



APRIL 2020

A Voice of Riverview Park

MAY 2020



National Defence Medical Centre April 2020. PHOTO: GREG MONEY

# Our once main military hospital has new role today

by Bill Fairbairn

The bright future, predicted for the National Defence Medical Centre (NDMC) when it opened in Alta Vista in 1961 to support quality medical

support for military personnel and their families, has been cloudy from time to time throughout its 60 year history. On opening day it was praised as the national and largest military hospital in the Canadian Forces.

In 1987, some Ottawa medical and political aficionados praised the opening of a VIP clinic inside the hospital to serve not just the military but Ottawa and regional elite. The Senior Executive Clinic was introduced mainly for the medical

needs of members of Parliament, senators and senior government officials. The NDMC hospital when opened had much to praise for its abandonment of large wards in fa-  
**CONTINUED ON PAGE 3**

# Tug of War honour goes to Ottawa strongmen of 1892



Doug Woodburn (L) and his cousin, Elinor MacLeod hold a picture of the 1892 Tug of War Champions. Their grandfather, Henry Woodburn, is second left in the front row. PHOTO: CAROLE MOULT

by Carole Moulton

Today, in the Ottawa Sport Hall of Fame, there hangs a new plaque and the first group of Legacy athletes are honoured on it. “Many of the star athletes and teams from the 1890s to 1960s haven’t been truly recognized for their exceptional talents and achievements, which not only shined the spotlight on them, but also the City of Ottawa,” Martin Cleary, an Ottawa amateur sports writer has said with regard to these latest inductees. “Well, better late than never, that moment has arrived for three

athletes, one athlete/builder and three teams...” he added, as the inaugural group in the Legacy Category recently made history. And, on February 19th, 2020, when this plaque was ready, the first team to be listed was the Tug of War Champions of 1892. David Mowat, a Guelph resident, and a grandson of one of the Tug-of-War Champions, Henry Woodburn, made the nomination, using, in part, material taken from a local newspaper of the time, The Ottawa Evening Journal. Another ancestor, Alexander S. Woodburn, founded that paper in 1885. Earlier nominations, made by  
**CONTINUED ON PAGE 5**

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# What a winner was the RPCA Winter Carnival

## Enjoying the Winter Carnival were...

by Carole Moul

We cannot stop the winter from coming although we can certainly make a good time out of some of its days; and that's exactly what happened at Balena Park on Sunday, February 23rd.

Volunteers followed the right recipe to create a successful afternoon, included some delicious ingredients to make it special, and then invited the community to join in tasting its achievement. And, boy did the Riverview Park Community Association come up with a keeper!

Again for 2020, the campfire was in the exceptional care of the 101st. St. Aidan's Scout Troop, which looked after getting the equipment and obtaining the permit. This troop has successfully helped the RPCA for many years and as a result, dozens of appreciative people enjoyed sitting on hay bales, keeping warm, and toasting marshmallows. Work of the Scout members goes toward a badge and their leaders deserve much credit for helping them attain it. François Marier, Group Commissioner for the 101st. Troop was assisted by Bill Woodley.

The RPCA Board of Directors includes: RPCA President, Bryan Orendorff; Past President, Kris Nanda; Sam Kazak (carnival organizer); Raylene Lang-Dion; Craig Cormier; MB MacDonald; Dianne Hoddinott; Wanda Raymond; Glen McPherson; Ron Ridley; and Loretta Piirik.

Thank you to everyone: Chris Khoury for helping with the rink; Farm Boy for the apple cider; Loblaws for fruit and bottled water; Play It Again Sports for balls and pucks for games; CP Rail for workbooks for the kids; and Sergio DeFranco for demonstrating the Savestation. Everyone had an amazing time!

Photos by Geoff Radnor, Sarah Loomis and Carole Moul.



Ron Ridley, Raylene Lang-Dion and Bryan Orendorff



Grady and Sofia



Tim Mark (L) and Councillor Jean Cloutier



Wanda Raymond and Sam Kazak



Lilian



(Bk row) François Marier, Leader, 101st St Aidan's Scouts; Bill Woodley; in front: Chris, Chloé, and Indira



Brigitte, Ron Ridley and Raylene Lang-Dion



Habib, Noah, Yassine, Amy and Maya (peaking out below)



John Fraser, MPP (L) and David McGuinty, MP



Evelyn and dad, Bryan



# NDMC

CONTINUED FROM PAGE 1

voir of private rooms inside; and outside its strong geometric composition, with radial wings and a curved penthouse associated with a modern hospital design of the age. Clusters of elevators, high quality terazzo flooring and marble clad columns in the public area were other features. It was also nicely set back from Alta Vista Drive.

The VIP clinic, which may have given the hospital a Taj Mahal image that stuck, later closed as a cost-cutting measure saving of up to \$120,000 a year. The NDMC, however, was left with “a public image of egalitarianism that hurt,” said Canada’s highest ranking military physician of the time, Major-General Pierre Morisset, in an interview with journalist Charlotte Gray in 1994.

Years later the NDMC building became a walk-in clinic for veterans and the military on the Ottawa Hospital’s General Campus. Today several Canadian government offices, including Veterans Affairs, work on site. There is no longer a medical presence, but doctors were present when one Sunday afternoon in 1984 this former two-year national service corporal in the British Army and Riverview Park Review reporter walked in with a shoulder injury from playing tennis and to his surprise was treated on the spot no questions asked.

With the military budget being squeezed in the fourth quarter of the last century and the armed forces seeking new weapons and ships, it was clear that the NDMC could be a target of cutbacks. Senior military officers with clout in decision making may have compared the merits and cost of magnetic resonance imaging (MRI) against new frigates and helicopters. The VIPs, at about the same time, were thus expected to visit family physicians like everyone else. The hospital’s medical presence had itself come under pressure.

Colonel Gordon McLean, the NDMC’s one time commandant, then speculated that the



PHOTO CREDIT: GEOFF RADNOR

historic building could evolve into a federal multi-use facility that included medical training of personnel for operational deployments, other federal departments, office space, plus a research centre.

The opening of the Perley and Rideau Veterans Health Centre in Riverview Park in 1996-97 dealt a lingering blow by emptying the NDMC of many patients.

Twelve years ago the federal government initiated a review to prepare for disposal of the Alta Vista hospital building to the Canada Lands Company, which sells land to private developers. It seemed that the writing was on its attractive walls when, anticipating demolition, former Alta Vista Councillor Peter Hume envisaged diverse development on the site. That demolition never occurred. The nine-storey building survived the onslaught assisted for

some medical requirements by the General Hospital and the Children’s Hospital of Eastern Ontario.

To add insult the building’s east roof tore off in a severe storm in 2017. Repair took months at a cost of some \$250,000 to allow the federal government to move in with an army, not of soldiers, but public servants

The NDMC’s successor for military medical needs is now the Canadian Forces Health Services Centre, located on the grounds of the Montfort Hospital on Montreal Road, under the command of Lieutenant Colonel Marilyn Chenette. It is one of 32 Canadian Armed Forces clinics across Canada.

Official medical communicators in Ottawa, preoccupied with the deadly corona virus, had little comment on the future of the old hospital when approached.

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# Tug of war

CONTINUED FROM PAGE 1

Mr. Mowat had been unsuccessful, since up until this past year a Legacy Category was missing for the Hall of Fame. With that new category now included the nomination of the Tug of War Team worked in their favour.

At the time of the championship games, the seven-member Tug of War Squad consisted of Ottawa’s strongest men who competed in a national competition that also featured French Canadian, English, German, Irish and Scottish immigrant sides. These Canadian Championship games were held in January of 1892 at the Cartier Square Drill Hall and there were about 700 spectators in attendance for the final game. And, as was reported, observers jammed the downtown Drill Hall when the Ottawa team narrowly defeated the German squad in the final contest.

The Captain of the team was A.H.H. Powell, and the team consisted of R. Kenny, R. Miller, A. Holtby, H. Woodburn, W. Mills and J. Crawford. Henry Woodburn at 24, was the team’s youngest player and lightest at 200 pounds. Their mascot was a pit-bull. Today, there are still several of Henry Woodburn’s grandchildren living in the Ottawa area.

History notes that eight years after this seven member team won the competition, tug-of-war was entered in the Summer Olympics. Later, this strongman sport was



In 2019, the Ottawa Sport Hall of Fame introduced a Legacy category to recognize athletic achievements from Ottawa’s early sporting history. The 1892 Tug of War Champions are now considered Legacy members. PHOTO CREDIT: PETER BISHOP

also considered to be a key part of Ottawa’s sporting history. Doug Woodburn, another grandson of Henry Woodburn, remembers well when he was President of the Gloucester Fair in 1979, that tug of war was still a very popular activity.

The contest of pulling a rope is a very old sport originating from ancient ceremonies and cults that were found all over the world. The sport was even featured in the Olympic Games from 1900 to 1920. In 1920 the International Olympic Committee made the decision that it needed to reduce the num-

ber of participants of the Olympic Games and for that reason deleted a number of team sports from the programme. Unfortunately for many, this included tug of war.

Currently, the crowd-pleasing sport is part of the World Games. The Tug of War International Federation (TWIF), organizes World Championships for nation teams biannually, for both indoor and outdoor contests, and there is a similar competition for club teams.

The Ottawa Sport Hall of Fame was established in 1968 to preserve the history and development

of sports in Ottawa. The Hall of Fame has been housed for public viewing in the Heritage Building at Ottawa City Hall since November 7, 2011, where over 280 inductees have been acknowledged to date.

Visitors to the Hall of Fame can now see the plaque that honours the local Tug of War inductees as a result of the 1892 win 128 years ago. Ironically, the Cartier Square Drill Hall where the famous game took place, and the championship won, is located not that many metres away from where the Legacy plaque now hangs.

by Doug Woodburn

Gramps Woodburn was a strong and active dairy farmer with a tremendous love of horses and quality cattle. He milked Holstein cows on the Innes Road farm, on the banks of Greens Creek.

Grampa was married to Mary Blair and they raised 8 children. Two of his sons, Emerson and Harry, carried on the dairy operation, and I took over on their retirement.

I remember, well, the tug of war picture hanging in Grandma and Grampa’s home, and now it proudly hangs in ours.

## Memories of Grampa Woodburn



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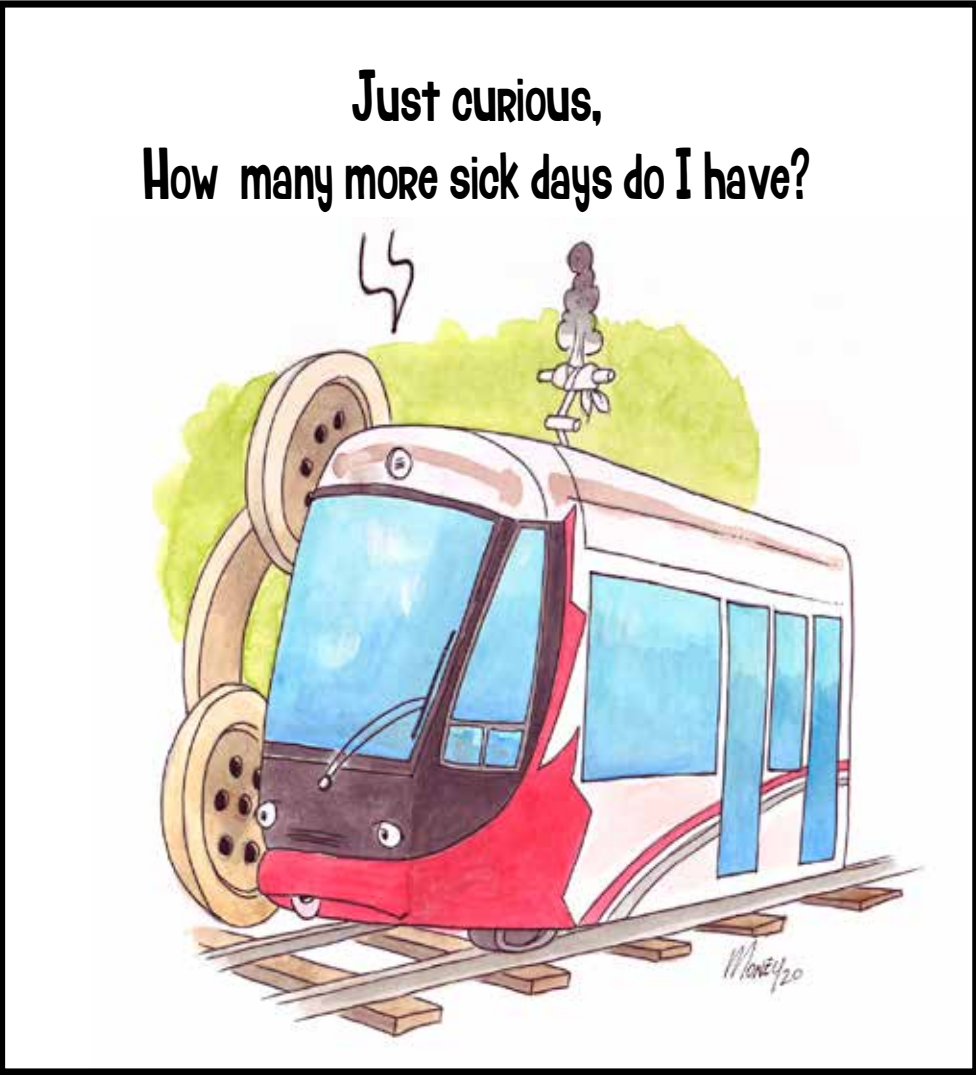
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Picking on Ottawa’s Confederation Train line has become something of a sport. It used to be a bad joke, but now it is closer to a running gag. Except, that would be the only thing running regularly which is too bad for Riverview Park, because having a major train node so close should be a great thing.

Does anyone remember the last time the O-Train has only been off line for two days or more? Admittedly it is diesel and not electric, but sometimes you can be more “Avant” than “Garde”; especially in a snow storm. The Trillium line is going to be taken out of service this summer as the tracks are expanding south to the airport. But it may also be taken out of service just so it can stop making the Confederation Line look bad by comparison.

During the test phase in the fall, you could hear the train bells and platform warnings as far away as Tim Horton’s on Alta Vista which was probably annoying to those stuck in the line of the drive through.

Who is laughing now, though? Probably not the Happy Goat Coffee Company. This is the local coffee roaster that won the contract to be the refreshment provider at many of the Confederation stations underground. With floods, bad smells and grumpy riders getting abandoned they must be rethinking their involvement with a “Bleeding Edge” form of transportation.

With the City Council reconsidering the whole project from contract to maintenance, maybe the designation of the train as a primary source of transportation should be reconsidered too. It could be re-branded as a tourist attraction, kind of like an escape room for train fans. More realistically, if the train were a supplemental service instead the main source of travel, maybe then having a model train in our backyard would be a good thing.

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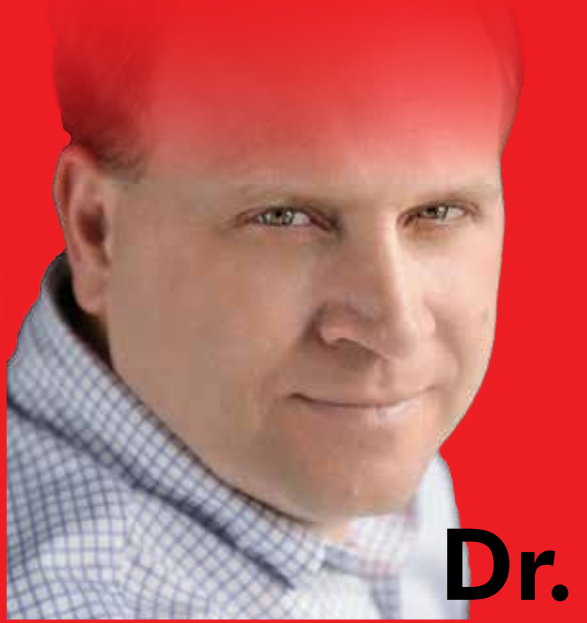
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TALKING MOVIES BY PETER THOMPSON OF MOVIES 'N STUFF

2019 - The year films struck back

by Peter Thompson

Green Book won the Oscar for Best Picture in 2018 - and while it was a fine film, I would have ranked it tied for 5th in 2019. The only other Oscar nominated film from 2018 that would have ranked anywhere near there was The Favourite. So what does that mean? Well, first of all, 2018 was a weak year for film (as was 2017 and 2016), but perhaps most importantly, films struck back.

Filmmakers at the top of their game produced work that will be watched for the next few decades, whether it's Best Picture winner Parasite, or Tarantino's masterpiece Once Upon a Time in Hollywood, Taika Waititi's Jojo Rabbit, Ford v Ferrari, this was the year where people didn't just talk about the new Avengers movie, they talked about great cinema in a way they haven't for a long, long time.

So suddenly 2019 is a year that will be remembered as a comeback for films away from the ubiquitous streaming, slasher horror, silly comedies and right back to where Tarantino first roared onto the scene with his second feature, a little movie called Pulp Fiction - which coincidentally didn't win Best Picture that year because the competition was so incredibly fierce (Forrest Gump, The Shawshank Redemption, Four Weddings...).

Perhaps more important than this renaissance was the winner for Best Picture: a Korean, foreign language film called Parasite. That's right, a foreign language film. For the first time since they started giving the award in 1929 a film that doesn't use English as the primary language won a prestigious award - and it deserved it! And now...it will mean that all those foreign films that should have been in the public spotlight, will now get their chance. From Shoplifters, The Cakemaker, The Secret in Their Eyes, The Lives of Others, Woman at War, The Farewell... the list goes on and on of films that should have been part of the Oscar ceremonies - and thus, garnered way more attention than they did.

Just how great was 2019?

The 'second tier' of critic favorites are now making their presence felt and have a whole new wave of people talking about them. Bombshell about Megyn Kelly and her fight to oust Roger Ailes and the toxic atmosphere he presided over at the network is a very entertaining and important film. And similarly, Dark Waters about the DuPont scandal is as effective a film as you're likely



Ford v Ferrari

to see - and something that needs to be seen and talked about.

So, while the top box office earner of 2020 is sure to be Black Widow or Tenet or even a throwback sequel: Top Gun: Maverick, fans of cinema can rejoice that somehow, somehow 2019 has paved the way for great films again. Spielberg has his adaptation of West Side Story coming, Wes Anderson's The French Dispatch, David Fincher has Mank, Canadian director Denis Villeneuve has Dune. And what's the next Parasite? Watch for Minari, already being highly praised. Do these titles mean anything to you right now? Don't worry, in about a year, you'll know all about them!



Above: Parasite.  
Left: Jojo Rabbit



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by Malcolm and John Harding,  
of Compu-Home

We are overdue for an update on our suggestions for when you have to buy a new computer. There are no radical upheavals from last year, but a few trends seem to be apparent. The following refers to both laptop and desktop models, unless specifically noted.

**SSDs, (or Solid State Drives)** are disk drives with integrated circuits to store files, which is the same technology as the USB Flash Drives that we have been familiar with for more than 15 years. SSDs are now more common than traditional hard disks (HDs) in laptops and are often found now in desktop models as well. An SSD is many times faster than an HD and has the significant advantage of being more robust, due to the fact that there are no delicate moving parts. On the other hand, solid state storage technology in the form of computer hard disks does not yet have a long proven track record for life expectancy and reliability. For this reason we suggest making sure that you are getting a machine with one of the established brand-name SSDs, like Western Digital or Samsung. John Tunstall, of Tunstall Data Recovery Services in Nepean tells us that the off-brand SSDs are noticeably more prone to failure. Now that SSDs have dropped in price, you can have one of the best without breaking the bank.

**New or Refurbished:** In the case of desktop computers, a refurbished unit is often a worthwhile consideration but there are fewer refurbished laptops available and therefore they are not such a bargain. Refurbished computers often come with a longer warranty period than new machines. The



Trailing Edge in Bells Corners is a long-established local business that carries an extensive stock of refurbished desktops.

**Price:** A so-called “bottom of the line” machine has the specs to handle easily most people’s needs. You shouldn’t have to spend more than \$600, and maybe a bit less, even though this might mean having to wait a bit sometimes while stores replenish their stock. At the time of writing it seems that manufacturing in China and supply from Asia is severely compromised and this could lead to further price and availability issues in the future. Prices on the shelves are creeping up, and when you add in HST and the service charge for setting up the new machine, that \$600 quickly becomes \$850.

**Availability:** When you are shopping online, you have to read carefully and pounce when you see what you want. Stores do not carry large quantities of a computer model and sales pass quickly. A week later, that bargain will be long gone.

**Specifications:** The great ma-

jority of computers will have the Windows 10 Operating System. The alternative is the Macintosh line. Apple, of course, has a stellar reputation for hardware, with a stellar price to match.

- 4 Gigabytes of RAM is adequate; 6 or 8 might be a bit better. More is probably overkill.
- 500 Gigabyte capacity hard disk (file storage) is usually enough.
- An Intel processor has a little bit better reliability record than AMD, the major competitor but it’s not a big difference. The majority of users should seriously consider the Intel i5, or one of the AMD equivalents, because it is powerful enough that it will be adequate for most users for many years to come.
- Note that laptops no longer have a DVD drive, but they are still on desktops. An external USB drive is a \$40 alternative.
- 15.6 inches is the usual screen for laptops. You may choose larger or smaller depending on preference and need, but you might have to pay more. You can keep your monitor if you are replacing a desktop.
- We believe that the touch screen option is a wasted expense on a computer – desktop or laptop.

Source and Warranty

- Staples, Best Buy, Canada Computers and Costco are the commonest sources. Some people prefer one or the other, but they are pretty close. Dell might be the first brand people think of if they are buying online, but Costco (online or in the store) is also a strong contender, because they offer an extended warranty at no extra cost.
- Laptops, tablets, printers, cameras and phones are the only equipment for which we recom-

mend considering the extended warranty, for several reasons. Expect to pay approximately 20% of the laptop’s purchase price, for a 3-year warranty.

Setup

- New computers take about 3 hours of a technician’s time to set up when they come out of the box. They are not ready to use as shipped. Stores are always keen to do that job for you but (maybe not surprisingly) we small businesses like Compu-Home or Tony Garcia at Computer HouseCalls, are convinced that we do a good job too.
- You must also consider whether or not data from your old computer will have to be copied to the new one. That can be done at the time of setting up, or you can do that yourself bit by bit later on if you prefer.
- Expensive software, like Microsoft Office, can usually be transferred from an old computer to a new one, if the old one is going out of service. Otherwise, you will have to buy another copy.

Advice

Feel free to call or write for our 2-cents’ worth when you find a machine that interests you.

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

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# Work continues...

Pictures of projects around our neighbourhood

Photos by Geoff Radnor



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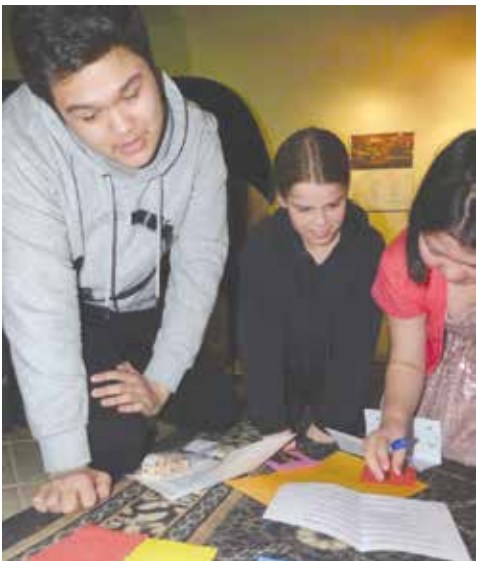
# Listening to the younger players at Steinway

by Geoff Radnor

In the last edition of this paper we learned about the adult pianists who had monthly get-togethers at the Steinway Piano Studio on Innes Road. Frequent visits to the neighbouring Home Depot store made me aware of this Studio. However my primary interest in this venue was the Young Performers' Club, which is a very different affair.

