would have loved to be present for that performance, but the next best thing might be a modern 2008 revival by the *2nd South Carolina String Band*, played in period style with authentic instruments. (Look for it on Youtube.)

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AIKIDO JISEIKAN • FOR THOSE WHO...



by Winking Owl

With the week of Jisei-camp gone by, I stand in my street and look at our yard. I study the walkway, the curve of its edge, and the edge of the lawn. They outline a lopsided, hourglass-shaped patch of river stone with shrubs poking through. Rarely do I stop and appreciate it.

The week was for doing nothing that I usually do.

Is this Spring suddenly so very lush, or are my eyes sharper now?

My awareness has changed. My head feels clearer. Things interest me more. People. The accidental image of a grove of alien trees in my empty coffee cup.

From that week I recall Sensei's riddle on the whiteboard: *tell me the value of K, if $K = 1 + \sin x / n$* . The whole class wondering what it could mean, thinking hard, suggesting *K* (nice try), *Trees* (!!), .. and asking questions and offering reasons why there was no answer, unless.., unless more is known, unless things are different. Outside the box, the answer is *Seven*. You'll never guess unless you were there.

My Jiseicamp week: Repeat daily: Go to dojo, practice, share



breakfast, clean up, tidy up, fix up, nap on the mat, practice, go home, wash uniform, pack dry one, shower, lunch, nap, shop for food, talk to wife, check on Donald Trump, go to dojo, practice, go home. It is by free choice. It is worth it.

The Saturday wind-up: Share sumptuous potluck and Korean Barbeque hosted by Marie-Claire and Paul.

Yes. I took my routine daily dose of Trump news. Sour medicine. But it made for a sharp contrast to emphasize the overall purpose. To get away from my routines.

The purpose of studying a riddle is not to answer it, but to be seeking the answer. The purpose of washing dishes is not to get them clean but to be washing them. Ask any monk.

The curriculum of a martial art is a kind of box. Now and then it is good to look outside. There was news of a swarming in a park in Saskatoon. A video showed the victim unable to defend herself because she couldn't get to her feet. So we practiced ways to get to our feet, and ways to strike back while down so as to get a chance. We did a lot of rolling around and kicking this way and that at our surrounding attackers.



Partners I mean. It was civilized.

We did another strange exercise: Defender in the middle, five partners surrounding, holding striking-targets in various positions. One calling names of partners randomly. Defender repeatedly striking variously at the named partner's target until the next name is called. It could be hard to quickly even find the named partner. Especially if they slyly hid their face. Surprise! Fun, intense, new. Out of the box.

I need to learn to let myself be surprised. Then I will be able to relax, and respond without hesitation. Instead I anticipate. I expect. I tense. I want to relax and allow myself to be on guard for nothing in particular and everything in general. Just keep striking; when I hear the next name, turn until I see the person and the target position. Smoothly enter with a sharp strike. The exercise is effective. It is a mix of general and particular. More of it will improve my awareness and speed.

Exercises like those are wordless riddles. As defense situations they are unrealistic. Work on them anyway. Loosen my head. Discover something about myself. Make something of it.

One morning we witnessed a gorgeous sunrise. The photo at the top here incorporates its image in a portrait of some of us who spent the week practicing. It is my memento of that time of stretching and growing.

I spend my days preparing for my tomorrows. What will I do when I expect no more tomorrows?

If those who love me now will miss me when I'm gone, then I hope they can smile when they do.

I have strengths and weaknesses. None is my own doing. I can't be separate from what I have experienced. I am what I am, but not what I will be tomorrow.

Weeks after our Jiseicamp, I was suffering through some difficulties. Then Sensei asked me to take action photos of our group practicing outside. I wonder if he asked me that purposely to help me to detach. I enjoyed working with the photos. It helped. There is more to a dojo than meets the eye.

From the photos I shot then, I made the *Battojutsu* image above. Working on that, I got nicely obsessed. After it was done, for the first time I really noticed the Tree. Standing right in the middle and reaching up to the clouds, it is the perfect symbol of a martial arts school. And there was Sensei, right at its base. Serendipity is so fun.

Weeks later, by the river I watched two little boys playing. They were picking up flat rocks, and hurling them down to smash. Over and over, making gravel and dust. A stone's throw away, an aged artist was hefting big boulders, and painstakingly balancing one on another on another, giving life to his sculptures.

My life is mine to create when I dare to make the effort

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Aikido

心

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THE PLANNING AND DEVELOPMENT UPDATE



KRIS NANDA
Chair, RPCA Planning & Development Committee

The Riverview Park Community Association (RPCA) tracks and advocates for the community on local developments, 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 Ottawa Train Yards; and along Russell Road. The RPCA is following the review of the City’s Official Plan, launched earlier in 2019, and also expressed concern to City Council about the proposal to turn over management of the public aspects of Lansdowne Park to OSEG, a private entity.

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 associated with the AVTC has been completed adjacent to the roadway and includes a new path through the woods and a landscaped toboggan hill. 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. In addition, work was completed this fall on the the new multi-use pathway adjacent to the Hospital Ring Road between the Hospital Link and Roger Guindon Avenue.

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 implications 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. Members of the Riverview Park Community reiterated their concerns to City Staff and Councillor Cloutier at an open house in November.

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 the Ottawa Train Yards 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 Train Yards parcel. (The location currently covers a vacant lot and the former location of Reliable Parts store at 820 Belfast which has now been torn down). 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.

The Site Plan application was approved by the City in October 2019 and construction activity has begun. The estimated opening date for the new store has not yet been established.

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 Healthy Planet store (located next to Urban Barn) opened in the fall.
- 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.

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. Concerns associated with LRT operations (including platform safety, lack of down escalators, and poor bus connectivity) at Hurdman and elsewhere along the system have been shared with Councillors.

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 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

The Board has reiterated its concerns to Councillor Cloutier and continues to explore possible measures to address the situation and reduced congestion and blockage of the street and sidewalk.

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, 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 several times to ask for a copy of the report, but a response to these requests still had not been received at the time this article went to press.

CONTINUED ON PAGE 49

RIVERVIEW PARK PRESIDENT'S REPORT

'Helping hand' always welcome



BRYAN ORENDORFF
RPCA President

The snow really came early this year, didn't it? Well, you know what that means; City budget time is upon us! What, that's not where you thought this was going? While the idea of budget consultations can be daunting to some, tedious to others, and fruitless to many, they are a highly accessible way of making yourself heard and making your priorities known. You don't need to know how staff have set and distributed this year's budget for snow clearing local roads to know that yours is in need of some. But fair enough, we can focus on something else this year.

The Riverview Park Community Association (RPCA) recently convened our annual general meeting and welcomed two new board members while saying farewell to three excellent and supportive volunteers, including our Treasurer Anne Stairs, who has done an excellent job of things for many years. Thank you so much Anne for everything you've done for the community and everything you continue to do.

As I mentioned last time, this year the RPCA is 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.

For the local food bank

The first of these events is the Carol Sing which has been set for Friday, December 13th at the Cancer Survivors Park on Alta Vista Drive. As always, everyone is welcome to join us in song while we light the great big neighbourhood Christmas tree and then warm ourselves with delicious hot chocolate. And just like last year, the focus of the Carol Sing is not just to raise spirits with happy songs but to collect food and monetary donations for the local food bank.

Even if you don't want to sing with the rest of us in the chilly night air, please stop by with your donation to help those in need.

During the annual general meeting, I thanked everyone for all the great volunteer work they do, but I also asked everyone for just a little more. This year, I'm asking for two hours of time. It can be your time, or someone you find who can give the community two hours. Maybe a neighbour; maybe a friend; maybe a family member. We don't turn anyone away.

Just two hours over an entire year. It can be all at once, helping out with a park cleanup, or in little dribs and drabs of 10 minutes



a month re-tweeting our social media posts to your personal networks. Every little bit helps, and if you can all chip in, just imagine everything we can do. Our small core of volunteers works truly hard every year to keep this association going. Please, help them out.

Ways you can help

If you are still wondering how, the Carol Sing is a good place to start. But, to help you help us, we will be making a monthly volunteer opportunities list that we will send out to everyone in our newsletter as well as have it posted to the website.

And it will refresh each month. So, you will always have specific and timely requests for your time so that, when you feel you can spare some, you have only to visit us and click a button to know a few great ways you can help out.

Until then, enjoy the snow which seems to be here to stay. While it does give us all an opportunity to see how the City's new methods of sidewalk clearing and efforts to reduce ice buildup are going to work out, and I certainly hope they do, you still need to remember to stay safe out there.

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 December 11th.



THE PLANNING AND DEVELOPMENT UPDATE, cont.

CONTINUED FROM PAGE 48

The Board continues to press for better winter clearance for sidewalks and paths, including the City-owned portion of the path through Cancer Survivors Park just west of the area cleared and maintained by the Ottawa Regional Cancer Foundation (Maplesoft Centre).

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

Official Plan Issues

The City of Ottawa is currently in

the middle of the exercise for its next Official Plan. 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).

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.riverview-parkca.com or email the RPCA at riverviewparkca@gmail.com

Take a look...

at what's happening at

Maplewood Retirement Community

Submitted by Shelby McLean

Community Events at Maplewood

Our annual Holiday Bazaar was another huge success! It is a wonderful opportunity for residents, family members and community members to get all their Christmas shopping done in one spot. If you missed our Bazaar this year stop in next summer to our Farmers' Markets held on the last Sunday of each summer month and save the date for next year's Holiday Bazaar which will be held on **Saturday, November 21st 2020.**

Creativity at Maplewood

Our activities and outings are always kept fresh and exciting at Maplewood! This year we teamed up with our sister home to go on a lovely outing to The Orchard Restaurant in Morrisburg and then headed to Upper Canada's Village Alight at Night! We continue our tradition of our in house paint nights. These paint nights allow residents to get creative while following an instructor. In November we did a paint night to honor our Veterans with a beautiful poppy scene, the paintings were then put on display for Remembrance Day. Take a look at our online calendar to see when our next paint night is!

A Spooktacular Halloween

Staff and residents got into the Halloween Spirit this year by dressing up in wonderful costumes! This year was also the first year for our Maplewood Haunt, the Activities team transformed our Theater into a Haunted House. Be sure to stop in next year on October 31st to see our Haunted House and enjoy our Halloween party!

Explore life at Maplewood

What our residents love about their home?



"The gardens are spectacular; we are so lucky to have the convenience of being close to everything and still having walking paths in our own backyard. We are always amazed at the creativity of so many vibrant activities that have something to offer for everyone! Let's not forget the delicious food which offers countless choices for every meal. The best feature Maplewood has to offer is the Staff! They are lovely, so compassionate and dedicated to our needs. Maplewood made leaving my home worthwhile. I am so happy here and this is truly my home."

A Space to Match your Lifestyle

The suites at Maplewood are designed to meet seniors' specific needs. Here you will find everything you could want for your safety and comfort, including walk-in showers with grab bars and seats, raised toilets and electrical outlets, extra-wide doorway, doors with lever handles and more. These living spaces are meant to make life easy, safe and as independent as possible for you.

Other in-suite conveniences include:

- Individually-controlled heating and cooling for your year-round personal comfort
- Modern intercom system to reach staff at any time

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www.shoppersdrugmart.ca

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

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ROCK'S BARBER SHOP

1579 Alta Vista Drive
Alta Vista Centre
Ottawa, Ontario

ROCK LALONDE
Owner - Propriétaire

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- Sprinkler system and smoke detector
- Many Maplewood suites include balconies and patios, but all feature large windows that offer beautiful, scenic views and can be opened to provide a breath of fresh air whenever you wish. Our spacious Independent Living and Residential Care suites feature added amenities, including:
- Kitchenettes with full refrigerators, microwaves and quartz countertops, so you can make your own snacks and light meals
 - A storage room and closet with built-in organizers
 - A private safe
 - Optional Wi-Fi
- You are invited to ring in the New



Year at our Maplewood Holiday Celebration on Tuesday December 31st from 1:00 p.m. to 3:30 p.m. Call us today to RSVP and ask about our Winter Stays! 613-656-0556



APPLE BLOSSOM

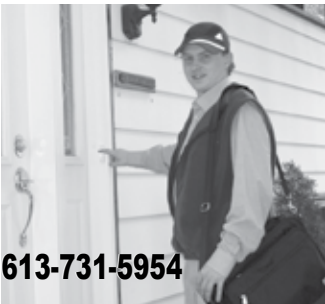
This recipe is not only easy, but a stunning use of local product. Use a food release product i.e. pam to spray muffin tins Cut puff pastry in squares and gently place in muffin tins Sauté local peeled wedge cut apples with a small amount of brown sugar and butter, Do not overcook. Fill the puff pastry that has been placed in the muffin tins. Add Cinnamon to taste and bake in an oven for 12 min @ 350 F until the pastry edges are slightly browned. Carefully check the bottoms to make sure it is also slightly browned, if not browned leave a few more minutes. Do not let the blossoms completely cool in the pans because the sugar when completely cooled will solidify to the muffin pan and will not be so easy to remove without damaging the pastry. As always, these delicious desserts are made here at Maplewood and we manage our content ingredients based on the needs of our residents. You may add more sugar or any other ingredients based on personal taste.

Happy cooking, happy baking - Chef Kevin Desormeaux

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

CANADIANS REMEMBER

Remembrance

by Bruce Ricketts
www.canadiansatarms.ca

During the period of Remembrance, many people talk about the bravery of soldiers, airmen and sailors.