It is for any young performers aged 6-18 years who are learning to play the piano. As a fan of the classical piano over the years it sounded most interesting, I can't play the piano or any other musical instrument. I am just a listener. So I was eager to see and hear all these young players.

The Young Performers' Club proved to be very popular last fall, so in 2020 there are now two groups who meet every month. There were 24 young players on the evening I went to hear them play. The monthly meetings are on Saturdays starting at 5pm. The club has no membership fee with four groups of membership according to their performance level. One very young player won a tee shirt, as he had come 10 times to play.



Tomor, Elizabeth and Christina solve the puzzle.

PHOTOS: GEOFF RADNOR

The Young Performers' Club offers an opportunity for young players to prepare for exams, competitions, festivals or future concerts. Parents also come with the young players, many video recording the short pieces as they are limited to less than 5 minutes. It gives a chance to meet and listen to other young players and to learn about upcoming events.

One young player whom I liked was Eloise Daoust who came from Orléans, accompanied by her mother, to perform a waltz by Cho-



This six year old is the youngest to play on the Steinway Grand Piano.

pin. Tomor Sopa did a marvellous job on a piece by Rachmaninoff. Tomor also played a puzzle game on composers' names with three other young players, after the end of the performances.


There was a special addition to the evening session when I was in attendance. Special guests Natania Fok and Jonathan Bondoc played a version for two pianos of Prokofiev Concerto #1. It went over very well indeed and must have inspired many of the young students in the audience to strive even more at their lessons. Does practice make perfect?

There is a special event on March 22nd, called the Concerto and later on June 6th there is The Ice Cream Bonanza, which looks like a lot of fun.



One of the nicest things is that all young members get to play for their friends and family on the \$250,000 Steinway Model D Concert Grand Piano. Even the 6 year old played on the piano that just two days prior was being played by the world renowned Nicolas Namoradze for a recital at Southminster Church in Ottawa. Nicolas Namoradze played at Carnegie Hall last year.

I am told that this fine piano is getting a bit old. It gets moved around to many venues. Soon it will be replaced with a brand new Model D Concert Grand. It has been played at many big events over the years and gets to be played by many visiting pianists at events like festivals and concert programs around Ottawa.


If you have young people in your family who are learning to play, keep in mind that the Steinway Piano Studio is just minutes away on Innes Road and there is no membership fee for the Young Performers' Club










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# The Presentation Centre for Willowbend Retirement Community is NOW OPEN

Shared by Snjezana Kulic, General Manager, Willowbend Retirement Community

Exciting news! Riverstone is proud to announce the opening of its Presentation Centre for Orléans' newest retirement community, Willowbend.

When Willowbend Retirement Community opens in the summer of 2020 it will offer its residents all of the conveniences and comforts of home. Nestled on the edge of a beautiful residential neighborhood, Willowbend, is surrounded by amenities with access to shops, restaurant and grocery stores. Whatever you need, peace and quiet or fun and excitement, Willowbend and the Orléans community have you covered.

At Willowbend we're proud to offer a spectrum of care alternatives, so you can find the lifestyle that suits you best: Independent Living, Residential Care, Physical Assisted Living or Memory Care. Our all-inclusive lifestyle includes a choice of suite sizes, flexible meal plans and snacks, housekeeping and laundry services, 24-hour pro-

fessional nursing staff, emergency response, underground parking, as well accessible transportation for planned outings and activities.

Come in for a visit with Snjezana Kulic, General Manager, and be the first to learn what retirement living at Willowbend Retirement Community is all about. The Willowbend Presentation Centre is located at 1455 Trim Road, at the corner of Trim and Antigonish.

We are now accepting reservation so book your ideal suite today! We look forward to showing you the Riverstone difference. Phone: 613-907-9200

Our Presentation Centre awaits you.



A rendering of the beautiful new Willowbend Retirement Community.



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# Something for everyone at O'Brien's Roadhouse

by Carole Moul,

You can walk, cycle, drive your car, call a Blue Line cab, or hop on the No. 46, 42 or 39 OC Transpo bus to get there. No matter how you travel, it won't take long before you are enjoying the great food and stunning ambiance of the brand new O'Brien's Roadhouse, 760 Industrial Avenue.

You can't miss the outside with its vintage truck, and the inside will 'wow' you with its unique interior of reclaimed wood. There is every kind of seating arrangement, and don't be surprised when you spot some of your neighbours sitting not too far away.

All this quality shouldn't come as too much of a surprise when you find out that it was Brian Mahmoud who was instrumental in creating the perfect new local gathering place. He is also the one who owns the nearby beautiful Lebanese Palace,

Nor should you be shocked if Brian just happens to be the one delivering those amazing 'Sliders' to your table since Brian never stops. Sliders are the delicious mini cheeseburgers that you can enjoy

with the delicious O'Brien's French fries and tasty coleslaw; although friends declared the fish and chips delicious, the wings "how they're supposed to taste" and ditto with the French Onion Soup. "Something for everybody," they said, then got down to the serious business of eating.

Rumours had been swirling around for quite some time as to what was going to go into that location at the other end of Eagle Automotive. A local place to drop in and have great food had been at the top of the collective wish list for years. Then to discover that O'Brien's Roadhouse was even going to be serving breakfast there, well...

So, while the doors may have to close at all restaurants for a time, perhaps some of the photos on this page will have you looking forward to the sunny days ahead when you can enjoy joining family, friends or both at the exceptional O'Brien's Roadhouse. The roadhouse is at the corner of Russell Road and Industrial Avenue. Just look for the vintage truck you actually see in the logo.

And, oh yes, don't say you weren't warned about those amazing home-made desserts!



Councillor Jean Cloutier (L), joined MP David McGuinty (R) and Brian Mahmoud (C) at a packed O'Brien's Roadhouse opening night.

PHOTOS: GEOFF RADNOR



A local resident eyes the bike inside the front door.



The unique booths provide quiet spaces for chatting.



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Many thanks to our many volunteers and sponsors for helping keep costs low!



# Dogs Dog Trainers' Association: There's Still Help for Dog Owners During COVID-19

## Trainers offering phone and online services during "Social Distancing"

MISSISSAUGA, Ontario, March 19, 2020 (GLOBE NEWSWIRE) – Canadian dog owners can still find safe training help for their pooches, despite stay-at-home calls from officials during the COVID-19 crisis.

"The fact that pet dog owners are, appropriately, staying home at this time doesn't mean their pet problems will go away or will wait until we return to normal," said Helen Prinold, Chair of the Canadian Association of Professional Dog Trainers (CAPDT).

"We've issued a challenge to our members across the country to find ways to deliver services by remote – whether interactive on-line classes and videos or offering phone consults for some training needs."

Recommendations and orders from health officials regarding being in public are changing daily. CAPDT advises pet owners to keep at least three weeks of food and any prescription medicines on hand for your pet, and to look for ways to challenge pet brains (such as online training) and enrich their days with fun activities within "Social Distancing" limitations.

Unless stay-at-home recommendations change, the Association reminds owners of puppies 8-14 weeks of age that they should NOT keep them at home to avoid exposure. During this critical socialization time, puppies should get out in the world and see a variety of people and vehicles and situations, while maintaining safe social distances.

For dog owners seeking training support or enrichment ideas for their pets, CAPDT recommends searching online at [www.capdt.ca](http://www.capdt.ca) locally for member dog trainers offering telephone or online services and checking our website under "education" on the menu.

The CAPDT would also ask governments at all levels to recognize that most independent dog training businesses are following public health requests that all Canadians should stay home. Their businesses are closed and suffering! Efforts to replace worker incomes in this difficult period are vital. We hope efforts to stay home will be recognized and our small, independent and local business owners (who are not employees) can receive stop-gap funding for regular monthly salaries or business draw.

For more information contact Andrew Perkins





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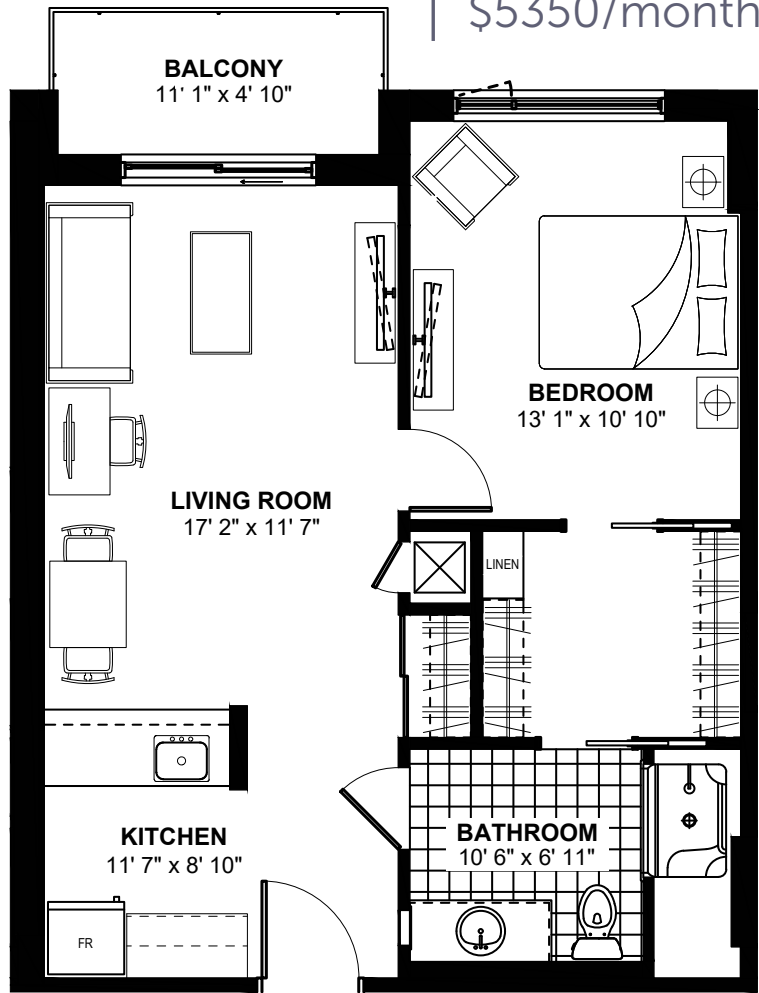
- Three freshly prepared gourmet meals
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TRENDSETTERS • ALL ABOUT COLOUR



by Monique Doucette

Choosing a colour palette can be the most daunting “to-do” when it comes to decorating your home and, as a result, it is often one of the last things homeowners think about. What if I told you that choosing a colour palette can help make creating the home of your dreams quicker and easier? That’s right! Once you choose your colour palette, all the decisions about decorating will flow more naturally.

6 TIPS FOR CHOOSING THE RIGHT PAINT COLOUR

1. Understand Undertones

Undertones are essentially whether a room has “warm” or “cool” complexion. Not sure where to start? Pay attention to fixed elements already part of the space such as flooring, lighting, wood, etc. All paint colours come in “warm” or “cool” tones to make it easier to ensure that the paint colours you choose all work well with each other as well as in your existing space.

2. Stick With Neutrals

Have a flare for bright and colourful? No problem! Using more neutral

colours on the walls will allow you to highlight the architectural features of your home and give you an ideal canvas to create any look you want. You will often see this strategy used in model homes – By keeping wall colours neutral, fabrics and accessories can add pops of colour without distracting from the space itself.

3. Consider How You Want The Space To Feel Once It Is Finished

Pinterest is a great place to start when deciding on paint colours. Once you start pinning, you will get a feel for what style and colour you are drawn to. Not into Pinterest – Save pictures from magazines or snap photos of spaces you like and use those as inspiration. You can also leverage some of the great apps and website tools from companies like Sherwin Williams and Benjamin Moore that can offer curated palettes to reflect your personality, help convert favourite photos into palettes, give you insights into the psychology of colour, and many other features sure to inspire!

4. Follow The Rule Of Three

Limiting your palette to just three main colours is a great strategy in any

space. It simplifies things for you and can produce a more coherent look with a better flow throughout your home. More and more, paint companies are introducing colour trends to help customers find their style and narrow colour choices.

5. Showcase Your Personal Style

It is important that your space is a reflection of you. A great way to decide on your colour palette is to find inspiration in something you love – Perhaps there is a vintage art piece that you love or a favourite cushion. Creating your vision based on the things that inspire you is a great way to make your space reflect your personal style.

6. Don’t Forget Curb Appeal

Exterior colours matter and can be a good preview for what is inside your home. A perfect example of this

would be how a bold front door attracts curiosity - I know I am always drawn to homes that have an attractive and unique exterior!

These are great tips that you can use on your own. A Certified Colour Consultant can help simplify things even more and take your results to the next level. A Colour Consultation will help you discover your personal style and will ensure you get the colour right based on both a certified scientific process as well as your personal colour preferences. I would love to help you bring your vision to life!

Reach out to find out at more at monique@trendsetterhomestaging.com, 613-816-8306 or visit TrendsetterHomeStaging.com. We are pleased to be adding Virtual Consultations as part our services.



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# Seniors getting fit at Canterbury Community Centre

by Denise Kennedy

It occurred to me that I needed to share my appreciation of fitness exercise classes for seniors at Canterbury Community Centre. Nancy Burns is the Chair Fitness/Older Adult Instructor and this is her story. I thought it best if I asked her a few questions and these are her answers.

**1 Who is Nancy Burns?** I am someone who likes to be involved, I need to feel connected, and I believe in the importance of fitness for the body and the mind. As I get older, I seek to challenge myself in different ways, whether that is learning new skills, meeting new people, or trying new things. I believe that is the way to age gracefully and with purpose.

**2 What led you to this type of work?** In 1989 we moved from Halifax to Ottawa. One of the first things I looked for upon arriving was a community center. I had always participated in Group Fitness and wanted to join a program in my new city. I participated in classes at a few community centers. In early 1994 I became certified as a Group Fitness Instructor and shortly thereafter I achieved an Older Adult teaching certificate. As a new instructor I heard about teaching opportunities at the Canterbury Community Centre. From my very first class at Canterbury, I knew it would become my “home base”. The participants were warm, inviting and FUN and I’ve never looked back.

**3 How long have you been leading exercise classes?** I have been leading classes for almost 26 years. During my time with the Canterbury Community Association, I have taught classes and I have been the Group Fitness Coordinator, Older Adult Fitness Coordinator, and served as Program Administrator for the CCA for seven of those years. Fifteen years ago I developed a chair fitness program which I call “Sit Fitness” and I still teach to this day.

**4 Which type of group benefits most from your classes?** I’ll address this question as it pertains to the Sit Fitness program. Over my years teaching classes in the Older Adult Fitness program, it became evident there was a need for a more “modified” senior’s class that safely and accurately addressed mobility issues and concerns of an aging population. The definition of a “senior” is anyone from the age of 55+, this could potentially result



Nancy Burns at work.  
PHOTO: DENISE KENNEDY

in an age spread of 30+ years in any given group class. There is no “one size fits all” when it comes to exercise prescription. Conditions such as arthritis, osteoporosis, cardiac issues, joint replacements, vision and hearing impairment and even mild cognitive decline, need to be considered. It becomes difficult (if not impossible) to deliver a safe and effective class to meet everyone’s needs in this demographic. The Sit Fitness class environment enables me to cater more specifically to these special requirements. It is of utmost importance to me that all participants are safe while in my classes and that the exercises are contributing to an enhancement of their active daily living. Not all exercises are taught from a chair - standing balance exercises are an integral part of the program as well as core strengthening, flexibility and co-ordination exercises. The Sit Fitness classes are suitable for all older adults who want to perform the tasks of daily living with a greater sense of confidence and ease, i.e. climbing stairs, having better balance and strength, getting in and out of the bathtub, or performing other household tasks.

**5 Are there classes for special needs participants, injured or handicapped?** The program is generally suitable to those with arthritis, osteoporosis, joint replacements, cardiac issues, mobility and balance issues. There are some participants in the program who use walkers, and manage very well. It is intended, however, that a participant be mobile in that they are able to go to the washroom independently. I do not have an assistant in the



room, so I do not leave the room unattended once the class begins. Sometimes an individual will attend the Sit Fitness program while recovering from surgery or while undergoing cancer treatments. They may attend for a session or two, and then resume other activities, but very often they find the program suitable for their needs and they stay. On that note, if starting any fitness program for the first time, or while recovering from a medical condition, I recommend that participants consult with their healthcare provider to determine their suitability for an exercise program.

**6 In a perfect world what would you like to see happening for seniors?** I firmly believe course fees for Older Adult programs should be tax deductible. It is well known that those who participate regularly in fitness programs have quicker recovery times from illnesses and surgeries and in general get sick less often. And let’s not forget about the psychological benefit of exercise!

**Addendum from Denise Kennedy**  
A full appreciation of a person’s

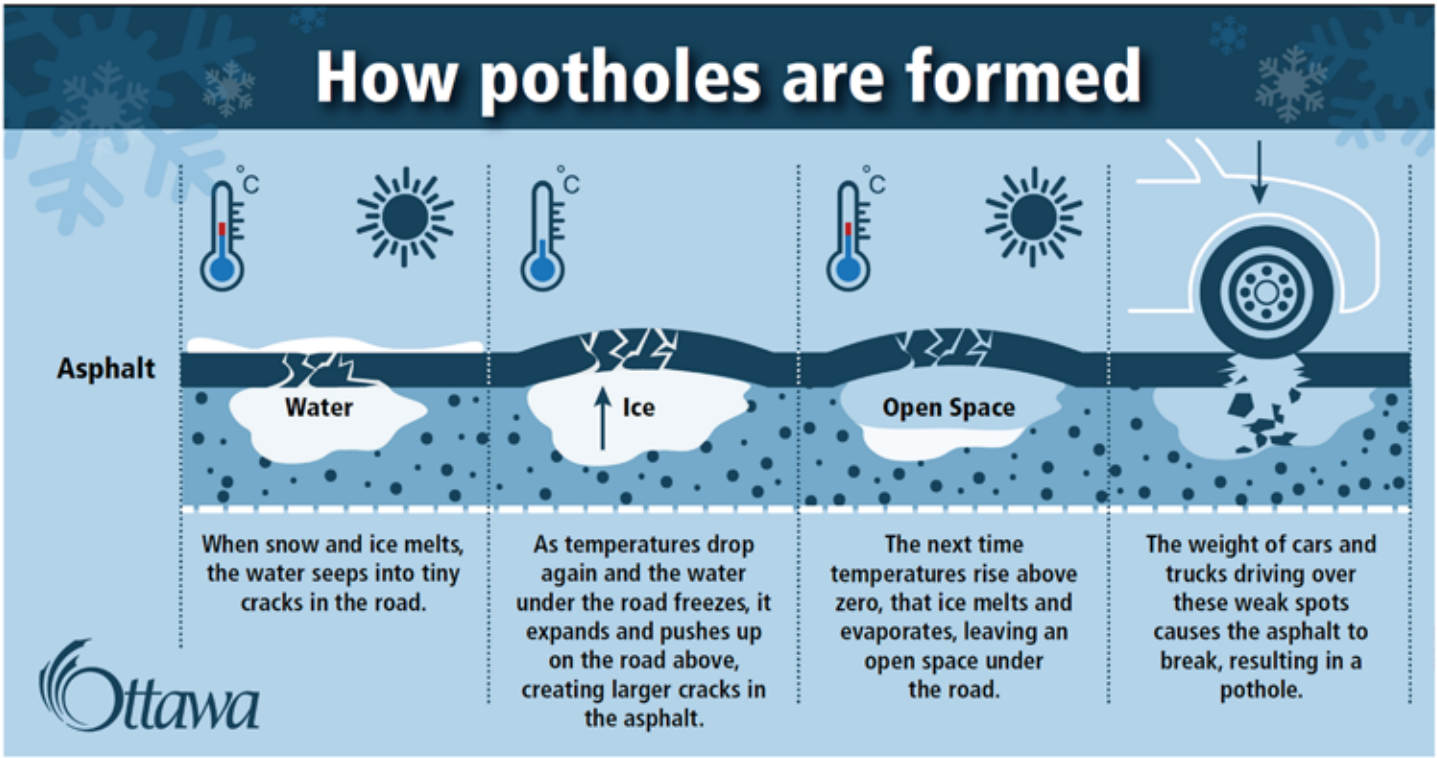


work is usually best if recipients of that person’s efforts are freely documenting it, so here are a few testimonials:  
“Nancy’s Stretch Class is perfect for me, just what I need. She knows how to make the class challenging and fun, making adjustments for those with physical limitations. I’m hooked.” *Sue MacKenzie*  
“Nancy always plans programs with slight variations, so it is never boring and keeps you very focused and involved through the whole hour.” *Betty Kannon*  
“I never believed that I could enjoy fitness classes until I met Nancy 19 years ago. She makes the exercises fun and efficiently tailors her program to meet the needs and abilities of her clients. I keep coming back for more.” *Sue Warren*  
“Nancy instructs us to maintain better flexibility during the class covering all aspects of exercise. She really is a great instructor in so many ways.” *Patricia*  
“I enjoy that the routines are varied and moderately challenging. There are bits of yoga, bits of balance, bits of stretching, and breathing exercises. Modifications are explained, such as which joints and muscle groups are targeted and how to maintain flexibility.” *Linda*





# Jean CLOUTIER



Spring is here, and we know what that means...  
**POTHOLES!**

Did you know that you can report potholes online? Please visit [ottawa.ca](http://ottawa.ca) to report problem areas. or, please contact my office at [JeanCloutierOtt@Ottawa.ca](mailto:JeanCloutierOtt@Ottawa.ca) and myself or my staff can help direct your concerns.

The City is looking for your feedback to help shape our new Solid Waste Master Plan. The plan will guide how we manage garbage, recycling, household organics and more, for the next 30 years. You can visit [ottawa.ca/wasteplan](http://ottawa.ca/wasteplan) to join the conversation and learn more about waste issues.



## Registration for GLAD Cleaning the Capital is now open!

- Pick your project site, your cleanup date (rain date too!), and time.
- Promote your project and gather your project team.
- Be sure to plan ahead for the proper disposal of compost, garbage, recycling, leaf-and-yard waste and any other hazardous items you may collect.
- Need assistance? Call 3-1-1.
- Cleaning the Capital is an ideal way for neighbours, family and friends to work together and clean up their neighbourhood

More information is available on the city's website at [www.ottawa.ca/clean](http://www.ottawa.ca/clean)

### What is Cleaning the Capital?

The GLAD Cleaning the Capital campaign is a citywide cleanup that occurs in the spring and fall of every year. Residents come together as a community and combine efforts to make our city clean and green. Litter pickup or graffiti removal projects must be registered, and participating teams, upon request, receive a cleanup starter kit to assist them with their projects.



Conseiller / Councillor Jean Cloutier



by Geoff Radnor

Though April showers  
may come your way  
They bring the flowers  
that bloom in May  
So if it's raining, have no regrets  
Because it isn't raining rain, you know  
(It's raining violets)

It was Al Jolson who first sang that song, written by B G De Sylva and Louis Silvers. It was at the opening of the musical “Bombo” on Broadway, October 21, 1921. Since then it has been sung and recorded many times by many artists.