Operation Husky, the “liberation” of Sicily in 1943, is remembered for the bravery of the Canadians, British and American troops who fought and defeated the Axis powers. Operations Baytown and Avalanche saw the Allies crossing to Italy and, from there, they fought their way north. We remember the battles at Pachino, Cassino, Anzio, Ortona, Pontecorvo, Rimini and many others. We remember the Gustav Line, the Adolph Hitler Line and the Gothic Line; and we remember the capture of Rome on 4 June 1944.


We certainly remember the estimated 320,000 Allied casualties, including 60,000 who gave their lives and we acknowledge the more than 300,000 Germans and 200,000 Fascist Italian casualties.

We remember friends and neighbours from Canada who went to war in places of which they had never heard. They went for adventure, but they fought for freedom.

SGT. H. BROWN KILLED
FRIEND PAYS TRIBUTE

“He did the job we were on and put up a good show. I was there and saw him.” So George Fox wrote from the battlefield in Italy to tell Toronto parents of the death in action of Sergt. Harold (Buster) Brown, 22.

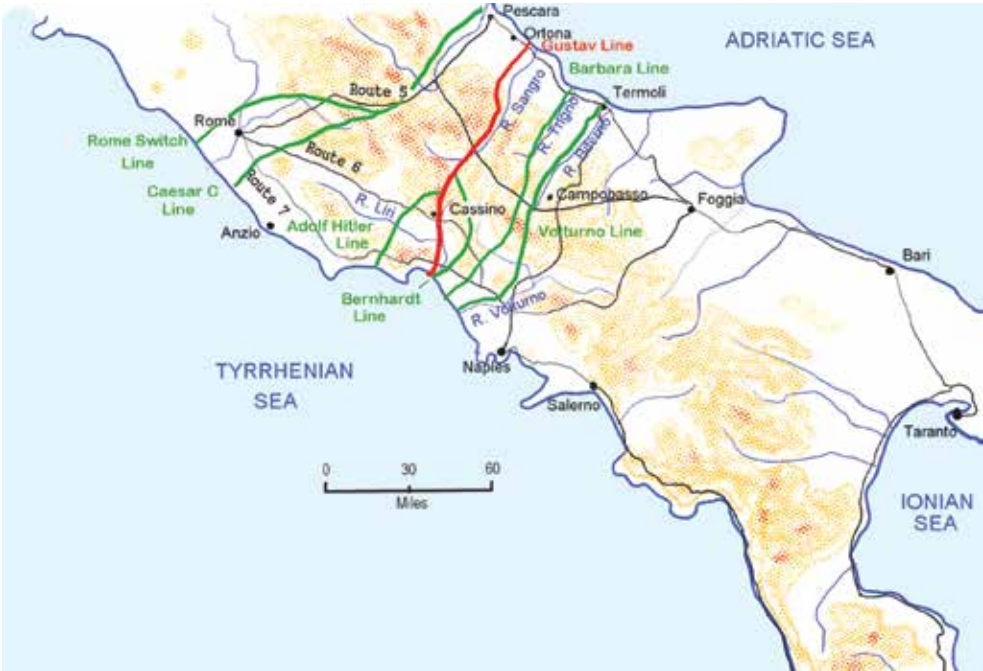
The only son of Mr. and Mrs. Henry Brown, Merton St., was killed on Mother's Day. He had recently returned to the battlefield after seven months in hospital recovering from wounds received last August.



Harold Brown

Canadians such as Sgt. Harold Francis Brown, nicknamed *Buster* by his friends. My father was one of his best friends. *Buster* commanded a tank and was wounded shortly after coming ashore in Sicily. After a stay in hospital he rejoined his regiment and drove north towards Rome. But he never made it. *Buster* was killed on 14 May 1944 at the age of 22 and is buried in Cassino War Cemetery.

We remember Sgt. Harold Francis Brown.



Sgt. Ernest Alvia “Smokey” Smith was born 3 May 1914. He fought with the Seaforth Highlanders through Sicily and Italy.



During his career in the Canadian army, Pte. Smith was promoted to corporal nine times and busted back to private nine times. But Smokey was no malcontent. On the night of 21/22 October 1944, Pte. Smith was at the River Savio. There his gallantry and pure guts earned his Victoria Cross.

Smith left the army at the conclusion of the war, only to reenlist during the Korean War. Smith died at home on 3 August, 2000, at the age of 91.

We remember Sgt. Ernest Alvia Smith.



What we do not remember often enough is the over 200,000 resistance fighters, patriotic Italians, who fought for freedom, and the 35,000 of them that paid the ultimate price for the Liberation of Italy.

The Italian resistance movement, la Ristezza, was the name given to the partisan fighters in the period 1943-1945. The main functions of the resistance included sabotage of infrastructure, aid for downed Allied fliers and col-

laborating with Allied intelligence agents. Their goal was to destabilize the Mussolini regime and harass the German command. They were very good at their jobs. Women made up approximately 25% of the partisans, some 55,000 strong. The women initially took on the roles of couriers and spies. They were known as *Staffette*. These roles were crucial to the success of the campaign. They carried messages and kept a close watch on enemy movements and activities.

After a tactical operation, the retreating partisans were not always able to take those seriously wounded with them. If there were men too wounded to hide, the couriers remained to watch them, to give them the necessary treatment and to seek medical help. After a battle, women partisans were frequently left in the occupied country to learn the enemy movements and to get the information to the partisan command.



Many picked up a gun and joined their male counterparts in striking out at the enemy.

One such woman was *Ada Prospero Gobetti*, born 1902, in Turin. Ada was a journalist who wrote for several antifascist magazines. During WW2 she joined and became one of the leaders of the resistance movement. One responsibility she carried was the location and maintenance of numerous safe houses for fellow partisans and for downed airmen eluding capture. Ada kept a diary during the war. Such an activity was punishable by death if caught so she encrypted it by writing in English. That diary became the basis of her biography published in 1956. Ada died in Turin in 1968 at the age of 65. On 2 October 1978 she was posthumously awarded the Silver Medal of Military Valour.

We remember *Ada Gobetti*.

Irma Bandiera was born in 1915, a member of a wealthy family from Bologna. Irma joined the resistance move-



ment in 1943 after her boyfriend, a soldier, had been taken prisoner by the Germans in Crete. He died when the prison-ship on which he was being sent to Germany was bombed and sunk.

As a member of the resistance, she took the battle name of *Mimma* and became part of the VII GAP Brigade (Gianni Garibaldi) of Bologna. On 7 August 1944, Irma was arrested while running weapons to her fellow patriots. She underwent torture at the hands of the Gestapo for six days. They were unable to get her to identify any of her comrades or locations of safe houses or weapons caches. She was murdered in captivity on 14 August.

The courage of *Mimma* became a rallying cry to intensify the partisan struggle for liberation from Nazi-fascism. Irma Bandiera was posthumously awarded the Gold Medal of Military Valour.

We remember *Irma Bandiera*.

Remembrance is not something you can be taught. Remembrance is a state of mind when you reflect on those who have gone before and left you the freedom you enjoy today.