It was not a new thing. Over five hundred years earlier Geoffrey Chaucer wrote his Canterbury Tales and the opening General Prologue starts with: *Here Bygynmeth the Book of the Tales of Caunterbury*  
*"Whan that Aprill, with his shoures soote The droghte of March hath perced to the roote"*  
Which in Modern English is:  
*"When April with its sweet-smelling showers Has pierced the drought of March to the root"*

How many of us think that these April showers are “sweet smelling”?

# April is here

Three years ago we had a record amount of rain in April, 147.6mm, which was well over twice the normal amount. Did it smell sweet? The flowers that bloom in May smell sweeter. The dandelions that bloom in April are everywhere in the city as it has given up spraying herbicide on the boulevards of Ottawa roads.

April showers may be just a sprinkling or, as happened on April Fools Day in 1973 we had an inch of rain. Some shower! And on that crazy day in April 1986 we basked in a temperature of 25°C. I personally do not go back to 1887, but our great grandparents had to endure -19°C on that day. It is only if you live in the city of Odessa, Ukraine that you get a holiday on April Fools Day. You can blame the Jet Stream for the great variations



in the weather during April.

Many (or most) radio and TV stations and newspapers have played April Fools Day jokes on their audience and readers. There is a list of great jokes on the net if one really wants to know how gullible the public can be. The BBC TV in England is top of the list with its article in 1957 on Swiss Spaghetti Trees. It is only if you live in the city of Odessa, Ukraine that you get a holiday on April Fools Day.

“...the flowers that bloom in May” but if you are lucky you can enjoy many of those flowers in April too. Crocuses will be the first to brighten our day, likewise the Trillium but in a much smaller number. We can be sure that the most prolific flower in April will be everybody favourite, the dan-

delion, such vibrant colour and so many of them, that many of our lawns are more yellow than green. The blue aster type Centaurea or the Cornflower or Bachelor's Button will appear along the sides of our roads. We should be thankful for those showers.

April 2 is celebrated around the world as International Children's Book Day, the date is chosen as it is the birthday of that great Danish story teller Hans Christian Andersen. So during these troubled times for children missing school, maybe a gift of a new book would do well in replacing some of the things being missed in the classroom. If that is not enough wait until April 23 and you can celebrate Canada Book Day. A chance to give a second book.

It was on Easter Monday April 9 1917 the Canadian Corps started their advance on to Vimy Ridge in France. It is to be commemorated on that day by lowering the flag on the Peace Tower on Parliament Hill to half-mast. By the way don't forget to file your tax by April 30th. OR. In the case of this year, extensions are being granted until at least June 1st. (Due to the current virus emergency.)



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One of the most common causes of heel and foot pain is plantar fasciitis. Plantar fasciitis is an inflammation of the thick band of tissue that runs along the bottom of the foot, called the plantar fascia. This band of tissue connects the heel to the toes on the bottom of the foot and provides tensile strength to the foot. The plantar fascia also acts as a shock absorber when walking.

When plantar fasciitis flares up, the pain causes limping, and comes on as a sharp burning sensation on the bottom of the foot in front of the heel, as well as into the arch of the foot. Pain is usually worse first thing in the morning, when getting out of bed. Pressure on the bottom of the heel will cause pain, such as long periods of standing. This pain can last for weeks or even months.

Causes of plantar fasciitis can vary from person to person, but some common causes include:

**Body Mechanics:** “things” such as flat feet, or excessive pronation or high arches can each put different stresses on the plantar fascia that can cause inflammation. Leg length discrepancy and a tight Achilles tendon can also be factors.

**Muscle Imbalance:** small muscles run along the plantar fascia. If these muscles are weak, it can add pressure to the plantar fascia.

**Exercise:** some exercises combined with improper footwear and/or foot mechanics can increase the risk of plantar fasciitis. These exercises include long distance running, dancing, and jumping exercises.

**Improper Footwear:** wearing improper or ill-fitting footwear for exercise, work etc. can cause plantar fasciitis



foot can be rolled over the bottle while wearing a sock. Pressure can be a little lighter while seated, or deeper while standing.

**Stretching:** stretches should focus on calves and the bottom of the feet

**Exercise:** exercises should include curling the toes and then extending the toes, as well as opening the toes as wide as you can, (like a starfish). It seems funny to do this, but it’s not a movement that is common and it can really help relieve some discomfort in the foot!

**Self-Massage:** massaging the bottom of the foot with hands is very beneficial, but rolling on a yoga ball is one of the best forms of self-massage for the feet!

Plantar fasciitis can be extremely painful, but with these tips, you can get the relief you need!

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

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



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# we can hear the message in a variety of ways

er, was unlike either that of Lori or Beth, and how it all started was when two life-changing events happened to her at about the same time.



Colleen and her daughter, Maddi, who was 6 years old when she was diagnosed with breast cancer

### Getting started

Soon after Colleen heard the words, “You have breast cancer,” in the fall of 2010, two significant occurrences followed. One was that she realized she didn’t want to continue down the same career path of being a Chartered Accountant and Vice President of Finance because she felt like she wasn’t making a difference, and the second was that she believed she could make a difference in a particular area of the marketplace. Adaptive clothing that was both functional and fashionable was missing and Colleen felt that she could change this; and she did. It just took a little longer than she anticipated.

With the limited mobility that comes from having chemotherapy, surgery, and radiation, and all the appointments requiring countless changes, Colleen struggled to find clothing that was easy to slip off and on without lifting her arms up over her head, would be comfortable to wear, soft against her skin, look good when on, and fit in with her everyday lifestyle.

Thus, as Colleen says, she “switched from her left brain to her right brain, took a leap of faith,

and hence COKANNA Designs was born”.

### It isn’t quite as easy as you think.

There were many, many stepping stones from the concept of stylish adaptive clothing to having the actual clothing on the racks. And yes, while there was a huge learning curve ahead for Colleen, there were also many knowledgeable people able to help her reach her goal; she just had to locate the right ones.

Step one for Colleen was to look in her own closet, find something that she liked, and figure out how she could come up with similar adaptive apparel. In her own words, Colleen wanted “there to be more options out there so you don’t have to sacrifice quality or style at a challenging time in your life. The COKANNA brand has your comfort and well-being in mind.”



COKANNA brings together comfort and style

Colleen also knew that ‘to get there from here’ she would need advice as to how to start her own business. ‘Invest Ottawa’ was an exceptional resource for information and Colleen signed up to participate in a number of different seminars.

### Invest Ottawa

Located right here in Ottawa and in a fairly central location at the Bayview Yards, ‘Invest Ottawa’ has an excellent website with the

slogan, ‘Helping Build and Grow Business’. “They had me thinking more and gave me ideas as to how to start a business,” said Colleen.

“I went to a lot of seminars, anything relevant that might be helpful, I spoke with others, and discovered that you could speak with an advisor. He was very supportive and asked me, ‘What do you really want to do?’ I told him that I did not want to be the person doing the sewing, and he suggested that I could contract out.”

Thus, Colleen began making telephone calls and reaching out to others. A contact made with Laura Twiss and Tonia Weber here in Ottawa was a winning one.

### Twiss and Weber

“They were a huge help, they definitely got me started,” said Colleen recently. “They produced the first sample and got me to the next level.”

Among the services these two ladies offer are ‘Custom Orders’ plus ‘Design for Hire’. Previously Colleen had heard, “Try this person...”, “Try that person...” This dynamic duo, now located on Sussex Drive, enabled Colleen to take the next step and thus enable her to begin looking at lists of businesses who could do the actual production work.



This adaptive top can be stepped into & pulled up and worn both ways, V-neck in front or Scoop neck in front

### Lists and more lists...

It is truly amazing as to what is ‘out there’. Colleen discovered

that there was a list of manufacturers, a list of pattern makers, and a list of places where they would make prototypes called samples in the fashion industry. With continued enthusiasm, Colleen used the lists and contacted the ones she thought would be a good fit. Eventually, she would narrow down the names until she found another two ladies who owned the company, CRW Design.

Created in 2010 by Nikki Francies and Sherri Carlson, CRW Design is a Canadian Knit Apparel Production House in Toronto providing support in all areas of not only garment development but garment production.

Colleen continues to learn and grow and discover new contractors that take her to the next level. She has added a sister and brother duo, Milena Holmes and Dušan Vlačić at Canadian Service Apparel in Oshawa who then introduced her to Liz Lee of Modes Identity International, another manufacturer in Toronto. And more recently, she contracts Barbara Starr of Terra Cotta Clothing to do pattern and sample making. What has Colleen learned? It takes a village to build a fashion brand. She can’t solely rely on one contractor. They all bring new ideas, techniques, and experience to the cutting room table.

### Why bamboo?

From the beginning Colleen’s fabric of choice was bamboo. This is a fibre that comes from a sustainable resource out of Asia. And, at a time when you need whatever comfort you can get, this is a fabric that is super soft against your skin and breathe-able. It is thermal regulating which means it will keep you warm in cool weather and cool in warm weather, while its natural luster has a beautiful drape. Possibly, little known as well, bamboo is

CONTINUED ON PAGE 26

Outlet

FASHION

4 women



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HILARY  
RADLEY  
FOR  
KATHERINE BARCLAY







Bamboo is great for travel because it's breathable and thermal regulating.

40% more absorbent than even the finest organic cotton, meaning that it brilliantly wicks moisture away from the skin keeping you dry- plus it is extremely comfortable.

So...how do you get this wonderful bamboo fabric here in Canada, if you are planning to start up an adaptive clothing business such as Colleen's? Another search on the internet and the name 'KenDor Textiles', a Delta, BC based importer and wholesaler specializing in environmentally and socially responsible knit and woven textiles was discovered.

Colleen eventually graduated to having her fabric custom knit right here in Canada at Roopa Knitting Mills Limited in Mississauga. So, her clothing is truly Canadian made.



Colleen enjoys hosting coffee shops in her home and bringing women together

Moreover, she now better understands the comment made by one person that each design could well take from 12-18 months to come to fruition since it was indeed about one year before Colleen Kanna actually had a garment that not only she, but others would like to wear.

Focus groups were a huge help in advising this new entrepreneur, as well as the ladies who inspired Colleen as she moved forward with her vision.

What's in a name?

According to the on-line Collins English Dictionary, the word 'inspiration' can be defined as 'a feeling of enthusiasm you get from someone or something, which gives you new and creative ideas'. Right from the name of her brand, the names of her designs plus logo, Colleen has been motivated and affected by those around her.

At first glance, COKANNA is the first two letters of Colleen's first name, followed by her last name, but as she has said, "... it embodies so much more".

"The spiral icon represents the circle of life, healing, and change. "CO" is the co-existence of courage and change like cohorts in the journey of life and "KAN" stands for the "can" do attitude that comes from an inner strength we all possess and propels us forward one step at a time."

"I am always inspired by the women I meet, their strength, courage, compassion, and determination. It shows up in different ways, but I see it in all of them," Colleen explained recently. "In coming up with new styles, I always keep in mind the many women who have touched my heart. So, it makes perfect sense to name my designs after those who inspire me. The only problem is it's hard to keep up!"

It was just about one year ago that another thought came to Colleen with regard to her line of apparel. Not only would she name her designs after ladies she admires, but she would join together a variety of other like-minded people, chat with them over a cup of coffee and dessert, and receive their input about the direction in which she was going with her COKANNA clothing line. Consequently, another creative initiative was born.



Colleen's first design, a zip up top that's easy to slip on and off without lifting your arms up over your head

Welcome to My Coffee Shop

"Last spring, I started a new chapter in my life and moved into a brand new place of my own with my daughter. In keeping with the starting afresh theme, I decided to try something new with my COKANNA clothing line and came up with the Coffee Shop idea. I hosted my first one back in April 2019. It was an experiment really but it turned out to be exactly how I imagined it. Seventeen women showed up for some coffee and dessert, and some good company and conversation, with the added bonus of shopping.

Now, at least once a month I host the COKANNA Community Coffee Shop. I open up my condo for you to drop in and meet other like-minded women; and to browse, try on, and shop my Canadian-made bamboo clothing line in a relaxed atmosphere. I often have a theme for the event, or a special guest or activity to participate in if you wish."

What a difference a year makes.

It may be a little while before Colleen holds her next get-together and Coffee Shop, but rest assured, she is looking forward to resuming these activities as soon as she can.

In the meantime, you can check out her wonderful adaptive clothing designs, Canadian-made and out of bamboo fabric, that is both stylish and easy to wear on her website at [www.cokanna.ca](http://www.cokanna.ca).

Hopefully, as well, and before too long you'll also be able to join Colleen Kanna, Beth Hoag and Gina Grottoli when they share a 'Women's Wellness Night' one June evening with Sherry Woodburn at the *Fashion Outlet 4 Women*. They all look forward to meeting you, and will keep you advised closer to the event.

And, who knows? Perhaps, you too will become part of the 'chain link' mentioned earlier and discover 'someone who knows someone' at this upcoming occasion.

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# RIVERVIEW PARK PRESIDENT’S REPORT



## BRYAN ORENDORFF RPCA President

### Hope springs eternal

Happy spring everyone! I know we had a fairly mild winter, but I for one am glad it has come to an end. The snow is receding, the garden plants are starting to emerge, and all the lovely summer birds are coming home to sing their songs. I am very much looking forward to the coming months when I can get my garden in order and start planting and I really want to start walking again along all our wonderful pathways in and around the community.

I hope you enjoyed our latest Riverview Park Community Association (RPCA) event: the Winter Carnival at Balena Park. The event was a rousing success. It was a beautiful and warm day, which made for poor ice conditions, but the over two hundred people who attended had great fun with popcorn, games,



prizes, and more. It was by far the most successful Winter Carnival we have hosted. A special thanks to Sam and the team for organizing such a great event. I look forward to next year when they try to make it even bigger and better.

The next event on our social calendar is the start of Riverview Soccer. Fortunately, when one door shuts, another door opens.

Volunteers were unable to organize the teams, however Come-PlaySoccer (comeplaysoccer.com) is running a weekly program on Wednesdays from May 20th to July 29th at Riverview Park. The conditions may be a little mucky in May, but they should improve as the sum-

mer sun dries out the park. Check them out and join kids from all over the city to play in our community.

This last month, on what seems now to be a distant chilly evening, I was privileged to be invited to the grand opening of O'Brien's Roadhouse at the corner of Russell and Industrial. I had been hearing for weeks the community anticipation for this new community establishment. It was a lovely event attended by a great crowd of people who were all enthusiastically sampling the fare that was being served. I intend to go back, frequently, in the months to come.

As I write this, we sit in the middle of a national (and indeed global) health crisis. I'm hoping by the time this column arrives at your door that the situation changes for the better. But, considering that it may not, we have cancelled all of the RPCA calls for volunteers for March and we will evaluate in April if those will be cancelled as well. We are hoping that May will bring safer times and that we can issue a call for volunteers for the park cleanups then. In the meantime, please check in with the website to see the latest on what RPCA events

are happening and where. Similarly, while the next RPCA board meeting is scheduled for early April, it may be conducted virtually or by phone with no availability for visitors at this time.

The RPCA takes seriously the duty to help protect those in the community. There is a time for action, and there is a time to wait. Right now, for us, it is the time to wait. As we receive communications from the City we will be sure to pass them on to everyone through our social media platforms. We will only be passing on information intended for distribution from official sources and would appreciate if comments on this information could be kept at a necessary minimum to ensure that the right information gets to those who need it quickly and effectively. Our community is strong, it is vibrant, and we will pull through this together.

--- For more information, check out our website at [www.RiverviewPark.ca](http://www.RiverviewPark.ca), drop me a line at [bryan.orendorff@rogers.com](mailto:bryan.orendorff@rogers.com) with your questions or thoughts, and/or come to our next RPCA Board meeting on April 8th (health situation permitting).

# BOOK REVIEW

# Escape from apartheid to the world at large

by Bill Fairbairn

One could have entitled Vernon Jorssen's admirable memoir *The Great Escape*, rather than his prudent *An Immigrant's Journey*, with sub-head *From Cape Town to Canada and to the world at large*.

This book is more than an immigration story. Jorssen escaped what apartheid was doing to him and his extended family. For them less restrictive than what apartheid did to the thousands and thousands of black families trapped by a crushing regime with a vision of white domination almost everywhere in the country. Less restrictive because he was classified coloured and to racist eyes in between white and black.

Under apartheid, South Africa's people were classified White, Coloured, Indian and Bantu. While the whites controlled all of South Africa, the Bantu blacks were and still are the vast majority in South Africa. The Afrikaner Nationalist government, from 1948 when it took power until 1993 when Nelson Mandela strode from Robben Island prison with his wife Winnie by his side, enacted scores of apartheid laws defining and enforcing segregation that must have made even Afrikaner heads spin.

### Journey to Canada

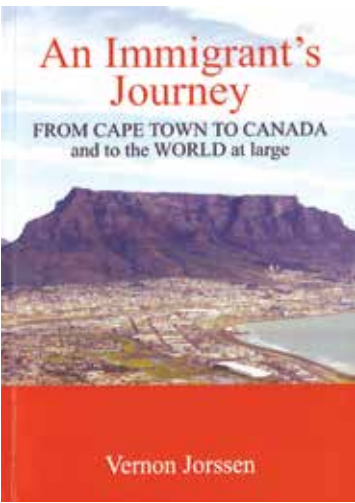
Jorssen, his wife Audrey and four-month-old son Hylton, using their hard earned savings, booked on the Dutch ship SA Oranje bound from Cape Town to Southampton, England, and sailed in April 1966. The plan was to travel on to Canada.

Jorssen writes: "It was a strange experience at sea. For the first time we could sit down for a meal with whites. This was not allowed in public places during the apartheid years."

This book reviewer made one ocean trip up the African coast to Tanganyika (now Tanzania), calling at Zanzibar. Five years later I took a voyage home from Cape Town to Southampton. The first trip was friendly, sharing meal tables and romantic music on deck in the evenings. On the voyage home, I was threatened, by hard drinking South African men who asserted I was a liberal journalist against apartheid. I tried to keep them at bay. Not easy on a comparatively small passenger ship.

For their part the Jorssens final-

ly landed in Montreal and lodged with a family in Westmount. Vernon, unemployed without much money, searched the newspapers for work as a computer operator and was interviewed at the North-



ern Electric Company, now Nortel, and sent on a training course. For a year he was a trainee competing with other trainees. To help him succeed he enrolled for evening classes at McGill University for the Industrial Accountancy Diploma. He also enrolled for his company's French

language classes.

The family moved to an apartment in Notre-Dame-de-Grâce (NDG). "Our first winter in Canada was sheer hell," he writes. "Being one pay cheque away from being in the poor house is not a good feeling." Especially after two more sons, Karl and Kurt, were born.

In January 1968, Vernon started his career in Ottawa with the federal department of Manpower and Immigration. He was a programmer analyst dealing with issues relating to the lack of good systems

documentation. His work earned him Sloan Fellowship M.Sc. studies in Boston. As a result he became a Sloan Fellow.

After Boston came a meeting with Ivan Head, president of the International Development Research Centre (IDRC) during which Vernon accepted a position as head of the Computer Sciences Division at IRDC in Ottawa. The world was at his feet so far as his career was concerned. Work took him to many foreign fields even to his birthplace in a South Africa freed from apartheid.

He quotes Elbert Hubbard in his book published by Baico of Ottawa: "The world is moving so fast these days that the man who says it can't be done is generally interrupted by someone doing it."

**Now retired in Stittsville**  
Today Audrey and Vernon say retirement in Stittsville has become very enjoyable, but they prefer to travel to South Africa to escape the first cold months of the year.

**Note:** The author's Appendix 1 lists 27 laws restricting non-whites in their everyday lives starting in 1949 with Act 55 prohibiting marriages between white people and people of other races.





Our residents were seen celebrating a March birthday party with Arlene Quinn.



The Oakpark residents celebrated Winterlude in true Ottawa fashion.



Elvis was in the building celebrating with our residents.



Everyone was captivated when Chris Pilsworth amazed our residents with his illusions.

# Oakpark: looking back over winter and forward to spring

Submitted by Dave O'Neill

As the weather turns, the ice thaws and the snow melts we are looking forward to an early and fruitful spring. While we are looking forward to all the fun and life that spring brings, we here at Oakpark Retirement Community are also looking back at ways that we kept ourselves happy, healthy and entertained through the cold dark days of winter. Of

course, with winter keeping us cold we had to bring the warmth inside and we had some great events to do just that. This February saw our residents and community guests amazed with the wonderful illusions of world famous magician Chris Pilsworth. We also thought that there was no better way to put a smile on the face of our community and friends than by enjoying the great smiles drawn on our faces with car-

icature artist Doc Z. Even though it was cold outside like good Ottawans we were determined to get outside despite the weather. There is nothing more Ottawa than a trip to Winterlude and of course the Beavertails that go along with that. We also got outside for a great weekend trip to see a history presentation at the Sunnyside Library. Now we look forward to some awesome, fun, and entertaining events for the spring season to bring us joy, laughter and more smiles. And we hope to be able to invite people in the community to come in and join us for a number of upcoming events.

Starting April 2nd at 10:00 am with our morning concert series, April brings the classical styles of Iain Macpherson and Andrew Ager performing tenor and classical piano. April 16th we will be continuing with our once a month dinner and movie night. Dinner will be served at 5:00 pm with a movie and popcorn to follow. On April 28th we are excited to host David McGee the author of Lost Ottawa. David will be sharing stories of how Ottawa used to be and what went

into the writing of his bestselling book, Oakpark will be giving away signed copies of the book to three lucky guests. On May 3rd we will be opening our doors for a "Taste of Oakpark." Come in for a tour and enjoy the beautiful community and wonderful food we will be serving. We would love to see you for some, if not all of these events, **but please check in with Dave at (613) 260-7144 first to see if these may need to be postponed until later.** It is such a pleasure for us to be a part of the Riverview Park and Alta Vista Communities. We are happy to be in the communities and to serve the communities; which is why we are happy to offer events for the community. Here at Oakpark we understand the importance of community and it is the reason we invite you to come in and help us show that Oakpark Retirement Community isn't just a place to retire but rather a place to celebrate retirement. We would love it if you would come in at some later time and celebrate retirement with us. **Please call Dave at (613) 260-7144 for further information and updates.**

You are invited to join the women of the  
Ottawa Women's Canadian Club  
and  
Treat Yourself to Lunch  
at the  
Chateau Laurier

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# My Toastmasters Journey – to date

*by Martine Senior*

**E**arly Thursday mornings I start my day with a cup of excellent coffee from Robo Bar Coffee shop at Queen Street Fare and with other wonderful Toastmasters members. Good Morning! Toastmasters Club gives me both energy and inspiration every Thursday morning, all before I head to work.

Ever since I was a child, I have been petrified of speaking in public. I clearly remember the first time I had to challenge that fear was in a university class. The final assignment was to be an oral presentation of our research and had to be performed in front of the class. Needless to say, I was stressed out the entire semester. Four weeks before the presentation, I went to see the Professor and begged him – yes, I begged – to give me a written assignment instead of an oral presentation. Alas...He refused! He told me that communication and public speaking are real-world, highly in-demand soft skills that would be beneficial for advancement in my career. The night before my presen-

When I joined the federal public service, my job description included the need to give presentations to internal clients. Oh no! Flashback to my university course! Again, and again, every time I had to give a presentation at work, I was nervous, I felt sick and I was anxious.

My brother mentioned to me that he had joined Toastmasters and he invited me to his club to hear him give a speech. My brother has stuttered all his life. I was really concerned how he would do in front of an audience because his stuttering gets much worse when he gets nervous. Well... he hardly stuttered during his speech. I was flabbergasted and delighted by his ability to deliver a fabulous speech!