Remembrance is a not a duty... it is a right. A right bestowed on you by *Buster Brown*, *Smoky Smith*, *Ada Gobetti*, *Irma Bandiera* and the mil-

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lions who have died for your freedom.

In 2019, a 14-year-old British student, was challenged to write a poem for Remembrance Day. It took him one hour to write “A Thousand Men Are Walking”.

*One thousand men are walking
Walking side by side
Singing songs from home
The spirit as their guide
they walk toward the light milord
they walk towards the sun
they smoke and laugh and smile
together
no foes to outrun
these men live on forever
in the hearts of those they saved
a nation truly grateful
for the path of peace they paved
they march as friends and comrades
but they do not march for war
step closer to salvation
a tranquil steady corps
the meadows lit with golden beams
a beacon for the brave
the emerald grass untrampled
a reward for what they gave
they dream of those they left behind
and know they dream of them
forever in those poppy fields
there walks one thousand men
Joshua Dyer remembers.
We should also.*

Note: This presentation was given at the National Congress of Italian Canadians on November 10.



Our happy group from Oakpark after having a seminar on butterflies at the Carleton University Butterfly Exhibit.

Keeping the warmth alive at Oakpark

Submitted by David O'Neill

With the first snowfall covering the ground a frosty white we reflect on the fun we had here at The Oakpark Retirement Community. We kept busy and enjoyed the beautiful autumn views by taking our residents to Parc Omega, where they had a chance to enjoy stunning colours and feed some beautiful animals. We also go there to take in some of the natural beauty of the butterfly show at Carleton University, a perennial hit every year.

Now, as we head into winter, we seek to keep the warmth alive inside Oakpark by inviting you to some of our upcoming events. Starting in November we are hap-

py to announce our monthly Dinner and Movie night. Come join us each month for a delicious dinner followed by a fun movie with popcorn and drinks. Our December movie will be *The Christmas Chronicles*. We will play it on Dec 12th with dinner starting at 5 p.m.

Space is limited to 10 spots so please RSVP Dave or Brittani at 613 260-7144. If movies aren't your thing, we are hosting a social Euchre game every month. It takes place the second Tuesday of every month from 1 p.m. to 3, no experience necessary as we have people here willing to teach. All you need is a good attitude and the desire to meet some new friends or reconnect with old friends.

With this snow it can be hard to

exercise our bodies, but we can always keep our brain in shape! We encourage you to ask about our new brain-training seminar starting in January. Contact Dave for more information.

Finally we would like to thank the communities of Riverview Park and Alta Vista for supporting Oakpark Retirement Community. We truly believe that being part of the community means giving back to the community. This is why we love to offer fun events for people to take part in. They benefit our residents and the community as a whole. If you have any ideas for events you would like to see take place at Oakpark, or to find out about winter stays so good to get out of the cold, contact Dave at 613 260-7144



Our group enjoying the beautiful scenery at Parc Omega safari park in Notre-Dame-de-Bonsecours, Quebec.

COMMUNITY BULLETIN BOARD

■ **Rideau Park United Church**
2203 Alta Vista Drive, Activities and Events, December 2019-January 2020
For more information, please call the church office at 613-733-3156 x229 (Mon-Fri 9am-4pm) or www.rideaupark.ca

“Ring In Christmas” Concert: Sun. Dec 1, 7pm, features the five handbell & chimes ensembles at Rideau Park playing the popular & sacred music of Christmas. Freewill offering.

The Harmony Club for Seniors 60+ Christmas gathering is Wed. Dec. 4. Lunch at 12 noon; please register at the office by Nov. 27. From 1 - 2pm. Enjoy singing Christmas Carols with church musicians leading. All seniors welcome.

You are invited to a **Christmas Celebration Concert** on Sun. Dec. 8, 7:30pm, featuring the Chancel Choir, Touch of Brass Bells & organist Andrew Ager. Join in singing your favourite carols. Freewill offering.

Twentieth Annual Christmas Pageant: Join us on Sun. Dec. 15, 10am, for the presentation by more than 60 children and youth of the story of Christmas through theatre, music and some humour, Everyone is invited. Freewill offering.

Christmas Eve Services: Tues. Dec. 24, All are invited. 6:30 pm, Family service, Lessons and Carols by Children and Youth. 8:30 pm and 10:30 pm, Christmas Candlelight Communion service reflecting on the birth of Jesus in scripture and music

Yoga Fridays starting Jan 10. Two sessions to choose. Gentle Mat Yoga (9:30-10:30am) & Chair Yoga (11am-12noon). More info & fees, contact Marg Hillier, Certified Yoga Instructor, mhillier144@gmail.com or 613-299-8324.

“I Have A Dream” Service, Sun. Jan. 19, 10am. Guest speaker, Rabbi Deborah Zuker. Everyone is invited.

The Harmony Club for Seniors 60+ monthly gathering is Wed. Jan 29. Lunch at 12 noon; please register at the church office by Jan 22. From 1-2pm, listen to a presentation of interest to seniors.

■ **St. Aidan’s Anglican Church**
934 Hamlet Road. All are welcome at a **Community Carol Sing and Concert** to be held December 19, at 7:00 pm. Again this year we will have the Vyhovskyi Strings, Tea Mamaladze and special guest artists. Freewill offerings will be gratefully accepted with proceeds going to the Heron Emergency Food Centre and the ministries of St. Aidan’s Church. Refreshments will follow the concert.

■ **Emmanuel United Church:**
691 Smyth Road, Bus route #55
Services and Events for December & January
For information, please call our office at 613-733-0437 (M-Thur. 8:30-4pm) or visit www.emmanuelunited.ca.

Carols on Advent Sundays: Every Sunday in Advent, you are invited to arrive five minutes early (9:55 AM) to join in singing some of your favourite carols. We’ll start the service with two carols each week and we will be taking requests!
December 1 Lighting the candle of Hope
December 8 Lighting the candle of Peace - Holy Communion
December 15 Lighting the candle of Joy - White Gift Sunday
December 22 Lighting the candle of Love.

Mid-Week Worship in Advent, 7 - 7:30 pm.
Wednesday December 4, 11, 18.

Just Gifts, a Fair Trade and Local Products Christmas Market with a difference. Producers and products include: Fair Trade and local products, Ten Thousand Villages, Zatoun olive oil, chocolate, honey, maple syrup, and coffee! Then visit our coffeehouse for entertainment. In support of global partnerships and youth mission trips. Saturday, December 7, 10 am - 2 pm.

Journey in the Light - Prayer, carols and candle lighting, followed by light refreshments. This is a time to remember those we are missing, to receive words of hope and support, to be together. We are not alone. God is with us. Sunday, December 15, 2 pm.

Christmas Eve Service, Tuesday, December 24. 5:00 pm: A service of story and song designed for children and their families.
7:30 pm: A service of lessons and carols.

Joint United Church Service: Shared by the congregations of Emmanuel, Riverside, and Rideau Park, hosted by Emmanuel United Church, Sunday, January 5, 10:00 am.

Turkey Dinner - Join us for turkey dinner with all the trimmings and homemade desserts. Sittings are at 5, 6 or 7 pm. Tickets are only \$18.00, available by visiting our office (691 Smyth Rd., M-Thur 8:30-4pm). Saturday, January 25.

■ **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 am to 4 pm. 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.

■ **Blair Court Community Food Bank (formerly Nativity Parish Food Bank)**
The local food bank is now located at Blair Court Community House, 1566 Station Boulevard in Riverview Park. It operated every second week on Tuesdays 6:30-8 pm and Wednesdays 10 am-11:30am. The food bank welcomes donations both monetary and non perishable food items. Healthy children’s school snacks, boxed cereals and canned fruits are especially appreciated. For further information, please call 613-736-5058.

■ **Thomas the Apostle Anglican Church**
2345 Alta Vista Drive (by firehall)
Saturday, December 14, A Capital City Chorus Christmas. 2 pm and 7 pm. Adults \$20, Students \$15, Children free. tickets@capitalcitychorus.org.

Sunday, December 15 at 3 pm. Harmonia Choir presents **“A European Christmas”**
Tickets \$25 at the door or \$20 in advance at Granata Music and The Leading Note.

■ **The Pacesetters Walking Club**
Start the morning off by walking and joining others at the Billings Bridge Shopping Mall. Located in the basement of the tower at the northwest corner of the Mall. Activities include walking with your friends, social gathering, knitting for charities, puzzles. Open from 7:30 to 10 am weekday mornings. Low cost of \$10 per year covers our expenses. Call 613-521-6740 during open hours for information.



Balena Park Pet Memorial

Commemorate the life of your best friend – your pet!
For details visit the [RPCA Website](http://RPCAWebsite.com), or call 613-523-4339



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



COMPUTER TIPS & TRICKS

Gifts Made Easy from Compu-Home

by Malcolm and John Harding, of Compu-Home

With the holiday gift season looming, and if you have previously exhausted your repertoire of socks, ties and scarves, you might wish to consider creating something yourself, relating to your hobbies of photography, computer imagery and/or writing. It is much easier and cheaper than you might imagine to produce a very professional book, calendar, coffee mug, t-shirt or set of greeting cards that can give you a great deal of satisfaction and that others would be delighted to receive. Our focus today will be primarily on creating a book, but the basic steps in all of these projects follow roughly the same pattern:

- How much are you prepared to spend? Don't make this decision until you have explored the services below and see their CDN\$ prices. An Ebook, for example, is not something that you can physically present to someone but it is probably going to be much less expensive. Furthermore, lots of your friends will appreciate something that they can enjoy on whatever device is available, with vivid colour, and that doesn't have to be displayed prominently whenever you visit. On the other hand, you will probably be pleasantly surprised at how inexpensive a traditional book can be.
- Will you emphasize images or text? Some services offer dozens of templates and you can be stalled right there! For example: will your product consist of images, with text used only for captions, or will images simply illustrate the text? If you make this decision in advance, you can avoid becoming bogged down with too many choices.
- Stick with the decision you made above. Don't run away with text that is simply supposed to caption or identify an image, and, vice-versa, don't bury important text with distracting photos.
- If you are using images, start with the best you have. Submit the highest quality resolution and file size; if they have to be reduced for technical reasons, let that happen at the pub-

- lishing stage. Crop and adjust until you are satisfied and don't get sidetracked with elaborate frames or shapes unless they truly contribute.
- Use the list of services below as a starting point. A search for "self-publishing" will lead you to many more, but always make sure that the services are available in Canada.
 - Avoid self-indulgence. Don't include photos that are less than your best or that will not be of interest to your readership. Similarly, make absolutely certain that all of your text is 100% accurate. The fact that you are self-publishing does not mean that there is no place for a rigorous editor.

Blurb is the publisher we alluded to above as having an overwhelming selection of templates. Blurb has a long-standing excellent reputation and the prices are very reasonable. This should be your first stop if you are creating a book. The steep learning curve of the first hour will lead to a simplified and extremely satisfying result.

Amazon will force you to consider whether or not you might want to sell your product, which is in the back of the mind of most authors if they will only admit it. You will find lots of tales on the web of people who have quit their jobs and enjoy seven-figure incomes from their self-publishing, but you will be wise to take them with a grain of salt.

Vista Print is a good place to look online for books, calendars and greeting cards, but also the less traditional offerings for one-off gifts or novelties, like mugs, t-shirts, jackets and tote bags or backpacks.

Staples is worth exploring for special-purpose printing, such as calendars, greeting cards and posters. There is the added advantage of being able to go into the store and actually consult with a real human – which you can't do online.

Henry's is another choice with local outlets but you can start with the "Photo Centre" online where there is a comprehensive description of Henry's services, from photo books to custom printing.

Costco is a hidden gem, known to Ottawa photographers for superior quality printing at very reason-



able prices. We bet that you hadn't thought of printing photos on pillows or jigsaw puzzles as gifts, but we have seen spectacular results in the more mainstream print media such as posters, collages, canvas and metal or posterboard.

We hope that some of these ideas can bring some extra enjoyment to the holiday season – our little gift to you!

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

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



ALTA VISTA PUBLIC LIBRARY

**DECEMBER 2019/
JANUARY 2020**
*(Closed on December 25, 26, 2019
and January 1, 2020)*

■ Children’s Programs

PROGRAMS FOR THE HOLIDAY SEASON

Movie Matinée
Monday, December 23, 10:30 a.m.
to 12:00 p.m.
Looking for something to do
during the Winter Holidays? Come
on in and watch free, family friend-
ly mini-movies in French and in
English. Drop-in

Lego® & Ozobots Block Party
Tuesday, December 24, 10:30 a.m.
to 12:00 p.m.
Building Boom: come in during the
holiday and show off your archi-
tectural creativity with Lego® and
with Ozobots. For the whole family.
Drop-in

Game On!
Friday, December 27, 1:00 p.m. to
5:00 p.m.
Looking for something to do during
the Winter Holidays? Come to the
library for 4 hours of gaming fun!
You will be able to play some classic
games (ex: Monopoly, Chess, Guess
Who?) and also learn some new
card & board games. For the whole
family, drop-in.

Gingerbread Fun
Monday, December 30, 11:00 a.m.
to 2:00 p.m.
Are you looking for something fun
to do during the Holidays? Come
to the library for some Gingerbread
Fun activities! The challenge is to
consider how to get a gingerbread
person safely across the river. For
ages 0-6 and a parent or caregiver.
Drop-in.

**Escape Room: “escape the year
2020!”**
Monday, December 31, 10:30 a.m. to
11:15 a.m., 11.45 a.m. to 12:30 p.m.,
1:00 p.m. to 1:45 p.m.
Oh no! The library staff went home
for the holidays, and you got locked
in the library! You have 45 minutes
to escape the library’s program
room...and possibly the year 2020
too! Good luck! For ages 12-17. On-
line registration required.