I thought that if the Toastmasters program was able to teach my brother enough tips about speaking in front of an audience to be able to control his stuttering, then, I was convinced, the program would definitely be able to help me improve my communication skills and get over my public speaking issues.

I joined Toastmasters in 2011 and that was one of the best decisions I have ever made for my career. I remember very clearly the presentation I delivered at

work, about two years after joining Toastmasters. One of my colleagues came to see me after the presentation and told me what an accomplished speaker I was. She told me that I was calm, relaxed, very poised, and she noticed that I looked at everyone in the group when I spoke. I couldn't believe it! If only she knew how many butterflies were dancing

in my stomach and how sweaty my hands were. Her comments were proof that the skills I had acquired through Toastmasters were clearly transferrable to work. And yes, I can now admit that my Professor was right about communication and public speaking being important soft skills.

Attending the Good Morning! Toastmasters Club on Thursday mornings is a fun way to kick start my work day but it's also contributing to the improvement of my communication and presentation skills... in a fun and relaxing environment. Yes, I learn something new at every meeting I attend. Have I improved in the past nine years? Yes, definitely. Do I still have a lot to learn? Yes, absolutely.

Please join us on Thursday morning from 7:05 a.m. to 8:20 a.m. at the Queen Street Fare located on the ground floor of 170 Queen Street, close to the raised section to see the club in action. If you are like me you definitely won't regret it!

For more details, please visit <https://goodmorning.toastmastersclubs.org/>



by Denis Poitras

With the current situation we are presently living in and exposed to on a daily basis, I am starting to think we are in a huge movie production and we are in a sequel of War of the Worlds, a 2005 American Science Fiction disaster film.

More and more, the news is depressing and personally, we need to take control of the situation better and we are starting to realise that one needs to be more aware of one’s surroundings. Even if I am not one to believe in such things, I am taking more steps to be aware of my environment.

While having participated in team sports all my life, lately with everything at a halt, I am now looking to do sports or activities that I can do myself and enjoy to the fullest.

For instance, in the past, I was a major inline or rollerblade type of guy. I would take out my inline skates and go for a spin at least twice a day, weather permitting, and would be putting at least up to 20 km on my wheels in doing something that I really loved. Being alone, concentrating on the road, contemplating of what my future will be and doing a great physical workout all at once was great.

Then I started doing team activities and being more social with friends or acquaintances. It is still the most fun time that someone can do. The great thing about hockey, which is considered a Canadian past time, was to play for an hour and then go out for drinks and talk about the game or the NHL and argue who is the best player, the lead scorer, etc. Now with ev-

# War of the Worlds....



ery group sports temporarily at a standstill, all that people are doing is hiding in their houses or talking about a virus that will take over our lives just like War of the Worlds.

Where is Tom Cruise to save the planet when we need him? A movie about a wake-up call to face our fears as we confront a force intent on destroying our way of life? As I’m writing this I am like “What!!! Is this what’s happening?” People are acting in a panic over toilet paper and buying everything off the

shelf in order to have the necessities in case this virus takes over our lives. Well I guess it’s a great storyline but we just need to calm down people!!!

So, in the meantime, the only thing people can do is to return to their own resources until all gets back to normal and for me, I am getting new inline skates as I had given mine to my nephew a long time ago.

I am excited and really looking forward to putting all my gear in or-

der to have a great time this spring, summer and part of the fall. As I am looking at new inline skates, I am brought to the only place that have quality inline skates which is *Figure 8/Hockey One Skate Specialists*.

There is still the devoted inline guy or gal out there that requires top of the line products and with the weather being so nice, it will only be a matter of time that the paths will be cleaned of all the dirty leftovers rocks and salt that the snow had brought to the trails.

It will be a great time to reconnect with myself. When push comes to shove, one needs to get out there and gain control of the situation. Yes, we have to be and will need to be more careful as the years go by but you just can’t just stop and hibernate in your house forever. We are probably on a lock down for two weeks or more but I am getting ready no matter what!

Plus physical activity makes one stronger and in better health than someone that doesn’t become involved. It just depends on the intensity of how the activities are done. In my case, it’s to refresh my mind and help my body function better.

Even if we are not part of a big movie production, and yes, there will surely be a movie inspired by the current situation and a famous actor will be the one that will find the cure. And, after I finish writing this article, I am heading out to get new inline skates at *Figure 8*. I’m so looking forward to it.

*Denis Poitras is a fashion designer working out of Figure 8/Hockey One Skate Specialists at 380 Industrial Avenue, Ottawa, and, you may just see him out sporting his new inline skates on the streets of Ottawa any time soon.*

## The Ottawa X-ray Rules

by Susan Reive, Physiotherapist

Winter weather can be treacherous. Many people will slip on the ice and fall, sustaining injury. Fractures are a common injury and one you don’t want to miss! Indeed, Dr. Ian Stiell developed criteria for the knee and ankle on when there is a need to X-ray post-injury.

The Ottawa Knee Rule states that patients warrant an X-ray of the knee if:

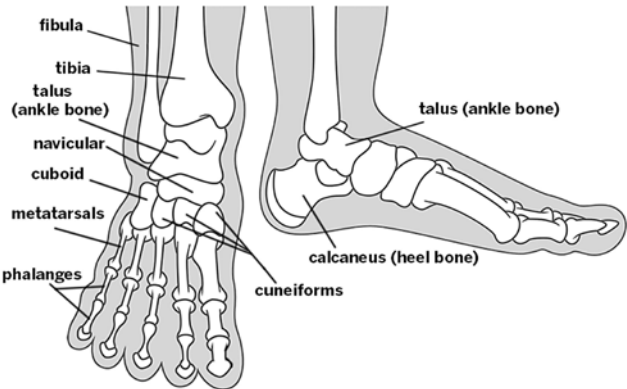
- 1) they are 55 or older OR

- 2) there is specific tenderness of only the kneecap OR
- 3) there is tenderness at the head of the fibula OR
- 4) the patient is unable to bend their knee more than 90 degrees OR
- 5) the patient is unable to weight bear 4 steps or walk on the affected limb immediately post-injury and in emergency

The Ottawa Knee Rule has been found to pick up fractures in 98-100% of patients with fractures. Nevertheless, many patients who met the above criteria and had an X-ray did not have a fracture. Perhaps this is because of the 55-years-old criteria. If a 55-year-old patient goes to emergency with a sore knee but has none of the other criteria this might explain the higher number of negative X-ray results.

The Ottawa Ankle Rule was also developed by Dr. Stiell. Criteria for an ankle X-ray include:

- 1) pain at either of the ankle bones (malleoli of



- tibia and fibula)
- 2) inability to weight bear 4 steps in emergency and right after the trauma

The foot should be X-rayed if there is:

- 1) inability to weight bear 4 steps and immediately after the trauma/injury OR
- 2) pain to palpate the navicular (a small bone on the inside arch) OR
- 3) pain to palpate the 5th metatarsal (a thin bone on the outside of the foot)



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# Lost Coronation Park

by Glenn Clark,  
President Gloucester Historical Society,  
Historic Gloucester, Newsletter of the  
Gloucester Society, Vol 20, No 4, 2019

Perhaps the earliest park in Gloucester Township was created on the grounds of the town-ship hall at Billings Bridge. This was the site of the original Gloucester Agricultural fair grounds of the late 19th century. The park consisted of lawns, flower beds and shrubbery and was maintained by the Billings Bridge Horticultural Society.

The park was named Coronation Park on May 14, 1937, just two days after the coronation of King George VI and Queen Elizabeth, the Queen Mother [Ottawa Citizen, May 17, 1937 p.5]. In the fall of 1939, Mr. & Mrs. T.F. Ritchie donated a silver trophy for the Horticultural Society daffodil show and the society decided to plant several hundred daffodil bulbs in the park [Ottawa Citizen, October 7, 1939 p.34].

An Ottawa Citizen article on April 11, 1946 (Page 10) explained the history and plan for the park. The land had originally been low and had been filled in, levelled and seeded. Trees and shrubs were str-

tegically planted, and the lawn featured a bench and bird bath. On one side, a flower bed featured 1,000 tulip bulbs and crescent flower beds near the entrance were planted with daffodils for spring and geraniums in summer.

Following the annexation of Billings Bridge on January 1, 1950, the City of Ottawa took over Coronation Park with plans to expand and improve the park especially along Sawmill Creek [Ottawa Citizen, March 22, 1950, p.5 and Ottawa

Journal, March 22, 1950 p.10]. The park was put up for sale along with the old Gloucester Township hall and fire station in October 1960 [Ottawa Citizen, October 26, 1960 p.62]. The new township hall at Leitrim opened on June 16, 1962. All the old buildings and the park were demolished shortly thereafter.

A new Coronation Park was developed on Station Boulevard in Riverview Park and opened in 1963 [Ottawa Journal, May 16, 1963 p.2].



The beautiful Coronation Park that is now located at the corner of Coronation Avenue and Station Blvd. PHOTO: GEOFF RADNOR



Coronation Park, Billings Bridge. One of the old Gloucester Township buildings is in the background. 1937



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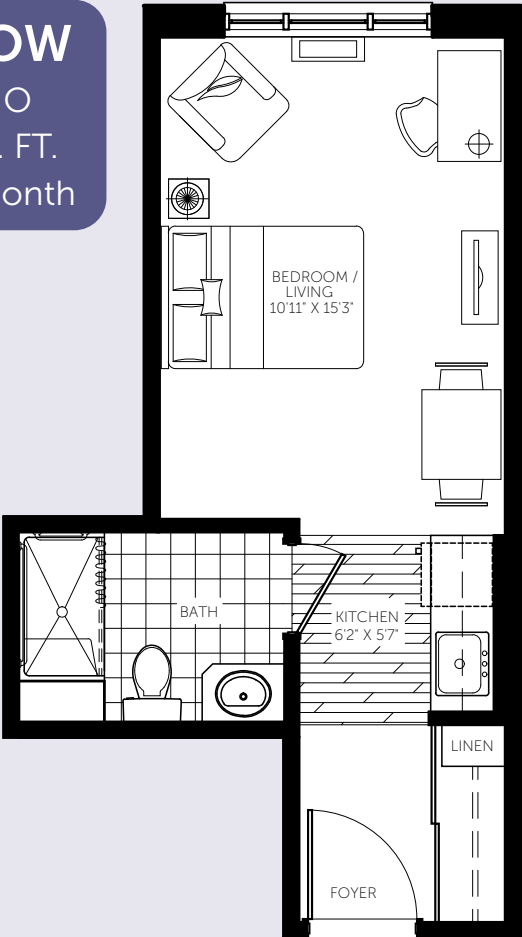
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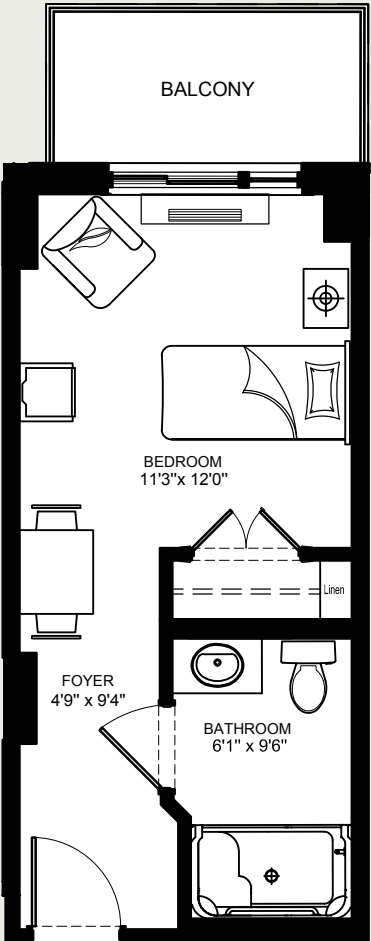
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# Riverview Park Review

## SECTION TWO

APRIL 2020 A Voice of Riverview Park MAY 2020

# Transit Challenge 2020

by Carole Moul

Our Councillor didn't need a transit challenge to ride the rails. In fact, his Presto Card is probably one of the most well-used of all the cards in his wallet. Last year, in 2019 he accepted the challenge and even arrived at the Riverview Park Community Association Winter Carnival after riding the bus... Sunday Schedule.

This year, the official challenge was from Monday, February 17th running right through February 23rd. It was organized by Ottawa Transit Riders, Ecology Ottawa, Free Transit Ottawa and the Healthy Transportation Coalition.

'The goal is to have councillors and other high-level transit officials agree to use public transit exclusively for one full week. That means participants will use the bus or the LRT for everything from commuting to and from

work, to shopping, personal outings, or anything else outside of emergencies.'

The challenge's purpose is to get a better understanding of Ottawa's transit system and see where there is room for improvement. It also aims to keep transit in the spotlight and maintain it as a priority issue at the municipal level.

The majority of the councilors accepted the challenge and on social media frequently reported. What better way to understand Ottawa's Transit System?

Last year it was the RPR Staff Photographer, Geoff Radnor, taking a photo as the councillor disembarked from the 86 bus. This year, Councillor Cloutier was at the LRT Tremblay Station. It was indeed a very cold day; however he planned to continue on his way using transit. No drive home for him, although it was offered. Well done, Councillor Cloutier!





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TRINITY COMMUNITY GARDEN

# Plots are available at Trinity Community Garden

## Five reasons you might want to garden

by Bernadette Bailey

Trinity Community Garden sits on land owned by Trinity Church of the Nazarene at the corner of Avalon Place and Braydon Ave. Almost ten years ago Pastor Frank and the congregation decided that they wanted this vacant land to be of better service and the idea of a community garden was born.

Since 2012 plots have been rented out to members of the community and the members continue to be very grateful to the Church Community for providing us with this wonderful resource. In addition to the land itself, Pastor Frank spends countless hours each year working with the gardening committee to determine best policies, practices, plan activities, and judiciously handle problems as they arise. He deserves a huge debt of gratitude.

Over the years plots have been added. This year we expect to have 42 gardeners. We are pleased to say we have a few plots available for newcomers who wish to join us. Each member pays a small fee for the plot which they plant, maintain and har-



Above: You too can enjoy these rows of greens!  
Left: Yes, they're Scarlett Runner Beans. PHOTOS: BERNADETTE BAILEY

vest themselves. The plots measure 20 feet by 4 feet and gardeners have access to water, tools and compost.

In addition to managing their own plot, members come together on work days in the spring and fall to complete shared tasks and enjoy a shared meal. Each member is also assigned to a work team to complete essential tasks such as keeping the water tanks filled, maintaining the compost system and keeping the garden perimeters weed free.

The garden also has donation plots which grow food for the local food bank and a common herb garden which all members are free to pick from. Some members are assigned to

work teams to care for these plots.

There are many reasons why people garden, but here are five that may interest you if you are considering becoming a member. Gardening can make you happier and healthier as well as being good for the community and the environment.

### Working in the soil can make you happier

It is true, there is a natural antidepressant found in soil that mirrors the effect on neurons that drugs like Prozac provide. The substance is called Mycobacterium vaccae and may stimulate serotonin production. Lack of Serotonin is related to depression, anxiety and other mental health challenges. Improving your mental health may be as easy as working in the dirt. There have also been many studies that indicate that being in a "green" landscape is linked with many positive effects, including decreased anxiety, and better stress management.

### Gardening is good exercise

It is recommended that we get 30 minutes of exercise several times a week. Gardening is a great activity because it provides a wide range of movements and works many muscle groups.

Performing tasks such as planting, weeding and pruning involves much stretching while pushing wheelbarrows or digging provide resistance training. Research has shown that gardening can increase flexibility, strengthen joints and reduce blood pressure. In addition to the work performed in the garden, many of our gardeners either walk or bike to the garden, thus getting additional exercise.

### Eating organic food may be healthier

Many people believe that avoiding food grown with the use of pesticides and chemical fertilizers is desirable as some of these products are suspected carcinogens. Repeated use of fertilizers can also serve to deplete soils, and some stud-

ies have shown that food grown in healthier soils have increased amounts of cancer-fighting compounds, called flavonoids.

Other studies indicate that organically grown foods are richer in nutrients and antioxidants and lower in heavy metals. Growing your own food allows you control what is in it and on it.

### Eating locally has numerous benefits

Growing your own food can ensure that you are not only eating organically, but also locally. Much of our food travels thousands of miles before it reaches our table, so it is argued that eating locally can reduce your carbon footprint. In addition, food that is grown for transport is chosen for characteristics that make it better for travelling. A far greater variety is available when this hardness is not a factor. Vegetables also begin to lose nutrients after they are picked, so the closer to home that they are eaten the better they are for you. There is nothing better than nipping over to the garden in the late afternoon and picking something for dinner.

### Community gardening strengthens the community

Gardening with other members of the community can give once a sense of belonging which is connected to mental health. As most of the members live in the direct vicinity, one sometimes encounters fellow gardeners elsewhere and this increases the sense of belonging in the neighbourhood.

Being at the community garden also provides the opportunity to interact with people from diverse backgrounds and a wide range of ages. People here freely share their knowledge so one can learn much from a long time gardener as well as learning about interesting vegetables grown by those from a different country of origin.

Whatever the reasons may be, all are welcome at Trinity Community Garden. If you think you would like to become a member this season, or you would like more information, please contact us at [trinity.garden@rogers.com](mailto:trinity.garden@rogers.com).

### Sources:

[community-gardens.ca](http://community-gardens.ca)  
[foodsecurecanada.org](http://foodsecurecanada.org)  
[mindbodygreen.com](http://mindbodygreen.com),  
[thespruce.com](http://thespruce.com)  
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# Colonial twilight in Kenya

by Bill Fairbairn

For the 60th anniversary of Kenya's Daily Nation newspaper Bill Fairbairn, a former reporter with the paper now with the Riverview Park Review, dug into his memory and photo archives and contributed a story and photographs for a chapter in what he considers will be a historic book compiled by another former reporter Cyprian Fernandes.

His Highness the Aga Khan started the Nation in 1960 and inaugurated its latest state-of-the-art printing press on March 17, 2016.

Bill's history with the paper began when he arrived in Nairobi looking for a newspaper job in 1963. He had worked on the Rhodesia Herald in Salisbury, now Harare, and the Northern News in Ndola, Zambia. Things were dangerous for a reporter working close to and occasionally over the Congo border where a vicious war in Katanga province had erupted. So he fled the Zambian Copperbelt to tour South Africa and return home by ship to Britain. On arrival at a Cape Town youth hostel, a fellow hosteller told him he had just flown down from Nairobi and that white journalists were leaving Kenya because that country had become independent from Britain under Jomo Kenyatta and his alleged connection with Mau Mau terrorism which, he as the country's first black president, actually ended.

Bill did an about-turn northward mainly because he loved Africa. He hitchhiked to Durban, boarded a British passenger ship calling at Zanzibar and he disembarked at Dar-es-Salaam, Tanganyika (now Tanzania). Immigration officers, in what was still a British colony, restricted him to a two-week stay in Dar. He arrived by bus in Nairobi two weeks later to find that the East African Standard's publisher was in Britain recruiting journalists. Armed with his resumé and other documents he went across town to the office of a fairly new Kenyan newspaper, the Daily Nation, where the publisher told him to sit down at the editing desk to show what he could do.

### On the spot

Publisher Michael Curtis and editor Jack Beverley hired him on the spot to a two-year contract. "I was soon enjoying my work on the Nation, but disturbed by its biblical slogan, The truth will set you free, on the front page. To his delight a few months later, after a visit by the Aga Khan, the slogan

was removed from the newspaper.

Memorable for him was interviewing President Jomo Kenyatta, who had ordered a train reconstructed for his personal needs travelling from Nairobi to Mombasa. "Kenyatta, who before becoming president had served imprisonment under the British, told him he disliked flying and enjoyed a big bed aboard the train."

Socially, Bill was the only white player on the Daily Nation cricket team and a keen visiting snooker player at the Aga Khan Club in Nairobi.

A standing joke that was repeated many times was when the Nation was getting ready to begin publishing; Michael Curtis was awaiting a key item of machinery for the rotary press. When a plywood box arrived at the office he assumed that was it. He called the staff downstairs to ceremoniously open it. It contained pencils, pens and rulers. However the key gadget did arrive some time later.

Bill says that the first two African editors he worked under, Hilary Ng'weno and James Githi, were built for the future since the Nation group is now the biggest in East Africa.

For his own part Bill has completed almost 75 years in newspaper work on three continents and written five books, including one on Africa, which he sent to the Aga Khan.

### Newsboy in 1944

Bill has voluntarily worked for 20 years for the Riverview Park Review, rising to the position of editor emeritus under editor Carole Moul. His wife, Janina, delivers the newspaper.

His fulltime career, since he started as a newsboy in Scotland during wartime in 1944, took in journalism stints in Europe, Africa and Canada. He recalls well dancing the Highland Fling when WW II ended in 1945 and enjoying his first banana from an uncle serving in Palestine.

The 14 media outlets he worked for include the Jedburgh Gazette, the Blyth News, the Derby Evening Telegraph, the Sheffield Telegraph, the London Sun, the Scotsman, the Montreal Star, the Williams Lake Tribune, the Vancouver Province, CBC and Legion Magazine. He taught journalism on the Kamloops Indian Reserve in British Columbia and in Ottawa. In his latest book Newsboy, published by Austin Macauley in New York, Bill wrote about his adventures from a life in journalism



Right: The late Kenyan President, Jomo Kenyatta, addresses thousands of supporters at a political rally in Kenya at which Mr. Fairbairn was present. The photo appeared in the Daily Nation in 1965.

PHOTO: BILL FAIRBAIRN ARCHIVES, OTTAWA.

Left: Seen is the Number 1 issue of The Nation, dated March 20, 1960, price 50 pence. Initially the Nation started off as a weekend Sunday paper. The daily edition was introduced on October 3.

IMAGE: MOHIB EBRAHIM ARCHIVES, VANCOUVER



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# Are you fooled by fake food and fake news?

by Maria CampbellSmith

**I loved my grandmother.** She was shrewd and sharp-tongued. She taught me many dictums about life: Looks can be deceiving. Needs and wants are not the same thing. You can't really trust someone who is selling something. It is better to learn how to think than what to think.

As a high school teacher myself, that last idea is my maxim. Knowing how something works leads me to question why it works and whom it impacts. Critical analysis and assessment skills make us smarter, see connections, and be more discerning. This is what I emphasize with my students. Don't blindly accept whatever is presented. You cannot always

believe your eyes. We must not assume all our screens tell the truth. In this digital, mediated world, we are more manipulated than ever. Question the source of your information, for we live in a world of fake food and fake news. **Let's study fake food first.** We've all seen advertisements for succulent suppers or luscious des-

serts. Print ads or video, on billboards or online, food ads are ubiquitous and evocative. Professional photographers can turn fast food burgers and fries into architectural works of art. They make our mouths water. When we purchase the items, however, they never seem as brightly coloured, firm, or fabulous as the advertised version. We recall the original image and ache to taste the food anyway. It is a very successful shell game. It pervades the modern, global food industry.

Commercial photographers face an artistic and technical challenge. Their job is not to catch an image, but to manufacture an ideal - a fabulous fake. As a result, they have become highly innovative and skilled at sculpting their food subjects for maximum impact. I can expose some of their tricks - but it might ruin the magic. So, if you are not a realistic or critical thinker - please stop reading. You may be aware that varnish, hairspray, and lip gloss get used to make candies, fruits, and vegetables appear more vibrant and fresh. This also lets them better withstand long photo sessions under bright lights. Segments of food, like french fries or candies, get skewered on toothpicks or spikes, and positioned on styrofoam blocks to display the food in flawless, symmetrical set-ups. They hide the foam and toothpicks with other props or packaging. I can hear my grandma chiding, "If it looks too good to be true, then it is."