STORYTIMES / CONTES

Babytime
Stories, rhymes and songs for ba-
bies and a parent or caregiver. 0 to
18 months. No registration required
*Session 1
Mondays, January 13 to February 10,
10:30 a.m. to 11:00 a.m.

Family Storytime
Stories, rhymes, and songs for all
ages and a parent or caregiver.
No registration required.
*Session 1
Tuesdays, January 14 to February 18,
10:30 a.m. to 11:05 a.m.

Toddler time
Stories, rhymes and songs for
babies and a parent or caregiver.
18 to 36 months. No registration
required.
*Session 1
Wednesdays, January 15 to
February 19, 10:30 a.m. to
11:00 a.m.

■ SPECIAL PROGRAMS

Lego Block Party
Building Boom: come show off your
architectural creativity with Lego®.
For the whole family. Drop-in. /
Wednesdays, January 15 to
February 19, 3 p.m. to 5 p.m.

PD Day Fun
Friday, January 24, 1:00 p.m. to
5:00 p.m. No school today? Come
to the library for gaming fun! There
will be Wii gaming, puzzles and
various board games. For the whole
family. Drop-in

After-school Teen Gaming
Fridays, January 10, February 7 and
21, March 6, April 3 and 17, 3:30
p.m. to 5:30 p.m. Learn to play
Dungeons and Dragons! We’re play-
ing using 5th Generation Rules and
the D&D phone app – no previous
experience required. For ages 13-17,
in English. Drop-in.

Reading Buddies
Winter Session : Saturdays, January
18, February 1 and 29, 1:30 p.m. to 2
p.m., 2:15 p.m. to 2:45 p.m., 3:00 to
3:30 p.m. / Session d’hiver: les same-
dis 18 janvier, 1 et 29 février, 13h30 à
14h, 14h15 à 14h45, 15h00 à 15h30
This program aims to help
children practice and improve
their reading skills in English or
in French! Children will receive
30-minute individualized reading
help and encouragement. Ages 6-12,
registration required at the library’s
Children’s Hub.

Exam Cram!
Welcome high school students!
Beat exam stress in the comfort of
the library. Questions? Ask library
staff—we’re here to help! During
OPL’s Teen Exam Cram time, we
will be setting aside our rooms as
special study space, just for you.
Best of luck on your exams!

■ ADULT PROGRAMS

BOOK CLUBS

Book Banter
Share the enjoyment of good books
in a relaxed atmosphere. Join us for
discussions on the first Thursday of
every month from 2 p.m. to 3 p.m.
December 5, 2019: *The End We Start
With* by Megan Hunter
January 2, 2020: *Tell it to the Trees*
by Anita Rau Badami

**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 from
6:30 p.m. to 8 p.m.
December 19, 2019: Planning meet-
ing and wrap-up
January 16, 2020: *Police Procedural*,
Lynda La Plante, Anna Travis 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 16 décembre, 2019: *L’archi-
pel d’une autre vie* d’Andréi Makine
Le lundi 20 janvier, 2020: *Le plus bel
endroit du monde est ici* de Francesca
Miralles & Care Santos

CONVERSATION GROUPS

**French Conversation
Group-beginner**
Practice your French language
conversation skills and meet new
friends in a relaxed and friendly
environment. No registration
required.
Mondays, January 6 to June 22, 4:45
p.m. to 6 p.m.

**French Conversation Group
(intermediate)**
Improve your spoken French in a
relaxed setting. This group is for
those at an intermediate level.
No registration required.
Tuesdays, January 7 to June 23,
6:30 p.m. to 8 p.m.

**English Conversation Group
(Monday)**
Practice your English language
conversation skills and meet new
friends in a relaxed and friend-
ly environment. No registration
required.
Mondays, January 6 to June 22,
6 p.m. to 7:30 p.m.

**English Conversation Group
(Tuesday)**
Practice your English language
conversation skills and meet new
friends in a relaxed and friend-
ly environment. No registration

required.
Tuesdays, January 7 to June 23, 12
p.m. to 1:30 p.m.

Whoa, backup!
Effective strategies for keeping
your computer files safe. Think
about everything that is on your
computer; videos of the grandkids
playing in a park, photos of your
trip to Patagonia (lucky you!), tax
records, emails... Now think about
whether those files exist anywhere
else. If the answer is no, you need
to think about backup. You could
lose data due to viruses, fire, theft,
tornado, hard disk failure, making
an unintended change to a file, or
a wayward finger deleting a file
rather than copying it. Chris Taylor,
President of the Ottawa PC Users’
Group will discuss various ways you
can ensure your important data
survives any catastrophe.
Wednesday, December 4 from 6:30
PM to 8:00 PM

■ Health

**Prenatal Classes –
Ottawa Public Health**
Prenatal Class offered by Ottawa
Public Health (OPH). A public
health nurse will lead this mini-se-
ries of three small group sessions.
Only one parent must register but
both are welcome.
Session 1: Birth Basics-Confi-
dence & Comfort.
Session 2: Breastfeeding Ba-
sics-Tips & Techniques.
Session 3: Baby Basics-Preparing
for Parenthood.
No Thursday class in December
Saturdays, December 7, 14, 21;
10:15 a.m. -12:15 p.m.
Thursdays, January 2, 9, 16;
6:30 p.m. – 8:00 p.m.
Saturdays, January 4, 11, 18;
10:15 a.m. -12:15 p.m.

*The Alta Vista Library is located at
2516 Alta Vista Dr. For more infor-
mation, please call 613-580-2940. / La
bibliothèque Alta Vista est située au
2516, promenade Alta Vista. Pour de
plus amples renseignements, veuillez
composer le 613-580-2940.*

*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.*

EMVALE ACRES PUBLIC LIBRARY

BIBLIOTHÈQUE ELM-VALE ACRES LIBRARY
December/January
*Programs at
Succursale Elmvaale Acres Branch
1910 St-Laurent Blvd*

Children's Programs
Family Storytime / Contes en famille
Dec. 4, 11, 18
Jan. 15, 25, 29
Wednesdays – 10:15am-10:45,

11:00am-11:30
Mercredis – 10 h 15- 10 h 45,
11 h 00- 11 h-30
Stories, rhymes and songs for chil-
dren 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. Programme portes-ouvertes.

Babytime / Bébés à la biblio
Dec. 5, 12, 19
Jan. 16, 23, 30
Thursdays – 1:30pm /

Jeudis – 13 h 30
Stories, rhymes and songs for
babies and a parent or caregiver.
0-18 months. Drop-in program.
/ Contes, comptines et chansons
pour les bébés et un parent ou
gardien. 0-18 mois. Programme
portes-ouvertes.