Stacks of pancakes, layered sandwiches, tiered desserts... the standard advertising game is to construct them to be twice their actual height. They assemble their impressive towers inserting cardboard or foam discs between each layer or item. Toothpicks or pins anchor the parts and help position the ingredients for maximum appeal. Condiment "paints" or fillers are then strategically piped in between the gaps to resemble the flavourful extras oozing out. It's picture perfect.

**Tricking our vision** creates false expectations, which subsequently alters our actions and spending. Therein lies the real motivation for the food image manipulation. Other tricks are even more de-

CONTINUED ON PAGE 37





ceitful. Ads tantalize us with crisp cereal bits or juicy berries floating in pure, white milk. Goopy cheese stretches endlessly as a pizza is pulled apart. They do not use dairy though. They use Elmer’s white glue. It’s more dense and viscous than real milk. It photographs better, and we respond to it more strongly.

Maple syrup images are often engine oil – which won’t absorb into the food and puddles perfectly for photos. Liquid soap gets added to glasses of beer or soda to manufacture more stable and impressive foam. Aspirin is added to carbonated drinks, creating exaggerated effervescence to stimulate our eyes. Shaving cream is the standard replacement for whipped cream. In reality, whipped cream melts and spatters. At photo shoots, dollops of coiffed shaving cream crown cakes or pie. The fake cream is more dense, more durable - more desirable.



**How do you fake or idealize ice cream?** You use instant mashed potato powder with water and dyes and sculpt whatever you desire. How do you photograph tantalizing beverages? You use plastic ice cubes and spray glycerol on the exterior of the glass to feign condensing or “sweating” icy-cold drinks. Those visual water drops physiologically make us salivate. Conversely, they tuck dry ice chips in and around meals or mugs to contrive “steaming” hot beverages. The grand illusion of a splendid Thanksgiving turkey or of sizzling, succulent barbequed meat is also completely contrived. Commercial photographers use the real bird or entrée, but keep it raw to maximize the shape. Actual cooking will shrink it and split or blister the skin. Instead, they paint the raw, plump bird with spray-tan or varnish, and “char” meat artistically with shoe polish. Adjust the lights and filters, and who wouldn’t prefer the fake food?

Capitalism and commercials dominate our modern life. We allow their manipulations. In fact,



**Checklist from the International Federation of Library Associations and Institutions to help you spot fake news.**

we encourage and reward them. Once society is trained to accept - even prefer - fake food, how long until that trend seeps into other fields? Fake food is one thing. Fake news is another. Where fake food constructs an ideal, fake news promotes the unreal.

**Fake news is also labelled pseudo-news,** disinformation, hoaxes, and yellow journalism. It is fabricated content presented as factually accurate information. The digital economy, ubiquitous screens, and the world wide web have rapidly conditioned populations to expect limitless information and immediate gratification. While the internet is an incredible tool for democratization and education, it is also proving to be a haven for trickery and manipulation.

To be candid, rhetoric and propaganda have long been used to manipulate social and political messages throughout human history. However, with today’s electronic social media, a tsunami of false or fabricated stories can go global within minutes!

Just as mashed potato gets sculpted to look like a perfect ice cream cone, fake news stories are designed to look just like traditional news. Websites, articles, even live reports are crafted and coiffed to mimic legitimate sources. Parody is one thing, but impostors are another. Critical analysis becomes vital for intelligent consumption of news and new information.

**Traditional journalists research issues,** conduct interviews, corroborate facts, and edit their text before anything gets published. Fake news can be created and uploaded by anyone, anywhere, without peer review or editing. What is worse, the bulk of the fake news stories are generated with intentional errors, contradic-

tions, and inconsistencies. They are often motivated by malice, mischief, or profit.

Sometimes fake news is published to damage or discredit specific people or agencies. Other times it’s written to promote weak, false, or contradictory theories. Political campaigns can be derailed. Vaccine programs are undermined. Graphics can be appealing, but the maps might be inaccurate. Investors and consumers are misled. Stock markets respond. Social hoaxes flourish.

There are websites purely devoted to generating newspaper, agency, and character names. They offer names that connote history, legitimacy, and professionalism. To the fake newsmakers, a name is the perfect hook for their bait and switch game. I hear my grandmother reminding me, “Caveat emptor - Buyer beware!”

**Content creators and website designers** are paid to push conspiracy theories, promote specific loyalties or purchases, distort reality, even stoke or provoke conflict. Their fake news gets retweet-



ed and repeatedly shared on social media, then, even spills into mainstream media. In no time, fabricated stories gain traction and get consumed by millions of people in mere moments. It is both fascinating and horrifying.

We are experiencing a worldwide onslaught of radical stories, claims, and facts. Some are legitimate. Many are contrived. I advise my students to assess intent. Is the information or fact something you can confirm or corroborate? Is someone specific benefiting from you using or believing the data? Who and how? Misunderstanding is one thing. Being deceived or manipulated is quite another.

Parodies and satire are meant

to exaggerate or entertain. **Clickbait** is meant to earn money. It is a newer form of false advertisement. U.S. blogger, Jay Geiger, coined the term in 2006, to expose enticing hyperlinks designed to tempt individuals to click on images or headlines that direct them elsewhere – usually to alternative articles or advertisements. Each of those fake news clicks, redirecting readers and consumers, helps generate lucrative ad revenues.

**The new media mantras are:** Fabricate. Associate. Sensationalize. Public information and images are frequently designed with ulterior motives in mind. There is enormous potential to influence opinions, purchases, and votes. Even our search histories and online presence get tracked, shared, and sold.

When we browse store websites or make a purchase online, after we view YouTube or Netflix, our screens repeatedly prompt us to “try similar shows such as...” or bombard us with ads akin to our earlier searches and purchases. Accessing information makes

us the data that other information producers and marketers now desire. Be aware of the strategies and subversion. Be more discerning. The line between real and fake, between authentic and concocted, is blurring as we speak.

Perhaps it is not cause for stress? Perhaps it is the new evolution of information? I must admit, I am glad that my grandmother is not alive to deal with it. Fake food she would complain about. Fake news would have her fuming. So I remind my students, just as she reminded me, take the time to question how and why things work. Critical analysis used to be advantageous. **For the 21st century, it's an essential skill.**



# Prepare for take-off:

## Creating connections of then and now

It is a privilege and a duty to our residents to share their stories with our community and learn from them.

Recently, my partner has been diving into the incredible history of Canadian Aviation while working as a Tour Guide at the Canada Aviation and Space Museum. At the same time, I had been getting to know our residents better; and during a conversation with one, I discovered that we had a special story waiting to be shared.

Thérèse Vachon is the daughter of Canadian aviation pioneer Roméo Vachon. And, as we began to dig a bit deeper we soon discovered much about her incredible father. Thus we believed a visit to the museum to see the planes he flew would be a most memorable trip: an experience we wanted to ensure Mme. Vachon could enjoy with her family and friends.

Born at Ste-Marie de Beauce in the province of Quebec, Joseph Pierre Romeo Vachon served with the Royal navy as an engineer during World War I and obtained his pilot's license in 1923 to become Canada's first engineer-pilot. His aviation career began with the Laurentide Air Service and he became one of Canada's first bush pilots flying planes like the HS-2L La Vigilance on fire patrol while at the same time doing photographic work.

In 1924, Roméo Vachon joined the Ontario Provincial Air Service flying on forestry patrol missions. He was then hired by the Canadian Trans-Continental Airways in 1928 to help the company develop and organize an air service to transport mail along the north shore of the St. Lawrence River.

By inaugurating many airmail routes in that region, he realized his early dreams of connecting isolated communities along the shores of the St. Lawrence. He was also responsible for designing a mail service to and from Europe which included preparing landing strips and recruiting pilots.

This exceptional aviation pioneering effort earned Roméo Vachon the McKee Trophy in 1937, which is reserved exclusively for extraordinary individuals who have enormously contributed to the aerospace field. On December 17, 1954 he died in Ottawa at the age of 57.

At Riverpath, we look forward to opportunities that will connect and share our residents' stories.



Our residents thoroughly enjoyed learning about the history of one of our residents, and were quite thrilled to make the personal connection of such an influence in Canadian aviation history.



Mme.Vachon and her daughters were present for this special tour.

And, we also make it a priority to highlight their achievements and that of their families, so that they will feel as if they have been heard.

The sky is the limit when we learn from one another, and we thank the Vachon family for doing just that. May the connections and story telling continue for generations to come!

*Co-authored by Rosal Yade, Activity Manager at Riverpath Retirement Residence and Mazen Obeid, Tour Guide at Canada Aviation and Space Museum*

Right: Co-Authors, Activity Manager Rosal Yade and her partner who is a tour guide at the Canadian Aviation & Space Museum join Mme. Vachon for a picture together.







168 Sushi is a Canadian franchise located at 1760 St. Laurent Blvd., between Smyth Road and Industrial Avenue. The dining room is closed until further notice, however there is Delivery Service. Telephone: 613-523-1680. Check out: 168SushiBuffet.com. PHOTO: GEOFF RADNOR

# Canadian Franchise Statistics

The following is printed with special permission from Norm Friend, Franchise 101.

Most people don't understand the impact that franchising has on an economy and would be surprised to learn that around 45% of all retail sales in Canada are generated by franchised businesses. This is comparable to the United States where approximately 50% of retail and service revenue is generated by franchised businesses.

- Canada has the 2nd largest franchise industry in the world, led only by the U.S.A.
- There are between 1,200 and 1,300 franchise companies operating approximately 76,000 franchised outlets in Canada.
- Around 4,300 new franchise out-

lets open in Canada each year.

- It is estimated that a new franchise in Canada opens every 2 hours 365 days a year.
- One franchise operation exists for every 450 Canadians.
- Approximately \$1 of every \$5 is spent on goods or services at franchise.
- The Canadian Franchise Association has almost 500 corporate members nation-wide.
- The hospitality industry is the largest single sector, accounting for almost 40% of franchised brand names.
- Approximately 500 of the largest U.S. franchisors have introduced their franchise systems to Canada.
- The franchise business in Canada represents over \$100 billion

in sales annually and continues to grow.

- Franchising is responsible for 5% of Canada's Gross Domestic Product (GDP).
- Franchising employs over 1.5 million people in Canada or expressed in a different way 1 out of every 10 people is employed in a franchised business.
- Ontario leads the rest of the country in franchising with 56% of franchises headquartered in Ontario (primarily in the Greater Toronto Area), and 65% of all franchise outlets operating in Ontario.
- The average initial franchise fee is \$25,000 and the average total initial investment required by a franchisee is between \$150,000 and \$200,000.

- Of all the franchises opened in Canada within the last 5 years, 86% are under the same ownership and 97% are still in business.
- In the restaurant sector, 35% of all sales are from franchise operations.
- In the retail sector, 45% of all sales are from franchise operations.
- Franchising is active in over 30 businesses, retail and service sectors.

## The typical Canadian franchisor has:

- 12 corporate units and 63 franchised units for a total of 75 units
- Been in business over 17 years
- An annual growth of 4.4 units per year

# Knights of Columbus present 2020 awards for Citizenship Essay Contest

Submitted by Patrick Rusheleau

Again, for the seventh consecutive year the local English-speaking Council of the Knights of Columbus based here in the Elmvale Acres / Alta Vista area of East Ottawa sponsored their annual "Knights of Columbus Citizenship Essay Contest."

The purpose of this Citizenship Essay Contest is to encourage young people in our community to become citizens grounded in their faith through creative writing. The Citizenship Essay Contest allows young people in 8th through 12th grade to learn of civic discourse and instil religious and life-affirming values in them.

The Citizenship essay contest rules dictate that competing essays should be approximately 500-750



(L-R) Second Place Essay Winner Sophia Vera Farinas; Grand Knight Brother Knight Maurice Macdonnell; First Place Essay Winner Ze- Feng Wang; Third Place Essay Winner Sara Alameh; Past Grand Knight Sir Knight Patrick Rusheleau K of C Community Service Activities Director; Sir Knight Leonard Brown K of C Council 13701's Financial-Secretary.

words on a specific subject, (which changes every other year) and be the student's original work. Essays were judged on a 100-point scoring

system on grammar, style, and how clearly the contestant presented the essay's theme – "How I live and embody the virtue of Charity!"

which showcases creativity, imagination and overall development of the essay contest's topic.

The Winners of the 2019-2020 essay contest were drawn from the Grade 10 students of St Patrick High School and were all 15 years of age. The Essay Contest Winners' presentations took place on Friday, January 10, 2020. The contest's 'First Place' winner was Ze Feng Wang with a mark of 67 out of a possible 100 points. Ze received a cash prize of \$100 and a "Winner's" certificate for his effort. In second place was Sophia Vera Farinas with a total mark of 66 points, receiving a cash prize of \$50. And Sara Alameh the third-place winner achieved an overall mark of 64 points and was awarded a cash prize of \$35. Congratulations, students!



# Come Back to Erin: the Irish Diaspora of the 1800s

by Brian McGurrian

**D**iaspora is a word based on the Greek term for a *scattering*.

During the 1800s, there was a colossal *scattering* of the Irish people, in fact, one in two people born in Ireland in the nineteenth century emigrated abroad, and by the end of the century, nearly as many people born in Ireland lived *outside* the country as lived in it. A large percentage of these emigrants came to Canada.

The Irish emigrated for many reasons: religious persecution, deportation for minor crimes, to seek employment - but mostly because they were starving to death.

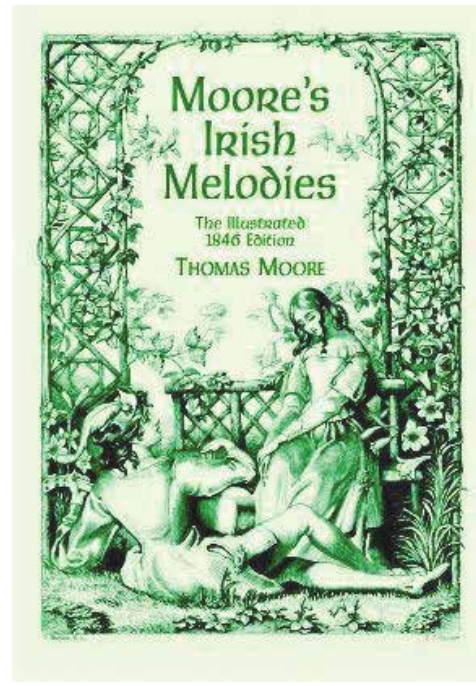
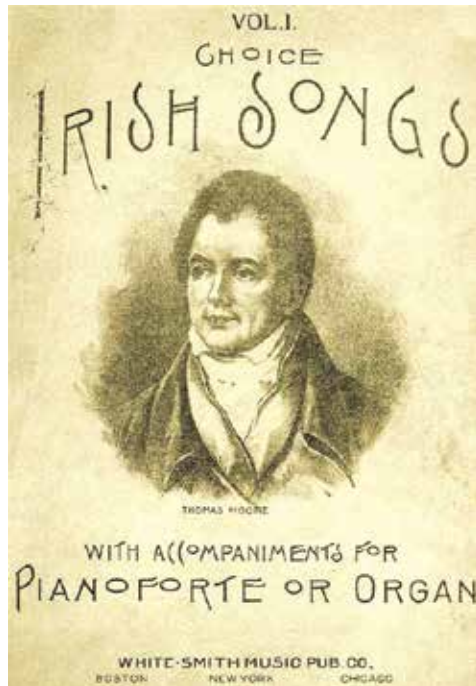
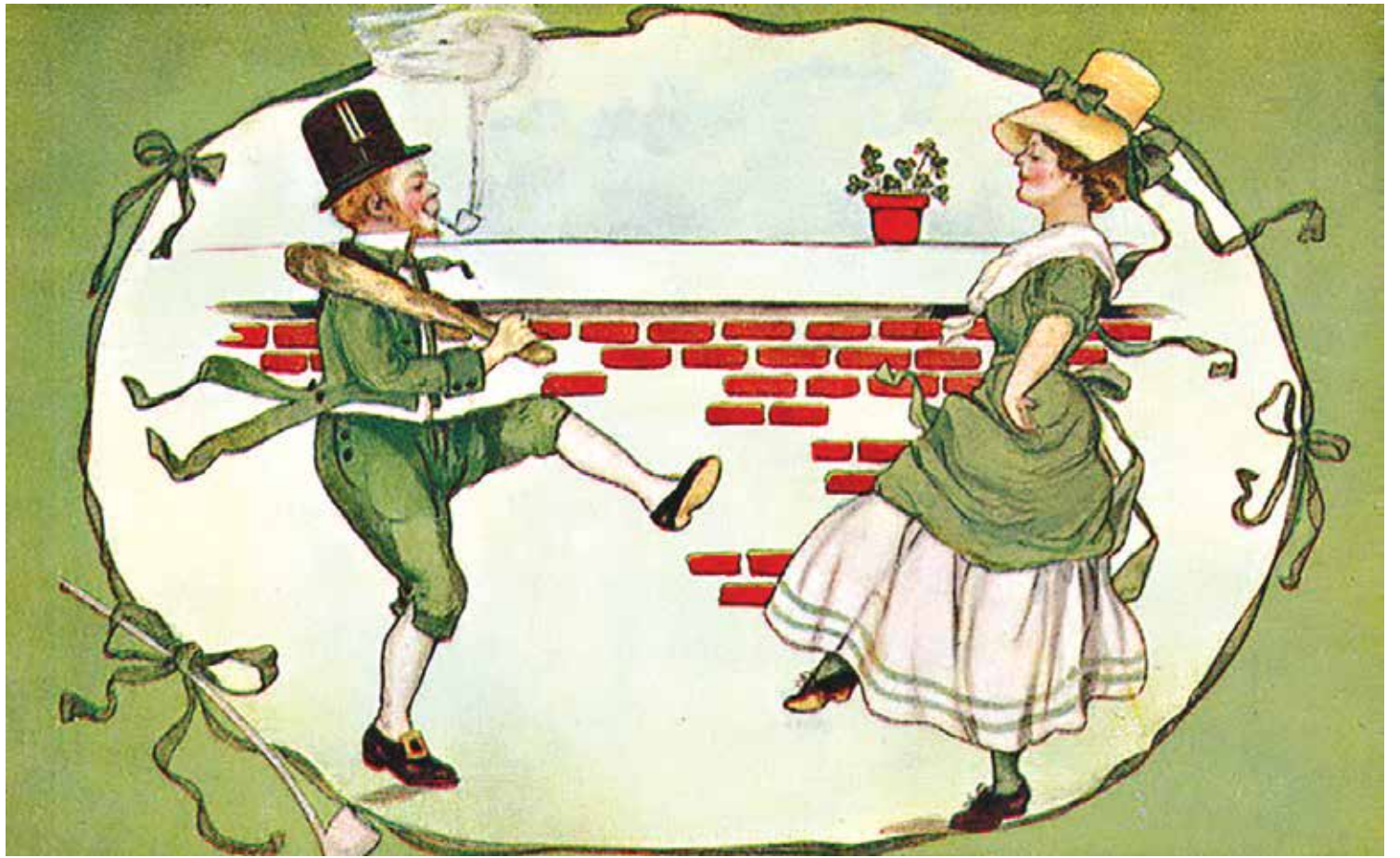
These events are reflected in the Irish songs of the 1800s - political songs such as *The Harp That Once Through Tara's Halls* and *The Minstrel Boy*, songs of love and longing such as *Kathleen Mavourneen* and *Come Back to Erin*, nostalgic songs such as *'Tis the Last Rose of Summer*, tragic songs such as *The Irish Emigrant*, and even comical songs such as *Shake Hands with Your Uncle Dan*, and *The Mountains of Mourne*.

*The Harp That Once Through Tara's Halls* was composed by Thomas Moore (1779-1852) a famous Irish poet and songwriter who lived in a time of political turmoil. Ireland had been colonized by Britain since the time of Henry II in the 12th century, but the outbreak of the French Revolution of the 1790s, with its enunciation of the principles of liberty, equality and fraternity, seemed to herald the dawn of a new era.

At that time, Moore was a student at Trinity College, Dublin, and many of his fellow students became members of an Irish revolutionary movement called the *United Irishmen*, and participated in the Irish rebellion of 1798 - which was brutally suppressed by the British. So when Moore wrote lines about how *"Freedom now so seldom wakes,"* he was reflecting upon the events of his own times.

This song first appeared in 1808, in volume 1 of a multi-volume collection of Irish songs titled *Moore's Irish Melodies* which became hugely popular in Ireland, and spread rapidly throughout the English-speaking world. *Moore's Irish Melodies* became, *"the most popular, widely sung, best loved songs in the English language during the entire nineteenth century."*

Moore did not actually compose the melodies for these songs, but rather he fit his finely crafted original poems to traditional Irish airs. For another example, *The Minstrel Boy*, published in 1813, based on a



traditional Irish air, *The Moreen*, reflects on the failure of the recent rebellion and the ongoing English occupation - once again invoking the symbol of the Celtic harp to represent the desperate political condition of Ireland: *"The minstrel boy to the war has gone / in the ranks of death you will find him / His father's sword he hath girded on / And his wild harp slung behind him...."*

Not much is known about a 19th century Irish poet from County Cavan by the name of Julia Crawford, because most of her poems were lost, but at least one was preserved, thanks to the British composer and cellist, Frederick Crouch, who did a great job of setting her poem to music in 1837 - and that's how *Kathleen Mavourneen*, an Irish song of departure and separation, became one of the most famous ballads of the 19th century.

*Kathleen Mavourneen*, published almost a decade prior to the Great Famine of 1845-50, reminds us that there was an immense volume of emigration that began long before the Great Famine and continued

long after. Crop failures in Ulster in 1716-17 caused a huge exodus of Scotch-Irish to the New World, and the suppression of the 'Rising of '98 caused another great surge, as did the economic disruptions following the Napoleonic Wars of the early 1800s.

The emigrants hoped to make a better life for themselves and for their children, and many did, but many thousands perished enroute and were unceremoniously buried at sea, because the ocean voyages were unbelievably difficult and dangerous. On a personal note, my great grandad emigrated with his two brothers in 1844, and both of his brothers did perish enroute. I can hardly imagine the desperate conditions that must have propelled the three McGurrian boys to forever abandon their home and family.

That historical comment may partly explain why I feel so moved by *The Irish Emigrant*, published in 1846. This song tells of the marriage of a young Irish couple of the mid 19th century and uncompro-

misingly relates the death, by starvation, of Mary and her infant.

The song uses the cycle of nature to communicate the passage of time, but the return of springtime and the slowly ripening corn brings no comfort to Mary's still grieving husband, as he recalls everyday intimacies such as the soft clasp of Mary's hand, and her warm breath on his cheek. This song is his reluctant farewell, by her gravesite, as he prepares to depart from Ireland to begin life anew in a place where there is the promise of *bread and work for all*.

The lyrics of this song were based on *The Lament of the Irish Emigrant*, a poem composed by an Anglo-Irish noblewoman, Lady Dufferin, who moved in the highest circles of London society, but who had also spent considerable time in County Down, and was very familiar with the hardships endured by the Irish. It is much to her credit that she was able to capture the social impact of the famine in such a humane and heart-rending fashion. Also, I like to think that she inherited at least some part of her literary talent from her grandfather, the famous 18th century Irish playwright, Richard Sheridan.