PD DAY Programming
Friday, January 24, 2019- Bilingual
PD day program 1 :30 / 13 h 30 (60
minutes)

ADULT PROGRAMS
**Mystery Book Club –
Monday Nights are Murder**
Share the enjoyment of good
mysteries in a relaxed atmosphere.
Join us for discussion.
Mondays - 6:30pm
December 2: Any mystery by Victo-
ria Thompson.
January 6: Any of the Bibliophile
Mystery Series by Kate Carlisle.

Song, music and readings as Trinity finds its rhythm

by Pastor Franklin Chouinard

With fall about to end and winter weather already on us the extended Trinity Church family has not only found her rhythm in returning to regular activities but is looking forward to the excitement of the Christmas season—and beyond!

Regular activities in the church continue. These include a focus on youth, with opportunities for fun and for spiritual growth as well as for involvement in the church.

For the past number of years Mathieu Charlebois has led a youth activity each Friday evening, using the church facility as a base. Local teens are welcome to participate in various activities, some in the building and others at other venues (in late November the group will go to an escape room; in the new year they will have an evening at LaserQuest). From the tame to the wild, teen night activities are an excellent alternative to Friday evening boredom at a minimal cost. The youth group meets from 7-9:30 pm.

Young adults (those who have graduated high school) meet once a month at the church for what has become a lively and challenging time of discussion of varied topics. Current and spiritual issues are discussed, deliberated, and debated from biblical and social contexts. The group meets at the church the second Tuesday of the month at 7:30 pm.

The youth of the church are very much involved in the leadership of the church as well. An elected board guides church policies and decisions. Some of the younger members of the church have been welcomed to the board to give input to the church as the congregation looks to further involvement as it finds its place in the Riverview Park community. The musical gifts and talents of this group are welcomed and many of them participate in the leadership of the church worship services.

Christmas soon

The congregation is looking forward to the Christmas season. Advent begins December 1, and activities are planned throughout the month. Pastor Frank's Advent sermon series looks at "The Comings of Christ", with the messages *In the Flesh* (December 1), *In Our Hearts* (December 8), and *In Glory* (December 15), and *In the Manger* (at the Christmas Eve Candlelight Service which begins at 7 pm). December 15 is the annual *Christmas Musical Celebration*, where members of the congregation participate with



song, music, and readings of the season.

The church's focus in December is compassionate ministries, which fits in well with the denominational theme of *Compassion as a Lifestyle*. The Church of the Nazarene is involved in caring for people world-wide, working alongside other relief agencies when there is opportunity as well as leading efforts where it can on its own. The denomination invests resources in disaster relief for efforts that receive great media attention (such as Hurricane Dorian) as well as in relief for lesser publicized localized needs. The Church of the Nazarene continues her work with families in the former Swaziland (now called Eswatini) that have been affected by the AIDS epidemic. In 2016, 27.2% of the Swazi population between the ages of 18 and 49 were living with HIV, down from a high of 32% in 2011 – the highest prevalence of any country in the world. The church provides support to those who are infected with the disease and to the many children left orphans because of it.

Trinity Church itself works with para-church organizations in Ottawa and offers support as she can; this November focussing on the CHRI Pajama Drive. Recently the church updated her FreeShare Centre which made gently-used but no longer needed items available to others from a collection and distribution point at the church to on-line. Items are posted to [tps://www.facebook.com/OttawaTrinityFreeshare](https://www.facebook.com/OttawaTrinityFreeshare) and arrangements made for pick-up via e-mail.

Zero waste

Very much aware of the environmental crisis looming and sensing a deep responsibility to and for Creation, Trinity Church is doing what it can to reduce her ecological footprint. The

ultimate goal is to become a zero-waste facility. All groups who use the building: Trinity Church, the Alta Vista Cooperative Nursery School, the Eglise Pentecotiste Pouvoir de Dieu en Action (Hispanic congregation), and the Trinity Community Garden are all being encouraged to move to recycling-only for waste management. The church is part of "Faith and the Common Good" (and with that, "Greening Sacred Spaces") – an interfaith network that encourages congregations to take collective action in creating more sustainable communities.

Trinity Church is glad to be part of and to offer spiritual services to the Riverview Park/Alta Vista community. Denominationally part of the Church of the Nazarene (a Protestant church with Wesleyan roots that holds traditional Christian teachings and values), Trinity Church responds to the love of God for all people by loving and caring for others. The congregation gathers Sunday mornings at 11:00 for worship services, which are a blend of the traditional and the contemporary in structure and format, incorporating both hymns and praise and worship songs in the services. Prayer is an important part of the times together, 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).

DEAR FRAN

What are native plants and why should we have them in our garden?



FRAN DENNETT
dearfrangardener@gmail.com

In Canada, native plants refer to the plant population that existed in Canada before people immigrated to this land. Then immigrants and plantsmen brought in plants that have naturalized in our gardens and in the wild. By comparing the DNA of native plants with the DNA of native plants in other countries, scientists have found hundreds of plants that have been brought to Canada and have naturalized to the point they are now considered “native”, such as dame’s rocket (*Hesperis matronalis*), Queen Anne’s lace (*Daucus carota*) and ox-eye daisy (*Leucanthemum vulgare*), but they are not native to this land.

It takes thousands of generations for insects to adapt to the leaf chemistry of specific plants and to use them as food or as a place to lay their eggs. Over millennia, in a native plant’s habitat, a mutually beneficial relationship develops between the plants and insects. Plants are pollinated; insects feed on their nectar and leaves and lay their eggs on the plants.

However, grow a plant from another country in Canada, and suddenly our native insects cannot digest this newly introduced plant, and as a result they have a lot less food at their disposal, which in turn leads to our birds having a lot less insect food available. What is more, this new imported plant may have brought with it a pest that has no natural bio-control in this country (such as, the Emerald ash borer from China), or it has no natural predators in its new environment that it becomes out of control and invasive, such as the European purple loosestrife (*Lythrum salicaria*) and common buckthorn (*Rhamnus petiolata*).

People are finally waking up to the benefits of planting native species in their gardens. Some gardeners focus on plants that only grow in a defined local area, others are not so picky and will grow any plant native to Ontario. Whatever type of gardener you are, planting native species is good. Some benefits are:

- less use of chemicals which



Canada Goldenrod

- leads to cleaner ground water
 - local native plants evolved locally, are better suited to the local growing conditions
 - increased plant biodiversity attracts more insects especially the beneficial types and butterflies and pollinators
 - increased beneficial insects means less pest problems in the garden
 - gardeners who do research on natives best suited to their backyard habitat are better informed
 - your backyard becomes an ecosystem that attracts not only insects but birds mammals, e.g. bats, and if you have a water feature amphibians and reptiles
 - native plants prefer to be grown on the lean side with just compost and no fertilizers.
- There is one caveat. A native plant has a genus and species, no fancy cultivar names. You should not plant a named cultivar in place of the species, because a named cultivar is a result of a cross to “improve” a plant. Though these crosses can result in something new and exciting, usually a characteristic is lost, e.g. less nectar, a change in smell or colour or height. Insignificant you say, but to an insect the change is huge and may result in death because it does not recognize the cultivar as food. So choose your plants wisely.
- Lastly, native gardens may not be neat gardens by conventional standards. The best plants may sometimes appear as less attractive specimens and might appear to some as messy in appearance. I think a controlling type of person may be frustrated with natives. I



Solomon's Seal



Spotted Joe-pye weed

hope I am wrong. Of the two thousand native plants listed for Ontario it is difficult to choose a few, so experiment to see what plant likes your backyard habitat.