I know that the famous Irish tenor John McCormack was very fond of this song because he recorded it many times. The version that he recorded in January 1928, with a playing time of well over three minutes, enabled him to perform four of Lady Dufferin's eight original verses - less than ideal, but sufficient to communicate the principal message of her *Lament*. This version, with unobtrusive piano accompaniment by Edwin Schneider, is still accessible on Youtube.



# Perley Rideau and the Future of Caring

by Jay Innes, Director of Communications

The Perley and Rideau Veterans’ Health Centre’s plan to expand its Seniors’ Village is well underway. The project will house approximately 200 seniors in a multi-storey expansion of the Perley Rideau’s main building. Design work continues and construction should begin within two years. Consultations with residents of nearby neighbourhoods continue to inform the project. The public is invited to attend the next meeting of the Community Liaison Committee on April 20th at 5:30 (see [perleyrideau.ca](http://perleyrideau.ca) for more details).

Today, more than 600 seniors live at Perley Rideau, one of Ontario’s largest and most innovative long-term care homes. Along with 450 long-term care beds, the campus also includes 139 independent-living apartments (the Seniors’ Village), and delivers a growing number of clinical, therapeutic and recreational services.

“It’s an exciting time for us,” says Akos Hoffer, CEO of the Perley Rideau. “To address the challenges facing Canada’s long-term care and healthcare systems, we need new



The Perley Rideau Village is expanding with plans to add a new building for 200 seniors. Management commits to provide frequent updates and feedback opportunities for neighbours. PHOTO: SUBMITTED BY JAY INNES

ways to house and care for seniors.” Demographic trends pose a major challenge: over the next 30 years, the number of Canadians aged 85 and over is expected to more than triple, while the relative number of working-age Canadians is expected to decline. These trends threaten to overwhelm the region’s health-care and long-term care systems.

To help address the issue, the Perley Rideau is pioneering the fu-

ture of seniors’ care. A key aspect involves caring for frail seniors – men and women who are less able to cope with relatively minor health issues. Frail seniors who suffer sudden, short-term health setbacks, such as injuries or illnesses, typically end up in hospitals, which are not designed to provide the care they need to recover effectively. The impacts are already evident: too many patients and not enough

hospital beds. A partnership between the Perley Rideau and The Ottawa Hospital (TOH) helps to ease this problem. Known as SAFE (Sub-Acute Care for Frail Elderly), the partnership involves a special 20-bed unit. Rather than recover in hospital, eligible seniors recover in the Perley Rideau’s SAFE Unit, where they can benefit from a wide range of readily available therapies and activities.

The lack of evidence about how best to care for frail seniors represents another aspect of the challenge. To identify and document care protocols and best practices, Perley Rideau established The Centre of Excellence in Frailty-Informed Care™ in 2019. The Centre will also design the programs needed to effectively train the next generation of caregivers.

“Appropriate training is absolutely essential,” says Akos Hoffer. “The Perley Rideau partners with Algonquin College to train Personal Support Workers, and with the Registered Nurses Association of Ontario to develop evidence-based best practices in care. This year, we’ll also participate in a number of events to mark 2020 as the Year of the Nurse and Midwife.”



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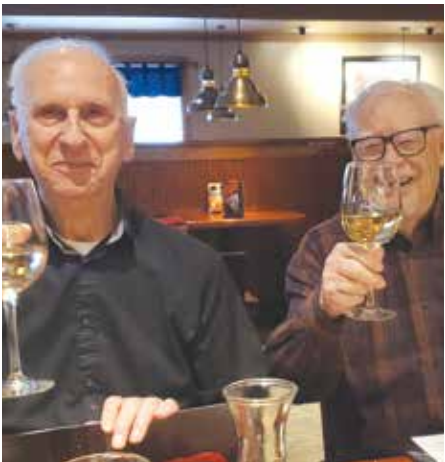


COMMUNITY EVENTS AT MAPLEWOOD

LUNCH BUNCH

Submitted by Shelby McLean,  
Activities Manager

One of the benefits of living at Maplewood is the opportunity to get out in the winter months. We have ‘Lunch Bunch’ outings at least twice a month to visit restaurants in Ottawa and surrounding areas. We also have vendors come into Maplewood monthly, so those who do not want to venture out in the ever-changing weather have the opportunity to shop at home.



Being a good neighbour

Maplewood is constantly reaching out to the community to be a good neighbour and support our neighborhood in any way we can. We have begun fundraising for the Heart & Stroke Big Bike. Our goal is to raise at least \$2,000 to support this wonderful cause. We began our fundraising with a Heart Healthy Challenge at Maplewood, in which residents completed laps within our building. If there is a community fundraiser where you would like our help please reach out to us through Facebook, our website, or drop in for a visit.



TAKE A LOOK...  
Explore life at Maplewood

Upcoming Maplewood  
Highlights for April-May

Come and visit the Riverstone booth at the National Women’s Show Saturday and Sunday April 18th and 19th at the Shaw Centre.

You are invited to the **Riverstone Wellness Fair** at the RA Centre Friday April 24th from 10:00 a.m. to 12:30 p.m. Special guest speakers include:

Dr. Andrew Frank a cognitive and behavioral neurologist focused on early diagnosis and treatment of Alzheimer’s disease and other forms of dementia.

And also: Nutritionist Teri Gentles an educator for the health, nutrition and fitness industry, providing trainers, coaches and instructors with the latest research on the power of food and plant based whole foods.

Be our guest and attend our **Poutine Music Festival** Thurs-

day April 30th from 11:30 a.m. to 3:30 p.m.

Maplewood welcomes you to visit our community at our **Spring Open House**; Saturday May 2nd from 1:00 p.m. to 4:00 p.m. Come and enjoy some music while participating in a Horticulture project.

You are invited for lunch at our themed **Cinco De Mayo Taco Bar**, featuring lunch and live entertainment Tuesday May 5th from 11:30 to 2:00 p.m.

For all you food and fashion lovers Maplewood will be having a **High Tea and Fashion Show** by Nygard Wednesday May 20th from 2:30 p.m. to 4:00 p.m.

What our residents love about their home?

“This is a Pleasant Atmosphere, I enjoy this environment. Everyone is so welcoming and Friendly. I feel Safe here, if I fall the nurse

comes to help me; it’s nice being in a familiar community. I am amazed how it is always Clean. It is like living on a cruise ship without the waves. We have a Great physician! Excellent nursing care, good food. The staff are service oriented it’s Amazing.

Staff are part of the  
Maplewood Family

At Maplewood, you will recognize our staff right away by their clean, crisp uniforms, their wide smiles and their willingness to do whatever they can to make each day more enjoyable than the last. When we invite qualified candidates to join our team, we understand that we’re inviting them into our resident’s home. Our senior management is devoted to ensuring resident satisfaction, selecting the most qualified employees who are held to the same world-class standards that Riverstone has always maintained. For that reason, we ensure that each team member shares a positive attitude and firm commitment to their job. Before being hired, staff members must pass an inten-

sive personal record check, and all nurses must have up-to date registration. Maplewood views our residents and family, and as such we want only the best for them. It is our privilege to share their space and help make their home as safe, comfortable and joyful as it can be.

Outdoor Amenities

Step outside the building and you will find a range of delights and activities. A lovely pond, elegant gazebo and sprouting fountains are among the charming fresh air amenities available at Maplewood. All residents are welcome to make use of the property gardens, conveniently raised so you can comfortably tend to them. In addition to gardening, you can stroll along the walking paths, take the time to play shuffleboard, horseshoes or settle in one of the many shaded benches and enjoy our relaxation areas. This outdoor haven is peaceful and quiet.

Call us today to RSVP and book a personal visit! 613-656-0556



COMMUNITY EVENTS AT MAPLEWOOD

# Another party for the books!

This year we celebrated Mardi Gras in style. One of the highlights of every party at Maplewood is when we get up to dance! But of course we can't forget our night at *The Oscars*. Residents had the opportunity to walk the red carpet, enjoy a delicious bag of freshly popped popcorn and vote on which movies would win *The Oscar*.



## Baked Alaska Maplewood Style

by Chef Kevin Desormeaux – Food Service Manager, Maplewood Retirement Community

Place meringue in piping bag and pipe around exposed sponge and ice cream layers, place in freezer to freeze solid.

At Maplewood we use a small torch to caramelize the meringue to a slightly brown texture.

In years past we would place the ALASKA in a very hot oven to brown the meringue, you are still move than welcome to bake this in a traditional oven.

Slice enjoy.....best served with loved ones.

Cheers from the Maplewood Kitchen to yours

## Coronavirus Information

COVID-19 is something that we are all going to have to face together. Our primary concern is the health and safety of Ontarians. It is important to listen to the advice of Public Health experts:

- Wash hands frequently
- Avoiding touching eyes, nose and mouth
- Avoid contact with people who are sick
- Practice social-distancing
- Stay home if you are not feeling well
- If you are concerned or suspect you have the virus, call: **Telehealth Ontario:1-866-797-000** or **Ottawa Public Health: 613-580-6744**

Travel presents increased risk. Reconsider non-essential travel and follow the Public Health Canada guidelines.

These are important measures to protect ourselves and the ones we love. This is a time for all of us to work together, individuals, families, government, business, and if we do this, we will meet this challenge.

To use Ontario's self-assessment tool visit: <https://covid-19.ontario.ca/self-assessment/>  
Please monitor our website for the most up to date information: [johnfraser.onmpp.ca](http://johnfraser.onmpp.ca)

## 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](mailto:jfraser.mpp.co@liberal.ola.org)





# Putting the ‘fun’ in Family Day

by Carole Moulton,

It certainly didn't take long to get into the spirit of Family Day at Alta Vista Park this past February 17th. Thanks to the exceptional organization by the RinkRatz, hundreds of people enjoyed a beautiful Monday afternoon.

The Hansen Lawn & Gardens Ltd., Team was there with wonderful containers of hot chocolate to warm up the many partygoers; Mr. Hot Dog was showing off his great new suit to the delight of the crowds; and horses, Rosie and May, walked carefully

with their owner, Doug Scharf taking many around the neighbourhood for a fun-filled wagon ride. Up at the Field House and down by the rinks, many others skated, mixed and mingled or sat by the fire.

Hot dogs and delicious treats were available to all, and the Hansen Team collected almost 400 pounds of non-perishable items to donate to the Ottawa Food Bank.

How do you spell one word that equals, 'success'? It seems it could look very much like the word, 'volunteers'. So, Thank you to everyone for making this amazing Family Day happen for 2020.



You have a wonderful new suit Mr. Hot Dog Man, although some people said his name was really Phil Tanguay.



Way to go Hansen Team for not only providing delicious hot chocolate but collecting almost 400 pounds or about 181 kg of non-perishable food for the Ottawa Food Bank. Lindsay, Emily, Ed and Troy you made it happen. A huge thank you as well to all the generous donors and volunteers of Family Day afternoon.

## FINANCIAL PLANNER

# Don't Panic in a Bear Market

by Bob Jamieson

Unfortunately, I didn't think the recommendations in my last article regarding re-balancing after a stellar 2019 would be tested so soon.

Depending on your age, you may have only experienced the bull market of the past ten+ years, so you might not know what to expect – or how to respond – now that the bear market is here. We've had several corrections over the past few years (a drop of at

least 10% in the major stock market indices such as the TSX or S&P 500). But the recent drop of well over 20% means a full-fledged bear market. And bear markets, unlike corrections, tend to linger for a while.

The last "bear" emerged from hibernation in October 2007 and stayed on the prowl until early March 2009. During that time of the "Great Recession", the S&P 500 declined by about 50 percent. Clearly, investors were not happy – but the market recovered and moved to new heights. This long and strong run-up may have obliterated your bear market memories, if you ever had them at all. And that's why you might want to familiarize yourself with some of the bare facts about bear markets:

- **Bear markets may provide good buying opportunities.** When gas is expensive, you may just buy a few gallons at a time – but when the price falls, you're probably more likely to fill up your tank. The same principle can apply to investing – when stock prices are down, your investment dollars will buy more shares. And the more shares you own, the greater your ability to build wealth once the share price rises. In short, a bear market may provide you with a chance to buy quality investments at good prices. Just don't expect to be able to time the bottom.
- **Bear markets don't last forever.** No one can predict precisely how long bear markets will run, but they've typically been much shorter than bull markets. So, while you might not particularly like looking

at your investment statement during a decline, you can take some comfort in knowing such downturns are a normal feature of the investment landscape.

- **Bear markets don't affect all investments equally.** If you only own stocks, your portfolio may well take a sizable hit during a bear market. But other types of investment vehicles may not be as directly affected – and some may even show positive results. Consequently, you could reduce the bear's "bite" if you also own a variety of other investments, such as international stocks, bonds, government securities and so on. However, while owning this type of diversified portfolio can help reduce the impact of market volatility, it does not guarantee profits or protect against losses. And don't buy those other types during the bear wait, and re-balance afterwards in preparation for the next one. A bear market can be challenging. But by making the right moves, such as staying patient, looking for buying opportunities and maintaining a diversified portfolio, you may be able to prevent a market decline from becoming unbearable.

If you would like some advice in reviewing your investment portfolio at this time, please feel free to give me a no-obligation call at 613-526-3030.


Bob Jamieson, CFP  
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## Markets Change. Are You Prepared?

When you stop and look back at what's happened in the markets, it's easy to realize how quickly things can change. That's why we should schedule some time to discuss how the market can impact your financial goals. We can also conduct a free portfolio review to help you decide if you should make changes to your investments and talk about opportunities to be had.

**Stop by or call today to schedule your free review.**



**Bob Jamieson, CFP®**  
Financial Advisor  
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613-526-3030



INTERESTING CANADIANS

Relax... somewhat... and have a beer

by Bruce Ricketts

There have been a lot of column-inches and TV-time devoted recently to COVID-19, also called the Novel CORONA virus. Is it a serious problem? Should residents of Ottawa be concerned? How can we defend ourselves from this virus? Do we really need to buy all the toilet paper from COSTCO?

Questions abound and opinions flow like butter on hot popcorn. Who can you believe?

Let's step back a bit from all this and present some facts.

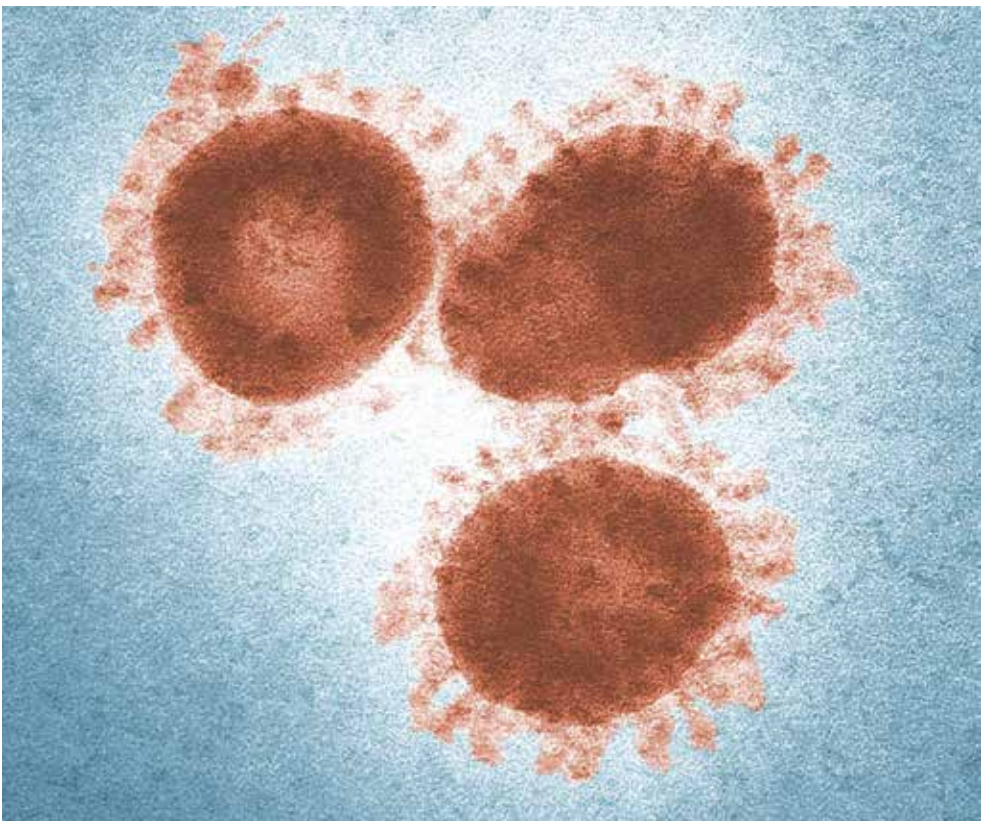
Is COVID-19 an epidemic or a pandemic? First thing to note is that, while the terms are used interchangeably by some, there is a difference. A serious or sudden outbreak of a disease is termed an epidemic. An epidemic can progress to being called a pandemic if the disease occurs over a wide geographic area *and* affects an exceptionally high proportion of the population.

How common are pandemics? True pandemics, according to the definition, are rare in history. There have only been nine or ten that have reached to the level of affecting a high proportion of the population. Among them are: the Black Death in the 14th century which killed upwards of 200 million people; the Spanish flu which affected over one third of the world's population and killed between 20 and 50 million; and the Asian flu, 1956 – 1958, which killed over 2 million. HIV/AIDS was also a pandemic claiming approximately 36 million between 2005 and 2012. We need to dispel the rumour that the SARS outbreak in 2003 was either an epidemic or a pandemic. The facts were that only 8098 persons were affected, and 774 persons died in 17 countries.

Now let's go back to our original questions. Is COVID-19 a serious problem? Yes, it should be taken seriously. But the facts are that, as of 20 March, there were 265,495 confirmed cases across the world. Of them 11,147 have died and 87,363 persons had recovered. (see: <https://coronavirus.jhu.edu/map.html>)

Should residents of Ottawa be concerned? You should be concerned but not panicked. Just take all the simple precautions. There is no need to buy up all the toilet paper at COSTCO or create a Doomsday shelter.

Dr. Bruce Aylward, a Canadian doctor who is leading the World Health Organization's (WHO) ef-



Dr. Bruce Aylward, the Canadian doctor who is leading the World Health Organization's (WHO) efforts to contain COVID-19,

What we've seen is people are cherry-picking data.

Dr. Bruce Aylward

orts to contain COVID-19, has this to say about the publicity surrounding the virus, "What we've seen is people are cherry-picking data. They look at the lowest possible case fatality rates and say, "Oh look, it's like seasonal flu." Or they pick, "Oh it doesn't spread so fast because of this," or "Oh it only affects the older ones, I'm safe." And none of those propositions are true. There's no reason to panic about this disease, but you have to be deeply concerned. This is not seasonal flu. It's an order of magnitude [with] tenfold — at least — higher mortality rate. Yes, it does strike vulnerable populations, but it can strike

any age, let's be very, very clear — especially between your 30s and 60s and the older population."

What precautions can we take? The answer here can be as simple as wash your hands a lot and don't touch your face. COVID-19 is not an airborne virus. It doesn't just float around waiting for you to walk by. It is transmitted in the form of droplets. If an infected person sneezes in an unprotected way, the droplets can land on a surface. If you touch that surface and then rub your eye or suck your finger... chances are that within 14 days, you will need some medical care.

You can help yourself defend against COVID-19 by telling your friends and colleagues to make sure they sneeze into their sleeve, washing your hands a lot and refraining from touching your face.

Let's talk a bit about the so-called Draconian methods used by the Chinese to contain the spread of the virus. Dr. Aylward, again: "The important thing we learned in China is that you can actually control a

virus that spreads through a respiratory route with some old-fashioned public health measures." He went on to say: "What we saw in China was with the rigorous approach and right population measures — that means hand washing, finding the cases, finding their contacts, etc. — you could actually really slow these things down, prevent an awful lot of illness and prevent a lot of deaths. Those lessons are really, really, clear."

Through this article, I have a simple message for you. If you listen to the real experts, like Dr. Aylward, instead of some blogger on the Internet, you will know that, while COVID-19 is an issue of concern, it is not an issue of panic. Wearing a mask if you are not infected is not required. In fact, if you have ever worn one for an extended period, you will know that you end up touching your face more often to adjust the mask. A mask is very important if you suspect you have the virus so as not to transmit it to others. Staying away from crowds can be useful if the virus is in your area, but if you take the basic precautions, you can be safe even in a crowd.

Know the symptoms. Unfortunately, the early symptoms are similar to a simple flu. Fever, cough, breathing difficulty and occasional diarrhea are most common. For children include a sore throat and a runny nose. Having the symptoms does not mean you have the virus, nor, sadly, does having no symptoms exclude the virus. But if symptoms persist and you are in the most vulnerable age groups or someone with a compromised immune system, see your doctor or a clinic.

Vigilance... not panic... is the catchphrase for this time. Just be assured, the end is NOT nigh... the Horsemen of the Apocalypse are still in their stables.

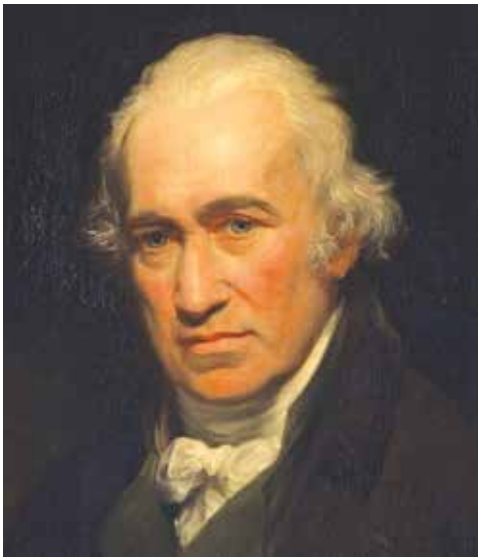
Bruce Ricketts is a historian, researcher, and author. Readers are invited to suggest topics for his column at: [bruceericketts@gmail.com](mailto:bruceericketts@gmail.com)

**From the author:** I spent seven years of my life in a clinical setting as a blood bank tech at Riverside Hospital back in the 70's. This followed four years of study and internship. I witnessed, first hand, during the "tainted blood" scandal, how misinformation can spiral out of control and cause panic. I implore you to trust the experts, not the talking heads or the voices from the shadows. The Canadian health care system is world class. Sure it has some warts but the professionals will get us through this. Bruce Ricketts





An English Steam Powered Road Locomotive. WIKIPEDIA



Scot Inventor, James Watt.

WIKIPEDIA



Matthew Boulton, Watt's partner.

WIKIPEDIA

# About those two Scots!

by Geoff Radnor

If you have been reading this newspaper over the last couple of years, you must have heard about Mr. Andrew Carnegie. He was the man responsible for the financing of close to 3,000 public libraries around the world, including the first Ottawa Public Library on Metcalfe Street. He supplied the money for the buildings while the recipients were responsible for the books, the staff and the maintenance.

Born in Dunfermline, Scotland, Carnegie was 12 years old when he accompanied his parents as they immigrated to the United States in 1848. Fifty three years later, when he sold his Steel Company to Mr. J. P. Morgan for over \$300,000,000, he became the richest person in the USA.

He then started giving all his wealth away to the betterment of the general population. Thank you, Mr. Carnegie, for all those libraries. But those furnaces in Pittsburgh continue to produce steel today, and to do so they use a large amount of coal, and we have heard what burning coal does to the atmosphere.

Much earlier there was another Scot who has made a big impact on our lives today. His name was James Watt, born in Greenock in 1736. Later he had a partner in business, an Englishman, named Matthew Boulton from Birmingham. Between them they perfected, manu-

factured and sold the steam engine originally built by Thomas Newcomen in 1712.