Native perennial suggestions:

- Sun** – at least five hours a day
- Beardstongue (*Penstemon digitalis*)
 - Bergamot (*Monarda fistulosa*)
 - Beebalm (*Monarda didyma*)
 - Blackeyed Susan (*Rudbeckia hirta*)
 - Butterflyweed (*Asclepsia tuberosa*)
 - Culver’s root (*Veronicastrum virginicum*)
 - Canada goldenrod (*Solidago canadensis*)
 - Ironweed (*Vernonia gigantea*)
 - Lupine (*Lupinus perennis*)
 - New England aster (*Aster novae-angliae*)
 - Little bluestem (*Andropogon scoparius*)
- Shade**—dappled light about 2-4 hours of sun
- Bellwort (*Uvularia grandiflora*)
 - Bloodroot (*Sanguinaria canadensis*)
 - Foamflower (*Tiarella cordifolia*)
 - Solomon’s seal (*Polygonatum biflorum*)
 - Wild blue phlox (*Phlox divaricata*)
 - Wild Trillium (*Trillium grandiflorum*)
- Wet Sites**
- Blue Flag iris (*Iris versicolor*)
 - Spotted Joe-pye weed (*Eupatorium maculatum*)
 - Cardinal flower (*Lobelia cardinalis*)

Swamp milkweed (*Asclepsia incarnata*)

In addition, you can choose native grasses, ground covers and ferns for every light requirement.

A garden overflowing with a wide range of plant material, both native and non-native, will attract the birds that feed on insects and seeds, the pollinators (insects, butterflies, moths) and the beneficial (both predator and parasitic) insects that feed on the pests in your garden. Beneficial insects will come and remain in your garden, if you grow a large variety of species—perennials, shrubs, trees—chosen for their nectar and as host, shelter, pupation and over wintering sites. Thankfully most pollinators and beneficial insects have evolved with a wide range of plant material to feast on.

You probably recognize and are already growing some of the listed perennials. Most of these plants are also sources of nectar for bees and pollinators and food for other wildlife, and whether you realize it or not you have been growing natives. I recently learned something when a member of Gloucester Horticultural Society gave a presentation on her native garden. If the plants in your garden are all perfect with no holes or bites taken out, your garden does not have much wildlife, and I do not mean squirrels. It is only when you have plants with chunks missing, holes in the leaves and lots of seeds do you know you are doing something right to attract a wide variety of animal life into your garden.

I hope this introduction to native plants inspires you to plant more native plants. If you are looking for a good read on this topic try *The New Ontario Naturalized Garden* by Lorraine Johnson. She is passionate on the topic and an entertaining writer.

Fran Dennett is President of Gloucester Horticultural Society and a 33-year member of Master Gardeners of Ottawa Carleton.

- 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

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Green Tips for the Holidays

From Ottawa South Eco-Action
Network (OSEAN).

With the holiday season
fast approaching and
with the environmen-
tal crisis being front of mind, here
are some thoughts on how your
family celebrations can be more
“green”.

Home

Candles - for healthier air quality,
select soy or beeswax candles, not
petroleum based

Make your own natural mantle
decorations, wreaths or outdoor
urns using clippings from your
yard, pinecones, etc

Select LED lights for your holi-
day decorating. They “burn” cooler
and are more energy-efficient than
incandescent lights.

Decorate a real outdoor ever-
green tree for the birds [https://
www.thespruce.com/decorate-a-
christmas-tree-for-the-
birds-386538](https://www.thespruce.com/decorate-a-christmas-tree-for-the-birds-386538)

Travel

Consider carbon offsetting if trav-
elling by air during the holidays:
<https://www.less.ca/en-ca/>



Gifts

Recycle paper or cloth gift bags

Wrap gifts in a tea towel or scarf
which then becomes part of the
gift

Cut up old greeting cards to
make gift tags

Save brown wrapping paper and
enlist the help of children or grand-
children to decorate

Give the gift of your time or a
shared experience instead of mate-
rial gifts

Bake, preserve, sew, knit or craft
homemade gifts

Buy a thrift shop item and refin-
ish or repaint it to make it person-
alized and renewed

Consider choosing gifts without

plastic packaging

Purchase gifts from local artisans
and cottage industry businesses

Buy milkweed seeds to plant in
your garden next year to feed the
monarchs by contacting OSEAN.
info@gmail.com

Give books. They can be enjoyed
and then shared.

Food

When shopping for holiday meals,
select locally grown food wherever
possible

Select produce that doesn't have
plastic packaging

Real or Plastic Tree?

There are pros and cons to each
selection. Generally speaking, re-
search concludes that a real tree
is the greener and less expensive
choice. A real tree, once the hol-
idays are over, can be chopped
and burned for fuel or chipped for
mulch. On the other hand, if an ar-
tificial tree is purchased and used
for at least 10 years, it will be less
expensive and may have a lesser en-
vironmental impact than 10+ real
trees.

A third, but greenest option
is purchasing a living tree for re-

planting. This requires some plan-
ning and care, but planting trees
is something each of us can do to
fight climate change.

[http://www.sheridannurseries.
com/garden_tips/holiday_decorat-
ing/living_christmas_trees_and_
other_holiday_ideas](http://www.sheridannurseries.com/garden_tips/holiday_decorating/living_christmas_trees_and_other_holiday_ideas)

*Wishing you and your family a safe,
happy and green holiday season from
the members of the Ottawa South
Eco-Action Network (OSEAN).*



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.



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- Minimum 2 adults
- One certificate per table
- Not valid with any other offers
- No cash value
- Management reserves the right to final interpretations
- expires January 31, 2020

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613.523.1680

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- No cash value
- Management reserves the right to final interpretations
- expires January 31, 2020

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(3-4 years old) \$5.95

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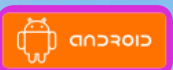
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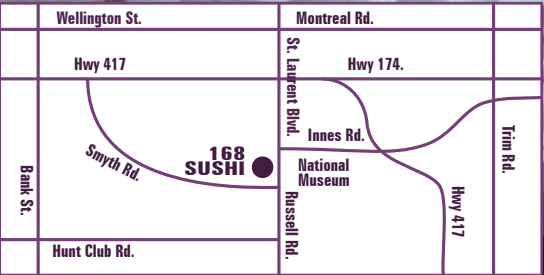


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