The steam engine was the most important element in bringing on the Industrial Revolution, the remnants of which are still here with us today. The steam engine also required some fuel to make the water boil, and that was when coal made its great impact on the world.

The CPR and other great railways of the world used coal in their locomotives steam engines. The Cunard and other shipping lines also used coal to heat the boilers in the ships that brought the immigrants from Europe to Canada and the United States.

The Cunard Line's RMS Britannia was the first regular passenger service across the Atlantic in 1840. It used 38 tons of coal every day, carrying 600 tons of coal for every crossing.

Its sister ship RMS Carmania saw service as a troopship for Canadian troops returning to Canada after WWI. Today the most modern cruise liners use diesel instead of coal. The days of large sailing ships have dwindled to a very few, and the few that operate today do not pollute.

We are now in the 21st century, we know so much more about using coal and oil to produce power than we did in the 18th 19th and 20th centuries. We also now know that it results in the production of CO2. At least here in Ontario we

do not get any of our electric power from the burning of coal. That was a little political controversy a few years ago.

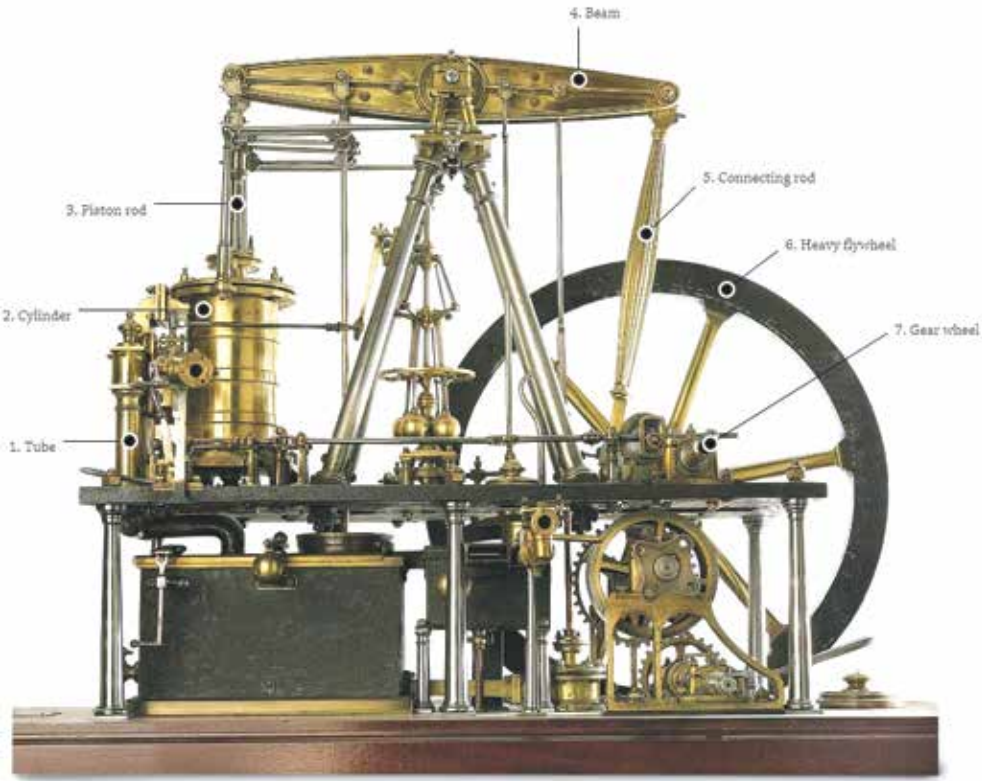
So are we to blame Scottish James Watt and Englishman Matthew Boulton for the shrinking Antarctic Ice?

We certainly are proud of the results of Andrew Carnegie's benevolence, since he not only financed the original Main Branch of our Ottawa Public Library but the original Rosemount library in Hintonburg as well; a library that is now undergoing renovations, but re-opening again some time later this year.



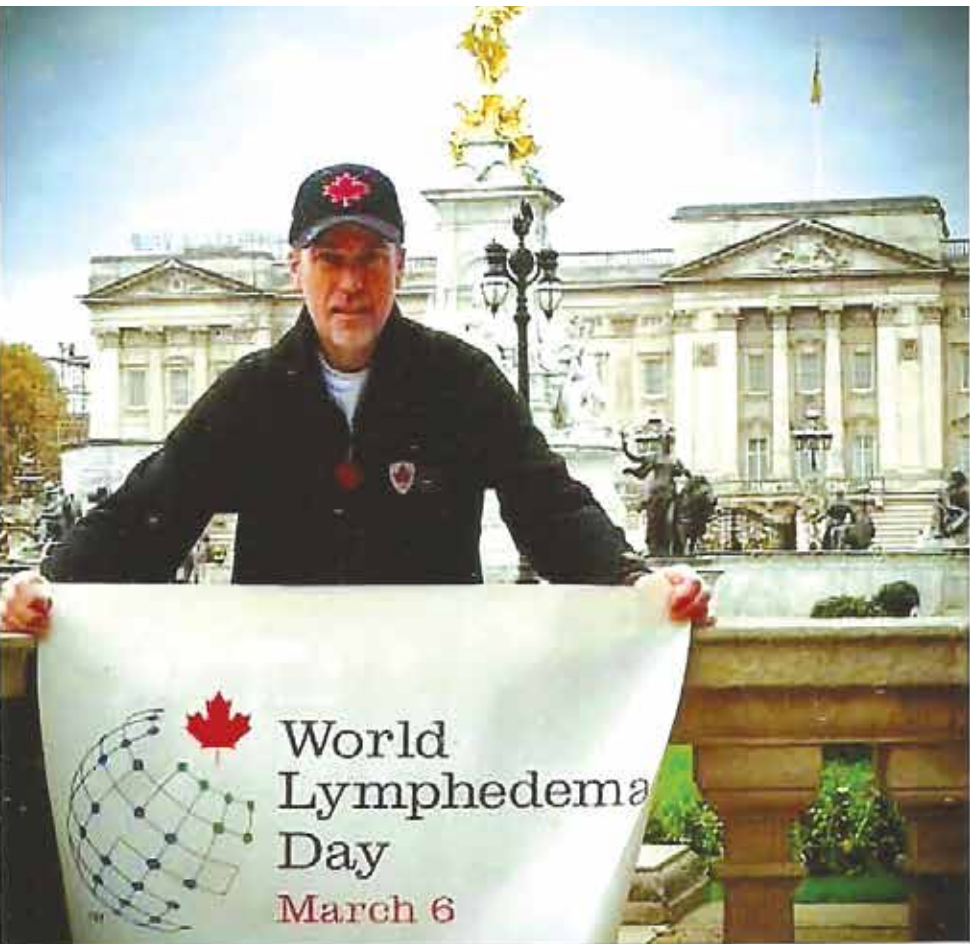
Design for the Renovations of the Original Carnegie Rosemount Library. PHOTO: OTTAWA PUBLIC LIBRARY

Thus, the next time you hear the names of these two men from Scotland, you will better understand the importance that each has had to our lives.



Model of Watt's Original Steam Engine. PHOTO: JERNFROST MEDIUM.COM





# Action ... & Happiness!

## World Lymphedema Day (WLD) – 6 March 2020

by Stephen Kelland  
"Action may not always bring happiness; but there is no happiness without action".  
– Benjamin Disraeli, 19th century British statesman & two-time U.K. prime minister

On 6 March 2020, edition five of "World Lymphedema Day (WLD)" was recognized... everywhere.

You'll be forgiven if the significance of this day is lost on you, as might well be any answer to two valid questions: what is WLD and, for that matter, what is "lymphedema"?

First things first - Lymphedema (pronounced "lim-fa-DEE-ma") is an accumulation of high-protein lymphatic fluid that causes swelling (edema) in the legs, arms, genitals, trunk/torso, head and/or neck and affects men, women, and children.

Lymphedema has severe physical, emotional, psychosocial, and financial impacts and consequences on patients and their families plus extended networks of caregivers.

Lymphedema (also Lymphoedema or LE) is an incurable disease afflicting an estimated 300 million people, world-wide (World Health Organization), with disfigurement, disabilities, discomfort, pain and/or distress.

An estimated approximately 1,000,000 Canadians are living with and suffering from chronic edema or LE, which is either: primary (hereditary, from genetic defects) or secondary (acquired, from trauma such as from cancer-related treatments or surgeries).

For emphasis on the extent of

this disease, a glance at stateside metrics is helpful. The National Institutes of Health (NIH) reports that the incidence of primary lymphedema could be as high as 1 in 300 live births. The Centers for Disease Control and Prevention (CDC) warns that the incidence of secondary lymphedema among cancer survivors is between 20% and 40%.

Lymphedema, more emphatically, is estimated to affect up to 10 million people in the U.S., alone, according to Stanford University Medical. This represents more Americans than those suffering from AIDS, ALS, Muscular Dystrophy, Multiple Sclerosis and Parkinson's disease ...combined.

Against the backdrop of the environment described above, WLD – 6 March is an annual day for recognition of those living with lymphedema and for drawing societal attention and educational awareness of this chronic, progressive disease for which there is no cure. Established in 2016 for and by the "Lymphedema Community", WLD was spearheaded by the Lymphatic Education and Research Network (LE&RN) through its growing, global network of domestic American chapters and its international chapters, notably the LE&RN: Canada Chapter.

As Chair of LE&RN: Canada Chapter, Ottawa (Riverview Park) resident, Stephen Kelland is a long-time advocate of "the cause" plus an even longer-time afflictee of LE. In his capacity as an advocate-at-large for the fight vs. LE, Stephen has conducted several promotional campaigns in support of WLD, the

"Lymphedema Community", plus those fighting LE. A key component of this year's multi-pronged efforts was "A Capital (& Regal) Idea!", a domestic sequel-campaign to WLD2019's successful Canada-wide promotional campaign, which was "A Capital Idea!". The WLD2019 campaign drew supportive gestures (proclamations) from Canada's Community of Capital City Mayors, namely the federal Capital plus ten provincial Capitals.

"A Capital (& Regal) Idea!", sought renewed attention plus recognition for the "Lymphedema Community" members who call Canada "home". Because Canada remains a constitutional monarchy, the Crown is Canada's Head of State. Canada's Vice Regal is our embodiment of the Queen (of Canada) ... so, the WLD2020 campaign extended to the Regal presence in Canada, i.e. the Governor General plus the ten Lieutenant Governors.

Encouragingly, for this domestic sequel-campaign, widespread support was received for "A Capital (& Regal) Idea!" Compassionate, supportive and very much appreciated gestures were received from nearly all of Canada's "Capital Cities". Success was not quite so evident for the more ambitious international sequel-campaign ("A Capital Idea - Extended+") – which called for supportive "gestures" from nine other foreign "Capital City" leaders from, alphabetically – Australia, Austria, France, Germany, Greece, Ireland, Italy, U.K., and U.S.). Concerns regarding the emerging and evolving "Covid-19" situation might have



Stephen Kelland as "Lymphedema – Guerrilla Warrior General"

impacted the campaign. As such, it is filed as a so far un-conquered challenge. Regardless, two "ideas" are appreciatively clear.

First, a heartfelt thank you to the Mayor / City of Ottawa – Canada's Capital – for becoming the first-ever municipality ANYWHERE, to so proclaim THE day, early in 2016... with gracious renewals of this support in every year since, including 2020.

Second, circling back to the introduction of this piece – "Action may not always bring happiness; but there is no happiness without action" – with true happiness for afflictees to be a cure(s) for this 'scourge' of a disease, advocacy action of this sort ensures that at least efforts are being made, with support being sought, to effect this change. Like other elements of society, the "Lymphedema Community" needs this.

For more on lymphedema, and the advocate-at-large efforts of Stephen Kelland as "Lymphedema – Guerrilla Warrior General" or #LymphoGWG, please visit FB page "Lymphedema – LE Nexus Canada" or maybe connect at LymphCanada@gmail.com or CanadaChapter@LymphaticNetwork.org .



ALTA VISTA PUBLIC LIBRARY

**APRIL 2020 / AVRIL 2020/  
MAY 2020 / MAI 2020/**

**\*\*\* Please keep in mind that library branches are closed and that programmes and events are cancelled for the duration of the corona virus pandemic. \*\*\***

For additional information, please access the Ottawa Public Library Website at- <https://bibliottawalibrary.ca/en>

■ Children & TEEN Programs

**Babytime**  
Stories, rhymes and songs for babies and a parent or caregiver. 0-18 months. Drop-in. Mondays, March 30 to April 20, 10:30 a.m. to 11:00 a.m. Mondays, May 4 and 11, 10:30 a.m. to 11:00 a.m. \*Closed April 13 and May 18

**Family Storytime**  
Stories, rhymes, and songs for ages 0-6 and a parent or caregiver. Drop-in. Tuesdays, March 31 to April 21, 10:30 a.m. to 11:05 a.m. Tuesdays, May 5 to May 19, 10:30 a.m. to 11:05 a.m.

**Toddler time**  
Stories, rhymes and songs for toddlers and a parent or caregiver. 18-36 months. Drop-in. Wednesdays, April 1 to April 22, 10:30 a.m. to 11:00 a.m. Wednesdays, May 6 to May 20, 10:30 a.m. to 11:00 a.m.

**After-school Teen Gaming**  
Learn to play Dungeons and Dragons! We're playing using 5th Generation Rules and the D&D phone app – no previous experience required. For ages 13-17, in English. Drop-in. Fridays, April 3 and 17, 3:00 p.m. to 5:00 p.m.

**Reading Buddies**  
This program aims to help children

practice and improve their reading skills! Children will receive 30-minute individualized reading help and encouragement. Ages 6-12, registration required at the library's Children's Hub.  
**Spring Session:** Saturday, May 23, 1:30 p.m. to 2 p.m., 2:15 p.m. to 2:45 p.m., 3:00 to 3:30 p.m. (no session in April)

**Lego® Block Party**  
Building Boom: come show off your architectural creativity with Lego®. For the whole family. Drop-in. Wednesdays, 3:00 p.m. to 5:00 p.m.

**PD Day Fun / S'amuser la journée pédagogique**  
No school today? Come to the library for fun activities for the whole family! Drop-in. Friday, April 3, 2:30 p.m. to 4:30 p.m. Friday, May 15, 1:00 p.m. to 5:00 p.m.

**Easter Crafts / Bricolages de Pâques**  
Drop-in Easter crafts & stories for the whole family. Drop-in. Saturday, April 11, 2:00 p.m. to 4:00 p.m.

**Saturday Family Storytime / Contes en famille le samedi**  
Only available on the week-end? We are offering a Saturday morning Family Storytime this Spring! Stories, rhymes and songs for ages 0-6 and a parent or caregiver. Drop-in. Saturday, April 25, 10:30 a.m. to 11:05 a.m.

■ ADULT PROGRAMS  
BOOK CLUBS

**Book Banter**  
Share the enjoyment of good books in a relaxed atmosphere. Join us for discussions on the first Thursday of every month from 2 to 3 p.m. Thursday, April 2, 2020 *The Nightingale* by Kristen Hannah

Thursday, May 7, 2020 *The Alice Network* by Kaye Quinn  
Thursday, June 4, 2019 *Do Not Say We Have Nothing* by Madeleine Thien

**Sleuth Hounds Mystery Book Club**  
Share the enjoyment of good mysteries in a relaxed atmosphere. Join us for discussions on the third Thursday of every month 6:30 - 8:00 p.m.  
Thursday, April 16, 2020, Sara Paretsky - VI Warshawski series  
Thursday, May 21, 2020, Philip Kerr – Bernie Gunther series  
Thursday, June 18, 2020, Peter James – any title

**Infusions littéraires**  
Partagez avec nous le plaisir des livres dans une ambiance détendue. Joignez-vous à nous pour une discussion. De 14h00 à 15h00.  
Le lundi 20 avril, 2020  
*L'insoutenable légèreté de l'être*, de Milan Kundera  
Le lundi 11 mai, 2020 *Une rencontre* de Romain Gary  
Le lundi 15 juin, 2020 *La fabrication*, de Jean-François Beauchemin

■ Conversation Groups / Groupes de Conversation  
**Groupe de conversation en français – débutant / French Conversation Group – beginner**  
Améliorez votre français parlé et rencontrez des gens dans une ambiance conviviale et décontractée. Aucune inscription requise. / Practice your French language conversation skills and meet new friends in a relaxed and friendly environment. No registration required.  
Mondays, 4:45 – 6:00 p.m. (except April 13th)  
Les lundis de 16h45 à 18h. (sauf le 13 avril)

**Groupe de conversation en français (intermédiaire) / French Conversation Group (intermediate)**  
Améliorez votre français parlé dans une ambiance décontractée. Ce groupe est de niveau intermédiaire. Aucune inscription requise. Improve your spoken French in a relaxed setting. This group is for those at an intermediate level. No registration required. / Tuesdays, 6:30 – 8:00 p.m. Les mardis de 18h30 à 20h.

**English Conversation Groups / Groupes de conversation anglais**  
Practice your English language conversation skills and meet new

friends in a relaxed and friendly environment. No registration required. / Améliorez votre anglais parlé et rencontrez des gens dans un milieu décontracté. Aucune inscription requise.  
Mondays, 6:00 to 7:30 PM. (except April 13th)  
Tuesdays, 12:00 to 1:00 PM.  
Les lundis de 18h à 19h30.  
Les mardis de midi à 13h. (sauf le 13 avril)

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

**Tax Benefits and Credits: Info Clinic**  
RESCHEDULED FROM FEBRUARY 26TH DUE TO WEATHER  
Join an officer from the Canada Revenue Agency (CRA) to learn information on:  
• Benefits and credits  
• Medical Expenses  
• Plus topics for seniors, newcomers, and persons with disabilities  
Bring your questions! Online registration required.  
Wednesday April 8th, 2020 at 6:30pm. Please register.


**Colour your Garden World with Perennials**  
Join Master Gardeners of Ottawa-Carleton for tips on utilizing garden design principles to provide continuous colour and perennials that live up to your expectations. Wednesday April 15th, 2020 at 6:30pm. 60 minutes. Please register.

**How to Take Better Vacation Photos**  
Learn how to more effectively tell the story of your vacations through pictures. Discover how to use light, foreground, people and framing to create a better picture that needs no captioning. Wednesday April 22nd, 2020 at 6:15pm. 120 minutes. Please register.

**Windows 10 – The Good, the Bad, and the Ugly**  
Windows 10 represents a considerable change from Windows 7 and an evolutionary refinement from Windows 8.1. Chris Taylor, President of the Ottawa PC Users' Group and Microsoft Most Valuable Professional, will talk about

Chris Ellis

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



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



ALTA VISTA PUBLIC LIBRARY, cont.

some of the important changes both visible and “under the hood”. Changes to Windows 10 since its release 4 years ago will be discussed. If you find Windows 10 confusing, or just want to know more about what’s hidden, this session is for you.  
Wednesday May 6th, 2020 at 6:15pm. 120 minutes.  
Please register.

**Starting a Business**  
Learn what you need to consider when starting your business and what you need to do so that you can determine if your business idea is feasible. Invest Ottawa business advisors present this

information-packed workshop to get you started in the right direction.  
Wednesday May 27th, 2020 at 6:15pm. 120 minutes.  
Please register.

■ **HEALTH**  
**Your Aging Brain and Memory**  
Come learn about your aging brain and memory, lifestyle choices that keep your brain working at its best, and memory strategies for everyday living! Presented by Ottawa Public Health.  
Monday April 6, 2020 at 1:30 pm.  
Please register.  
**Prenatal Classes - Ottawa**

**Public Health**  
Prenatal Class offered by Ottawa Public Health (OPH). A public health nurse will lead this mini-series of three small group sessions. Only one parent must register but both are welcome.  
**Session 1.** Birth Basics-Confidence & Comfort.  
**Session 2:** Breastfeeding Basics-Tips & Techniques.  
Session 3: Baby Basics-Preparing for Parenthood.  
  
Thursday, April 2, 9, 23; 6:00- 8:00 p.m.  
Saturdays, April 4, 11, 18; 10:15 a.m.-12:15 p.m.  
Thursday, May 7, 14, 28; 6:00- 8:00

p.m.  
Saturdays, May 2, 9, 16; 10:15 a.m.-12:15 p.m.  
Thursday, June 4, 11, 25; 6:00- 8:00 p.m.  
Saturdays, June 6, 13, 20; 10:15 a.m.-12:15 p.m.

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

EMVALE ACRES PUBLIC LIBRARY

**1910 St-Laurent Blvd**  
**\*\*\* Please keep in mind that library branches are closed and that programmes and events are cancelled for the duration of the corona virus pandemic. \*\*\***  
For additional information, please access the Ottawa Public Library Website at- <https://bibliootawalibrary.ca/en>

■ **Children’s Programs**

**Babytime/Bébés à la biblio**  
Thursdays: April 2, April 9, April 16, April 23, April 30, May 7 at 1:30 PM  
Stories, rhymes and songs for babies and a parent or caregiver. 0-18 months. Drop in. / Contes, comptines et chansons pour les bébés et un parent ou gardien. 0-18 mois. Portes-ouvertes. Bilingual/Bilingue.

**Homework Club/ Club de devoirs**  
Wednesdays : April 1, April 8, April 15, April 22, April 29, May 6, May 13, May 20, May 27, June 3, June 10 from 4 PM to 5:30 PM  
Get tutoring and homework help with reading, math, science, French, English, etc. This workshop is led by Frontier College volunteers. Please bring your textbooks and supplies. This workshop is aimed at children in Grades 1 to 6.  
Recevez du tutorat et de l’aide aux devoirs dans les domaines de la lecture, des mathématiques, des sciences, du français, de l’anglais, etc. Cet atelier est animé par des bénévoles du Collège Frontière. Veuillez apporter vos manuels de cours et vos fournitures scolaires. Cet atelier s’adresse aux élèves de la 1<sup>re</sup> année à la 6<sup>e</sup> année.



■ **Teen Programs**  
**Teen Homework Drop-In/ Heure de devoirs pour ados**  
Every Monday, Tuesday and Thursday after school (when availability permits) from 4 to 6:00 PM  
Tous les lundis, mardis et jeudis après l’école (lorsque la disponibilité le permet) de 16 h à 18 h  
Monday/les lundis 30 March/mars, 6 April/avril, 20 April/

avril, 27 April/avril  
Tuesdays/les mardis 24 March/mars, 31 March/mars, 7 April/avril, 14 April/avril, 21 April/avril, 28 April/avril  
Thursday/les jeudis 26 March/mars, 2 April/avril, 9 April/avril, 16 April/avril, 23 April/avril, 30 April/avril  
Come and work on school projects individually or in small groups. Access a quiet room, big tables, and

more space to do your work. Venez travailler sur des projets scolaires individuellement ou en petits groupes. Accédez à une pièce calme, à de grandes tables et à plus d’espace pour faire votre travail. Tous les lundis, mardis et jeudis après l’école (lorsque la disponibilité le permet)

■ **Adult Programs**

**Mystery Book Club**  
Monday April 6 at 7 PM  
Book: *Song of the Lion* by Anne Hillerman  
Monday, May 4 at 7PM  
Book: *Any A Lane Winslow Mystery* by Iona Whishaw

**English Conversation Group/ Groupe de conversation en anglais**  
Tuesdays: April 7, April 14, April 21, April 28, May 5, May 12, May 19, May 26  
Practice your English language conversation skills and meet new friends in a relaxed and friendly environment. / Améliorez votre anglais parlé et rencontrez des gens dans un milieu décontracté.

**How to buy a PC**  
Thursday, April 9 from 6:30 – 8:30 PM  
When buying a PC, you are faced with a lot of choices, laptop or desktop, dual or quad core processor, how to big a hard drive, how big a monitor, is it better to buy a faster processor or more memory... Chris Taylor, President of the Ottawa PC User’s Group and Microsoft Most Valuable Professional, will help you sort out the choices so you can buy the computer that is right for your needs.



DEAR FRAN

What you need to know when dividing perennials



FRAN DENNETT  
dearfrangardener@gmail.com

Spring starts in a few weeks and hopefully April and May will be normal so spring jobs such as dividing perennials can be done. This job though onerous is satisfying because it accomplishes several things:

- overgrown perennials can be divided and the divisions shared.
- the area where that overgrown perennial grew can be amended, and then either the same plant is replanted, or a new one is planted.
- the rejuvenation or division of an overgrown perennial results in a stronger, healthier plant with more blooms.
- an opportunity is created to relocate the plant to a more advantageous location both for the plant and its appeal in the garden.
- if the overgrown perennial is a selected cultivar that does not come true from seed, then root division is the only way to propagate this cultivar.

The first rule of dividing perennials is: **perennials that bloom in the spring are divided in the fall, and perennials that bloom after mid-June should be divided in the spring.**

There are some exceptions to this rule when dealing with living plants such as Irises which should be divided in late July or August, Oriental poppies in August and peonies in September.

A Slight Digression

So what is a root and what is their function?

Roots are the organs of a plant that grow below the ground, have no leaves, stems, nodes or internodes, are concerned with anchoring that plant, and the absorption and transport of water and nutrients from the soil to the leaves where food is made (photosynthesis) and then transported back to the roots where it is stored.

There are basically four types of roots:

1. a tap root, mainly in dicots, consists of a deep main tap root and secondary roots.
2. a fibrous root, usually in monocots, which is thin, fibrous and shallow.

3. aerial roots grow above ground and function as supporting structures for trees or to affix a woody vine to a trellis, rock or wall.
4. adventitious root can form on any part of the plant except the root, as in orchids.

When dividing perennials it is helpful to recognize the different types of roots to make the job easier and to have divisions to share. Also some perennials should not be divided or do not like to be divided. Others can be just pulled apart, or cut into small pieces.

Some perennials that should not be divided:

- *Asclepias tuberosa* (butterfly weed) taproot
- *Platycodon grandiflorus* (balloon flower) taproot
- *Actaea racemosa* (Bugbane) taproot
- *Baptisia australis* (false indigo) taproot
- *Aruncus dioicus* (goatsbeard) taproot
- *Aconitum fischeri* (monkshood)
- *Eryngium planum* (sea holly)

When do you divide perennials?

When the middle of a clump forming perennial dies out or stops blooming or becomes woody, it is old and needs rejuvenating. Vigorous perennials, such as *Ajuga* and *Stachys*, can be divided every other year. Most perennials can be divided every 3-4 years, some every ten or more years, others never. In general, a perennial border should be renovated every 5-6 years. If you wait too long before dividing overgrown perennials they can become entwined with weeds and grasses and then you have a bigger job of dividing than if you did it several years earlier. I divide a few perennials each year to spread the workload.

How you divide perennials depends on the type of root system.

Perennials with heavy woody roots joined to make the root ball need to be cut into smaller clumps insuring each clump has roots and one or two buds at the base from which new growth can happen. Examples are *Anthemis*, *Astilbe*, *Centaurea*, *Coreopsis*, *Doronicum*, *Chry-*



*santhemum*, *Veronica* and *Phlox*.

Perennials that form crowns can be easily and carefully pulled apart keeping the crown and roots intact. Examples are *Anemone*, *Aquilegia*, *He-liopsis*, *Primula*, *Saxifraga* and *Trollius*.

Perennials that bloom late in the season and form dense sometime woody clumps are divided in the early spring. Remove small clumps of three or four new shoots with roots from the other edge of the clump. The woody, dense center of the clump is discarded. I have even taken an axe to very woody overgrown clumps to accomplish this. Examples are *Michealmas Daisy* (hardy Aster), *Achillea*, *Chrysanthemum*, *Echinacea*, *Helianthus*, and *Rudbeckia*.

Hostas form either dense tough rootstock that need to be divided using shovels, or have looser fleshy rootstock that almost fall apart when dug up. Both should have a minimum of three eyes for a quality division that recovers quickly and gives a good display the next year. The fast growing Hostas benefit from dividing every 3-4 years, but the slow growing large leafed Hostas may take ten or more years before they are ready to be divided. Three eyes or more in a new division seems to help that division recover quickly and produce a quality display the next year. Smaller divisions of one or two eyes seem to take several years longer to recover before giving a decent display.

Perennials that grow into mat-like clumps and bloom in the spring are usually divided in the fall, and then given some protection in the form of a leaf cover for the first winter. Other gardeners divide them immediately after blooming. The advantage is they have the whole

summer to become established. Examples are *Alysum*, *Aubrietia*, *Arabis*, *Cerastium*, *Dianthus*, *Phlox subulata*, *Sedum* and *Thymus*.

In general, dig a slightly bigger clump than the actual perennial. Some gardeners drop this clump on the ground to break it up and knock off soil or even wash off the soil. Look for natural breaks in the root ball that define smaller plants and gently cut or pull them apart depending on the type of root growth. Replant the smaller clump in the same spot after that soil has been amended with compost. Water well, especially if there is no rain, until established. If the new plant dries out you have lost it. Even drought tolerant type plants need water to become established.

I covered growing and dividing Irises in January 2016. If you are interested check the *Riverview Park Review* archives for the article.

Once you have divided your perennials and planted what you need, share the rest with neighbors or donate them to a horticultural society for their plant sale.

I hope you have enjoyed this article and will not put off dividing your overgrown, late blooming perennials this spring.

**N.B.** The Gloucester Horticultural Society has relocated to the Queenswood Heights Community Centre at 1485 Duford in Orleans and looks forward to seeing you at our monthly meetings on the third Mondays. Our 2020 program is on our website at <http://www.gardenontario.org/site/gloucester>.

*Fran Dennett is a member of Master Gardeners of Ottawa-Carleton and Past-President of Gloucester Horticultural Society*

- 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](mailto:troweltalkeditor@rogers.com)> to be added to the list.
- Email Help Line: [mgoc\\_helpline@yahoo.ca](mailto:mgoc_helpline@yahoo.ca)



AIKIDO JISEIKAN • BECOMING

by Winking Owl

New Year celebrations at our dojo give us a taste of Chinese culture. Teachers aren't just instructors. They provide the benefit of their perspective, their life experience.

Each year, we make a banner to commemorate the respective Zodiac Animal. Each time, the banner-making process evolves, and each time, the new banner evolves during its production. This year our Rat started as a four-inch wood carving in Sensei's art collection, then became a colour graphic, then a stack of photo prints, overlaid, trimmed, glued, and Voila!

It wasn't quite that simple. I lost sleep over that banner, can you believe it? First-world problems! On the evening of construction, my carefully planned approach for putting it all together sort of, well, fell apart, but others' wisdom-of-no-escape saw us through, and Rat arrived on time.

Hanging in our dojo, our banners look great together. They symbolize our years of practicing and studying, in our place of self-development, becoming all that we can.

Most of the point of looking back, is to see how far we've come. When I started in aikido, I would practice more on my own, struggling to grasp it. I've been doing aikido for a loooong time now. Beginner's Mind is fleeting. Still, when my performance really dissatisfies me, I go over it and over it in my head afterwards, looking for how to do it better, wondering if it will work out that way at the next practice.

Last week we had a workshop on weapons, mostly on the Sword, and some on the Knife. Wooden ones. No blood. We weren't going after lethal skills for medieval battlefields and dark alleyways. So what exactly was the point? At the end, Sensei asked us to respond to that question. Here is what people said:

*Swords are fun! They take the work out of working out.*

*Everyday objects all around us can be used as weapons.*

*I get immediate feedback on my state of mind. When I'm mentally present, my cuts are clean and sharp. If my mind wanders, they wobble.*

*Facing even a practice-weapon can be unnerving. Repeated exposure helps with that.*

*If you want peace, prepare for war. For my partner to do a good defence, I must provide a sincere attack.*

*Weapons add variety to our experience. They keep us exploring, so we*

*don't get stale and lose our Beginner's Mind.*

*In real life, attacks can take many forms. Practice needs to reflect that.*

*We experience how tricky weapons are. We learn to respect and avoid the dangers. Stay out of those alleyways. Know when to walk away, know when to run.*

*Even play-threats stimulate awareness, stimulate me. They help me to pay attention. They give my actions urgency and power. I learn faster and remember more. They demand immediate response, for example getting out of the way. They help me practice calmness in unfamiliar situations.*

*I learn to coordinate my whole-body movements with the movements of my sword or knife, to meet the same from the other side.*

*I develop a new kind of awareness, like when learning to juggle, but with a purpose.*

*We are going down to Aikido's roots in Katori Shinto Ryu Iaijutsu, down to the Sword principles that back in the day meant life and death, but which still apply in our empty-hand practice.*

*I learn to relax and wait for a threat to materialize before moving to defend.*

*I learn to have patience with and understanding of partners less practiced, more unsure, anxious, timid.*

*A weapon extends an attacker's reach, so I learn more about combative distance and timing.*

*I enjoy it! It excites me.*

*It helps my self-confidence. Weapons-practice fights the "victim" mindset. Self-empowerment is a great feeling!*

*Having variety in our practices means gaining confidence by overcoming doubt, time and again. Trust our teacher. Trust my partners. Trust the technique. Trust myself.*

*When my partner and I both have weapons, we don't touch each other with our hands, and we don't pass our weapons back and forth. Very appropriate martial hygiene for these times!*

It was a week of new experience. Now is time to reflect on it and absorb it, so it becomes part of me and I become something more. Something new.

Happy Trails!



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COMMUNITY BULLETIN BOARD

■ **Rideau Park United Church**  
2203 Alta Vista Drive, Activities and Events, April-May 2020 For more information, please call the church office at 613-733-3156 x229 or check the church website, [www.rideaupark.ca](http://www.rideaupark.ca)  
A brief update on the response by Rideau Park United Church (as of March22) to the COVID-19 virus. These are the steps we are taking to minimize risk to everyone who uses our building;  
\* Sunday services, until April 5, will only be available as a webcast, live-streamed at 10am, and posted after the service (see [www.rideaupark.ca](http://www.rideaupark.ca)) This approach may continue for some time depending on the situation with COVID-19.  
\* Children's and Youth Programs are suspended until after April 5, including childcare during services, Sunday School, Thursday Night children's and youth music programs, & Scouting programs. These program suspensions may be extended for some time.  
\* The Church is closed until March 31, at which time we will re-assess the situation based on the information available. All staff are working from home. All programs and events are cancelled or postponed (including dinners, fitness classes, Euchre, yoga, Chancel Choir, bell choirs and the Nearly New and Book Sale) first until March 31, and then possibly much longer.  
\* Cancellations/Postponements/Updates: Please check the website regularly, [www.rideaupark.ca](http://www.rideaupark.ca) to see if programs are starting up again. Stay tuned for updates. Email/phone the church office (613-733-3156) if you have questions.

Selected Events at a later date that may take place. Check the website:  
**Rideau Park's Harmony Club for Seniors 60+** meets Wed. April 29 at the church. Lunch,12 noon; please register at the church office by April 22. From 1-2pm, Nathalie Malone will speak about, "Helping with Furniture," a local organization that accepts donations of furniture & makes it available to those in need. All seniors welcome.

**The "Bells In Spring" Concert**, Sun. May 3, 7pm: Our annual Massed Handbell and Chimes Concert will feature the music of guest bell ringing ensembles from 3 Ottawa churches: Emmanuel United, St. Andrew's Presbyterian, and Trinity Presbyterian, as well as the 5 handbell and chimes choirs of Rideau Park. The bell choirs will perform en masse, as well as individual selections. It is a rite of spring not to be missed! Free will offering.

**The Harmony Club for Seniors 60+** meets Wed. May 27. Lunch, 12 noon; register at the church office by May 20. From 1-2pm, enjoy a lively presentation by Doug & Elaine Robertson about their trip to Nepal and India in the fall of 2019. The final meeting for this season. All seniors welcome.

Register now for **Camp Awesome 2020**, Aug. 17-21: This week-long Christian day camp program takes place at Rideau Park and serves children 4-12 years. Led by trained staff, activities include games, crafts, drama, singing, water fun and learning about important topics. The Camp runs each day, 10am-3pm. Children bring their own lunch. Cost per camper is \$85 if you register on or before June 14, and \$95 after June 14. Optional childcare is available each day before & after the Camp for a fee. To register online, click on Camp Awesome on the home

page of the church website, [www.rideaupark.ca](http://www.rideaupark.ca) and follow the links. Early registration is strongly encouraged.  
  
Our prayers are with all of those who are ill with the COVID-19 virus and for those who care for them, especially in the countries that have been most affected. We also pray for the health of frontline workers as they face their daily tasks. And we remember those workers, communities, and businesses that have been affected as well as those who are anxious for themselves and those they love. Please reach out. Keep safe.

■ **St. Thomas the Apostle Anglican Church**  
2345 Alta Vista Drive, Bus route #44. Office: 613-733-0336 (Monday to Friday 9:00 a.m. to noon)  
email: [stthomasparish@outlook.com](mailto:stthomasparish@outlook.com)  
website: [www.stthomasaltavista.ca](http://www.stthomasaltavista.ca)

**COVID 19 update:** Live-Stream Webcast: St. Thomas' in conjunction with Church of the Resurrection will be live streaming services on Sunday mornings at 10:00 a.m. Since the physical location of the services will be different each week, please go to our website at [www.stthomasaltavista.ca](http://www.stthomasaltavista.ca) to find the Links to the service feeds.

**COVID-19 Cancellations:** St. Thomas the Apostle will be closed until further notice. The office remains open as the parish administrator is able to practice physical distancing during this time. Please note that all services, activities, and programs will be suspended until further notice. Please check our website for updates. Please do not go to the church during this period. Keep safe and follow your health department's recommendations.



■ **St. Aidan's Anglican Church**  
934 Hamlet Road – The Anglican Bishop of Ottawa has suspended Anglican worship services until further notice. We invite you to go to our website [staidansottawa.org](http://staidansottawa.org) to follow our Weekly Prayer Guide and to access other spiritual resources that can help to nurture your faith during this time of social distancing.

■ **Emmanuel United Church**  
691 Smyth Road, Bus route #55. Office: 613-733-0437 (Mon.-Thurs. 8:30-4pm); website: [www.emmanuelunited.ca](http://www.emmanuelunited.ca).  
  
**Live-Stream Webcast:** Live-stream worship services on Sundays at <http://emmanuelunited.ca/worship/webcast.php>.  
  
**COVID-19 Cancellations:** Emmanuel will be closed until at least April 5, 2020; during this time, all activities and programs will be suspended. This date may be extended, so please check our website for updates. Please do not go to the church during this period. Keep safe and follow your health department's recommendations.

**Sunday Worship:** suspended  
**Mid-week Lenten Services:** cancelled  
Please check our website or call our office to confirm these post-April 5th services and events.  
**Good Friday** April 10, 11:00 a.m. Join us for our Good Friday Service.  
**Easter Sunday**, April 12, 11:00 a.m. Join us for our Easter Sunday Service.


**Newcomer's Lunch.** Sunday May 3, 11:45 a.m. Join us for free lunch and fellowship, following our service. We welcome recent visitors and anyone in the neighbouring community who is curious about Emmanuel. For more information, use [welcoming@emmanuelunited.ca](mailto:welcoming@emmanuelunited.ca), call our office or visit our website.



■ **Blair Court Community Food Bank**  
*(formerly Nativity Parish Food Bank)*  
The food bank is now located at Blair Court Community House, 1566 Station Blvd. in Riverview Park. We are currently ONLY offering food bank. We will offer it weekly (with the restriction of once per month lifted until further notice) and by appointment only. Clients *MUST* call by noon on Tuesday of the week they wish to have food assistance to schedule their pick up. For more information, please call 613-736-5058.  
**Food Bank Pick up times**  
Tuesday, 12-4pm • Wednesday 10 am-2pm  
The community house is open (by appointment only and subject to change)  
Monday, 9 am-1 pm • Tuesday, 9 am-4 pm  
Wednesday, 9 am-1 pm









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# Finding out about even more women in music

by Geoff Radnor

Throughout the year we read in the *Riverview Park Review* about the variety of music of the past century in Brian McGurrin's column, and in last December's edition we heard from Diane Schmolka on some rarely heard women composers. There are some female violinists who, some experts say, are better interpreters of the music than their male counterparts.

Several years ago, my wife and I read about a music festival in the up-state New York city of Skaneateles. The festival featured Hilary Hahn playing her violin and we were able to meet and chat briefly with her after the concert. Hilary Hahn is one of the world's greatest classical artists and she was only 34 years old.

Another violinist of note is Nicola Benedetti, who is Scottish despite her Italian name. If you watched the Grammy Awards in January you would have seen her play music by Wynton Marsalis. She has started the Benedetti Foundation to encourage and foster musical education in public schools. She says, "I am passionate about promoting music education practices which encourage both musical and civic betterment."

Professor Thomas C. Sudhof and Dr William E Moerner are each winners of the Nobel Prize, and have said that their earlier studies in music assisted them in their studies later in life. Both played the bassoon.

Two years ago a planned visit to the National Arts Centre here in Ottawa did not end well for me. I wanted to hear Alina Ibragimova play a violin concerto by Shostakovich, Unfortunately she had to cancel her visit to Ottawa.

A few weeks later, and after I had started to plan a trip to Europe staying in Brussels with a family of relatives, I discovered that Miss Ibragimova was playing at the famous Concertgebouw in Amsterdam. There is a great train service to Amsterdam from Brussels and so I was at last able to see and hear this young violinist. We met afterwards at the artist's entrance and she accepted my bunch of Dutch yellow roses.

There is in downtown Ottawa a fine concert hall that used to be a church. The building dates from 1914. It is now the Carleton Dominion-Chalmers Centre, Carleton University's Arts Performance and Learning Centre. That is where I heard Isabelle Faust play. She is from Germany and plays in many coun-

tries around the world. Ottawa born pianist Angela Hewitt has played many concerts in the Carleton Dominion-Chalmers Centre as well.

A famous Canadian violin player is 42 year old Leila Josefowicz, who was born in Mississauga but who now plays in concert halls around the world. If you want to hear another Canadian violinist, but would rather remain in Ottawa, go to any concert featuring the National Arts Centre Orchestra and you will hear Jessica Linnebach playing as associate concertmaster and occasionally as a soloist. Her husband, Yosuke Kawasaki is the concertmaster, and they sit near each other on stage.

There is a bit of a story behind the 60 year old Russian violinist Viktoria Mullova. As a young player she won two important competitions in 1980 and 1982. In those days in the Soviet Union it was impossible for musicians to make trips abroad. However in 1983, when she was 24, she was allowed to cross the border into neighbouring Finland to play. While she was there, she and her then boy friend, slipped past their Russian "minders" and were driven to Sweden. Her Stradivarius violin, which belonged to the Russian state, was left behind in her hotel room. She went on to become one of the most respected violinists of her day and has continued to play to audiences around the world.

There are many more women violinists who play to world wide audiences including artists such as Anne-Sophie Mutter, Julia Fischer, Janine Jansen, Lisa Batiashvili, Vilde Frang, Jennifer Pike and Baiba Skride. One of the most exciting artists to appear on the world stage is Patricia Kopatchinskaja, who enjoys playing contemporary music as well as the standard classics. If you like to hear fine violin playing and any one of these names comes up, book your ticket and enjoy the thrill of a lifetime.



Alina Ibragimova accepts Geoff Radnor's Dutch yellow roses.

PHOTO: GEOFF RADNOR



Nicola Benedetti is encouraging more musical education in schools.

PHOTO: WEB SITE OF NICOLA BENEDETTI



Patricia Kopatchinskaya.

PHOTO: WEB SITE OF PATRICIA KOPATCHIASKAYA



Geoff Radnor attended an Isabelle Faust Concert at the Carleton Dominion-Chalmers Centre.

PHOTO: WEBSITE OF ISABELLE FAUST



Elga Radnor (R) met Hilary Hahn in Skaneateles NY. PHOTO: GEOFF RADNOR

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THE PLANNING AND DEVELOPMENT UPDATE, continued

**CONTINUED FROM PAGE 54**

to use the road and when Dorion is narrowed due to snowbanks.

The Board has reiterated its safety concerns to Councillor Cloutier and continues to explore possible measures to address the situation and reduced congestion and blockage of the street and sidewalk. These include installing signage for motorists to prevent the pedestrian path across the entrance from being blocked by cars.

**Pedestrian and Cycling Connections**

The Board continues to monitor the progress on the proposal to create a Multi Use Pathway (MUP) overpass between Terminal avenue and the VIA station/ LRT. This overpass would be a means of fulfilling the requirement for a link between the Ottawa Train Yards and rapid transit set out in the original City plan and agreement for the Ottawa Train Yards development. 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.

In response to requests from the RPCA Board for a copy of the 2019 study on the overpass, Councillor Cloutier indicated that since the study was partially paid for by Controlex, the Ottawa Train Yards 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. The RPCA Board had asked to be included in future meetings with stakeholders regarding this overpass.

The Board continues to press for better win-

ter 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-GumDocs Centre). At a recent meeting the Board voted to ask the Councillor to work to secure funding for this snow clearance in the next municipal budget.

The Board also recently voted to support a proposal from the Old Ottawa East Community Association that as part of the next Transportation Master Plan, the City conduct cost-benefit analysis of a footbridge over the Rideau River from Riverview Park to Old Ottawa East (Clegg Street).

**Elmvale Acres Redevelopment**

Work on Phase 1 of the RioCan redevelopment at Elmvale Acres Shopping Centre is expected to be completed by the fall of 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**

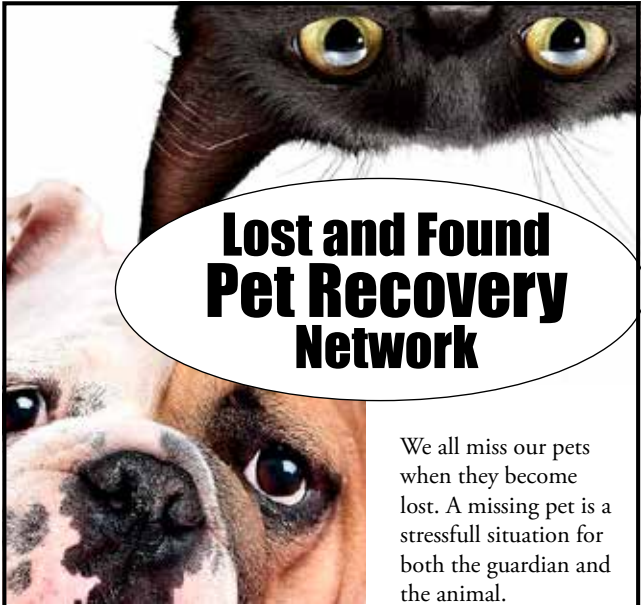
The City of Ottawa is currently in the middle of the exercise for its next Official Plan. RPCA Board members and others have provided input on several aspects, including a call to remove from the Official Plan the remaining links of the AVTC (from Conroy to the Hospital Link and from the Link across 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](http://www.city.ottawa.on.ca/residents/planning/index_en.html). The RPCA welcomes your input on these proposals and any other potential developments in the area.

...

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



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

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